

# GLAMSQUAD

NOVEMBER 2022

5 STYLISH  
ENSEMBLES  
TO KEEP  
YOU WARM  
& CLASSY

PARIS  
FASHION  
WEEK 2022  
REVIEW:  
25 STREET  
STYLE PHOTOS

QUEEN  
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BEHOLD THE  
FIRST BLACK  
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10  
INTERNATIONALLY  
ACCLAIMED  
NIGERIAN  
DESIGNERS

EXCLUSIVE

Connection  
Between  
Health,  
Wellness &  
Beauty

# Meghan The Duchess of Sussex: ALL THE LIES



**BEAUTY**



# MEGHAN THE DUCHESS OF SUSSEX:

## *All The Lies*

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## 10 INTERNATIONALLY ACCLAIMED NIGERIAN DESIGNERS

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We pay for exclusive celebrity stories.

I have a soft spot for Megan – I always have, and frankly speaking, I will always do!

I cannot forget the goosebumps and the tears I experienced watching her wedding on television.

Yes, I was in London and could feel the unique atmosphere in the city during that period. I remember the royal horses. I remember her dress – I remember everything!

I knew it would be difficult – a non-royal coming into the highest royal circle in the world. Our T.V. celebrity was becoming royalty – blue blood overnight. I knew it would not be easy because she was going to try to fit into a standard that had been built and maintained for many generations. In your opinion, how has she fared so far?

This edition gives a 360-degrees on Megan and doesn't retrospect a particular aspect of her now public life. It is an issue that, in my opinion, does the best form of justice for Megan Markle – and I am saying this without trying to brag. Once again, the team did a great job on this publication.

Interestingly, if you had thought that Megan was the first black (or non-British) royal, then you are

wrong! Find out who was in this edition.

Our November edition also features Lizzo – the songstress with the voice of an angel, the attitude of a Queen Mother, and the body of a goddess – oh yes, I said it! Lizzo's got a great body! Shame on you, Kanye!

As usual, our fashion, entertainment, health, and beauty stories will keep you spellbound. We also opened our nomination for the prestigious Glam Stars and Heroes Awards 2022. Please keep the votes coming in!

I leave you with lots of love and heartfelt prayers. Until we speak again in December, stay beautiful!

Yours,  
A.D.



### FASHION

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## Winter Fashion 101

# 5 Stylish Ensembles To Keep You Warm & Classy

Sasha Bokamoso

**A**t Glamsquad, the fashion editors often refer to the last quarter of the year as the Fashion Quarter of the Year. We coined this name for the last set of months because they tend to house the highest number of Fashion Shows across the globe. September and October witnessed the Paris Fashion Week, Milan Fashion Week, London Fashion, and Lagos Fashion Week. Also, many designers like Dior and Balenciaga have showcased the winter collections and 2023 collections. More will follow! The shows often offer a wide array of fashion inspirations – from strong-shoulder, double-breasted wools to classic trench coats in new shades of neutrals, worn with everything from ruffled skirts and Canadian tuxedos to knee-high boots and kitten-heel pumps. Below, we have profiled our top 5 stylish ensembles to keep you warm and classy. We analyzed each piece of the ensemble to make it easy for you to create the classy looks. Yes, you are welcome!



1

## THE TUXEDO COAT

A satin or silk lapel brings an evening elegance to your daytime look—just add a pair of block heels and a striped knit. Alternatively, throw it on over suiting or a dress for a night out.



2

## THE ANIMAL-PRINT PIECE

Between Dries Van Noten and Bottega Veneta, zebra print is having a moment. Take a walk on the wild side with a coat that makes a statement, and keep the rest of your outfit simple.



3

**THE OVERSIZED OVERCOAT**

With broad shoulders and ankle-skimming lengths, a completely oversized coat demands to be the center of attention. An oversized overcoat is the key to making low-effort outfits high impact.



4

**THE TWO-TONE**

Not all trench coats are created equal. Color-block, paneled, and two-tone takes on the heritage outerwear staple give the style a fashion-

5

# THE LONGLINE LEATHER

A long leather jacket is arguably the coolest silhouette for fall. Its sophisticated simplicity pairs just as well when worn with a colorful striped rugby shirt and a pair of pinstripe trousers as it does with jeans and a T-shirt.



# THE TRENCH

forward feel, all while still remaining a classic. Go for an off-duty look with the addition of a baseball cap.

# Meghan Markle

*TV Star. Royal Obligation. Duchess of Sussex. Legacy... and More*

*Amenna Daayo*

*With Support From Erin McDowell And Katie Frost*

There is no doubt that someday the story of Meghan Markle will be the plot for a Hollywood blockbuster movie – the storyline sets out beautifully. However, not every day, a working actress becomes a British royal and goes back to becoming an executive producer for a Netflix show.

From small acting roles landing a breakout role in the popular series – “Suits”, to marrying a British Prince and becoming the Duchess of Sussex – despite being an American - this is the sort of story we read in fairytale books.

Meghan Markle, who turns 41 on August 4 this year, began her acting career in the

early 2000s – who would have thought the American-born actress would become a British royal two decades up the line?

From being one of the stars in a show or movie, Meghan became ‘the star’ in 2018 when she married Prince Harry. She seemed perfect for the role of Duchess of Sussex, but after some issues behind the scenes, it appears Meghan has since relinquished her royal responsibilities. She now works with Netflix as an executive producer on a new show.

Let us take a look at Meghan Markle: The T.V. Star. Royal Obligation. Duchess of Sussex. Legacy...and More

**Glamsquad  
Exclusive:**



## Meghan's Career Timeline

- **1993:** An 11-year-old Meghan Markle made her first T.V. appearance, speaking out against a "sexist" Procter & Gamble commercial for Ivory dishwasher soap.
- **1995:** Before making it big as an actress, Markle worked at a frozen yogurt shop called Humphrey Yogart.
- **1999:** Markle would reappear in front of the camera — she made her music video debut in Tori Amos' 1999 hit song "1000 Oceans."
- **2002:** Markle landed her first official T.V. acting credit as Nurse Jill, a small role in "General Hospital."
- **2005:** Markle worked as a freelance calligrapher — she even did the wedding invitations for Paula Patton and Robin Thicke's 2005 nuptials.
- **2007:** Markle appeared as one of the briefcase girls on "Deal or No Deal."
- **2009:** Markle starred in a 2009 Tostitos commercial.
- **2010:** Markle acted alongside Robert Pattinson in "Remember Me" as a bartender.
- **2011:** Markle's life changed after earning her breakout role as Rachel Zane on "Suits."
- **2014:** Markle started a lifestyle blog called "The Tig," named after her favorite wine.
- **2016:** Meghan Markle appeared as a guest judge on Food Network's "Chopped Junior."





## *Meghan Markle's Engagement to Prince Harry*

On November 27, 2017, Prince Harry and Meghan Markle announced their engagement to the public, making the actress a duchess-to-be.

According to the couple, the proposal happened quite spontaneously.

"It happened a few weeks ago, earlier this month, here at our cottage; just a standard typical night for us," Prince Harry later told the BBC.

Markle added, "[We were] trying to roast a chicken and it just — just an amazing surprise, it was so sweet and natural and very romantic. He got on one knee."

Markle's life and career were about to change drastically. She would be expected to fulfill her royal duties as a duchess, which included moving across the ocean to London, and she announced she would no longer act.

On November 29, 2017, two days after Megan announced her engagement to Prince Harry, it was officially confirmed that Markle would be exiting "Suits" after seven seasons.

"From all of us at USA Network and Universal Cable Productions, we want to send our most heartfelt congratulations to Meghan Markle and Prince Harry on their engagement," USA Network said in a statement.

"Meghan has been a member of our family for seven years and it has been a joy to work with her. We want to thank her for her undeniable passion and dedication to 'Suits,' and we wish her the very best."

## *The Royal Wedding: Meghan Markle Weds Prince Harry*

On May 19, 2018, Prince Harry and Meghan Markle tied the knot at St. George's Chapel at Windsor Castle.

Top celebrities like Oprah Winfrey, Serena Williams, and Elton John were invited to the celebrations, while thousands of well-wishers lined the streets to wave at the couple, who arrived at the reception via a horse-drawn carriage.

The wedding was elegant in every way. Projected figures vary, but estimates have indicated that Harry and Meghan's wedding cost £32million overall. Aside from security costs, much of the wedding itself was paid for by the Royal Family.

Prince Harry proposed to Megan with a custom diamond engagement ring. Harry designed the piece himself, which was then made by court jewelers Cleave and Company using one diamond sourced from Botswana and two smaller stones from Princess Diana's collection.





The wedding took place on May 19, 2018. The ceremony began at 12 p.m. BST (7 a.m. E.T.), followed by a carriage procession through Windsor at 1 p.m. BST (8 a.m. E.T.), and was televised and live-streamed around the world.

Meghan and Harry's gorgeous wedding ceremony took place at St. George's Chapel at Windsor Castle. After walking down the aisle with her bridesmaids, page boys, and later Prince Charles, Meghan met her groom at the altar of St. George's Chapel. The Most Reverend, Michael Bruce Curry, delivered a rousing sermon during the ceremony, and the bride and groom said their vows and exchanged rings.

Immediately following the exchange of vows, Prince Harry and Meghan Markle took a carriage ride through Windsor. The route went along High Street through town before returning back via the Long Walk.

The royal family gathered on the steps of St. George's Chapel to wave Harry and Meghan off on their procession. That's where the royal couple shared their first kiss.





## *The Royal Duties as a Royal and as Duchess of Sussex*

Between 2018 and 2019, Markle and Prince Harry embarked on a number of royal appearances and charitable trips as part of the royal family.

In the months leading up to their May wedding, they traveled across the United Kingdom and even made a surprise appearance in Belfast, Northern Ireland, in March.

Later, in October 2018, the couple toured Australia, Fiji, Tonga, and New Zealand for 16 days.

The couple also cuddled with koalas in Sydney, met with youth mental health organizations, took part in traditional ceremonies, met foreign leaders, and laid a wreath at the Tomb of the Unknown Warrior in Wellington, New Zealand.





## *The Long Step from Royal Dependence and the Oprah Winfrey Interview*

In January 2020, Megan and Prince Harry made public their decision to be “financially independent” and take a “step back” from the royal family.

“We intend to step back as ‘senior’ members of the Royal Family and work to become financially independent while continuing to support Her Majesty The Queen fully,” the statement read. “We now plan to balance our time between the United



Kingdom and North America, continuing to honor our duty to The Queen, the Commonwealth, and our patronages.

