The ultimate guide to the hottest emerging fashion designers from all over the world

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SASSY

New Year New Fashion

OUR GUIDE TO THE TOP TRENDS IN 2020

+

BANTING

A FOUR-PHASED EATING PROGRAM THAT IS DESIGNED TO GET YOU THIN AND HEALTHY

Cover Photography: Raymond Bartholomeusz

GET TO KNOW *Cristy* THAPA

AN ENTREPRENEUR TO WATCH OUT FOR IN 2020

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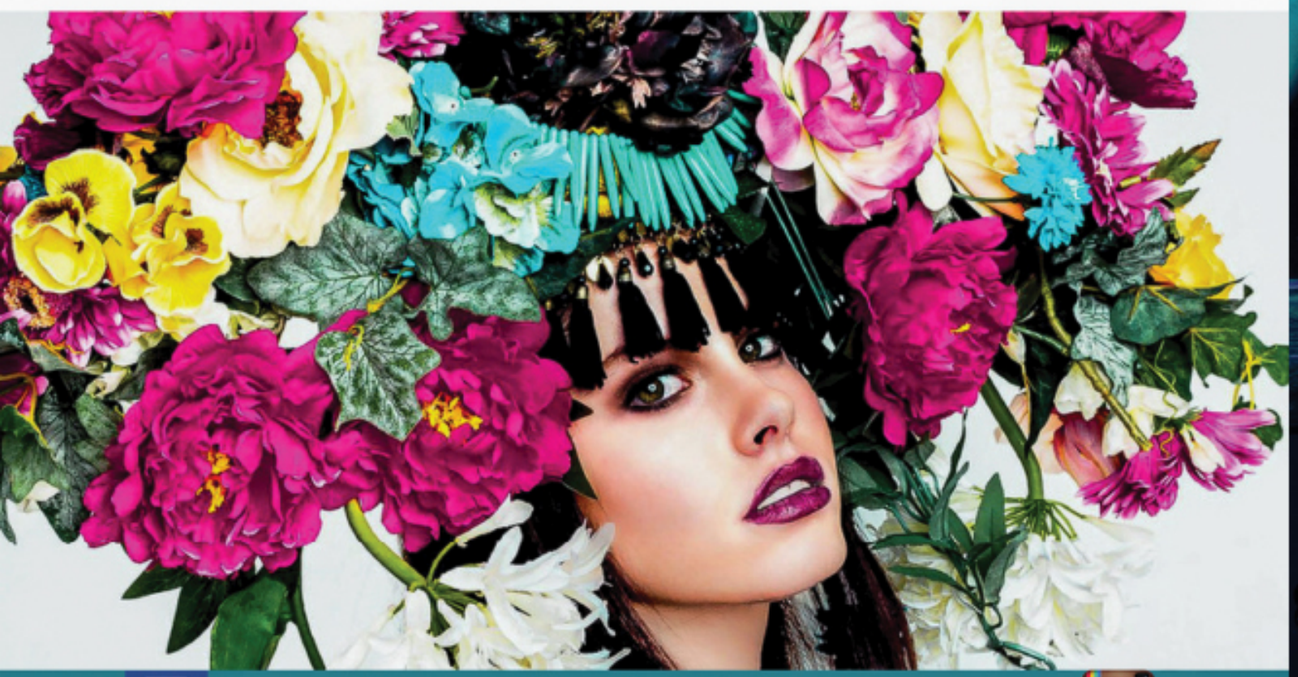

