

# En Vie™

www.en-vie-fashion.com

vol. **9**  
JULY  
2011  
アンヴィ

**SLAP ON  
SOME  
SUNSCREEN!**

SWIMWEAR - Love & Ice-cream

**SHOES TO BANISH  
THE BLUES**

Kobi Levi's Shoes

*All dolled up!*

Living Dolls

**CAN'T BREAK FREE  
FROM THE THINGS  
THAT YOU DO**

ACCESSORIES - I Hate Myself  
For Loving You

Plus the latest news, fashion tips and styles ...





## LIVING DOLLS

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Makeup Artist  
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MAY YOON  
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KOUKEI STUDIO

Stockings  
KORNELIA'S KLOSET  
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ONLY THE LONELY



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Model: Laura Gleich  
MUA: Sarah Lea Yeoward

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Camera: Fuji Photo House Kosuke

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## 1. Charming Disorder

Alexa Chung is iconic throughout the world for her whimsical yet astute fashion sense. So how does she manage to nail that look every time she steps out the door? "My wardrobe is my floor, sometimes my chair if I'm feeling anxious about the MOTH army" she tweets.

## 2. ZARA

As streams of Australian shoppers gush into their first ZARA stores, the rest of the world might smile and ask "what took you so long?" The late June openings drew long lines of overnight campers, eager to splurge on the Spanish label that's almost as abundant as Starbucks overseas. ZARA stores proliferate some 78 countries with 368 stores in Spain and even 2 in Kazakhstan. Australians can now add themselves to that list albeit a little late.

## 3. PRADA MASTERS

Prada's latest men's collection in Milan put the groove into golf and cheekily coincided with the U.S Masters in Georgia. Prada unshackled conservative golfing traditions a playful spin on the Bagger Vance theme. Models hit the green artificial turf in fruit cocktail printed pants and retro silk and cashmere cardigans. Prada managed to take the small steps made by gimmicky fashions on the fairway and make a giant leap forward into artful, attractive sportswear. Don't be surprised if your heavy-set golfing neighbour is suddenly outshining you in the fashion stakes next weekend.

## 4. NO PRICE HIKE FOR H&M

Swedish fashion chain H&M recorded a profit-loss of 20% during the second quarter. Higher cotton prices and salary

increases for Asian workers were largely to blame. Despite the dip in profits, H&M will not raise their prices and are content to take the hit - perhaps why they're loved by so many for delivering quality at a reasonable price.

## 5. Top of the Pops

The Versache brand is reinvigorating itself by riding the popular wave of Lady Gaga and making some bold business moves. For her new video Edge of Glory, Gaga wore a leather, medusa-spiked corset from Gianni Versache's last collection. The show stopping look mirrored the leather mini-skirt Donatella Versache greeted fans with at her menswear show in Milan. Versache will also launch a line of signature peices for H&M that'll no doubt gain big points in the popularity stakes.

## 6. Not myself

John Galliano blames his racist rant that stunned customers at a Paris cafe on drugs and alcohol. Galliano admits he made the comments but cannot remember making them. In a recent video, he maintains that he's not anti-semitic and reflects sadly on the "very vulnerable" state he was in at the time. His show of remorse comes as the risk of six-months jail time looms if he's convicted in court

## 7. Ascot was wet but the hats were hot

Ascot this year was full of classic British style. An assortment of the hats spanned from classic Florals and Feathers, to an up-to-date Ipod hat. One hat, featuring a specially designed mosquito, was commissioned to support the Malaria Awareness campaign. There were lots of hats with elegant birds perched on them and another celebrated the great British teatime, with a cup and saucer and even a slice of cake.

# PLUS NEWS

North east Japan is still very much feeling the devastating effects of the March 11 earthquake and tsunami and will continue to do so for a long time. The death toll has reached 13,000 and is expected to rise further. More than 15,000 are missing. 30,000 are living in temporary shelters. En Vie, a Japan based publication, deems it necessary to remind readers of this very desperate and very real tragedy and convey this call for help. We appreciate your thoughts and any donation you can give to help the victims of this ongoing disaster.

## FUND DETAILS

Organisation: DEMIRA Deutsche Minenräumer e.V.  
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# LOVE & ICE-CREAM:

## RECIPE FOR A PERFECT SUMMER

Swimwear label Amore & Sorvete's highly anticipated summer 2011/12 collection is inspired by a summer staple and a must in Japan's humid Obon-break: Sorbet ice-cream!

**Translated from Portuguese, the label's name means**

"Love & Ice-cream". The designers chose the name as they are inspired by Brazilian style and culture.

The label is the collaboration between Australian designers Bridgette Gale and Kesta Anderson. It has become very quickly known for its feminine style with cute frills, trimmings and small details which create a sense of fun, sweetness and of an innocent beach lifestyle. The third collection, entitled 'Sorbet', was inspired by the sweetness and purity of summer.

advanced digital printing dominating the range.

"We've created a very clean, fresh yet feminine print that makes our customers want to escape to a beautiful island with pristine water, white sandy beaches and drink fresh coconuts.

