

STAR CENTRAL

**MAKE WAY FOR
STEPHEN MANAS**



MEET JANELLE

A Hollywood coach,
actress, producer & screenwriter

GET IN SHAPE

Five practical strategies
that have enabled
thousands of people to
lose weight and keep it off!

INTRODUCING

Lili
LIU



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HIGHLIGHTER TRIO

thinlizzy

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Cover

Lili Liu

Get to know the beautiful actress who's destined to become a star!



OPENING REMARKS



We've got a great selection of stories lined up for our latest issue of StarCentral Australia. In this issue, we open with featuring Janelle Christa – an entrepreneur to watch out for in 2020. This issue we've decided to take a glimpse at five ways to look and feel younger. We also introduce Stephen Manas – an actor who has been making waves in the entertainment industry and don't fret if you gained some extra weight during the holidays because we have an instant solution for you! I would like to encourage our readers to please give us feedback. We would definitely love to hear your thoughts or what you would like to see in our future issues so please send your feedback to krissy@starcentralmag.com. I hope you enjoy the rest of October and God bless everyone.

Mike Ilagan
Managing Director



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Rising Star Spotlight:
Find Out More About "Ted Lasso"
Star Stephen Manas



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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 StarCentral 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

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INTRODUCING
JANELLE
CHRISTA

"Janelle Christa is a Hollywood coach, actress, producer, screenwriter, and the creator of 'conscious entertainment'. Janelle's level of expertise sees her coaching celebrity clients and people from all walks of life seeking to bring fulfillment into their lives."

Janelle Christa is a Hollywood coach, actress, producer, screenwriter, and the creator of "conscious entertainment". Having come from a history of affairs, divorce, and family dysfunction as well as a bipolar diagnosis, she strongly believes that happiness is a choice. Janelle's level of expertise sees her coaching celebrity clients and people from all walks of life seeking to bring fulfillment into their lives. Janelle is also a founder of conscious production company Le Murian Dreams.

The Global Millionaire Magazine recently caught up with Janelle Christa to discuss her journey as an entrepreneur and here's what went down:

Could you please tell our readers a brief background about yourself and how you started your business?

My career as a coach, actress, producer, author, and writer started with a dark event. When I was a teenager, I experienced a pretty brutal sexual assault. At the time, my way of healing was to fantasize about becoming a movie star. At the time, I believed that by being a movie star I would be in a position where no one could ever hurt me again, and I could also inspire others to heal. I believed that I would take this experience and make something beautiful out of it, then others could too.

Except...I skipped the healing part.

At twenty-one, I was addicted to drugs, a college dropout, and working at what seemed like a dead-end job at the Salt Lake City Airport as a rental car agent—very far from my dream as a movie star. I was then pregnant and my whole world shifted. I had someone growing inside of me that I could have the ultimate influence over. And although just one person—to her, I could be as big as a movie star. I suddenly had this audience to inspire.

So, I immediately got clean from drugs, I started to kick ass at my job, quickly breaking international sales records, and became the #1 sales representative. At twenty-one, and as a single mom, I bought a house and paid off my car, and was making over 100K a year in commissions. Soon, I was picked up by a consulting firm to coach others across the country in sales.

What a dream! My audience was growing. I was helping others and witnessing them grow and succeed, it was remarkable.

But—I'd still never really healed from my childhood, adolescence, and early adulthood. I had put my entire focus externally and outward on other people. So, life had other plans for me.

I began to experience a major health crisis that would FORCE me into healing myself. After receiving no help from western medicine, I began to embark on a spiritual unfolding, where for the first time in my life I would have to heal for myself. Not for my child, not for some audience to inspire, not for clients.

So, I started to pursue a career in acting. I figured I had given that dream up for the sake of others so I needed to pursue it. But unfortunately, Hollywood taught me very quickly that to start a career in acting meant driving around to ten auditions a day. As a broke actor, I began a bunch of odd jobs doing photography, building websites, helping companies with branding, and

doing random consulting jobs. I was miserable in my career but was mastering high levels of personal development in my private life. All of my money, resources, and extra time went into healing myself. I was spending tens of thousands of dollars on courses, therapy, teachers, seminars, audiotapes, workshops, coaches, and more.

Eventually, I got to a point where I started to coach others on spiritual and personal development. I realized this was the real reason I "wanted to be a movie star." Yes, I loved acting and cinema, but when I actually went back and looked at that original adolescent dream, I wanted to inspire others that they could heal. But I needed to heal first.

I created my own production company and this year I produced two shows that I got to star in, wrote five other screenplays, wrote and produced two online courses, and wrote five books which will all be launched over the next couple of years.

Now, my spiritual coaching is really focused on helping people bring their creative dreams into reality, by breaking through whatever is blocking them and helping them to heal their dreams and create the reality they truly desire.

And, while doing that, I am also able to pursue my own creative pursuits in acting, producing, and writing. I create content that is consciousness related and thought-provoking.

What are you currently doing to maintain and grow your business?

Right now I am really focused on bringing in excellent partners/team members that are good at the things I am not great at. I know the power of Facebook advertising, SEO, and marketing campaigns and I also know that I am only one person and if I want to continue to do the things I am good at, then the best way to grow my business is to grow my team. I think it's important for every entrepreneur to delegate when possible and find people to work with that are better than you at things so you can focus on your craft. I found the EMyth to be very helpful because it breaks people down into managers, technicians, and entrepreneurs. Many entrepreneurs are actually technicians (artists) and their businesses can go sideways because they are taking on roles that someone else could better take charge in.

In addition to that, I am also doing a lot of podcasts and Instagram interviews. This has been super fun and enlightening. I love to meet new people and it's been an excellent way to talk about my business while bringing value to others.

What social media platforms do you usually use to increase your brand's awareness?

I primarily focus on Instagram and have just started a Youtube channel. I think Instagram is great because it offers posts, highlights, stories, and lives. It allows your main feed to act as your magazine and allows you to get more personal with your community via lives, and the highlights act as a great way to showcase your services and offerings. It's also been fun during these COVID times to do Instagram lives with other entrepreneurs to bring value to your community.



What is your experience with paid advertising, like PPC or sponsored content campaigns? Does it work?

I have had a lot of success with Facebook ads and really keep my focus there. I think it's best to stick with one platform and master it. I also do use affiliate programs for my online courses and have found it to be a great way to get new people in the door. I don't think "shout outs" are really a great way to get recognition. Once, when I was working as a model I was approached to do a paid shout out on some massive Instagram modeling page. At the time I thought it would be a great way to be seen. Ended up being a disaster. I got spam messages for months, tons of people wanting me to do more shout outs. I stay away from those now.

What is your main tactic when it comes to making more people aware of your brand and engaging your customers? How did your business stand out?

I really try to create a personal relationship with everyone that buys an ebook or course or sends me messages on Instagram. I think this is really important and I know I won't be able to do this forever, so I really enjoy it and it's a special period. I send out personal emails or write notes to people in giveaways. I also include my personal email in my books and leave it open for people to email me and ask me questions directly. This also helps me get to know my "avatar" so I am able to best serve them. In a world where many people focus on how many followers you have and just focus on increasing that number, I really try to connect with the followers I already have and keep an open line of communication with them.

What form of marketing has worked well for your business throughout the years?

Nothing really beats word of mouth. People trust their friends. So do everything you can to create awesome relationships with your current clients and give them perks to share your stuff.