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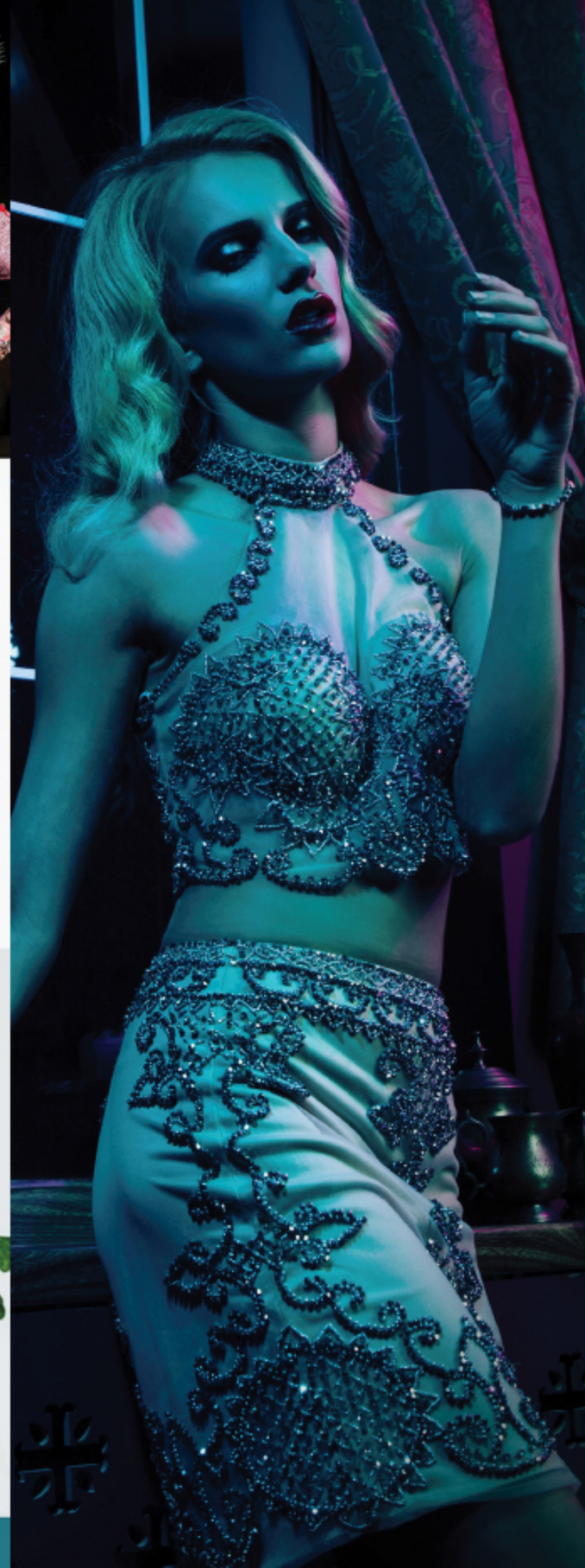

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EDITORIAL

Editor-in-chief
Jenny A

Managing Partners
Mike I, Raymond B, Stephen W, Maryrose S

Creative Director
Raymond Bartholomeusz

Art Director
Stephen Wong

Photographic & Art
Raymond Bartholomeusz, Stephen Wong, Dave Choo, James Mao, Eric Fonacier

Marketing
Alex Abella, Krissy Anderson, Eileen Maynigo, Barnes Luz, Jason Harris, Annabel Gottfried, John Esquerra, Michelle Palmer, Cam, Angelica Whitelaw, Joanne Azzi, Chevvy, Tricia Argeseanu, Zenaida G, Gerry Samaniego

Writers & Contributors
Anjelica Whitelaw, Shiwani Gurpah, Renae Smith, Holly Phelps, Jenny Hu, Charles Cubelo, Jill Antonio, Scott Murray, Vanessa Jensen, Leanne Harrison, Patricia H, Judy Flynn, Kim Barry, Maddy King, Dr Mike Shenouda, Anjuli Mac, Jess Nugent

