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Autumn 2023

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A woman with short, dark, wavy hair is smiling and looking towards the camera. She is wearing a white, sleeveless, knee-length dress with a delicate lace pattern. The dress has a gathered waist and a small bow at the back. She is also wearing a silver watch on her left wrist. The background is a solid, warm brown color. In the bottom left corner, there is a small table with a white tablecloth, a glass of wine, and some decorative lights.

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“You can wake up and change many things about your appearance, but the inevitability of waking up in your skin is what unifies us.”

- LIZZO
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ON THE BASIS THAT
WE SIMPLY CAN'T
SOLVE WHAT WE CAN'T
SEE, MAKING THE
INVISIBLE VISABLE IS
AN ESSENTIAL STEP IN
MAKING IMPACTFUL
CHANGE.

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EDITOR'S *letter*

The mainstream media or the MSM, as all the cool kids on social media call it these days, gets maligned for spreading negative news stories. During hard economic times, market sentiment can also be triggered for good or bad by headlines. All media in general no doubt contributes to echo chambers of bad news and division. I'm sure this leads to more polarisation and anxiety than would be the case if we were only sending postcards to each other and reading the morning newsprint. Instead, we get a 24/7 stream, perfectly tailored via the magic of growing algorithms, that know our fears and hates as well as what triggers our greed.

And now new developments in AI, like chatGPT, also look to be able to help create more content that taps into the largest social datasets we have ever known. This means that large tech companies not only have the means for distribution, but can also create the sort of content that feeds those echo chambers. A lot of this is, of course, an unhealthy downward spiral if we let it become that.

At the same time though, there are, of course, many positives about this world of hyper-tailored hyper-connectivity. It is part of a platform for some people to achieve their dreams - a gateway into endless inspiration and instant insight into the lessons from those who have faced incredible odds in the pursuit of their goals. I really believe that these tools can be put to good use.

So to prove this, I uploaded some of the lyrics of our cover star Lizzo's songs to ChatGPT and then asked it to "draw a life lesson from Lizzo's career that will make us all feel better in a world of uncertainty." This was its answer: "One life lesson that can be drawn from Lizzo's career is to 'Juice up your life' just like Lizzo's hit song 'Juice'. Just like how the song encourages people to embrace their confidence and own their individuality, we should all take the initiative to add some 'Juice' to our lives by embracing new opportunities, taking risks and not being afraid to be ourselves in the face of uncertainty."

It might be slightly clunky but it's kind of poignant for this year and I think that it's actually a wonderful bit of advice. It's also an example of the fact that all this tech is really a reflection of our humanity but it will never replace it.

Héloïse Garrity, Editor

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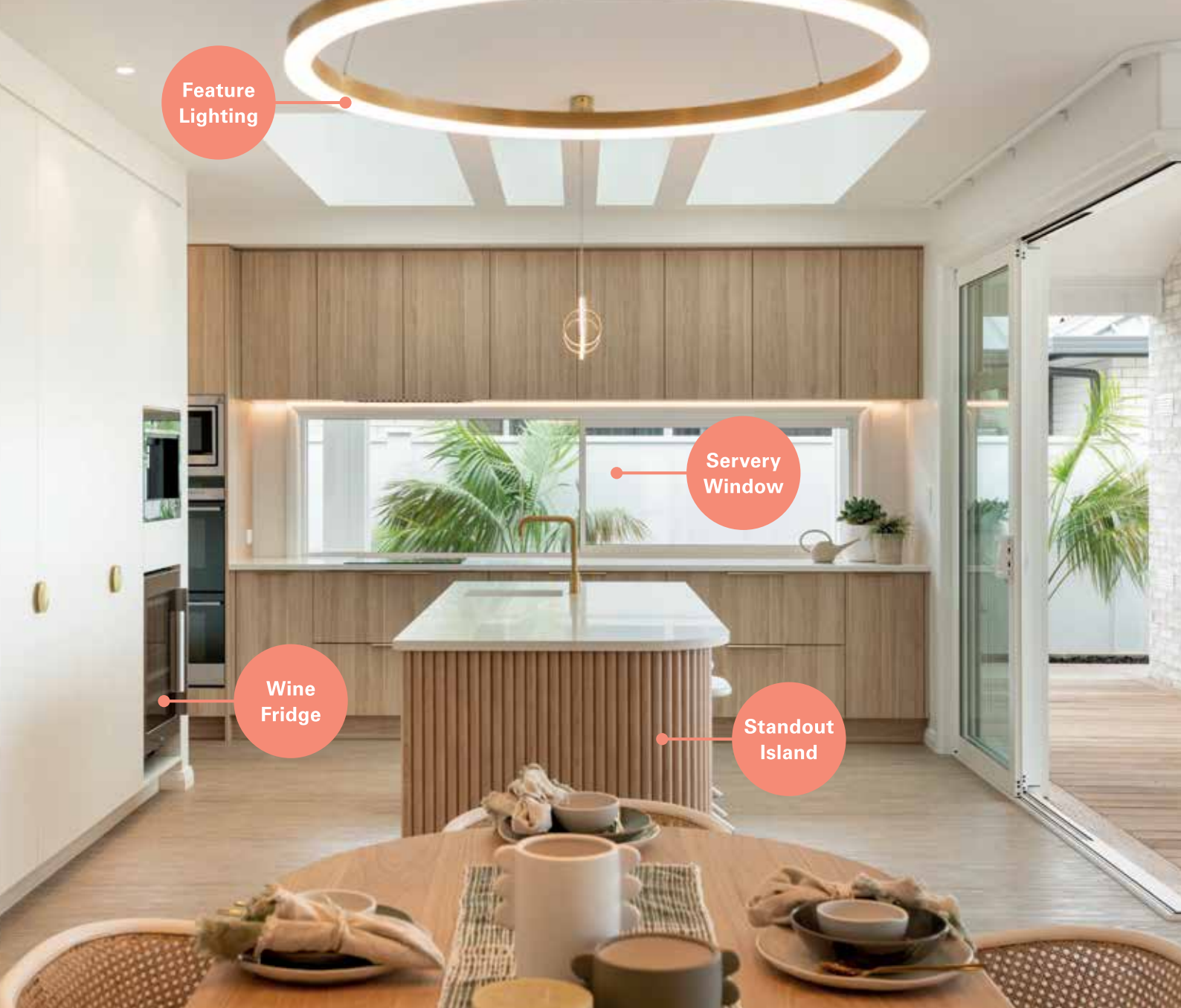
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MUSIC MAGIC

Experience the music of this iconic masterpiece as the New Zealand Symphony Orchestra plays the electrifying score of *West Side Story*. Performing alongside the newly re-mastered film shown in glorious high definition on the big screen with the original vocals and dialogue intact, this performance is not one to be missed.

18 February, Michael Fowler Centre, Wellington. Tickets from [NZSO.co.nz](https://www.nzso.co.nz)

IMAGE COURTESY OF UNITED ARTISTS



WATCH

EMPIRE OF LIGHT

Starring Oscar-winners Olivia Colman and Colin Firth, *Empire of Light* follows the life of Hilary, a duty manager of an old cinema who struggles with schizophrenia. Played by Colman, Hilary engages in a relationship with new cinema employee, Stephen, while dealing with the effects of her illness, as well as the racism faced by her new lover. Pitched as a tribute to the cinema, this love story by Sam Mendes is both nostalgic and visually masterful.

In cinemas 2 March.

WOMEN TALKING

Inspired by the shocking events that happened at the Manitoba Colony in Bolivia between 2005-2009, this moving drama shows the power of protest. After discovering that the men in their community had been drugging and raping women at night for years, eight Mennonite women must grapple with how to move forward with their faith in the aftermath.

In cinemas 16 February.



SOMEBODY I USED TO KNOW

Inspired by the iconic romantic comedies of the 80s and 90s, *Somebody I Used to Know* gives us all the feels in this heartwarming watch. When Ally returns to her hometown and reconnects with her ex-boyfriend, she begins to question the path she chose to take in life. After meeting a young woman who reminds her a lot of herself, things get even more confusing for Ally.

Streaming on Prime Video 10 February.





NZTRIO S HOMELAND SERIES

NZTrio have announced their programme for 2023 with the talented threesome will turn to folk music and the nature of human expression and experiences for their tour this year. With a three part series called Homeland planned, the first part will see Ashley Brown (cello), Amalia Hall (violin), and Somi Kim (piano) capturing the spirit of Aotearoa, called Songs My Mother Taught Me. Performances include songs from accomplished New Zealand composer Eve de Castro-Robinson, as well as moving pieces from American composer Daniel Temkin, and Dvořák, imbued with Slavic folk elements.

2 March, Public Trust Hall, Wellington; 5 March, Concert Chamber, Auckland Town Hall. Tickets from NZTrio.com



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UP TO DATE

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Epidemics change us and the world we inhabit. Even as we try to do our best to cruise out from under the dark cloud of Covid, we'll be left with the scars and tweaks it made to our daily lives. Live with them long enough though and they may come to be loved. This was the case with Paris's iconic look which emerged following the cholera epidemic of 1832 under the direction of Baron Haussmann.

He was inspired by hygienist theories of the time that came via the Enlightenment of the previous era. Under the direction of Napoleon III, he modernised the Paris landscape away from medieval nooks and alleys, to wide open roads and beautiful boulevards. Overlooking them were towering flats that have come to be known as "Haussmannian" buildings. This campaign was entitled "Paris embellished, Paris enlarged, Paris sanitised" and the design decisions Haussmann were made to "aérer, unifier, et embellir" ("air, unify, and beautify") Paris. As a result, it's become an iconic walking city, drawing millions from all over the world every year.

Unfortunately, these classic buildings could only take us so far and are considered energy-intensive by today's standards. A new plan to reinvigorate Paris once again was initiated in 2014 called "Paris Smart City 2050". It would pick up where Haussmann left off, creating a livable environment that harmonises not only with people this time, but nature also.

Vincent Callebaut Architectures is using new AI tools to concept what this future may look like. As usual with these sorts of concepts, repatriating nature is coming front and centre alongside biologically fluid designs. Buildings look more like coral reefs than the filing cabinets we've neatly folded our lives in until now.

They also plan to use biobased materials like cross laminated timber, rammed earth, hempcrete, solid structural stone, bamboo, microalgae, mycelium, and straw to make these dream buildings a reality. Instead of city blocks, we may instead be looking at what the design company calls "islands of freshness". This may be what the carbon neutral city of Paris may look like in 2050.

As an aside, do these buildings trigger anyone's Trypophobia?





FROM FRANCE TO TOKYO, DIOR CELEBRATED

While Paris looks towards its future, Dior is looking back at its past, and celebrating where it has come from. To do this they've taken the show on the road, and arrived at the MOT Museum of Contemporary Art of Tokyo, until May 28, 2023. Japan may not be the first place that springs to mind for a Dior Exhibition, but Christian Dior had a great adoration for the country and its art. To illustrate this, the 75 year





history of this couture fashion house have been laid bare, expressing the collaborations with the Daimaru and Kanebo houses. The exhibition was curated by Florence Müller with a scenographic narrative journey by architect Shohei Shigematsu from the OMA agency in New York to fully pull off this international collaboration.

Works sublimate some of the biggest names that have graced Dior's garbs, from Grace Kelly to Natalie Portman via Marilyn Monroe, who also appears in three Andy Warhol screen prints belonging to the MOT.

Room to room transports you from place to place, from era to era. All of this makes one thing certain. As early as childhood, Christian Dior was drawn to this country as a fascinating place that he never ceased to pay tribute to through his creations, and with which he had a unique relationship. Inspiration isn't found within the loneliness of your own thoughts. They're found out there, in the world among other people and places you haven't been yet. See as much as you can, meet as many people as you dare and use that energy to make something truly beautiful. Dior did.





A VISION OF THE FUTURE

The stories we've brought you so far have all been forward looking, this one is no exception as BMW looks ahead at the features their future cars will be packed with at the latest CES 2023. The vehicle of change as it were is the BMW I Vision DEE which reimagines everything a car is capable of doing from the inside out.

Immediately on the outside is perhaps my favourite feature, the ability to entirely change your cars colour via an app on your phone. This is made possible via tiny E-Ink plates covering the car. Sending a small voltage through the plates is enough to call certain colour pigments to the surface. It's a very cool effect that's able to quickly call up 32 different colours. It also seems like a perfect way to always stay unfamiliar with your car enough to lose it in a carpark.

"What colour is your car? What are we looking for?"

"Dunno."

The dashboard is sleek and almost completely unrecognisable as a screen until it lights up. So while the software picks up more of the slack, the hardware can fade away into the background. That's almost literal as well. The glass of the car is capable of displaying augmented reality on five different levels. At the highest level your windows become a completely immersive experience in VR. Maybe just don't drive around with this mode on though.

Lower settings are much more reasonable with one of the lowest just offering light driving aid and navigation. Increasingly higher levels deliver not so necessary info such as ways to contact friends and family while you're on the road. Many of these heads up display options are already well on their way. The standard-production version of this will be used in the models of the

NEUE KLASSE from 2025 onwards.

DEE can also emote to a certain degree using phygital (physical plus digital, yes I'm sorry, I didn't coin this word) technology. In practical terms, this means she can speak and create expressions via her kidney grill and headlights. I'm not entirely sure when I'll ever need to know a car's opinion on anything, let alone its inaudible feelings on the matter. Other than perhaps getting it to do a grumpy face at someone who's just cut in front of me in traffic.

"It becomes your portal to the digital world - with the driver always in control. Implemented in the right way, technology will create worthwhile experiences, make you a better driver and simply bring humans and machines closer together," BMW's design boss, Adrian von Hooydonk says.



FAST FOOD NOT FAST FASHION

While McDonald's has never really had much traction in the fashion scene, that shouldn't stop them from becoming inspiration for the industry anyway. Some of the biggest names in fashion have already done just that. In 2021 Louis Vuitton, released a leather monogrammed pizza box. Although it was destined to carry vinyls, not pizzas. Imagine what you'd do to the leather getting pizza grease all over it!

Off the back of that splash, Louis Vuitton is back at it again with the release of its luxury LV Flower Burger Box that goes for a cool US\$2.5k. A push stud on the front keeps the lid from opening and its precious contents spilling out. No, it's not an LV Big Mac, but its contents are very much burger inspired also. Biege microfiber lining on the interior softly cushions six coasters, which arranged just right look like a burger stack. Colours include crisp green for lettuce and a tomato red. This may be the most decadent burger box coaster holder I've ever laid eyes on, although in fairness, it's the first I've ever laid eyes on.

The LV Flower Burger Box is part of a larger collection taking inspiration from fast food. LV has also adapted a leather popcorn container using the same leather pattern as well as keep cups with matching cozies.

This all comes hot on the heels of Saint Laurent getting in on the action with a monogrammed lunchbox styles, with a happy meal container going for a tidy US\$1.8k. The lunchbox comes in either black or tanned leather. They're both printed with the YSL Cassandre adding a pleasing texture, while the whole piece is topped off with the golden arch- YSL initials.

Unfortunately, I'm not seeing any vegan options for glorifying the fast food industry. Flayed animals only.



A TOUCH OF TUAWAHINE

WORDS AND INTERVIEW BY JAMIE TROWER

Music plays such a vital role in the creative landscape of Aotearoa. It encompasses what we are as a people, and offers a warmth and togetherness that is (not meaning to sound too biased) world-class. We use music as a way to bring whanau together, as though in a loving, familiar hug. Over the years, NZ musicians have used that exact power to tap into national audiences hearts. One such artist who is paving the way to bring people together is Aotearoa's own Ria Hall.

Born and raised in Tauranga, Hall caught the music bug through her local Marae. That passion for her music passed over to her schooling, where she joined kapa haka groups and truly thrived. Her mother, an avid country music listener, inspired the sound she would later create—same too with reggae, soul, hip hop and rhythm and blues.

Since those days in her early years, her music has soared to new heights, with her signature sound being a stunning combination of Te Reo Māori and English. In 2011, Hall sang at the opening ceremony for the 2011 Rugby World Cup and then subsequently released her self-titled EP, which won the Best Māori Album at the 2012 New Zealand Music Awards. She's released two critically-acclaimed studio albums since—*Rules of Engagement* in 2017 and *Manawa Wera* in 2020—and has brilliantly performed alongside many artists and groups, such as Hollie Smith, Tiki Tane, and Stan Walker, to name a few. And as of late, Hall has also proved herself an expert in music directing, putting together the music showcase of TUAWAHINE.

Thanks to its sold-out 2021 Matariki show, TUAWAHINE TOUR is coming back to stages this year with dates on the week of International Women's Day. The tour, in all

its splendour will include a beautiful lineup of exceptional Aotearoa icons, like Anika Moa, Annie Crummer, Tami Nelson, Ria herself and many more. It's a celebration, at the end of the day, of womanhood and what we stand for as we come together and bask in the beauty of music.

We got to sit down with Ria and talk all things music, her inspiration and the celebration that is the upcoming TUAWAHINE TOUR.

Tell me about how you first fell in love with music.

Two words—Kapa haka. This was my gateway into exploring all things vocal, and diving into more things musical as I got older. I owe all my performing, presenting, artistic and characteristic chops to my kapa haka background. Mei kore ko tāku ao haka, kua kore ahau i tū hei kaiwaiata. I owe kapa haka everything!

Was there a lesson you learnt back then that you still use today?

Always turn up before time. If you turn up on time, you are already late!

What (or who) would you say motivates you the most?

I'm a single māmā of three navigating this world with my babies in tow. Every decision I make is informed, inspired and necessitated by my tamariki. My beautiful babies are 3 (Te Rongotoa), 2 (Hikareia) and 1 (Paiātehou)—so yep, I'm a busy lady!

You're a proud māmā. What's it like balancing motherhood and being a musician?

It's the hardest job in the world, especially since I'm the only adult in the house. But balancing motherhood and life in general is something I am learning to get better at everyday! I am studying full-time as well, completing a Bachelor of Arts double majoring in te reo Māori and political science.

I also wear multiple pōtae work wise outside of music to keep the bills paid and the bank happy! I think I'm fumbling and tripping over myself at the moment, but once I'm in the clear, the balance will come. It's a timing thing, you know?

How important is it for you to incorporate te reo into the music industry?

It's non-negotiable. Te reo Māori must be normalised and heard in every space available, the music industry included. It is the language of this land, protected under Te tiriti o Waitangi—which must be honoured.

I'm so inspired by all the hard yards that have been done in our industry, and the fruits of the labour. Dame Hinewehi Mohi and her Waiata Anthems kaupapa has been so instrumental in hearing te reo on mainstream radio, Rob Ruha and Ka Hao with their huge year they have had in 2022 - it's all so stunning! But the work doesn't stop - we must keep going. And we will!

Tell me about the upcoming TUAWAHINE TOUR...

Following a sold out Matariki show in 2021, TUAWAHINE is returning as a tour in 2023 with three North Island dates the week of International Women's Day. TUAWAHINE is a great night out for all the ladies. It's the perfect time to come together with your nan, your mum, aunties, sisters, and your squad.

The tour will hit Auckland's Aotea Centre on March 2nd, Havelock North's Black Barn Vineyard on March 3rd and round off at Wellington's Opera House on March 10th. TUAWAHINE TOUR showcases a mix of reimagined classics, original songs, and waiata, celebrating the best of feminine power and strength.





The tour stands strong as a statement of the support needed to address gaps for wāhine artists in the Aotearoa music scene. By putting female artists centre stage, we all get to participate in the creation of a space where female empowerment is shared through music, and embodied through performance. *Nau mai haramai e te iwi!*

How does it feel to be doing the tour again?

The sold-out Matariki TUAWAHINE show in 2021 was such a success, so it feels amazing to bring the show back as a tour and spread the impact across three different locations. We had such great feedback from both the artists and the audience, so it's exciting to know we'll be able to continue that excitement throughout the North Island with this tour.

It's really special that we get to bring the tour back during the week of International Women's Day to celebrate *te mana o te wahine* through waiata. It's a privilege to work on this tour as a musical director, and to be able to perform alongside such an incredible lineup of wāhine toa.