Also, Facebook marketing is great. I have had thousands upon thousands of people sign up for my email list through Facebook ads. I have found that even if they don't buy right away, they usually end up purchasing something later. This falls into that same idea that people buy from people they know and trust. By receiving value-filled emails from you, they get to know you and trust you.

What is the toughest decision you had to make in the last few months?

The toughest decision I made in the last few months had to do with removing some people from my life. The relationships were no longer serving either of us because they had become toxic and I realized that I had outgrown them. I was only holding onto the relationships because of the memories from the past. They were clearly not committed to making any change and anytime I spent time with them I felt drained. It was very sad and very hard, but I knew that in order to honor the friendship, I needed to step away and give my time and energy to people that were focused on a healthier lifestyle. I feared that they would think I was a snob or think I was better than them. I felt like I had given up on them and hurt them. I also felt like they wouldn't like me anymore or think I was a bad person and turn others against me. But in reality, after I kindly closed the door, my energy levels went up and I was able to focus on the relationships that felt balanced and healthy. This made me happier and healthier and gave me more vitality in my daily life. It was really hard but it was a necessary step. It also made me a better friend to those that were still in my life because I could show up 100%.

What is the best advice you have ever been given?

One of my best friends recently passed away and before he died he told me that pursuing my dreams doesn't have to make sense to anyone else but to me. He told me that he was just a poor farmer boy from Arkansas and had he listened to everyone else he would have stayed a poor farmer boy from Arkansas. He had some wild and crazy ideas and before he died he owned some fifty-something businesses, made multiple millions of dollars, and had helped more people than you could possibly count. He told me that no one recognizes the prophet in their hometown. I agree with him wholeheartedly. Your dreams don't have to make sense to anyone but you.

What advice would you give to a newbie Entrepreneur setting up their first business?

Get as much help as you possibly can. Enlist mentors, ask lots of questions, be willing to be a beginner. Stay humble. And literally schedule a time to wind down, to have fun, and to get bored. I know that sounds weird, but when we get bored, our creative juices start to flow. Give your brain a rest. Take vacations if you can't afford vacations. As my husband says "you are in the long haul." Don't expect to get everything done in one day.



FIVE ESSENTIAL TIPS TO ACHIEVE SUCCESS IN ANY AREA OF YOUR LIFE

Succeeding at life isn't easy and nobody said it was or ever will be. To some people, when they think of success, they imagine prosperity; other people imagine power; some are just happy to get paid while doing something they are passionate about. All of these are perfectly legitimate, indeed, success is a notion that means different things to different people.

There are numerous guides to being successful, however, the reality is that success happens to be personal and exclusive to each individual. If you want to learn how to be successful in your chosen industry, then these tips are absolutely essential:

Increase Your Confidence

Increasing your confidence is a key to becoming successful at life. You can increase your confidence in many ways, one of the main ones is through taking action. Start taking action, take responsibility for your actions and that is when you will realize how much of life is under your own control. Once you start taking the lead, you will be on the forefront and automatically emerge as a leader.

Improve Your Social Skills

Socializing is key in our day and age and one needs to improve their social skills if they want to succeed at life. According to a research at the University of California, people who have both cognitive and social abilities can take a step further in life and can succeed at what you call life. People who are socially adept and smart can earn more in the workforce and can take the lead and be more popular as compared to those who don't. There are many ways through which you can improve your social skills. For starters, you have to start meeting people and start doing small talk. Another way to improve social skills is to start talking to people randomly and take a lead in cases where nobody else is. Meeting people and socializing with them will help you understand and realize how easy it is to make connections and let's not forget the importance of making connections when it comes to life.

Don't Take Things Personally

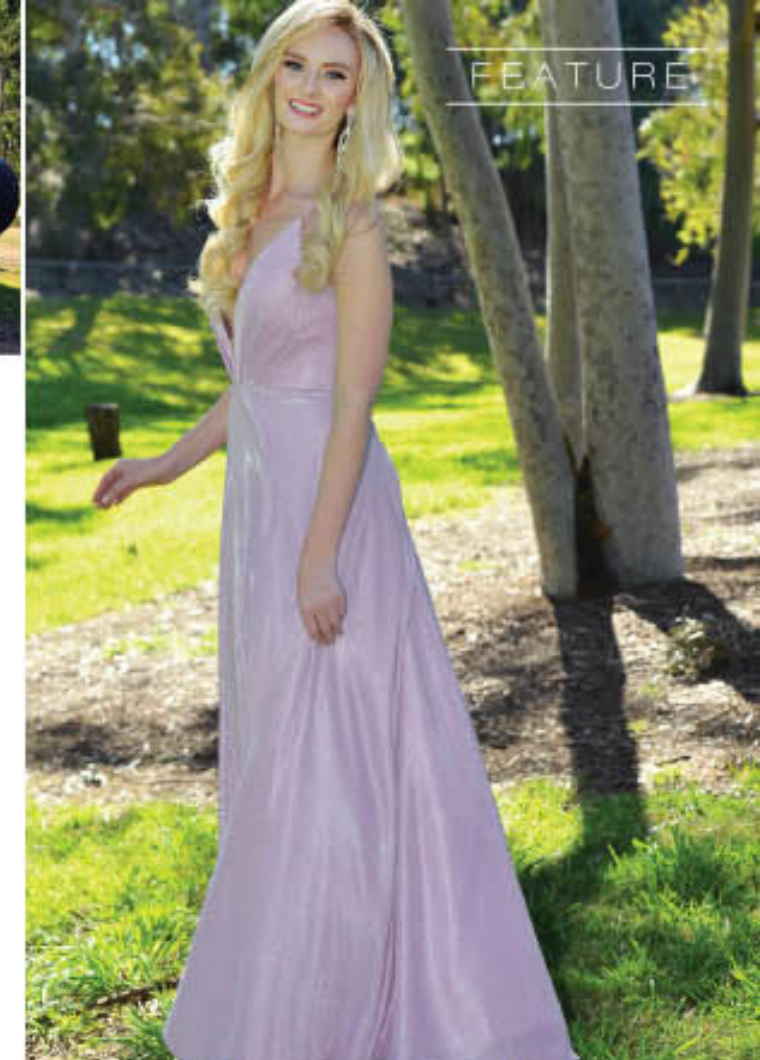
Another thing you should remember if you want to succeed in life is to not take things personally. People will say what they want and when they want. You will come across a lot of different people who will sometimes bash you, sometimes be personal with you or anything else for that matter. What you need to do in this case is to stop taking things personally and let things slide. You cannot succeed at life if you start taking things into your own hands and taking everything to heart. Just go with the flow and you'll find that life becomes much easier.

Do something you're passionate about

Oprah Winfrey once famously said, "You know you are on the road to success if you would do your job and not be paid for it." This is an amazing quote to remember. Imagine being extremely successful in your current job - but if it's a job you despise, then being successful means filling your life with something you hate to do. Instead, why not pursue something you truly love or passionate about? When you've finally discovered what you're passionate about, you get the motivation to keep you going which means you'll live a life of fulfillment. Even if you're not successful, you still filled your time with something you are passionate about. Many successful Hollywood stars spent years of their lives doing unpaid work, the only reason they kept going was because they simply loved what they do.

Express Gratitude Daily

You should also try to express gratitude on a daily basis if you want to be successful at life. Gratitude is an expression that shows how thankful you are for what you have. Without realizing what you have, you won't be able to get more. Therefore, try your best to show and express gratitude when and where you can. Being successful at life isn't easy and there is no specific formula for being successful but with the above-mentioned tips in mind, you will have a better shot at being at the top.