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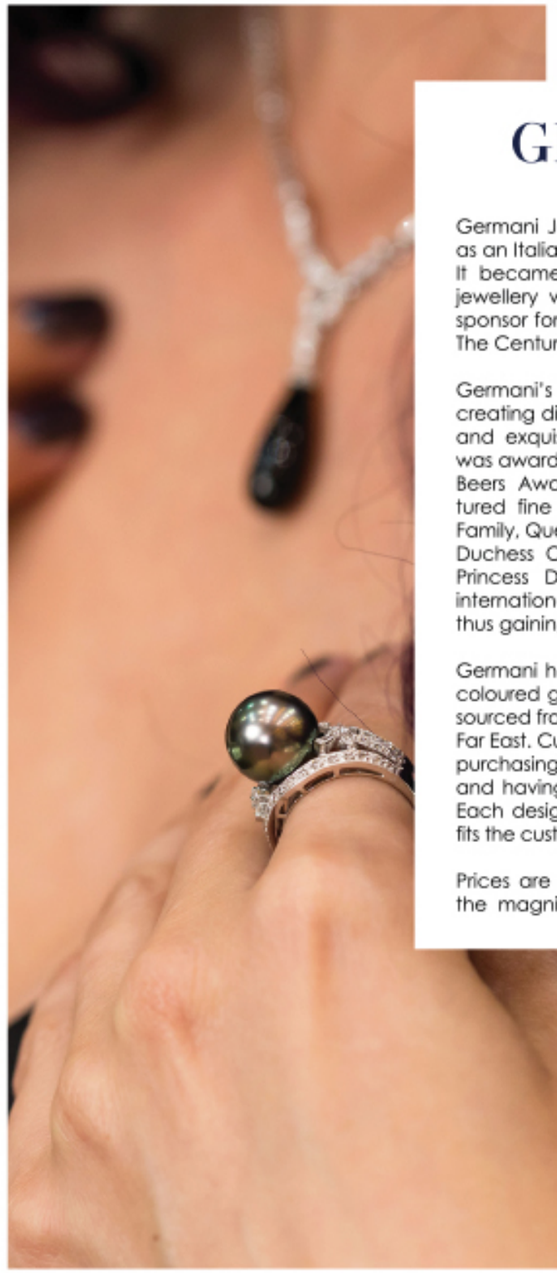
EDITOR'S NOTES

Sometimes, success can be a double-edged sword. On the one hand, there you are fulfilling your dreams, achieving all the goals that you've set for yourself. While this is laudable and should be celebrated, one has to stop and make sure that that success isn't a selfish one.

What I mean is, are you alone in that winner's circle? Or are you there being cheered on by the people that have loved you and supported you? In that race to the top, did you leave everyone behind?

I think that's what makes Sassy & Co magazine so special. That while the magazine has grown in leaps and bounds, the group behind it have stuck together though it all. Ours is a tie that binds and one that has proven strong over the years. Bring on all the adventures, 2020! We're ready for it!

Jenny Aluning
editor-in-chief



GERMANI
JEWELLERY

Germani Jewellery has been established as an Italian brand in Australia since 1985. It became a household name for fine jewellery when it became an exclusive sponsor for the national TV show, 'Sale Of The Century' from 1988 to 2001.

Germani's extensive experience in creating distinctive, cosmopolitan, unique and exquisite jewellery is evident as he was awarded the prestigious Diamond De Beers Awards, designed and manufactured fine jewellery for the Saudi Royal Family, Queen Noor of Jordan, the Duke & Duchess Of Wellington, Elizabeth Taylor, Princess Diana and other well known international dignitaries around the world; thus gaining him international recognition.

Germani houses a huge range of quality, coloured gemstones and loose diamonds sourced from Belgium, Switzerland and the Far East. Customers can enjoy the luxury of purchasing directly from the wholesaler and having the jewellery made in-house. Each design is iteratively reworked until it fits the customer perfectly.

Prices are extremely competitive due to the magnitude of Germani's operation.

WHAT IS BANTING DIET

By: Patricia Higgins

You would have heard of the Atkins Diet, and you've probably heard of Paleo by now – but, what of the newest buzz word in dietary regimes – Banting? It's increasingly on the radar of late, but what you might not know is that Banting is actually a revival of a fairly old idea. But, what on earth is it? Can it help you lose weight? And, more importantly, is it any good for your health?

Banting refers to a no/low carb, high-fat diet. This approach aims to convert the body's metabolic response. This means shifting from burning carbohydrate to burning fat instead. Banting is still a bit of an obscure name in nutritional trends (especially compared to its well-known 'cousins' Atkins and Paleo). However, it has been around for a whole while longer.

Banting has a long and colourful history. The dietary regime is named after Mr William Banting, a prominent undertaker and coffin maker hailing from London. He embarked upon his Banting diet in as far back as the dusty old days of the mid 1800's. It seems he was trendy without even knowing it.