What does it mean to you to have such a strong line-up of exceptional women on the tour?

It's incredible to have such an exceptional line-up of acts this year, with some of the best established and emerging acts in Aotearoa joining forces. It's definitely a testament to the incredible talent of our wāhine musicians in Aotearoa across ages and genres.

It also means a lot because The TUAWAHINE TOUR isn't just about playing music, it's the creation of a space where female empowerment is shared through music, and embodied through performance.

This year we're also taking the impact beyond the stage to inspire and engage with local wāhine. So it really means a lot that all of the busy wāhine in our lineup are passionate about supporting this kaupapa.

Our lineup includes Anika Moa and Annie Crummer, who are Aotearoa music legends, Tami Neilson cleaned up four categories at the Aotearoa Music Awards this year, while Georgia Lines won breakthrough artist. Paige is another incredible young talent with a bright future. Our powerhouse band features six amazing musicians in their own right – Julia Deans and Anna Coddington on guitar and backing vocals, Saylene Ulberg on keys, Marika Hodgson on bass, Naomi Fata on drums, and myself featuring on backing vocals.

Tuawahine translates as heroine in te reo Māori. What, in your opinion, is a heroine?

Any female who puts themselves on the line for what they do. They put their hearts on their sleeves for the greater good. They believe with their entire being in what they do and they give their all.

Tuawahine isn't just about being a heroine, it's about putting oneself in a space of vulnerability - which is the most powerful thing ever.

What does the future look like for you?

Great pātai! I think it's looking incredibly bright. A few kinks to iron out from a really turbulent year personally, but I am optimistic. All things happen for a reason - this year was just my season of setbacks and heartbreaks. But the tide is turning - and with my babies as my drive, all things are possible.

More information on the TUAWAHINE TOUR and general ticket sales are available from tuawahine.co.nz.

The Shining World of Lizzo

WORDS BY JAMIE TROWER

Born a hard-headed, tenacious and loyal Taurus, Melissa Viviane Jefferson came into this world shining—well, at least that’s what she sang years later in her hit tune *Juice*, anyway. A Detroit, Michigan native, Melissa was raised within quite a religious Pentacostal family, and regularly attended the Church of God in Christ. The young Lizzo was surrounded by the holy spirit, gospel music and choirs growing up. Although none of her family belonged to the entertainment industry, music and performance was a huge part of her upbringing. Also, Lizzo is the youngest of three Jefferson kids, so she had to make some serious noise to make herself heard.





At age 10, the Jefferson family moved 2,143km south-west to Houston, Texas, where she attended Alief Elsik High School. From an early age, Melissa wasn't shy about standing up for herself. Her maths teacher even called her mum into her office because Melissa was trying to take over teaching the class.

"I was this little girl, and I was like giving it to the teacher like: 'You need to teach us better!'" recalled Lizzo to *Rolling Stone* in 2019. "Cause she was always going on tangents, talking about how we need to wash our hair. And I'm like: 'Girl, teach math!'"

It was at school she picked up the flute, just as a hobby under the tutelage of well-known flautist Claudia Momen, and fell in love with it straight away. In an interview with *Vanity Fair* in November 2022, Lizzo recalled thinking, "I want to be the best f**king flute player ever. I was 12, but I wanted to take it all the way." And certainly she did. It's with that passion and drive from that small dream that Lizzo now has bragging-rights for eternity to being classically trained and her now-infamous mid-set flute solo simply wouldn't exist.

As a young girl, she was surrounded by different musical styles in Houston—not just gospel, but rap and R&B too. The latter two of that list were foreign sounds to her, due to her upbringing. Reportedly, she didn't even know who Tupac was after her older cousin sadly informed her of his assassination in 1996.

So when she heard this new type of rap music on the radio, and on the school bus where the other students freestyled, her interests were piqued. She started rapping just for fun, and even called into the local radio station to spit some rhymes. Cornrow Clique, created by Melissa and some girlfriends, was born and grew in popularity in the local area. It was in the Clique that she acquired the moniker 'Lizzo', a variant of childhood nickname 'Lissa' and Jay-Z's 2001 hit single, *Izzo* (H.O.V.A.).

When interviewed by One Direction's Niall Horan on *Jimmy Kimmel Live*, she reminisced on those dizzy days. "We all had different coloured cornrows," she excitedly explained to the guest-host, "and we would wear different colour Jordans, and we would walk down the street rapping our songs."

And while rap music was calling, the flute kept whistling out to her, and she went on to the University of Houston where she studied classical music. She even thrived at playing the piccolo in the Cougar marching band. Sadly, around this time, she suffered a setback when her dad, Michael, passed away. Grief-stricken, Lizzo dropped out of college, took up a stint as a freelance food critic to make ends meet, and started living in her 1999 Subaru.

"That was my home for a little," she told *Huffpost* last year. "I spent Thanksgiving in that car and I remember I cried myself to sleep."

After a brief visit in Denver, Colorado, where she took up residency on her mum's sofa (and started—if only for a brief time—an experimental rock-electro-pop band called Lizzo & the Larva Ink), Lizzo moved herself to Minneapolis, Minnesota to delve into the bustling music industry of the Twin Cities. The local scene, brimming with possibility, was where she began to rub-shoulders with some big names in the underground scene.

"There's an incredible rap and local scene there that I didn't even know about," Lizzo told American Youtuber and interviewer, Sean Evans, after taking a bite from a very hot 70,000-Scoville scale chicken wing on web talk-show *Hot Ones* last year. "I was from Houston, and was still wondering if I should move to Minneapolis, and there was a producer who was like, 'Come live with me!' I went to South By Southwest, and that particular year, every band I went to see and talk to came from Minneapolis. That was a sign to go. So many incredible rappers and performers—you could sell-out shows for every act there in one night."

In 2012, Lizzo (along with fellow rapper, Sophia Eris and singer-songwriter, Claire De Lune) created The Chalice. The tidal-wave of support that grew from The Chalice was ground-breaking for Lizzo. The now-deceased alternative Minnesotan newspaper, *City Pages*, even voted them the winner of their 'Quick-to-Click' poll. In September that year, the group dropped their sizzling debut album, *We Are The Chalice*, that contained absolute bangers like *Ladies Night*, *Crown on the Rocks*, and *Push It*.

The next year, Lizzo connected with record-producer and member of the Doomtree collective, Lazerbeak, where they both created her debut solo album, *Lizzobangers*. Straight-off-the-bat, the album received universal acclaim ratings on Metacritic. Album-reviewer from *The Guardian*, Killian Fox, said that the music at times was "joyfully nonsensical, Lizzo's stream-of-consciousness rhymes can also be lethally pointed."

It was after releasing that first solo album that Lizzo went straight back to work right away on her next musical bombshell. In September, 2014, Lizzo appeared on Prince and 3rdEyeGirl's album, *Plectrumelectrum*, with the song *BoyTrouble*.

One of the key reasons we love Lizzo is her hopeful outlook on body positivity. But, like quite a few of these tales, they tend to start on a sour note. "It was a really painful, shameful experience," Lizzo told *CNBC* over *Zoom* last year about her experiences with social expectations surrounding her body, "because I grew up in a society where as soon as I was aware of it, I was made to feel ashamed of how I looked."

Collaborating alongside mother-daughter duo, Elisa Goodkind and Lily Mandelbaum on their Youtube channel *StyleLikeU's What's Underneath Project*, Lizzo took a docu-style deep-dive in 2014 into herself and body image.

"18 and 19 was when I was just happy with who I am," she said in the interview. "21 was when I was the smallest I've

"That was my home for a little," she told *Huffpost* last year. "I spent Thanksgiving in that car and I remember I cried myself to sleep."

ever been, and still it wasn't good enough. But now I'm done with the struggle—I just wanna enjoy my body now. I feel like I've seen a lot of people that could see a lot of things that they'd like to change, and it's attainable. For me, I had quite unrealistic body issues. When I was nine, I loved Sailor Moon, and I was always like, "Damn, if I could just wake up like that."

She then consequently removed her clothes, almost a poetic act of revealing truly what's underneath the protective layers she'd shielded herself with since childhood, in regards to the relationship she has with her own body. A real expression of individuality, empowerment and self-acceptance.

Inspired by this experience, she wrote the song, *My Skin* that would appear in her next critically-acclaimed album, *Big Grrrl Small World* a year later.

My Skin is an enriching, uplifting song that tells of loving yourself in your own skin. Whether it's body-image, or the colour of your skin, Lizzo's words relate to you on a personal level. It also touches on the political.

"You can wake up and change many things about your appearance," she said in an interview with *Vice*, "but the inevitability of waking up in your skin is what unifies us."

In the midst of the Covid-19 pandemic, Lizzo sat down with late-night talk show host, David Letterman, and talked about the 'other virus', the oppression of Black Americans over the last 400 years.

"As a Black citizen of this country, I've been heartbroken by the way that we've been treated and seen my entire life," explained Lizzo to Letterman.

She's that new-generation artist that manifests a certain type of infectious energy with whatever she does. It was from there, Lizzo

(still clutching hold of that dream she had as a child of becoming a star) started to score. 2019, to put it lightly, was her year to shine. For starters, her first major studio album, *Cuz I Love You*, entered the Billboard Top Ten in 2019 at number four, with 41,000 units sold or streamed within the first week. That winning album featured such loveable songs as *Juice* and *Tempo*—each one a certified banger. The album also had hidden within its deluxe edition, *Truth Hurts*, which was a viral sleeper hit—an initially unsuccessful song that rose in popularity and became an anthem after time. It topped the Billboard Hot 100, became the longest leading solo song by a female rapper of all time, and she was nominated for eight Grammy's at the 62nd Annual Awards.

"This is the beginning of making music that moves people again," she said in her acceptance speech, "making music that feels really f**king good, that liberates people."

And liberating she is, with her fans really supporting her message and loving themselves for who they are. And if you didn't think that was enough, Lizzo has worked as an actor too, offering her voice to the character of Lydia, a pink-haired 'perfect' doll, in the computer-animated adventure-comedy, *UglyDolls*. And alongside Constance Wu and Jennifer Lopez she played Liz, a flute-playing stripper in the Lorene Scafaria action-comedy film, *Hustlers*.

In 2019, *Time* magazine named her 'Entertainer of the Year' for her meteoric rise and contributions to the music industry.

Released through video-on-demand streaming services HBO Max and Binge, and directed by renowned American director, Doug Pray, *Love, Lizzo* is the beautiful story of how the Detroit-born singer rose from rags to riches. "Okay, we all know I'm fat," she says with a sigh. "I know I'm fat. It doesn't



"Even now, as the static gets bigger, I become so synonymous with the cultural zeitgeist, I think the confidence I've had since I was little, and my vision, has stayed true. So I really do trust my instinct—it's the one thing I can trust in this crazy f**king world."



bother me. I like being fat, and I'm beautiful and I'm healthy. So, can we move on?"

In 2021, Lizzo released the single *Rumors* featuring Cardi B, which debuted in the top five of the Billboard Hot 100 yet again. It's surprising Lizzo hasn't completely set-up shop in the Billboard Hot 100. Her fourth studio album *Special* was released in July last year with critical acclaim. No surprises, it was preceded by its lead single *About Damn Time*, which reached number one on the Billboard Hot 100. Described by critics as pop, funk, disco, hip hop and R&B infusion, *Special* is just hit after hit after hit. And every lyric pops with that signature Lizzo shine.

"Fame is pretty new," she sings on her titular track, "but I've been used to people judgin' me / That's why I move the way I move and why I'm so in love with me."

Being in love with who you are is a crucial and important message that Lizzo likes to

promote in the character she personifies. Launched April 12th last year, Lizzo's shapewear brand, Yitty, was welcomed to the world. Based on her core principles of self-love, radical inner confidence, and effortless, everyday wear, Yitty uses the finest fabrics and silhouettes that can be worn as clothes or under them, with sizes ranging 6X to XS.

"CEHoe—that's what I like to call myself. I'm hands-on with everything I do."

Yitty was a long-time coming, with lots of hard-work involved. In 2017, Lizzo had planted the seed of reinventing shapewear with eCommerce pioneer and digital fashion industry guru, Don Ressler.

"Yitty is a nickname my auntie gave me when I was young," Lizzo told *Forbes* magazine. "She was a full-figured woman and one of the coolest people ever with bold, beautiful energy. I wanted that energy in this brand."

Whether it be in her music, being '100 percent that bitch', running a ground-breaking shapewear company or just being completely and utterly down-to-earth, Lizzo is one of the best entertainers in history in our book. She works primarily on instinct, and that's what has paved the way for Lizzo to be one of history's most talented and sought-after performers.

"When I was young, I used to have these ideas and write songs," she said on *Hot Ones*. "A month later I would hear those ideas on the radio or see things. I'd be like, 'damn, I'm having the same ideas of the people that are putting out the ideas'. I've always had confidence in that. Even now, as the static gets bigger, I become so synonymous with the cultural zeitgeist, I think the confidence I've had since I was little, and my vision, has stayed true. So I really do trust my instinct—it's the one thing I can trust in this crazy f**king world."

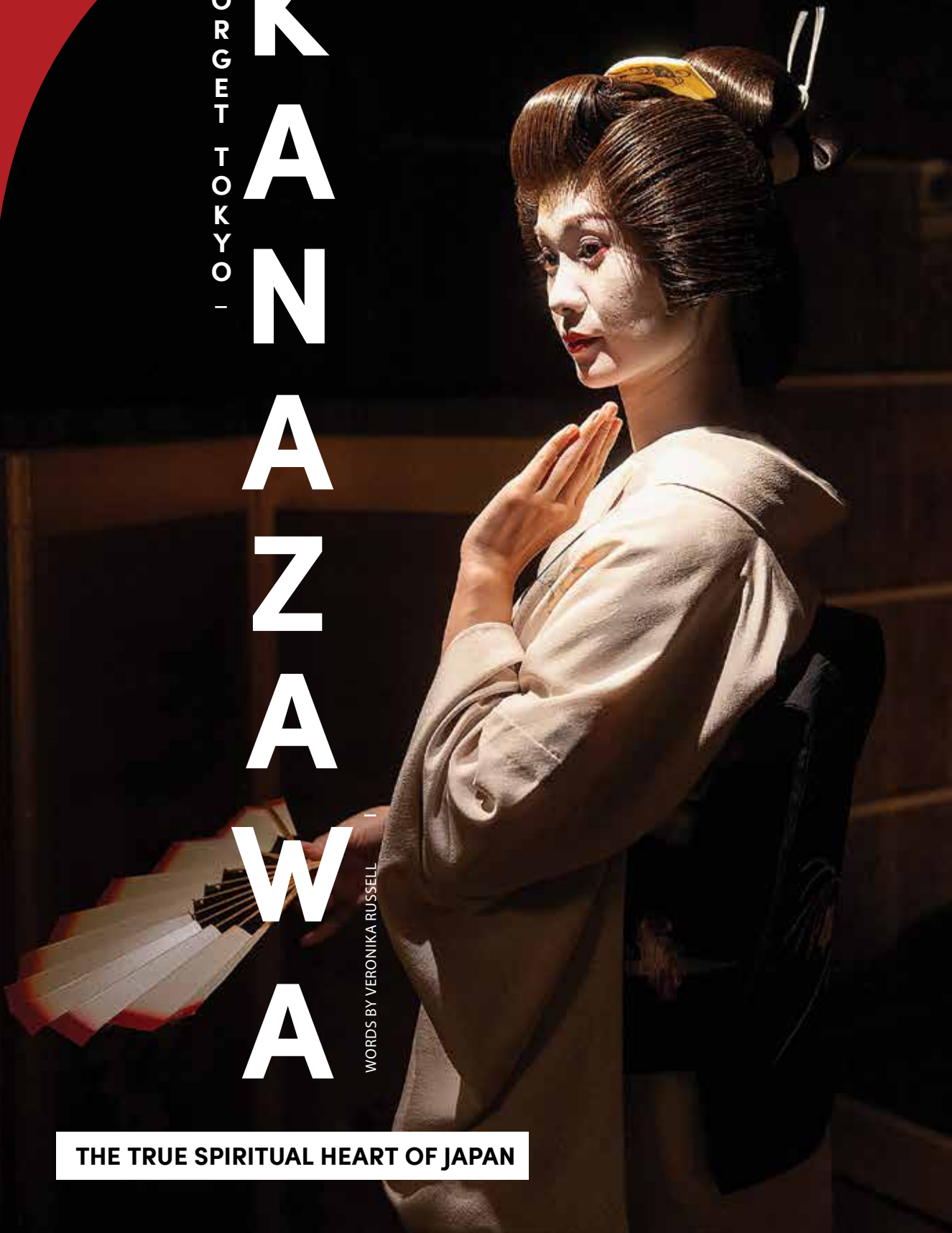


FORGET TOKYO -

KANAZAWA

WORDS BY VERONIKA RUSSELL

THE TRUE SPIRITUAL HEART OF JAPAN



Japan is a country of two extremes; modern and ancient. So for most visitors, Tokyo is the premier destination for the modernity and Kyoto has long been the go-to place to absorb all the centuries of tradition. But the problem is; so many tourists have caught onto that fact so that Kyoto has become overrun with them.

—

For your tradition fix, one district that is well worth the trip beyond the capital's walls is Kanazawa which is about 300km north west of Tokyo. Kanazawa features a host of traditional Japanese experiences that are just as entrancing as Kyoto but without all the heaving hordes of tourists! This is a place that used to be an autonomous area run by peasants and has its own castle, it is also where 90% of all gold leaf decoration is done in Japan and is the spiritual home of the geisha – all of which are must-sees if you want to understand just what it is that makes the Japanese people tick.

THE ANCIENT, AND OBSCURE, ARTFORM OF THE GEISHA

Despite what many people think, geisha are not courtesans. The name itself means artist or 'entertainer', from 'gei' - performing arts and 'sha' - person. What geisha do is exactly that; they sing, dance, play music and act as like a hostess for guests. They usually have their guests come to a teahouse where tea and meals are served by geisha then the artists perform a number of songs. For such an ancient art form, you might expect the songs to be centuries old but that is not necessarily the case. On the evening I attended in Kanazawa, one of the songs we enjoyed was indeed over a hundred years old but the other was written while What Does the Fox Say was being performed at every New Zealand primary school disco!

Though just about everybody in the world knows that geisha is a Japanese tradition, not many have experienced it – including most Japanese. This is partly because a geisha performance is very traditional and you can't just rock up and ask for one – you have to be invited along by someone who has been before. This has led to geisha performances becoming like a club at a workplace – businessmen will invite along people they think will enjoy the traditions and who they think deserve a reward for their loyalty or hard work. But this exclusivity has led to scarcity as the Geisha, who used to number over 300 in Kanazawa are now down to 35 – including one in her late 80s!

Upon arrival, we were greeted by Lady Vava – not 'Gaga' as she joked – who was our Okami-

san. 'Okami' means mistress and 'san' is the common honorific applied to men or women to be polite – like 'sir'. Lady Vava acts like an event co-ordinator; she books the gig – in this case a tea house in the Lattice District of Kanazawa and the geisha. The district itself, also known as Higashi Chaya (East Tea house), is unique as it is ancient (going back to the early 17th century) cobbled and everything is painted a sort of plum colour which originally came from India. This is also quite possibly the origin of the 'red light' district concept – although absolutely nobody wanted to confirm that! All the windows are covered in narrow slats which, in pre tinted windows times, allowed the women to see out but not the men to see in. This furtiveness lives on with the back stairs, where the guests could enter without being seen, still there and eagerly pointed out by the geishas themselves.

We had two geisha performing for us, one – Yuko – who played the shamisen – a three-stringed instrument that is plucked rather than strummed – and sung while the other danced. The dances are very expressive and our geisha used her fan as a prop to show everything from the physical; like hiding or running to demonstrating emotions like excitement and sorrow.

To me, the art and tradition of the geisha reminded me of how Shakespeare is regarded in Western culture; as something a little bit old and hard-to-understand to our 21st century TikTok-fuelled sensibilities yet is intensely rewarding and satisfying if we take the time to check it out properly.





