

GLAMSQUAD

APRIL 2023



**Naomi
Campbell**
- *Black African*

Angelina Jolie
- *Caucasian*

**Deepika
Padukone**
- *Asian*

EXCLUSIVE

RACE & BEAUTY:

The New World Order

Inside
Glamsquad
Magazine
April 2023



BEAUTY

74

**Top Beauty Hacks to
Help You Get Glowing,
Healthy Skin**

FOOD

**10+1 Fruits for
Glowing, Youthful,
Flawless & Envy-
Worthy Skin**

84

14



glamsquadtv



glamsquad3



glamsquadTV



glamsquadmag



24 Most Beautiful Faces in the World 2023

The phrase "Beauty is in the eyes of the beholder..." is powerful because it gives us vital information about ourselves. To me, this means that we all have 'beauty' in our eyes. So, it is not truly about what we see, but rather, the image we choose to cast beauty upon!

Your eyes will cast beauty on this edition because we were deliberate in our approach to creating a beauty and fashion edition. Our editors scouted the globe to curate the best content that cuts across three continents – talk about being intentionally international, and then this edition leads the pack.

Naomi Campbell, Angelina Jolie, and Deepika Padukone represent three races and are icons and role models in their rights. We channeled their beauty from within in the creation of this special edition, and trust me when I say it is an edition that would rival even the biggest magazine brands across the continent.

Another dominant theme in this edition is child marriage

and pedophilia. In strong terms, we condemn these actions – firstly, as a direct opposite of everything that is beautiful, and an abuse of our core existence as humans.

Believe me when I say this edition rocks! Beauty, style, fashion, entertainment, and lifestyle are encapsulated in these pages. Please let us know your thoughts by sending us a line or two about what you love most about this edition. We will be waiting to hear from you.

Love,



EDITOR-IN-CHIEF / PUBLISHER

Remi Diagbare

EDITOR

Amenna Dayo

DEPUTY EDITOR

Chioma Esui

STAND-BY/AD-HOC

Praise David
Grace Effiong
Oyindamola

STAFF WRITERS

Sasha Bokamoso

CONTRIBUTORS

Dr. Nkechi Omoson
Chef Amaka Obiefuna
Kabirat Opoola

GRAPHICS /

WEB MANAGER

Layi Success

MARKETING DIRECTOR

Tega Diagbare
Imioms Dan Anyiam

HEAD OFFICE:

Suite B2, 388. HFP Shopping Complex, Abraham Adesanya Junction, Lekki-Epe Way, Lagos, Nigeria

For advert enquiries,
please contact the marketing Director
Tel: +09150764272, +44 7424 594773

or email,

info@glamsquadmagazine.com,
glamsquad.magazine.tv@gmail.com

We pay for exclusive celebrity stories.

FASHION

Rules for Matching Your Makeup to Your Outfit



Disclaimer:

Please note that all photos used in this special digital edition of Glamsquad Magazine were sourced freely online.

Glamsquad maintains no rights over the images/photos, while we have tried to give appropriate credit where due, we are aware some artists were not credited.

We remain committed to supporting intellectual property and creativity.

© 2023 Tegali Communications

Fashion Styling 101

4

Rules for Matching Your Makeup to Your Outfit

Victoria Begin & Praise David

Looking for a new makeup trend to take for a spin? Coordinating your makeup to your outfit is not only fun, it's pretty much foolproof! Makeup, after all, is part of an overall look, so it makes sense that the elements should be coordinated. However, like all makeup trends, it can be tempting to go overboard – stick with us as we run through 4 easy rules for matching your makeup to your outfit, and avoid a future faux pas!



Rule 1:

Stick to one color palette

Listen, we're huge fans of boldly colored clothing – we love prints, color blocking, and expressing ourselves through fashion! However, if you're thinking of matching your makeup to your outfit (and your outfit is on the bold side), you need to be careful. A bold shade on your face and your body can prove disastrous. Think about a bright blue sweater with matching blue eyeshadow.

Now, this isn't to say that you should steer clear of colorful

makeup altogether. That's not it at all. Just take note of the clothing you're wearing and if it's, say, a bright coral dress or top, consider using a light hand to apply blush and lipstick in complementary shades. Choose an eyeshadow in a shade that compliments coral, and try to stay away from literally matching this element of your makeup to your outfit. It just doesn't work in quite the same way as lipstick or blush – more on that later!





Rule 2:



Distribute colors evenly

We mentioned earlier that matching your makeup to your outfit is an easy makeup trend to master. While this is true overall, it doesn't mean that every item of clothing will be easy to match! For example, if you're matching your lipstick to your dress, you'll likely have a tricky time not going overboard. Don't feel bad, though – even the most skilled stylists and makeup artists have a hard time pairing any lipstick color with a dress and keeping the look polished and elegant. No one said working with colors and shades was easy, and it's especially difficult to properly match a makeup color to a large garment.

One way to make sure you avoid a faux pas is by evenly distributing your colors. Consider choosing one of your accessories, such as your shoes or purse, and matching your lipstick or eyeshadow to that particular item. Not only will this save time, as you'll only be focusing on a small item instead of a full piece of clothing, you'll also be coordinated in a way that is even more polished than matching your face to your entire outfit. Red purse? No problem – you can easily find a complementary shade for your lips that will tie the outfit together in a very neat way.

Don't be too matchy-matchy

It's very easy to get carried away when it comes to pulling your makeup and outfit together, but we cannot stress enough how important it is to not go overboard. Don't be too literal when it comes to matching everything – you want to marry certain colors together and look polished, and that's fine, but you don't want to choose two colors and deck yourself out head-to-toe, trust us!

As mentioned earlier, focusing on matching your accessories to your makeup is a great way to avoid being too overdone. Also, take a bit of time before planning your makeup and outfit, and decide which feature you want to play up. Maybe you love to experiment with eye shadow and have big, expressive eyes to work with – if this is the case, make them bold and keep your outfit more muted (think darker, less brash colors).

If you swear by animal prints, opt for a leopard-print blouse and match your lipstick to another part of your outfit, such as a belt or your earrings. This way, you'll be using complementary accents instead of being overly matchy. It's a much better approach!



Rule 3:



Know your stuff

No one is born knowing how to coordinate shades and colors, and even the best of us have had instances where our choices just don't work. It's a learning process! However, in order to really master the trend of matching your makeup to your outfit, you'll need to keep some key items in mind – to give you a hand, we've put together a little guide below that focuses on specific elements and how to work with them:



Lipstick and Eye Shadow:

In the makeup world, lipstick will always be a showstopper. Regardless of the shade, lipstick makes a statement, and it's important to remember this when planning any outfit that you want your makeup to complement. If you're wearing bold colors, you can safely choose a pink or neutral shade for your lips. If you're rocking jeans and a basic top, you can be more liberal with your lipstick choice, and choose a berry, red, or even orange hue to draw attention to. When choosing the right shade of lipstick, keep lipstick finishes in

mind, as they will add or detract from the statement you've created!

While it may not work in the same way as a matching lipstick, there are a few ways to choose the right eye shadow shade to pull an outfit together. Wearing a bold outfit full of color? This is your chance to opt for a gold, soft pink, or beige eye shadow. But eye shadow isn't the same as lipstick, and you can actually sport a bright color on your eyes if the rest of your outfit is also bright – just make sure it's a complementary color (and is done with taste!).



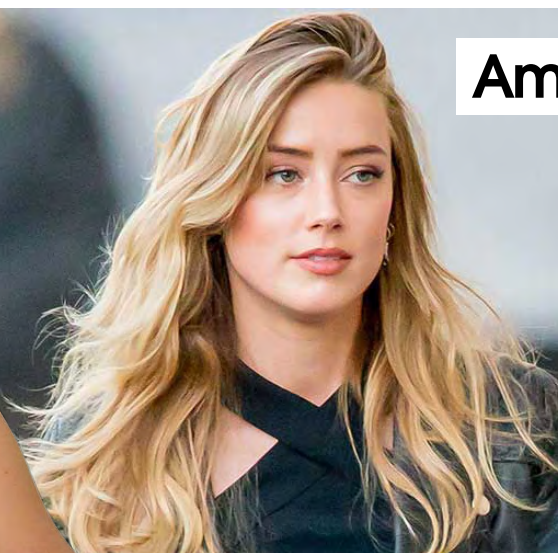
Miranda Kerr

Miranda Kerr is one of the most prominent Victoria's Secret Angels. The 34-year-old was one of the highest paid models in 2013. There's more. Not only is she an exceptionally successful model, but she's also a successful entrepreneur having launched her own line of skin care products. Miranda also writes self-help books.



Amber Heard

Amber Laura Heard is an American actress who debuted in Friday Night Lights in 2004. The 31-year-old is also known for her roles in Pineapple Express and Never Back Down. And guess what? Science also thinks that she has the most beautiful face in the world.



24 Most Beautiful Faces in the World 2023

Written by Arshiya Syeda, Edited by Amenna Daayo



Scarlett Johansson

Scarlett Ingrid Johansson is an American model, actress, and singer. She made her film debut in 1994 and is well-known for her role as the black widow. The 32-year-old actress won the "World's Sexiest Woman Alive" award by Esquire Magazine. That's not it though, she won the award not once, but twice.

Beauty is in the eye of the beholder! It is a subjective idea that the factors you consider beautiful may not be the other person's idea of beauty.