He had good reason to find a diet plan. For although he was very rich, Mr Banting didn't have it all. He was morbidly obese (which is a bit ironic considering his occupation). A successful business man, he was one of the lucky ones amongst the population at the time to be privileged enough to very well-fed. Too much indulging in the finer things in life had Mr Banting seeking a way to undo the damage on his waistline and wellbeing.

He was responsible for popularising Banting as the first formalised diet of our times aimed at restricting the intake of carbohydrates (particularly starches and sugars). The diet was formulated by Soho Square physician Dr. William Harvey, who had gained insight (in the context of diabetes management) from the lectures of the French 'Father of Modern Physiology' Claude Bernard.

> Banting refers to a no/low carb, high fat diet. The aim of this approach is to convert the body's metabolic response.

The diet of canting (as prescribed in the book) propounds the benefits of eating only those foods that are very high in fat. That means those often fat-laden goodies that you drool over but generally do your best to hide from: butter and bacon, for example. And while this sounds great in theory, you do have to be completely steadfast in avoiding certain food groups to no exception.

Banting is about consuming only three square meals a day that are high in fat and medium in protein content, with as little carbohydrate going into your system as possible. The intention is that you always feel full. You are meant to eat only when you are hungry. The idea is that there is no snacking, so no extra consumption of calories.

So what exactly can you eat when you are 'Banting'? It's not all bad news. On the 'green light' list are cheese and eggs, all meats and seafood. Plus, you can have mayo, butter, avocado and full fat cream if you wish – so there's not too much compromise on taste in this diet. You can also have leafy green vegetables. Unlike Paleo you can consume dairy – so that's a bit of a plus.

What do you have to say goodbye to? You can't eat potatoes of any kind, no rice or soy products, or any grains at all. It's also a no to legumes, couscous etc. Of course, you can't have any sugar or any foods naturally high in sugar – so that includes all varieties of fruit and fruit juices etc. You have to be brutal with your resolve to avoid all these foods so that the diet can be effective.

Is the diet healthy? It's questionable as to whether no/low carb, high fat diets promote health or whether they produce side-effects of the long-term. If you have a medical issue you should always consult your doctor before beginning any dietary regime.

Proponents of canting say that its biggest benefit is that it allows you control the amount that you eat minus the cravings. You don't feel like you are starving and you don't feel as though you are entirely missing out on tasty food. Which makes sustaining your diet all that much more likely. Losing weight is, after all, about sticking to a plan in the long-term. Whatever your thoughts on Banting, its fast becoming the new buzzword in the diet fad and foodie world.

Think
Flares
are not
for you?
think
again...

FASHION SHOULD BE FUN, NOT A BURDEN

If you were born without the luxury of having spidery long legs to get you to places faster and feel like you are missing out on a lot of trends; unfortunately, we can't help you with the long legs part. What we can help you with though, is with the trend part. One of the biggest trends at the moment is denim. Everyone is wearing denim shirts, skirts, dresses, rompers, jumpsuits, shoes, and every other clothing item you can think of. It's everywhere, it's kind of like an invasion of denim. Regardless, one of the best looks came back in style and we couldn't be happier. Now that flares are acceptable without looking like you just stepped out of a 70's catalogue, there is a bit o a problem with this look. People under 5'5 are not wearing flares because they feel that they are just too short and will probably drown in the jeans. Well, there may be some truth in that, however, if flares are worn right, anyone can wear it even if you're not tall.

So how does one wear flares correctly if they are not very tall? Easy! Let's break it down, starting from the top. First, let's be realistic. If you're under 5'5, you probably don't have a lot of torso to work with. So if you have this problem, we suggest wearing fitted tops or crop tops. Nothing baggy or loose that will give off a frumpy impression. You want to look lean. Skip the jeans, and go straight to the feet; your goal is to add a bit of height. You can wear wedges, booties, or even heels. All options will look great with the jeans regardless though. It's just important to add some height to give off the illusion of longer legs. Flares are very long even if they are tailored; if you wear flats and you're not very tall, the jeans will appear bigger. And that is what we don't want.