“This geographic balance will enable us to raise our son with an appreciation for the royal tradition into which he was born, while also providing our family with the space to focus on the next chapter, including the launch of our new charitable entity.”

In the couple’s tell-all interview with Oprah Winfrey in 2021, Prince Harry revealed the primary reason for them leaving their royal roles was a “lack of support and lack of understanding” from both the media and the royal family.

The couple would move to Canada in 2020 and, in March of the same year, returned to the U.K. for their final engagements as senior royals.



## *Financial Independence and the Deal with Netflix*

In September 2020, it was announced that Markle and Prince Harry, who had moved to California in July, had signed a landmark production deal with Netflix.

According to *The New York Times*, the couple planned to produce documentaries, docuseries, feature films, scripted television shows, and children's programming under their new business.

"Our focus will be on creating content that informs but also gives hope," Harry and Markle told the outlet. "As new parents, making inspirational family programming is also important to us."

In October 2020, Meghan Markle and Prince Harry founded Archewell Inc., which includes the couple's nonprofit charitable

foundation and a media production company.

"Before SussexRoyal, came the idea of 'Arche' — the Greek word meaning 'source of action.' We connected to this concept for the charitable organization we hoped to build one day, and it became the inspiration for our son's name," Harry and Markle said in a statement in April 2020, prior to officially launching the new venture.

From its inception, Archewell was described as a primarily charitable organization. However, other subjects would allow the couple to dip their toes into media production with "education and training materials" through films, podcasts, and books.



## *Royal Excommunication*

On February 19, 2021, Buckingham Palace confirmed Prince Harry and Meghan Markle would no longer work on behalf of the royal family.

"The Duke and Duchess of Sussex have confirmed to Her Majesty The Queen that they will not be returning as working members of The Royal Family," Buckingham Palace said in a statement.

"While all are saddened by their decision, The Duke and Duchess remain much-loved members of the family."

In addition to losing their involvement with numerous U.K. charities and patronages, Prince Harry will lose his honorary military appointments with The

Royal Marines, the RAF Honington, and the Royal Navy Small Ships and Diving.

People reported that the couple will retain their Duke and Duchess of Sussex titles and will still be referred to as His/Her Royal Highness, though they do not actively use either of their titles.

In a statement released by Prince Harry and Markle, the couple said they "remain committed to their duty and service to the U.K. and around the world, and have offered their continued support to the organizations they have represented regardless of official role."

"We can all live a life of service. Service is universal," they concluded.



## *The Revelations, Mental Health Battle, and Therapy*

May 17, 2021: Meghan Markle made a cameo in the official trailer for Prince Harry and Oprah Winfrey's new docuseries about mental health, "The Me You Can't See."

The first official trailer for the new docuseries featured interview clips from celebrities like Lady Gaga, Glenn Close, and Prince Harry. Harry has previously been open about his own mental health struggles and even revealed that it was Markle who encouraged him to seek out therapy.



## *Publication and New Netflix Executive Producer Deal*

On June 8, 2021, Meghan Markle published her first children's book, "The Bench."

"The Bench" started off as a poem Markle wrote for Prince Harry for Father's Day about his relationship with their son, Archie, and was later turned into a full-fledged children's book. In less than a week after its release, "The Bench" became a No. 1 New York Times bestseller.

"While this poem began as a love letter to my husband and son, I'm encouraged to see that its universal themes of love, representation, and inclusivity are resonating with communities everywhere," Markle wrote in a statement on the Archewell website, thanking readers for making the book a bestseller.

On July 14, 2021, it was announced that Meghan Markle will serve as an executive producer for the Netflix children's series "Pearl."

"Like many girls her age, our heroine Pearl is on a journey of self-discovery as she tries to overcome life's daily challenges," Markle said in a statement.

"I'm thrilled that Archewell Productions, partnered with the powerhouse platform of Netflix, and these incredible producers, will together bring you this new animated series, which celebrates extraordinary women throughout history," she continued. "David Furnish and I have been eager to bring this special series to light, and I am delighted we are able to announce it today."

Though Markle has no official plans to act, the California native appears to have finally come full circle from her days as a working actress to now a powerful voice at a major production company.

# Sophia Charlotte: Behold The First Black Queen Of England

1 7 4 4 - 1 8 1 8

*Chioma Esui*

There are many who claim that Megan Markle is the first black royal. Well, she isn't! Well, if the United States born isn't the first non-British royal, then who is?

Queen Sophia Charlotte is the first black royal and Queen of England (Great Britain and Ireland). Let's find out more about her.

Princess Sophie Charlotte was born on this date in 1744. She was the first Black Queen of England. Charlotte was the eighth child of the Prince of Mirow, Germany, Charles Louis Frederick, and his wife, Elisabeth Albertina of Saxe-Hildburghausen.

In 1752, when she was eight years old, Sophie Charlotte's father died. As princess of Mecklenburg-Strelitz, Sophie Charlotte was descended directly

from an African branch of the Portuguese Royal House, Margarita de Castro y Sousa.

Six different lines can be traced from Princess Sophie Charlotte back to Margarita de Castro y Sousa. She married George III of England on September 8, 1761, at the Chapel Royal in St James's Palace, London, at the age of 17 years of age becoming the Queen of England and Ireland.

The conditions of the marriage contract were, 'The young princess, join the Anglican church and be married according to Anglican rites, and never ever involve herself in politics'.

Although the Queen had an interest in what was happening in the world, especially the war in America, she fulfilled her marital agreement. The Royal couple

had fifteen children, thirteen of whom survived to adulthood. Their fourth eldest son was Edward Augustus, Duke of Kent, later fathered Queen Victoria.

Queen Charlotte made many contributions to Britain as it is today, though the evidence is not obvious or well publicized. Her African bloodline in the British royal family is not common knowledge.

Portraits of the Queen had been reduced to fiction of the Black Magi, until two art historians suggested that the definite African features of the paintings derived from actual subjects, not the minds of painters.

Queen Charlotte was the great great-great grandmother Queen Elizabeth II.

In Queen Charlotte's era slavery was prevalent and the anti-slavery campaign was growing. Portrait painters of the



royal family were expected to play down or soften Queen Charlotte's African features.

Painters such as Sir Thomas Lawrence, who painted, Queen Charlotte in the autumn of 1789 had their paintings rejected by the royal couple who were not happy with the representations of the likeness of the Queen.

These portraits are amongst

those that are available to view now, which could be seen as continuing the political interests of those that disapprove of a multi-racial royal family for Britain.

Queen Charlotte was a learned character, her letters indicate that she was well read and had interests in the fine arts.

The Queen is known to have

supported and been taught music by Johann Christian Bach. She was extremely generous to Bach's wife after Bach's death.

Wolfgang Amadeus Mozart, at aged eight dedicated his Opus 3 piece to the Queen at her request.

Also an amateur botanist, Queen Charlotte helped to establish Kew Gardens bringing amongst others the *Strelitzia Reginae*, a flowering plant from South Africa.

The Queen who had the first one in her house in 1800 introduced the Christmas tree to England. It was said to be decorated with, 'sweetmeats, almonds and raisins in papers, fruit and toys.

Also the Queen Charlotte Maternity hospital was established in London. Set up as a charitable institution, it is the oldest maternity care institution in England.

Queen Charlotte died on November 17, 1818 at Dutch House in Surrey, now Kew Palace, in the presence of her eldest son, the Prince Regent.

She is buried at St George's Chapel, Windsor. The only private writings that have survived are Queen Charlotte's 444 letters to her closest confidant her older brother, Charles II, Grand Duke of Mecklenburg-Strelitz.

On 23 May 1773 in a letter, the Queen felt she was in a position of privilege yet a task.

Her Christian faith was a protection and a method of endurance, as she quotes from the Bible and recognizes her role as a royal of God beyond her royal role on earth.

# 6 TIMES MEGHAN, DUCHESS OF SUSSEX CHANNELED DIANA - PRINCESS OF WALES

*Amenna Daayo*

**A**s the day drew near for the funeral of Queen Elizabeth II, all eyes were on Meghan Markle – for many reasons! So, when a style expert revealed that the Duchess of Sussex could wear an outfit reminiscent of the late Princess Diana's style, not many were surprised. Megan has been in the habit of channeling Princess Diana through her outfits. Yes, all the members of the royal family would be wearing black, but there was confirmation that one person would be standing out as usual – Meghan. The day of the funeral came, and indeed Megan wore a reminiscence of the outfit Diana wore during the Cenotaph in 1991– a belted coat and a wide-brimmed hat. Below, we have highlighted six times Meghan, Duchess of Sussex, Channeled Diana - Princess of Wales, through her outfit. Enjoy!

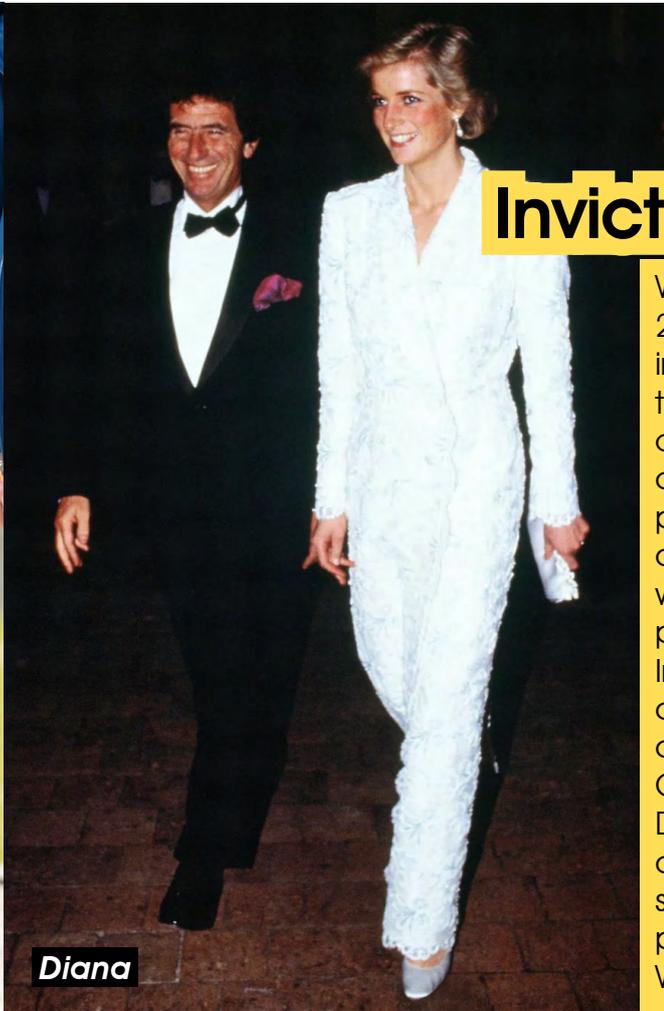


## At 2022 Invictus Games

While attending the 2022 Invictus Games in the Netherlands, the Duchess of Sussex opted for all white in a double-breasted pantsuit by Valentino, accessorized with a white purse and gold pendant necklace. Interestingly, while attending a dinner at the Château de Chambord in 1988, Diana looked radiant as ever in a similarly striking embroidered pantsuit by Catherine Walker.