THE STRONGHOLD THAT CREATED KANAZAWA

Kanazawa Castle is a must-see when you're in town, if only to clock what a Japanese castle looks like in comparison to the European ones we've seen repeatedly in shows like Game of Thrones. Like most castles, it's had many different residents over the centuries but probably its most interesting stint was its turn as the fortress of the Peasants' Kingdom which ruled the Kanazawa area back in the 16th century. These Ikkō-ikki were followers of Rennyō, a priest of a sect, and who overthrew the local rulers to create their own surprisingly long-lived utopia. The castle itself was, and is still, surrounded by natural defences such as hills and rivers so it is easy to see how hard it was to overthrow which allowed the city of Kanazawa to prosper in its shade. Like its European cousins, this castle also boasts a moat although it has now been transformed into a highway – how 20th century!

But no matter how strong a castle might be, they always get overthrown in the end and the fortifications were destroyed many

times over the centuries, usually by fires. The castle today has been largely rebuilt in more modern times but it still gives off an atmosphere of ancient history. The castle grounds are very spacious and it is easy to imagine armies being housed there and using the grounds for their drills. This was still happening as late as 1871 when the castle was used as a headquarters for a section of the Japanese Imperial Army. The Tatsumi Canal was also constructed through the grounds back in the 17th century under the guise of being for the purpose of fighting fires but it also allowed the castle's resident supremo Maeda Toshitsune to control the local water supply. This canal still feeds the nearby Kenrokuen Gardens – one of the Three Great Gardens of Japan. This also has developed from the 17th century to combine the six characteristics the Japanese believe an ideal garden should have namely; spaciousness, serenity, venerability, scenic views, subtle design, and coolness.



Kanazawa Castle is a must-see when you're in town, if only to clock what a Japanese castle looks like in comparison to the European ones we've seen repeatedly in shows like Game of Thrones.

THE PURITY OF GOLD

Gold, the precious metal that has had such a hold over humanity throughout time it is like our love for it is hard-wired. The same way a flickering fire lulls us into a state of calm or a baby crying gets us up off our feet, shiny gold seems to instil instant reactions that come from deep within.

You see this inherent love for gold in many cultures around the world and the Japanese are no different, but gold isn't just about wealth in Japan – it has other values that transcend the merely financial. The geisha talked about how their very special performances were done in front of gold-gilded doors and the crockery and lacquerware they use to serve their guests are all richly decorated with gold. The samurai's armour has gilding, as do their weapons but surely the best illustration of how the Japanese attitude to gold differs from most other cultures is through Buddhism.

By its very nature, Buddhism eschews material wealth as it is all about shedding object worship and satisfying the spirit instead. Yet the Japanese Buddhists have used gold liberally to decorate their temples, even going so far as to completely cover all the pillars and doors as well as the statue of Buddha in the Inner Sanctum of the Hongwanji Kanazawa Betsuin temple. Surely, that is the ultimate hypocrisy?! Not at all as the Japanese Buddhists see the lustre and brilliant colour of gold as something wholesome and pure. So by covering everything in sight in gold at the heart of the temple, the Japanese Buddhists are aiming to depict the shining world of the pure land and salvation of the Buddha of Infinite Light.

But who gilds all the samurai's weapons, the geisha's crockery and the Buddhists' temples? The craftspeople of Kanazawa do as 90% of all Japanese gold leaf decoration is made in Kanazawa – the name itself means 'Marsh of Gold'. A skill that has been passed down from parent to child for hundreds of years, the gilders beat the gold down so fine it becomes like tissue paper and almost as weightless too. One woman we saw working the gold in the Kinpakuya Sakuda workshop, a mere stroll away from the Higashi Chaya geisha district, used her breath to blow the gold leaf rather than touch it with her fingers or even use a tool. This is because the leaf is so fine it could easily be torn with the slightest false move. This workshop is well worth a visit to see such a rare and unique skill in action as well as the nearby Kanazawa Yasue Gold Leaf Museum - which is also the only one in Japan completely devoted to gold leaf and its production.



GETTING THERE

Traveling to Kanazawa from Tokyo used to be a bit of a mission; you needed to catch a series of trains on an arduous journey of at least four hours. Then everything changed once the extension of the Hokuriku Shinkansen to Kanazawa was completed in 2015. Suddenly it only took a couple of hours on the Kagayaki or Hakutaka Shinkansen – or 'bullet trains', which made Kanazawa a destination as easy to get to as Hiroshima or Nagano.



CHECK IN

Discover everything the world has to offer, both home and abroad.



RESET RETREAT

While we may be out of holiday mode and back into the swing of the work year, it's important to still treat ourselves to some luxury mini-breaks throughout the year to maintain a clear mind during those busy periods.

Sustainable, luxury, 5 star boutique hotel, **The Hotel Britomart**, understands this need and are offering the perfect getaway package to experience their impeccably-designed space and superior service right in the heart of Auckland city. Giving you the chance to treat yourself to their luxury accommodation in downtown Britomart's vibrant waterfront neighbourhood, with the best of the city right outside your door, the Britomart Black Card Package is the ultimate stylish stay.

The package includes breakfast for two at the Hotel's own *kingi*, a complimentary upgrade to the next available guest room type and a \$100 Britomart Black Card for each night of your stay that can be used in *kingi*, towards in-room dining, valet parking or in any of the 65+ restaurants, cafes, salons, bars and boutiques in the nine-block Britomart neighbourhood.

From \$489, visit thehotelbritomart.com/packages/ for more information.

DESTINATION UNKNOWN

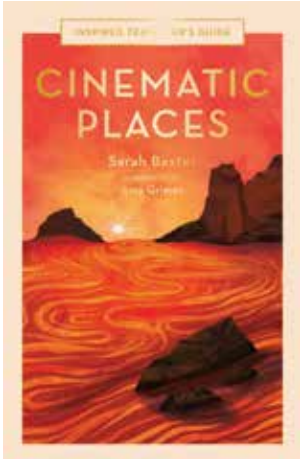
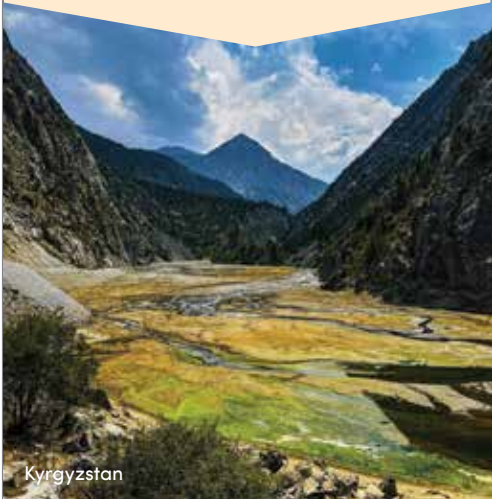
No one can deny the power travel has on expanding the mind. Being able to see and experience other cultures and environments first hand can give you a new perspective like no other experience could.

However, the issue of "overtourism" has gained more awareness in recent years, where the large swaths of tourists have had a negative environmental impact on some of the world's most beautiful places. Because of this, certain countries have been encouraging tourists to travel beyond the typical hotspots, with some even restricting access to particular national parks in order to preserve them.

With this in mind, **Intrepid Travel** has compiled a list of places to avoid travelling 2023 to combat the issue of overtourism and offer alternative destinations to visit instead. Each of these places are similar, yet lesser known than their popular alternatives, and are just as worthy of traveller's time.

Top Travel Switch-Outs for 2023

1. Botswana over The Serengeti and Masai Mara
2. Kyrgyzstan over Switzerland
3. Kanazawa over Kyoto
4. Uzbekistan over Iran
5. Oman Wahiba Sands over Sahara
6. Quarry Trail over Inca Trail
7. Corcovado National Park over Manuel Antonio
8. Naxos instead of Mykonos



LOCATION LOCATION LOCATION

For the cinema-lovers among us, the filming location of our favourite movies are often just as mesmerising as the screenplay, acting or directing. The latest volume in the Inspired Travellers Guides series showcases some of cinema's most iconic filming locations from around the world, spanning different decades, directors and movie genres.

Cinematic Places goes beyond the big screen and explores the real places that inspired some of the greatest films of all time - brought to life through comprehensively researched text and stunning hand-drawn artwork. From the sweeping deserts of Jordan, as featured in *Lawrence of Arabia*, to the cobbled lanes of *In Bruges*, and even NZ's own vast and rugged Karekare Beach, as seen in *The Piano*, Cinematic Places will have you dreaming of these stunning backdrops and transport you beyond the silver screen.

Cinematic Places (Inspired Travellers Guide) by Sarah Baxter and illustrated by Amy Grimes. Published by White Lion Publishing. On sale March 2023. RRP \$32.99



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TO DISCUSS THE HURDLES TO DIVERSITY
& INCLUSION IN THE WORKPLACE
AND HOW BUSINESSES CAN IMPLEMENT AN AUTHENTIC
ESG APPROACH WITHIN THEIR ORGANISATION.



Hosted by Mel Homer, the day began with a powerful keynote about the connecting physical, mental and business performance from Moe Cassiem and Kate Gibson. This was followed by a presentation from the Head of Trade for the Delegation of the EU, Caroline Lambert, on the power of authentic ESG for global trade.

Next, Craigs Investment Partners' Investment Director, Mark Lister, spoke about how a company's ESG metrics affect investors and stakeholders. And lastly was Anna Hill, Interior Design Lead at Jasmex, who spoke about designing the workplace to encourage employees back.

This was followed by a panel discussion with Ollie Hill, Country Manager of HP NZ; Wyndi Tangi, Co-founder of WE, Board Member for The Australia New Zealand Leadership Forum; and Sarah-Jane Erika, Director of ECG and Good Shepherd NZ, who discussed hurdles they've experienced while trying to challenge the status quo, while also looking at solutions that we can all take back to our workplaces.





"A great event today by M2woman, seeing many amazing women with their inspiring stories, and learning from speakers and panellists on how to drive change in diversity, inclusion, environmental, social and governance across the NZ workplace." – Jenny







Scan code for more information about our next Journey to Excellence event

JOURNEYTOEXCELLENCE.CO.NZ





"A pleasure to join M2woman Journey to Excellence today! Such valuable takeaways amongst so many talented people on relevant topics, including ESG, diversity, engagement, and considerations in office design for employees returning to the workplace." - *Amanda*

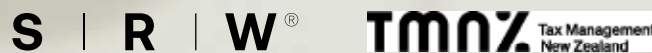


M2WOMAN JOURNEY *to* EXCELLENCE

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Journey to Excellence discusses the issues that matter, bringing together busy career men and women to share experiences, advice and the latest insights.

Diversity, Inclusion, Environmental, Social and Governance (ESG) are hot topics at the moment across all sectors and will make up the theme of the next Journey to Excellence forum.

FRIDAY 26 MAY 2023
12 - 4PM, AUCKLAND

For bookings and more information

JOURNEYTOEXCELLENCE.CO.NZ



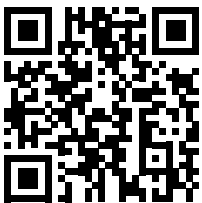


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BEAUTY

FALLING SENSE

Restful aromas and luxurious routines to nurture the mind and body.

BEAUTY BY SOPHIE CHUNG | IMAGE BY GLASSHOUSE



BEAUTY HOTLIST

BEAUTY BY THE DOZEN
A must-have edit to see your way through the Autumn season.

1
MODERN TRADITIONS
For those who are avid users of the iconic **Aesop** Reverence Hand Balm, the new Kagerou Aromatique Incense, \$53, has the same vetiver base and a herbaceous quality to create a serene atmosphere.

2
HYPER FLORALITY
A tall floral-woody drink for parched hard-working hands, **Boy Smells** Petalia Hand Soap and Lotion, \$61 each, will leave a soft petal trail of rose, sandalwood and vetiver.

3
TOTAL RESET
As the heaters start to pump and screen time increases, you'll be reaching for **Kosas** Plump + Juicy Vegan Collagen Spray-On Serum, \$82, for an instant skin reset to soothe and rebalance your microbiome.

4
BLEND & BROW
Create ultra-fine precise hair-like strokes with **Jane Iredale** PureBrow Precision Pencil, \$49.90, while supporting healthy brow hair with their vitamin-infused formula.

5
AGE REWIND
The new gold standard in antioxidant protection, **Skinbetter Science** Alto Advanced Defense and Repair Cream, \$294.30, uses 19 free-radical fighters to address intrinsic and extrinsic stressors.

6
FLY RIDE
Following the huge success of their Christmas launch, **Glasshouse** brings to us Reusable Car Diffusers, \$49.95, in their two best-selling fragrances, A Tahaa Affair and Lost In Amalfi, to take your transportive experience to the next level.

7
FREE THE FLAME
A sustainable essential for candle lovers, the **Nevé** Rechargeable Arc Candle Lighter, \$52, is a slim and stylish tool that can light up to 100 candles with a single charge.

8
BRIGHT EYES
A soft-focus blurring powder with an ultra-reflective formula, the new **Charlotte Tilbury** Airbrush Brightening Flawless Finish Powder, \$69, lifts the skin tone without any flashbacks - perfect for undereye bags.

9
TRAIL BLAZER
Reminiscent of a fiery volcano, **Hermès** gives us a limited edition trio of molten lava red Lipsticks, \$115, in matte, iridescent and metallic finishes that make a mark with one swipe.

10
ROUTINE FOR RADIANCE
The latest powder-to-cream innovation from **Sisley** captures the gentle yet effective quality of papaya enzymes in the Exfoliating Enzyme Mask, \$170, for renewed skin in a minute.

11
WIDE AWAKE
A brightening concealer that depuffs day by day, **bareMinerals** Complexion Rescue Brightening Concealer, \$46, is a lightweight SPF25 and crease-resistant formula that's buildable yet cake-proof.

12
COLOUR ME NOT
Designed to work against stubborn discoloration, **PCA** Skin Pigment Gel Pro, \$299, reduces the look of photodamage such as melasma and hyperpigmentation all while being a hydroquinone-free formula.

13
FRESH CRUSH
Dr. LeWinn's Triple Action Defence, \$84.99, is a peptide-rich anti-aging serum that utilises millicapsules of caviar extract, blackcurrant oil and vitamin E, that crush on release to defend the skin against free radicals.





BEAUTY SPOT



Show up for the glow up - it's time to indulge in luxurious beautifying experiences.



JUICY FRUITS

A limited edition collection to extend the summer season, the *Glasshouse Tutti Frutti* duo, \$64.95 each, is reminiscent of a tropical holiday. A romantic night-time scent, *Jubilant Haze* is like a lychee lime fizz with creamy coconut, vanilla and rhubarb; while *Neon Rays* layers fresh berries with mango and peach to emulate a thirst-quenching bellini.



GLOW & GO

There's a reason why the *Clear Skincare* HydraFacial, \$259, is favoured by celebrities. A non-invasive speedy half-hour treatment, it consists of a three-step process to gently exfoliate the skin, draw out impurities from pores and saturate the skin with medical-grade antioxidant and peptide serums. The ultimate party prep facial, you can expect immediate rejuvenation - the skin simply radiates with youthful energy and reflects light as if you've rewinded the clock back twenty years.

POLISHED PEARLS

Formulated with golden caviar extract and *La Prairie's* exclusive Cellular Complex, the new White Caviar Illuminating Pearl Infusion, \$1,020, recaptures the luminosity and elasticity of youth. An anti-pollution matrix prevents greyness while vitamin C brightens the appearance of pigmentation and age spots.



FANTASTICAL FLORALS

Irresistibility and desire is this season's new olfactory theme with jasmine being the quintessential star. Reflective of the confident and feminine Parisian woman, *Paco Rabanne* FAME, EDP, 50ml, \$195, is an audacious scent with mango, incense, sandalwood, vanilla and jasmine water extracted with micro-liquid technology. A floral bouquet of tuberose, grandiflorum jasmine, orange blossom in *Givenchy* L'Interdit, EDT, 50ml, \$155, is met with a musky leather to unveil a deeply carnal temptations. A true ode to flower, *Gucci* Flora Gorgeous Jasmine, EDP, 50ml, \$190, is a joyful and dream-like fragrance that is boosted with magnolia, sandalwood and benzoin for a soothing and surreal feel.

SILKY FRESH

The next generation of *Clinique*'s best-selling cleansing balm formula, the new Take The Day Off Charcoal Balm, \$76, combines the detoxifying powers of finely milled Japanese charcoal with linoleic acid -rich safflower seed oil. Dissolving hard-to-remove makeup such as long-wearing foundation and SPF, the skin is left supple and nourished with no greasy residue.



VITAL SIGNS

Following a season of intense sun exposure, Autumn is the time to work on skin repair and work on dialing up our skin tone and brightness. *Dr Dennis Gross* has a VitaminC Lactic range that has replaced their original C+ Collagen Serum. Infusing powerful vitamin C with lactic acid, the trio works in harmony to boost the skin-replenishing process and reduce dark spots, improve dullness, enhance elasticity and strengthen the moisture barrier.

Dr Dennis Gross 15% Vitamin C Firm & Bright Serum, \$145; Firm & Bright Eye Treatment, \$116; Dewy Deep Cream, \$128.



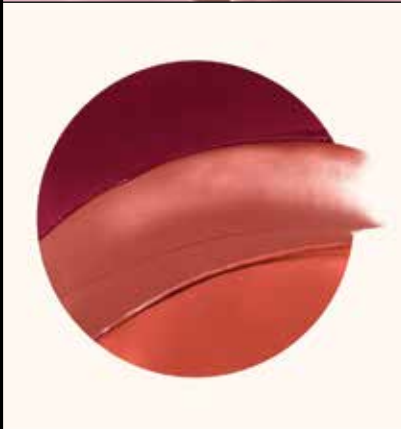
BARE SKIN QUALITY

To cater for our body-loving attitude that is embracing of our natural skin, complexion-focused glowy formulas are what we're yearning for. A gel-cream formula that instantly blurs the skin into a soft-focus, *Chantecaille* Sheer Glow Rose Face Tint, \$131, can be used as a highlighter or primer to create a smooth lit-from-within radiance. Sporting the strength of a serum, *Westman Atelier* Vital Skincare Complexion Drops, \$116, is a cushiony oil that gives you a facial-fresh effect.



SKIN ECOLOGY

An international success since its creation in 1980, with one being sold every 5 seconds, the iconic **Sisley** Ecological Compound is reimagined this year. A universal product for every complexion, the new Advanced Formula, \$235, strives to maintain the delicate balance of the skin's microbiome and support its vital functions.



FLAT TO FLUSHED

Natural and lively is the current internet it-girl flushed look that's taking over Tik Tok. **Espresso** Glassy Blush by the Glass, \$45, reacts to the natural pH of your skin to create the perfect, dewy flushed look. Enriched with lanolin and natural waxes, **Lanolips** Bronze Gold 101 Ointment, \$22, is an extra-thick and dense multi-purpose beauty balm with bronze gold pigment for a wash of colour on dry and sensitive skin. A glowy cream formula, **Rare Beauty** Stay Vulnerable Melting Blush, \$42, glides and blends on the skin effortlessly for a seamless and weightless wash of colour.

PRIME & PROTECT

To suit all tiers of coverage needs, here are the top three picks to try this fall. A dry touch formula that doesn't pill under makeup, **Clear Skincare** Antioxidant Sunscreen SPF50+, \$40 is packed with the superfood kakadu plum to fight free radical damage and prevent dark spots. For a hint of tint, **Clinique** Superdefense™ City Block SPF 30 Daily Energy + Face Protector, \$72, is a sheer and weightless formula that combats environmental aggressors. The ultimate no-makeup makeup tint that provides the perfect amount of long-lasting coverage, **Rare Beauty** Positive Light Tinted Moisturizer Broad Spectrum SPF 20 Sunscreen, \$57, creates a hydrated and smooth finish that's incredibly covetable.