Over here at Sassy & Co, we urge you to try flares today, give it a shot. Take some of these tips and tricks and see if it works for you. If it doesn't, at least you know and you won't have to give any more of the tall people wearing flares dirty looks. Fashion is all about trial and error, some trends work for us and some don't. And that's okay, but it is always fun to try. Remember; fashion should be fun, not a burden.

The Lazy Girl Guide

To Looking Put Together

Sometimes, adding a fedora can really make it look like you are trying. And the best part is, you're totally not!

sometimes, it's the small things that make the difference in an outut believe it or not. Just a simple tweak from a plain shirt to one with lace can make all the difference in one's look.

Ever wonder how some women always look so put together from head to toe?? Maybe it's because they woke up like that or maybe, just maybe... they actually know the lazy girl guide to dressing up five minutes before heading out the door.

Getting ready within five short minutes before heading out the door to go out may seem utterly impossible for most women, but in actual fact, it is. Here's a tip; it's all about the accessories! And no, this doesn't mean every time you go out you have to wear a huge statement necklace to look somewhat presentable; sometimes, it's the small things that make the difference in an outfit believe it or not. Just a simple tweak from a plain shirt to one with lace can make all the difference in one's look.

Now let's go back to the accessories part, there is in fact, a whole range of accessories to choose from to help you get ready at the quickest possible time. You don't always have to go the jewelry route. Sometimes, adding a fedora can really make it look like you are trying. And the best part is, you're totally not!

One of my favorite fashion hacks has to do with feet. And I don't mean showing off a flimsy magic trick using my feet, what I'm trying to say is just let the shoes do the walking. Using booties or flats with a different texture, design, or even look brings a whole new dimension to your entire look. It's also much easier to put on. Shoes have always been known to spice up any outfit, it is no different when it comes to your day to day routine.

Here's another trick to help you look put together at the quickest possible time. Sometimes, you can completely forget all about the accessories and just leave everything to your face. While it's always great to embrace your natural beauty; wearing a bold lip from time to time does not hurt - a statement colour on the lips can bring a lot of attention and drama to your look. That's guaranteed to save you tons of time in the morning leaving you to apply just two coats of your favorite lipstick before you head out the door. Yep, life just got a whole lot easier!

Looking good shouldn't mean having to set your alarm at four in the morning. Just like in life, it's the small things that matter. Besides it's best to add a few details here and there then go all out as if you were attending the Oscars. I think we can all include that less is more and it doesn't take much effort to look good.

FIVE STEPS TO LOOK LIKE YOU'RE NOT WEARING ANY

MAKEUP

In the past couple of decades, women paid a lot of attention to brightly coloured lipsticks and dark mascara. However, these days, the more natural look is more appealing. It is also healthier because heavy makeup does not seep into the pores and there is less to clean off when you go to bed at night. Of course, a little makeup is necessary in order to bring out the best of your features. Here are five of beauty and makeup tips for that awesome natural look:

Cleanse the skin

You need to start with a good cleanser as well as a good moisturizer. Wash your skin well under warm water. This will prevent it from drying out. The moisturizer should have a good SPF factor, which will also help prevent the skin from drying out, and becoming dehydrated.

Light Foundation

Focus on a light foundation, instead of something that is going to be too harsh. You may want to think of a moisturizer with a slight tint. This means that you don't have to opt for a foundation that can clog up the pores. Use a slight red tint around the cheeks. However, don't go overboard with this. It should be kept as natural as possible. Experts suggest that when you using foundation, it should be applied with fingers and rubbed in because this will look more natural.

Blush

It is easy to overdo this as you may have seen in the past when women applied heavy makeup. To make this as natural as possible, look for a cream that will match up to your skin tone. Have a look at the colour of your lips and match this up to the tint. Stay away from the shimmers, which will look less natural. Blend this in well over your cheek-bones as well as the lips.

Eyes

It is important to focus on the eyes, especially when these are your best feature. However, it is important not to go overboard with mascara and eyeliner either. You can do more harm than good when you apply too much mascara, because you won't bring out the colour of your eyes. Your eye lashes just need a slight coat. A lot of people use a cream on their eyelids because powders can become caked.