However, we have curated a list of the 25 most beautiful faces in the world to show you some of the exceptional figures. These women make an everlasting impression with their beautiful features.

Check them out and brighten your day with some awesomeness



Kendall Jenner

Kendall Jenner, who started out as the shyest member of the Kardashian family, has carved out quite a career for herself in her seven years as a model. The 21-year-old is the 11th most followed person on Instagram with over 81.2 million followers. She is one of the most successful supermodels today with a net worth of over 36 million dollars.



Gal Gadot

Gal Gadot-Varsano is an Israeli actress and is best known for her role as Wonder Woman. With the movie out, we can hardly contain our excitement to see this beautiful woman on the big screen. But there's so much more to Gal than people know. Not only is she a very successful actor (the second highest-paid actress in Israel, to be more specific,) but she also served in the Israel Defence Forces for two years after she finished high school.

Emilia Clarke

I wouldn't be surprised if Emilia Clarke turns out to be one of the most popular girl crushes of all time. With her exceptional portrayal of Daenerys Targaryen in HBO's *Game of Thrones*, she has become one of the highest-paid television actors earning about 2 million pounds for each episode of *GoT*.



Sophie Turner

It can't be denied that about 70% of the *Game of Thrones* cast is basically just insanely gorgeous women. The 21-year-old Sophie Turner is another actress that quickly rose to fame from starring in the HBO drama.





Liza Soberano

Liza Soberano is a Filipino-American who is best known for her roles in *Wansapanataym* and *Must Be... Love*. This gorgeous woman won the 2nd spot in 2016's top 10 most beautiful faces list. This 19-year-old has already made a mark in the Filipino Film and TV industry, and we cannot wait to see more of her.



Deepika Padukone

Deepika Padukone is an Indian actress who is also one of the world's highest paid actresses. She started off as a tennis player and eventually moved into modeling. Her big break was in 2007 when she played "Shantipriya" in the Bollywood blockbuster *Om Shanti Om*. The 31-year-old actor also recently debuted internationally in *xXx: Return of Xander Cage*.



Emma Watson

You'd have to have been living under a rock if you don't know Emma Watson or the character she played in the *Harry Potter* series. A lot of us have watched Emma grow up and blossom into the beautiful person that she is. Since her time acting as Hermione Granger, she has given many noteworthy performances such as "Sam" in *The Perks Of Being A Wallflower*, and "Belle" in *Beauty And The Beast*.



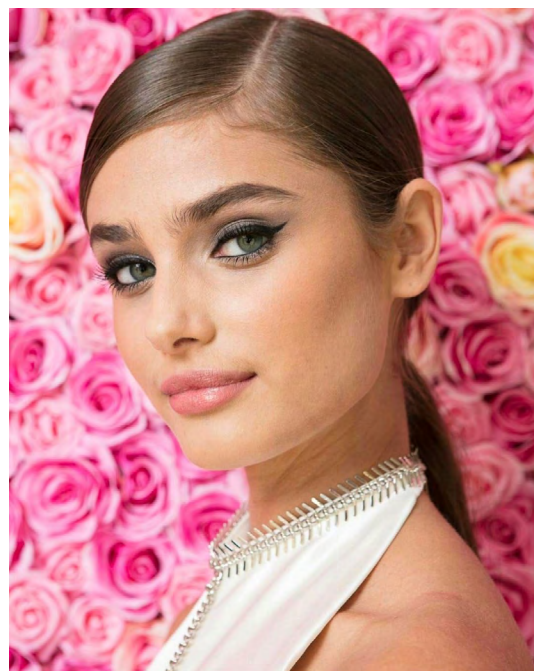
Emma Stone

Emma Stone, best known for her roles in *Easy A*, *The Help*, and *La La Land* is an American actress. In fact, in 2015, she was one of the world's highest paid actresses. She is, no doubt, one of the most talented actors in the industry and has won a number of awards including the Golden Globe and the Screen Actors Guild Award.



Rachel McAdams

We cannot help falling in love with Rachel McAdams over and over again, every time we see her. The Canadian actress is best known for her role as Regina George in *Mean Girls*. Since then, McAdams has given a number of noteworthy performances in movies like *The Notebook*, *About Time*, and *The Time Traveler's Wife*.



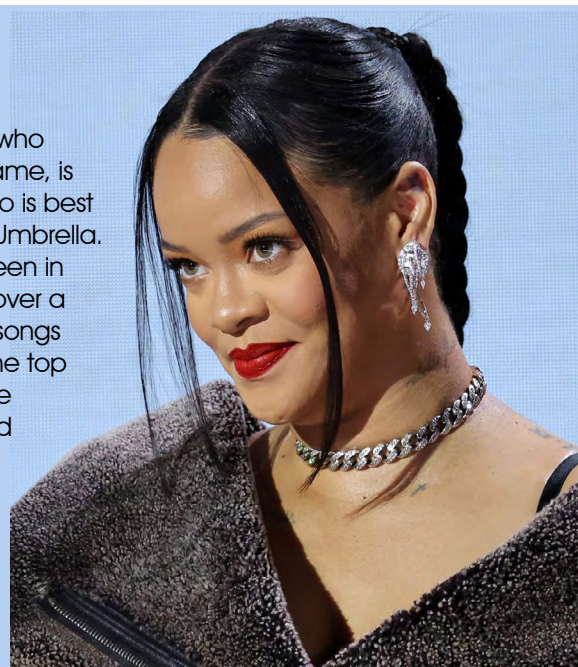
Taylor Hill

Taylor Hill is another American supermodel who has been a Victoria's Secret Angel since 2015. She has modeled for designers like Versace, Michael Kors, and Vogue. The 21-year-old is among the top paid models, raking in over 4 million dollars.



Rihanna

Robyn Rihanna Fenty, who goes by her middle name, is a Barbadian singer who is best known for her single—*Umbrella*. The 29-year-old has been in the music industry for over a decade with multiple songs that have ranked on the top of many billboards. She has won Grammys and ranked as the 4th most powerful celebrity by *Forbes* in 2012.



Lupita Nyong'o

Lupita Amondi Nyong'o is a Mexican-Kenyan actress who started off as part of the production crew for films like *The Namesake* and *The Constant Gardener*. She rose to fame with her role in Steve McQueen's *12 Years A Slave*.



Adriana Lima

Adriana Lima is one of the most successful supermodels, having been the second highest-paid model since 2012, reigning in about 10.5 million dollars. She has been a Victoria's Secret Angel since 1999 and has also been the spokesmodel for Maybelline Cosmetics since 2003.



Gigi Hadid

Gigi Hadid is an American supermodel who started her modeling career as a 2-year-old when she was chosen to model for Baby Guess. The 22-year-old has modeled for designers like Sonia Rykiel, Dolce and Gabbana, and Tom Ford. She recently made her debut appearance in the renowned Victoria's Secret Fashion Show.



Priyanka Chopra

Priyanka Chopra had her big international break when she bagged the role of "Alex" in *Quantico*. Apart from being an actress, she is also a film producer, singer, and philanthropist. She was also named one of the "100 Most Influential People In The World" by Time magazine.

Margot Robbie

Margot Robbie recently shot to fame after playing the role of Naomi Lapaglia in *The Wolf of Wall Street*. And our obsession with her only intensified after her portrayal of Harley Quinn in *Suicide Squad*. In 2015, she was voted to have the "sexiest eyes" by the Victoria's Secret "What is Sexy List."





Blake Lively

Blake Lively is best known for her role as Serena Van Der Woodsen in *Gossip Girl*. The 29-year-old actress has also starred in films like *The Sisterhood of The Traveling Pants* and *The Shallows*.



Cara Delevingne

Cara Jocelyn Delevingne is a British supermodel-turned-actress who got her big break in 2012. This 24-year-old won the "Model of the Year" award twice at the British Fashion Awards. She is also known for her roles in *Paper Towns* and *Suicide Squad*.



Zendaya

Zendaya Maree Stoermer Coleman is a singer, actress, and dancer, who gained popularity because of her role as Rocky Blue on Disney Channel's *Shake It Up*. Since her time on the show, she has become a popular style icon who is also a black activist.



Nana (Im Jin Ah)

If you follow Kpop, there is no way you don't know Nana. Im Jin-Ah, who is a member of the Kpop group "After School" has been at the top of many lists for her exceptional looks. While we are going to be eternally envious of Korean beauty in general, Nana turns it up a notch with her talent and style.



Selena Gomez

All of us know Selena Gomez as the Disney actress from *Wizards of Waverly Place* and as Miley Stewart's nemesis in *Hannah Montana*. But the girl we knew has grown up to be one of the most successful and popular celebrities today. With over 121 million followers on Instagram, she has the second most followed account after the official IG account.

Three Different Races

— Beauty

The New World Order!

Amenna Daayo

Our cover story is an exploration of beauty in all its forms. We found it in the three women on our cover, we carried out extensive research on these women. Our conclusion? Beauty is everywhere. You just have to know where to look.

What if you were asked to name someone beautiful in our culture today? Who would you think of? A Victoria's Secret Angel? A popular YouTube star? A current beauty queen? Yes, they are all "beautiful," but too often our definition of that word is way too narrow.

Whether it was the porcelain skin of 18th-century France, the slim silhouette and bobbed hair of the roaring '20s, or the hourglass figure favored in the '50s, the notion of the physical ideal, particularly for women, has evolved over time. But one thing has remained constant: a woman's need to live up to those impossible standards in order to feel beautiful.

