

The ultimate guide to the hottest talents from all over the world

April 2020

STAR CENTRAL

MEET BAHARA GOLESTANI

ONE ON ONE
INTERVIEW WITH
THE "THIS IS US" STAR



FASHION TIPS
A STARCENTRAL GUIDE
TO BUYING LESS,
SHOPPING
SMARTER AND
TRANSFORMING
YOUR LOOK
IN THE PROCESS

MAKE WAY FOR
**LYDIA
BIELEN**
A MODEL TO WATCH
OUT FOR THIS YEAR

MARONA
TANNER
ON FIRE

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Cover

Marona Tanner

Find out more about one of the hottest models to watch out for in 2020!



OPENING REMARKS



April marks the fourteen-year anniversary of StarCentral magazine and we've certainly come a long way since 2006. Throughout the years we've met and spoken to so many up and coming and fascinating individuals, we've explored various mediums of expression and we've covered hundreds of amazing events thanks to our amazing contributors, supporters and team. As we put this issue to bed, I would like to thank God for giving us the strength and guidance throughout the years and I would also like to thank you all for your continued support, enthusiasm, dedication and passion towards our publication. Our business is only as good as the people who make it happen for our readers every day, and I know we have a tremendous team who gives me every confidence that we'll be able to maintain a strong performance throughout 2020 and beyond. God bless.

Mike Ilagan
Managing Director

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Kaitlin Marinelli
Get to know one of the models to watch out for this year





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EDITOR'S NOTES

I had a strange start to my 2020. Several things happened in quick succession that had me just scratching my head but at the same time, it filled with the conviction that it meant something. So call me nuts, crazy or just plain idiotic, but I'm going with my gut and I've vowed that my 2020 will be unlike any year I've had so far.

Have you felt that way too? Have you been in that moment where logic is screaming at you: "NO!" but intuition, in a persistent whisper, is telling you: "Go for it!" I believe we all have. But it's our reaction to it that sets apart the DOERS from the DREAMERS. So, maybe following your gut might not work out, but at least you'll KNOW. There is no worse torture than regret, than asking "What If?" over and over again. So, I'll leave you with one of my favourite quotes, written by a young writer named Erin Hanson – "What if I fall? Oh my darling, what if you fly?"

Jenny Aluning
Editor-in-chief

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GET TO KNOW KAITLIN MARIANELLI

Kaitlin Marianelli may look stunning in the outside – but she also has brains to match her beautiful face and toned body. Her field of study is in fact Nanomaterials Engineering, and she eventually wants to work in fields such as tech, robotics, or aerospace. She was initially discovered by her agency via Instagram while she was doing her Master's degree. She immediately signed with them after graduating and for the next 2 years after that, she lived in Asia, getting signed with other agencies in Hong Kong and Japan.

StarCentral Magazine recently caught up with Kaitlin to talk about her journey in the modeling industry and here's what went down:

Could you please provide background about yourself and how were you actually 'discovered'?

My name is Kaitlin and I'm from Toronto, Canada, but I'm ethnically Chinese, Italian, and Irish. First and foremost, I'm a huge nerd – my field of study is Nanomaterials Engineering, and I aspire to work in exciting fields like tech, robotics, or aerospace. My favourite thing ever is traveling. I've lived in 7 countries and visited 34, and I'm hoping to do as many crazy adventurous things as possible in this life!

I was discovered by my 'mother agency' while I was nearly finished my Master's degree, via Instagram. My MA is Area Management, based in Bangkok, Thailand, and I signed with them immediately after graduating. For the next 2 years, I lived in Asia, getting signed with other agencies in Hong Kong and Japan – I would consider this the best years of my life.

What does it mean to you to be a model?

Modeling to me is embodying a persona or alter ego that I've had suppressed deep down for a long time! Sometimes I feel like my life is so polarized, and after modeling, I've let myself embrace a whole different side of who I am. It's definitely taught me to break out of my shell, push boundaries, and shamelessly take up more space, literally and figuratively.

What sort of person usually follows you? Who's your main audience?

My main audience is pretty evenly split between male/female between ages 16-35, mostly in North America and Asia.

What's the biggest challenge to modeling?

My biggest challenge was not caring about what anyone thought of me on set, and at castings. Sometimes you have to act silly or exaggerate your poses, and with a whole crew of people or a giant line-up of other models watching, it was VERY intimidating at first.



What's your personal mission in life?

My mission in life is to be able to tell the best stories when I'm old! I want to live a FULL life with diverse experiences, and I truly believe that will come from seeing as much of the world as possible, experiencing new cultures, and saying yes to crazy opportunities.

What has been the most memorable experience of your career so far?

Shooting with fully grown lions without leashes! I was shooting for a resort in Zambia and I had to walk through a national park with 2 lions in a wedding dress. Terrifying but so much fun.

Who have been the most interesting people you've met so far?