Gloss

There are many ways that you can bring out your lips. You will have achieved the natural look by now, and you can finish this off by a little colour on the lips. There are many natural colours available on the market. You need to find something that is just slightly brighter than that of your own lips. Have your gloss with your so that you can re-apply it. There are also sprays available which help set the makeup.

CRISTY THAPA

ENTREPRENEUR

"One of the most important things that Cristy learned is the way that people are affected by fashion. She believes that the type of clothes people wear will have a big impact on both the personal and professional aspects of their lives."

Cristy Thapa is currently on the verge of launching a fashion website and her fashion line. This is the latest in a long line of accomplishments from this talented woman. For example, she is a registered nurse, she has won several titles such as Ms. International Beauty Ambassador 2018, Ms. Australia International 2018, Ms. Charity International 2019 and Ms. Australia United Nations 2019 and she has also helped design outfits for multiple fashion shoots. She is the first Nepalese who has represented Australia in an international platform not only once but twice. Let's take a closer look at this inspiring woman to find out what attracted her to the fashion industry.

She initially began in fashion by working as a creative director in various fashion shows. This meant that she was responsible for making decisions about the kind of clothes that would appear in the show. Cristy thoroughly enjoyed this experience as well as being able to meet a range of new people. Being a creative director also exposed her to a wide range of new opportunities. Because of this experience she was able to work with a popular fashion designer in her logbook shoot. Cristy loved this memorable experience, as she got an even deeper insight into how the fashion industry works.

One of the most important things that Cristy learned is the way that people are affected by fashion. She believes that the type of clothes people wear will have a big impact on both the personal and professional aspects of their lives. This is partly what has inspired her to become a fashion blogger and designer. Cristy derives a lot of happiness from experimenting with different fabrics and color choices. She discovered this passion early, dreaming of owning her fashion line when she was in high school. Through years of work, she has been able to start achieving this dream.

Cristy actually has big dreams for the future. First, she is planning to launch her website, (www.thearcreations.com) soon. Through this site, she plans to report on the latest news and events from the fashion industry. By bringing her unique perspective to these events, she'll help people get interested in this field. She also plans to help people from underdeveloped countries better understand the fashion industry. Many of these countries make beautiful fabrics and Cristy wants to show them how to convert these fabrics into beautiful clothes. By doing this, she also hopes to make a powerful change in the lives of people in these countries. Also, she wants to start her own clothing line. Initially, she intends to focus on crafting excellent wedding gowns and eventually move on to creating high-quality men's wear items.

Cristy wants to work for a social organisation where she can bring changes in the community. She wants to be a role model and a successful entrepreneur who can be the source of inspiration for existing people. She also wants to serve the community and be the voice of the underprivileged - she is definitely someone to watch out for in the future. So, keep your eyes open for Cristy Thapa as she continues to make an impact in the fashion industry.

Model CRISTY THAPA
Photographer RAYMOND BARTHOLOMEUSZ
Hair & Makeup PRIYATHAPA MAKEUP

Model CRISTY THAPA
Photographer GEORGE AZMY
Hair & Makeup PRIYATHAPA MAKEUP

Model CRISTY THAPA
Photographer RAYMOND BARTHOLOMEUSZ
Hair & Makeup PRIYATHAPA MAKEUP

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FASHION SHOW

Photographer AMAN SHRESHTHA

Breaking down the door to the fashion industry as a designer is never easy. It requires resilience and a unique aesthetic to distinguish from the competition. Sassy & Co is a platform that dedicates itself to promoting young designers and make their mark in the illustrious world of fashion. Sassy & Co fashion show was also the launch of Sassy & Co magazine which is a printed fashion platform launched to give a face and a voice to the culture, designers, and budding entrepreneurs down under. It acts as the fashion-forward leader in the latest styles and trends, and as a publication, it promotes the importance of community, ambition, and growth. An amazing show took place on the 31st of August at the luxurious yet spacious ballroom at the City Tattersalls Club. Sassy & Co featured a total of 11 designers including Armando Clothing, GTAB, Lakshmi Bee, Trendy B, Lisa Swinbanks, Lanikai the Label, Leatheron, KARIMADON, Dolly, OOGII and La Koi Swimwear.