Well, we say screw that. We are dedicating this entire issue to the fact that beauty is multidimensional and deeply personal. So take time to celebrate yourself and each other, as we are, and as we are supposed to be. Empowered.



Angelina Jolie
- Caucasian

es, One Language



Naomi Campbell

One of the elite group of models who were directly responsible for the term 'supermodel' being coined, and its only black member, Naomi Campbell's ongoing career spans decades thanks to her enduring editorial and campaign work. She is also credited as a trailblazer for black models.

Born in the South London area of Brixton, Campbell studied at Italia Conti Academy stage school and appeared in music videos for Bob Marley and Culture Club before signing with Synchro modelling agency at age 15. Her career quickly took off. Just before her 16th birthday, Campbell fortuitously appeared on the cover of British Elle, following another model dropping out at the last minute.

As the first black model to feature on the cover of British Vogue, in August of 1988, she also became the first black model to appear on the cover of French Vogue, allegedly after her friend and mentor Yves Saint Laurent threatened to withdraw his advertising from the magazine if it continued to refuse to place black models on its cover. The following year she appeared on the cover of American Vogue, which marked the first time a black model had graced the front of the September issue, traditionally the year's biggest and most important issue.

When faced with racial discrimination, Campbell received support from her model friends and colleagues. She later quoted Turlington and Evangelista as telling Dolce & Gabbana, "If you don't use Naomi, you don't

get us." In 1997, The Guardian reported Campbell as stating, "There is prejudice. It is a problem and I can't go along any more with brushing it under the carpet. This business is about selling, and blonde and blue-eyed girls are what sells."

Despite the industry's prejudice, Campbell has amassed an impressive roster of advertising campaigns in which she has starred, including Versace, Ralph Lauren, Dolce and Gabbana and Louis Vuitton. In addition Campbell was appointed the face of Yves Saint Laurent. The model's editorial work includes shoots by fashion's greatest photographers Mario Testino, Patrick Demarchelier, Richard Avedon, Ellen von Unwerth, Herb Ritts, Steven Meisel, Peter Lindbergh and Helmut Newton.





In 1999, she signed her first cosmetics contract with Cosmopolitan Cosmetics, a division of Wella, through which she launched several fragrances. In November of that year, she posed with 12 other top models for the "Modern Muses" cover of the millennium issue of *American Vogue*, shot by Annie Leibovitz. The following month she appeared on the cover of *Playboy*. In October 2001, she appeared with rapper Sean 'P Diddy' Combs on the cover of *British Vogue*.

In 2002, Naomi Campbell was involved in a high-profile lawsuit with London's *Daily Mirror* over publishing photos of her leaving a Narcotics Anonymous meeting. After several appeals, the court ruled in Campbell's favour. Campbell has sought treatment for both addition and anger issues. The supermodel famously recorded a period of court-ordered community service, following a lawsuit





brought about by her assistant in a diary for W, with accompanying photography shot by Steven Klein .

In 2005, Campbell founded the charity Fashion for Relief, which has organised fund-raising fashion shows to benefit victims of Hurricane Katrina in 2005, the India terrorist attacks in 2009, the Haiti earthquake in 2010 and the Japan earthquake in 2011. Fashion for Relief is reported to have raised £4.5 million. Campbell is also an active fundraiser for breast cancer and started a charity to battle poverty in Brazil. She has also donated funds to her "honorary grandfather," Nelson Mandela's political party the ANC.

In 2019, Campbell was awarded the British Fashion Council's Fashion Icon award, in which she took the opportunity to foreground her South London heritage.

Angelina Jolie

Angelina Jolie is an Oscar-winning actress, movie director, humanitarian and global celebrity. She rose to fame through her title role in the film "Lara Croft". In recent years, Jolie has moved into film production, acting as director, writer and producer. She has six children, three of whom are adopted. She serves in a capacity as a Goodwill Ambassador for the UNHCR.

Angelina was born in Los Angeles, California. Her parents, Jon Voight and Marcheline Bertrand were actors, and this was a significant influence on her early life. When she was eleven, she enrolled at the Lee Strasberg Theatre Institute and performed in several theatre productions. This early training was important to her philosophy of acting. A major component of this acting school is to stay in part for the duration of the filming –

taking on the characteristics of her characters.

She later studied film studies at New York University. Aged 16, she temporarily tried modelling and appeared in some music videos. However, this career did not take off. Ironically, for someone who would later be cited as the world's 'most beautiful women', Angelina had difficult periods in her childhood. She recounts being picked on by other children for being very thin and wearing glasses.


More seriously, she had a difficult relationship with her father, Jon Voight. In her late teens, and early 20s she also suffered from depression and periods of self-harm. Looking back, she observed that she was

"Just being a young girl who was experimental, bold and a bit nutty... I was absolutely self-destructive. I think a lot of young people in this









business lose their way. You don't know what is of value. You don't know where you are. And you know something's wrong, because it isn't life as it actually is. It's like living in some warped reality." (Source: USA Today)

Angelina credits her first adopted daughter for helping her to pull out of depression and a tendency to self-harm. Jolie recounts then when she saw her adopted daughter she knew she would have to live more responsibly for her benefit. "I knew once I committed to Maddox, I would never be self-destructive again."

In her teens, her acting career never really took off because her demeanour was often considered too 'dark' and 'punkish.'

In 1993, she began her professional film career with her first major part in the sci-fi film 'Cyborg 2'. Several roles in smaller films followed with Jolie receiving critical praise, though the films did not go on to be major successes.

In 1997, she received her first Golden Globe Award for her performance in 'George Wallace' (1997). She played the second wife of Alabama segregationist governor – George Wallace.

In 1998, she starred in a biopic about Gia Carangi, a supermodel who struggled

to deal with her fame and success – dying prematurely from AIDS as result of sharing drug needles. Jolie was praised for her performance; however, to perform the character she adopted 'method acting' and took on similar characteristics to the role she was playing. As a result, she became difficult to deal with, especially as there were some parallels with Jolie's own struggles with depression.

In 1999, she starred alongside Denzel Washington in the successful film 'The Bone Collector' (1999). Also in that year, she played a woman who spent time in a psychiatric hospital in 'Girl Interrupted' (1999). Her performance won her the triple crown of Golden Globe Award, the SAG and Academy Award for the best leading actress. Jolie was gaining a reputation for producing strong acting performances, and she became increasingly in demand. Her growing acting profile also led to increased media interest, especially because of her physical beauty and colourful life.

In 2000, she was chosen to play the lead role in 'Lara Croft: Tomb Raider'. This was by far her most successful film commercially, becoming one of biggest grossing films of the year. The role involved considerable physical training to play the adventurous and



athletic character. (often said to be a cross between James Bond and Indiana Jones.

Filming 'Lara Croft' in Cambodia, caused Jolie to become more interested in humanitarian activities. She became an active participant in her role as United Nations High Commissioner for Refugees (UNHCR). She has travelled extensively to areas such as Darfur, Sierra Leone and Afghanistan. In 2012, she was appointed Special Envoy to High Commissioner Antonia Guterres. Jolie says she puts a third of her salary into savings, a third for living expenses and gives the final third to charity.

Speaking of her experience in visiting Afghanistan, she remarks:

"Behind the labels — refugees, internally displaced persons, asylum seekers — are people with the same

hopes, fears, sorrow and happiness as anyone. Their life experiences are often deeply tragic but also uplifting. To survive what many Afghan families have experienced over three decades is testimony to the resilience of the human spirit. This shines through in their generosity, humour, and quiet determination to offer their children a better future.”

Angelina_JolieJolie has become an advocate for children’s education and protecting the interests of child immigrants and other vulnerable children. She has also worked with the Education Partnership for Children of Conflict and has helped to establish education policies. In January 2011, she established the Jolie Legal Fellowship a network of lawyers who are sponsored to advocate for human rights in developing countries. After she had devoted more time to humanitarian work, her public profile changed from an image of a ‘wild child’ to a more positive image.

In 2004, Jolie began filming Mr & Mrs Smith (2005) with Brad Pitt. The film was noted for its on-screen chemistry between Jolie and Pitt (who was at the time married to Jennifer Aniston) Pitt later divorced Aniston and in 2014 the couple married. However, in 2016, the couple separated.

Jolie has become one of the highest-paid actors in Hollywood. Her films are regularly commercial and critical successes. With Jolie’s performances often being the stand out performance.



Deepika Padukone

Deepika Padukone, born 5 January 1986 in Copenhagen, Denmark, is an Indian model and actress. She is the daughter of former badminton champion Prakash Padukone. Her mother tongue is Konkani. Deepika has a younger sister named Anisha.

She has been modeling appearances in print and television advertising campaigns for Liril, Close-Up toothpaste and Limca, receiving many prestigious modeling offers, including brand ambassadorship of the Jewels of India, an annual jewelry exhibition. She hit the international scene when Maybelline made her their new international cover-girl face.

At the fifth annual Kingfisher Fashion Awards, for Indian models and designers, she was awarded the title of Model of the Year. Shortly

after wards, she was chosen as one of the models for the Kingfisher Swimsuit Calendar for 2006, thus cementing her reputation as a supermodel. She also bagged two trophies at the Idea Zee F Awards in 2006 - female Model of the year (Commercial Assignments) and Fresh Face of the year.