"We have experimented with digital printing for our third collection, 'Sorbet', and introduced a new palette of colours to leave a taste of sugar and cream in our customers' mouths!" laughed Kesta.

*A SAFE GIRL WILL ALWAYS WEAR BLACK WHILE A DARING GIRL WILL ALWAYS TRY SOMETHING DIFFERENT*

"I believe that getting excited and inspired about a seasons smell and warmth is different about being a swimwear designer. The smell of sun cream, coconuts and freshly cut grass reminds me of summer growing up on the beach, which is extremely inspiring and what makes us great swimwear designers. As Australia has some of the best beaches in the world, no one knows swim better than Australians!" said Kesta. For their latest range, the designers have scooped up strawberry, boysenberry and pastel colours, with

Believing that the Japanese girl is an ideal model for their designs, Bridgette explains:

"Any woman with confidence wears Amore & Sorvete as they feel comfortable, feminine yet different on the beach. Amore & Sorvete allows a woman to express who they really are, through style and colour. A safe girl will always wear black while a daring girl will always try something different: we cater for many women but always make them feel confident in style on the beach." >

Text  
DEBORAH OLDS

Photography  
RYAN MURPHY







› **The swimwear duo has been designing**

since 2009, with their first collection attracting the attention of Fashion TV, who broadcast their Perth Fashion Festival runway show to an international audience. The label's second collection, 'Love and Ice-Cream' was cast on Perth Fashion Festival's runway and was well-received Australia-wide and internationally. This year, Amore & Sorvete's exposure expanded to the Rosemount Australian Fashion Week in Sydney, with potential buyers and customers responding to the designers' unique palette of colours and prints.

**"Our latest collection 'Sorbet' is exciting for**

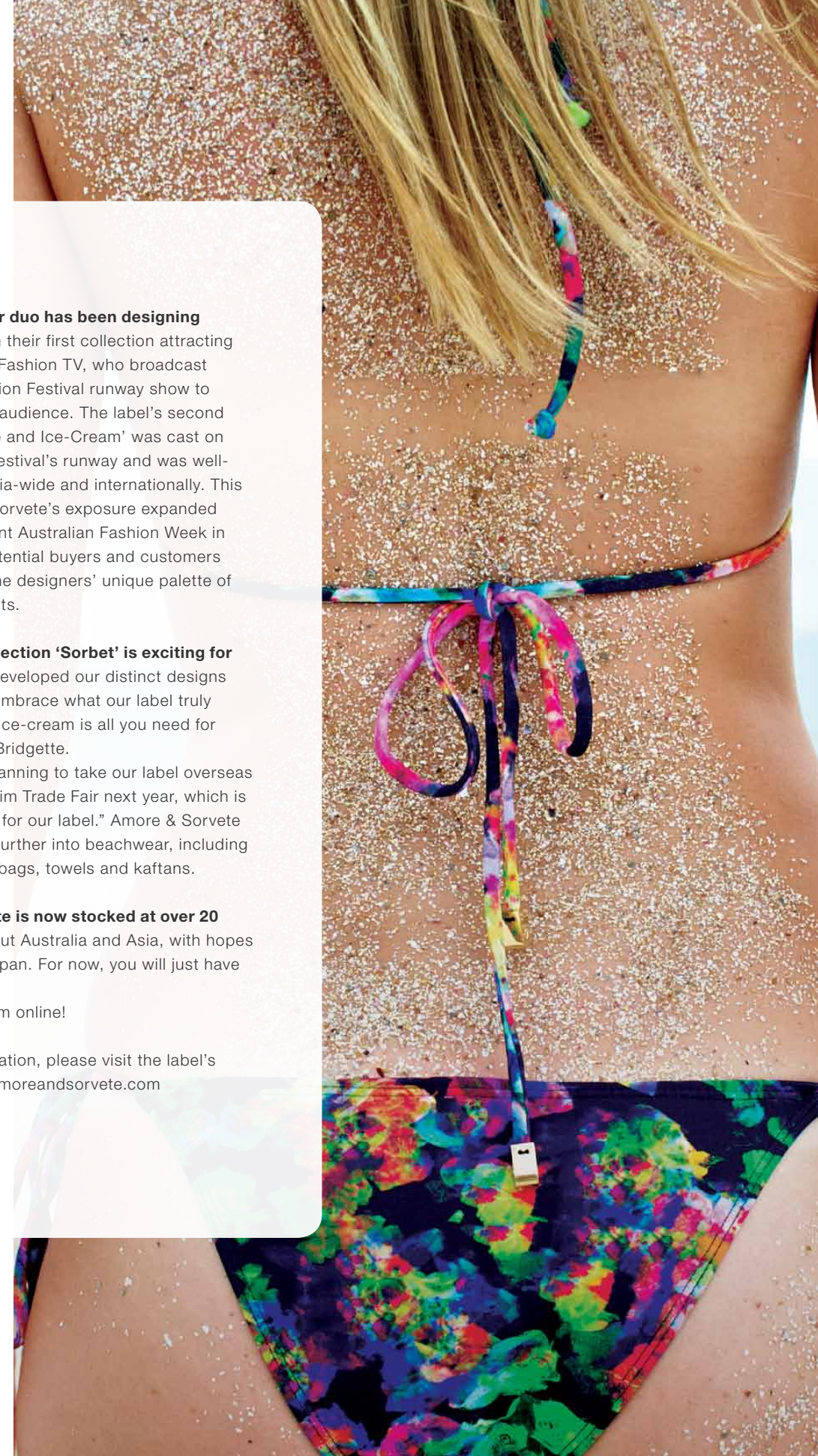
**us as** we have developed our distinct designs and colours to embrace what our label truly infers: love and ice-cream is all you need for summer!" says Bridgette.