As the clock struck seven o'clock, MC Jojo Sebastian announced the much-anticipated fashion show—to the backdrop of the early 2000's pop music. Power poses, astute struts and style dominated the catwalk by the models as they showed the Magnus opuses of their respective designers. The room's atmosphere carried a sense of pride amongst the designers and awe amongst the patrons—as living masterpieces reeled in and out on stage. One of the most striking designs featured in the catwalk was Lakshmi bee's swimsuit collection. It gave off a cuff eye-catching and possessed an unparalleled prowess to each swimwear. Clean lines and patching was the result of sewing all the scrape fabrics together. Lakshmi Gowda is a designer who woven her passion for sustainability evident in her clothes.

La Koi Swimwear was also another designer whose designs are sublime. It's influenced by the European luxury lifestyle. Sleek sensuality and soft sophistication are showcased in the stunning swim designs from Australia. This exclusive swimwear combines function, style, and comfort in a luxurious fashion. Another notable mention that draws on a unique aesthetic was OOGII, an International journalist, News Anchor, and designer whose Sydney brand creates glamorous and comfortable shoes, exquisite handbags and custom designs that are worn worldwide. There's also Lisa Swinbanks whose designs are classic, simple and sweet. Using monochrome tones, she combines feminine elegance with a flirtatious twist. As each designer and their model finished off each catwalk stride, the masterpieces were immortalized by the photographers. Sassy & Co magazine would like to thank all the amazing designers who showcased on our show and everyone who came to our launch party.

A NEW YEAR MEANS NEW FASHION

By: Patricia Higgins

So, we have once again turned the page on a New Year. Cue those gym memberships, detox regimes, and obligatory personal pledges and promises. If you want a 'new you' in the New Year, there's one resolution that you may actually be able to stick to. And, that's keeping fab and fresh with the season's fashion forecast! So, what are the top trends for 2020?

1. Bigger IS better

If Harper's Bazaar and Lady Gaga have it right, then it's time to embrace a fuller, floatier silhouette. Think peasant-style frocks with balloon sleeves and tiered hemlines. Perfect for summer, voluminous styles are as breathable as they are fashion-forward. Casual styles can be worn at the beach, with dressier takes on this look adopted for work or even a night out.

The voluminous dress has even been pinpointed as a top trend in wedding dresses. It's all in the flounce, with a 'return to romance' touted as this season's major mood. So, feel free to indulge in the fairytale factor, but do pair a statement dress with flats and simple accessories - in order to stop yourself from wandering away completely into 'naff-land'!

2. Twist and shout

Nineties nostalgia reigns supreme. A 2109 reimagining of this psychedelic counterculture staple sees the characteristic loudness of this print dialed down a notch or two. Like you, we never thought we'd see tie-dye as high-street fashion!

But, lo-and-behold we are already starting to witness the 'tie-die titillation' - filtering down from New York Fashion week and onto the racks of some very-real retailers (the likes of Urban Outfitters and Revolve). With the print taking centre stage on blazers, tees and even tailored pants, it's a look that (whether love or loathe) you certainly won't be able to hide from!

3. Animal magnetism

Leopard and other animal prints have always maintained a simmering allure, especially in the world of accessories. This year feline and other safari motifs are set to take over, becoming slinker and all-the-more visible. Reinvisioned for the warmer months, those jungle spots and python stripes are now appearing against a backdrop of vivid brights (such as neon yellow and sky blue)!

You can't go past an animal print dress in a silky fabric for credible cool. And, you can give Meaghan Markle a run for her money in some similarly styled pumps and matching handbag. If you are not a fan of too much leopard, consider a scarf or an accented pair of sunnies for just a sprinkle of what can be a very dominant look.

Whilst the strike of the clock on New Years may not have automatically generated a brand new life, the second-best thing may just be a brand-new wardrobe. You may still be working on quitting those cigarettes or becoming 'settled-down' (like your mother wants). But, regardless of the situation, you sure can do it in style with the above tips!

PACIFIC INTERNATIONAL RUNWAY

By Jasmine Banks

There's really nothing ritzier than a red carpet welcome.

Set in the stark sophistication of Manor on Elizabeth, a spectacular lineup of emerging and established fashion designers from Australia, New Zealand, and the Pacific at large showcased their stunning collections on the runway last Saturday, November 16.