The most interesting people to me are always in the creative field, since it's so far removed from the fields I'm used to. I've come across actors, music producers, film directors, etc. and I love learning about their creative process.

How active are you on social media?

I'm decently active, I try to post once a week or so.

What will you advise other models who may wish to follow your footsteps?

We live in a privileged time where it's so easy to get scouted and start a career in modelling if you have the passion and the potential. My advice would be to reach out to agencies either on Instagram or on their agency sites and start kicking down doors, and taking names. Do test shoots with photographers to build a decent portfolio with a wide range of moods and settings, and build confidence in your posing. It's really all about practice, and good lighting!

What are your future plans? Inside your career or out of it.

My future plans in the short term are to move to the west coast and get an agency in LA. LA is a hub not only for modeling but for engineering opportunities as well, so I would get the best of both my worlds. I would love to be able to model for as long as I can, and it's difficult in Toronto to do that.



FIND OUT MORE ABOUT

SASHA SANDER

"I would advise models who want to grow their social media accounts to create their own luck. Don't expect opportunities to fall into your lap. You need to email, message and ask different brands/photographers/organisations to work with you."

Sasha Sander is a stunning Instagram model and a news producer for a station in St. Louis, Missouri. She started her Instagram account (sasha_emiri) two years ago and now she has over 85,000 followers. Her personal mission in life is to live it to the fullest and help people along the way. StarCentral Magazine recently caught up with Sasha to talk about her journey in the modeling and TV industry and here's what went down:

Could you please provide a background about yourself and how were you actually 'discovered'?

My name is Sasha Sander and I am a news producer for a station in St. Louis, Missouri. My Instagram account is sasha_emiri and I started it two years ago. It gained popularity through the use of hashtags and collaborating with different creative photographers.

What does it mean to you to be a model?

Being a model means having the ability to showcase your creativity by using your body as a canvas.

What's the biggest challenge to modeling?

The biggest challenge for me when it comes to modeling is being able to be creative while also holding a job as a public news figure. There is a fine line between art and being too suggestive in images. I want to keep things classy while also being able to express different art forms through modeling.

Have you always wanted to be in the modeling industry?

I never thought I could be in the modeling industry because of my height. I'm 5'2 and a half. I am also curvy. I didn't ever imagine having a modeling career because of those things. But it just kind of fell into my lap due to my quick growth on Instagram and I am so so thankful. I really do love it.

What's your personal mission in life?

My mission in life is to live it to the fullest and help people along the way. Life is short, so you need to do what you want while you're still alive.

What has been the most memorable experience of your career so far?

I can't think of just one specific experience but what I have loved the most about modeling and growing popularity on Instagram is being able to meet so many talented and great individuals. Everyone is so kind and has so much to bring to the table.

Who have been the most interesting people you've met so far?

I really can't pick one person over another. But the most famous person I have met out of my modeling journey was the founder of NARS cosmetics / the creator of Victoria's Secret angels.

How active are you on social media?

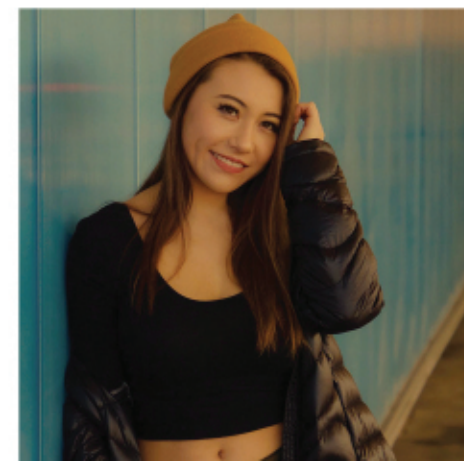
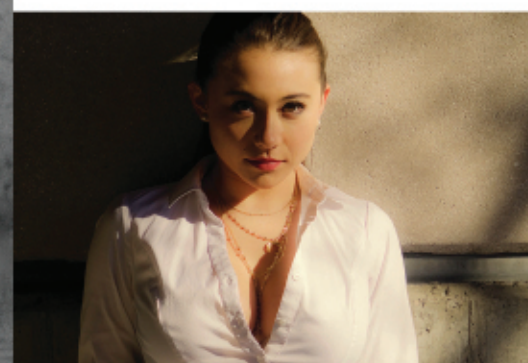
I am very active on social media. I post every other day on Instagram. I also do a lot of social media work for my news station.

What will you advise other models who may wish to follow your footsteps?

I would advise models who want to grow their social media accounts to create their own luck. Don't expect opportunities to fall into your lap. You need to email, message and ask different brands/photographers/organisations to work with you. The more you put yourself out there, the better. Hard work always pays off.

What are your future plans? Inside your career or out of it.

My future plan is to take what I've learned from my own Instagram growth and put that knowledge towards starting a social media campaign for the company I'm working for. My goal is to get the campaign to go viral and help all the communities in and around St. Louis. I would also love to win an Emmy for the projects I've worked on and move towards and career in modeling full-time.