**Meghan**



**Diana**

## At Commonwealth Day in 2020

Remembered as one of her final appearances as a working royal at Commonwealth Day in 2020, Markle chose an emerald-green Emilia Wickstead cape dress and hat by William Chambers, which served as a stunning ode to her late mother-in-law.

In classic Diana fashion, the Princess of Wales attended the Queen's Trooping the Colour in 1982 in a classy green dress-and-



**Diana**

fascinator combination while pregnant with Prince William, ultimately rewriting royal maternity rules.



**Meghan**



**Meghan**



**Meghan**

## At the 2021 Freedom Gala

All eyes were on Markle at the 2021 Freedom Gala when she donned a vibrant red gown custom-made by Wes Gordon. The look featured a floor-sweeping train, thigh-high split, and plunging neckline, with Giuseppe Zanotti heels to match.

Diana's official visit to France in 1988 was filled with similarly unconventional, groundbreaking looks, including this red-and-black one-shoulder Catherine Walker dress.



**Diana**



**Meghan**

## While visiting Birkenhead in

While visiting Birkenhead in 2019, a pregnant Markle wowed us all in a red Sentaler coat over an Aritzia Babaton Maxwell dress, accompanied by a tan Gabriela Hearst bag. Thirty years prior, while visiting Hong Kong in 1989, Princess Diana wore

# 91st Field of Remembrance at Westminster Abbey in London in 2019



Diana

While attending the 91st Field of Remembrance at Westminster Abbey in London in 2019, Markle chose a monochromatic outfit and wore a navy Sentaler coat with a Philip Treacy hat to match. While attending a commemoration service

for the Arc de Triomphe in Paris in 1988, Diana paid her respects in style with a black Jasper Conran coat lined with gold buttons and a black Viv Knowland hat with netting, along with a remembrance poppy.



Diana

2019

the exact same color combination. Then, the look consisted of a purple-and-red suit designed by Catherine Walker and a wide-brim hat of the same tones, along with gold accessories and a purple metallic purse to match.



Meghan

Diana

# Cirque du Soleil performance in 2019

The Duchess opted for a modern take on a head-turning sparkly gown in this \$6,000 navy sequin number by Roland Mouret while attending a 2019 Cirque du Soleil performance in London.

Marking one of her most memorable looks, Diana wore a similar sea-green sequined dress designed by Catherine Walker while attending a gala performance of "Love For Love" at the Vienna Burgtheater in 1986.

# MEGHAN MARKLE: ALL THE LIES & MISCONCEPTIONS!

*Amenna Daayo*

**T**here is no such thing as – everyone loves Meghan. Quite frankly, not everyone does – and understandably so. But Meghan is sailing stronger each day, making decisions – with the unwavering support of her husband, which scriptwriters can only imagine.

For all that it's worth, Meghan stepped into some pretty big shoes, and some critics couldn't sleep well at night knowing that a Black woman is a British Royal – the Duchess of Sussex.

Meghan somehow reminds many people of Princess Diana – the mother of her husband, Prince Harry. In fact, it makes perfect sense that Prince Harry personally designed her engagement ring using diamonds from his mother's prized collection. Although he was only 11 when his mother died under questionable circumstances, Meghan reminds him of her.

There are people and some powerful institutions which would go to any length to lie against Meghan to discredit her. For instance, some people still claim she lied about her age. Like, why should this be a problem? She has been a Hollywood star for many years, and no one brought up the issue of her age – why now?

- Meghan spoke about an incident where there was a reported fire in her child – Archie's nursery while she and Prince Harry were on royal duties. Recalling the experience in her first episode of her podcast, Archetypes, which features a candid conversation about ambition and motherhood, she told her guest, Serena Williams, "we finish the engagement, and they say there's been a fire at the residence. What? There's been a fire in the baby's room."

According to Meghan, Archie's nanny had brought him





downstairs with her to get a snack when the heater in his nursery caught on fire. "There was no smoke detector," Meghan said. "He was supposed to be sleeping in there."

The couple, she said, had to ignore the incident and go to their next engagement without their son. "Everyone's in tears, everyone's shaken," she said. "And what do we have to do? Go out and do another official engagement. I said, 'This doesn't make sense. Can you just tell people what happened?' The focus ends up being on how it looks instead of how it feels."

Rather than share in the pains of a mother who escaped losing her 4-months old son to a careless incident, many critics accused her of trying to play the victim card.

Australian TV host Karl Stefanovic actually laughed through the story on-air and said, *"So, just to get this right, the baby is, what, not even there? And because the baby wasn't there, she was going to have difficulties going to a function? Oh my God."* He proceeded to suggest Meghan needed to "grow a set."

So many lies have been told against Meghan. The question is, why? As a famous columnist opined – racism is alive and well, and Meghan is just another victim!

It is questionable how the media is quick to take sides and criticize Meghan for everything and anything – to the point of accusing her of lying. For example, the news that Meghan Markle made Kate Middleton "burst into tears" by "cruelly comparing" Princess Charlotte to her best friend's daughter ahead of the Duchess of Sussex's royal wedding was quick to make all the headlines.

But these were lies, and the media twisted the whole narrative. It would later be revealed that it was Kate who actually upset

Meghan on her big day, and Meghan was the one who apologized and made peace by offering Kate a bouquet of flowers.

Then, how can we forget the disheartening attitude of Piers Morgan, who called Meghan a liar and said he didn't believe her claims that she was having trouble with her mental health and feeling suicidal? How did we get here? Since has the mental health of another human being become subjected to the approval of another?

Another revelation that would undoubtedly have been a huge embarrassment to those who perpetuated the lies was that of the Queen's tiara. Meghan Markle donned the beautiful Queen Mary tiara on her wedding day, which is covered in glistening diamonds. However, it was reportedly not the Duchess of Sussex's first choice for her big day.

Multiple reports claimed that Meghan wanted to wear a completely different tiara on her wedding day but was refused the option by Queen Elizabeth. So, Meghan had to settle for the Queen Mary tiara instead.

The report also claimed that Harry "flew into rage" when Meghan told her husband-to-be that the Queen wouldn't allow her to wear her preferred tiara.

However, this was not the case. In the book *Battle of Brothers: William and Harry - the Friendship and the Feuds*, the authors confirmed that the discussion about the tiara was a friendly one between the Queen and Meghan.

During the conversation, the Queen informed her that the piece found its way to the palace from Russia after the revolution, and it would not be appropriate for her to wear something so politically connected for the wrong reasons on her big day. Especially since the original princess who owned and wore the tiara was assassinated.

The world was thrown into

anticipation when news broke that Prince Harry and Meghan Markle were going to have a tell-all interview with Oprah Winfrey. It was an opportunity for the couple to talk openly about the unique challenges that they faced as working members of the Royal Family, as they were tired of holding back.

According to reports, the royal family did everything they could to stop the 'taboo' – but nothing could stop a determined Meghan and a ready Oprah. As expected, Meghan was bullish and held nothing back as she directly commented on what she claimed was the "Firm's role in her mistreatment over the past few years."

the risk of losing things, there's a lot that's been lost already."

The interview obviously ruffled some feathers, with Piers Morgan condemning the interview out rightly, and Tom Bower, the author of *Revenge*, told *Good Morning Britain* he believed the Duke and Duchess of Sussex's television interview with Oprah Winfrey were "hugely damaging to the royal family."

Since first being publicly linked with Harry in 2016, many British tabloids have been publishing increasingly negative stories about her, claiming that she's challenging to be around and purposefully cutting the prince off from his family. It's of note that, compared

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***However, from the interview, it was obvious that Meghan was not welcomed into the royal circle, and Prince Harry was made to suffer for making a choice to marry Meghan.***

However, from the interview, it was obvious that Meghan was not welcomed into the royal circle, and Prince Harry was made to suffer for making a choice to marry Meghan.

*"How do you feel about the palace hearing you speak your truth today?"* Oprah asked her as the interview started.

*"I don't know how they could expect that after all of this time we would still just be silent if there's an active role that the Firm is playing in perpetuating falsehoods about us,"* Meghan replies. "And if that comes with

to stories about Meghan, coverage of Kate Middleton has been overwhelmingly positive over the years – despite her can of worms. Wonder why?

A big instance is the 'avocado incident.' In 2019, Meghan met with a close friend and long-term makeup artist, Daniel Martin, and the girls decided to have a meal of toast, avocado, and tea – all hell broke loose.

The media painted the simple meal in the worst colours and linked it to the deaths in Mexico and Chile. They said Meghan was insensitive to the bloody deaths





carried out by deadly cartel groups.

TenDaily spoke to a chef who blasted the meal as a *"little Tesco's value no-frills"* and that it needed *"a splash of colour with a few herbs or a wedge of lemon."* For *The Sun*, it was a *"posh lunch but trolls say it looks 'bland'."*

But it was the Daily Mail who, as ever, took the proverbial cake. Using some aggressive capitalisation, the media dubbed the display *"Meghan's VERY unorthodox afternoon tea."* And in a recent edition of the print newspaper, they took it one step further. *"Is Meghan's favourite snack fuelling drought and murder?"*

Do you know who else eats avocados? Kate Middleton. She loves them. A little boy even gave Prince William one to pass on to her because they're said to be a great treatment for hyperemesis gravidarum, the intense morning sickness that the Duchess of Cambridge suffered from through her pregnancy with Prince Louis. *"Catherine will love the avocado," Prince William said. "That's very sweet. Thank you very much."*

No one said that Kate was causing widespread drought and murder back then. No one told Camilla to stop inciting drug cartels when she purchased a painting of an avocado in 2017. But when it comes to Meghan, the case is different.