Miss Earth

AUSTRALIA 2020



BRITTANY DICKSON MISS EARTH AUSTRALIA

Please tell us 3 fun facts about yourself.

My name is Brittany Dickson, I'm 25 years old and I'm your Miss Earth Australia 2020. I like to spend a lot of time outdoors, cuddling my pet birds, and getting involved volunteering with the community.

Tell us about your advocacy.

My advocacy is all about wildlife conservation. I am an animal lover and feel so connected to all creatures great and small, so this is what comes naturally to me. Biodiversity loss is amongst the biggest environmental issues we are currently facing - biodiversity provides ecological life support, impacts our global economy, and has immeasurable cultural significance across the world. The amazing thing about working towards addressing biodiversity loss is that by doing so - we also contribute to reducing the impacts of other major environmental issues like climate change, ocean pollution, and waste management.

Why did you decide to join Miss Earth Australia?

I wanted an opportunity to reach a larger audience with the messages I was already living by. I saw it as a chance to grow, learn, and to leave my mark on the world. I joined Miss Earth because I know that there is so much more that can be done to benefit our Mother Earth. I was looking for the chance to lead by example, educate, inspire, and bring excitement back into conserving the beauty of our planet.

Can you give a summary of your reign last year?

Over the last year, I had the pleasure of being a part of clean up events, tree plantings, fundraising opportunities, and community events such as our recent COVID-19 food drives and the international women's day forum. I had an amazing time connecting with my sister queens across these various events and have made what I hope to be lifelong friendships where we can continue to work together to contribute to that positive change we want to see on the environment.

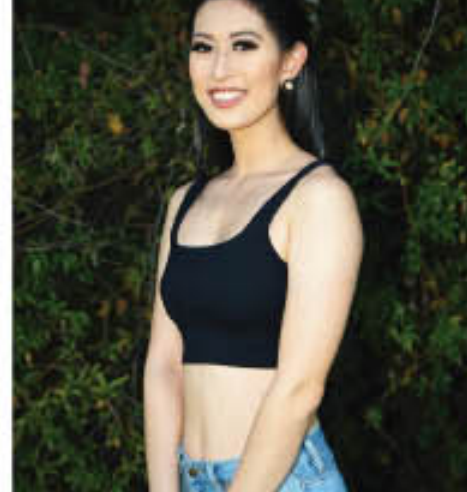
What are you looking forward to this year?

I'm looking forward to this year's international competition! It may be virtual but it's still such an amazing opportunity to project my message around the world for people to connect and resonate with. It'll also be a unique chance to showcase our country that we don't usually get to do apart from through the national costume. After the competition - I'd really love to visit the Great Barrier Reef to volunteer on reef restoration works and continue to get involved in plenty of other environmental initiatives around the country.

Any other information you want to add about yourself?

I'm absolutely honoured to be representing the land down under, my home - Australia. I hope I can make each and every one of you proud. Win or lose, I will forever be an eco angel and wildlife warrior working towards creating an earth that can be enjoyed for the many generations to come. I've proven my dedication and resilience and hope to have your support over this next whirlwind of a year ahead! Much love and thank you so much.





SHERIDAN MORTLOCK MISS EARTH AUSTRALIA AIR

Please tell us 3 fun facts about yourself.

My name is Sheridan Mortlock, and I am your Miss Earth Air Australia 2020. Here are three fun facts about me: My family and I traveled around Australia for 14 months living out of a tent, I have done work experience at the Parliament House in Canberra and worked at a local members office during the summer holidays and I love languages, and I'm currently learning French and Japanese.

Tell us about your advocacy.

I believe that everyone can make little changes in their daily habits to make a positive impact on the world. Whether it be switching from plastic bags to reusable, using a bamboo toothbrush, or shopping local. I am a big supporter of the slowing of fast fashion and I believe that buying second-hand clothes, or even hiring clothing, is the best way forward.

Why did you decide to join Miss Earth Australia?

I joined Miss Earth Australia because I love the message and awareness it is spreading. The protection of our environment is as urgent as ever, and I believe that the more people that are aware of what is happening, and the actions they can take, the better.

Can you give a summary of your reign last year?

My reign last year was eye-opening. MEA was my first ever pageant, so I did not have much knowledge of what being an elemental queen was and what it entailed.

What are you looking forward to this year?

This year I am looking forward to taking advantage of the platform given to us and spreading my advocacy more. There are a lot of fun things planned this year, and I am very excited to see what the next 12 months will bring.



KARYN XIE MISS EARTH AUSTRALIA WATER

Please tell us 3 fun facts about yourself.

I am 22 years old and I grew up in Sydney. I recently graduated from university with a Bachelor of Civil Engineering with Honours, and now hold a graduate position working in the industry. Here are three fun facts about me: My hobbies include reading, swimming, and volleyball, my favourite TV show is Better Homes and Gardens and my final year honours thesis addressed issues affecting Canberra's waste management, which encouraged me to adopt a more environmentally friendly lifestyle choices.

Tell us about your advocacy.

I believe that the most serious issue affecting our environment is a lack of effective waste management. I also believe that the best way to respond to environmental issues is education. This is because when people are educated, they feel accountable for their actions and are also empowered to make better decisions for our environment.

Why did you decide to join Miss Earth Australia?

I joined Miss Earth Australia as a challenge to myself as an engineering student to try something new and to combine this with my passion for sustainability.

Can you give a summary of your reign last year?

Becoming Miss Earth Australia Water has been a fantastic conversation starter with friends and family about how their actions are impacting the environment. As Miss Earth Australia Water I supported events including a concert to fundraise for the Black Summer bushfires, and also the Adhika International Women's Day Gala. I've also enjoyed being a part of online Q&As during social distancing.

What are you looking forward to this year?

I have learned a lot as Miss Earth Australia Water 2019, and being offered the opportunity to continue my reign in 2020 will allow me to build upon my advocacy in my profession, as there is significant potential in the construction industry to make a widespread change that will benefit the environment.

Any other information you want to add about yourself?

Thank you to my friends and family for their continued support. I'm particularly encouraged by my experience with Miss Earth Australia, which affirms that beauty queens are no longer simply outwardly beautiful, but are passionate and educated women who are qualified to make a change within their community.



INTRODUCING *Lili* LIU

“THE INCREDIBLE
LILI LIU HAS AN
UPCOMING FOUR
PART MUSICAL
COMEDY APTLY
CALLED ‘LIFE AS A
SUMMER FLOWER’

Lili Liu, the talented, radiant, and mesmerizing musician has established herself as one of the hardest-working entertainers with her upcoming 4-part musical comedy “Life as a Summer Flower.” Produced by Liu Entertainment (L Enter Pty Ltd), and starring Lili Liu, the musical comedy is centered during the Liang period of Wei Jing and Northern and Southern Dynasties (220-589) in ancient China. The family-oriented narrative of this series focuses on a heroine called Pingyuan Xue who originally hails from a peasant family but later emerges as a warrior who is determined to find her true love. After being overcome with a powerful vision, she becomes a legendary female warrior, meeting the Emperor whom she falls in love with, but then she eventually discovers she’s just being used for a different motive which leads her to go on a journey of discovering herself. While the series is supposed to be a musical comedy, at the heart of it is a message of determination and hope.