ANTI-STRESS ROUTINES YOUR SKIN WILL THANK YOU FOR

WORDS BY MARTINE PIERHAGEN

Women can do it all, but not without feeling overwhelmed at times. Our never-ending to-do list, work deadlines, family and social commitments plus all the other roles we take on can cause stress and tension and with that, high levels of cortisol. Too much stress affects us in many ways, and it's not just our mental state that's compromised. The health of our hair and skin can also suffer when we feel stressed.

To keep your skin clear and calm, it's important to take good care of it. Everyone knows that spa treatments and long baths are magical for destressing, but it's not always easy to fit that in if you're time deprived. However, if you're cleansing every night, protect your skin with SPF every morning, stay hydrated and eat plenty of nutritious foods, you're on the right track.

THE BEST SKIN-SOOTHING INGREDIENTS TO LOOK FOR

Rosewater and Vitamin E for hydration Chamomile for soothing Tea tree oil to fight oil and bacteria Aloe vera to calm inflammation and redness Probiotics to help get your microbes back into balance Retinol to improve

HOW STRESS AFFECTS YOUR SKIN

The stress hormone cortisol causes increased sebum (oil) production in your skin glands, which can lead to clogged pores and acne breakouts. It's a chemical response in your body that makes your skin more sensitive and reactive. Emotional stress can also disrupt the epidermal barrier, which is the top of layer of the skin that locks in moisture and protects us from harmful microbes.

When your skin's microbiome is disrupted and out of balance, there's an increased risk of infections, inflammation and irritation. If you are also sleep-deprived, your natural 24-hour rhythm (circadian rhythm) will get unsettled and your body will need to adjust, which speeds up the skin's ageing process. The first thing you'll notice is fatigue, dark under-eyes and a dull appearance.

Making your beauty routine a key element of destressing before you tackle your day and wind down before you go to bed is an effective way to calm both your body and mind. The power of indulging in a beauty ritual to help lower your stress levels really lies in the concept of just taking a well-deserved break. It will help you and shake off the tension and return to equilibrium.

A THREE- OR FOUR-POINT PLAN IS OPTIMAL

The effectiveness of a skincare routine is all about having the right ingredients, in the right formulations, in the right order. A full ten-step routine is time-consuming and as every minute in the morning counts, a simpler skincare routine is much more realistic and arguably just as effective.

To simplify your skincare, many beauty experts and dermatologists recommend sticking with the trusted cleanse, tone and moisturise concept. You can also choose to exfoliate, to remove dead skin cells from the outer layer of your skin, although it's not suitable for everyone.

Start your skin care routine with a quality cleanser. Mix it with a little water to foam it up and massage the product lightly into your skin across your cheeks, forehead, nose and chin. Then rinse and lightly towel dry.

Facial toner is the in-between skincare step to be used after washing your face but before applying your moisturiser. Soak a cotton pad with the formula of your choice, then swipe it over your face, neck and chest. If you want to be more sustainable and skip the cotton pad, you can put a few drops of toner into the palms of your hands and press them into your face.

If you choose to exfoliate, make sure you do it safely making sure not to damage your skin. Incorrect exfoliation can lead to increased redness or acne breakouts. Select an exfoliation method that suits your skin type and apply the product or device gently using small, circular motions. Do this for about 30 seconds, and then rinse off with lukewarm water. Apply moisturiser immediately after exfoliating to keep your skin healthy and hydrated.

Using the right kind of moisturiser for your skin, whether it's dry, oily or a combination of the two, can help maintain its balance. The purpose of moisturising is not only to hydrate the skin, but also to deliver other ingredients such as antioxidants for anti-ageing and skin protection, anti-inflammatories to calm and soothe the skin, anti-microbials to prevent infection, sunscreens, and other nourishing ingredients. It only takes a minute or two each day, and it will provide you with long-term benefits.

THE INSIDE-OUT APPROACH TO HEALTHY SKIN

There's no denying that beautiful skin starts with nourishment from within. Just as fit bodies are built in the kitchen, so is the health of your skin. The secret to firmer, younger-looking skin starts with a healthy diet. The best way to treat your skin is by optimising your nutrition and eating a varied and balanced diet that includes plenty of antioxidant-rich fruit and vegetables, healthy fats from oily fish and nuts, and don't forget sufficient hydration.

EAT AT LEAST FIVE PORTIONS OF FRUIT AND VEGETABLES EVERY DAY

Eat a rainbow of colourful fruits and vegetables, and aim for at least five-plus portions a day. Beta-carotene found in orange fruit and vegetables such as carrots, kumara and pumpkin, as well as lutein, which is found in kale, spinach, parsley and plums are important for normal skin cell development and healthy skin tone. The dark leafy greens are the real superstars. Add them to smoothies, salads, omelettes and wraps to give your skin a boost from the inside out.

INCLUDE HEALTHY FATS, ESPECIALLY OMEGA 3

Monounsaturated and polyunsaturated fats found in avocados, oily fish, nuts and seeds act as a natural moisturiser for your skin, keeping it supple from the inside and improving elasticity. An extra bonus is that many of these foods are also packed with a healthy dose of valuable vitamin E. You can find omega 3 in oily fish such as salmon, trout and sardines, as well as plant sources including flaxseed, chia seeds, walnuts and rapeseed oil. Add them to your diet for a healthy, glowing appearance.

DRINK SIX TO EIGHT GLASSES OF WATER A DAY

Even mild dehydration may leave your skin looking dry and tired, so up your water intake and make sure you drink at least six glasses, or up to two litres of water each day. Water is essential for our kidneys to operate at their best, and our digestive system depends on it. Herbal, caffeine-free teas are also good for you and green tea is high in antioxidants and is a great detoxifier.

Essentially, all fluids contribute to the daily total but don't count caffeinated drinks or alcohol as they have a dehydrating effect on the body. Go easy on the vino as any alcoholic drink that has 10-plus percent alcohol strength is classed as a dehydrator, which means more of the liquid will leave your system than be absorbed.

WHAT FOODS NOT TO EAT FOR HEALTHY SKIN

On the flip side, some of the foods we eat are associated with skin damage. Research suggests that a diet high in processed or refined sugars, unhealthy fats and refined carbohydrates and grains that have been stripped of all bran, fibre, and nutrients promotes skin ageing and acne, as well as other health problems. Keep in mind that many of the best foods for healthy skin promote good health overall. If you focus on eating a varied, healthy diet with plenty of fruits, veggies, nuts, seeds and wholegrains, your skin will thank you for it.

A Roaring





Runway



Known as the *années folles* ("crazy years") in France, the 1920s in Paris were a decade of culture and creativity, embraced by a society ripe from the devastation of WWI. While not a Parisian herself, African-American singer and actress, Josephine Baker, became one of the most infamous names to come out of this era in the city, known for her *risqué* stage appearances and persona which sparked adoration from other icons of the time, such as Hemingway and Picasso. Not just an entertainer, Baker was awarded a Resistance Medal for her work with the French Resistance during WWII, and was a supporter of the Civil Rights Movement.



Nearly 100 years since her first Parisian performance, Baker is still inspiring fashion and culture in the city. In Dior's recent Spring/Summer 2023 Haute Couture Show, Creative Director Maria Grazia Chiuri was guided by the cabaret performer's charisma and beauty.







Paying particular attention to a garment's fabric and construction, the way it glides over a body and caresses it, the show displayed creased silk and velvet, alongside delicate embroidery. Details such as tiny silver studs and sequins were reflected back to the audience and silver and gold fringe emphasised the models' movements. Suits and coats were masculine in style and the hems sat above the ankle to highlight the bold heels and soles of the shoes.



The Baker
inspiration is clear
in this runway,
showing the idol's
delicate femininity
and powerful
confidence through
fashion and using it
as an expression of
value and strength.



ON TREND

Be in the know of the latest news & trends in the ever-changing world of fashion.



FOUND TREASURES

Discover the beauty of fluidity with **Found Treasure's** fine jewellery collection, masterfully crafted by Auckland-based jeweller Naomi Lewis, including the Tidal collection, featuring organically-shaped pieces inspired by the ocean's ebb and flow, or the Paua Shell, a precious bronze casting that can be used to hold small treasures or incense. Adorn yourself with the unique Signet ring, made from recycled and hand-polished 9ct gold or silver, or the Radiant Chain, a delicate and minimalistic sterling silver chain. Cherish memories of the sea with the Shell Necklaces, made from natural treasures found on the shores of Aotearoa and Indonesia, or add elegance to your every day with the Pebbled Threads earrings.

All pieces are available on foundtreasurejewellery.com with prices ranging from \$60 to \$750.

THREADED ILLUSIONS

Introduce a touch of illusion to your wardrobe with the Thread capsule collection from **Deadly Ponies**. Inspired by trompe l'oeil effects in art and architecture to give each piece a threaded twist. Trompe l'oeil is a French phrase that translates to "fool the eye." It is a technique used in art and architecture where an image is painted or designed to look like it is three-dimensional, giving the illusion of depth and realism. Trompe l'oeil is often used to create a sense of visual surprise and to play with the viewer's perception of reality. In the case of the Thread Collection, embroidery techniques have been drawn on to recreate Deadly Ponies' iconic chain detailing. These innovative designs are paired with trimmings in signature soft-grained bovine leather, reimagining classic Deadly Ponies silhouettes.

Deadlyponies.com



GREAT HAIR ON THE GO

The **Lady Jayne Salon Pro Rechargeable Straightening Brush** is a game-changer for hair styling on-the-go. This innovative cordless heated hairbrush is perfect for touch-ups and smoothing out those frizzies while you're out and about. With its ceramic-ion technology and 37 heated fins, this brush offers salon-quality results, controlling frizz and flyaways, styling tresses, and ensuring sleek locks. Via an easy USB-C charging port, the brush heats up in just 90 seconds to 180°, and offers approximately 25 minutes of continuous brushing when fully charged. The built-in ceramic heater ensures swift and even heat-up, and the lithium battery makes the brush lightweight, petite and portable, small enough to keep inside your everyday handbag so you don't need to let bad hair days hold you back getting out and about.

Ladyjayne.co.nz

Living

THE BOLD TYPE

Dull and minimal is out, striking and impactful is in! 2023 sees us taking bigger risks in style and creating spaces that feel unique, brave and full of character.

IMAGE OF THE MODELAGE PANEL 7556 BY CASAMANCE, POA FROM JAMES DUNLOP TEXTILES



BUILT AND *DESIGNED* FOR GOOD

When considering a new build that will be your forever home, a smooth and efficient design and build process that is attentive and attuned to your needs is an absolute must. However it is that your vision materialises and evolves in its initial concept form, such a highly personal project demands a seasoned architectural design team who can take the reins and problem-solve on the go. This team needs the steadfast mandate to curate and realise a home that is designed for good - one that is healthy and comfortable, and fits your personality and lifestyle down to the smallest detail.

Most New Zealanders will be familiar in some way with the distinctive engineered building system of Lockwood, but might not be aware of how extensive the iconic Kiwi brand's services are in the realm of realising fully customisable houses worthy of being called your dream home. Lockwood's popular Design and Build offering, for example, is a comprehensive process from start to finish that leaves no stone unturned. Prospective house plans are worked and honed to reflect your preferences and taste, as well as taking into account key considerations such as site elevation, potential views, sunlight, engineering requirements, ground conditions, access and more. Lockwood

furthermore offers a lot of flexibility in catering to aspiring new-build owners with a range of entry points to suit.

Alongside offering an extensive selection of bespoke client homes to browse through for inspiration as well as key show homes to visit, Lockwood also welcomes existing conventional home plans as a starting point for their architectural designers to take on and adapt. Alternatively, one of Lockwood's own standard designs can be utilised - either as is or with further modifications tailored to suit your preferences - or if you require a completely clean slate, you can opt to work with their in-house design team to create your dream home from scratch.



Working with pre-developed plans of a standard Lockwood design that aligns with your lifestyle needs as a starting point has the benefit of coming with cost and time savings. The Lockwood Riverview show home falls into this Design and Build category, showcasing open plan living with blonded interiors contrasted with vibrant feature walls combined with Lockwood beams and high raking timber ceilings for a light and uplifting Scandinavian feel. The cleverly designed home packs a lot into its 142-square-metre footprint with four bedrooms including a generous main bedroom replete with an ensuite

and walk-in wardrobe, two bathrooms and a kitchen with a walk-in pantry. In response to the brief for a low-maintenance modern family home, the design was finished with a Lockwood aluminium exterior.

With the potential to save on budget and time with a pre-developed plan being a no-brainer, many Lockwood clients might start with a standard Lockwood design but then opt to explore the possibilities and flexibilities of the Lockwood system in personalising the plans further to fully realise their ideas and maximise key features that are unique to their building site. Modifying an existing standard design not only gives you a solid starting point but gaining a headstart in this way also ensures the design process is kept to a minimum. Taking the path of building on a pre-existing design produced the ultimate holiday home for Lockwood clients, Chris and Kim, who were inspired by the potential of the Lockwood Phoenix design to get creative in personalising the plans and making the most of their Nelson beachside location. “There was plenty of scope for creativity and originality, and the

collaborative approach was so refreshing, it turned out really well in terms of design and value,” says Chris. The end result? A light-filled north-facing home perfectly suited to the Nelson microclimate, sporting high sarked ceilings combined with a mono-pitch roof and high clerestories. Tasmanian Oak flooring was laid to elevate the interior and wrap-around decking was employed to maximise the indoor-outdoor flow. The couple added an outdoor shower for when returning from the beach and landscaped the section with lush, low-maintenance native flora to complete a picture-perfect escape from their bustling city life.

The adaptability and flexibility of Lockwood’s design and build services are such that if you wish to have a completely unique take on your forever home, they offer an in-house design service for creating your plans from scratch. A stunning example of this is Pugh’s Beach House in Papamoa. Jo and Steve Pugh didn’t just want a low-maintenance beach house, they wanted to create a legacy that would last for generations to come. Taking advantage

of their location’s 180-degree sea views, the in-house team at Lockwood crafted a two-storied home, which would capture all-day sun on the surrounding decks while prioritising the living zone on the top floor to allow extended family to gather and enjoy the space together. A high stud combined with clever use of skylights bathes the house in natural light while the addition of louvres ensures shade and privacy when needed. Aluminium cladding for the exterior and Scandi-inspired blonded wood within, combined with a minimal garden area met the brief for an easy lock-up-and-leave low-maintenance home, ensuring the Pughs would never have to spend time painting. “Instead, we can enjoy the house for what it’s intended for; to relax together as a family and enjoy the stunning home and views,” says Jo.

In some cases, prospective new-build owners will have already engaged with their own architectural designer or architect to flesh out their initial concept ideas. Lockwood is also happy to work in design collaboration with existing plans that have been generated externally. A beautiful example of this new build scenario is the Crang Family Home on the Coromandel Peninsula. This design and build family holiday home was born of a design collaboration with Architect Jenny Walter. Showcasing striking roof lines and unique clerestory windows, this entertainer’s dream celebrates the iconic Lockwood system with blonded timber contrasted with dark-painted walls and matching oversized barn doors, sarking and beams.

However you wish to approach a new build, the flexible one-stop-shop offerings of Lockwood are hard to look past. There is also the fact that all Lockwood homes are environmentally-friendly and community-minded, being built from a trusted supply of locally sourced materials, which minimises waste while ensuring disruptions to the building timeline due to supply issues are nominal - giving further credence to their mission to craft new builds are truly designed for good.





BARBIE™ DREAMHOUSE™ PINK PAINT BY BACKDROP

+ BARBIE CORE

Girly, fun and bold - Pink is back with a vengeance as we anticipate the arrival of Greta Gerwig's *Barbie* movie. Look to playful, almost toy-like objects in every shade, from cotton candy to Schiaparelli, and create your very own Barbie Dream House.

Style TIP.

Surprisingly versatile, pink pairs well with warm neutrals and contrasts beautifully against olive green, orange and navy.



1. Resene Suzie Q, \$4.90 from **Resene ColorShops**
2. Dress by Staud, \$850 from **Muse**
3. Shelving Unit by USM Haller, \$2838 from **Ecc**
4. Bath Mat by Bonnie and Neil, \$109 from **Superette**
5. Fern by Pols Potten, \$1325 from **Smith & Caughey's**
6. Towels by Tekla, from \$58 at **Simon James**
7. Toolbox by Vitra, \$79.99 from **Citta**
8. Vase by UAU PROJECT, POA from **makersmarkt.com**
9. Mirror by Fritz Hansen, \$2215 from **Cult**
10. Side Table, POA from **Dinosaur Designs**
11. Champagne Flutes by Fazeek, \$149 from **Moi on George**
12. Plate by In the Roundhouse, \$49 from **Superette**
13. Bathub by Concrete Nati



+ HOME BY THE SEA

See out the end of summer with a fresh take on an old favourite. With a nod to the “Coastal Grandma” TikTok trend, give revamped nautical decor a spin and allow its soothing effects to wash over you.

Style TIP.

Quirkiness is key to giving this trend a modern update, dotting a few unique pieces amongst classics will give it a non-fussy feel.

1. Resene Escape, \$4.90 from **Resene ColorShops** | 2. Umbrella, \$649 from **Nest** | 3. Vase by Memor Studio, \$365 from **Bedthreads** | 4. Chair, \$1608 from **Leopold Hall** | 5. Pot by Ferm Living, \$230 from **Slow Store** | 6. Cushion Cover, \$92.50 from **French Country Collections** | 7. Basket, \$54.90 from **Citta** | 8. Outdoor Firepit, \$699 from **Nest** | 9. Sofa, \$2059 from **Bo Concept** | 10. Dining Table by Noble Souls, \$8959 from **Dawson & Co** | 11. Print, \$690 from **Green With Envy** | 12. Resene Only Blue Wallpaper Collection from **Resene ColorShops**



IMAGE OF THE BONAIRE DUVET SET FROM WALLACE COTTON



LENS TABLES BY MCCOLLIN BRYAN, FROM \$6340 AT ECC

+ UNCUT GEMS

Add a little sparkle to your day to day. With pieces that take inspiration from jewel-hewed precious stones and faceted earthen elements, bring a touch of luxury to a minimalist space.

Style TIP.

Cluster an assortment of vases in varying styles and colours and fill them with just one bloom type for an artistic floralscape.



1. Resene Good Life, \$4.90 from **Resene ColorShops** | 2. Wall Light by Nuura, \$1099 from **Slow Store** | 3. Vase by Louise Roe, \$345 from **Slow Store** | 4. Candlestick, \$129 from **Bo Concept** | 5. Rug by CC-Tapis, POA from **Good Form** | 6. Tumblers, \$85 each from **Lukeke** | 7. Ice Cube Tray, \$59 from **Paper Plane Store** | 8. Coffee Table by Timothy Oulton, \$6959 from **Dawson & Co** | 9. Tealight by Zaha Hadid Studio, \$95 from **Good Form** | 10. Pouf by Deknudt Decora, from \$2364 from **Ecc** | 11. Table by Reflections Copenhagen, \$4499 from **Smith & Caughey's** | 12. Coffee Table, \$1741 from **huegahome.com** | 13. Stool by Kartell, \$650 from **backhouse**



THE RESIDENCES

AT CENTRAL PARK



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DEVELOPED BY





IMAGE OF THE ROCKMELON TABLECLOTH POA FROM BONNIE AND NEIL

+

FARM TO TABLE

Get your 5+ a day with a good helping of objects inspired by the spoils of the earth. Cheerful and vibrant, have a little fun with this zesty trend that trades classic florals for fruits and veggies.

Style TIP.

Perfect for an early autumn dinner spread, dress a table end to end in this decor motif that will serve as a talking point amongst guests.