"We are now planning to take our label overseas to the Miami Swim Trade Fair next year, which is an exciting step for our label." Amore & Sorvete plan to explore further into beachwear, including sandals, beach bags, towels and kaftans.

**Amore & Sorvete is now stocked at over 20**

**stores** throughout Australia and Asia, with hopes of opening in Japan. For now, you will just have to get your Love & Ice-cream online!

For more information, please visit the label's website: [www.amoreandsorvete.com](http://www.amoreandsorvete.com)







# I HATE MYSELF FOR LOVING YOU ...

Text  
DEBORAH OLDS  
  
Photos by  
DAMSELFLY



*‘Us girls have all done it ... been attracted to the wrong boy, gone back to the wrong man, knowing that he is bad for us but, oh so, gorgeous!’*

**This feeling was the inspiration behind Melbourne** based jewellery label, Damselfly’s 2011 Transeasonal collection. ‘I Hate Myself for L o v i n g Y o u’ which will appeal to ‘every good girl gone bad!’ Stunning designer, Christianna Heideman, is inspired by many things, not just ‘Bad Boys’!

**“It could be anything from a song, to a piece of art** work, vintage jewellery, travel or just people watching,” she says. Christianna lives and breathes fashion.

“Looking through my mother and grandmother’s jewellery boxes as a child; they both have amazing collections. I used to sit for hours, entranced by the beautiful stones, settings and designs, imagining where the pieces came from, who has worn them, who made them ...”

**She particularly loves cutting edge labels such as** Balmain, Alexander Wang, Ellery, Arnsdorf, Ann Demeulemeester and Rodarte, with Dominic Jones and Delfina Delettrez jewellery favourites. ▶







› **Launched in 2000 in Melbourne, Christianna is**

“... basically self-taught, give or take a Silversmithing Diploma from RMIT, and a deferred dabbling in a Fine Arts degree. I am just so incredibly happy to be making a living doing something I truly love. It is crucial to me to work in a job you are passionate about. Otherwise, what’s the point?”

**“Urban, confident, creative, nomadic and free**

spirited” is how she describes the Damselfly woman, words which could also be used to describe the designer! Damselfly’s Spring/ Summer 2011 range, ‘Call to the Moon’, is a: “... spell-binding collection of celestial glamour, inspired by all things mythical and mystical. Delving deeper into my love affair with crystals, I have mixed ancient, Lunar and earthly elements to recreate my ‘Midsummer Night’s Dream’.”

**Dramatic and versatile, the show stopping**

‘Cosmic Order’ neckpiece features all four stones set on antique silver chains; style to the front, or drape as an elegant and unexpected back feature. Other key styles include the ‘Goddess Grace’ Egyptian-inspired neckpiece, showcasing faceted quartz drops and silver coins, and matching the ‘Circe Slave’ bracelet. The amethyst crystal cluster of the ‘Avonia’ ring mesmerises, while the multi-link ‘White Hearts Chain Ring’ makes a bold style statement.

Priced from AUD \$50 to \$350, ‘Call to the Moon’ is utterly bewitching and was seen at May’s Australian Fashion week.

