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MODEL MODE

NEW
YEAR
ISSUE

10 WAYS TO
DETOX
AND STAY HEALTHY
THIS SUMMER... ON
A BUDGET!

Mr **Smith**
Photography

GET TO KNOW

MARJARA

PETITO



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MODEL & MODE
WHEN ORDERING
FOR AN
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We are so pleased and excited to bring you the very first comeback issue of Model & Mode Magazine. We are all about promoting promising and upcoming talents from all over the world. In the broader picture, Model & Mode is for anyone who is passionate about the modelling and entertainment industry and would like to be kept informed about those issues that are most pertinent to continued success.

Here at Model & Mode we like to have fun for sure. But, there's a consciousness and an ethical slant that drives the stories we wish to present. In this edition you will find a splash of fashion and lifestyle editorial amongst our profile pieces. There are also some great advice pages and career tips. It's a must-read for any aspiring model, actor or entertainer.

So, if you like your style with substance you will love Model & Mode Magazine.

Jenny Hu
editor-in-chief



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HOW DRINKING MORE

WATER

CAN HELP YOU LOSE WEIGHT

By: Patricia Higgins

It may seem like a no brainer – we all need water and surely, it can't be that hard (at least in the Western world) to consume the adequate intake. However, such an unassuming factor as hydration is often overlooked in today's realm of fad diets, protein shakes and super nutrients (think Kale and Acai). It's a situation where coconut derived alternatives are often touted as being more essential than plain old water itself. However humble it may seem, H₂O should never be overlooked when it comes to ensuring that your body works at its peak function. Also, its ability to achieve weight loss is fundamental.

Did you know that water makes up 95 per cent of the human brain and 60 to 70 per cent of the entire body? It is critical to just about every organ; the skin, lungs, kidneys, heart; muscles. Hydration is essential for both mental acuity and physical performance. When it comes to working out and training even mild levels of hydration can cripple your ability. In terms of digestion, water has the innate capability to speed up the metabolism and expel waste more efficiently. Ensuring you have enough water in your body at all times is the key to both general health and physical fitness.

Scientific studies back up the benefits of sufficient hydration in assisting weight loss. Researchers estimate that if a person increases water consumption by 1.5 litres a day they stand to burn an extra 17,400 calories per year (source: Franz-Volhard Clinical Research Center, Germany). This is because, given adequate levels of daily water intake, people experience on average a 30 per cent increase in general metabolic rate. A separate study also found that people who drank water before a meal consumed an average of 75 less calories during that meal (source: Virginia Tech, USA).

Another major consideration about the importance of hydration is the fact that not getting enough water can potentially mean losing energy. Fatigue is a major obstacle in the battle for fitness and weight loss and even a slight level of dehydration (1 to 2 per cent) has been shown to increase lethargy and also impair cognitive function. Dehydration also leads to muscle cramping and impedes

the recovery process after physical activity. If you aren't seeing the results that you hoped for at the gym, a failure to stay hydrated could be the culprit.

Hydration provides other valuable paybacks – it can enhance your physical appearance. Your skin stands to reap the rewards of increasing your water intake to an adequate level. Do you have chapped lips... give H₂O a go? Drinking more water promotes increased lubrication, elasticity and healthy tone in your skin. A little known fact is that not getting enough water contributes to tooth decay. It really is a far reaching and all encompassing factor in health and wellbeing.

So how much water is enough to reap the benefits for weight loss, health, fitness and beauty? It differs person-to-person and according to levels of activity (and even the climate in which you live). But, surprisingly, the amount required per day by the average person for optimal hydration is often greater than the much-publicised 8 cups. If you are working out to a reasonable intensity you can add two more cups to that total. For optimal weight loss benefits you can stand to tack on two more per day on top of that.

It can be difficult to consider drinking that much water per day... and it sure can seem a bit boring. Unfortunately, water appears to pale in comparison to the host of sports drinks and weight loss aiding alternatives. However, keep in mind that pure water is always best for your body. Sugar is never a friend to those with weight issues. Sure, you can try creative ways to make consuming water more appealing (like adding a splash of lime or chlorophyll to your water bottle) but, stay away from caffeinated drinks – they act as diuretics and contribute to all the disadvantages of dehydration as discussed.