Lydia Bielen is a stunning model who hails from Georgia, USA. She grew up in a small town with her mother, her 2 sisters, and her grandparents. She was waitressing at a restaurant in her home town when she was first discovered. An agent came in to eat, saw her, gave her a business card, and told her to call him and she was assured that she would never work in a restaurant again – the rest you can say, is history. StarCentral Magazine recently caught up with Lydia to talk about her journey in the modeling industry and here's what went down:

Could you please provide a background about yourself and how were you actually 'discovered'?

My name is Lydia Bielen and I'm from Georgia, USA. I grew up in a small town with my mom, my 2 sisters, and my grandparents. I am very close with my family. Growing up, I loved horseback riding, art, reading and writing poetry. I was a teenager waitressing at a restaurant in my home town when I was first discovered as a model. An agent came in to eat, gave me their business card, and said to call them and that I would never work in a restaurant again. To this day, he was right.

What does it mean to you to be a model?

To me, being a model is an outlet of self-expression. You can become so many different versions of yourself in front of the camera.

What's the biggest challenge to modeling?

There are a lot of challenges models face. Learning to deal with rejection, self-worth and maintaining sometimes unrealistic physical standards are the more obvious challenges. It's hard to balance the rest of your life with modeling sometimes if you are constantly traveling, going to castings, and waiting to hear back from people. It takes up a lot of your time.

Have you always wanted to be in the modeling industry?

Before I was discovered I had never really considered becoming a model.

What's your personal mission in life?

My personal mission in life is to help others in need and to help conserve the environment.

What has been the most memorable experience of your career so far?

Shooting for a magazine in the streets of Tokyo at night, it was freezing cold and people on set would run over to me with blankets between looks. But that city sparkles in a different way. It felt like I was in some kind of kawaii video game. I loved the fashion, the people were extremely kind, the whole experience was special.

Who have been the most interesting people you've met so far?

I've met some really interesting people on some of my travels. I've been to 30 countries now and met people from all over the world.

How active are you on social media?

I try to post at least 3-4 times a week on Instagram. Although, sometimes I take breaks from social media and don't post at all for a couple of weeks.

What is your favourite social media platform? Instagram.

What will you advise other models who may wish to follow your footsteps?

Never stop believing in yourself. Don't limit yourself based on other people's opinions. When you believe in yourself, you'll be amazed at what you can achieve. If you can dream it, you can do it!

What are your future plans? Inside your career or out of it.

I want to continue to travel to more places. I would love to do a season in Paris. And outside of modeling, I am writing a novel that I hope to finish and publish in the near future.



"To me, being a model is an outlet of self-expression. You can become so many different versions of yourself in front of the camera."



HOW TO BREAK INTO THE ACTING INDUSTRY

Here's something most people aren't aware of – talent alone is actually not enough to make you succeed in the acting industry. Besides being talented, if you want to succeed in the acting industry you also need monetary investment, the right connections, dedication, persistence as well as a great deal of planning.

Now here are top five tips for aspiring actors looking to break into the acting industry.

1. Think smart

In business, we call it strategy. In acting, we call it "attack." In every other aspect of life, we call it a plan. If you want to succeed, you need to be clear in what you want to achieve in your career. Be smart. Plan smart. Create goals and objectives that are specific, measurable, achievable, relevant, and time-based.

First of all, you wouldn't want to be wading in an ocean of all sorts of dreams of other aspiring actors, without you first having a definite idea what you are aiming at. You need to specify goals (either long-term or short-term) that can be quantified as doable. These goals should also likewise be pertinent to your career and should also be set to be achieved at a particular time.

If you want to move forward with your career then you need to be smart. Plan ahead and think smart.

2. Network your way to stardom

No one really got anywhere in their career by just doing his/her own thing without anyone's help. Over the process of building careers, personal as well as business networks are likewise built. You will need the right agents, managers, and producers to help you out on your way to success and be the shining star that you are meant to be.

Can you think of any actor who did not go through personal connections or contacts before actually getting into the spotlight? I bet you can't even name one!

As you meet people in your quest to stardom, make sure that you keep in constant contact with them - even the most insignificant people you meet. You will never know who these people are related to unless you have already built a steady relationship with them.

Keeping a business card will also come handy from time to time. Make sure yours had been printed legibly and with the exact details. Always hand them over to people any time there's an opportunity.

3. Leverage the power of the internet

Consider those people who were discovered through their video uploads via YouTube. Perhaps, you can also leverage on this social media platform as well as other online platforms such as Facebook, Twitter, Instagram, LinkedIn, etc. to meet other people who might be able to help your career in the future.

Did you know that originally, Justin Bieber grew up in a small town, and that he didn't actually have an agent or any valid connections? He only started uploading videos on YouTube for his friends and family who couldn't make it to his singing competitions. Someone high-profile came across his videos though and liked his voice and voila – Bieber fever was born!