Born and raised in Xiang Yang, a beautiful city in northwestern China, Lili Liu learned from a young age about the culture and history of her country and especially of the Hubei province. For more than 3,000 years, Xiang Yang has become known for art and creativity as well as brilliant men and women within the ancient palaces. Xiang Yang fascinated Lili; there was always another piece of music, another style of fashion, and another genre of film for her to study. By the time she started school, she had become passionate about storytelling.

In her teenage years, her passion for storytelling gave way to a passion for classical music. When she heard Fou Ts'ong play Chopin's Nocturne in C minor Op.48 no.1 - there was no turning back. At that moment she felt that she had stumbled upon her calling in life. She decided to commit herself to the piano, striving ceaselessly towards a grand vision of one day performing in concert halls. She was only 12 years old when she decided that she wanted to become a concert pianist and she was prepared to do whatever it takes to accomplish this goal. Unfortunately, her parents were not entirely open to her vision.

When Liu relocated to Australia and enrolled in high school as part of a student exchange program, she tried to persuade her parents again to be open to her dream of becoming a concert pianist but her efforts proved futile. Driven by her vision, she secretly went on to study piano in Brisbane anyway - she found her own teacher but she never told her parents about it. After high school, she applied for various universities in Melbourne, and once she got accepted, her parents finally gave her their blessing to pursue her dream. From then on, she was living out her dream studying classical music alongside some of the greatest musical minds of our time.

After performing recitals at the Sydney Opera House, Melbourne Recital Center, and venues in China though, she somehow felt that she had lost her way. Determined to find her new calling, she set out to find a new means to express herself creatively and make an emotional impact on others. When Xiaolin Shen, one of her good friends showed her a novel-in-progress called “Life as a Summer Flower,” that’s when she sensed that she had finally found a new calling. That was a pivotal moment in her career because since then, she has committed herself wholeheartedly to the entertainment industry.

StarCentral Magazine recently caught up with Lili Liu to discuss her journey in the entertainment industry and her latest project and here’s what went down:

What do you like most about acting?

Acting, to me, is an opportunity to be creative, like all other arts. I am passionate about anything that facilitates this type of energy, encouraging people to open themselves up to each other and to break out of any isolation they may be feeling. When someone is on the stage or in front of the camera, they can put forth all of their emotions, presenting themselves sincerely and unabashedly. Acting is unique among the arts in this sense, freeing people to become another person and inhabit another identity.

Can you tell us more about your upcoming musical comedy-drama?

A Life as Summer Flower tells the story of Pingyuan Xue, a woman who is born into a peasant family but who eventually rises above her circumstances. She feels her destiny all around; pursuing her vision and all of the opportunities that are available to her - living courageously in order to become a legendary female warrior and find true love for herself.

Can you tell us about your role in this comedy-drama?

Pingyuan Xue is an inspiring figure, standing up for the sort of bravery that we all admire. Although no one seems to believe in her dreams or to validate her desires, she proceeds enthusiastically, refusing to slow down or to let any obstacles stand between her and what she wants. In everything that she does, she serves as a motivator for those who want something that seems outside their reach because of the circumstances of their birth.

What sort of person is going to relate to this character?

Because I have gone through a similar situation, pursuing a dream that did not align with the plans others had pictured for me, I relate to Pingyuan Xue myself. I know that others who find themselves pursuing their own dreams will relate to her as well, seeing her as a role model for the courage and persistence that they need to cultivate in their lives.

How is this character like you? Different?

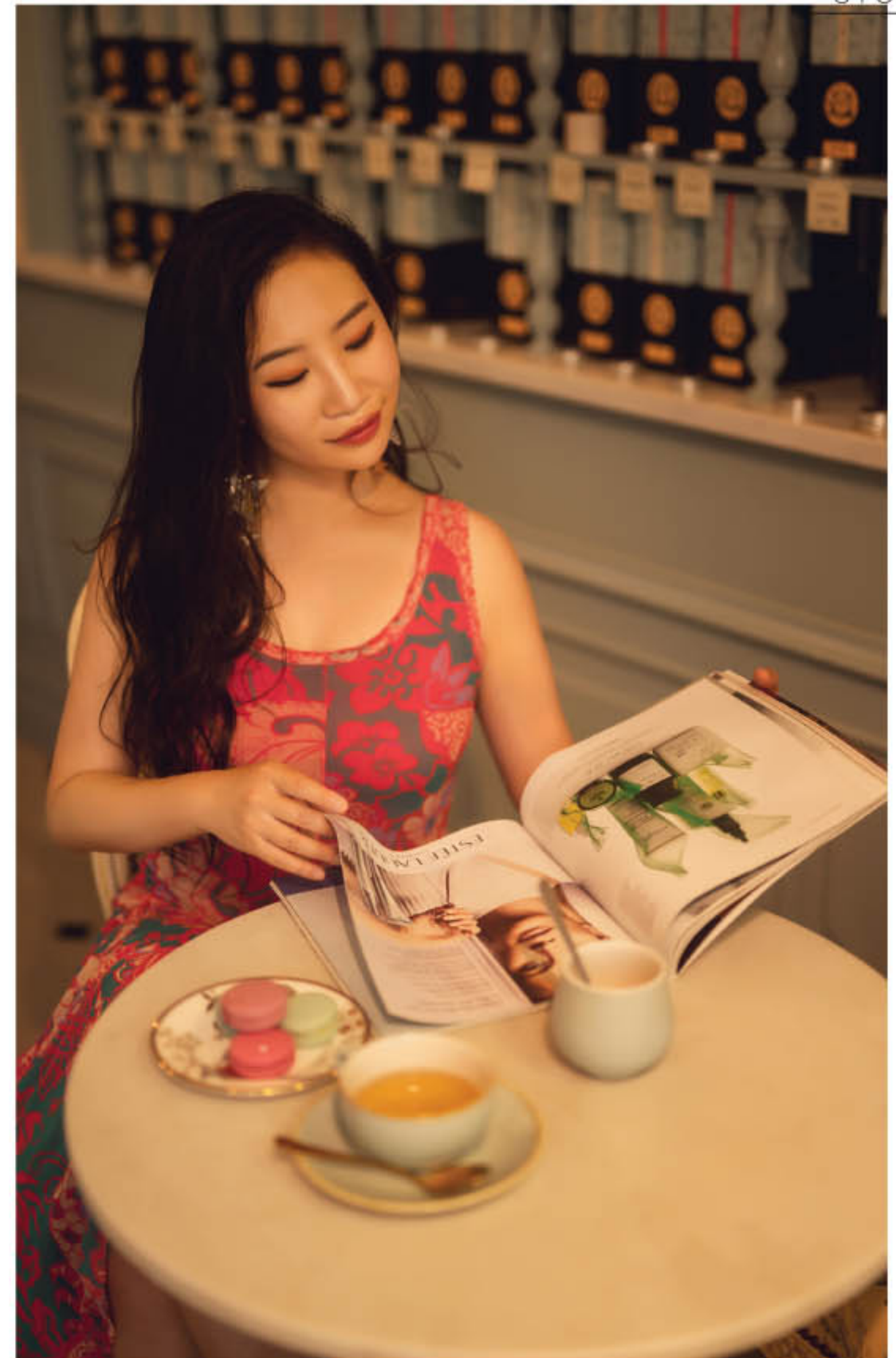
I see Pingyuan Xue's courage and persistence in myself, but unlike her, I am naturally shy and introverted. I have learned to force myself out of my shell, which differs from Pingyuan Xue, who seems to have been born more forward and extroverted.