You can reduce your fatigue levels and curb sugar cravings (try keeping a glass of water next to the bed at night) by actively working on your hydration levels on a daily basis. Water may not be as trendy as all those other weight loss and supplements on the market but what comes out the tap best fuels a healthy and optimal body, mind and physical appearance.

THE TRIPLE THREAT TO YOUR MODELLING CAREER

The Trunchbull's deadly triple threat was shot-put, discus and hammer-throw... much to the dismay of her students, no less. As a model your triple threat isn't quite as brutal but equally important to your career; your hair, skin and nails!

By Holly Phillips

The Trunchbull's deadly triple threat was shot-put, discus and hammer-throw... much to the dismay of her students, no less. As a model your triple threat isn't quite as brutal but equally important to your career; your hair, skin and nails!

As we all know, most of the decisions are made about our fate within the first thirty seconds of meeting with a new agent, casting director or client. With that said, it is important that you make yourself truly shine from the very first instant. That is to say, before you say a word, you need to be protruding a seriously sexy vibe!

HAIR:

Your hair is probably the most memorable thing about your look. Whether you like it or not, your hair is your signature. It is one of the first things people will use to describe you. Think about it... I bet all StarCentral readers would've described someone like that 'short, brown hair...' You want to make your hair pop! How? Easy - all hair is different but if you follow these basic steps you'll have luscious and memorable hair in no time.

Always shampoo twice! It's so important and people rarely do it, shame on you all! Leave your conditioner in for about 5 minutes and wet comb it through your hair whilst you're still in the shower (always use a wide tooth comb). If you can avoid it, try not to use the hair dryer. When your hair is dry, rub some oil (I love Moroccan Oil) into it, focussing on the ends. Try and use a protein treatment at least once every two weeks too, especially for all you blondies. Of course, brush everyday and make sure you really massage your scalp when you brush! Voilà, beautiful hair!

SKIN:

Moisture, moisture, moisture! It's all about the moisturiser! Both J.Lo and I swear by full body moisturiser. I moisturise every night just after my shower, while my pores are still open from the warm water. Believe me, it makes a huge difference to your overall appearance. Before you pop into the shower, it's a good idea to use a dry brush and give your skin a gentle exfoliate to increase blood flow, and ladies, this also helps to reduce cellulite. Yippee! Of course, wear sunscreen when you go outside too. There is nothing worse than premature wrinkles or sunspots on young actors or models!

NAILS:

As small as they may be, your nails are very prominent when entering a room. You'd be amazed how much your hands help you communicate. Usually there's going to be a hawk-eye agent in the room who can spot a broken cuticle quicker than Kim Kardashian's first marriage. I'm not saying you need to go all out and get a French Manicure, but it definitely won't hurt! Either take the time to give yourself a manicure or treat yourself and get one professionally. Whatever you do, don't go into a casting with broken or chipped nails! Trust me, the panel will notice, and they won't like it!



TOP TEN famous FASHION MYTHS

By: Jase Hernandez

Is your wardrobe ready for 2020? In case you haven't heard yet, flattering our body through the trendiest and stylish clothes is a full time job. It requires a sophisticated sense and a smart discernment to know what fits our style otherwise, you'd be a full-fledged fashion disaster trapped in an awkward and highly-outdated collection!

Inexplicably, fashion has been a reflection of women empowerment and equality. We have Tory Burch, Donatella Versace and Coco Chanel whose names are all hailed in the glittery world of fashion. The truth is, as much as it holds a glamorous and powerful impression, dressing up in trends can sometimes be daunting especially if you are haunted by the enormity of misconceptions that might salvage your way towards dreamy couture and elegance.

As the mid year kicks in, let's take a fashionable glimpse at the most popular fashion statements that we might be holding on to for years.

1. Black makes you look skinny

Is your diet fooling you around? Because your pretty black dress won't. It is a well-founded truth that black makes women appear slimmer due to its ability to hide body outlines in the background and it can easily make flabs and folds of fats disappear.