4. Promote yourself

Your first follower is yourself. If you believe in yourself and you are passionate in what you can do then others will catch on and they will inevitably share that same belief with others they come in contact with. It'll be a ripple effect. Once a portion of water is activated it will set the surrounding water to create the same action.

Preparing your personal portfolio will come in handy any time. Just make sure that the data you include are updated, including the headshots. You should always stick to the truth. Your portfolio may be customised to how you think agents or directors might want to see in it, however, the truth will always come out in the end so just be accurate and honest.

Think about Zac Efron who started by auditioning for the Disney Channel movie "High School Musical." All he did was turn up at the auditions and promote himself and now look at what he has accomplished: High School Musical 1/2/3, 17 Again, Hairspray...The list goes on!

5. Take Charge

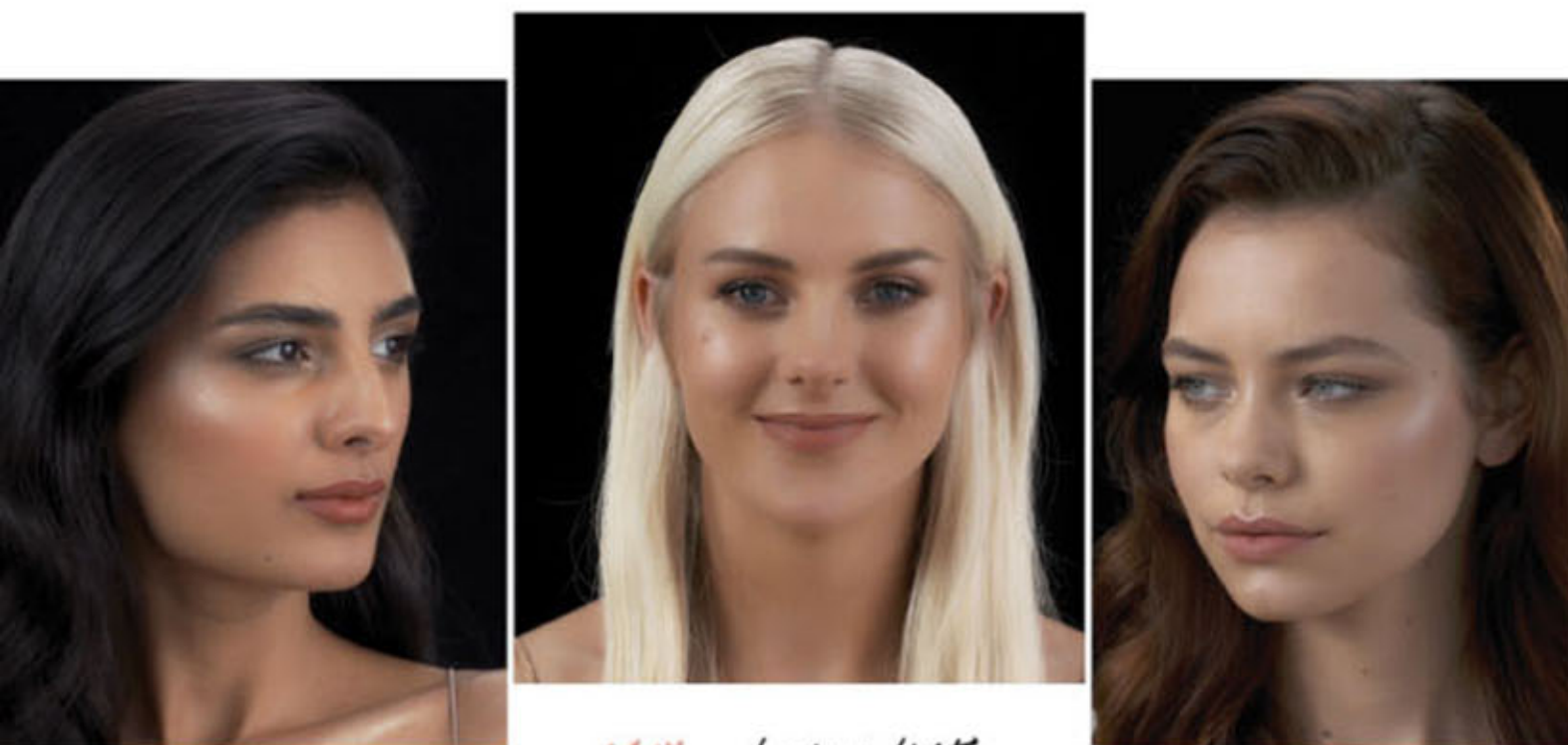
Let your passion drive you to your way to stardom. Invest in yourself and commit to learning and mastering your craft. If you're an actor perhaps you can check out acting workshops or organizations who offer trainings and seminars. You can even start with your local theatre. If there's any available role you think you are able to perform, audition. Once you've appeared in a few performances, you'll have the experience needed to get an agent's attention that may be able to find other related jobs for you. A number of stage actors work in commercials, TV and movies, so your theatre colleagues will be able to advise you, and even recommend agents who may be able to help you.