Deepika Padukone is an internationally acclaimed actor, fashion and youth icon and mental health ambassador from India. She was a national-level badminton player until she gave up the sport at the age of 16 to pursue her love for acting. And the rest as they say, is history!

In 2005, Padukone moved from Bangalore where she grew up, to Mumbai, the heart of India's film industry. Starting with her first movie in 2007, she has over the last





decade, acted in close to 30 feature films across genres and won several awards including 3 Filmfare awards and 5 Filmfare nominations for her iconic performances. Many of her films also rank among the highest grossing films of all time.

She has been named by TIME magazine as one of the 100 most influential people in the world and Forbes magazine has listed her amongst the 10 highest-paid actresses in the world!

She recently received the Crystal Award at the World Economic Forum in Davos for Leadership in Raising Mental Health Awareness.

In 2014, Padukone was diagnosed with clinical





depression and sought professional help to aid her recovery.

In June 2015, she founded The Live Love Laugh Foundation to give hope to those suffering from Stress, Anxiety and Depression.

Padukone has been touted as one of Indian Cinema's most loved and successful actresses till date and her achievements have made her one of the country's biggest role models for the youth in recent times.

With her talent, commitment, dedication, discipline and hard work, Deepika Padukone has already achieved iconic status even though her journey has only just begun.

Model To Celebrate



Meet the World's Oldest Working Supermodel – Carmen Dell'Orefice

Sasha Bokomoso

We must say age is just a number for Carmen Dell'Orefice! This silver-haired beauty is the world's oldest supermodel. At the moment, she is 91 years old. And even at that age she is still gracing A-list magazine covers. In October last year, she graced the cover of *New You* magazine.

Like always, Carmen looked stunning as ever on the cover of the magazine. She shared the cover of the magazine with another boundary-breaking stunner Beverly Johnson who became *Vogue*'s first black model in the year 1974.

In one of the most breath-taking photos for the edition, Dell'Orefice who has been modeling for decades posed nude for the photoshoot.

The stunner was quite comfortable while posing for the shoot and she said, "Just like working with acclaimed photographer Fadil [Berisha], it's their perception of what they see in you or me."

Carmen went on to say, "We are there, a synergy starts to happen, and they bring it out. It's where their mindset is. The photographer's mindset is high, not in the gutter. It's all projection. We're all silent actresses, and that's what it's about."

Carmen Dell'Orefice is a supermodel and actress by profession. She was born on June 3, 1932, in New York City. Her parents were of Italian and Hungarian descent. Right from the start, her mom



and dad shared a rocky relationship.

Like any other relationship, their relationship went through its fair share of ups and downs. As a result of her parents' unstable relationship, Carmen had to live in foster homes or with her relatives during the clashes of her parents.

Did you know that Carmen started modeling at the young age of 13? Back in the day, while going to her

ballet class by bus, photographer Herman Landschoff's wife asked her to model. At that time, she was only 13 years old.

In 1946, Dell'Orefice bagged her first big contract in her kitty. At 15, she signed a contract with *Vogue* magazine. She shot her first cover for the popular magazine in the same year. She was one of the youngest stars to appear in the iconic fashion magazine.



Are Be Influer Falling Fashion



Beauty Cancer Brands g Out Of n?

Kati Chitrakorn

Morphe's failed bet on Jeffree Star and James Charles, plus the exit of Hiram and Addison Rae's beauty lines at Sephora, indicate a reckoning for an industry that for years has been shaped by influencers.

Is the power of social media stars waning in beauty? After years of helping to drive awareness and sales for brands by producing content that feels more relatable than glitzy campaigns from traditional celebrities, many creators have launched their own brands as a way to directly monetise their engaged fan bases. But, there are signs that a shift may be underway.

Selfless by Hiram, the skincare brand founded by influencer Hiram Yarbro in partnership with The Inkey List, and Item Beauty, a makeup brand launched by TikTok star Addison Rae, will no longer be sold at Sephora. While Item Beauty still appears on Sephora's e-commerce website at discounted prices, Selfless by Hiram can no longer be purchased online via the LVMH-owned specialist beauty retailer.

Meanwhile, Los Angeles-based makeup giant Morphe, once valued at \$2 billion thanks to splashy collaborations with celebrity influencers, is shutting down all of its physical stores in the US. Its parent company, Forma Brands, this week entered an agreement to be acquired by a group of secured lenders after it filed for Chapter 11 bankruptcy.

Yarbro says Selfless is not shuttering, and the brand plans to expand and announce new retail partners. Sephora became its exclusive retail partner in June 2021 off the back of Yarbro's success as a skincare vlogger, with a following of 4.56 million on YouTube and 6.1 million on TikTok. Selfless says it is "gentle, non-irritating" skincare with lower





concentrations of chemicals than competitors. It also touts a message of social consciousness, having established partnerships with environmental nonprofits Rainforest Trust and Thirst Project.

The priority ahead is keeping the product line “accessible” and continuing its mission for “social change”, he wrote in an emailed statement. “Due to changes in direction and retail adjustments, Selfless by Hiram products have been winding down at Sephora. We have had a wonderful relationship with Sephora and owe much of our success to the support of the Sephora corporate team, beauty advisors, and every client who has purchased our products in store and online.” Sephora declined to comment.

Item Beauty, on the other

hand, is pausing its operations entirely. The brand was launched in August 2020 by TikTok star Rae, who currently counts 88.9 million followers on the platform. Item markets itself as “a clean beauty line with lush ingredients” that helps its consumers achieve “a natural look”. While the brand originally launched direct-to-consumer, available to shoppers via an e-commerce site, it entered into an exclusive partnership with Sephora in August 2021. The launch at Sephora allowed fans to discover the brand in real life. It was also notably one of Sephora’s few Gen-Z focused, influencer-led brands.

Rae shared on her Instagram Stories: “As some of you know, Item Beauty will be ending its exclusivity with Sephora and taking a hiatus

while I reimagine my journey in beauty to make sure it reflects who I am today.” Products will still be available to purchase on Item Beauty’s e-commerce site throughout February, she added, sharing a 40 per cent off discount code. She declined to comment further when contacted by Vogue Business.

Founded in 2008, Morphe set itself apart by partnering with influencers to provide their followers with discount codes for fans to use at checkout to purchase a specific item for a reduced price. Morphe then began embarking on deeper partnerships with powerhouse influencers, such as Jeffree Star and James Charles, who would not only promote the products online but make in-person appearances that drew so many fans that malls across America had to shut down. It led to revenues topping \$400 million in 2019, according to a company presentation from December 2021 obtained by Bloomberg. However, Morphe severed ties after Star was accused of racism and harassment in 2020 and Charles was embroiled in sexual misconduct claims in 2021.

Star has responded via a YouTube video titled “Doing What’s Right” in which he reflected on his behaviour on social media, apologised and talked about the importance of inclusivity to his brand. Charles has also responded via YouTube, including in a video titled “Holding Myself Accountable” in which he apologised for his actions.

The priority now is to focus on e-commerce and wholesale, Forma Brands tells Vogue Business. Morphe’s stores outside the US will remain open. “We believe this shift will position Morphe to better compete in the broader beauty landscape and more efficiently reach our customers where and how they shop,” a Forma spokesperson says.

Wow! The Legendary Grace Jones

Still Killing It

Sasha Bokamoso

Grace Jones showed off her age-defying figure in some great photos released recently, including a high-cut white leotard and black heels as she posed with both hands on her hips for a sexy Woldford campaign.

The 74-year-old model, who is the new face for the luxury lingerie brand, bared plenty of skin for the shot, which received an outpouring of praise from her fans on social media.

Upon coming across the photos on Woldford's Instagram account, many admitted to initially thinking the images were 'throwbacks' since she looks so young.

'Grace Jones laughs at you because this is a shoot for Woldford's Spring 2023 campaign...and she is 74,' one Twitter user marveled.

Another joked: 'Suspecting and really hoping Grace Jones is some kind of eternal being.'

Check out these photos and tell us if this beautiful lady looks anything near 74?





10 BEST OSCARS DRESSES OF ALL TIME

According to Glamsquad Editors

Praise David

There is no doubt that the Oscars are one of the most-watched events in the world. With the 95th Oscars recently held on March 12, where we were once again treated to some of the best fashion pieces the world has to offer, we cannot help but remember all the great moments on the Oscars red carpet.

Still in the mood of the Oscars 2023, our editors at Glamsquad had a meeting over tea (it was a virtual meeting, though) to pick out the top 20 best Oscar dresses of all time. It was harder than we thought, but we had a superb time.

From Zendaya in Valentino couture last year to Lupita Nyong'o's sky-blue Prada gown from 2014, we had so many beautiful dresses to choose from. Then there was, of course, Nicole Kidman's Balenciaga halter dress in 2007 and Charlize Theron's glittering Gucci gown from 2004.

Well, the list is endless, but these are our 20 best picks – for now. Check them out!





**Gemma
Chan in
Valentino,
2019**

It's a statement, it's couture, it looks comfortable, and it has pockets!



**Gwyneth
Paltrow in Tom
Ford, 2012**

Gwyneth Paltrow in Tom Ford at the 2012 Academy Awards: immaculate and uncluttered, and straight from Marge Sherwood's steamer trunk.

Janelle Monáe in Ralph Lauren, 2020

Janelle Monáe is one of those stars that can pull off just about any silhouette or color on the red carpet, and who better to rock this sequined (and caped!) Ralph Lauren gown than her? I love that it's super unconventional—and even a little futuristic—yet somehow it still reads as super glamorous.