2. Maxi dresses won't suit petites

This one absolutely holds no truth. Maxi dresses in summer are great and anyone regardless of height and weight can definitely pull this off so long as you know your body frame and shape. You should know your ideal length and wear it!

3. Denim on denim

Well, time changes. What might look unfashionable years ago may appear trendy in the age where anything can be styled and enhanced. Denim on denim may be a brave fashion statement but really it's just a matter of elegantly mixing colours and design.

4. Sequins all day and night

Due to sequins' highly-stylish nature, many deemed that it can only be worn at night but as fashion evolves, sequins are, in fact, a great piece to wear anytime of the day since they give a huge eye-catching factor.

5. Tall women should avoid high heels

Fashion icons know that high heels can make legs look great. Women gifted with height should not shy away from wearing heels as these complete a classy glam-up look.

6. Too many bold colours are too much

Like the comeback of vintage styles, mixing bold colours more than once is considered fashionable. Figure your body like a canvass waiting to be painted on. Combining different hues, either bold or bright can launch a posh take on your wardrobe.

7. Open-toed shoes and stockings do not go well together

Some might still argue on this but wearing stockings with open-toed shoes or sandals may appear really inelegant.

8. Horizontal stripes can make you appear bigger

Stripes are actually one of the famous prints that can turn your fashion look in an impressive direction. Choose stripes that are fitted well to your body and the ones that highlight your assets.

9. Your shoes, purse and belt should match each other

Honestly, who bothers adhering to this fashion rule anymore? The tip is to find these accessories in the same colour family and make them complement your outfit.

10. Wear the real you

This, in fact, is the biggest truth in fashion. While following trends and styles may be fun and exciting, your taste should not be dictated by other's view of it. Dress according to your personality and be proud of it.



ARE YOU GETTING EXPOSURE
OR ARE YOU

getting exploited?

By: Patricia Higgins

When Kylie Minogue's professional dancers were requested to work for no pay during filming of one of her recent video clips, public outcry and widespread news coverage ensued. However, situations similar to this have, and continue to be, an issue in the creative industries – often passing by unhindered and unreported. Indeed, working for little or no pay under the guise of "exposure" is becoming endemic. Companies that turn profit (and in some cases a whole lot of it) are able to hire talent for free simply because if one person turns down the work there are a whole host of others just waiting for that "special opportunity".

In the case of the Kylie Minogue story the dancers were out-sourced, so her spokespeople was able to deflect blame. Had the dancers not reported the situation to the Media and Arts Entertainment Alliance (MEAA) then the issue could have easily slipped the radar. In this case, payment was largely reimbursed and this was no doubt due to the bad press. After all, Kylie is worth millions and she can't even pay professional dancers who have spent their life pursuing rigorous and very costly training? It makes a good news story, and, a massive PR disaster for the singing budgie.

But, what about those other cases that don't make a good news story? And, how about those castings and advertisements that are unspecific or even deceptive. It seems everyone is asking for Time for Print (TFP) work these days. TFP refers to work undertaken whereby creative parties equally devote their time to a project (traditionally print, but could be CD or anything else really) in an exchange of labour whereby the project can be produced. Or, put another way: collaboration.

It goes across all the creative mediums, whether you belong

as a model; actor; photographer; writer; makeup artist; hair stylist; video producer (and possibly other job descriptions). If you are one of these things, regardless of your skill level, I am willing to bet my pathetically unreliable writer's income that you have at some time or another been requested to work TFP, have possibly been misled by a job opportunity that does not in reality exist, or have been disappointed by the sad lack of actual paid work available in the world around you.

The problem is that the TFP method has been skewed in favour of companies and individuals using talent and getting around having to pay for it. Plain and simple, what you have here is exploitation. TFP work is to be undertaken explicitly for non-commercial purposes and model release forms should always be signed before a shoot that state exactly this. This means no party to the project should profit from the finished product – nothing should be "sold" as the project belongs to all who devoted their time in an exchange of expertise. TFP works brilliantly when the model's, photographer's and creative talent's visions and skill levels perfectly align.