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ONE ON ONE WITH "THIS IS US" STAR BAHARA GOLESTANI

Multi-faceted actor Bahara Golestani is definitely the new fresh face to watch on the new season of NBC's smash hit series "This Is Us." A graduate of the world-renowned Stella Adler Academy of Acting & Theatre, Golestani is best known for her roles in TNT's "Animal Kingdom," Jason Koch-directed indie film *Beneath The Black Veil* and Michael Bay's blockbuster film *6 Underground*.

StarCentral Magazine recently caught up with Bahara Golestani courtesy of Anderson Group PR to talk about her journey to Hollywood and here's what went down:

How were you actually 'discovered'?

I started on the stage at Stella Adler in Los Angeles doing theater and absolutely fell in love with American and foreign playwrights. After graduating, I proceeded to get a manager and an agent. I went through the traditional auditioning process and recognition did not happen overnight. I'm extremely grateful to have been a part of projects that I've worked on and I am looking forward to growing my career.

What do you like most about acting?

I love being able to put myself in other people's shoes. I love the fact that I can take a script and, through my words and character work, bring it to life. I love being able to touch the audience through my work.

Can you tell us about your role in *This Is Us*?

I play Dr. Asmaan, a mother who is risking her own life to save others. She is an informant for the U.S. military and she meets with Cassidy (Jennifer Morrison) in a village in Afghanistan. She is anything but a stereotypical Afghan woman. She's strong, courageous and inspiring.

What sort of person is going to love this character?

I think, in a way, all of us will love her. Based on her story and what she's facing, any viewer could easily have compassion and understanding of the difficult decision that she has to make and the sacrifices she has made and is continuing to do to fight for change, not only for herself and her child but also for her entire village.

How is this character like you? Different?

I can relate to her in some ways like being from Afghanistan

myself and having an understanding of our cultural history and the circumstances of our country. But I would also like to say that I did an extensive amount of research before portraying this character. It was very important to me to tell the story in the most authentic way possible.

What's the biggest challenge to taking on this role?

For me, I would say I always like to challenge myself with any character that I'm portraying. Coming from a very strong theatrical background, research and finding the truth of the character is the most important aspect for me. It was a very emotional scene but I love the fact that I was able to challenge myself.

Besides yourself, what celebrity would you like to see tackle this character?

A key factor for this role was being able to speak Pashto in a native dialect. With that being said, I don't think we have as many actors in the industry who speak my language. I'm looking forward to that changing and having more women from our country portraying these characters. I'm extremely grateful for the "This Is Us" casting department for casting this character in the most authentic way.

What has been the most memorable experience of your career so far?

I would say being on "This Is Us" and portraying such an empowering Afghan woman on screen has been one of the biggest highlights for me.

Who have been the most interesting people you've met so far?

I love Los Angeles for the fact that it's such a melting pot and you are always meeting interesting people from all walks of life. I've met so many entrancing people from attending various acting classes. I love the actors. I find them fascinating.

What are your future plans? Inside your career or out of it.

I'd like to continue playing strong, fascinating female characters on screen, and empowering other women through my work. Definitely taking care of my health, staying active, happy, humble and surrounding myself with my family and friends and not taking a single day for granted.

FIND OUT MORE ABOUT BRETT WHITTINGHAM

Brett Whittingham is definitely an actor to watch out for in 2020! He recently won the best actor award at the 2019 Cause Film Festival where he played a man who's trying to cope with the loss of a child – and we were all in awe of his performance. StarCentral Magazine recently caught up with Brett to talk about his career and his future plans and here's what went down:

How were you actually 'discovered'? A chance encounter on the street? Audition?

Well, if we're talking about the role for the short film, Dan Walls, the writer/director is one of my oldest and best mates and we've worked together many times before. If we're talking bigger picture, I'm not sure I've been "discovered"... I'm more the acting equivalency of a deep Amazonian tribe.

What do you like most about acting?

It sounds totally cliché but the ability to move people or make them think. It also allows you to express emotions that aren't necessarily suitable in a regular workplace.

Can you please tell us the name of the short film you won an award from and about your role?

The name of the short film is "Last Seen Alive", where I play a man who is trying to cope with the loss of a child and finds a grief soul-mate in the form of an empathetic gas station attendant played by Neelam Choudhary.

What's the biggest challenge to taking on this role?

Not being a dad, it's impossible to imagine this level of grief. Again without giving anything away, it's was more about balancing that grief with the sense of resoluteness this character possesses. The main challenge was doing the role justice. Our writer/director Dan, had written the story as part of an outlet from his own experience with a family member. When you're dealing with something created from such raw emotion, you really want to do it justice.

What has been the most memorable experience of your career so far?