The Times published a story claiming that royal aides on Meghan's service were "terrified" of the Duchess because she bullied them – all lies. So much so that former communications secretary Jason Knauft reportedly filed an official complaint to the palace.

In 2020, actor Simon Rex (*Scary Movie 3*) alleged a British tabloid offered him a lot of money to lie about his relationship with Markle. *"Nothing happened [between Meghan and me],"* Rex told the Hollywood Raw podcast.

*"We never even kissed. It was just, like, we hung out once in a very non-datey way. She was just someone I had met on a TV show and, like, we got lunch. That was the extent of it."*

How much money, you ask? "It was a lot of money, man. I think they offered me, like, \$70,000," Rex said.

Recently, the royal family decided to strip the couple of their royal titles. But we all saw this coming. Meghan Markle and Prince Harry had already decided to step down as senior members of the royal family. So the move actually isn't that shocking—especially when you think about the scrutiny they were under daily while living in the U.K.

Perhaps what would have been most touching for Meghan was the accusations that her tears at the funeral of Queen Elizabeth were fake. How can anyone be so heartless as to say something as such?

Even people who had never heard of the Queen cried while watching the funeral on television. So how could Meghan fake a tear at the funeral of her grandmother-in-law?

One thing is for sure, Meghan and Prince Harry knew what was coming, and they were determined to stand firm. Despite all the lies and attempts to discredit the couple, their fame and admiration grow more with each day.

We cannot wait to read Prince Harry's upcoming book titled 'Spare', to be published in 2023. Like the Oprah interview and Meghan's podcast, we will be privy to many more truths – and we can't wait!

Despite all lies, Meghan, continue to wax strong! Those with you are more than those against you!



# ***WHAT A GREAT TIME TO BE NIGERIAN: MEGHAN MARKLE REVEALS HER ROOTS***

*Amenna Daayo*

**M**eghan Markle has revealed that a DNA genetic ancestry test she carried out a couple of years ago revealed she is 43% Nigerian! Wow, that is a high percentage!

The Duchess of Sussex made the revelation during the latest episode of her podcast, *Archetypes*. After revealing that her

roots were linked to Nigeria, the Duchess expressed her desire to learn more about the country, its tribes, and traditions.

The revelation made it clear that Meghan had kept this information a secret for some years. However, the editors at *Glamsquad* believe that sitting with a highly accomplished Nigerian may have

triggered some sensors – that prompted Meghan to reveal her roots in pride.

The episode where Meghan revealed her Nigerian heritage had the renowned Nigerian-American writer Ziwe Fumudoh in attendance. So, we may be right about our assertion – well, we believe we are – and no one can



confirmed that Meghan Markle and Prince Harry donated to support victims of the devastating floods experienced in Nigeria due to heavy rain and water released from a dam in neighbouring Cameroon.

More than 600 people have been killed, and around 1.4 million have been displaced in the floods, which destroyed 440,000 hectares of farmland across Nigeria.

Save the Children Nigeria tweeted: "More than 1.5 million children are at risk after devastating flooding in Nigeria.

"Prince Harry and Meghan Markle's Archewell Foundation has donated to Save the Children

in Nigeria as our teams deliver life-saving supplies to affected families."

This revelation tees us perfectly for the release of the book by Prince Harry, titled 'Spare'. The publishers say it is a tell-all book that will be controversial and have some hard revelations.

The memoir will be released on January 10, 2023. Only time will tell how many more revelations await us in the book. Well, we are ready!

You will recall that this is not the first time a famous figure is tracing their roots to Nigeria. Shirley Veronica Bassey, the famous Welsh singer. Best known for her career longevity, powerful voice, and recording the theme songs to three James Bond films, she was born to a Nigerian father.

LeVar Burton - the famous American actor, director, producer, presenter, and author. Bishop T. D. Jakes – Head Pastor of The Potter's House church, and many others have traced their roots to Nigeria.

It is a great time to be a Nigerian, don't you agree?



*I just had my genealogy done a couple of years ago, I'm 43% Nigerian.*

tell us otherwise!

"I just had my genealogy done a couple of years ago," Markle had stated. Then when her guests asked her to share what the results entailed, she said, "I just had my genealogy done a couple of years ago, I'm 43% Nigerian."

A visibly surprised Ziwe Fumudoh asked, "Are you serious? This is huge. Igbo, Yoruba, do we know?" Answering the question, the Duchess of Sussex said, "I'm going to start to dig deeper into all of this because anyone that I've told, especially Nigerian women, are just like, what?"

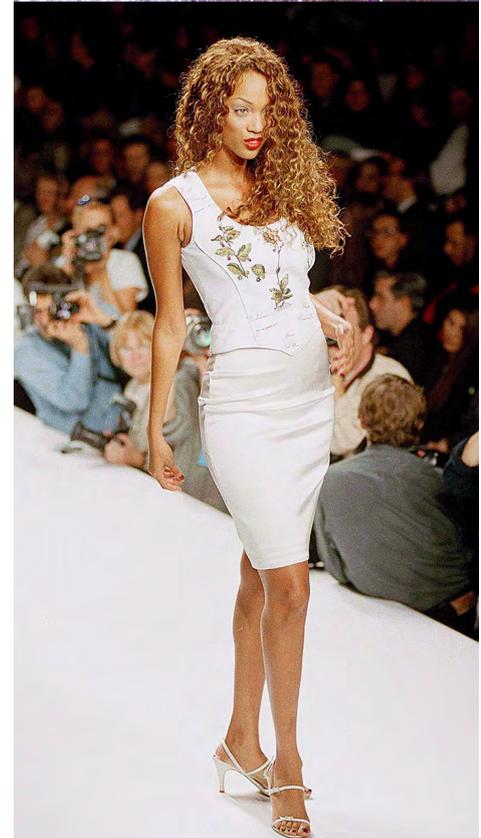
The podcast revelation was the first time Meghan opened up about her ancestral background to the public. However, it is obvious that Meghan is now more concerned about Nigerians and issues concerning Nigerians.

A recent press release

**Disclaimer: Many reports claim that the William sisters – Serena and Venus- have Nigerian roots. Well, we can confirm to you that this is not true. They are Africans, for sure – but not Nigerians.**



# Model To Celebrate



# Tyra Banks

## The Black Queen Of The Big Screens

*Chioma Esui*

**T**yra Lynne Banks, (born December 4, 1973, Inglewood, California, U.S.), is an American fashion model and television personality best known as a face of the cosmetics company CoverGirl and the American lingerie, clothing, and cosmetics retailer Victoria's Secret, as well as for her daily television talk show, *The Tyra Banks Show* (2005–10), and for hosting the modeling competition series *America's Next Top Model* (2003–15, 2017–18).

Banks was raised in Inglewood, a suburb of Los Angeles, where she attended a local all-girls Catholic school. Her father was employed as a computer consultant, and her mother worked as a photographer. Banks started modeling at age 15 and, with the help of her mother, assembled a modeling portfolio.

At age 17 she began seeking professional representation from local modeling agencies. Despite initial rejection—allegedly because of her “ethnic” look—Banks signed in 1990 for professional representation with Elite Model Management, one of the world's top modeling agencies.

Banks walked a record 25 shows in her first season and subsequently appeared on the cover of the Spanish edition of the leading fashion magazine *Vogue*, and she was soon christened the “new Naomi Campbell.”



# All You Should Know Christian Dior's SS23 Show



*Praise David*

**F**rom the cardboard grotto constructed by Eva Jospin to this season's royal muse,

Catherine de' Medici, Dior's SS23 show was a history-infused exploration of baroque craft.

**Here's how Maria Grazia Chiuri translated it for all Dior lovers worldwide.**

Catherine de' Medici inspired the collection. Catherine de' Medici was a French and Italian noblewoman born into the

Medici family. She was Queen of France from 1547 to 1559 by marriage to King Henry II and the mother of French Kings Francis II, Charles IX, and Henry III.

"She's one of the first figures in history to understand fashion as a tool to promote her own power," the designer said, referring to the shrewd Italian-born noblewoman. The latter became Queen of France in 1547 and introduced several fashions to the country's court, including



# Now About Baroque

OW



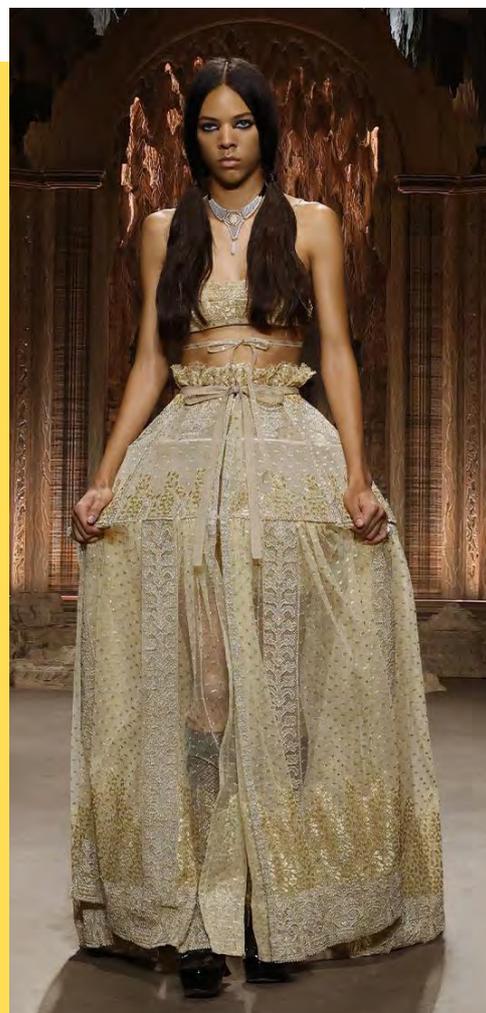
ladies' underwear, handkerchiefs, platform heels, and an Italian embroidery now known as Punto de Caterina.

"When her husband died she started dressing in black, which was also a power colour. You'd recognise her immediately because she was in all black, and

her platforms made her taller and more important," Chiuri explained.

Maria Grazia Chiuri is an Italian fashion designer. After her time with Fendi, she spent seventeen years at Valentino before being named creative director at Dior.