Marion Cotillard in Jean Paul Gaultier, 2008

To this day, Marion Cotillard in Jean Paul Gaultier Couture at the 2008 Oscars is one of my favorite fashion moments of all time. Winning for Best Actress for her portrayal of Edith Piaf in *La Vie en Rose*, it was her big moment—and her gown couldn't have suited it more perfectly. The form-fitting fishtail shape was both sexy and demure at the same time, and the intricate scallop detail was just so beautiful. I also love how she layered on the golden, navel-grazing strand necklaces. Such a cool *laissez-faire* touch.




Natalie Portman in Dior, 2020

Natalie Portman and Dior is already a winning combination, but for the 2020 Oscars, she raised the bar for award show fashion with a powerful statement. She wore a Dior gown with a matching cape embroidered with the names of snubbed female directors. Fashion, but make it feminist!

A full-length photograph of Zendaya on the red carpet at the 2021 Academy Awards. She is wearing a vibrant, bright yellow strapless gown with a high slit and a long, flowing train. Her long, dark hair is styled in loose waves, and she is wearing a sparkling necklace. The background features the iconic Oscar statuette backdrop.

Zendaya in Valentino, 2021

Zendaya rarely misses on any step and repeat, but her 2021 Oscars dress is one of her all-time best. The arresting yellow hue is a statement alone, but I love that she opted for a modern take on the classic, floor-length gown via a tasteful cutout. The design felt fresh and fun, and the perfect balance between glamour and ease.

A photograph of Charlize Theron on the red carpet at the 2004 Academy Awards. She is wearing a shimmering, floor-length silver gown with a simple, elegant design. The background shows other attendees and the red carpet.

Charlize Theron in Gucci, 2004

Charlize Theron's glittering silver Gucci gown is a prime example that less is often way more on the red carpet. Despite its simple shape, it's one of the Oscars's most memorable dresses in history; you can thank its flawless fit for that. When Theron went on to collect her Best Actress trophy for *Monster* that year, she definitely looked the part of a true Hollywood movie star.



Julia Roberts in Valentino, 2001

I'll never forget it and neither has the fashion world: Julia Roberts in her vintage Valentino gown for her first-time Oscars win for Erin Brockovich. The black and white, velvet and satin Valentino gown was classic and elegant then—and it's still timeless today.

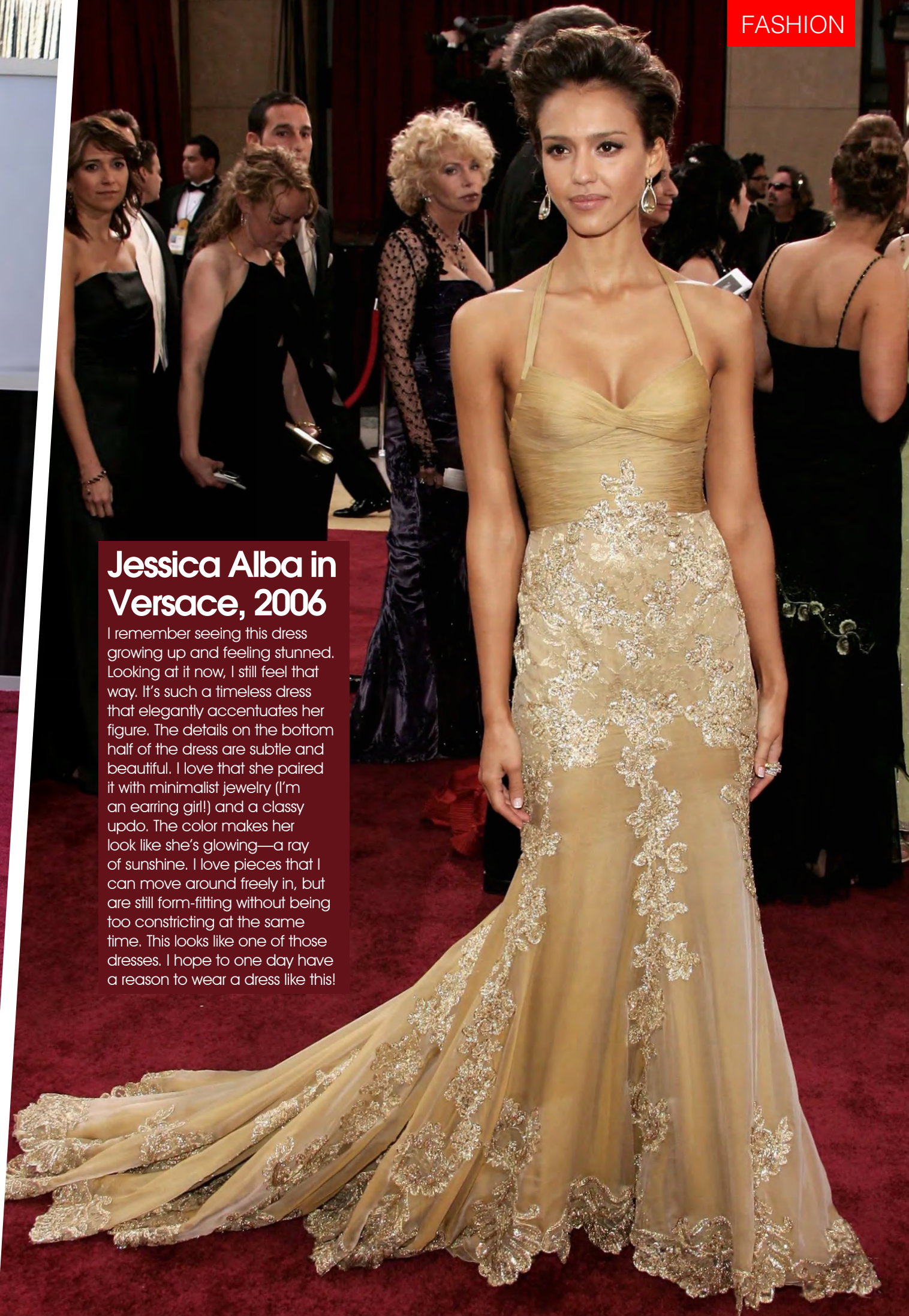
Jennifer Lawrence in Christian Dior Couture, 2013

Jennifer Lawrence's Dior Couture in 2013 was like a fantasy wedding dress, and the delicate necklace she wore down her back was so feminine and fresh. Yes, she fell going up the stairs to accept the big prize, but boy did she look fabulous.



Jessica Alba in Versace, 2006

I remember seeing this dress growing up and feeling stunned. Looking at it now, I still feel that way. It's such a timeless dress that elegantly accentuates her figure. The details on the bottom half of the dress are subtle and beautiful. I love that she paired it with minimalist jewelry (I'm an earring girl!) and a classy updo. The color makes her look like she's glowing—a ray of sunshine. I love pieces that I can move around freely in, but are still form-fitting without being too constricting at the same time. This looks like one of those dresses. I hope to one day have a reason to wear a dress like this!



When Mo Meets Stre

20 Cool Photos to E

Praise David

At Glamsquad, we love Street-Style and everything Fashion. But we love it more, when it is coupled with Beauty. So we are featuring so much hair and makeup inspiration to steal – em, sorry, iterate on.

Whether it's supermodels hanging out post-show working ultra-slicked back hair in off duty mode, or the FROW

**NYFW SS23 STREET STYLE
BEAUTY**



Make-Up Street Style

Brighten Your Day

showing off everything from space buns and beaded braids, to stacks of barrettes and bold scarlet lipstick, the street style beauty details have it all.

From diamanté embellished ponytail partings, to blunt cut stepped in fringes and pierced updos (yes, really), we're looking to the street stylers for beauty's hottest trends this season.

Check them Out!



**MFW AW23 STREET STYLE
BEAUTY**



**MILAN FASHION WEEK SS23
STREET STYLE BEAUTY**



**MILAN FASHION WEEK SS23
STREET STYLE BEAUTY**

Fashion Police:

Best & Worst Oscars 2023 Looks

Amenna Daayo, Sasha Bokamoso & Praise David

Our fashion editors at Glamsquad Magazine were optimistic about the current state of awards show style following the just concluded Oscars.

In our opinion, it was a beautiful carpet. We are all in agreement that the women looked glamorous and beautiful. As we expected, it was a gown affair, but the celebrities were not scared of experimenting.

There were beautiful hairstyles, and the big jewels were back out. It was exactly how we pictured it to be! It felt like the first really real one since COVID. Due to popular demand, we will be featuring a "Fashion Police" session on every edition of Glamsquad Magazine going forward, and what better way to kick off than scrutinizing the outfits and styles on display at the just concluded Oscars?

Get in!

MICHELLE WILLIAMS

Sasha

I am not too impressed with this outfit. The white caped gown looked far better inside the venue than on the champagne-colored carpet.

Praise

This dress was designed by Chanel Haute Couture. Not totally bad, but I feel it doesn't speak 'Red Carpet' in any way.

For God's sake, this is a Red Carpet at the Oscars – everyone is going to be talking about your look for one year.

Amenna:

This dress looked better in the theatre, but if you did not score your points on the red carpet, then it is a big disadvantage. I think the choice of colour worked against Williams here, and I think Chanel is to be blamed for that.