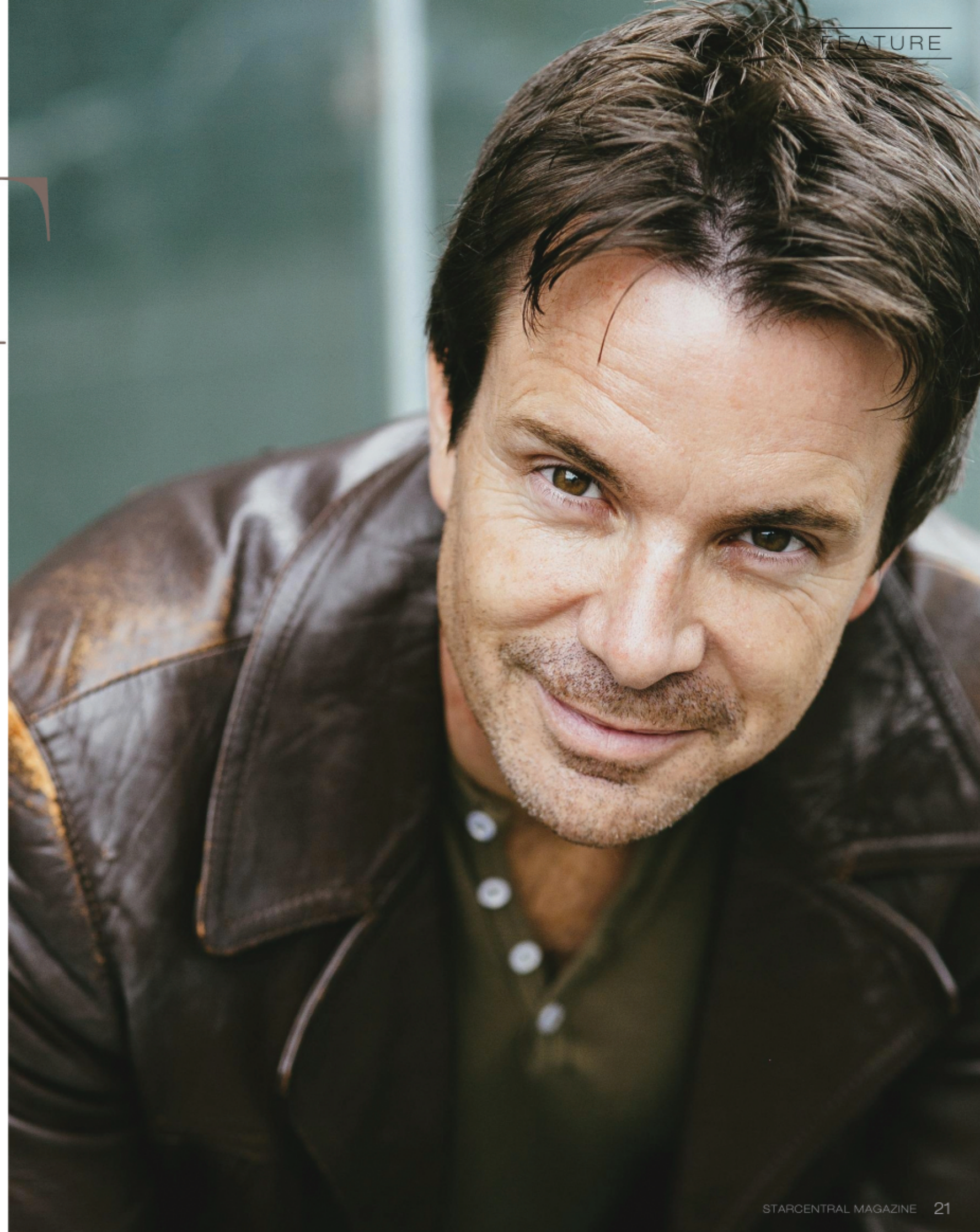
I did a stage tour with the late Ann Phelan. Given we lost her recently, I'm privileged I got the chance to work with her. But there have been many other highlights, such as performing in the Green Room Award-winning production of The Laramie Project with some of my closest mates.

I'm guessing you've been in the entertainment industry for a few years now, what has been the most valuable lesson you've learned.

I've been acting in various capacities for over 25 years and I think the one takeaway is never taking yourself too seriously and never overthink!

What are your future plans? Inside your career or out of it.

I work on many of my own passion projects these days. 9 to 5 job gets pretty busy. I do an on-again-off-again series called "Project Management – A Comedy Web series" on YouTube with a wonderfully gorgeous creative woman by the name of Olivia Hogan. Currently, I'm working on a couple of animated projects which I'm hoping to get up on YouTube early next year.





MRS., MS, MISS & MISS TEEN AUSTRALIA INTERNATIONAL

The official coronation of Mrs, Ms, and Miss Teen Australian International was a whirlwind moment of truth for the nine finalists who had endured the journey of the pageant. Set at the Rydges Parramatta on the 28th of February 2020, nine extremely motivated and inspirational women took on the challenge of competing for five prestigious titles. These women were Adelaide Mckellar, Manish Gautam, Tiffany Shen, Ashmita Sharma, Elizabeth Pohlmann, Havannah Kelly, Sindu Varathan, Kerry VanderHelm and Laura Ratliff.