TFP functions as great method of refreshing a portfolio at minimal to no cost. It is also clearly a great option when a creative talent is attempting to build up a portfolio. And, under those conditions only does it function beneficially. You see, people can't afford to donate limitless time, equipment and petrol expenditure (along with countless other hidden costs) without getting anything back. Although it may come as a shock to some of those of privilege in the industry, an expectation that someone provide never-ending TFP work is simple absurd.

Yes, there is mutual experience building, but there absolutely comes a point where one gains enough experience

to deserve to be paid. You wouldn't expect a plumber to fix your pipes for free, so why should professional creatives be subject to the absolute rip otherwise known as "exposure"? And, the fact that someone with "stars in their eyes" (probably young, supported by their parents or less experienced) will eagerly take your place means that it's getting harder and harder for anyone to stand their ground against the rising TFP tide.

Even if you avoid TFP for the main part, there are some other cons to watch out for. I'd suggest looking out for those sneaky "deferred payments". You can wonder if you will ever get paid, and I'd say you're wondering that for good reason. And, even if you do get paid, the question remains... how to survive in the meantime? Also, look out for the term "start up". Ask for the company's ABN to first find out if they are indeed legitimate; check their website; Google their name plus the word "scam"; contact ASIC; try to locate or ask for their fiscal report. Keep in mind that having an agent doesn't necessarily keep you safe from scams and the like. In fact, agencies often provide primo examples of scamming operations. Always do your research!

Just to divert a little from the main point of this article (but it would be irresponsible not to include this issue) – it's possibly even more dangerous when dealing with illegitimate individuals than it is with shady or exploitative companies, especially on a personal level. The term "Guy with Camera" or GWC refers to a creep/criminal who is out to exploit people (yes, mainly young women). We don't really need to go into what this kind of person would do with the images...one can surely imagine. Always trust your gut and employ common-sense safety measures – just as you would do when meeting any stranger or anyone that you barely know in any situation where you could potentially feel exposed.

What to do if a company that makes a profit didn't pay you or deceived you out of pay? You can join the union (The MEAA as mentioned previously) and make a report – just like Kylie Minogue's back up dancers did. You can contact The Australian Competition and Consumer Commission (ACCC). You lodge a scam report form online. You can find information on the SCAMwatch website on how to contact your local Consumer Affairs or Fair Trading authority. You can also report a dodgy company or individual to the site on which it was advertised – "Star Now" for example (who has recently somewhat improved their awareness and action on this front).

Remember to watch out for that little term "exposure". Ensure that in your case (should you pursue the opportunity it relates to) that it doesn't in fact mean "exploitation". The entertainment and arts industries face enough hefty battles (funding cuts etc.) without having to wage a civil war on top of it. Employ some integrity and common sense and as a creative person protect your craft and show it the recognition and respect that it deserves. Use TFP properly or not at all. Otherwise, you risk exploiting your passion, ambition and talent and eroding the very industry that you endeavour to thrive within.



FIND OUT MORE ABOUT

MARJARA petito

Most people think modeling is just all about looking good, maintaining a slim figure and a glowing skin – but that's not true at all. It is as much about your outlook and attitude as it is about your external facade. Not only should the cameraman know how to capture this attitude, but the onus is on the model too, to bring out that attitude using various poses and expressions. All professional models have this particular skill, and that is what makes them successful. Today we will be talking about one such model, and her name is Marjara Petito.

Marjara Francesca Petito, or Marjara Petito as she is popularly known, is a stunning yet humble model who has a whopping following of more than 100,000 on Instagram. Her beauty can be attributed to her half-Brazilian, half-Italian genes and she is based out of Sydney. When she is not posing in front of the camera, she is just as normal as the girl next door. She has a college degree in Physical Education, which is most likely the reason for her incredible physique and she is also happily married. Her hobbies include pole dancing, gymming, horse riding, and dancing.