1

1. Resene Irresistible, \$4.90 from **Resene ColorShops** | 2. Wallpaper by Christian Lacroix, \$348 per roll from **Allium Interiors** | 3. Airpod Holder, \$169 from **Deadly Ponies** | 4. Vase by Jonathan Adler, \$149 from **Bolt of Cloth** | 5. Salad Bowl by Bordallo Pinheiro, \$275 from **Father Rabbit** | 6. Candle by Nonna's Grocer, \$55 from **Father Rabbit** | 7. Print by The Poster Club, \$99 from **Paper Plane Store** | 8. Art Print by IBRIDE, \$749 from **Allium Interiors** | 9. Plates POA from **&klevering** | 10. Paperweight by Stories of Italy, POA from **mociun.com** | 11. Beanbag, \$499 from **Weave Home** | 12. Calendar by Rifle Paper Co., \$65 from **Paper Plane Store**



2



3



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7



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11



12

+

MIRROR MIRROR

Time for a little self reflection? Introduce sleek, sculptural pieces in mirrored and metallic fabrications into the home for a truly modern aesthetic.

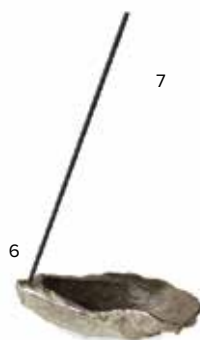
Style TIP.

A stand out piece in brushed steel or mirrored chrome makes an impact against natural textiles.

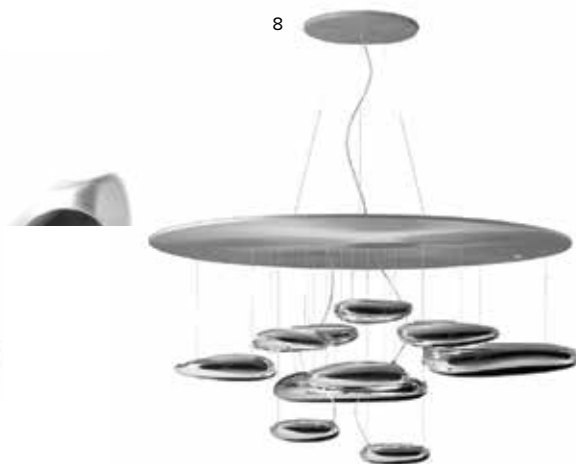
1. Resene Balance, \$4.90 from **Resene ColorShops** | 2. Bookends by Ferm Living, \$265 from **Slow Store** | 3. Bowl by Tom Dixon, \$788 from **Ecc** | 4. Candle Holders by Stoff Nagel, \$240 (for 3) from **Good Form** | 5. Stool \$855 from **huegahhome.com** | 6. Incense Holder by Corey Ashford, \$129 from **Paper Plane Store** | 7. Oil Burner by Ferm Living, \$160 from **Slow Store** | 8. Pendant by Artemide, \$5959 from **Ecc** | 9. Mirror, \$349 from **Nest** | 10. Platter by Zaha Hadid, \$585 from **Good Form** | 11. Table, \$1499.99 from **A&C Home Store** | 12. Resene Onyx Wallpaper Collection from **Resene ColorShops** | 13. Sculpture Lamp, POA from **Snelling**



IMAGE OF THE MIRROR WARDROBE, \$4820 FROM MR AND MRS WARD



7



8



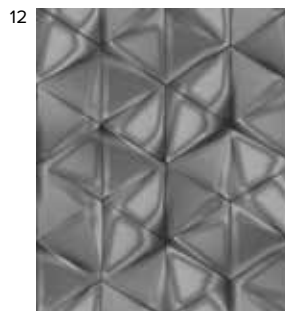
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13

LOW MAINTENANCE HOMES



We all lead busy lives and home should be the place where you can sit back, relax and unwind. However long maintenance lists can get in the way of this, so what if there was a way to reduce that list and spend more time enjoying your home.

When building a new home you have the unique opportunity to choose, from the overall layout of the home, to catering for your aesthetic preferences. Many people pay close attention to the functionality and feel of their home, planning the layout to suit their lifestyle needs, but don't always consider the longer term liveability and maintenance of the home.

Your home should be a place you can relax and enjoy, however many of us don't have the luxury of employing maintenance, cleaners and gardeners to maintain our homes while we relax. Therefore it is important to consider your lifestyle and whether simplifying or decreasing your home's maintenance is something which appeals to you.

By considering low maintenance design and materials it is possible to reduce the time and cost associated with upkeep, giving you the freedom to do more of what you love. Therefore, it's extremely important when planning your new home to think long term, the right choices during design may reap significant cost and time saving benefits.

What is meant by low maintenance:

All homes require maintenance to ensure they perform correctly, low maintenance design and materials are about limiting the time and expense required by these activities to a level that is suitable to you and your lifestyle.

The design of your home will play an important role in the reduction of maintenance. Simplifying design elements, ensuring





adequate storage space, and reducing elements that require frequent cleaning, wiping, or dusting can all aid in reducing the required maintenance. Therefore it is important to consider your lifestyle during your design, ensuring you are maximising functionality and using intelligent design.

When it comes to construction materials, it's important to ensure that the annual maintenance required, and overall life expectancy of the product aligns with your lifestyle. A higher maintenance dark cedar weatherboard may lose its appeal with its expensive staining process being required every few years, versus a fibre cement weatherboard that usually requires repainting between ten to fifteen years.

Talk to the GJ's team about how you can make your new home low maintenance, allowing time to be spent enjoying your special place rather than on upkeep.

LIFE *IN* STYLE

Hit refresh on the home-front and give your space an update with these new drops in home tech and furnishings.

SOUL-BOUND LIVING

The need for living spaces that express a thought process and methodology exuding the feeling of a sanctuary for peace and healing as we navigate modern-day life has arguably never been more important. Be it a verdant light-filled garden room, a characterful circus wagon or a state-of-the-art smart pod, there are infinite ways in which to curate a unique haven that is personalised to offer just the right formula for nesting and nurturing the self. A stunning compilation for some serious inspo on this front can be found in **Retreats for the Soul** by interior stylist and art director, Sara Bird and respected interiors and lifestyle photographer, Dan Duchars. As divergent as each of these beautiful retreats, hideaways and escape spaces are, from the building materials to the decorative and functional considerations, they all have something to offer when it comes to our own exploration of ways to create and style an interior haven that will suit our lifestyle.



Retreats for the Soul
Sara Bird & Dan Duchars
RRP \$59.99 Hardback
April 2023



THE 2023 KITCHEN DESIGN TRENDS TO LOOK OUT FOR

From the leading material of choice for kitchen benchtops to supply chain considerations, the results of the annual **National Kitchen and Bathroom Association of New Zealand (NKBA) Trends Survey** are in, pinpointing the latest trends as predicted by the movers and shakers of New Zealand kitchen and bathroom design. And there are some indications that things are looking up with 44 percent of NKBA designers reporting supply of materials in general has improved, alongside support for New Zealand-made and sustainability becoming increasingly front of mind for clientele. “The importance of sustainable considerations in kitchen design and manufacturing is only improving, and clients are pushing for a greater focus in this area. I am finding that knowing where products and materials are sourced is essential. Our clients want to source New Zealand made products where practical,” says Craig Hooper of Cooper Webley.

With home owners becoming more discerning of their own aesthetic choices, in spite of the penchant for white remaining dominant, NKBA designers have also noted their clients becoming more emboldened to vibrant colours, with 70 percent predicting a split across a range of other hues including timber, grey, verdant shades including mint and sage, variations of beige and blue. When it comes to all-important finish, 38 percent of NKBA designers have predicted matte to reign supreme on cabinets followed closely by textured looks, with benchtops continuing to favour porcelain followed closely by engineered stone, a popular choice for clients for whom cost is a factor with budgets less than \$50,000. With 2023 ushering in a decidedly contemporary myriad of colours, texture and porcelain, the big question of cost revealed 31 percent of kitchens designed in 2022 cost \$40,000-\$60,000, 24 percent came in at \$30,000-\$40,000 and seven percent cost over \$80,000.

HARNESSING THE POWER OF CITRONELLA IN STYLE

As the hotter months draw us outdoors for extended spells, whether we’re catching the early morning rays or savouring the long balmy evenings, it’s most likely we’ll be sharing our al fresco lunches, backyard barbecues and poolside parties with mosquitoes. An elegant solution to keeping those pesky bugs at bay comes courtesy of an Outdoor Edition Citronella-infused candle from Kiwi purveyors of fine fragrances for the home, **Ashley + Co**, to complement their most popular scent Tui & Kahili. Crafted with 100 percent natural wax with an unbleached cotton wick and housed in a handblown teal glass vessel, these individually hand-poured beauties deliver up to 50 hours of burn time to see you through all your summer al fresco celebrating in peace.

Ashleyandco.co



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ONLINE

THE NEW LUXURY



FINDING HARMONY IN HONEY WITH COMVITA'S MID AUTUMN FESTIVAL

In working to create a world where bees, nature and people can flourish together in harmony, Comvita has chosen the upcoming traditional Chinese Mid-Autumn Festival of savouring mooncakes, gift-giving and reuniting with family, to celebrate and reaffirm their steadfast commitment to give sustainably back to the planet.

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BEST KEPT SECRETS



THE HIDDEN GEM WITHIN THE GEM OF WAIHEKE

If you've ever gone to Waiheke during any of the peak seasons, you might be overwhelmed at how popular this sleepy little getaway has gotten over the years. But where to stay? Our top choice this Summer is Omana Luxury Villa. We're talking sweeping sea views from four world class villas peeking out of the Omana forest on Waiheke's southern coast.

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HOME INSPIRATION



SHOWHOME SUMMER SHOWDOWN

With summer now here, we've found some of the best spots to relax and enjoy the sunshine. So if you're looking for a spot to soak in the summer sun, which of these stunning G.J. Gardner showhomes would you choose? If you're seeking the warm summery vibes then look no further than the Desert Romance showhome from GJ's Tauranga. The tranquil and relaxing feel of the desert can be felt from the moment you step into this home.

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Unlocking The Power Of Holistic Health

Kayla Gordine, a certified holistic health coach and the founder of Āwhina Wellness, shares her personal journey and the launch of her wellness brand. With a background in teaching group fitness classes and a desire to deepen her understanding of the body, Kayla delves into the importance of taking a holistic approach to wellness. Through her own experiences and her relationship with SRW Laboratories, a company whose core beliefs align with her holistic approach, she emphasises the interconnectedness of mental, physical, emotional, and spiritual health and the significance of addressing all aspects of well-being.

Talk us through your personal journey. How did you get into the wellness industry and what led you to launch your holistic wellness brand?

I started teaching Les Mills group fitness classes when I was 19 years old off the back of an ankle injury. I was travelling, teaching and presenting world class experiences throughout New Zealand and internationally with the most inspiring, talented and dedicated team that opened me up to wanting to learn and explore as much as I could.

This led me to studying personal training to deepen my understanding of the body, which then quickly merged into holistic wellness as I observed more of my clients needing help beyond the physical aspects of health and the seen and unseen aspects of ourselves. I graduated with Integrated Nutrition in 2020, becoming a Certified Holistic Health Coach and this encouraged the birth of Āwhina Wellness. Āwhina in Te Reo Māori means to nurture, to care for and to assist in the process of transformation.

What does it mean to take a holistic approach to wellness?

I believe it starts with looking at ourselves and each other through the convergence of the mental, physical, emotional or spiritual aspects of health and wellness and their interconnectedness. I was fortunate to have grown up in a diverse multicultural environment that embodied the values of Hauora (health) and a holistic way of living.

Taking a holistic approach is to see every aspect of ourselves in relationship with each other and this is important to consider when looking at ourselves as individuals, wellness and the world as a whole.



Are there any personal experiences that you think have illuminated the importance of what do you do?

Yes, absolutely, there are many! One that pops into mind first is experiencing immense stress that caused a variety of different health problems over the past eight years and seeing the effects stress causes on the body that manifests into physical symptoms, injury, illness and disease. The more I observed myself through a holistic lens, the more I saw stress as the common factor and the root cause of almost every physical or mental health problem in my own life that has highlighted the importance of self responsibility and making changes to dance with stress.

Another important illumination has been through experiencing deep grief and seeing family and friends be taken from this life so suddenly, by accident or by choice. This has expanded my lens on wellness and mental health with a heightened awareness to now step out into the world and to help others remember who we all are at our core so that we can experience a greater sense of happiness and fulfilment in our lives.

How does good nutrition play into your holistic wellness approach?

Food is life. Nutrition is everything as it directly affects the way we feel and function. We know this by the choices we make to feed ourselves and the energy that gives us and returns, but we often forget and that's normal too.

In regards to holistic wellness and the approach I take, nutrition goes hand-in-hand with being present, which is at the heart of the wellness coaching I offer because when we have the ability to choose things that nourish our body, mind and overall well-being, we instantly feel better and a sense of empowerment.

What role do dietary supplements play in your holistic approach to wellness?

Supplements are definitely important as a way to optimise health, performance, focus, immunity and as a way to enhance our quality of life. With the right supplementation we are able to live

in a higher vibrational state because we are feeling better and at our best.

Regardless of how healthy and balanced diet you have, you could still experience certain nutritional deficiencies. This is where supplements come in to help nourish your body, especially with the essential minerals that we can't get enough of in the food we eat.

With dietary supplements, I've partnered with SRW Laboratories and have incorporated their range into my supplement regime. Their core beliefs align with the holistic approach that I strongly stand by.

Can you tell us more about your partnership with SRW? How did this partnership come about?

I live an incredibly active lifestyle and I'm always looking for the highest quality supplements. I also have strong connections to Māori culture, so it's important that I choose New Zealand made supplements.

I recently discovered SRW's advanced formulations that are backed by leading scientists from around the world. Their products and mission align well with my values so it made sense to partner up. I recently spoke as a keynote speaker at their launch event for Msc¹ Tone, to talk about health, wellness and technology.

What do you see as the easiest positive changes that most people could make in their wellness routines?

Number one, is breathing more deeply and becoming more connected to the breath as a way to reduce stress, adrenaline and cortisol in the body instantly. It's a tool a lot of us forget to use as the first point of call in improving overall health and wellbeing as well as slowing down the ageing process.

Secondly, is making better whole food choices with eating more colour through the day. It's this colour in food known as polyphenols that have essential vitamins and antioxidants for our bodies.

Lastly, and very importantly, is using movement as a way to increase and lift our state of mind. When we exercise a number of neurotransmitters are released

including dopamine and endorphins that give us more energy and a feel-good attitude to ride for the rest of the day.

What do you see as the biggest challenge people have in making proactive health choices?

I honestly think it's as simple as choosing to start. We are all hardwired to resist change and to make any shift, whether it's in our state of mind or shape of our bodies, we need to take action and start small.

How does Msc¹ Tone align with your holistic wellness coaching practices?

Msc¹ Tone aligns to my offerings as a wellness coach and overall life as I live a highly active and physical lifestyle. Msc¹ consists of three key ingredients that are well researched in scientific studies for muscle gain and fat loss.

Often clients ask me what I am taking, and I can confidently recommend Msc¹ Tone as it has been backed by scientists who are experts in their field. Msc¹ Tone is a refreshing lime flavoured powder that I can easily add to my water bottle and drink on the go.

What are the key benefits of Msc¹ Tone?

Msc¹ Tone is specifically formulated to support muscle tone, strength and function and fat metabolism. The combination of scientifically researched ingredients HMB, BHB and OKG work together to improve muscle tone and muscle mass whilst helping you to induce ketosis to help reduce stubborn fat in some of those undesired places. This dual action is what makes Msc¹ truly unique.

After a month, one can expect to feel faster recovery times after workouts, an increase of strength and energy with the combination of regular exercise and a balanced nutrient diet.

What's most important for those of us getting on in years to understand about feeling well and staying healthy? Does the calculus change as we get older?

Keeping the body moving is a vital aspect to living an optimum lifestyle at any age and gets more important as the years transform us and the stages of our lives.

Where developing muscle tone requires us to use our muscles actively, maintaining muscle mass becomes more difficult as we age. Which makes Msc¹ Tone an important influence in helping us keep the muscle we have as we get older to maintain in the best well health, strength and sense of freedom through mobility.

What are some of your self-care tips during the warmer months?

Getting in the ocean and my feet on the earth daily as a natural way to reduce inflammation in the body is always a top tip in summer or in general. Taking an evening stroll with a loved one to talk about your day and move the body is another.

I love eating – period, but especially fresh organic salads and wholefoods wherever possible to ensure I'm nourishing my body with essential vitamins and minerals the body needs. Lastly, getting creative with cold refreshing drinks when the sun is shining with friends, adding favourite fruits, herbs and flowers to spice or sweeten up a glass of water is always a delicious treat.

What drives you?

It may sound strange but I am driven by the inner critic in my head telling me I can't do the things I love and bring me joy. This little voice is my biggest headache and teacher.

The more I can shut down these voices and choose happiness, choose to be present and choose to take action regardless of how I feel, then I am winning. For I only know what's best for me, so my journey is about knowing more of myself every day and becoming the best, happiest, strongest and healthiest version I can to then do what I love and hopefully inspire others to aspire to do the same.

If there is one piece of advice you could give for people to live healthier and happier, what would it be?

Be more present, take in more moments of all the small things in your days that create your life and you will realise where you are is the only thing that ever exists and ever matters.

Watch how your life transforms as you breathe a little more deeply, laugh a little harder and love a little deeper, this is the magic of health and happiness we are all here to experience.





BANKING ON SEEDS

WORDS BY JOCELYN CROSS

Buried deep into the side of a sandstone mountain on an island halfway between Norway and the North Pole, the world's largest and most important collection of crop diversity is safely housed in the Global Seed Vault. Its purpose is to store backups of the world's seed crops and is an insurance policy protecting our future food supply from natural and man-made disasters. With a capacity to hold 4.5 million varieties, the Seed Vault is currently holding over one million seed samples that originate from every corner of the globe. It houses the most diverse range of seeds for food crops in the world; these include such staples as maize, wheat, rice, cowpea and sorghum from Africa and Asia and potato, eggplant, lettuce and barley from Europe and South America.



The loss of one of these crop varieties is as irreversible as the extinction of a dinosaur and so the Seed Vault's natural combination of permafrost and thick rock, together with locally sourced coal for power freezing, ensures this vital supply remains frozen and preserved in time. Its remote location also ensures security and being high enough above sea level, it is protected from ocean flooding even in the "worst case scenario" sea level rises due to climate change. And although it is popularly known to protect us against global catastrophe, it is also there to supply a more fundamental service as a backup against accidental loss of diversity in genebanks. This could be caused by anything from war, mismanagement or funding cuts, to even the most mundane event such as a poor functioning freezer system.

Whilst permafrost is an unlikely option for seed conservation here in the Southern Hemisphere, seed saving from our gardens is definitely in our sights! As the weather cools and the garden quietens, flowering plants prepare for the next generation by forming seed heads from their flowers. Saving the summer's bounty for the next season is the ultimate gesture in preserving the circle of life in your garden. Some of the top herb seed savers would have to be coriander, parsley and basil - they are all prolific seeders at the end of the season. When the flower heads begin to brown and turn to seed, nip them off the dying plants and save them in a labelled paper bag, as the seed heads dry out, the seeds will loosen and collect in the bag ready for spring.

The veggie garden is also aplenty with seeds to save. Broad beans have got to be one of the easiest and most rewarding of the legume family, and did you know that absolutely all parts of the broad bean plant are edible? From the tender tips and flowers, to the leaves, stems, young bean pods and of course the beans; whether fresh and green or as dried fava beans. Leave their seed pods to dry out on the bush before you harvest and store them in an airtight container for the following autumn. Other fantastically easy yielding veggie garden faves include pumpkin, zucchini and cucumber; simply place the seeds in water and rub them to remove pulp, any viable seeds will usually sink to the bottom. Rinse well and dry on a clean towel for a couple of weeks to thoroughly dry then store in an airtight container.

"Saving the summer's bounty for the next season is the ultimate gesture in preserving the circle of life in your garden."

Lettuce is also super easy to collect seeds from. Once your lettuce have bolted, just pick and store the whole seed heads in a brown paper bag. I also use this method for anything with an umbel flower growing habit like fennel and carrot, storing the flower umbels in a paper bag until the seeds loosen from the heads.