After months of training and doing charitable work, four out of nine beauty queens have finally been handed down their respective titles. The very next day, they immediately went to work by doing more charity work. The sick children at The Children's Hospital at Westmead got a much-needed boost when the beautiful queens paid them a visit wearing popular Disney costumes. The queens cheered up the patients and helped them forget their pain even for just a little while. So who are the 2020 queens? Let's meet them:

MRS Australia International 2020 - Laura Ratliff

Laura is the CEO of Fairy La La Land, a team of dedicated theatre actors that go above and beyond to create truly memorable events with authentic characters for children to love and enjoy. Laura is using her sparkle to help every child find theirs. With the McCabe Foundation and Nancy Leiberman Charities supporting her, she will be able to give children a bigger brighter future filled with opportunities and positive role models.

MS Australia International 2020 - Sindu Varathan

Sindu is a Technical Consultant at Change Healthcare and she entered to pageant with a passion to help create better lives for children in Australia and around the world. She has created the project 'Spare the Change' where she is requesting people to consider sparing their change for the day or week and donating that towards building better lives for children. Sindu will focus on raising funds and awareness for the Save the Children organisation.

Ms. Varathan also wants to help children because her own education has been one of the key tools in her life that have helped her navigate the ups and lows of life. Sindu will focus on raising funds and awareness for the Save the Children organisation.

MISS Australia International 2020 - Tiffany Shen

Tiffany Shen is the ambassador for The Sunlight Foundation. She wants to put a stop to child trafficking. Inspired by the sacrifices her own mother, Tiffany decided to act selflessly on an issue close to her own heart. When Tiffany traveled to Vietnam, her eyes were opened to the terrible industry and she is determined to make a difference and make a change within the government.

MISS TEEN Australia International 2020 - Adelaide Mckellar

Adelaide is a fourth year hairdressing apprentice from QLD. She decided to use her voice to raise awareness for the escalating issue of domestic violence after a tragedy in her family's life sparked her need for change. Sadly, Adelaide lost a beloved family member to domestic violence and she knew something had to be done.

Goodwill Ambassador Australia International 2020 - Michelle Fleming

A face you all may know. Michelle was 2019, Ms. Australia International. As the founder of Homeless Donations NSW and an advocate for our drought struck farmers, Michelle goes above and beyond to ensure everyone is given a fair chance. When she puts out the call, her community listens. She has housed many homeless people, setting them up with everything they need. She helps her homeless friends settle into a life of love and support and even assists them in finding work. She has also set up hundreds of charity runs over the years and gives aid with the goods that are severely needed, such as food, water, clothing, women's essentials, and children's schooling necessities. A true Charity Queen!



MARONA TANNER

unleashed...

Marona Tanner aka the "Egyptian Goddess" is a professional model and actress who started her career at a young age. She has modeled for a number of major brands such as Fashion-Nova, Lonsdale, Lorna Jane, CBA, IKEA, One woman, Mink and many more. She has also appeared in a number of high-profile commercials for big brands such as Samsung TV, Maximus energy drink, and IKEA among others. With nearly half a million followers on Instagram, it's safe to say - she's a model ON FIRE!

PHOTO CREDIT: RAY BARTHOLOMEUSZ



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It was her family's move to Australia that kickstarted Marona Tanner's successful modeling career. Her stunning beauty, a result of her Egyptian heritage, drew the admiration of anyone she came across with and for good reason. Besides being a fulltime model and a high-profile Instagram star with nearly half a million followers, Marona also possesses an acting degree, she's a sculptor and animator, as well as an accomplished belly dancer - so it's safe to say that Marona is a force to be reckoned with in the entertainment industry.

StarCentral Magazine recently caught up with Marona to discuss her journey in the modeling industry and here's what went down:

How did you get into the modeling industry? How were you actually 'discovered'?

Since I've moved to Australia, I feel like I have been guided by almost every person I come across to do modeling as a full-time job.

What do you like most about being a model?

Getting to meet creative people from all around the world. I've modeled for a lot of overseas brands so it's been absolutely amazing dealing and working with many creative minds.

The downside to being a model?

I guess modeling in Australia can be a bit challenging which is why it's very important for professional models to broaden themselves and have agencies in different countries.



PHOTO CREDIT: RAY BARTHOLOMEUSZ



PHOTO CREDIT: RAY BARTHOLOMEUSZ

Working in an industry whose only emphasis is on the outside characteristics of a person, how have you stayed grounded?

I appreciate people who put effort into their appearance. However, real beauty is what comes within and nothing can beat that!

Is your family supportive of you being in the modeling industry? Yes.

What are your future plans? Inside your career or out of it.