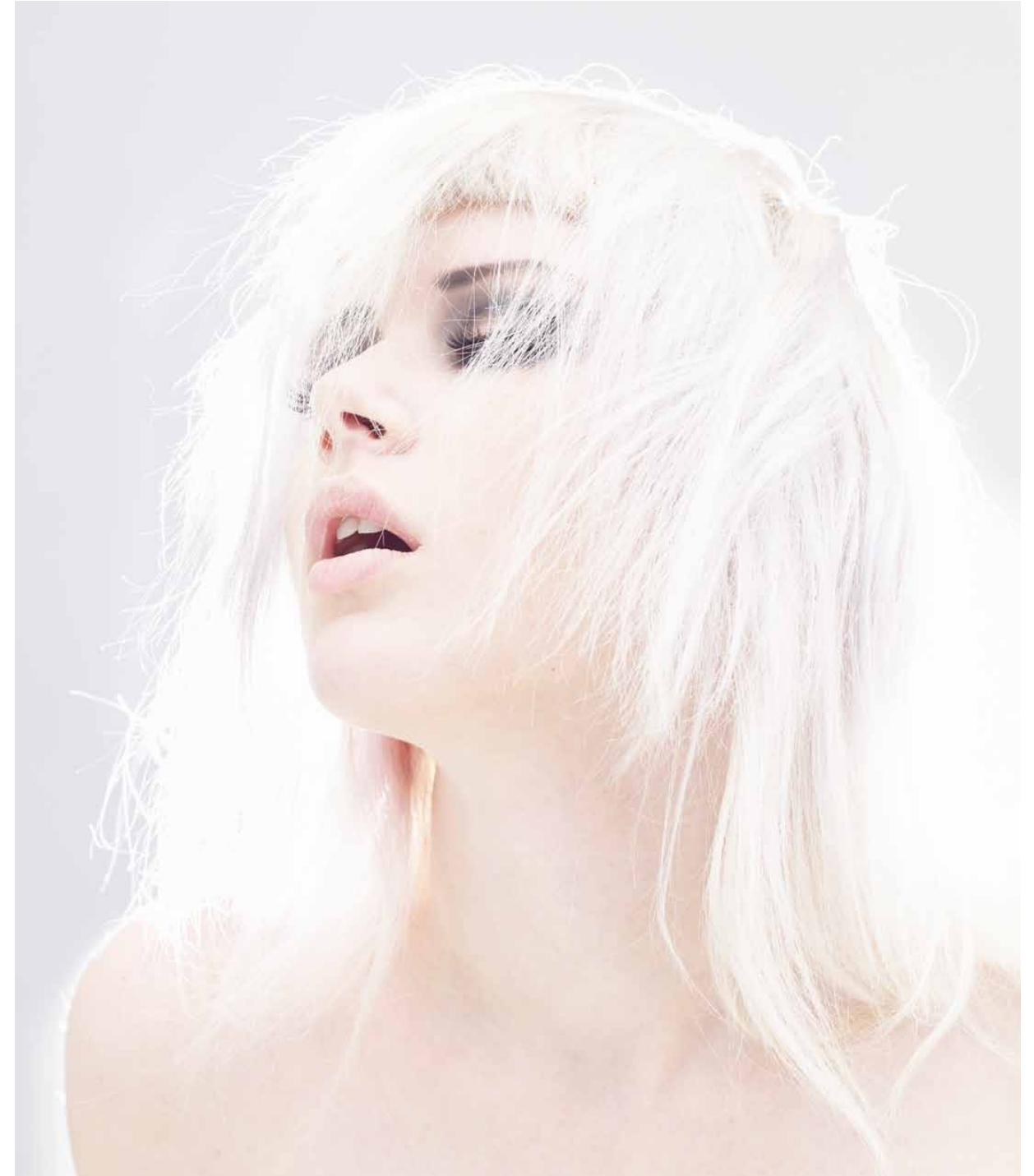
**For your own piece of whimsy, go to:**  
**[www.damselfly.com.au](http://www.damselfly.com.au)**

You can also check out the younger brother label Elias, designed for Christianna’s dream man: “Brooding, unkempt and effortlessly cool.”

**And totally Bad, of course!**









# Living Dolls

By Zyx Owen

*'Where am I' says the doll with the auburn hair.*

*All dressed up and nowhere to go?*

*Who is this beside me?*

*Another lifeless blonde doll or a friend?*

*Such a sad and faraway look*

*Am I just like her, I wonder?*

*Hurray! We're not alone after all.*

*Such lovely cuddly toys to keep us company.*

*Hey, someone's changed my clothes!*

*My friend has new clothes as well*

*Don't we look simply gorgeous?*

*I want to be cuddled myself as I am oh, so lonely*

*But my friend is still so far away and O so cold*

*She may as well be on another planet.*

*Hey, how do I look anyway?*

*Do you prefer me in black or is black and white more sexy?*

*Whatever!*

*But we've got to get out of this trap.*

*I know I can move and stand and walk*

*I am going to get out of this box with my friend if I can*

*And I will and I have!*

*Whoopee! We are free!*

*It's good to be out in the open.*

*Look at my friend's cheeks*

*Don't you think they are suddenly so rosy?*

*She must be alive and raring to escape*

*And so am I.*

*By golly, I believe we can actually both think and feel.*

*Take a look at my hair – it's real*

*If you don't believe what I say just feel*

*I'm gonna do my best to please you 'cos I believe I'm a living doll*

*Doesn't white suit me just as fine.*

*But I beg you please, don't lock me back into the box from which I have fought to*

*Escape,*

*I know I can satisfy your soul even if you've got a roamin eye.*

*Oh! How I long to be your walking, talking ... living doll forever!*





# Newcomer Fashion Designer Interview: Koyuki Hayashi

**En Vie :** Hell, nice to meet you. First of all, please introduce your self.

Koyuki : Hi, my name is Koyuki Hayashi, I'm 19 years old and from Wakayama, Japan. I like cooking and music; I'm a vocalist in a rock band.

**En Vie :** There are so many fashion schools in Kansai area. Why did you choose ESMOD?

Koyuki : I think the teachers are very kind and they work closely with us, and also I like the international environment.

**En Vie :** How long have you been interested in fashion?

Koyuki : Well, maybe since elementary school. It could be through my older sister's influence.

**En Vie :** What do you get inspiration from, and when?

Koyuki : I get it when I feel down because I think about things much more deeply than usual, then suddenly ideas come up. Or when I see interesting architecture or interiors, I imagine clothing designs from those structures. Origami art can be made into my clothing designs too.