***Check out the breathtaking photos from the collection.***





# Paris Fashion Week 2022 Review: 25 Street Style Photos





*Amenna Daayo*

The Paris Fashion Week 2022 is undoubtedly the most exciting fashion show of 2022 – no offense to my friends and associates in London. London Fashion Week was great, but Paris Fashion Week took no prisoners this year.

Fashion designers, models, and enthusiasts made their way from Milan to Paris for the final leg of the spring 2022 season (in Europe, at least—there are more collections to come in Seoul, Shanghai, and other cities).

The Paris schedule is filled with a mix of runway shows, intimate presentations, parties, and virtual events, and they were all exciting. In addition, I made a new friend on the street – Acielle, the official photographer for Style Du Monde, is undoubtedly the friendliest photographer on the planet.

Thank you for the lovely photos, Acielle! Check out 25 of my best picks to give you a clue of what went down in Paris!









# Paris Fashion Week 2022 Review: 50 Breathtaking Runway Photos

*Amenna Daayo*

**C**elebrated twice a year, Paris Fashion Week 2022 has finally concluded. More than forty high-end fashion houses showcased their impeccable collections on the September/October Paris Fashion Week runway.

Held from September 26th to October 4th, Paris Fashion Week has brought all of the most stylish stars to the City Of Lights. The show featured more than 100 brands presenting new Spring-Summer 2023 collections.

Among the highlights are heritage brands like Chanel, Dior, and Saint Laurent, along with newcomers like The Row and Victoria Beckham.

Of course, the front rows were packed with VIPs. Doja Cat brought goth glamour to the Givenchy show. She looked so confident with her shaved hair and striped black lipstick.

Look through our selection for the best 50 photos from the runway of the Paris Fashion Week 2022.









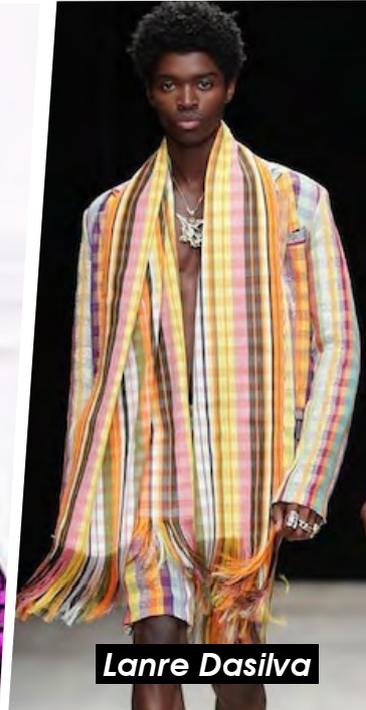




Ade Bakare



Duro Olowu



Lanre Dasilva

# 10 INTERNATIONAL ACCLAIMED NIGERIAN DESIGNERS

Words by - Kabirat Opoola

**T**he Nigerian fashion industry is growing rapidly and, over the years, has remained relevant in the African fashion world and globally. Nowadays, there are more creative fashion designers and those whose talents and efforts have gained them worldwide recognition and accolade.

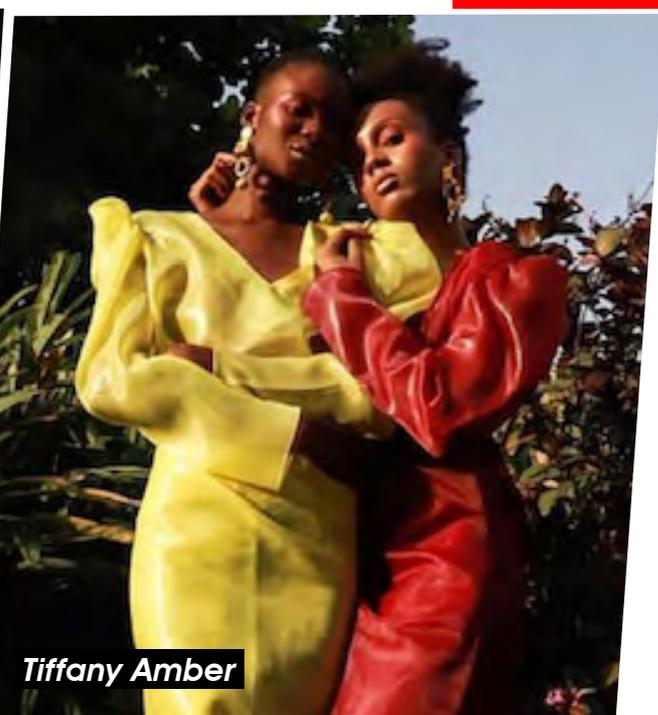
From Deola Sagoe to Folarin-Coker, here is a list of 10 talented fashion designers that have promoted the Nigerian culture through their creative designs and are internationally recognized.



Zizi Cardow



Lisa Folawiyo



Tiffany Amber

# LLY ERIAN



Lola Faturoti



Frank Osodi



Deola Sagoe



Mai Atafo



# Deola Sagoe



**D**eola Sagoe is the founder of "The House of Deola Sagoe", a fashion brand known for using colorful African prints to create beautiful designs.

The Nigerian designer, who hails from Ondo State, began designing in 1988 and is the first Nigerian to have her stand-alone show at the New York fashion week in 2014.

She has earned significant recognition from notable personalities like Oprah Winfrey and Will Smith. Deola Sagoe, in 2000 bagged the MNET/Anglo Gold African Designs Award. United Nations World Food Program also appointed her as Nigeria's "Catwalk the World: Fashion for Food" ambassador to the event.

Deola Sagoe is known for her uncanny attention to detail and also for contemporizing almost-lost traditional African techniques.



# Ade Bakare



Ade Bakare is one of the Nigerian fashion designers who has stirred the fashion industry and is recognized worldwide.

With a graduate degree in fashion from the Salford University

College in Manchester, Ade Bakare ventured into the fashion industry and has been in the fashion industry for over two decades. He is the founder of the fashion label "Ade Bakare Couture." Ade Bakare has clients both locally and internationally. He has also received many awards and is recognized as one of the best designers in Africa.



# Folake Folarin-Coker



With

Folake Folarin-Coker is the founder and creative director of her fashion label "Tiffany Amber". She launched her fashion label in 1998, and her brand currently has four stand-alone stores and boutiques in Lagos and Abuja. a postgraduate degree in petroleum

law, Folake Folarin-Coker returned to Nigeria to pursue her fashion interests. Her designs are inspired by African heritage and are globally recognized. She has also bagged many global awards and recognition for her designs. In 2018, Folake Folarin-Coker made history as the first African-based fashion designer to stage a show twice at the New York Fashion Week. Notable media houses including CNN have also featured her.



## Mai Atafo



**M**ai Atafo is a Nigerian fashion designer, and the founder of the fashion label "Mai Atafo" recently changed to "Atafo."

With an educational background in Information systems and Technology and work

experience in Marketing, Mai Atafo launched his fashion label in 2010, which quickly rose into the limelight. In 2011, he also launched a wedding line called Weddings by Mai. His designs are recognized locally and globally. He has also received many awards, including City People Fashion and Style, Special recognition, and Heineken Lagos fashion and design week menswear designer of the year for 2015.



## Duro Olowu



**D**uroOlowu is a Nigerian-born fashion designer who moved to the United Kingdom at 16. In 2004, he launched his eponymous women's label "DuroOlowu." A dress from his

collection became an international hit after it was discovered by American Vogue editor Sally Singer. The designer has also won new designer of the year ahead at the British fashion awards and has won many internationally recognized awards. DuroOlowu designs are also frequently worn by Michelle Obama.



## Lisa Folawiyo



**L**isa Folawiyo is a Nigerian fashion designer who started her fashion line 'Jewel by Lisa' in 2005. The designer, who has a background in law, is notable for mixing traditional West African fabrics with Western styles.

Lisa Folawiyo's designs have stayed relevant in the showrooms in Nigeria and New York. She is popularly known for incorporating the Ankara fabric into

creative and captivating rich custom prints. Besides creating amazing designs, Lisa Folawiyo also produces custom accessories such as Jewelry and purses. Her work has gained recognition from some notable celebrities, including Beyonce and Tasha Smith. Lisa Folawiyo has showcased her work in the US, UK, and South Africa and also, in the year 2010, participated in both the New York fashion week and Paris fashion week. In 2012, Lisa Folawiyo won the African fashion Award and, in the same year, was featured in vogue Italia.



## Lanre Da Silva



Entering our list of internationally acclaimed Nigerian designers is Lanre Da Silva Ajayi, a Nigerian fashion designer and the founder of the fashion label "Lanre Da Silva."

The Business Administration degree holder in 2005 launched her eponymous fashion label. The fashion label is popularly regarded as an African luxury brand and known for being rich in femininity and also makes use of multiple

embellishments.

Lanre Da Silva's designs are locally and internationally recognized. Her designs have been sold in Dolce & Gabbana store in Milan. Her collections have also been presented at fashion shows in London, South Africa, and also during the New York fashion week. She has also been featured twice in Vogue Italia. During the Arise fashion week in 2018, British supermodel Naomi Campbell opened the show dressed in one of her designs. Lanre Da Silva is recognized for reinterpreting and modernizing traditional outfits and also making use of metallic fibers and lace.



## Lola Faturoti



Lola Faturoti is the founder and director of the fashion brand "Lolalovescargo." Her works are inspired by the innovative patterns and vibrant colors of the West African local prints. Lola's passion for fashion was encouraged by her grandmother, who was an esteemed

Nigerian traditional garments designer. Lola Faturoti rose to fame in New York when she

made a dress to celebrate Barack Obama's election as President of the United States. The dress had these bold Yoruba words, "Oluwagba President Barack Obama," which means, "God Bless President Barack Obama."

Her designs are internationally recognized, and the Nigerian fashion designer was chosen to represent the United States at the Osaka fashion committee show in Japan in 1996.



# Frank Oshodi



Having been in the fashion industry since 1989, Frank Oshodi is a Nigerian fashion designer and the founder of his fashion label "House of Bunor", a fashion label that has been in existence for about two decades.

Frank Oshodi began his career as a model and has

worked with top fashion houses, including Dakova and Nikki Africana. His designs are noted for their effortless look while maintaining a loud fashion statement.

He broke into the limelight when Silverbird hired him as the designer and makeup artist for AgbaniDarego, the 2001 Miss World winner. Frank Oshodi's designs are internationally recognized with a worldwide clientele.