Star in a movie at one point, buy a new house and a boat.

The 'LIGHTNING FAST' Round:

1. Last good movie I've seen: Brain on fire. I also appreciate Hot Fuzz and the Dress Maker.

2. What do you consider beautiful? A good soul.

3. What haven't you done yet that you wish you could? We all have dreams. However, I like to take one step at a time.

4. Complete this sentence: "If I had no fear, I'd..." swim far/deep in the ocean

5. What is the one "flaw" you wouldn't change about yourself? How stubborn I am, guess I'm stubborn about that too.



PHOTO CREDIT: RAY BARTHOLOMEUSZ



PHOTO CREDIT: RAY BARTHOLOMEUSZ

TEN WAYS TO DETOX & STAY HEALTHY THIS AUTUMN... 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 autumn.

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 autumn 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 speciality for understanding how to heal gut health issues, adrenal fatigue, skin issues and female issues such as UTI's, 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, Epson 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.



FIVE SIMPLE WAYS TO LOOK MORE STYLISH

Dressing chic just comes naturally to some women while others struggle to maintain a personal style. We recommend that you ditch the seasonal trend book and devise your own fashion rules to always look sassy and chic no matter what the occasion is. To us, a chic look would have the right amount of glamour mixed with an urban edginess. Here are a few ways to maintain the chic style:

Fashion Hack # 1: Go by the Tri-color Outfit Rule

One of the simplest and basic rules for dressing more stylish is to make your outfit look a little neater and put together by not mixing more than three colours in your outfit at a time. While a kaleidoscope of tones and shades would appear desirable and artsy to some people, pulling it off is not everyone's cup of tea. Therefore, ensuring that you don't flaunt more than three colours in the same outfit at a time would be advisable.

Just so you know, basics such as a white top or black jeans won't necessarily count as a 'colour'. Also, busy prints would count as one as well.

Fashion Hack # 2: Focus on the Basics

We can't emphasize this point enough! Basics such as a black V-neck figure-hugging t-shirt; a white chiffon top with ruffled sleeves or a white crisp button-up are the key items that would lay the foundation of a solid chic outfit. Use them as a base to build your style. Add on an accent piece and take it up from there.

Fashion Hack # 3: Accessorize

Watches, dainty layered necklaces, trendy scarves, handbags, sunglasses – these minute details really accentuate your outfit. It shows that you pay attention to the details and ties the entire look together.

Fashion Hack # 4: Rock a Bright Pout

If it's summer season, go for a vibrant pink; if it's autumnal bliss, rock a deep plum! A bold pout makes for a loud and daring fashion statement. When you pair this look with the toned-down outfit it gives off a very cool trendy and uber chic vibe.

Fashion Hack # 5: Invest in a Good Pair of Jeans

Now, this may sound like a no-brainer, but a good pair of jeans can make or break your entire look. Opt for skinny jeans or slim-fit pairs that create an illusion of elongated legs and narrow waists. Now you can play with textures and colours for your top.

WHY OWNING A ROLEX WATCH IS STILL A STATUS SYMBOL

They say, fashion changes; trends wither but luxury and style lasts forever. In case of luxury Rolex watches, this saying stands to be true. Ever since 1910, when the luxury watch company Rolex got a Swiss certification for maintaining its distinctive quality and make, the brand has not looked back. Let it be the Gen X or the millennials or Gen Z; when it comes to owning a Rolex watch, the opinions are unanimous. Everyone wants one!

Rolex is literally the fashion watch goals even in this age and era and owning one means you are loaded! Here are some reasons for its massive popularity. Let's get into it.

#1 A Rolex Watch Is An Acquired Taste

Unlike fast-fashion accessories and brands that mushroom every five or six years out of nowhere with their generic styles and fits to appeal a crowd, Rolex targets a truly specific audience. Its users and clientele are premium and it's not made to appeal the masses. This is one of the reasons you don't see it floating everywhere. It's an acquired taste and that just adds to its charm.

#2 A Touch of Luxury

Rolex watches are specifically designed and manufactured for men and women who have a knack for luxury and indulgence. The extravagant designs are the part of the appeal and experience of owning a donning a Rolex. Wrapping it around your wrist would oomph up your confidence and make you feel pampered and good about yourself. There's a reason why Rolex is simply a class apart!

#3 A Rolex Watch is the Stuff Family Heirlooms are made of!

Now that's not a shocker! When grandmas pass on their princess cut diamond rings; luxury gemstone clustered tiaras and vintage silk gowns to their upcoming generation of young women, a Rolex watch is a prized possession that could be passed on to the new generation of the fine young men of the family. The brand is known to make watches with the lifetime warranty and some families cherish these as their prized possessions.

#4 The Social Factor

Rolex watches have been a cult classic! From the Royal family to A-list Hollywood celebrities and stars – Rolex watches have been adorned, cherished and endorsed by countless famous people. This just serves as the cherry on the top to add more to their popularity.





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