**En Vie :** Who is your favorite designer and why?

Koyuki : I respect designers who are successful overseas like Rei Kawakubo, Issey Miyake, Yohji Yamamoto. I especially like the beautiful silhouettes of their designs and they always create something new which is what I've been trying to do.

**En Vie :** Has your idea of fashion or your work changed from when you were in elementary school?

Koyuki : I wanted rather to be a stylist when I was child but then I had a chance to make clothes when I was in high school. I tried my best but it was very



hard to make what I wanted without any knowledge of design pattern construction. I then started thinking that I wanted to learn about that.

**En Vie :** Other than cloth, what medium would you like to design in if you had the opportunity?

Koyuki : Maybe interior design.

**En Vie :** Tell us about your future plans.

Koyuki : I want to be a pattern maker. I will learn lots of things about fashion and want to focus more on my concept and originality, then I want to be a great pattern maker!!







Text  
ALISCIA YOUNG

# ANIMAL SUITS

- a series of work by Catherine Bagnall

*Artist Catherine Bagnall focuses on the intersection of fashion and performance practices. Her recent work 'Animal Suits' explores the way in which clothing can transcend and transform the wearer in 'wilderness' landscapes.*

**To visually capture and document this series of work,** Catherine and I set out into the Otari bush, Wilton as well as into the forest hills above Eastbourne in Wellington, New Zealand.

We carried tramping packs full of her latest creative costumes and my treasure box of camera equipment in readiness to bring to life the 'Animal Suits'. Modeling animal suits in the forest, the feminine figure; part-human, part-animal, became immersed in amongst the foliage. By folding the subject into the roots of the tree the creature blended with the landscape; by illuminating the fabric textures with natural forest light, I photographically documented these Animal Suits 'coming to life';

**fleeting moments captured as light danced through the New Zealand forest.**





# Kobi Levi's Dream Shoes

Text  
CHRIS ROAF

*Does Humour belong in Fashion?*

Have you ever dozed off thinking about what to wear and had an unbelievable fashion dream? Perhaps you have dreamed that you were wearing a swan or a roller coaster on your feet? In that case, the shoes of Israeli designer Kobi Levi might just be able to make your dreams come true.

There are so many fantastic designs to choose from. Make sure you don't slip up when wearing a pair of his banana peels. If you are wearing a pair of his cat heels, be careful meeting someone wearing his dog heels, or you may be chased up a tree. Kobi takes inspiration from everything around him and has made shoes based on animals, people and anything he comes across in his everyday life. He says that the most important aspects of his creative process are humour and craftsmanship.

**He calls his creations "wearable sculptures" and** has shown off his creations all over the world. But he admits that there is another reason that he works on making these extravagant shoes; he doesn't like feet!

**It's not only the original style that is so impressive, Kobi often finds ingenious ways to turn them into shoes.** Each one is a miracle of engineering as well as a beautiful sculpture. Heels are supported by a string of chewing gum, tiny legs, or even a smaller shoe. He has made heels as a tribute to his favourite icons, including Madonna and Popeye's girlfriend Olive Oyl. There are shoes that look like they shouldn't hold you up, shoes which cradle your heel in a tulip, and shoes that you think couldn't possibly balance. Kobi's innovative shoes push the boundaries of design and challenge our ideas of what a shoe is. Two shoes in one, one shoe stretched around two feet, laces crawling all over the side and shoes with multiple points, making it impossible to tell which way ▶







► the wearer's feet are pointing. His talent has spread to other fashion items including bags in the shape of a sandwich toaster and grenade.

*These shoes are beautiful and original, but more importantly, they are funny.*

With these designs, Levi shows that he's not taking fashion too seriously. He is not a slick designer who is afraid to make people laugh and he is not so concerned with his image that he won't take a chance on outrageous or playful designs. This trend is catching on in fashion, with lots of designers having fun with traditional design styles. Victor and Rolf's Spring/Summer 2011 collection takes a twist on regular shirt cuffs. Instead of one cuff at the wrist, there are lots of cuffs all up and down the sleeve. At the same time fashion icons like Lady Gaga have made a statement with their entertaining and silly outfits.

**Maybe we're seeing a new idea that fashion has come out of the phase of dour chic and it is starting to have some more fun.** Having said that, it may still be a while before you see a model going down the runway with a big smile on her face.





# Kornelia's Kloset

**I don't know about you, but I am always on the look out for some fashionable hosiery that will get me through the day and dance me through the night.**

I finally came across a label that not only has transformed my idea of hosiery but has also showed me that there are prints out there that totally suit my own personal style and those of other women's. To feel good, sexy and most of all – comfortable! Kornelia's Kloset created by Kornelia Kecskes; has really put the confidence back in women's hosiery. Her aim is to make everyday women feel good about themselves and fashionable. To have every woman wearing her stockings is her dream and at the end of the day all Kornelia wants is for women to take charge of their style through fashion.