Looking back at how her career started, Marjara was always interested in modeling and began auditioning at the young age of 15. However, she had to undergo many rejections despite all her hard work. Finally, three years ago, she struck gold when an Australian photographer on Instagram discovered her. Talking about what she likes best about modeling, she says it is the feeling of being a diva that she gets when the cameras are flashing away in her direction. When asked about the flip side of the coin, she says "I love my job, so I don't really see a negative side, but the only thing that seems like the negative side is that we stand for far too long and are asked to sustain a certain pose for hours on end. Sometimes, even the photographer can be unpleasant."

Some of the most memorable moments in her professional life include filming for an event in the Philippines embassy, having lunch at the embassy, as well as photoshoots in Hawaii, New Caledonia, and Singapore. It was tough for her to single out a particular moment or episode that stood out as the most memorable because, for her, working with a different photographer is a unique experience in itself. The other thing that she loves about her profession is the number of people she gets to meet when traveling to places for photoshoots.

When asked about how she was able to anchor herself in a profession that has more emphasis on external physical characteristics, her reply was no short of astounding. She said, "Well, it is difficult to not fall into the temptation of (plastic) surgery or some or the other form of retouch, especially when you know that everyone does it. Furthermore, a healthy diet and correct physical activities greatly help the mind and body to stay beautiful."

Marjara has planned out a number of new things to do in the future. She is all set to launch her very own clothing collection for men, women, and children called "PETITO ITALIAN STYLE." When asked about how she defines the concept of beauty, she very graciously answers that according to her, beauty is in the eye of the beholder. For her, the eyes are the windows to the soul. Talking about "flaws," she says that the one flaw in her that she would never change would be her nose as she is scared of the pain.

Marjara is an ambitious, vivacious, and an incredibly hard-working model. She remains an inspiration to young girls out there and reminds them to never give up on their dreams. Watch out for Marjara and her clothing line in the near future!



TEN WAYS TO DETOX

& STAY HEALTHY THIS SUMMER ON A BUDGET!

By: Maddy King

When it comes to getting fit and healthy, life can get expensive. So here are a few of my favourite free and cheap ways to stay healthy this summer.

1. Hot and cold showers

Run a warm shower, then cold, warm again and finish on cold. This is wonderful for our overall health as it improves circulation which helps the whole body by getting the blood and nutrients to all the cells in the body, it helps activate the lymphatic system to help remove toxins, improves will power, our immune system, great for recovery, as well as wakes you up in the mornings. Strangely enough, it also helps some people sleep too!

My favourite fact that I've learned is that it helps make you happy. Cold water activates temperature receptors under the skin that releases hormones such as endorphins and adrenalin.

2. Greens powders

This is my favourite multivitamin. Greens powders are made from real vegetables and whole foods. They are full of natural vitamins, minerals, and natural phytonutrients that our body can easily absorb. A lot of supplements are made synthetically in a lab and although they can help, natural options are always my go to first.

3. Detoxing beverages

I like to wake up with cold or hot water with fresh lemon, cayenne pepper, and apple cider vinegar, it gets the system moving.

Instead of sugary drinks, make ice tea with herbs. To make herbal teas therapeutic, I like to get in three-plus cups in a day, this isn't always easy so a great way to get them all in during summer is to make a big jug and put it in the fridge or your water bottle. Fresh herbs or teabags work well together.



International Model, Maddy King started her modeling journey at the age of 14 after winning a Dolly and Supre Competition. Since then she's worked for brands like David Jones, Kmart, Big W, Best and Less, Running bare, & Toyota to name a few. Her favourite modeling job was for Crystal Cruises where she was flown to Mauritius to cruise on a 6-star boat from Mauritius to Broome for 10 days while she shot their advertising campaign. Her career wasn't all roses though, with her having a unique health challenge at the age of 19. Through her investment in learning from the best health practitioners, she has since dedicated her life to helping people as a nutritionist, Chi Nei Tsang practitioner and breathing coach who has a specialty for understanding how to heal gut health issues, adrenal fatigue, skin issues and female issues such as UTIs, thrush and rebalancing hormones.

4. Breathing techniques

This is something I teach every client.

When I was first told to do breathing techniques I thought, why do I need to learn to breathe? I already know how to breathe!

How wrong I was.