VERDICT
4 out of 10



A full-length photograph of Salma Hayek standing on a red carpet. She is wearing a floor-length, form-fitting gown covered in red sequins and fringe. The gown has a halter-style neckline with a keyhole cutout at the bust. She is holding a small, round, metallic clutch bag in her left hand. The background features a large, stylized yellow Oscar statuette on a red wall.

SALMA HAYEK

Sasha

Salma is one of my favourite actresses, and her role in 'The Hitman's Wife's Bodyguard' made me love her even more. Seeing Salma Hayek in this curve-framing orange sequined Gucci gown won my heart.

Praise

Oh, Gucci! Well done on this one – the perfect dress for Salma's figure, I must confess. It enhances her shape and curves. I don't care what anyone says. I love Salma Hayek, because she is simply just Salma Hayek.

Amenna:

I didn't see any negatives in this outfit or the carriage Salma gave to it! I love the colour, and I love the design. I think red looks best on Salma. I am still yet to ascertain if Salma has gone under the knife because her figure is intimidating.

VERDICT
8 out of 10

**ANGELA
BASSETT****Sasha**

She was hands-down my favourite of the night. In my opinion, Basset bagged "Queen of the red carpet" in this regal purple Moschino gown.

Praise

A dose of "perfection," for me. She owned the red carpet this entire season. She just owned it. I have a soft spot for purple, and Basset made the colour proud with this outfit. Royalty indeed!

Amenna:

"I always feel like she walks in and goes, 'Oh, children, the adult's here now,' Or, in my dreams, someone like that walks in and goes, 'Hello, peasants.'"

VERDICT – 9 out of 10 (Yes, it was that good!)



**ZOË
SALDANA****Sasha**

Sorry to say this, but I have to be blunt. This was one wasted invitation.

Zoe, if you are going to be dressing this way to the Oscars, then please watch the event from the TV in your living room. Wasted opportunity!

Praise

I still cannot believe this is a dress by Fendi Couture. Was this supposed to be a joke or something?

Amenna:

No life. Just flat! This dress has so much going on, but it speaks nothing. In my opinion, this is flat!

VERDICT
2 out of 10 (We awarded the 2 for her smile, not the dress.)

**CARA
DELEVINGNE****Sasha**

Cara Delevingne's "amazing" scarlet Elie Saab is a striking and sophisticated departure from the skin-baring looks she favored for years. I love it!

Praise

I love that she went in a ballgown; she didn't come slinking out [in something sexy]. This time, she didn't force it, and I liked that. I really like this look, not just the dress!

Amenna:

I always feel like it's not fair to compare models to actresses because they just wear the clothes differently. But this look proves that Cara Delevingne can be whoever she wants to be at any time! This is elegant!

VERDICT
7 out of 10





JAMIE LEE CURTIS

Sasha

I am not going to say much other than that this dress is an Oscar winner. This is the best Lee Curtis look I have ever seen.

Praise

I guessed that this was a Dolce & Gabbana dress, and I was right! How I guessed it, I do not know, but I did. Dolce & Gabbana did a great job. They pulled in the waist; the neckline was perfect. As a designer myself, I can see all the attention to detail in making this outfit. Good job!

Amenna:

You can always tell who you think will win an Oscar by the way they are dressed. This is because the winners tend to dress much more elegantly and slightly conservatively. Jamie Lee Curtis came dressed to win.

VERDICT 8 out of 10

TEMS

Sasha

I do not like this outfit, but my biggest concern was the fact that the headgear on the outfit was not detachable, and everyone behind Tems at the theatre could not see the stage because of the unnecessarily elevated headgear on the dress. Poor! Very poor!

Praise

As a Nigerian, I was really looking up to Tems winning an Oscar and winning on the red carpet. But, I must confess that I was so disappointed with this outfit. I have seen photos of Tems in this outfit more than a hundred times, and all I keep asking myself is 'what the hell is going on here?'

Amenna:

The moment the Oscars started, Tems started to trend on social media. Her dress prevented those behind her from seeing the stage. For God's sake Tems, most of those people have been waiting all their lives to attend an Oscar. I have read her response to criticism the outfit received, and frankly, none of her excuses make any fashion sense to me. You can make a statement without having to discomfort people and turn up in a poor outfit! You are a Glamsquad cover girl, and we expected better.

VERDICT

1 out of 10 (Baby, we love you so much regardless – you know we do, but that outfit was a No-No.)



ANA DE ARMAS

Sasha

I like Louis Vuitton and the beautiful pieces they have created over the years, but this nude sparkly dress by Ana de Armas is somewhat underwhelming for me. Sorry.

Praise

Hmm. It's your first Academy Awards, and if you're going to wear that kind of a dress, there should have been jewels and not your hair [worn] down. Also, on that white background, the outfit loses even worse.

Amenna:

I read a lot of comments about this dress, and there were a lot of fashion experts who were of the claim that Ana de Armas was paying tribute to Marilyn Monroe with this look. Well, I may not be as experienced as those saying this, but I would have to agree with Sasha and Praise here. I feel like everyone's saying that as an excuse. I did not see any homage ... And by the way, if we're paying homage, have your hair better, and makeup, and maybe a red lip.

VERDICT
3 out of 10



5 BEAUTY TRENDS WE W THE LONDON FASHION W

Praise David

London Fashion Week Autumn/Winter 2023 is officially over, and our team did a great job covering all of the fashion and beauty looks on our Blog and social media handles.

And besides covering all of the fabulous fashion looks and trends, we've also spent the past few days running between different backstage areas and refreshing our image banks in a bid to dissect the biggest beauty and make-up trends of the upcoming season.

Here are the best beauty trends from the autumn/winter 2023 shows.



SMOKY EYES

Smoky eyes were front and centre this season, bringing a gothic eeriness to Erdem's Victorian dystopia, thanks to Jane Richardson, and giving a '90s edge (note the use of brown) to Nensi Dojaka's party girl courtesy of make-up artist Lucia Pica.

[PHOTO CREDIT: NENSI DOJAKA AUTUMN/WINTER 2023. FRANCISCO GOMEZ DE VILLABOA/GETTY IMAGES]



HOLLYWOOD WAVES

1920s-inspired pin curls brought the glam at Harris Reed, where hairstylist Ali Pirzadeh created sculptural forms to mimic the clothing, dipping them in gold

leaf for added drama. Elsewhere, sleek lacquered waves offered a futuristic take on Old Hollywood glam at Richard Quinn, courtesy of Sam McKnight.

[PHOTO CREDIT: RICHARD QUINN AUTUMN/WINTER 2023. CHARLES MCQUILLAN/BFC/GETTY IMAGES]

ITNESSED AT WEEK 2023

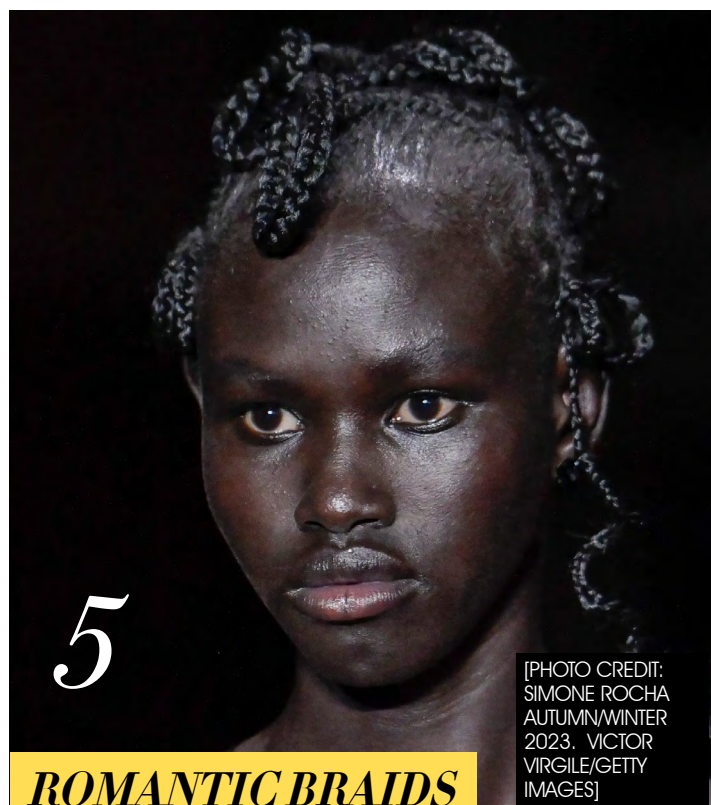
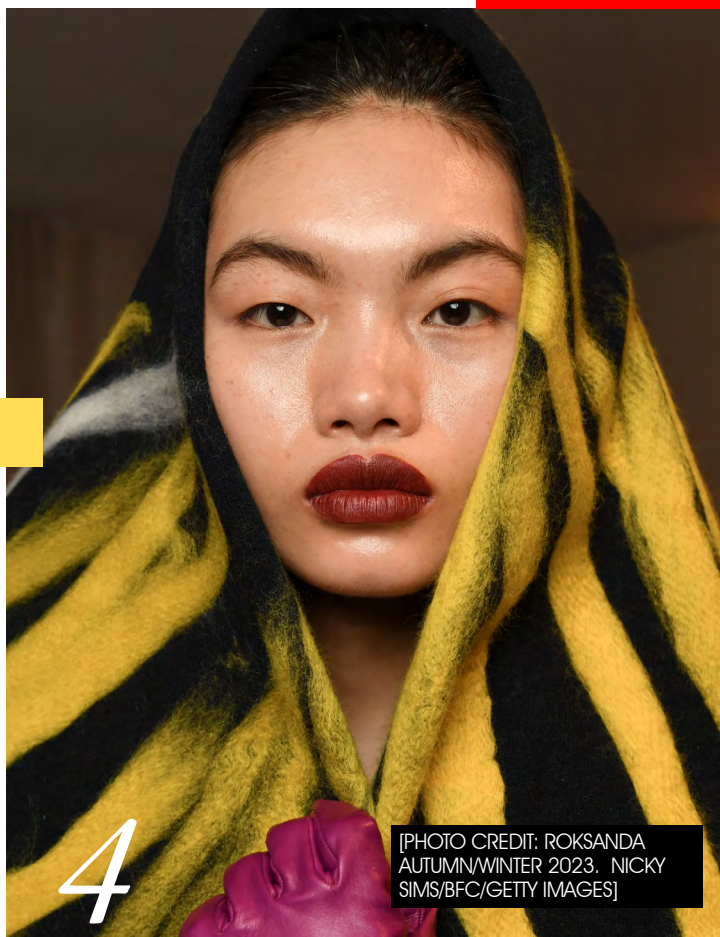
GOTH LIPS