And it's not just seeds that we can reap the rewards of in winter. There are so many other ways we can get more bang for our buck out of our nursery purchases in the cooler months. The yellow raspberry bush "rubus idaeus" that my then three-year-old son proudly and excitedly selected at the nursery is now in its third winter and is shooting out suckers and canes all over the place. I am digging them all up through the winter, separating and replanting them for a bumper crop in summer. It's also a dual season cropping variety, so we are still seeing the odd raspberry fruit through autumn and early winter.

From a winter prune of my various geraniums and pelargoniums, I see hundreds of potential plants from the cuttings a pruning session yields. The pelargonium family is super unfussy and on my edible flower farm 90 percent of our pelargoniums (pink, red, white and scented varieties), which are all edible, are grown from the cuttings of existing plants. Mid-autumn and early spring are the ideal times to plant cuttings; they rely on light, warmth and water to get going, so don't replant them in the dead of winter. Another good tip is to leave the cuttings in the open air for a few days before planting them; this will form a callus that will promote root growth. It's also important to plant the cuttings two nodes deep in the soil to assist correct root formation.

Now more than ever, with escalating food prices and reductions in supply, we need to start looking in our own backyard for ways we can innovate and produce our own food. You don't need much space or money to be resourceful and grow your own food. By saving your seeds, root stock and cuttings, you are breathing life into another generation of our precious edible plants, which will not only help your back pocket but it will also ensure you are eating the freshest seasonal produce for optimal nutrient value, which is good for both our bodies and our planet.

CHECK UP

The latest news and recommendations to ensure good health & better wellbeing.



METABOLIC MAKEOVER

As we become older, our body composition and shape changes and that fast-burning metabolism we used to have in our youth dwindles too.

Kiwi biotech company **SRW Laboratories** have been working on nutraceuticals to deal with these very changes and have just launched Msc¹ Tone which supports muscle tone, fat metabolism in cells and ketosis, and is also very good at combating the changes in ageing bodies.

Msc¹ Tone is a synergistic formulation consisting of HMB, BHB and OKG which provides key metabolites and essential nutrients to support muscle tissues and fat metabolism pathways. HMB – or beta-hydroxy beta-methylbutyrate as it's known in the labs – is a completely natural substance your body produces when it wants to break down the amino acid leucine and is often used for the enhancement of strength and lean body mass in resistance training. BHB is also made by your body when accessible calories from carbohydrates run low and is involved in regulating metabolism and supporting ketosis. Meanwhile OKG is both an amino acid involved in energy and protein metabolism, and a supporter of the chief energy-producing cycle in the body.

If you're older, or even if you're younger but with a low or sluggish metabolism, Msc¹ Tone has been designed very much with your body in mind.

SRW.co

SKIN SAVIOUR

As a country, we've fast becoming known for the unique ingredients to be discovered amidst the flora and fauna when it comes to the formulation of premium wellness products. One company who has harnessed the power of these native ingredients for effective, high quality skincare is locally-founded **Kiwiso** for their CoQ10 Ultra Radiance Serum.

The basis for this feather-light yet deeply-moisturising serum is a patented formula utilising New Zealand Native Red Seaweed, Black Fern, Greenshell Mussel Peptide and a special Coenzyme Q10 Nano Emulsion, which has been developed in partnership with Massey University's Riddet Institute.

Co-Q10 Nano Emulsion is an antioxidant specialist and a deft hand at replenishing collagen and accelerating the rejuvenation of keratin to improve the overall appearance of skin. The certified organic New Zealand Native Red Seaweed and Black Fern works to increase and bind moisture within the skin while promoting collagen synthesis. The multifaceted formula also helps protect against UV rays while allowing the potent technologies to penetrate the skin effectively. The Greenshell Mussel Peptide furthermore promotes the skin's metabolism in tandem with helping to improve the repair of skin inflammation and oxidative stress, which is bolstered further by the addition of Hyaluronic Acid to help repair skin keratin and keep the outer layers of the skin hydrated.

Kiwiso.com



BLONDE NOT BRASS

For those of us with light coloured hair, we know all too well the infamous battle against the brass when in-between salon visits. Purple shampoo is usually the go-to hair product when trying to rid our hair of orange and yellow tones, however not all purple shampoo is created equal.

John Frieda's new Violet Crush range - the Intense Purple Shampoo and Toning Mask - helps to create a cool ashy look in blonde hair, without the dreaded brassiness. Intense Purple shampoo is a highly pigmented shampoo with purple and blue pigments and crushed violet to neutralise unwanted stubborn orange yellow tones, while the Toning Mask gives an intense treatment and ashy look in just one minute. These formulas are also designed to replenish moisture and restore suppleness to establish normal balance and hydration. SLES Sulphate and Paraben-free, cruelty-free and vegan friendly, they are safe for use on natural and colour treated blonde, while also being peroxide and ammonia free.

All RRP 19.90. Available at Chemist Warehouse, Countdown, Farmers, Bargain Chemist, New World and selected Pharmacies.



S | **R** | **W**[®]
C | **E** | **E**
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Energy starts at a cellular level

Right now, you have ~100,000 trillion mitochondria in your cells. Mitochondria are energy power stations within your cells that act as fuel for important daily processes such as converting food to energy, maintaining DNA and immune function. Your mitochondria use the food you eat, the air you breathe and key enzymes (including NAD⁺) to create energy and fuel your day. Their ability to do this job declines with age.

SRW's Cel² Nourishment contains a patented form of NMN which is a naturally occurring molecule that is found in all lifeforms. NMN is present in some foods, but in such small quantities that it is not possible to get an efficacious amount from diet alone. Research shows that orally consumed NMN enters the blood stream quickly (in minutes) and is converted to NAD⁺ in the tissues, in one step.

Cel² nourishes your cells by supporting cellular function and healthy levels of NAD⁺. NAD⁺ plays an important role in your cells' ability to produce energy and communicate with each other.

Cel² is available at www.srw.co and at select pharmacies nationwide.

The science of aging well™

Always read the label and use only as directed. If symptoms persist see your healthcare professional. SRW Laboratories Ltd, Auckland. TAPS BG2712



Discovering the eastern end of Waiheke Island

We all know that any day on Waiheke Island is a good day, but some innovative thinking from Fullers360 means visitors can now sail directly to Orapiu on the eastern side of the island for a hassle-free way to discover even more of the Hauraki Gulf's favourite island destination.




Fullers 360
EXPERIENCES & CRUISES



With its beautiful scenery, vineyards and some of the most stunning views of the Hauraki Gulf, Orapiu is the perfect destination for a day trip. This new route is also a great way to save time, cutting out the one-hour return drive from Matiatia wharf, meaning less time travelling across the island and more time enjoying this hidden gem.

One of the main attractions of the eastern end of Waiheke Island is its vineyards, including the award-winning Passage Rock Winery. Of course, you can buy your wine online these days, but there is just no substitute for enjoying a tour of the vineyard and tasting some of the varietals at the cellar door in person.

If you like your drinks to be a little more spirited, Waiheke Distilling Co. is an absolute must. Set on the ridge above Cowes Bay, this distillery produces some of the finest gins in the country, including their signature product, the Spirit of Waiheke, a classic dry gin that pays homage to the island. Enjoy a tour of the distillery and sip on the spirits at their source.

If you're looking for a more historical experience and you're partial to a bit of large-scale wartime engineering, then a visit to Stony Batter Historic Reserve should be on your to do list. This reserve is home to a World War II gun emplacement and a network of tunnels that were once part of a larger coastal defence system protecting Auckland Harbour and its approaches from enemy ships.

When it comes to getting around the eastern end of Waiheke Island, options are limited, with no public transport available in this untouched paradise. But worry not, that's where Fullers360 come in with their newest tours.

Waiheke Untapped

The Waiheke Untapped tour includes your return ferry to Orapiu wharf, all on-island transport, a two-course lunch and glass of wine at Passage Rock Winery and a gin tasting at Waiheke Distilling Co for just \$249 per person. The tour runs every Saturday and Sunday departing from pier 13 in the Downtown Ferry Terminal in Auckland CBD at 11:30am.

On arrival in Orapiu, a coach will transfer you to Passage Rock Winery where you'll enjoy a seasonal two-course lunch paired with a glass of their world-famous wine. After lunch, your coach will sort your transfer to Waiheke Distilling Co. for a tasting of three gins or botanical vodkas



paired with a premium mixer, ice and garnishes. The tour finishes with a trip on the 4:10pm ferry from Orapiu wharf back to downtown Auckland.

Taste of Two Islands

Another amazing option is The Taste of Two Islands Tour, which is a jam-packed and unique way to experience the best of two special islands in one day. The tour starts with an 8am ferry ride from downtown Auckland to Rotoroa Island, where you'll spend the morning exploring the island's white sand beaches, walking trails, museum and historic buildings.

After that, a short ferry ride takes visitors to Orapiu on Waiheke Island, where you will be met by a coach transfer to the award-winning Passage Rock Winery for a delicious seasonal two-course lunch and glass of wine. The tour concludes with a gin tasting at the Waiheke Distilling Co before catching the 4:10pm sailing back to Auckland. The tour runs every Saturday and Sunday, and it includes all ferries, on-island transfers, lunch and gin tasting and costs \$265 per person.

Feel a world away this summer with Fullers360's new direct sailings to Waiheke's eastern end.

For more information or to book your tickets, visit fullers.co.nz

DRINK INSPIRATION - COINTREAU

The Magic of Margarita

The Margarita is a classic cocktail that has stood the test of time, remaining an eternal favourite at bars and parties the world over. And when it comes to ultimate in summer imbibing, this simple yet tenacious tequila-based drink served on the rocks is hard to beat - its sweet-tart layers of freshly-squeezed lime juice and that essential hit of orange liqueur, balanced with a saline edge make for one refreshingly smooth beverage.

But where did this delicious drink come from, and how has it evolved over the years? Let's take a closer look at the history of the Margarita and the role that Cointreau has played in its creation and popularity.

While the exact origins of the Margarita, which means "daisy" in Spanish, are somewhat murky, it is widely believed to have been created in the late 1930s or early 1940s in Mexico. One popular theory is that the Margarita was invented by a bartender named Carlos "Danny" Herrera at his restaurant Rancho La Gloria, located halfway between Tijuana and Rosarito, Mexico. According to this story, Herrera created the Margarita for a customer named Marjorie King, who was allergic to all spirits except tequila.

A competing theory attributes the creation of the Margarita to Texas socialite Margaret Sames, who is said to have mixed the first Margarita at her vacation home in Acapulco, Mexico in 1948. Sames was known for throwing lavish parties and was a frequent hostess at the popular Hotel El Rancho in Acapulco. According to this story, Sames

created the Margarita for one of her guests, who was a former ambassador to Mexico and a fan of tequila.

Regardless of its true origins, the Margarita swiftly gained popularity and became a staple at bars and parties in Mexico and the United States, gathering further momentum over the 1950s and 1960s with the rise of Mexican-themed restaurants and tequila becoming increasingly in vogue. Fast-forward to today, the Margarita, not to mention its hundreds of permutations, is enjoyed all over the world and is often considered the national cocktail of Mexico.

Margaret Sames is also credited with popularising the use of Cointreau in the Margarita, declaring that "a Margarita without Cointreau is not worth its salt." A key ingredient in the Margarita, the classic French orange liqueur was crafted in France in 1849 by brothers Edouard-Jean and Adolphe Cointreau. The pioneering brothers inherited a small distillery from their grandfather and decided to create a new type of liqueur made from a unique blend of sweet and bitter orange peels sourced from all over the world including Brazil, Haiti and Curaçao. The orange peels were steeped in alcohol and water for several days before being filtered and distilled to create a crystal-clear liqueur striking the perfect balance between candied sweetness and freshness.

The origins of the Margarita may be disputed, but one thing is certain: that versatile combination of tequila, Cointreau and lime juice creates a refreshing and delicious drink that is nigh on perfect for any occasion. And its ability to take our palates to a happy place time and again is thanks in large part to the art of the mix. While it's hard not to be a devotee of the original recipe, it would be remiss not to try your hand at a special iteration courtesy of Cointreau, which is guaranteed to really spice things up.



Put a spicy twist on a classic cocktail with this jalapeño-infused number from Cointreau.

The Cucumber Jalapeño

INGREDIENTS:

- 30 ml MARGARITA COINTREAU
- 50 ml BLANCO TEQUILA
- 30 ml FRESH LIME JUICE
- 3 coins of CUCUMBER
- 2 slices of JALAPENO

HOW TO MAKE:

Muddle cucumber coins in a cocktail shaker. Add all other ingredients to the shaker with ice. Shake and fine strain into a rocks glass over ice.

Garnish with cucumber ribbon and a few jalapeño coins.



HOW THIS SUMMER'S BEST ICE CREAM GOT MADE WITH COMVITA

It's Summertime, the one time of year we have to face up to the fact that while the rest of the global community is cosied up by the fire keeping warm, we're living large out in our togs and flip flops. The only ice we're encountering is on the end of a cone, and of those, the best is found, of course, at Giapo - the perfect treat to a Summers' day. In recent years, this boutique ice cream store has been turning heads with its creations. When your slogan is "Normal ice cream is boring", you better be ready to pull out all the stops. Their ice creams are as much art as they are Instagrammable; every scoop its own piece of viral marketing.



Their latest is no exception – smashing together the world of honey and ice cream alongside Comvita, famous for its premium Manuka Honey. It's a match made in heaven really, as Manuka honey has always been a healthier alternative to standard cane sugars. The two companies are veterans of collaboration, so bringing honey literally into the mix had to happen. To get the recipe right, Giapo Grazioli went back and forth bringing out the Manuka flavours: “We played with the acidity of the yoghurt and some other tasting notes of Manuka honey, like orange peel and molasses to smooth it,” he told *M2woman*.

The idea for this summer's cones came after Giapo visited Comvita's Wellness Lab and experienced the tasting tour in the lab's 180-degree theatre and learned about the bees. The end result is a kid and adult cone, both distinct.

“In regards to the flavour, our goal here was to get people to experience Manuka in a pure form. We used Comvita UMF 5+ and we wanted the special taste of the Manuka to come out.”



“The kid cone is a vanilla honey yoghurt. Yoghurt and Honey is a match made in heaven,” Giapo says. “We hand drew a chocolate bear and covered the cone with Honey Pokey.”

They made the traditional hokey pokey with Comvita Honey and made it to resemble a bear caught in a honey jar.

Using Comvita's Manuka Honey UMF 5+, the adult cone features a cookie resembling a honey comb. “In regards to the flavour, our goal here was to get people to experience Manuka in a pure form. We used Comvita UMF 5+ and we

wanted the special taste of the Manuka to come out.”

When quizzed about the process of bringing these designs to life, Giapo told us, “The ideas came to us with more clarity as we attempted them. It took time and many iterations to feel comfortable with our final creations”.

“It's a medium that involves all 5 senses.”

Well, now I know what I'm going to be spending my taste senses on this summer. Why not take a trip to visit Comvita's Wellness Lab then treat yourself to their collaboration with Giapo (just down the road)!

CHECK OUT

Try out the latest in the food scene & enjoy a more exciting gastronomic experience.



SOBER AF

Boasting about getting plastered over the weekend is so 2019. It's all about being sober curious these days. Impact entrepreneur wunderkind Lisa King, the founder of AF Drinks, noticed this trend and saw an opportunity to provide sophisticated, high-quality non-alcoholic beverages that cater to this market. She started AF Drinks as a way to fill this gap and offer an alternative to traditional alcoholic drinks. AF Drinks' first pop-up bottle shop in July was a huge success, selling out of many product lines and receiving an overwhelming number of requests to make it permanent. Following this success, Lisa King opened the **Curious AF Bottle Shop**, the only bricks and mortar

retail space in the country that's solely dedicated to selling alcohol-free drinks. Located at 5 Crummer Road (cnr of Crummer and Vinegar Lane), Ponsonby, Auckland, the store offers a one-of-a-kind shopping and socialising experience, and will be a great opportunity for sober curious people to discover and explore new alternatives to traditional alcoholic drinks with a curated selection of the finest non-alcoholic beverages from around the world, as well as AF's own range of pre-mixed cocktails, specialty ice moulds, garnishes, glassware and accessories. The store design encourages customers to taste all of AF's ten drinks and featured products for the week, and also offers unique events such as garnishing masterclasses, food-matching nights and beverage-themed sessions.

SUPER FAST SUPERMARKET SHOPPING

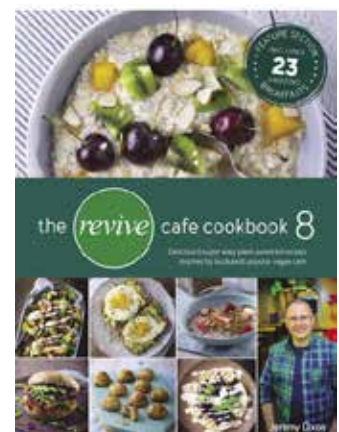
It's 2023 and not only do we not want to go shopping ourselves for our groceries anymore but we also don't want to wait long for them. Here to help us and our supermarket shopping move with the times is **Teddy**, a new grocery delivery service that aims to bring your essentials straight to your door in just a few minutes. Founders and co-owners Chaz Savage and brothers Ricki and Daniel Taiaroa have designed a service that uses an app, two dark stores, and a fleet of electric motorbikes to fill your pantry, cellar or fridge at breakneck speed. The inspiration for Teddy came from successful brands like



Getir in the UK, Gorillas in Europe, and Milk Run in Australia, all of which prioritise speed in their delivery promises. The Teddy team believes that the New Zealand grocery landscape needs a disruptor, and they're up for the challenge of taking on the big players while supporting innovation and local businesses. They're starting in Queenstown and Auckland, and plan to expand to Christchurch and Wellington soon. The Teddy team is also environmentally conscious and has partnered with Ubcu, one of New Zealand's most innovative start-ups, to operate with a reduced carbon footprint.

PLANT POWER

Not only is veganism better for the environment and animal welfare, but it has also been shown to have numerous health benefits such as reducing the risk of heart disease and certain cancers, so it's a bit of a no-brainer right? Although if you still really like the odd steak, you can use the excuse that it's so hard to find good recipes. Unfortunately for you, **The Revive Café Cookbook 8**, the newest addition to the highly collected series of cookbooks by Jeremy Dixon is out, the book features delicious and super-easy plant-powered recipes inspired by Auckland's popular vegan cafe, Revive. The book is filled with whole grains, plant-based protein, fresh produce and virtually no processed sugars or flours, all while being dairy and egg-free and most being gluten-free. The book is divided into six sections, including salads, hotpots & stir fries, main meals, sides & flavour boosters, breakfasts, and sweet things. The book also includes secret recipes for three of their most popular selling mueslis!



HELLO



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Thinking Ahead

The Psychology of Investing for Women

It's often not a subject that makes for everyday conversation, but savings, investments and superannuation have a fundamental bearing on our quality of life for ourselves and our families for the future.

In spite of the introduction of KiwiSaver and an increase in education, there are still hurdles for many people to achieve their retirement goals or even create opportunities for future generations.



FIDELITY INVESTMENTS CONDUCTED A STUDY IN 2021 THAT ANALYSED THE BEHAVIOUR OF 5.2 MILLION RETAIL INVESTORS AND FOUND THAT **WOMEN OUTPERFORMED THE MEN** BY ABOUT 0.4% PER YEAR

Unfortunately, these hurdles seem to be compounded for women, not only in terms of the wage gap but also in career progression. While men are getting more involved in the raising of children these days, it is still the majority of women that take time out of the workforce to raise a family. And then when they come back into the workforce, they may not be coming back in a full-time capacity, there may also be a period of retraining to get back to where they were when they left the workforce. This leaves a big chunk out of KiwiSaver contributions, ongoing investing and saving for the future.

Yvonne Davie who leads the Superannuation and Savings team of advisers at Craigs Investment Partners suggests that more needs to be done across the board, to address this hurdle, but there is a lot that women can also do individually with the right advice.

“The government needs to look more at how we can address some of those issues in terms of the gap when women are out of the workforce. But I think that women can also make the most of the time that they are in the workforce by getting the right



advice to ensure that their investment funds are invested appropriately.”