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

It is challenging for me to relate to Pingyuan Xue's natural aggressiveness. She seems to lunge at anything and everything she wants, unhesitating in her desires and her vision. At the same time, I have pursued my dreams in my own quiet way, going against the grain when I learned piano in secret and refusing to hear or believe any discouraging thoughts along the way. I can use this personal experience to understand Pingyuan Xue more fully.

What are your weak points when it comes to acting? How do you try to improve them?

I believe that many actors are natural extroverts, people who are always open to meeting new people and talking to them at length. That does not



*“When my friend Xiaolin Shen showed me her novel *Life as a Summer Flower*, it was a revelation for me. I felt that I had found something special, and I knew I would carry that feeling with me forever. It was a definitive moment in my career.”*

describe me though. Learning the piano at a young age was comfortable for me because I could isolate myself and practice for long hours at a time, losing myself in the notes and never worrying about exposing myself to uncomfortable and complex social situations. In acting, I need to face all of that head-on.

What are your strong points as an actor?

As a creative, I pick up on the intricacies of acting without much effort. I can see the details in people's performances, reading them as I would read the notes in a piece of music. This is helpful because it enables me to analyze my own performance as well, working out the kinks without putting so much thought into anything that I lose the spirit of the performance.

What are some of the difficulties of the acting business?

To me, the central difficulty of the acting business is the same as that of the acting skill: it requires a great deal of socialization. There is only one way to move past this of course, and that is through it. Simply, I have to accept the discomfort and do what I need to do anyway.

What do you do when you're not performing?

When I am not performing, I enjoy playing music, writing music, reading, and studying. I have immersed myself in the creative fields, developing my skills and picking up new concepts all the time.

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

When my friend Xiaolin Shen showed me her novel *Life as a Summer Flower*, it was a revelation for me. I felt that I had found something special, and I knew I would carry that feeling with me forever. It was a definitive moment in my career.

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

Any time I meet another creative, I believe that I learn something. It is interesting for me to hear what other filmmakers and musicians think about the work that we are doing and the approaches and mindsets that seem to work for them. The more that I converse with them, the more I learn and the more interested I become.

If someone is going to make your life into a movie, who would play you?

Instead of selecting a single famous actor to play me, I would provide a single criterion for the actress who would play me: she should feel the same

passion for the arts that I feel. She should play an instrument, even if only as a hobby, and she should embrace new and daring artistic endeavors. This way, she can understand what drives and motivates me and the lens through which I view the world.

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

Long-term, I would like to continue to hone my skills and grow as an artist. I will continue to play piano and to work as a filmmaker, meeting new collaborators and taking on new projects. My only goal is to stretch myself constantly, to seek out new opportunities for self-education and self-expression.

The 'LIGHTNING FAST' Round:

1. Last good movie I've seen: *La La Land*. I enjoyed it because it was unique and bold without veering so much away from the time-tested structure of a musical. The performances were strong, the soundtrack was enjoyable, and the story was engaging.

2. What do you consider beautiful and why?

I consider the act of creating beautiful. When I sit down and write a piece of music or reflect on a potential film, that to me is beauty unfolding. I would like to see my ideas and visions come to life, watching as the beauty of creation takes on new forms—multiplying and transforming, becoming yet another beautiful thing.

3. What haven't you done yet that you wish you could?

I have not yet created the best film of my career. Although may be early for me to think in this vein, I am always looking toward the next big thing or the next great move that I can make. As much as I am enjoying the process and appreciating the incremental growth that I am experiencing, I am eager to take my talents to more impressive heights.

4. Complete this sentence: "If I had no fear, I'd..." sit down and write out my life story. Then, I could understand how I have come to be who I am and where there is next for me to go with my career. I reflect on the events of my life often, and I would like to put them into a narrative structure.

5. What is the one "flaw" you wouldn't change about yourself?

I would not change my natural shyness. Although it has been a challenge at times, I believe that it has opened the door to me by challenging me, encouraging me to focus and to think on my toes.





ONE ON ONE WITH
MICHAEL
 MASTECKI



Michael Mastecki is setting out to make his mark as one of the hardest working and creative entrepreneurs in the entertainment industry. A creative/artistic studio head with over 15 years of experience, Mastecki is the founder of Mastecki Records - an independent record label that produces high-quality Hip-Hop and R&B music collaboratively created by anonymous vocalists from all over the world for the sole purpose of producing the best music possible.

A true artistic man, Mastecki is a highly regarded creative/artistic

studio head who's sole focus is on finding great music and bringing the best quality Hip-Hop and R&B music to the rest of the world. He is known for creating an amazing new environment for all the artists that he works with. He has helped several artists tap into their present moment by creating a space where they feel free to explore and get in-tune with their talent, giving them the confidence to own any recording space. With an unwavering passion, skill and imagination for music, Mastecki is becoming a pioneering creative force who is creating an empire via his independent record label. His mission is to inspire, spread love and change the world through his passion for creating amazing Hip-Hop and R&B music that shift the everyday narrative. At Mastecki Records, creativity is greatly encouraged - no creative obstacles, just artists expressing themselves utilising their amazing talents. This is how Mastecki Records continues to present the world with the best music available; no boundaries, no creative obstacles and no names - just great music.

As a former rapper, his artistry, skill and attention to detail opened many doors for him and was, in fact, the key to establishing his own record label. It was in this position that he gained first-hand knowledge on the importance of creativity, leadership, organization and persistence. As a studio head, Mastecki is recognized for his creative and expressive insight. His sharp vision and innovative decision-making is what makes Mastecki Records a force to be reckoned with in the music industry.

StarCentral Magazine recently caught up with Michael to discuss his journey in the entertainment industry and here's what went down:

Could you please tell our readers a brief background about yourself and how you started your business?

My name is Michael Mastecki, I am currently 30 years old and I'm the founder of Mastecki Records. It all started in 2005 in Sweden in the city of Malmö. I was 16 years old at the time. Back then, making music was quite popular. I myself started in the music industry by rapping with 2 other friends who pulled me into the music world. We became a band and we started creating music via a computer microphone. As amateurs, we didn't really understand how mixing songs worked, we just found beats and rapped to them. So the quality wasn't honestly the best.

But then again I also had other prominent friends from a neighborhood called Lindängen located in the city of Malmö, who were into underground music and who were actually at the elite level. I really wanted to record with them, but unfortunately, my level wasn't the best at the time. Time passed and I still wanted to be an amazing rapper, so I started writing and practicing and I even bought myself a better microphone - I eventually got better. I also decided to become a solo performer instead of being part of a group. There were many rap battles at the time. I was challenged a few times and I won! From that day on I became known as "Mihi Man." Eventually I started recording with my friends who were really good at making music. They accepted me in their circle, and even acknowledged that I could finally rap. My friend who started the rap group was quite famous at the time in the underground music scene which was a big help to my rapping career. It was much harder back then to succeed in the music industry. As time passed by, we all somehow ended up immersing ourselves with hip-hop music. We formed families and distanced ourselves from each other. That's how I earned my stage name "Mihi Man" and how my career also ended.

Nowadays, it's quite easy to use social media as well as other different platforms to help you succeed - you don't need to be part of a record label anymore. That's where I got the idea of producing music via Mastecki Records instead of through "mihi man" and let talented vocalists be my voice. So instead of producing artists, we produce music together with me as the founder and a whole team of people who mix the track, record, and so on.

What are you currently doing to maintain/grow your business?

What has helped me so far has been to connect with various curators - that is, owners of various playlists on Spotify, among other things. I have also sent many emails to various record labels and blogs which in turn have led to good feedback and results. Through this, my brand awareness has increased in a short time period of time as well as my network in music - even my fanbase is growing every day.