**When mentioning her early days of inspiration and where it all began** Kornelia simply comments: "A number of years ago, I was in department store looking for a pair of stockings...and could not find anything unique, nor beautiful. I looked online and found some lovely designs from Europe and other countries. However they were not at all available in Aust. So I followed my heart and thought, perhaps I could be the one to bring Amazing Stocking Couture to every woman...A big dream i had, however, i began little by little, never gave up when the challenges started rolling in, and there have been many, I believe every woman has the right to dress wonderfully and express the beauty they are, and it need not be super expensive..."

## Top Five:

### 1. Why hosiery?

Stockings can transform an outfit in a heartbeat, they truly accentuate the woman, add style, personality, allure and mystery, allow a woman to take a moment for herself as she dresses ... to feel beautiful and sexy...we have become so busy it seems last thing we have is enough time to treat or often even think of ourselves in this way, Yet I would like to say



that is the first thing we very much need to be doing. Taking a step back, slowing down and nurturing your image, body and soul! Hosiery provides practicalities as well such as warmth and leg cover, in summer months, it provides sassiness and personality, for example, you could dress up a little skirt beautifully by adding a little pair a lace below the knee stockings ... Hosiery is an amazing way to express your style and is very light on the wallet!

### 2. What are your favorite fabrics or patterns, etc to work with when it comes to your hosiery?

I adore unique styles and patterns, plain i find can be limiting, why not pop into a pair of stocks with a bold and striking design and live out loud! I enjoy quality in every way and thus endeavor to ensure that all the products i have are durable and wearable. Natural fibres excite me, however it is difficult to do this with hosiery, however the net lace stocks are easy on the skin and have great breathability as well as strength and elasticity.

### 3. Future goals?

To have every woman wearing amazing stockings from Kornelia's Kloset, have these women feeling beautiful and confident about themselves and their individual beauty. To inspire women to become aware that they are special and one of a kind!

### 4. Any advice for aspiring people in the industry?

If you have a dream, nourish it, even if you feel as if you are going against the grain, never give up, find mentors and learn as best as you can from your mistakes and the lesson of others. Success is state of mind, however working on your dream everyday is essential, do not be afraid to connect and sell.

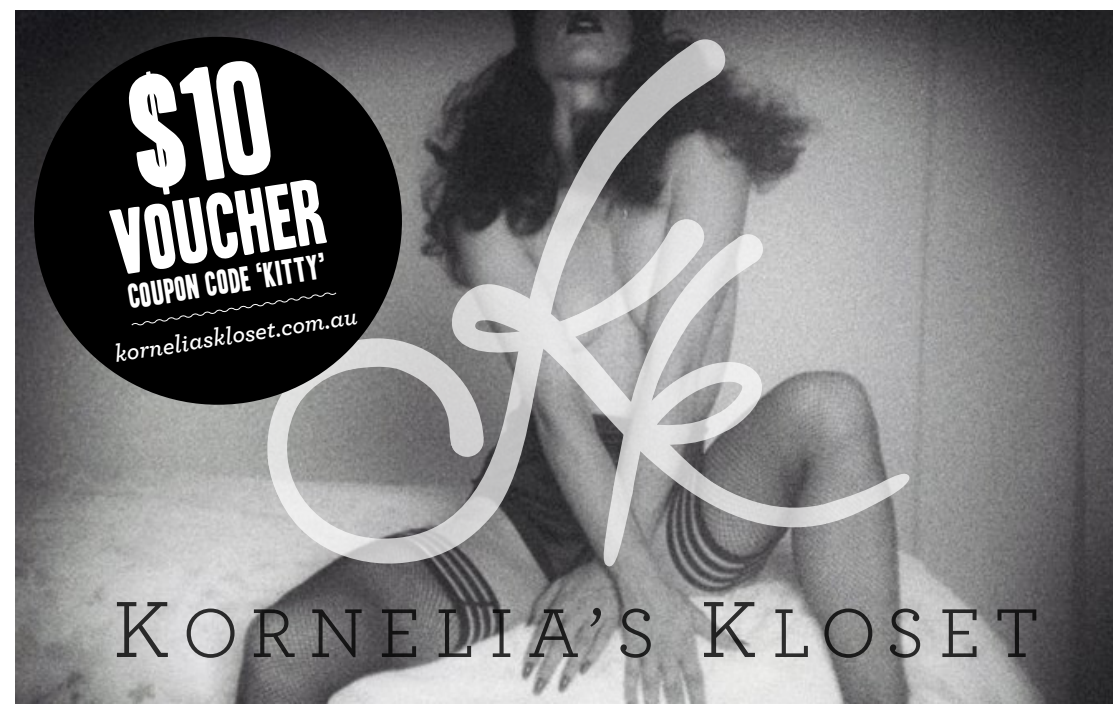
### 5. If you could pick up to three styles to represent your hosiery – which ones would you pick?