## Zizi Cardow



**F**ounder of her namesake fashion brand ZiziCardow is one of Nigeria's most prominent and internationally acclaimed fashion designers. ZiziCardow launched her haute couture label in 2000 and, the following year, took her designs internationally after her designs were displayed on the runway of South Africa, Italy, France, and the United

Kingdom.

The designer also took her brand forward and, in 2002, staged a top-notch fashion show titled "Jungle Renaissance," which received recognition both locally and internationally. ZiziCardow is credited with promoting the Ankara fabric and styling them into designs that can be worn to red carpet events worldwide.

Her creative designs and revolution for the Ankara fabric have earned her global recognition and awards.

# Around The World

## Rihanna to Perform At the 2023 Super Bowl + Other International Stories

*Praise David*

In this section, we bring you the hottest entertainment stories across the globe...

### RIHANNA PERFORMING AT 2023 SUPER BOWL HALFTIME SHOW

Rihanna and the NFL have announced that she's headlining the 2023 Apple Music Super Bowl Halftime Show. It could mark Rihanna's first public performance since her appearance with DJ Khaled and Bryson Tiller at the 2018 Grammy Awards.

Rihanna has broken her silence after it was announced that she will headline next year's halftime Super Bowl show.

The Pon de Replay singer, 34, will take centre stage at State Farm Stadium for the Apple Music Super Bowl Halftime Show at Super Bowl LVII, which will take place on Sunday, 12 February 2023, in Glendale, Arizona.

Speaking to TMZ during a shopping trip on Tuesday, she admitted how she feels ahead of the event; saying, "I'm nervous, but I'm excited."

### TIFFANY HADDISH SHARES MESSAGE ABOUT "GETTING RID OF THE MESS" AFTER ABUSE LAWSUIT

After the lawsuit alleging she groomed underage children was dropped, Tiffany Haddish shared a message of gratitude on Twitter.

The actress issued a message of gratitude on Twitter on Oct. 12, following a now-dropped September lawsuit that accused her and Aries Spears of grooming two underage children and coercing them into filming sexually explicit skits, which Haddish has denied.

"God has been redecorating my life lately and I must say at 1st I was very uncomfortable," she wrote. "But

I see where he is going with it and I am so much better off. Thank You God!"

Haddish added, "You are the best at getting rid of the mess. (and when I say mess you know who and what I mean God) Amen."

Per documents obtained by E! News, the lawsuit was dropped by the accusers on Sept. 20, with Haddish telling TMZ a day later that she "lost everything" as a result. "All my gigs gone," she said on Sept. 21. "Everything gone ... I don't have no job."





## THE REAL REASON VICTORIA BECKHAM REMOVED TATTOO TRIBUTE TO DAVID BECKHAM

Victoria Beckham set the record straight on why she removed several of her tattoos—including the one of David Beckham's initials on her wrist. Get the truth behind her decision to get de-inked.

For Victoria Beckham, tattoos aren't viva forever. The former Spice Girls singer has been raising eyebrows in recent years after several of the tattoos she got in honor of husband David Beckham disappeared from her body.

The faded designs included David's initials on her left wrist and a Hebrew phrased inked on her spine to match the one tattooed on the soccer star's

arm, leading some to speculate marital problems between the longtime couple.

But on Oct. 13, Victoria set the record straight on her decision to get de-ink. "They just didn't look so nice," she said during her appearance on Today with Hoda & Jenna. "It doesn't mean anything more than that."

The fashion designer went on to explain that the tattoos, which she got "a long, long time ago," had turned to a "sort of bluey" color over the years. Unhappy with how they looked, Victoria decided that a "cleanse" of her body art collection was in order.



## 'AMERICAN IDOL' STAR WILLIE SPENCE DIES AT AGE 23

The singer, who was the runner-up on season 19 of the show in 2021, died after suffering injuries in a car accident, Katharine McPhee Foster confirmed.

McPhee, who was the runner-up on the fifth season of American Idol in 2006, posted on her Instagram story: "I received very tragic news tonight."

"Sweet @williespenceofficial passed away in a car accident," she wrote.

"Only 23 years old."

McPhee, who performed Céline

Dion and Andrea Bocelli's 1999 ballad The Prayer with Spence on American Idol, wrote, "Life is so unfair and nothing is ever promised."

She continued: "God rest your soul Willie. It was a pleasure to sing with you and to know you."

TMZ reported the crash happened on Tuesday while Spence was driving home to Atlanta from Tennessee. One of Spence's relatives informed the publication of the musician's death.

Local news agency Douglas Now also made a tribute post on Facebook.

# THE 5 BIGGEST BEAUTY TRENDS FROM MILAN FASHION WEEK

Lauren Murdoch-Smith & Sasha Bokamoso

**B**eauty trends are becoming a big deal – and fashion shows are beginning to recognize the need to showcase and promote beauty trends. We have identified the biggest beauty trends from Milan Fashion Week. The runway fashion trends have set a pace in offering us the best beauty inspirations to try for spring/summer 2023.



## PURPLE SMOKE

Trust make-up artist Pat McGrath to create mesmerising eyes at Versace, perfectly fitting for Donatella’s moody collection. The concept, McGrath said, “exposes subversive beauty that provokes creativity without limitations”.

As an alternative to familiar smoky black eye make-up, this switch to a winged out, violet shadow is a great seasonal twist that we approve of. Try layering Violet Vixen eye shadow from McGrath’s Mithrshp Mega: Celestial Nirvana Palette.

Image may contain Clothing Apparel Human Person Fashion Evening Dress Gown Robe Sunglasses and Accessories

The slicked-back, no parting ponytails at Giorgio Armani took holiday hair to a new, elevated level. We’ve seen the middle-parting, low-slung bun do the rounds for a few seasons now, but the new alternative still lends itself to low-maintenance, fresh from the pool hair. If you’re sporting a longer pony like those seen at Armani, decorate it with spaced out elastic hair bands to keep things sleek and sporty.

# TY TRENDS N WEEK

## THE MAJOR FELINE FLICK

Pat McGrath delivered multiple different takes on winged eyeliner at the Dolce & Gabbana spring/summer 23 show. Complementing Kim Kardashian's collaboration with the designers, the perfectly-lined eyes of the models made the classic beauty look even more desirable. From slim, elongated lines to chunkier, more rounded versions, the feline flick has most definitely returned.



4



3

## FLASHBULB HIGHLIGHTER

Gucci's twin-tastic spring/summer 2023 show gave make-up artist and Gucci's global make-up consultant Thomas De Kluyver a reason to play with techniques. He deployed an "Old Hollywood flash style" highlighter: rather than being applied to traditional areas such as the cheekbones, it works "almost like a reverse highlight", with light bouncing off the forehead and under eye area instead. It created a flashlight effect when the models hit the runway, with their skin illuminated in a gleaming, natural way.



5

## '90S GRUNGE IS BACK

Fendi's low-key hair and make-up was a nod to '90s grunge, with hairstylist Guido and make-up artist Peter Philips paring down the beauty look to evoke off-duty chic. From the soft middle-partings that flowed into natural, textured waves, to the fresh skin with just a touch of creamy silver on the eyes, this is a trend we can get on board with.

*Make Up Special - Eyes, Lips, and More*

# How to Apply Lip Gloss Perfectly

Sasha Bokamoso

**T**ake cues from our list to learn how to give your lips that flawless and intense finish.

Glossy lips look undeniably sexy and trendy. Those who love shiny lips, lip gloss is their best friend. But overdoing your lip gloss might look a bit too shiny and tacky. If you want pouty and kissable lips, keep reading this article to know how to apply lip gloss.



**STEP 1**

## **PREPPING YOUR LIPS**

Start by prepping your lips. If you have dead skin cells or chapped/cracked lips, then scrub your lips before you start prepping. Massage the lip scrub all over your lips for about two to three minutes. Rinse it off.

## **MAKE YOUR LIPS SOFT**

The next step is to use a lip balm or lip conditioner to get rid of the dryness. It will make your lips more soft and supple. Let the lip balm rest on the lips for about one to two minutes.



**STEP 2**

**STEP 3**

## **BLOT THE EXCESS LIP BALM**

Once you are done with applying the lip balm, take a tissue and blot the excess. This prevents the lipstick from bleeding and makes the application of the other products easier.



## ***DRAW LINE WITH LIP PENCIL***

Start by analyzing your lip shape. Using a lip pencil in the color of your choice, start the application from the center of the upper lip and follow the natural lip line till the corners of the lip. Follow the same procedure with the lower lip. You can also fill the entire lip with the same lip pencil as that

works as a great base and helps the lip color to stay put for longer. Refer to the picture above.

You can also apply a little bit of foundation/concealer in the shade that matches your natural lip color. This would even out the lips in one go and provide an even base to work on.

### ***STEP 4***



### ***STEP 4***

## ***APPLY LIPSTICK***

Now it's time for the lipstick. Apply the lipstick with a lip brush using short strokes and fill the entire lips. Using a brush while applying lipstick adds precision to the application. Here, I have used a bright red lipstick.



## ***APPLY LIP GLOSS***

Start applying the lip gloss from the center of the lips and drag the sponge applicator along the length of the lips. Avoid applying the gloss above the natural lip line. You can blot the excess lip gloss on a tissue paper. This will prevent the color from bleeding.

### ***STEP 5***



## ***FINAL LOOK OF LIPS AFTER APPLYING LIP GLOSS***

So, what do you think? Looks stunning, doesn't it! Glosses are the perfect choice for your lips if you are going to have an exciting night of partying. They make you stand out even against the dizzying disco LEDs.

You will have everyone's attention, and you might even get used to hearing all the compliments! So, try these tips on applying lip gloss if this is how you want your wild party night to go. Pair it up with some confidence and a subtle sway to your hips. Make the night yours!



# THE OBVIOUS AND CONNECTION B WELLNESS

Contributed by: Dr. Nkechi Juliet  
(MMSc, MMedSc) ElàMar 2022



**T**he connection between health and beauty is intuitive. On some level, we all understand that living a healthy lifestyle improves our appearance and general wellness. But, many of us do not realize that the connection between beauty, wellness, and health is as strong.

## First: The Obvious

Food, water, stress management, and sleep are more important than cosmetics and skincare products. Properly managing these four key ingredients will have us looking and feeling our best and improving our health in ways we can't see. Now, you probably already know all of this, but let's take a quick refresher before jumping into the not-so-obvious:

# NOT-SO-OBVIOUS BETWEEN HEALTH, & BEAUTY

## Food

Sugar, processed foods, refined carbohydrates, and even dairy can cause inflammation of our body's tissues. Breakouts in our skin are just one symptom of the destructive nature of these substances in our bodies. In addition, they can often wreak havoc in our digestive tract and other body systems.