Tapping into the goth-girl mood that's been sweeping both the red carpets and the street of late, Roksanda delivered on romance with the ultimate vampiric lip, courtesy of Rebecca Davenport. Meanwhile, Sofia Tilbury mixed deep rouge noir ombre lips with bejewelled black pouts at Harris Reed, for some dark decadence.



ELECTRIC HUES

High-octane energy came by way of electric colour palettes this season. Jolts of acid tones – mauves and slime green – lit up models' eyelids at Conner Ives, thanks to make-up artist Lucy Bridge. Elsewhere, Terry Barber took his cues from Frances Hodgson Burnett's *The Secret Garden* with washes of lilac, silver and aquamarine around the eyes for a soft and feminine look on Richard Quinn's runway.



ROMANTIC BRAIDS

Inspired by Lughnasa, the Irish harvest festival, at Simone Rocha, Cyndia Harvey echoed the natural textures of the collection in the hair with curled braids and ringlets that eyes peeped out from beneath. Braids were also a standout feature at Yuhan Wang, where Adam Garland weaved colourful ribbons into extra-long side plaits for a romantic touch.



9 Biggest Fails on International Fashion Runway

Praise David

Fashion shows may only last a few minutes on the runway, but it takes months of behind-the-scenes work and stress to make those fleeting moments happen in the most magical and perfect ways possible.

After all, a succession of creative issues has to be collaboratively navigated between the designer and their team, and thus, translating a collection of clothes and

accessories into a show involves countless meetings, conversations, decisions, and actions, each revolving around the budget, styling, venue, lighting, makeup, hair, models, not to mention the soundtrack, props, runway construction, show notes, invitees, and, of course, a seating plan to keep feuding guests apart.

It's often a meticulously-organised, intricately-designed spectacle which is why it's so

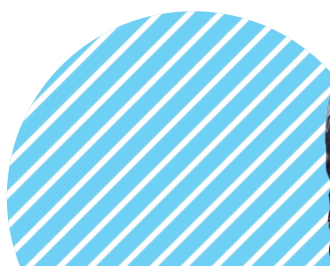
compelling when it doesn't quite go to plan. And sometimes, it doesn't go as planned because even with the top A-list professionals and the most detailed organization, sometimes, things do not go as planned.

Here, we look back at some of the most iconic fails and chaotic cock-ups, surprises, and stunts from Fashion Week shows across the decades. Check them out!



Kenzo SS17

Designers Carol Lim and Humberto Leon enlisted the help of real-life nude models to appear as statues on their Paris runway. It is called a fashion show, not a porn show!



Anna Sui SS18

Gigi suffered an unfortunate runway mishap when she lost one of her shoes at the Anna Sui show. Luckily, her sister Bella was on hand to help out



Louis Vuitton AW11

Kate Moss lit up the Paris catwalk as she smoked a cigarette while she walked on National No-Smoking Day. The move was greatly criticized, and many saw it as needless

Yeezy Season 4

Kanye West's hotly anticipated Season 4 show quickly fell apart thanks to the f'row's 3 hour wait in scorching sunshine for the show to begin before models collapsed due to the heat



Louis Vuitton AW11

Kate Moss lit up the Paris catwalk as she smoked a cigarette while she walked on National No-Smoking Day. The move was greatly criticized, and many saw it as needless



Michael Kors SS17

Bella Hadid followed in Naomi's footsteps as she fell head-over-heels on the Michael Kors runway in New York



Jean Paul Gaultier 1992

Another designer known for his ability to shock an audience, Jean Paul Gaultier went one better in 1992 and enlisted pop icon Madonna to walk his catwalk topless. The outfit and move was greatly criticized



Vivienne Westwood 1993

Fashion royalty Naomi Campbell fell spectacularly on the Vivienne Westwood London catwalk due to her 5 inch platforms



Balenciaga SS12

When the front row benches began to collapse beneath the front row, guests including Anna Wintour and Mario Testino were forced to stand throughout the show

R e v e l a t i o n s

The Bewildering History of the Beadnet Dresses in Boston's Museum of Fine Arts

Sasha Bokamoso

The Museum of Fine Arts, Boston has two reconstructed Egyptian beadnet dresses in its collection (Figs. 1-3). Of Figure 2 (see also detail shot in Fig. 1).

According to the Museum of Fine Arts, "Depictions of women in Egyptian art occasionally feature garments decorated with an overall lozenge pattern. This design is believed to represent beadwork, which was either sewn onto a linen dress or worked into a separate net worn over the linen. This beadnet dress is the earliest surviving example of such a garment. It has been

painstakingly reassembled from approximately seven thousand beads found in an undisturbed burial of a female contemporary of King Khufu. Although their string had disintegrated, a few beads still lay in their original pattern on and around the mummy, permitting an accurate reconstruction. The color of the beads has faded, but the beadnet was originally blue and blue green in imitation of lapis lazuli and turquoise."

The MFA's other dress (Fig. 3), which is from several hundred years later, features the same overall design but fewer beads (3000 vs. 7000, according to DK Fashion 16). Both body-

skimming dresses feature the high waistbands and straight shoulder straps and fringed hems of mitra shells.

One of the dresses in the Boston Museum was found in the tomb of a woman, excavated in Giza in 1927. Its function as a funerary garment required it to cover only the front of the body.

If similar styles of dress were worn in everyday life they may have been pulled over an under-garment. Indeed, scholars have found representations of bead net dresses in ancient Egyptian reliefs and statues, and there was a famous tale of King Snefru's oarswomen dressing themselves in netting. Dresses



MAKER UNKNOWN. BEADNET DRESS, EGYPTIAN, OLD KINGDOM, DYNASTY 4, REIGN OF KHUFU, 2551 - 2528 BCE. FAIENCE AND GOLD; 44 X 113 CM (17 5/16 X 44 1/2 IN). BOSTON: MUSEUM OF FINE ARTS, 27.1548.1. FINDSPOT: EGYPT, GIZA, TOMB G 7440 Z. SOURCE: MFA BOSTON

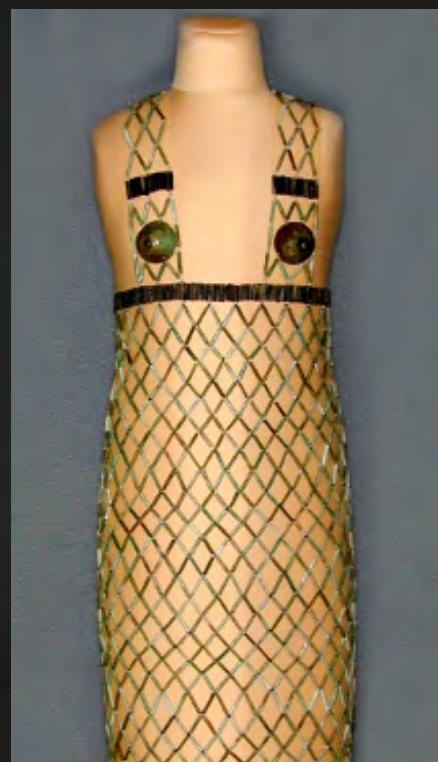


MAKER UNKNOWN. BEADNET DRESS, EGYPTIAN, OLD KINGDOM, DYNASTY 6, 2323-2150 BCE. FAIENCE; 114.3 X 73.7 CM (45 X 29 IN). BOSTON: MUSEUM OF FINE ARTS, 33.1020.1. FINDSPOT: GIZA, EGYPT. SOURCE: MFA BOSTON

of this type were familiar, and many more women who died during the Old Kingdom probably wore them at burial.

The Museum thanks and pays tribute to the late Millicent Jick for her many hours of research and devotion to recreating this magnificent Egyptian masterpiece.

The other bead net dress in the Petrie Museum was excavated from Qau in 1923-4. At first, those who studied the dress thought that it had probably been worn by a dancer: according to the Petrie's website, 'the 127 shells around the fringe are plugged with a small stone so that it would have emitted a rattling sound when the wearer moved'.