What made you want to get into the music industry?

My whole family is musical, my grandfather who unfortunately passed away last year and didn't get the chance to see what I started with has been into music when he was really young. We are from Poland and at that time it was difficult in Poland when my grandfather was young. When he was studying to be a doctor, he had a side gig as an opera singer in a theater and began to earn extra money there and finished his studies while he had to take care of his mother and the rest of the family. He really enjoyed singing and I remember since I was a kid how he sang to me so I think that's where I started to love music and started thinking "music." My loved ones know that I have a good ear when it comes to the quality of music. I never release a song unless it sounds 200% good.

Have you always known you wanted to run a music studio?

If I'm going to be completely honest with you, All this came out of nowhere. I just woke up one day and got this idea about producing music. As I said before, I was into music when I was 16 years old but with the years I stopped and now that we live in such a modern time where almost anyone can create music and put it on the internet and even make money from it, then I thought to myself, that it is a lot easier today especially with social media to help promote yourself and your music. If we go back 15 years ago, it was almost impossible to succeed on your own in a music industry without the help of a record label.

Are there any acts out there that you can recommend the public should listen to?

Yes, since your readers now a better picture of me, they need to take and listen to my songs and judge for themselves whether they are good enough to collaborate with me. You can find me anywhere, just search for my name Mastecki Records and I'll be there. I'm also on all music streaming platforms where I have 2 R&B songs and 1 Hip-Hop song. The songs are called: After Party, Dark Lanes and Priceless.

Do you think streaming is damaging the music industry?

The good thing about streaming is that you can be heard and discovered if you market it well the way I did, but if I do think it does destroy the music industry! Imagine if you release an entire album that sells about 10\$ to 15\$, this album, a user for example on Spotify can listen for free with a few small commercials in between. I have mixed feelings when it comes to streaming, clearly, from my point of view it destroys the industry itself but on second thought, I would not have been discovered in the same way as I am now if not for streaming.

What inspires you and what makes you want to keep doing what you are doing?

What inspires me and allows me to do what I'm doing right now is something similar to what DJ Khaled did before he became famous. DJ Khaled started to help artists before they made a big impact, he like me have a musical family and the cool thing is that Khaled released an album that reached the top 20 on Billboard, he started his own record label and became president of Def Jam South. You wonder what inspires me? There you have it.



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RISING STAR SPOTLIGHT: MEET LAURA ROBERTS

Laura Roberts, the beautiful, talented, and charming up-and-coming model is quickly making a name for herself in the modelling industry. She was scrolling through her Facebook feed a while back when an advertisement for some sort of modelling competition popped up in her feed. The prize of the competition was an exclusive photo shoot with a big brand. At that point in time, she didn't have any modelling experience but something in her heart drew her to the idea of joining despite the lack of any modelling experience. She eventually decided to enter the competition and lo and behold - she ended up winning it! That photo-shoot was a pivotal moment in her modelling career because the images from that exclusive shoot landed her more job opportunities and the chance to meet more amazing people. From that moment on, she ended up falling in love with the entire modelling industry.

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

What do you like most about being a model?

Growing up a dancer and a performer, I've always been drawn to the stage or the camera. Any opportunity to perform I was there, front and centre, ready to go. I kind of saw modelling the same way as I saw dance and performing. So, every day at work I feel like I get to just be myself. Dance around, laugh, portray characters, perform... I love it!

The downside to being a model?

The fact that work is not always consistent can be hard... The fact that you aren't guaranteed work unless you're constantly putting yourself out there and trying for it. Personally, I like to be kept on my toes, I find it exciting. But, not always. Sometimes that can be scary, unpredictable, and risky.

What has been the most memorable experience of being in the model industry so far?

Travelling interstate for a photoshoot for the first time was unbelievable and one of my favourite days of my career to this day. I think it was eye-opening when I received a message from Royale Modelling

saying that someone wants to hire me so much that they will fly me interstate. I remember being on set that day and thinking about the younger version of me who dreamed of something like that... She would've been so proud of me that day.

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

Wow... This is a hard one. In the industry, you are always working with different people. So, I've met such a huge variety of people. Each so different, so unique, each I could learn something from. But, I have to be honest. I've met the best friends of my life in this industry. There are some really strong, inspiring women in my life now because I think models meeting other models who understand the hard work and resilience required can bounce off each other, give each other strength while understanding and supporting each other.

What's the most valuable lesson you've learned while in the industry?

My most valuable lesson is... KNOW YOURSELF FIRST. There will be people who make you feel like you're not good enough, there will be times when you doubt yourself, there will be opportunities that will require you having to sacrifice certain morals, values, or beliefs you have. Know yourself first! Know what you look like from every angle, accept it, love it. Know who you are and what you stand for, know what your identity is, don't forget, and don't let opportunities try and make you deny it. Never give up and never doubt yourself. You are enough to make your dream happen perfectly as you are and if you go into the industry WITHOUT having this belief, the industry can easily break you.

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

Honestly... I didn't plan to be where I am today. But, I love where I am today. I don't really plan my future. Not at this point anyway. I chase the feeling. I chase the feeling of loving what I do, I chase the feeling of exploring the world, I chase the feeling of meeting new people and making friends. Sure, I have goals. There are certain brands I want to work for, countries I want to work in, people I want to meet. But, in regards to a plan, I'll continue to follow my purpose and happily sit back and be surprised.



"Sure, I have goals. There are certain brands I want to work for, countries I want to work in, people I want to meet. But, in regards to a plan, I'll continue to follow my purpose and happily sit back and be surprised."



INTRODUCING Stephen MANAS

Bilingual French-born actor and music composer Stephen Manas is set to make his US television debut co-starring opposite Jason Sudeikis in the upcoming Apple+ comedy series "Ted Lasso." Only acting for a few years, Manas is a rising star who is ready to take on Hollywood.

Written, produced, and starring Saturday Night Live alum Jason Sudeikis, the Apple+ comedy series "Ted Lasso" is based on the popular 'Coach Ted Lasso' character Sudeikis played in NBC Sports videos several years ago, an idealistic – and clueless – all-American football coach hired to manage a struggling London soccer team in the top flight of English football – despite having no soccer coaching experience at all. Manas co-stars as one of the team's soccer players 'Richard Montlaur,' a French footballer who struggles to understand the thick American accent of his new coach. While the series is filled to the brim with physical comedic scenes, at the heart of it is a message of teamwork and hope.

Manas grew up in the small French town of Saint-Germain-en-Laye in the suburbs of Paris. With a ski teacher mother, he found a love for skiing and outdoor sports at a young age. Music also heavily influenced his life and he developed a skill for playing numerous instruments including the clarinet, piano, and saxophone. It wasn't until the first Harry Potter film came out that he fell in love with cinema, watching it over and over again. At the age of 17, he moved to Lyon, France for marketing and business school. Shortly after the move he was discovered on the street for acting and got his first taste of the entertainment world when he was cast for a small part in an independent film – falling in love but not quite yet knowing how to break into the industry. After school he took a corporate job in marketing that he hated and when a talent agency based in India cold-called him, he jumped at the chance to work in film again. He made the move to India where he immersed himself in the Bollywood industry, building his acting resume. After two years of living and working in India, he returned to France in 2018 to tap back into French cinema.