The best solution is to eat more fresh whole foods such as fruits and vegetables, especially green vegetables that contain nutrients and antioxidants that fight systemic inflammation.

**I**

## Water

This is perhaps the most prominent ingredient to being our most beautiful. After all, our bodies are composed of somewhere around 60% water! So staying hydrated allows nutrients to reach our cells. It also reduces our skin's natural defense mechanism – oil production – which helps clear our skin.



2

### *How much water should we drink?*

The National Academies of Sciences, Engineering, and Medicine determined that, for people living in a temperate environment, an adequate daily fluid intake is about 15.5 cups (3.7 liters, or 125 oz) of water for men and about 11.5 cups (2.7 liters, or 91 oz) of water a day for women.



3

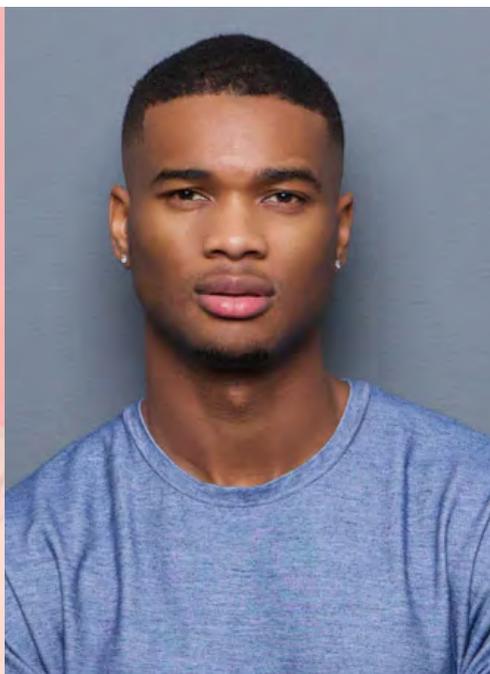
## Stress Management and Exercise

When we're stressed, our endocrine system releases cortisol, a hormone that causes inflammation, which can manifest in our skin as acne, eczema, and other disorders. Everyone manages stress differently. Exercise is one good way to do it.

Regularly exercising improves our vascular system and blood circulation, increasing cell turnover (replacing dead cells with new ones) and improving skin tone by delivering more oxygen to our cells.

## 4 Sleep

Sleep gives our bodies a chance to heal. But, according to the National Sleep Foundation's guidelines, adults should get between seven and nine hours of sleep per night. And just one night of fewer than seven hours of sleep can increase dark circles, puffiness, and wrinkles. Check out this article for more information about that.



## The Not-So-Obvious

So, we know being healthy helps us look our best. But guess what... looking our best also helps us be healthier. As it turns out, taking a few moments to put on make-up, get our hair and nails done, or care for our skin may add years to our lives.

Looking Our Best = Living Healthier and Longer  
When we look good, we feel good. That's a no-brainer. But there's a growing body of scientific evidence that we're not just feeling healthier because we look good; we are healthier.

The psychological experience of feeling good about ourselves is known as subjective well-being (SWB) and has been shown to have significant long- and short-term health benefits. For example, when we have SWB, we tend to eat and sleep better, go to doctors more often, have increased immunity, and generally take better care of ourselves.

# TOP 10

## Tourist Attractions in Africa for the Best Holiday Experience

*Contributed by Philip Briggs and Dr. Nkechi Juliet*

**Philip is an acclaimed travel writer and author of many guidebooks, including the Bradt guides to Uganda, Tanzania, Kenya and South Africa.**

**Africa is home to dozens – make that hundreds – of national parks, game reserves and other safari destinations. Every last one of them has something to offer, whether it be a cast of**

**charismatic large mammals dominated by the Big Five, the opportunity to track gorillas or chimpanzees, or more subtle pleasures such as looking for rare birds or colourful butterflies.**

**But for first-time visitors wondering exactly where to go, the highlights below stand out as perhaps the ten best places to visit in Africa**

### SERENGETI NATIONAL PARK (TANZANIA)

Topping many safarigoers' list of best places to visit in Africa, the Serengeti is Tanzania's oldest and largest national park. It is inscribed as a UNESCO World Heritage Site largely on account of hosting the world's most spectacular annual wildlife migration, comprising up to two million wildebeest, as well as tens of thousands of zebra.

The expansive plains host Africa's largest lion population, estimated at 3,000 individuals. It is probably the most reliable place in East Africa for cheetah, while leopards are regularly observed in the central Seronera Valley. Other common wildlife includes elephant, buffalo, giraffe, spotted hyena, bat-eared fox and a wide variety of antelope.



## BWINDI IMPENETRABLE NATIONAL PARK (UGANDA)

In two words: mountain gorillas. This lushly forested Ugandan national park is one of the best places to visit in Africa if you want to see these gentle giants – the world's largest primate, weighing in at up to 200kg – in their misty mountain homes.

Staring into the liquid brown eyes of a giant silverback is undoubtedly the highlight of almost all visits to Bwindi. But it is also an excellent place to see forest dwellers such as yellow-backed duiker, L'Hoest's monkey and a full 23 bird species endemic to the Albertine Rift, among them the gorgeous African green broadbill



## MASAI MARA NATIONAL RESERVE (KENYA)

Essentially the Kenyan counterpart to the Serengeti, the smaller Masai Mara is equally rewarding when it comes to game viewing.

Big cats are the star residents. Prides of up to 20 lions hog the spotlight, but it is also a very good place to see cheetah and leopard, along with elephant, buffalo, giraffe and – with a bit more luck – black rhino.

The Masai Mara comes into its own over late July to early October, when hundreds of thousands of wildebeest arrive from the Serengeti to cross the Mara River, the most spectacular part of the annual migration.





## AMBOSELI NATIONAL PARK (KENYA)

Photo © AfricaiImageLibra

The world's tallest freestanding mountain and heftiest terrestrial mammal are the key attractions of Amboseli National Park. It is from here that one obtains the most inspiring views of snow-capped Kilimanjaro as it towers above the animal-rich plains of East Africa.

Amboseli hosts the world's longest-running elephant study, established in 1975, and it is the one of the best places to visit in Africa to see interaction between elephants, which are unusually well habituated and impressively tusked here. It is also a great birding destination thanks to its combination of seasonal marshes and semi-arid acacia savannah.



## KRUGER NATIONAL PARK (SOUTH AFRICA)

One of the best places to visit in Africa for a self-drive safari, the incomprehensibly vast Kruger National Park would require at least two weeks to explore in its entirety. Most people focus on the south, due to its proximity to Johannesburg, but the more remote north is where to go if you want to get off the beaten track.

Kruger supports 147 mammal species, the most of any African national park, including prodigious populations of all the Big Five, together with cheetah, hippo, zebra, giraffe, warthog, baboon and 20-plus antelope species. It is also home to 517 bird species.

## OKAVANGO DELTA (BOTSWANA)

The vast inland delta created by the Kavango River as it sinks into the sands of the Kalahari Desert ranks among the best places to visit in Africa for close encounters with hippos, crocodiles and other aquatic wildlife.

Most alluringly explored in a professionally-poled mokoro dugout canoe, it is also home to plenty of elephant and smaller numbers of lion and leopard, but the real attraction is the delta's primal sense of place.



## ETOSHA NATIONAL PARK (NAMIBIA)

Namibia's flagship reserve, Etosha is dominated by the vast, saline and normally dry pan for which it is named. The pan is lined by a series of perennial waterholes – some floodlit at night – that attract large herds of antelope, giraffe and other grazers during the dry season.

It is also one of the more reliable parks in Africa for black rhino, which occur here alongside lion, leopard and elephant but not buffalo. Etosha is unusually well geared towards self-drive safaris.

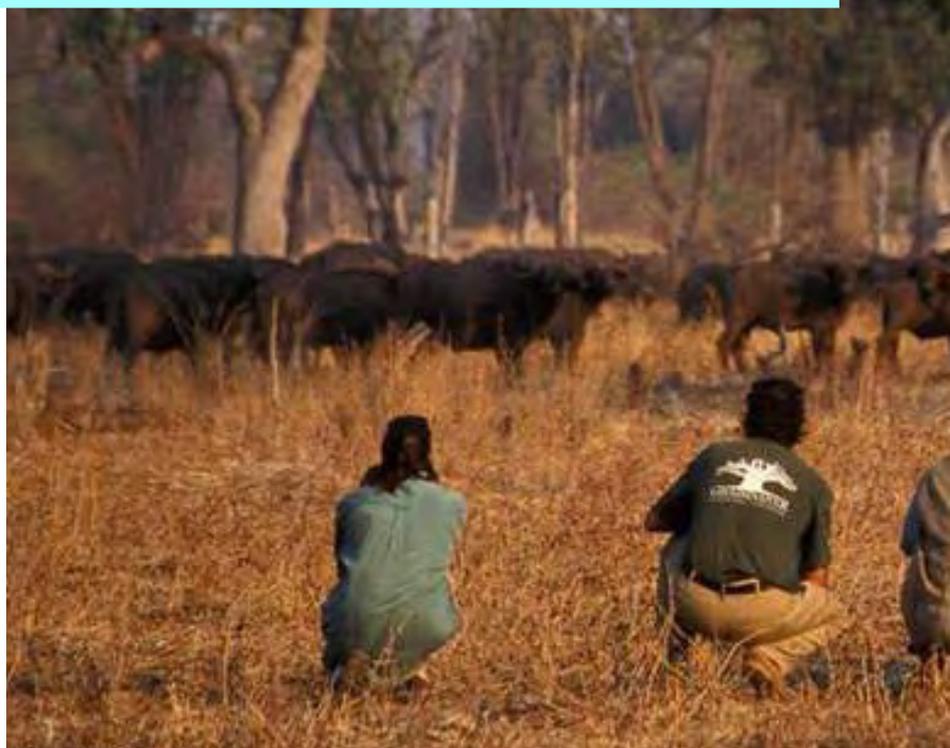




## MAHALE MOUNTAINS NATIONAL PARK (TANZANIA)

One of the most remote parks in East Africa, Mahale protects a stretch of jungle-draped Rift Valley escarpment verging on the staggeringly beautiful Lake Tanganyika. Home to 800 chimpanzees, it is one of the best places to visit in Africa if you want to get close to man's closest living relative in the wild.