Breathing techniques have endless benefits for the body and help every system in the body.

Through the breath, oxygen reaches every cell in the body, our cells are also able to release toxins on the way out too, it can be very powerful work.

So what's an easy way to start practicing some breathing techniques?

Taking the time to sit and relax. Take 10, slow and deep belly breaths. Breathing in and out of the nose. Making sure to expand that belly and breath out slowly too.

You can do this when you wake up, before you sleep, before you meditate, on a bus or anytime!

5. Salt therapy

Ask any surfer or most people who have grown up near a beach about the benefits of an ocean swim after a few drinks the night before.

Ocean water has high amounts of minerals including sodium, chloride, sulphate, magnesium, and calcium. So why not jump in the sea for a swim to improve your mood and health for free!

6. Those unused shower brushes

You know those big bristly brushes that hang in most people's showers but never get used. Well, use them!

They are a fantastic way to get the lymphatic system moving and help your body remove the rubbish. The easiest way is to brush towards the heart, and don't forget the bottom of the feet. They really do get your skin looking better.

7. Move and sweat

Whether it's via exercise, movement techniques or any type of sauna, traditional or infrared. Moving the body and sweating helps to break up blockages, get the energy and blood flowing and removes toxins.

Many traditional cultures have been using sweat lodges for centuries and still do, there is definitely something in it.

8. Baths and buckets

Using a bath and adding herbs, herbal tea bags, Epsom salts or even organic fresh flowers can make a wonderful relaxing and detoxing option. Don't have a bath? Easy, use a bucket, add cayenne pepper and pop your feet in!

9. Meditation

While we sleep our mind still works, taking the time out during the day to give your brain a little rest can work magic, especially for our nervous systems.

It's simple, free and painless.

There are also some amazing free apps, websites and YouTube videos to help you get started if you are not quite sure where to start.

10. Self-abdominal detox massage

And lastly my favourite. I now teach all my clients self-techniques to rub their own tummies, in most massages everyone avoids the belly... yet it's so powerful and a wonderful way to detox.

Slow, gentle spirals starting from the belly button, in a clockwise direction are a great way to start as a beginner. To learn more stay tuned on my website for free tutorials coming soon.

THE BIG REASON WHY the mirror IS A MODEL'S BESTFRIEND

No, I'm not talking about Snow White and the Wicked Queen. I am talking about the mirror being your new best friend! Now, I'm not saying that I am a fan of Narcissus, however, he did have something right... Loving his reflection! In this article, I'm going to teach you the art of utilising the mirror to its and your full potential.

The first thing you need to do is find a full length mirror and pop it somewhere where you feel comfortable and have enough room to move around it. Ok, now you've got the mirror, all you need is yourself and hey pronto you're ready.

What I'm about to say may not come as a shock at all, but I swear the logic behind it is solid! Are you ready to have your mind cakes blown.... When you look into the mirror, you see what other people see when they look at you! CRAZY I KNOW! But here is where you get your monies worth - by practicing everything in front of the mirror you will be one step ahead in auditions, castings, networking events, meetings, the list is endless! By knowing exactly what kind of body language and facials you subconsciously express is a tool so powerful, you could take over the world! Okay, well maybe not that far but let me explain....

You're so comfortable in your own skin that you do things your don't realise. Everyone on the planet does it! So what I'm saying is, that by watching yourself walk, sit, bend or move in front of the mirror you will pick up certain traits that look dorky, or awkward, or just plain clumsy. This is especially pertinent to models who have to have a range of steadfast 'looks' on hand all the time. It is very easy to think you're doing something that looks really sexy, when in reality it looks like you've just smelt some bad cheese! It may sound funny, but I swear I can't count the amount of times I've heard people say 'OMG is that what I look like?!' It could've been simply fixed by just practicing in the mirror!