While in France, he booked the lead role in the award-winning short film OUT OF FRAME/HORS CHAMP, for which he also won numerous acting awards including "Best Performance of Fest" at the Actors Awards Los Angeles, "Best Actor" at the Alternative Film Festival, and "Best Actor" at the Top Shorts Film Festival. He was also cast in the film LA BONHEUR DES UNS (A FRIENDLY TALE) opposite well-renowned actor Vincent Cassel ("Westworld," BLACK SWAN), and Academy Award, Golden Globe, and SAG Award-nominated actress Bérénice Bejo (THE ARTIST). The film follows a group of lifelong friends whose loyalties to each other are unexpectedly tested.

When Manas is not working in front of the camera as an actor, he is composing music behind the scenes. With an outside-the-box almost Hans Zimmer-like approach to music composition, his work has garnered him some impressive projects including FAST & FURIOUS 8. Manas currently lives in France where he practices a spiritual life of meditation and gratitude.

StarCentral Magazine recently caught up with Stephen to discuss his journey as an actor and here's what went down:



Can you tell us more about yourself? How did you get started in the entertainment industry?

It all happened by chance for me. When I was 16, living in France, there was a film shooting where casting directors were looking for locals to be extras. I wasn't really interested in appearing in front of a camera but my friends dragged me along and by fate, luck, or whatever it was, I ended up being cast for a role (and not just an extra). I was on set for one week and I LOVED IT! My love for film developed from this opportunity and the energy on set – with the creative heads, technicians, and other actors – all came together to create and produce a goal. I truly love it. While on set, I had a great connection with a fellow actor, he was nice, we chatted and I told him that I would be moving to Lyon (France) and he suggested a talent agency I would later meet with.

I ended up stopping by that agency without an appointment. There were so many people in that office which made me curious as to what was going on. They were actually holding auditions for a big advertiser and the owner of the agency approached me to ask me who I was and what I was doing there. I told him my intentions and while he was trying to brush me off and advise me to come back tomorrow or wait there for an hour, the advertising client was observing the entire conversation and he ended up approaching me to audition. The next thing I knew, the client told the owner of the agency "it's ok, I will pick him" (referring to me). And the next day, I was at my very first job, and it all started like this.

What do you like most about acting?

I love every aspect of my job but especially the mix of creativity and discipline. As an artist, a huge part of our job is to create, it goes for actors, and of course directors, scriptwriters and many others in the cinema industry. As an actor, there are many skills required – creativity, memorization, improvisation, persistence, and much more. We also need to disconnect with the matrix, to be adequate with our character, in order to have new ideas and new thoughts (all this you have to do without any drugs of course!) BUT, we also have to stay tuned...

We need discipline, there is a very tight schedule to follow, lots of lines to learn, a huge budget is involved and that's where a team comes together to work, to keep you between the focus AND the unfocused. It's what I like most, staying creative and focused with a proper team to offer the best results possible.

Can you tell us a little bit about your role in "Ted Lasso"?

I am playing a character named "Richard Montlaurd" and he is a football player. Jason Sudeikis plays Ted Lasso, a small-time college football coach from Kansas hired to coach a professional soccer team in England, despite having no experience coaching soccer.

Besides yourself, which actor/s in this series is going to blow people away?

Simple answer... absolutely ALL of them.

Trust me: Jason Sudeikis, Brendan Hunt, Hannah Waddingham, Brett Goldstein, Juno Temple, Nick Mohammed, Phil Dunster, etc... all of them are so talented and were all so creative and fun to create a hilarious comedy. All have worked so hard and created amazing characters. It was impressive to be a part of such a family on set and many times, it was just too fun to keep it serious.

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

It was my first big international project as being the only foreigner. It can appear easy, but it is not that simple to adapt to a different language, environment and people are so fast, I was a little stressed at the beginning, to be honest. But thank God, all the team and the cast welcomed me in the best way possible. They gave me a warm welcome and made me feel comfortable as soon as they met me. I am so lucky I ended up with this cast and team.

If you could play any other character in this series, who would it be?

The same one, they made it perfect for me. I couldn't fit better for another character. In fact, I almost feel that I would like to change my name to Richard Montlaurd.

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

Definitely shooting this show "Ted Lasso". I will always remember this project; it was totally amazing, and I felt the project from the first to the last day. In a different way, my first trip to Asia was also a memorable experience in my career. It was very hard to live there but I learned so much about myself and life in general.

Who has been the most interesting person(s) you've met so far?

I have met so many interesting people in my life. Technically, everybody is interesting, you just need to get to know people a little deeper sometimes. It is very rare to meet someone and having nothing to learn about them or finding nothing interesting.

While working on the set of Ted Lasso, I spent a lot of time with almost everyone, cast, crew, production, they all had so many interesting things to share with me, thus I have so much from everyone, and shared endless laughs.

Everyone is interesting in the universe of cinema.

How active are you on social media?

I am not really active on social media, to be honest. I have lived the very emergence of social media, Facebook, Instagram, and all, it was pretty fun at the beginning but now, I kinda find their overuse dangerous. I share a little here and there, sometimes, the minimum I guess.

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

Ted Lasso again and again! (laughs)

The truth is, I don't have plans, I don't have a business plan for my life all written down with specific objectives like a company. I believe in the journey. We cannot plan everything I believe, otherwise, we all would all follow the exact same path. How could I have planned to be with Jason on Apple TV+ in Ted Lasso? I have "dreams", yes, "goals", yes but the word "plans" doesn't work for me! (laughs)

As a goal and dream: the USA. Having a roof to stay at in L.A. Working in Hollywood, but still feet on the ground always. This is definitely an experience I would like to live and a dream to achieve. My other goal was to work with an American production and cast, which is accomplished now thanks to Ted Lasso!



FIVE WAYS TO LOSE WEIGHT AND KEEP IT OFF!

The health problems that can develop due to being overweight may not be noticeable at first, but minor issues that go unchecked can eventually lead to more serious complications. Here are five ways to lose excess weight that will improve your physical and mental health for the rest of your life.

It's not impossible to shed extra pounds all on your own. In fact, with a few lifestyle changes, anyone can shape their body into a healthy vessel that they can feel confident in. Losing weight can be a lot harder to do for some people than others and keeping it off can be a whole new challenge all on its own. For everyone, it takes two things to effectively lose and maintain weight in the long run. You need to understand why it is important to maintain a healthy weight and have an honest dedication to the effort you put in. The health problems that can develop due to being overweight may not be noticeable at first, but minor issues that go unchecked can eventually lead to more serious complications. Here are five ways to lose excess weight that will improve your physical and mental health for the rest of your life.

Change Your Diet

The best diet for losing and maintaining weight is one that focuses on all the parts of the body and not just your waistline. This doesn't mean that you have to start eating kale every day, but you do have to stop indulging in pizza and ice cream. There are plenty of beneficial foods that are surprisingly delicious and versatile to use in meals. Instead of concentrating on what kind of foods you have to avoid, make a specific list of everything that you should be eating. Doing this will help you to visualize how many different kinds of food you can still enjoy such as fruits and berries, fish and seafood, lean beef, chicken breasts, eggs, vegetables, healthy grains like brown rice and oats, nuts and seeds, legumes, and dairy.

Plan Meals Ahead of Time

It's important to maintain a balanced diet and not overindulge in one particular type of food. Plan out multiple options for meals that include a variety of nutrients. Along with your food list, put together a list of go-to meals and snacks that you can quickly choose from. For those who don't like to cook every day, pre-made meals can be portioned out and saved to be eaten later on in the week.