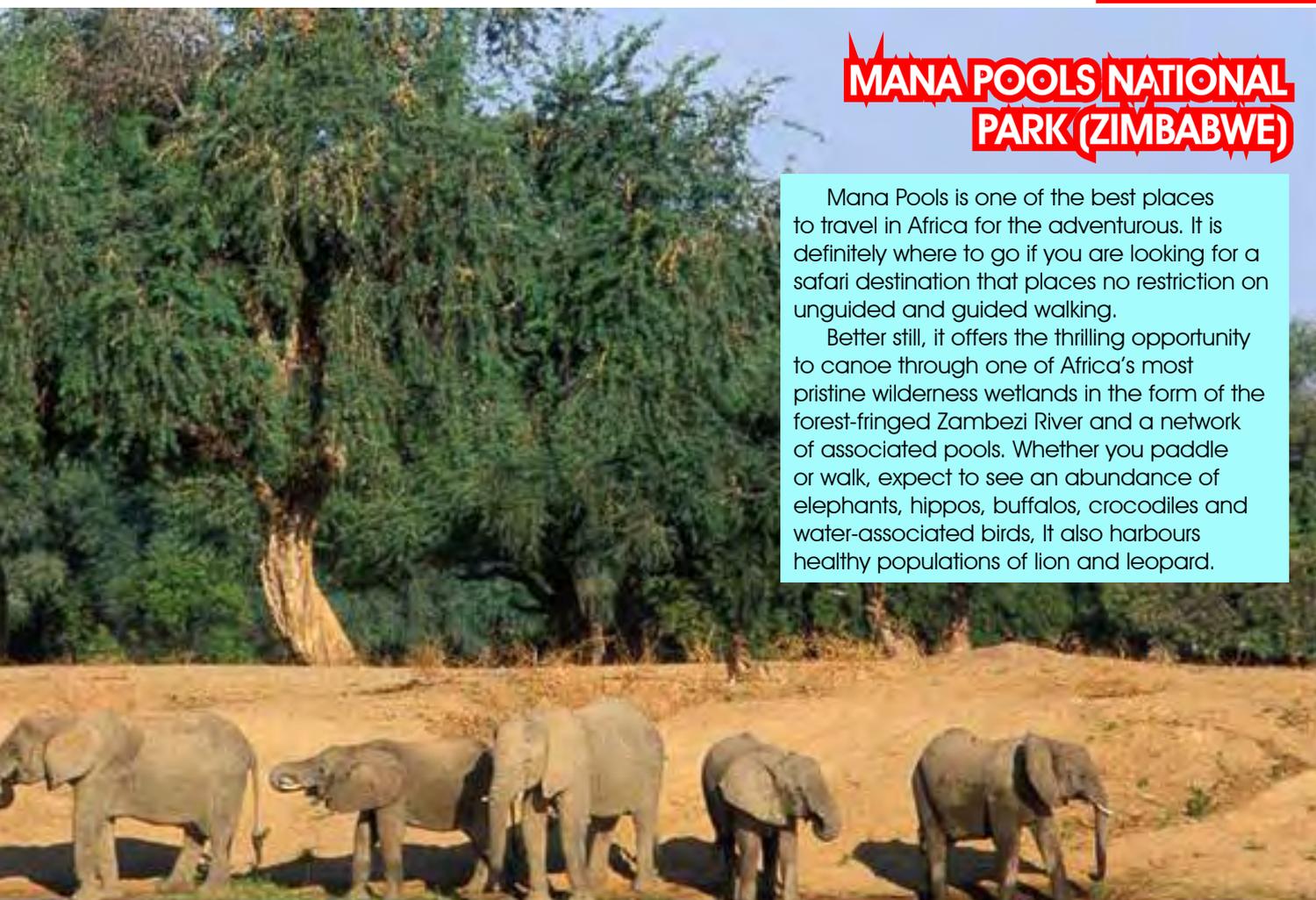
The chimpanzees of Mahale were habituated by Japanese researchers in the 1960s, and are so relaxed that it isn't unusual to have a full-grown adult brush casually past, only a few inches away from you. Other primate and birds are also well represented, and the setting is absolutely sublime.



## MANA POOLS NATIONAL PARK (ZIMBABWE)

Mana Pools is one of the best places to travel in Africa for the adventurous. It is definitely where to go if you are looking for a safari destination that places no restriction on unguided and guided walking.

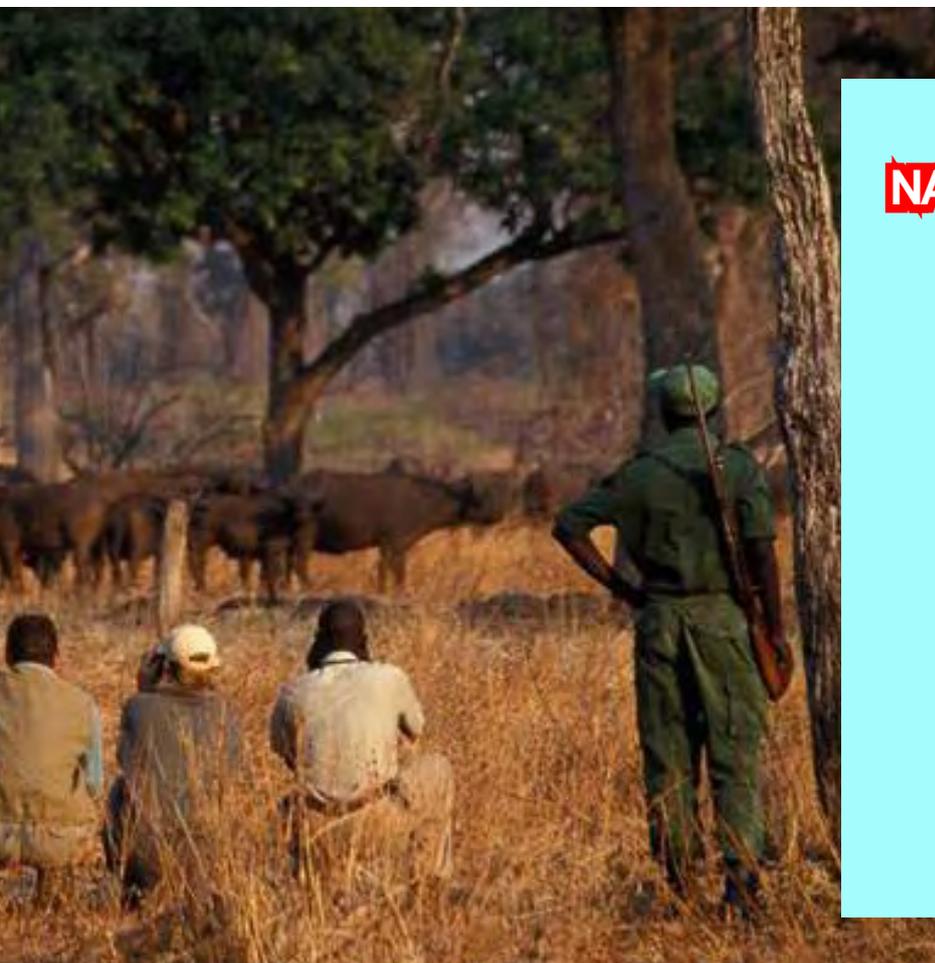
Better still, it offers the thrilling opportunity to canoe through one of Africa's most pristine wilderness wetlands in the form of the forest-fringed Zambezi River and a network of associated pools. Whether you paddle or walk, expect to see an abundance of elephants, hippos, buffalos, crocodiles and water-associated birds. It also harbours healthy populations of lion and leopard.



## SOUTH LUANGWA NATIONAL PARK (ZAMBIA)

One of the best places to travel in Africa for a gritty walking safari, South Luangwa National Park is also renowned for its excellent night drives. Most lodges here offer expertly guided game walks, but the real deal is a multi-day trek between semi-permanent fly camps, soaking up the sights and scents of the bush without the distraction of a running engine.

Although rhinos are absent, this is otherwise an excellent Big Five Reserve, and it comes with an especially high chance of intimate leopard sightings.





**Breakfast Inspiration:**

# Poached Eggs with Smoked Salmon and Bubble & Squeak



*Words by Chef Amaka Obiena*

## **NUTRITION: PER SERVING**

Kcal 310 | Fat 13g | Saturates 2g | carbs 29g | Sugars 5g | Fibre 4g | Protein 19g | Salt 2g

## **INGREDIENTS**

1 tbsp rapeseed oil  
140g white cabbage , finely chopped  
2 spring onions , finely sliced

300g whole new potato  
1 tbsp snipped chives  
2 medium eggs , at room temperature  
75g smoked salmon

## **STEP BY STEP METHOD**

**STEP 1**  
Cook the potatoes in a pan

of boiling water until tender, then drain.

### **STEP 2**

Heat the oil in a non-stick frying pan or wok. Sweat the cabbage and the spring onions in the pan for a couple of mins. Meanwhile, chop and squash the potatoes roughly, then add to the pan along with the chives. Cook for 4-5 mins, flip it over (don't worry if it breaks) and cook for a further 4-5 mins.

### **STEP 3**

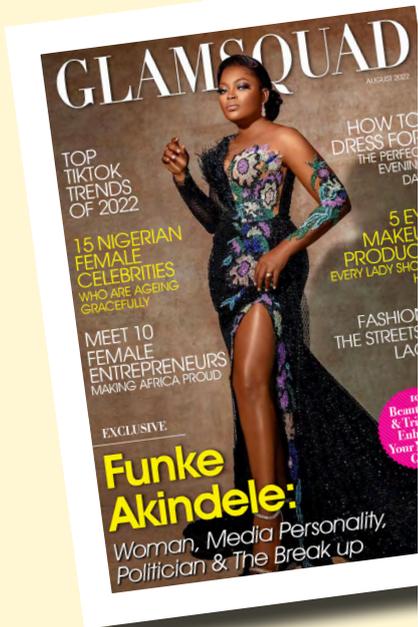
Meanwhile, bring a small pan of water to a rolling boil, then reduce the heat so it is just simmering. Crack the eggs into the pan and simmer for about 3 mins until the whites are cooked and the yolk is just beginning to set. Remove with a slotted spoon and drain on kitchen paper.

### **STEP 4**

To serve, divide the bubble & squeak between 2 plates, place the smoked salmon and poached eggs on top and grind over a little black pepper, to taste.

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