I suggest you set up your mirror when there's no one else at home so you don't risk your little brother or roomie filming you and putting it up on YouTube and watch yourself doing everything you'd do in a casting or audition. Walking into the room, sitting on a chair, standing front on and sideways, holding a script, walking down the catwalk, jumping, running - literally anything you can think of that might happen in a casting! Watch your face as you do all of these things, notice if you flair your nostrils involuntarily when you jump. If you do, practice it until you still look good and bankable whilst jumping. After all, this is what the casting agents are looking at. Practice as much as you can, until you can feel your habits changing to your new and improved expressions.

When you're an up and comer in this industry you need to be the best you can be, because let's face it you're up against a myriad of other talented girls and guys. Knowing exactly how you move will give you more confidence in an audition and make you seem more desirable.



FAT CAVITATION

INSTANT FAT REDUCTION

By: Patricia Higgins

Have you ever found yourself in this scenario? One day you are dressing and you reach for your favourite pair of skinny jeans or that slinky dress. You don't remember the jeans being so tight around your waist. Suddenly you have a muffin top that wasn't there yesterday. And, in that dress you now feel a lot more conscious of your mid-region? How did it happen so quickly? More importantly – what can you do about to reverse this, as soon as you possibly can?

Well, diet is the obvious answer and you would need to have a good hard look at what you have been eating and drinking of late. Sometimes when weight gain is so sudden you need to have a look at lifestyle. It's harder to say no around Christmas and Easter time, at social events and while travelling. Sometimes relaxing and having a bit more fun than usual can tip you over the edge – from your normal size to something you are less comfortable with.

It's amazing how rapidly it all happens, and while it might start to be felt in other areas, abdominal fat is one of the first areas to which lifestyle factors manifest. We are talking here about bloat. Too much alcohol; too much sodium; being airborne; all sorts of reasons can contribute to the bloated feeling. And, there are many options to pursue in an effort at damage control.

So, should you reach for your Spanx? Or, should you try a detox diet, plan or package? Well, if you haven't heard of the revolutionary new technique called Fat Cavitation then it might be time to get with the program. It's an ultrasound treatment performed at low frequency on localised areas of the body that acts to "melt" the fatty (adipose) tissue. You may well ask how does such a thing work? And, most importantly, you would also like to know... does it provide results? Well, I embarked on a trial to find out:

The trial

I had seen the term "Fat Cavitation" bandied about and while I wasn't entirely sure what the procedure entailed I was very curious. When I have indulged a little too much I often find that just "getting back on the bandwagon" (thinking about being fit and taking the initial step to get back there) is the kick I need.



"Give yourself a week and you can expect 2 to 10 cm of circumference reduction after just a single session. It's a cumulative effort, so if you keep going there's even more reason to expect the area/s to shrink."

And, didn't I choose just the right time? On Easter Saturday I visited a local beauty clinic to begin my trial. I had to largely say goodbye to the chocolate eggs. I was rather sad (and a little anxious) to say the least. Arriving at The Beauty Spot (Burleigh Heads, Queensland), I was educated by the owner of the salon Deb Labes on the procedure and provided with links to YouTube and other media and forms of information. So, what did I learn?

Actually, I found myself quite fascinated with the science behind the procedure. You see, the treatment breaks down fat cells via an ultrasound (this being comprised of acoustic waves.) Applied to the selected area the waves target only the fatty cells (or Triglycerides) and are unable to damage skin, tissue, nerves, blood vessels or anything other than the fat. A combination of heat and vibrations prove too intense for the membranes of these fat cells and they are broken down and released into the intestinal fluid. This process is otherwise known as "lipolysis". Or, as I'd like to think of it – "melting the fat".

From here, you have a separation of what used to be fat into glycerol and fatty acids. Glycerol (water soluble) is passed through the intestinal fluids, is excreted as waste and is also metabolised by the liver. The fatty acids go by way of the liver. So, what you have here is an elimination of toxins.

What are the caveats of the treatment? You must be in good health so that your body can dispose of these toxins quickly and efficiently, you must be prepared to eat healthily and you should be prepared to drink 8 glasses of water per day. Hydration is key: the glycerol and fatty acids need to be dispelled or they will once again be used to create Triglycerides (or, as we learnt earlier) the fat that you so badly want gone.