It’s not just the wage gap and career path that can hold female investors back, with women often less confident about their ability to manage long term finances. Lately, though, this has started to even out. U.S. Bank’s 2022 Women and Wealth Insights study has found that 55% of women and 60% of men are confident in their ability to manage their finances compared with 48% and 61%, respectively, in the bank’s report from two years ago.

And while women still have a little way to go in terms of financial self-confidence compared to their male counterparts, some studies suggest that they make better investors.

Fidelity Investments conducted a study in 2021 that analysed the behaviour of 5.2 million retail investors and found that women outperformed the men by about 0.4% per year which, when extrapolated out with those compounding returns year after year, creates a marked difference in the performance of their investments.

Davie has observed a similar situation here. “There are misconceptions that women are not good at investing, but by all accounts, we are actually pretty good at it. And I think some of that is down to being more open to seeking advice and setting a really good strategy with our investments and sticking with it. We don’t tend to chop and change or chase the best investments. There is plenty of evidence that shows it is time in the market, not timing the market that really counts when you’ve got a longer-term investment strategy.”

Davie does warn though that women tend to be a little bit more risk averse which is good for the short term but it is also important to ensure your investment portfolio is in growth assets for that longer term.

Of course, there is a lot more to it than deciding between a conservative or growth approach.

“As investment advisers, we need to understand the markets, the fundamentals and have a view on what’s happening in the economic cycle. But a major part of what a financial adviser does is working closely with clients to understand their needs. What are they trying to achieve? What are their longer-term goals or even their short-term goals around their life stage?” says Davie.

Having a good adviser can also be important psychologically, not only during tough times in the market but also to help keep focused on the right strategy. The adviser’s job is to match that client’s risk appetite with the appropriate investment portfolio.

“During the highs and lows, it’s about getting that balance right. If somebody’s not going to sleep at night because their portfolio has dropped by 5% or 10%, then we need to adjust their portfolio accordingly.”

So as well as the financial benefits that come from having the right strategy, there is also a lot of peace of mind from working with advisers. And while there are challenges for women, Davie encourages them to reach out and get some advice.

“It’s about starting a conversation. I also think that having a conversation in the household about money is really important. Many women will be managing the household budget, and whilst that’s great, what are we doing about our investments? Where’s our emergency fund, should things go wrong? What are our longer-term goals? It’s about having open conversations at home and with your partner, with your family, with your kids. You don’t need a huge lump sum to start, you don’t need to be a multi-millionaire to be an investor. If you’re in KiwiSaver, you are an investor by virtue of being in there.”

And creating a sense of accessibility to advice is fundamental to continuing to change the statistics. Craigs Investment Partners has a Women’s Wealth programme which is run by women advisers around New Zealand, focusing on empowering women of all ages with more confidence and knowledge to start investing or become better investors.

“A big part of that is trying to address and educate women around what they can be doing to improve these outcomes. It is a big focus of our organisation and our advisers so that advice and support is really accessible.”

“THERE IS PLENTY OF EVIDENCE THAT SHOWS IT IS TIME IN THE MARKET, NOT TIMING THE MARKET THAT REALLY COUNTS WHEN YOU’VE GOT A LONGER-TERM INVESTMENT STRATEGY.”



For more information on Craigs Women’s Wealth programme or to make an appointment with an adviser phone 0800 272 442 or visit craigsip.com.

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\$uccess *Beyond* Money

Charlotte Clarke runs one of New Zealand's largest and most successful residential property development companies. Du Val Group has not only expanded globally but also into a range of verticals and even a charitable foundation. As CEO, Charlotte leads and drives the strategy and vision of the company, the direction of business development and wider community engagement with oversight of each of the ever-growing number of business units. Charlotte shares with us the things that hold businesses back, the power of the leap of faith and the true meaning of life.

It's easy to get caught up in the negative headlines these days. How do we hold onto that optimistic, entrepreneurial spark so that we can inspire the next generation?

I really think this needs to be done on an individual basis. If you're a person who's done well in whatever arena it is that you're successful in, I believe that it's your responsibility to make time for the next generation and to set an outstanding example. Educate and motivate them.

Teach them the things that make an amazing entrepreneur. Resilience, courage, strength, adaptability, hard work. Take opportunities when they come your way to speak up and help the next generation understand just how important they are and encourage them to be all in on themselves. They are our future.

Do you feel like there's a certain weight on your shoulders, in terms of inspiring people who might not see it within their own parents but see what you have built?

It's not something I really think about. When I look at Kenyon - he has a personality and he's very engaging and exciting, I generally don't think of myself as that person. I do like engaging with



people on a business level, and when people come to me for whatever reason, it may be for mentoring or something else, I'm really happy to help them work through a challenge or offer them insight into the way I work.

Social media has its good and bad points, but it's pretty cool if it can plant the seeds to break intergenerational poverty.

As adults, we're funny creatures, and the older we get, the easier it is to get stuck in our ways. This is one of the reasons we've got quite a young team. I think the average age of our team is around 30, we've got a lot of young 20-something-year-olds. As a business, we definitely need people with experience, but we also need people whom we can train in a way that breaks the traditional mould of a property developer and goes against what everyone is doing. I often say it's easier in a lot of ways to bring on someone who has the education and qualifications you need them to have but who hasn't had the experience. That way you get to work with them and get them to be the very best.

Did you feel like you had to grow personally as you scaled the business?

Absolutely and I think most business owners would feel exactly the same way. As humans, we grow from our experiences. Our business has grown really rapidly within a relatively short timeframe, which means I've constantly learnt both professionally and personally. It's easy for me to sit here today and reflect on the challenges we faced 5 years ago and say solving them was a walk in the park compared to some of the problems we deal with right now. But if we hadn't gone through that growth journey, making the decisions we did; dealing with some of the complex business



issues we have today, would be really tough.

In terms of that scale, growth and boom, was that something that you were really pushing?

I had no doubt that we would have a very big business. I'm married to a man who does everything big, and we work hand in hand which is why I knew we were going to make something big of whatever we turned our hand to.

When I look at what we've built, I'm truly inspired. The people involved, the problem our business is solving, and our effect on people's lives is phenomenal and exciting.

Do I want Du Val to be bigger? Yes, because by scaling our business we can have a bigger impact. Housing availability and affordability are significant problems in New Zealand. For me, a key business driver is that we're helping to solve this problem. Auckland needs 20,000 more homes, they need to be high-quality, affordable and in areas that are close to amenities and transport. We have a long way to go to fill this gap, and that's just today which is why I'll keep pushing.

Talking about the massive growth from five years ago to where we are today, I still remember the day I told myself to "Stop being so scared". We had a really flat management structure at the time, and I had pretty much everybody reporting to me, I just knew that I couldn't deal with having

more people to manage. I sat there and I thought, 'You're actually just scared and that's ridiculous. How are you ever going to grow? How are you ever going to do more?'

What was it that you were afraid of at that point?

Managing more people, the responsibility, the time I knew it would take, the fact I had a young family and everything that comes with that. I think this is what holds most people back.

So many of us will probably find ourselves on the edge of this leap of faith moment where we are either afraid to move or we just take the leap and go. Do you have any advice for that?

Just take the leap <she laughs>. Ask yourself why are you hesitating. What do you think is going to happen? For Kenyon and I we've been down and out. Kenyon lost his first business and went from being one of the most wealthy people in New Zealand to being amongst the poorest, losing absolutely everything. That's how you get from there to there; continuously taking these leaps of faith and throwing yourself in. Just be brave and be courageous.

It seems like such extreme ends of the spectrum over a short period of time to go from being uber-wealthy and then nothing, and then building it back again. That seems like a rare thing. Does that give you a different appreciation for money and for risk?

I don't think it's about the money. For me, success is not necessarily measured by money. Even when Kenyon and I had nothing, I still felt successful, and I felt content, although that didn't mean I wasn't prepared to push forward and that I didn't want to do more.

I definitely think that whatever you are doing at any given time, you should be appreciative of what you have because there are a lot of people who don't have. But that doesn't necessarily mean you should sit back and think that it's okay to stagnate. If you're stagnating, you're going backwards.

A lot of people talk about what drives them and often, it's a cliché answer; I do it for my children, I do it for my family. When people ask what my driver is. Why do I do this? It's genuinely a bit selfish, but my answer is that my life expectancy is 80 years, maybe 85, either way, it's not very long. I grew up in a family that was super religious and believed in an afterlife. When I left the religion, I reviewed my own mortality and I remember thinking, 'one day I'm actually going to die'. Don't get me wrong, I don't consider this to

be a problem, but it does mean you've only got so many living years.

The first 20 years of your life are spent being a child, years of enjoyment that we should all be able to remember fondly. Then come the next 60 to 65 years. This isn't a lot of time because, as we all know, when you become an adult, especially when you start having children, your life flies before your eyes.

My driving force is the fact that I have limited time to achieve all the things I want to do. I want to enjoy my children and their children, I want to travel, I want to grow the business and then I want to be able to lie on my deathbed, surrounded by my beautiful children and all of their families and everyone I love and be able to say to myself, 'I've done everything. I couldn't have fit more into this life. I haven't wasted my time'. I want a feeling of satisfaction and to know that I did everything and now I can switch off the lights, close the curtains, the show's over, and I did a good job. I'm done. I want to feel tired and ready to go.

It's almost like describing it as being in a race with your own mortality, being in a race with yourself.

One hundred percent, it's a race. We don't want to race to death, but the fact of the matter is no one can stop time. Sometimes I really wish that time could stand still for an extra two hours of the day, just to do that little bit more that you need to get done. But it just keeps going no matter what you do. Time is the only thing you can't control.

What are three mistakes that hold businesses back?

Firstly mistake is trying to do too much. Do only what you can do and try not to do all the nitty gritty stuff that someone else can do. That's a real growth path thing because you can't grow into the next level if you're still doing all the stuff that you should be passing to the person at the level below you.

Secondly, thinking everyone in the company is there to support you. It's the exact opposite, the higher up you get, the more of a support role you hold and that means working hard to make sure that your people feel good, the feel supported and looked after. Organisation charts that show the CEO at the top are all wrong. These need to be flipped 180 degrees so the CEO is at the bottom supporting their team.

The third one is delaying ripping off the Band-Aid. Just do the bloody job. If there's something that you know needs to be done, don't procrastinate because the job only gets harder and it won't go away.

Number four, if I'm allowed another one, is not addressing a problem head-on and trying to sweep it under the carpet. I just heard this conversation in the office today, 'Oh, the construction sites are just constantly complaining'. Or you get the other way around, 'Oh, the office staff are constantly complaining,' and I keep asking them, 'Is it really a complaint though? Or is this actually a problem that needs to be resolved?' It's important to understand the difference between the two.

I'm always talking about being a problem finder, not just a problem solver. You should be looking for the problem. That's the only way you grow, by finding the problem and resolving it.

In the same way that you take a strategic and pragmatic approach to business, you seem to take the same approach with your charitable foundation. There seem to be some key points of leverage.

I've actually just finished a review of the Foundation to look at the strategic direction and make sure we're achieving what we set out to do. I'm a very structured, routine-like, strategic person. I like to know that our ducks are in a row. We always talk about things in our business being replicable because if it's replicable, it's well-ordered, and it means you're efficient and productive.

I'm a boxer. By that, I mean that my natural inclination is to compartmentalise things. I get lots of people asking me how I manage so many different business units. Compartmentalising is how I do it. When one box is tidy, I can pack it up for a bit and get on with another box.

With so many different business units, a couple of years ago, I decided the best way to manage them all was to view each unit individually and approach each of them as if it was my only business. So I forget everything else for a few minutes and step aside to look at the one business unit and think about the things I would do to grow it, change it, make it better.

For the last couple of years, that's what I've always done; gone back to each business unit to assess how things are looking right now and what we need to do to achieve success. Sometimes it might mean giving some direction to a manager, other times it might mean doing nothing or it could be that I have to roll up my sleeves and get amongst it myself. There are different levels of engagement depending on what the objective is.

What's the meaning of life?

The meaning of life or the purpose in life is to do everything. I think you need to live a full and productive life and feel there's nothing like a good day's work done; feel the satisfaction at the end of the day.

I go to bed at night and I've left nothing on the table. I've done everything I could possibly fit into that day and anything I haven't done goes into my calendar for the next day.





A NEW WORLD OF EDUCATION

There are multiple forces forging the future of industries and how we work in them. Not only is new technology like AI, quantum computing and increasing physical automation changing our relationship with our jobs, but there are of course new cultural and social considerations that a global pandemic has cast on our ideas about the delineation between work and the office.



These and more factors are creating new employment and productivity opportunities for the future, but also hurdles. And regardless of what exactly is in store for many of our sectors and our place in the world there is no doubt that the workforce of the future needs the right educational foundation to seize and create opportunities. As the largest independent school group in New Zealand, ACG Schools is an example of an educational institution that is focused on the sort of innovation and learning excellence that combines and compounds all areas of learning and personal development including creative arts and sports as well as STEM fields alongside an outward-looking approach and a global network to unlock incredible experiences and opportunities.

The CEO of ACG Schools, Clarence van der Wel, suggests that part of their edge is the leverage of shared knowledge, resources, training, and staff across the six ACG institutions across New Zealand, Indonesia, and Vietnam which allows them to remain at the cutting edge of educational innovation for more than 5,200 students each year.

The four New Zealand-based schools within the network, ACG Parnell, ACG Strathallan, ACG Tauranga, and ACG Sunderland, each have their own unique characteristics and offerings, but all share a commitment to academic excellence and personal development.

ACG Parnell is located in Auckland's upmarket suburb of Parnell and offers an outstanding education in a vibrant urban learning environment. Adjacent to the Domain, it is a prime location for an outstanding school. ACG Parnell is in the top academic co-educational schools in Auckland.

ACG Strathallan is located in Karaka, South Auckland and is the top academic school in the region. The school offers a wide variety of sports and extracurricular activities supported by a strong focus on academic achievement. The experienced team of dedicated educators puts the interests of students at the heart of every school decision, creating a supportive environment that inspires students to work hard towards



being the best they can be.

ACG Sunderland is located in Henderson, West Auckland and has a reputation for developing a strong sense of belonging in students and staff and offering close individual attention to students supported by excellent pastoral care. The school provides a continuous educational pathway from preschool to Year 13 and its academic programme is supported by a diverse range of sporting and cultural opportunities. The school provides a caring and supportive environment with mentoring at all year levels, and a tutor system which means each student has an allocated tutor.

ACG Tauranga is located in New Zealand's fastest-growing city and offers students the best of internationally recognised preschool-to-college education underpinned by strong family values. The school is the only one in the region offering the Cambridge Pathway curriculum from primary through secondary and is delivered by dedicated and passionate teachers.

Not only does each ACG School leverage the network of the group but they are also a part of Inspired Education, the world's largest network of premium schools that offers up an unparalleled approach to education. An ACG student automatically becomes an Inspired student and being a part of this network gives students access to an incredible world of benefits, including diverse programme options, an exclusive partnership with the Berklee College of Music, global camps and exchanges, and scholarships, which help them to achieve their maximum potential and thrive confidently in an ever-changing world. Some of the experiences include summer camps in the UK, ski tournaments in Switzerland, adventure

camp in Vietnam, a fashion and design programme in Milan or a state-of-the-art sports programme in Madrid with world class partners such as the Real Madrid Foundation and Addict Lab with CERN. All offering immersive learning opportunities that differ from the normal school day and provide a chance for students to travel, explore diverse cultures and meet people from around the world.

Van der Wel suggests that as an Inspired school, ACG is able to provide considerable benefits for its staff and students. "By providing access to these exciting new resources and opportunities, we also deepen our commitment to an international outlook, preparing our students for tomorrow's world."

And these unique global opportunities are an important part of the ACG Schools ethos, the goal is not only academic excellence but also the development of well-rounded, confident individuals with a wide range of abilities and global outlook. This is reflected in the outstanding academic results that ACG School students consistently achieve. In the most recent Cambridge International examination results, New Zealand ACG Schools received seven Top in World awards and overall Top Year 11 IGCSE Student in New Zealand.

And the Cambridge International Curriculum is also an important element in ACG Schools' approach to education. Globally recognised and accepted by universities in New Zealand and around the world, it is an inspiring curriculum that is designed to provide students with the essential skills they need for success at university and in their future careers all around the world.

One of the main benefits of the Cambridge International Curriculum is its flexibility and ability to be tailored to local contexts. This approach to education encourages students

to develop an informed curiosity and a lasting passion for learning. This is reflected in the outstanding academic results that ACG School students consistently achieve.

And while academic excellence is an important focus, the institution is committed to ensuring that every student achieves their full potential, not just academically but also in their personal development. With a wide range of sports, arts and technology programs available, students are able to develop as well-rounded, confident individuals with a wide range of abilities.

Vicky Quinn, a recent graduate from ACG Strathallan and current student at the University of Auckland, reflects on her time at the school and how it has shaped her future goals and approach to achieving them.

Quinn, who double majors in Information Systems and Marketing for her Bachelor of Commerce, credits her time at ACG Strathallan for teaching her valuable time management and organisation skills.

"ACG Strathallan has shaped me by giving me the opportunity to push my own boundaries," says Quinn. "In my last years of high school, I joined a tremendous number of clubs and committees, as well as planning and attending various events outside of school and working both days on the weekend. This all required a lot of time-management and organisation to fit everything in, keep my grades up and have a social life. I am grateful to ACG Strathallan that there were so many things to be a part of, and they were all so diverse."

Quinn also credits the school with providing her with a framework and structure for goal-setting. "There has always been an emphasis at ACG Strathallan to make SMART (specific, measurable, attainable, relevant and time-



based) goals whilst providing the supportive environment that allows them to be achieved," she says. "This will continue to empower and embolden me to make ambitious goals long into the future."

When asked about her high-achieving drive, Quinn responded "I think the drive comes from knowing that I can achieve anything I set my mind to, so why not aim high?"

Moving to New Zealand from Australia in 2019 and then enrolling in ACG Strathallan just before a global pandemic caused profound disruption to learning institutions, Quinn had to deal with quite a bit of uncertainty. "Because I made the most of everyday, it felt like there was quite a lot of space between initially moving to NZ and then the pandemic," she says. "This gave me the time to properly adjust and settle in before everything went haywire. But honestly it wasn't that hard to move countries because everyone at ACG Strathallan was so welcoming and supportive."

Quinn chose ACG Strathallan because of its reputation for creating well-rounded students with a mix of academic, sporting, arts and cultural achievements. "ACG prides itself in creating well-rounded students that not only have academic prowess but also have sporting, arts and cultural achievements and learnings too. This helps ACG Alumni enter the workforce and life with versatility and perspective."

It was her interest in business that led Quinn to pursue a Bachelor of Commerce double majoring in Information Systems and Marketing. "I think business is such a valuable domain to be an expert in, no matter what field you decide to pursue in the future," she says. "However, I am particularly interested in the intersection of technology and marketing, and how it can be used to improve business practices and customer experiences."

ACG Tauranga, meanwhile receives credit from its former Head Girl, Chelsea Good, for its unique educational approach and supportive environment. "I really found my place there because I felt like they really nurtured the



potential that I had and I got a lot more support than I felt I would've got in the NCEA system."

Chelsea, who graduated in 2021 and is now studying at Victoria University, found that the Cambridge system at ACG Tauranga was perfectly suited to her diverse interests. "I described myself as hungry quite a lot in my uni applications. I was really hungry to do so many different things. And so Cambridge really provided me the academic base, but it also allowed me to maintain those other sides of my life as well. I never struggled to maintain the drumming and the swimming and all of the sports and stuff because it was so structured."

Chelsea also found the small class sizes at ACG Tauranga to be a major advantage. "It's such a different way of being educated than being a kid in a classroom of 50 where you walk in and the teacher calls out your name and the role and they have to look around to see who answers as opposed to being like, 'Hey Chelsea, how was your weekend? What have you been up to? How are you going with that prep for that test?'"