Get Your Body Moving

It's a well-known fact that exercise and diet go hand-in-hand to achieve successful weight loss. If going to the gym isn't an option, simple activities like walking or swimming are just as effective. Not only will this help you continuously burn calories, but it also activates the cardiovascular system. This promotes more blood flow in your body to supply nutrients and oxygen to all of your cells. Good blood flow ensures fully functioning bodily systems that keep you internally balanced for good health.

Be Aware of Stress Triggers

Stress signals your body to release hormones, such as adrenaline and cortisol. High cortisol levels stimulate the appetite and are the reason why so many people fall off the bandwagon with stress-eating. As a lifestyle change, remove yourself from situations or habits that tend to stress you out. Be more mindful of your thoughts and try adding meditation or calming activities to your routine.

Get Some Sleep!

Studies have linked poor sleep to weight gain. The two hormones that are affected by sleep are ghrelin and leptin. Ghrelin is released when your stomach is empty, triggering hunger in an appropriate way. Leptin is released from fat cells and signals the brain to recognize feeling full. When the body is deprived of sleep, more ghrelin is released, causing you to feel hungry and consume more. Give your body the rest it needs to maintain a healthy hormone balance.

Everyone has their own reason for wanting to slim down, but these are the most important things to consider in order to lose weight the healthy way. You will give your body the time it needs to adjust and eventually crave these changes.

AN INSIDE LOOK AT Modelle ACADEMY

There's a lot more to becoming a professional model than just shooting amazing photos and walking the runway – these modelling courses established by Royale Modelling will equip emerging models with the essentials to succeed in the landscape of the competitive modelling industry.

Royale Modelling is an international talent agency based in Sydney with a reputation for being one of Australia's most prestigious agencies.

They recruit, train, and develop unique talents for various photo shoots, TV commercials, video shoots, and runway events. Agency Director, George Bastoli has over 15 years of experience in the modelling industry combined with 10 years of experience in corporate marketing.

The Royale Modelling team has come together to establish Modelle Academy – an academy that provides a specialised training course that can instantly elevate all attendees in their modeling careers.

People who complete this course accelerate their career to get more job bookings, higher pay rates, better jobs and learn the clarity on how to navigate their career to get the best results.

Their amazing trainers have worked directly with several high-profile brands such as Disney, Warner Brothers, Jimmy Choo, YSL, L'oreal, Zimmerman, Anytime Fitness, Reebok, Rebel Sport and many more.

In this class, all attendees were provided with personalised and intimate training on the core essentials of being a high paid, and well-respected model.

Whether you are starting out in the modelling industry or want to gain extra skills and knowledge, Modelle Academy is the perfect foundation when it comes to building your modelling career.



PHOTO BY: TONY PALLISER



The Royale Modelling team has come together to establish Modelle Academy – an academy that provides a specialised training course that can instantly elevate all attendees in their modeling careers.

Photos by: Tony Palliser





FIVE Bags

EVERY WOMAN SHOULD OWN

While our style and needs may change depending on our circumstances, the right investment can save time, money and years of buyer's remorse. While you can easily find these bags at all different price points, there is something to be said about the lasting value of a good quality bag.

Every occasion has a perfect bag. Whether you're working in the office, hitting the beach, or going for a night on the town, here are the 5 bags every woman should own. These will help give versatility to your closet while also being functional for any situation that may arise. To make sure you're prepared for anything you need to do, here are our picks for 5 bags every woman should own:

1. The Everyday bag

This is your go-to bag. It matches all of your clothes, it holds up against anything you put it through, and it fits all of your daily essentials. Find a bag that matches your wardrobe (whether black or leather) and that fits all of your essentials including your wallet, phone, and any other bits and bobs you carry throughout your day.

2. The Small or medium cross-body bag

This bag is a bit fancier than your go-to bag and isn't one you'd wear day-to-day. This one is your choice for business casual events when you need something that looks more put-together that's also on your shoulder and allows you to operate hands-free. The size of the bag depends on the situation. A smaller cross-body is perfect for small things like a card sleeve and your phone while a medium size can hold your full wallet as well.

3. The Tote bag

Essential for those workdays and days out on the town, the tote bag will fit everything you need and more. This one is perfect for hauling around your laptop, file folder, and anything else you need. Investing in a quality tote bag will ensure that your contents stay safe and protected while you're out and about.

4. The Backpack

Backpacks are functional for a multitude of uses - day trips and park visits to name a few. With the variety of backpacks on the market from cute stylish leather ones to functional canvas ones, you're sure to find one that fits the style of your wardrobe while also being functional. This bag is perfect to keep everything you might need for your days out while not compromising on fashion. These are also fun to personalize with cute enamel pins or keychains!

5. The Clutch

For nights out, a clutch is perfect for only the essentials. These usually have just enough room for the cards you need, some cash, your lipstick, and your phone as well. A basic clutch will match all of your outfits or you can go big and get a statement piece to instantly jazz up anything you wear. Find one with a wrist strap to help you go hands-free when you need to without the fear of leaving your bag behind.

These are the essentials to start off your bag collection. While it's helpful to start with basics, you can never have too many bags! Experiment with what works best for you and build your collection from there. What's your favorite go-to bag? We'd love to hear about it!

FIVE WAYS TO LOOK AND FEEL YOUNGER

There comes a time in everyone's life when time simply begins to take its toll on all of us. Whether you're looking to reverse this toll as much as you can, or you're looking to start early and try to keep it away for as long as possible, here are 5 simple ways to look and feel younger.

Eating Green and Healthy

I'm sure this is obvious to most people but eating your greens and overall healthier is vital to looking and feeling good. Before venturing into healthy eating, you need to remember that there are no shortcuts or miracles that can last as long or have such an effect as changing your overall diet. This includes adding those greens to your plate every day, cutting the unnecessary sugar out of your diet, and even in this world of processed foods, find the organic and make it part of every meal.

Regular Exercise

Another, somewhat obvious answer, but regular exercise is vital to looking better and in the long run feeling great. Interval training is one of the best options for most people as it alternates between high and low-intensity activity. This burns fat efficiently and does not strain your body as much as exercising for a longer and steadier pace.

Get a dog

This may be surprising to just a few of you. A dog can be many things for many different people, but all dogs have a wide array of gifts to give to anyone. Dogs can help their owners socially by giving them consistent interaction, which helps with mental health especially in those who may be struggling through a darker time in their lives. Dogs also provide an incredible incentive to get up and go out. Keeping their owners active and healthy. According to a 12-year follow-up study, dog owners are more likely to live longer, with reduced chances of cardiovascular disease and death.

Keep in Touch with Friends

A simple thing to do that not many people think of. Socially interacting with others, whether on the phone or in person, will help you feel younger. Getting together with friends can be a great way to get out and be active together.

Find Your Purpose or Calling

One last simple step, that very few people truly accomplish. A close friend once told me that many people start out trying to reach their dream but get lost in the process. Do not get lost in chasing your dreams. Make sure you make time to practice what makes you happy and stop making excuses to avoid it. If you truly want to do it, you'll find a way.

A Final Word

Living a healthy life becomes far easier when you have someone else doing it with you. You'll be able to keep each other in check and find new and creative ways to make healthy living simpler, and as we already discussed it will help keep up your social interactions. It also helps to do your research, finding people who know what they're talking about or have already walked this path to help you walk yours. Healthy living is not always easy, but it is one of the few ways to live a longer and happier life. Just remember that you aren't alone.

24. OCTOBER 2020

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