Burlesque, Vintage, Unique, Modern

For more info go to [www.korneliaskloset.com](http://www.korneliaskloset.com)  
Email: [korneliaskloset@hotmail.com](mailto:korneliaskloset@hotmail.com)  
Facebook: [www.facebook.com/korneliaskloset](http://www.facebook.com/korneliaskloset)  
Twitter: [www.twitter.com/#!/korneliaskloset](http://www.twitter.com/#!/korneliaskloset)



KORNELIA'S KLOSET



KORNELIA'S KLOSET



# esmod events

## ESMOD 170th Project by ESMOD OSAKA ESMOD

We have started "ESMOD 170th Project" as ESMOD's 170-YEAR-ANNIVERSARY event. Please check the latest info of "ESMOD 170th Project" on our new website [esmodosaka-projects.com](http://esmodosaka-projects.com)



Mr. Gilles Rosier

## ESMOD Special Summer Seminar ESMOD

ESMOD JAPON OSAKA have a 3-day summer seminar "Special Workshop" as a one of the ESMOD's 170th ANNIVERSARY events. We invited Paris haute couture designer Mr. Gilles Rosier to be present. He previously worked at Pierre Balmain, Christian Dior, and Jean Paul Gaultier. He will be introducing a clothes-making workshop & little fashion show, a seminar, and a special scholarship exam.

The event also includes a 3-day FASHION BUSINESS seminar and a special seminar by Gilles Rosier for people and companies that are in the fashion industry.

Admission fee for the 3-day summer seminar: 5,000 ¥

More info on [www.esmodjapon.co.jp](http://www.esmodjapon.co.jp)  
and [esmodosaka-projects.com](http://esmodosaka-projects.com)



ESMOD JAPON X PARIS MIKI  
COLLABORATION PROJECT





# Justyna

Text  
DEBORAH OLDS

Photography  
RGUM

**Justyna G is an unique Melbourne-based fashion label. Every piece is a 'one-off' allowing the wearer to show her personal style, safe with the knowledge knowing that no one will turn up to that special event with the same dress! Been there, done that. It is NOT a nice feeling!**

Designer, Justyna first introduced her ladies fashion brand to the world in 2008. Previously, her dressmaking developed from creating dresses for herself, sisters & friends. Her love of putting together what once were puzzle pieces (patterns) developed into dressmaking. Justyna, as many of us, truly loves wearing a dress no other girl has

## **Please give a basic history of how your label came to be.**

Since I can remember, I have always loved having that 'exclusive' piece. Because of my love for that 'one-off' design, I started off sketching and sewing pieces I wanted to wear. I decided that, if I wanted to start my own label, I had to learn how to start my own business & completed a business course where I came up with my own label, Justyna G. I have the added advantage of being a self-taught designer. My ideas are ultra-fresh. I don't play by the rules of fashion as I have never been taught the rules!

## **How is your label unique?**

'I love having a dress no other girl has' describes my label to a tee. The concept behind my clothing is to allow you to wear a dress no-one else girl has. Let's face it, we all want to be original and stand out from the rest, & that is what my label is all about. I don't want to have thousands of the same design. I want girls to have a feeling of exclusivity. I want them to feel special as if they own something that no-one else will own. Each of my dresses/pieces is lovingly handmade (not mass re-produced) and, consequently, they are all one-off designs, or re-creations of my designs in different fabrics/colours.

## **How would you describe your designs & who is your label's customer?**

A 'Justyna G' girl knows how to have fun without taking life too seriously, dances all night & laughs at what life throws at her. She is carefree, screams fun and is also 'girly girl'. She isn't afraid to wear colour & loves the feeling of being her own person (individual).



*I don't want to have thousands of the same design.  
I want girls to have a feeling of exclusivity.*

## **How do to start designing a new season/ what inspires you?**

My influences have usually come from my imagination at work when I'm selecting fabric – it's like I have energy jolts of ideas rushing to my mind- when I see materials I adore I get flustered with excitement about all the possible things I can do with it! I also love to play with my patterns and cut them in ways that you would think is not possible and shape them to something exciting. My best work is done at night when I know the world is sleeping.

## **Who do you admire?**

My all-time favourite designer is Tom Ford because he made Gucci what it is today, plus I think he is super sexy lol. I also love Vivienne Westwood for her loud, quirky, ungracious fashion sense. Take her or leave her: she doesn't follow but just is.

## **Do you dress in your own designs?**

I do dress in my own designs now and again. I am quite lucky in the sense that if I have an event to attend I can sew & design my own dress. Most of the items I design I have a hard time selling as I would love to keep them all to myself but I am always happy when they go to a happy new home.

## **How do you see your future?**

My label is quite new & fresh and still in development. At the moment any spare moment in my life I am sewing, creating and putting 100% into my label. I laugh to my family & friends and say that this is my full time boyfriend at the moment! Due to the amazing response here in Australia, I foresee a great future for me & my 'boyfriend' (label)! I am sure my label will evolve into something even more special.

## **Thoughts on Japan and style there ...**

Japan fashion is FUN, loud and so cute. I see so much individuality in every outfit. I absolutely adore the use of colour and that breathe of fresh fashion flair. I love how each outfit is customised with a mixture of current and traditional trends. It's a true inspiration.

For more, visit: [www.justynag.com](http://www.justynag.com)





Photography  
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Wrap up your happiness in a beautiful dress

# Wonderful Wedding Wishes

Text & Photography  
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**“My wife was so beautiful when she was wearing a wedding dress and I felt like I wanted to eat her all up. Now, I can tell you that I should have eaten her right there and then,”** one writer joked. No matter what, no doubt a woman’s most beautiful moment is when she’s wearing a wedding dress. It’s understandable that women go crazy about selecting their wedding dress since they express their love and happiness while wearing it. Look at her – she’s jumping and running! Look at her, she seems like she’s running late? Anyway, we wish them all the best for the big day and hope they will live happily ever after.