So, what about the procedure itself... well, put aside an hour for a session. It does get a little hot and there is a slight ringing sensation in the ears. But, altogether it's very easy, and there's a nice slice of time to spend in the sauna afterward. Discomfort is slight. My tummy was a little red afterward, however, this is to be expected. Fat Cavitation is non-invasive, non-surgical and requires nil recovery time. If you were considering Liposuction I would certainly give this a try first. And why? Well here are my results:

The results

So, I followed the instructions. I drank my water and I somehow managed not to bite into too many chocolate eggs over the Easter holiday period. My reward was a startling loss of 5 cms from my bellybutton area, 1 cm from my waist and 2 cm from my general tummy region. This was over a period of just 5 days.

Detractors of the treatment often note that actual weight is not lost in this time frame. But, then I never expected it to be. Fat Cavitation is about reducing body size on targeted areas. It's great for stubborn areas of fat like "love handles" and "tuck shop lady arms". It's especially good for cellulite and especially great for little "Buddha bellies" – just like mine.

Give yourself a week and you can expect 2 to 10 cm of circumference reduction after just a single session. It's a cumulative effort, so if you keep going there's even more reason to expect the area/s to shrink. I found the procedure to be a great alternative to any diet supplement or plan, as the results were so satisfyingly immediate. Results do range according to age, metabolism, tissue structures, medications and hormones but a proper diet and adequate exercise is all you need to improve and maintain the results.

The reason why I'd say the trial was a success? Well, because of the measurements – clearly. But, it's more than this. The reduced size around my mid-section was enough of a confident boost to set me on the right path. Having invested in my body and my well being, I continued with a healthy diet and a raised consciousness about my hydration levels. I view the treatment as a relatively, quick, easy and painless tool to assist a successful weight loss or fitness journey.

It means a lot to feel that bit less bloated or flabby or whatever the case may be. There's a lot to be said for mindset and the relief of being able to refrain from having to buy clothing in that next size cannot be underestimated. In essence, Fat Cavitation allows you to feel more comfortable in your body (and, in your clothing) once again.

For more information about Fat Cavitation and the treatment outlined in this article visit: <http://thebeautyspot.net.au>



DO RELATIONSHIPS Need Lies TO ACTUALLY SURVIVE?

Let's face it - there are some things you just need to lie about in relationships. Whether it's executing a surprise picnic or, if you did actually manage to source that almost out of print edition of Jamie at Home that your partner NEEDED for their birthday. These little white lies help to keep the passion and excitement levels at an electric level in relationships. But what about more serious stuff? What happens when the lies become your assumed truth? Why lie at all?

As adults it should be a case of being able to discuss anything with your luckily lady or gentleman shouldn't it? Not a matter of having to hide certain truths about yourself in order to keep their attention. Aren't we all over the high school drama of trying to be 'cool'? When did it suddenly become more of a lie-ability to be yourself?

First date nerves can be a bit of a grey area. I mean it's understandable on a first date that you're nervous and assure your date you would never usually order dessert; that a salad is more than enough to fill you up! Yes, I'm mainly talking to the ladies - all of whom will know that feeling. But the more you get to know someone, the more you're supposed to let them in to see the real you! Well that's what I was under the impression of. Apparently not. After talking to a single girl friend of mine, about this very topic she assured me that a lie is something the best thing for a relationship. Shocked by this confession, I asked her to go into more detail.

What I gleaned from our conversation is that sometimes a lie can be the difference between a happy partner and a cranky one. My friend in no way condoned lying about game-changers (cheating, sickness or emotional milestones). But simply said that by not letting her boyfriend be privy to some of the little decisions she made, she felt more independent and strong. She explained that so often in relationships the two parties almost become one. Always making decisions together, even small ones. She explained that she didn't want this. She wanted to keep her own identity and not become just another 'we'. After listening to her rant on about couples who can't decide what type of sandwich they want without consulting the other, I could totally understand and agree with her.

Let me end this little ditty by saying that I am in no way giving permission for every reader to immediately run out and start bs-ing their way through every relationship! No way buddy! However, sometimes a little white lie can be the difference between an explosively horrendous evening and a perfect romantic serenade.



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