The event was highly anticipated, after months of preparation by the owner and organiser Failepou Peni and the PIR team.

After announcing its international partnership with representatives from Samoa, Papua New Guinea. Fiji, Cook Islands and Tonga - the strength and significance of the Pacific International Runway event skyrocketed, resulting in a well-executed evening of fashion, culture and music.

The evening began with a moving performance that had the audience spellbound. Australia's Got Talent's Olina Loau kicked off the show with a special song number that moved the audience to tears.

What followed was a lengthy turn-by-turn display of high-fashion and artistic expression. Each designer had their own 5-minute segment to showcase his/her creations, accompanied by mood-setting music, dynamic lighting and strong media presence.

From eclectic Victorian inspired style to intricate elegance, to sustainable fashion - each designer brought character to the overall production.

Failepou's own label Lepou was the first on display. The Lepou range embraced the timeless cuts and beautiful details of the Victorian era. It incorporated stylistic structures, beautiful trimmings of lace and embroidery and luxurious fabrics. Separated by a short intermission, the first half of the show featured PNG designers such as Deborah Jaukae, Brandon, Stiches, NAARP and Tabu while the next segment showcased another round of established labels such as Public Island, Kovie Richardson, Kalani, Denani and Cecilia's Fashion House as well as upcoming designers such as the legendary boxer David Tua, Lisa Swinbanks and Lakshmi Bee.

The Vision of Pacific International Runway is first and foremost to act as a platform allowing designers from the Pacific the opportunity to gain exposure and recognition in the fashion industry.

While Pacifika fashion might traditionally be thought to include bright colours and tropical prints - Friday's show displayed extensive creativity, including high fashion embellishments, detailed structure, floral, lace and pleats.

FEATURE

For designers and audience alike, the energy in the Manor on Elizabeth was electric. With plenty of press, camera clicks and flashing lights, models floated up and down the runway like passing ships.

VIP guests were granted special access to prime seating, detailed run sheets, and a designated food & drink area for lanyard holders only.

Outside, guests could enjoy the splendid view from the Manor on Elizabeth deck, or the art on display nearby the entrance.

Noteworthy attendees included various dignitaries hailing from all around the Pacific, as well as Janet Sios, the director of PNG Fashion Week, Selena Short the CEO of Crunch Fitness Gyms, Councillor Dai Le, and the Mayor of Fairfield Frank Carbone.

It was beautiful to see the spirit of The Pacific shine through and expressed through couture and statement pieces, making its mark on the Australian Fashion scene.

The Pacific International Runway team should be very proud of the long awaited success of their event - undoubtedly only one of many more great things to come.

For a full list of participating designers/ labels, go to: pacificinternationalrunway.com.au.

"It was beautiful to see the spirit of The Pacific shine through and expressed through couture and statement pieces, making its mark on the Australian Fashion scene..." Photos courtesy of George I 700500.com.au

Photo Credit: George I 700500.com.au

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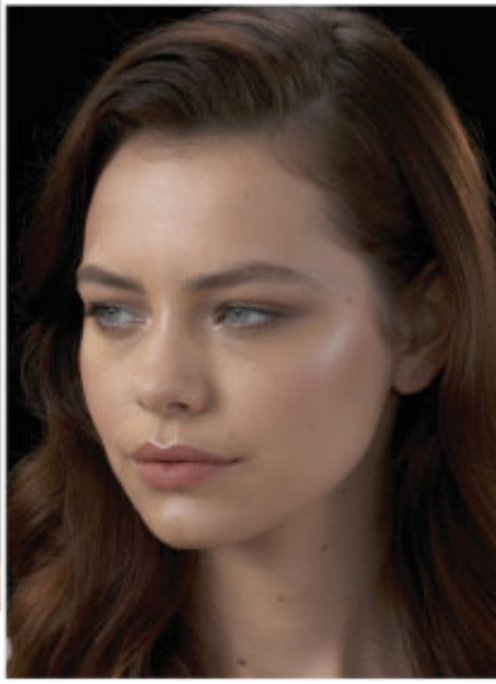

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