This contrasted with her previous experiences with the public school system, where she felt like "a small fish in a big pond" and struggled to find a sense of purpose. However, at ACG Tauranga, she felt that the school nurtured her potential and provided her with more support than she would have received in a public school setting. "I graduated last year with 19 kids in my year, which is crazy but I know all 19 of them, I still talk to all 19 of them. We've just got these relationships that are so close. And it is the same with the teachers. I've got some of my teacher's phone numbers now and I still get emails from them checking in on how I am going. You just cannot put a price on that sort of environment."

While this small intimate learning base is important, it's this combination with the access to the larger international network that creates a unique and pathway for students to achieve on the world stage. And while some schools will fall back on tradition and history, ACG Schools offers a fiercely global outlook, a more individual and modern approach to education, a true passion for learning and outstanding academic results and a focus on the future with a dedication to excellence. This really sets ACG apart from traditional schools and offers a unique and well-rounded education to prepare students for a world of future opportunities.



THE 10 THINGS NO ONE TELLS YOU ABOUT STARTING A BUSINESS

When I started Tailor Skincare, I had all of the enthusiasm with none of the experience. Here are my top 10 learnings that no one told me when I started in business.

1 You'll want to quit

There will be times which feel like you're working 24/7 and making zero progress. Your passion will wane and it'll take sheer grit and determination to keep going. Then all of a sudden, something will click and you'll be back in flow. Working on your business will become fun again and you'll be getting the results that warrant all of the hard work you're putting in. But then comes the next growth stage and you're back to the grind, without payoff for a time. Business is cyclical like this especially when you're chasing growth. If the mission is worth it, don't quit when you want to quit the most! Because going out on a high note is the best (most lucrative) way to exit.

2 It's not what you know, it's who you know!

The two largest retailers we launched into were because I'd bumped into key contacts at events. We launched into Farmers because we won an award and the buyer was in the room that night. Before Farmers, Healthpost took a chance on our fledgling brand (even before we had barcodes) because I'd met the ecommerce manager at a conference. It's not what you know, it's who. Networking gets things done! Similarly, isolation can be a real pain point for solo founders, networks give you the support to share war stories and celebrate success.

3 Hire people better than you

Hire people who are better than you at the things you don't really want to do. Map out your strengths and identify your weaknesses. Then build systems, which allow you to move towards these passions and hire for the capacity gaps. Hiring people who are good at the things you're not will help you build a bigger and better business. Hiring people who are better than you will make your life easier and this is the ultimate sign that you've hired the right people.

4

Timing is critical

You might be too early or too late and this can make all of the difference to the success of your brand. When I launched Tailor, the timing was perfect to grow a community on Facebook and Instagram. I would post and 100 percent of my followers would see it for free. Engagement rates were at an all time high and any paid advertising had a ROAS, which was through the roof. It was the sweet time of an emerging sales channel. Now, gaining traction on these channels is a steep and expensive climb for new brands entering into competitive markets such as skincare. But there are always new emerging platforms. Along with emerging sales channels are emerging consumer needs. Timing your market entry to be just ahead of peak consumer demand is critical.

5 There's no such thing as a four-hour work week - business is non-stop

Yes, you will get the flexibility to make your own hours. Yoga in the middle of the day, sure thing. But know that business never sleeps and the amount of smart hours you put into your business will pay off in the long run. By smart hours, I mean strategic well-planned work. Not just haphazardly working to tick up the hours. Systemise your business and work smarter, not harder. So you can gain more flexibility in your day. Be very intentional when you sit down to work, have a plan of what you need to achieve and don't multitask if you can avoid it. Do one thing at a time.

6

Ideas aren't worth much, execution is everything

The number of times I hear, "Oh I thought of doing that three years ago and now look at the success of this company". My thoughts... "Yeah but you didn't do it". You cannot reap the rewards if you don't do the work. Yes, every business starts with a good idea, but it's worth nothing until you front up and do the work. So get going, or your idea will be scooped up by someone else who's prepared to do the hard yards.

You'll need to reinvest

I hear small business owners say this to me all the time: "Oh this first production run won't make any money". Like as if they think their second one will!?! NO! You'll need to reinvest all of the profits back into the business for at least a year, most likely two or three before you can take some profit out of the company. You may even need more money than the profit gained from the sales of each production run. Reinvesting is key, as a rule of thumb, make sure the COGS on one unit can pay for at least 2 new products to be made. This way you can scale production and still have some cash for marketing.

8

Friends and family are not real customers

In the beginning your sales will spike, because your friends and family want to support you. Your early success is not because you've built a great brand. It's because you are loved and those people want to support you. The next challenge and stage of growth is to find those truly genuine customers. It takes hard work and time to build this base.

9

No one ever regrets spending time with their family

When all is said and done, did you make time for the ones you love along the way? Yes, it's important to build a successful business. But it's more important to surround yourself with family and friends who fill your cup. Taking time away from the business to fill your cup means you'll be in a better position to give back to the business, work more efficiently, succeed in the long term and share this success with your loved ones. Be sure to prioritise time with your people because business has a way of stealing every waking moment, if you let it. Looking back, I've never heard anyone ever say they regret spending all that quality time with their family.

10

Everyone will give you their 10 cents

Every man and his dog will want to give you their business advice. I was constantly asked, "Why don't you sell on Amazon?", "I heard China is a good market, why don't you launch there?", "Have you thought about skincare for men?" All of these ideas have merit, but it's up to you where you put your focus. Energy flows where focus goes, and if your focus is all over the shop, then you're not going to get anywhere fast. Take advice with a grain of salt and keep focused on your strategic growth mission.

Looking for strategic business advice, reach out to me on saracorleison@gmail.com for a 30 minute consultation.

MAKING THE INVISIBLE VISABLE.....



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To mix up your holiday reading in the sun which will, if your anything like me, include several light-hearted and no doubt trashy novels – I wanted to peak your curiosity. What is invisible in your life and what are the benefits to you in bringing this into the light, creating visibility around it?

We have been hearing many calls for transparency recently. In order to address our 9.2% gender pay gap (which results in the average Kiwi women only being paid for 331 days, for every 365 days the average man is paid for), businesses are being called on to publish their gender and ethnic pay gaps. The MindTheGap campaign presented to Parliament last October calling for such reporting to be mandatory.

Similarly, Crayon has launched The New Zealand Parental Leave Register, a comprehensive database of verified parental leave policies in the country, calling all employers to join. The register providing transparency on parental leave entitlements, which, let's face it, many of us only started to consider once pregnant. The information provided through the Register enabling Kiwis to make proactive, informed choices for their families.

On the basis that we simply can't solve what we can't see, making the invisible visible is an essential step in making impactful change.

If these initiatives are not in your line of sight they are now and you and others can benefit from this visibility by:

- Asking your employer about their current pay gap and plan to correct this, encouraging them to report through the MindTheGap Register;
- Support your employer to join the Parental Leave Register, spreading the word as to the availability of this data amongst your colleagues and friends, encouraging parenting with financial confidence;
- Ensuring you understand the issues underlying these initiatives and the impact on you.

But on a more personal note, how visible are you to self?

By this I mean, how well do you know yourself, your beliefs and purpose, strengths and challenges, your-self talk and its impact on you every day? The beliefs and assumptions that shape the life you lead and the actions you take.

We all have aspects of ourselves or our lives into which we are reluctant to delve, keeping these aspects buried away out of the light, whether they are related to aspects of our personal relationships, relationship with money, the dreaded imposter syndrome, or decisions or change that we are avoiding. But as we dig deep, giving ourselves time to contemplate who and what we are and what might be holding us back or driving us forward, learning more about ourselves, a light flickers on with the opportunity for illumination and the ability to then make a conscious choice as to how we move forward.

Holidays provide a great opportunity for 'me time' to contemplate and shed light on what's invisible to us, writing down what comes. Writing stream of consciousness, without judgement and with later reflection time, can be a useful tool. After all, how can we be and benefit from being visible to others if we are not to ourselves - and who wouldn't want this for 2023!



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3 Mistakes I've Made and What I Learned from Them



RICHARD CONWAY
FOUNDER & CEO OF
PURE SEO (PURESEO.CO.NZ)

Read his columns at M2WOMAN.COM

Companies can easily absorb the cost of mistakes and inefficiencies when growing quickly. As entrepreneurs, however, we learn through failures as much as our successes.

The public-facing image of most companies and entrepreneurs is largely dominated by their successes and praises, so it is difficult for people starting out to understand the true story.

MISTAKE 1: AGREEING TO MORE THAN I COULD HANDLE

The biggest mistake I have (repeatedly) made during the past 12 years is overextending myself and saying yes to too many things. This, coupled with my propensity for starting new businesses, has sometimes impacted my family, my main business, and my wellbeing.

The key lesson from this is understanding when to say “no”. Taking on too much can be detrimental to you and those around you. After all, when you look back over your life, will you remember that extra board position or the memories of time spent with family and friends?

MISTAKE 2: LETTING MISPLACED TRUST INTERFERE WITH MY GOALS

Trust is an emotional and complex issue for me. Trust is my core value. For some reason, it is the one thing that elicits a visceral reaction from me when breached. However, my default attitude is to trust people unless they have done something that I feel explicitly breached that trust.

Over the years, numerous people have taken advantage of my nature and abused the trust I placed in them. This always impacts me deeply and requires much effort and time to overcome.

From these moments, I've learned that many different personalities and ethics exist, and what works for one person is not necessarily compatible with someone else. For example, some people believe that casual ethics do not matter because “it's only business”. They may

say one thing to lead you down an incorrect path whilst simultaneously doing something else to give them an advantage.

Understanding how different people think has helped me move on faster and not hold onto upset and resentment.

MISTAKE 3: PUTTING MY HEALTH AND WELLBEING SECOND

I have not always prioritised exercise or self-care, especially in the early days of my business. At one point, I was up to 93kgs (I am 75kgs today), and I did very little to put my health and wellbeing first. I reached a stage where I was so unfit that just the thought of exercise brought shame and fear.

Ultimately, having a child on the way motivated me to get fit again (I was always very fit and sporty as a kid). I started with a personal trainer who got me to a base level of fitness, and then I took up kickboxing (which I have done ever since). I also have a massage at least every fortnight. I use this as a time to think and relax. More recently, I have taken up singing lessons!

Nowadays, I couldn't imagine not exercising or taking some time for myself. The key learning from this is that no matter your starting point, the hardest bit is biting the bullet and deciding to start today. It will be hard at first but will get significantly easier. Find an exercise regime that works for you and ensure you have some time for yourself, separate from family or work. It will make you a better and happier human being!

It was hard to select just three mistakes from the past 15 years. All mistakes, however, are opportunities for learning, growth, and change. Ultimately, working on yourself has the ancillary benefit of making you a happier person, which also benefits those around you. Everyone wins!

Bullying in the workplace

a cautionary tale



ANNA JACKMAN
EMPLOYMENT LAWYER
DTI LAWYERS
(DTILAWYERS.CO.NZ)

An employer has an obligation to protect workers against a risk of harm if it is foreseeable, and to take proportionate steps considering that foreseeable risk.

This recent case in the Employment Relations Authority is a timely reminder of an employer's duty to provide a safe workplace (i.e. take all reasonable steps to maintain a safe workplace, that meets health and safety requirements), including taking steps to address the risk of mental harm, such as that which may be caused by workplace bullying.

QUINTON-BOUNDY VS WAIMAKARIRI DISTRICT COUNCIL – THE BACKGROUND

In this case, the employee raised concerns regarding the behaviour of her Manager and her Executive Assistant, and ultimately resigned claiming unjustified dismissal on the basis that the organisation had breached its duty to provide a safe workplace.

The organisation argued that the bullying by the other employees was not foreseeable, that it had treated the issues as a 'conflict of interest' and 'managerial issue' in terms of the Manager potentially favouring the Executive Assistant. The Council also asserted that the employee had not 'formally' raised her concerns. This was not accepted by the Authority Member, who considered that the organisation was aware of previous incidents in respect of the Manager and Executive Assistant, including the undermining of the organisation's HR team, and that a complaint had been made by the subject employee to the Chief Executive – the formality of the complaint being irrelevant.

Also noted by the Authority Member was the honest and frank evidence of the organisation's witnesses, including for similar incidents, and that four witnesses who gave evidence broke down while being questioned, some 18 months since their experiences they were still feeling the emotional and psychological impact of that time. Significant remedies were awarded.

EMPLOYER OBLIGATIONS

This case is a good reminder for employers that:

- When you become aware of a complaint/concern, there is an obligation to deal with it, irrespective of whether it is raised formally or informally. In this case, the Authority noted that an independent investigation was required, and the organisation knew that, but did not take those steps.

- Even where it is known that an employee will be leaving the organisation soon, an employer has an obligation to act.
- An employer must manage risks, including psychological risk, where risk of harm is foreseeable. An employer must take proportionate steps considering that risk.
- There is an intersection between employment obligations and health and safety obligations. Both must be considered and managed.

TIPS FOR EMPLOYEES

- If you are being unfairly treated, or have concerns about another employee's conduct towards you, seek help. Does your employer have a policy/procedure that you should follow? Raise your concerns.
- Are you able to raise a whistleblower complaint? These can be raised where there is a complaint of serious wrongdoing in the workplace. In the Protected Disclosures (Protection of Whistleblowers) Act 2022, the definition of 'serious wrongdoing' includes serious risks to an individual's health and safety. Bullying and harassment are provided as examples.
- Speak up, seek assistance. Take note of any concerns you have.
- Get support and ask your employer about what support it can provide.

THE ROLE OF INDEPENDENT WORKPLACE INVESTIGATIONS

Early intervention and investigation, in particular where there has been previous indication of this behaviour, is imperative. In these circumstances (where there is bullying/undermining alleged by two employees in different levels of the organisation against others), an independent investigation is recommended to ensure impartiality and robustness of reporting.

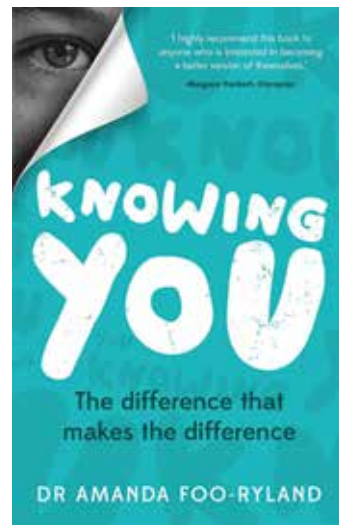
ON THE RISE

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A JOURNEY TO CHANGE

You may have heard of our *M2woman Journey to Excellence* Live Forums, an immersive event where a lineup of successful people in business discuss the issues and solutions to achieving diversity and addressing ESG issues in the workplace. Currently up to its twelfth series, our next event on 26 May 2023 promises to be another inspiring and informative event with practical steps discussed to take home and implement into your own workplace. Following the panel discussion is a networking hour where attendees will have the opportunity to discuss themes with other like-minded people from a broad range of industries.

If you are interested in attending with your colleagues or clients, visit journeytoexcellence.co.nz for more details.



MINDSET RESET

We all have dreams and desires for our future, however too often we rely on external influences to push us in that direction. Dr. Amanda Foo-Ryland is a TedX and international keynote speaker and author focusing on human development and coaching, and reveals in her new book, *Knowing You*, how external elements cannot make our lives better and that it is in fact, when and how people take control of their lives, change course and become their own navigators that things actually start to change for them.

Amanda explains the benefits of a process known as neural coding, where it is possible to discover, observe and investigate your own mind, delete the beliefs that do not serve you and install new ones that do. *Knowing You* is packed with case studies and practical examples on how to move from self-blame and procrastination and understand that there are lessons to be learned from the obstacles in life.

Empathetic, motivational and informative, this book aims to empower readers to transform their lives into something personally fruitful, happy and fulfilling.

Knowing You by Amanda Foo-Ryland. Published by Panoma Press. On sale 24 February 2023. RRP \$26.99

It comes from Mother Nature

Riley got her job after the woodwork teacher at her school told her there was an apprentice job going at Hale's joinery at Addington.

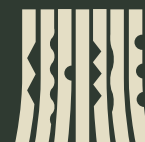
Trees are from Mother Nature, she says and it was so eye-opening to see all the beautiful things Hales were making for people out of wood.

Riley says working with her hands is a much better life than daydreaming over paperwork in an office somewhere.

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DON'T TELL ME TO SMILE.

WORDS BY Amy McDaid

For my birthday, I received an unexpected gift — a voucher for Botox.

I am reasonably “low maintenance” — I rarely wear make-up, and my skin care regime is basic. I do not have a job that requires me to dress nicely. I’m either writing at home in loungewear and knitted socks, or at the hospital in a uniform that resembles bedroom curtains.

I notice and shrug off the early signs of ageing on my face — the sag occurring at my jowls, that loss of plumpness. Yet one thing bothers me. The frown that forms a permanent canyon between my thick brows. The person who bought me that botox voucher knew me well, and I did briefly clutch it to my chest in rapture.

The month or two following my birthday were not the best, full of drama and tears and illness. Booking in my Botox was the furthest thing from my mind. My dear mum, concerned about me, took me out to lunch.

“Amy,” she says, “you have to stop frowning.”

“I can’t help it. It’s there.”

“Relax your face.”

“I can’t.”

But I am a good daughter, so I tried anyway despite my bad mood, and discovered not-frowning made my eyes water. The rebellious side of me decided to hold off further on the Botox. But the lunch my mum had bought me was beautiful and nourishing. She’s a good mum.

I’ve had Botox before. The frown has been around since I was in my twenties. This isn’t a battle against ageing. So why was a small part of me troubled about erasing my frown? I don’t feel it’s a slippery slope, that I’ll end up with goldfish lips and cheeks that look like a chipmunk’s. I’m not worried about side-effects or a frozen look. The threat of an eyebrow sag does not perturb me.

I don’t like my frown because it makes me look annoyed when I’m not. It makes me look troubled when I’m not. But after I get my Botox, will the opposite hold? Will my inability to further deepen my crease at someone who angers me cause me to not be taken seriously? Am I buying into the narrative of how the ideal woman should look - demure and smiling, certainly not annoyed?

There’s nothing I hate more as a woman than being told to smile. A smiling woman makes a man feel comfortable — a smiling woman is perceived as less likely to challenge or cause trouble. When a man tells a woman to smile, the message is that we exist to please him, and that we should alter our appearance to do so, no matter how we’re feeling.

In preparation for life as an author, I did a public speaking course. Someone would make a speech, and an experienced speaker would offer feedback. I would bristle every time a female speaker was told she needed to smile more. She could have been talking about the death of her grandad. The feedback would be the same — “you need to smile more.” The male speakers would not receive this feedback. I planned to do a speech about the pressures on women, including the pressure to smile, but I was concerned my feedback would discuss how I did not smile and a scuffle would have ensued.

I want to believe I’m erasing my frown for myself. Still, I wait a couple of months before I cash in my voucher because I’m grumpy and tired and overworked, and I feel I need my frown. That in some ways, I deserve it. Besides, there are a few things happening around the globe, beyond my little life, that require a bit of frowning. How pathetic and small are my problems! And then I tell myself to be kind to myself, that I am Ginsberg’s golden sunflower. I drop the martyrdom, and book in my Botox.

As the beauty therapist examines my furrowed brow, I chat to her. She looks far too young to have four teenagers, her forehead above her mask is completely smooth, and there are no crow’s feet at the corners of her eyes. She talks about her children. How they are wonderful children who rarely cause trouble. ‘What’s your secret?’, I ask, because I’m always after parenting tips. ‘Communication’, she says. ‘Talk to them. And use conversation to encourage critical thinking and build empathy’. Wise words, I think, and it helps me to trust her as she injects the toxin into my forehead.



Amy is an author, book reviewer, registered nurse, and occasional writer of children’s poetry. She lives in Tītirangi with her six-year-old daughter, a fluffy white cat and a dozen pet garden snails. She has a Master of Creative Writing from the University of Auckland. Her first novel, *Fake Baby*, won the Wallace Foundation Prize and was long-listed for the Ockham New Zealand Book Awards. When not working on her second novel, she pulls shifts in Newborn Intensive Care.

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