# JULY 2011 HOROSCOPE

By Izumi



## Aries 21 Mar – 20 April

This month life and family matters will cause you stress. At the end of the month there will be a chance to be social with friends and family. Try to be more tolerant in love and your relationship will become closer. For you singles it is easy to get into trouble with money where friend are concerned.



## Taurus 21 April – 21 May

July is a good time for a vacation; even a short weekend would be good. Make time for your partner, watching a movie together for example. You will be lucky in work or business, but if you have to deal with contracts then you need to be careful, do not rush to sign anything.



## Gemini 22 May – 21 June

You need to make a decision where relationships are concerned. You have been trying to juggle a situation but you cannot burn the candle at both ends. There will be some unexpected event in which you will need to spend money, so try to budget in advance. You will reach your peak in your field so don't give up.



## Cancer 22 June – 22 July

If you are stressed you may come across as negative to others. Do not be shy when asking for help. Try to talk with friends or family and you will get support. You will find there is someone always taking care of you but you didn't realize until now. You are trying to save money but the bills just keep coming.



## Leo 23 July – 23 Aug

Whether you are working or relaxing, pay attention because of you may be forced to make a decision that you will regret. You will be assigning to some projects that will be a good chance to show your value. If you can reach a mutual agreement with people then your plans are running well.



## Virgo 24 Aug – 22 Sep

Unhappiness is not for as there will be a stable and peaceful period in near future. Take walks in the countryside; get closer to nature as it will bring new ideas and inspiration. You may have many wishes and plans and will be able to keep a positive attitude and passion for your career.



## Libra 23 Sept – 23 Oct

The first two weeks of the month will bring you much leisure time, so you can handle difficult tasks with great ease. Spending time with friends or socialising will bring happiness. Work is going well, you can attract people by using your talents and improve your position.



## Scorpio 24 Oct – 22 Nov

This month open your mind to your personal relationships; keep up good communication with colleagues, family and friends. Be careful of details at work, as a small mistake could bring big problems. In general this is a stable month but there are some small problems with communication.



## Sagittarius 23 Nov – 21 Dec

You have been busy at work and neglected your health recently. Cut down on drinking and smoking, instead go to the gym or take up some sport. Those with a stable love relationship can focus on your plans for the future. Don't worry about the big changes that are happening around you.



## Capricorn 22 Dec – 20 Jan

Challenges and difficulties come together and will affect your personal relationships. If you can take care of your finances well, then the rest of the year will be a happy time.



## Aquarius 21 Jan – 18 Feb

There will be many challenges at work and your confidence may take a bruising. You love life will bring you some peace and comfort. For single people do not make any promises now. The end of the month is good for your career.



## Pisces 19 Feb – 20 Mar

Anything concerning money needs to be treated with care. Romantic relationships may take a step forward but you have to decide what you want to do next and only you can decide for yourself. If you and your partner can get through July your relationship will be rock solid.

*Skin doesn't just make your first impression, but it is also your first line of defense.*

It has to protect you from physical damage, toxic chemicals, bacteria all while also preventing the loss of nutrients and water. Our skin starts aging from 25 years old, but any time is a good time to take good care of your skin and prevent sagging and wrinkles.

**Besides face creams and lotions, the most effective** and direct way to care for your skin is to eat the right food so that we receive enough nutrients for our skin. So how do you keep it looking healthy and young?

### 1. Water

Drink more water everyday, 8 cups of around 226ml.

### 2. Selenium

These foods are rich of selenium: nuts, malt, tea, fresh small mushrooms, shrimp, lamb, cod, halibut, tuna and salmon. In addition, cooked beef, oysters, crabs and pasta also contain selenium.

### 3. Coenzyme Q10

Q10 is very important for skincare and for overall health. We can get it from many places such as beef, soybean oil, sardines, salmon, mackerel, peanuts, tuna and animal organs. So don't be afraid to eat that heart and liver.

### 4. Vitamin A

Vitamin A helps repair skin damage and keeps moisture in the skin. Oranges, carrots, green vegetables, cheese, milk and other low-fat dairy products are all good sources.

### 5. Vitamin C

Vitamin C is not only helps prevent sun damage, but also can reduce wrinkles. It does this by recovering and fixing cell membranes. We can get Vitamin C from red pepper, orange, lemon, papaya, kiwi,

broccoli, green vegetables and cabbage.

### 6. Vitamin E

Vitamin E promotes skin metabolism, improves skin elasticity. Consume more nuts, seeds, olives, spinach, asparagus and leafy green vegetables for more vitamin E.

### 7. Supplementary essential fatty acids

from olive oil, walnuts, salmon, pilchards, etc.

### 8. Virgin olive oil

can also help to keep more nutrients in skin.

### 9. Drinking green tea

can prevent inflammation and help prevent sun burn.