MAKER UNKNOWN (EGYPTIAN). BEADNET DRESS, OLD KINGDOM, DYNASTY 5, CA. 2400 BCE. FAIENCE. LONDON: PETRIE MUSEUM OF EGYPTIAN ARCHAEOLOGY, UC17743-1. FINDSPOT: QAU. SOURCE: UNIVERSITY COLLEGE LONDON



The Rise of Child Marriage & Paedophilia

Chioma Esui

In a viral video making the rounds online, an Alhaji from northern Nigeria is seen performing marriage rites on a young girl believed to be around 11-year-old girl as his new wife.

The older man in the video expresses utmost joy while unveiling his new wife as he removes the

black-coloured veil on her face and then brings her closer to his side. According to the groom, the marriage was born out of love and mutual consent. He said; "she is my choice, I married her because we love each other."

As expected, the video has generated several reactions

among online users. But there were some who said Islam allows child marriage and betrothal, others referred to it as abnormal and by extension called it "child molestation".

Some users contested the age of the young girl in the video, but in all reality, it is obvious that



countries. Perhaps you think that here in the United States we would never allow such a travesty to befall our children.

Well, you are wrong – and the statistics are shocking. From 2000-2010 nearly 250,000 minors were married—mostly girls, married to much older men. Twelve of our states do not even track child marriage. Ten of our states have no minimum age for marriage.

From 2007-2017 the United States Customs and Immigration Services approved 8,686 petitions for foreign spouses. All of which involved minors marrying older men. In 2018, child marriage was legal in all 50 of the United States. Each state has created its own laws and each state has created loopholes that allow for child marriage.

According to UNICEF, as many as 700 million women alive today were treated like Rosita when they were young girls. They were sexually used by older male adults. They were called “child brides.”

Millions of little girls around the world are forcibly paired with older men when they are

as young as 11-years-old. “Child bride-taking” has become a cover for pedophilia. It has become a front to justify child sex and escape the penalties of law. Most of the girls are raped during the act of the so-called consummation of marriage.

There is no marriage in the moral sense because clear knowledge, free consent, and informed choice have to be present for such a union to be valid. But while laws are in place to forbid child marriages in most developing countries these are generally ignored.

In Bangladesh, 71 percent of girls in rural areas are “married” before they reach 18 years of age compared to 54 percent in urban areas, giving the country one of the highest child marriage rates in the world.

A piece of paper saying a union between a female child and an older man is “marriage” makes it all legal and right. But it is not all right for the child who suffers abuse and a loss of childhood, education, and a life of human dignity.

In Bangladesh, a new law signed by its president on March

pedophilia

this was a case of child marriage and the girl in the video is very young and hardly aware of what was happening around her.

If you even think about child marriage, perhaps you think this kind of child abuse only happens in developing



11 forbids the marriage of adults and children. But a built-in loophole still allows adults to marry children. The law states that child marriage is forbidden except in "special cases." The law does not say what these special cases are.

Poverty is the driving force behind many forced child marriages. Poor parents see their girl as capital that can lift their economic status. The children are seen as chattels, the property of the parents. The younger a girl is the more she earns for the family.

Some say it is not pedophilia if the man has sex with a 9-year-old provided it is approved by socio-cultural or religious customs. They say the child marriage phenomenon is driven by socio-cultural forces and economic considerations.

One international NGO says: "One aspect that clearly distinguishes child marriage from pedophilia is the socio-cultural milieu, where child marriage is practiced.... This is the reason, unlike pedophilia, child marriage is practiced and defended by not only the parents, but also their community and leaders."

Paedophilia on the Rise Globally

Sadly, another social vice on the rise globally is paedophilia, and this menace has found its way into the heart of Hollywood – which we all love and admire.

Sexual misconduct is the dark cloud hovering over Showbiz Kids, and it comes to the fore when former *Diff'rent Strokes* star Todd Bridges recalls being molested as a child—a disclosure that, according to Evan Rachel Wood, isn't unique, as she claims, "In my experience, I know a lot of kids



that grew up in the industry. And what surprised me when I got older was finding out that pretty much all of the young men were abused in some way, sexually."

She then relays that, at a recent Golden Globes gala, she watched a pedophile (whom she doesn't name) win an award, and had to walk out because she was so disgusted by the praise being lavished upon this monster. As she departed, she thought to herself, "I don't know if I can do this anymore. I can't keep

watching this happen. I don't know how to handle this. This has to stop."

Those moments are definitely the ugliest, and most eye-opening, in *Showbiz Kids*. Written and directed by Alex Winter, whose big breaks came in Joel Schumacher's 1987 Brat Pack vampire thriller *The Lost Boys* and 1988's *Bill & Ted's Excellent Adventure*, the film knows whereof it speaks. An opening photo montage of illustrious young luminaries, from Shirley Temple and Mickey Rooney to Ron Howard, Drew Barrymore,



and Mary-Kate and Ashley Olsen, climaxes with a portrait of Winter himself, thereby underlining that this project is not only near and dear to his heart, but one driven by first-hand knowledge of the kinds of ups and downs endured by its marquee subjects.

Considering Winter's familiarity with this topic, it's mildly disheartening that *Showbiz Kids* isn't more personal; although the actor has worked in the business for more than three decades, and admitted in 2018 that he suffered "hellish" sexual

abuse at the hands of an adult man during the 1970s, his own experiences are conspicuously absent from these proceedings.

Such reserve is in keeping with the overarching nature of his documentary, which largely avoids tabloid-y tales, and Winter's reticence on that front comes across as being motivated by respectfulness. Yet it also makes *Showbiz Kids* seem like it's pulling its punches—an impression exacerbated by the fact that, when it does touch upon the

nasty side of the industry for pint-sized performers, it does so only fleetingly.

That's most apparent in the case of Bridges. Though he didn't die of an overdose like his *Diff'rent Strokes* co-star Dana Plato, Bridges' drug addiction made for sensationalistic headlines, as did his multiple run-ins with the law—including being charged, and acquitted, of killing his dealer.

Nonetheless, those incidents are cursorily addressed, as if the film were afraid that delving too deeply into such muck might reconfigure the material as a cautionary tale. Many of its speakers candidly discuss their struggles grappling with their new celeb-reality, but there's a sense here that everyone is hesitant to truly decry a system that spits up and chews out kids with startling rapidity, and with little regard for the emotional and psychological scars it leaves behind.

Still, if uninterested in picking at old scabs, *Showbiz Kids* doesn't wholly shy away from the unseemly. With notable distress in her eyes, Wood discusses being pushed into the profession by an artistic clan, and how her success compelled her to silence herself, since she believed that any complaints would be viewed as ingratitude by friends and family.

Both Wil Wheaton and Milla Jovovich confess that they too were thrust into acting by mothers who sought to fulfill their own aspirations through their kids. And Henry Thomas remembers the intense social ostracization he suffered in his San Antonio hometown after *E.T.* became a global phenomenon, and how he was later squeezed out of the business as a teen when casting directors decided he'd outgrown his appeal.

Faces of Beauty International Philippines 2023

— *Meet the Past Winners*

Sasha Bokamoso

Face of Beauty International is back! Face of Beauty International 2023 will be hosted in Bicol Region Philippines, 7 – 21 March 2023. Face of Beauty International was created in 2012. The title 'Face of Beauty International' has grown to become an internationally renowned beauty pageant.

The Face of Beauty International pageant aims to develop young female leaders from around the world with the goal of empowering contestants to find beauty and to become that beauty. Candidates participate in charity events, workshops and symposiums, and preliminary competitions while traveling across the host country together. Candidates must prove themselves intelligent, well-mannered, and confident figures for women around the world.

2016 WINNER RUSSIA
– ALENA RAEVA

2015 WINNER
– YERALD

al,
s



WINNER MEXICO
I BARRAZA



2014 WINNER ARGENTINA
- GIMENA GILARDUCCI



2013 WINNER TONGA
- DIAMOND LAGI



2019 I AM ME AWARD
WINNER - ASHREEN NAND

During their stay in the host country, candidates contribute by participating in charitable activities such as 'stop violence against women,' 'save the girl child', 'PEACE KAMP', to name a few. All efforts to pass the message locally and internationally.

Below, we have showcased some of the past winners of the international beauty competition. Enjoy!



THAILAND – PLOY BIRELAY



2012 WINNER DENMARK
– JOSEFINE EGEBJERG



2018 WINNER MYANMAR
– MYINT MO MAY

Top Beauty Hacks to Help You Get Glowing, Healthy Skin

Chioma Esui

Healthy, radiant skin is something we all want. But without a healthy skin care routine, you risk dry, dull skin or even worse – premature aging, wrinkles and loss in skin elasticity.

So, if you want to look your age (or younger) and keep your skin looking (and feeling!) youthful and radiant, there are many things you can do for your skin care routine, your diet, and even your sleeping habits.

Here are 5 easy, at-home skin care routine tips to give you healthy, radiant skin.



ICE WATER CHALLENGE

For a temporary pore-less look, you can submerge your face in a quick ice bath. The cold water forces the rest of your body to increase circulation and warm up, causing your face to have a rosy flushed look.

Even after you wash your face, give your face a quick cold-water rinse to close your pores and prevent bacteria and dirt from entering your pores.





SKIN CARE 101

An appropriate skin care routine is essential. Be sure to avoid over-washing your face (no more than twice a day), as it removes your skin's natural oils.

If you have a blemish, apply a topical treatment and let nature take its course. Popping a zit will just cause redness, inflammation, and even scars.

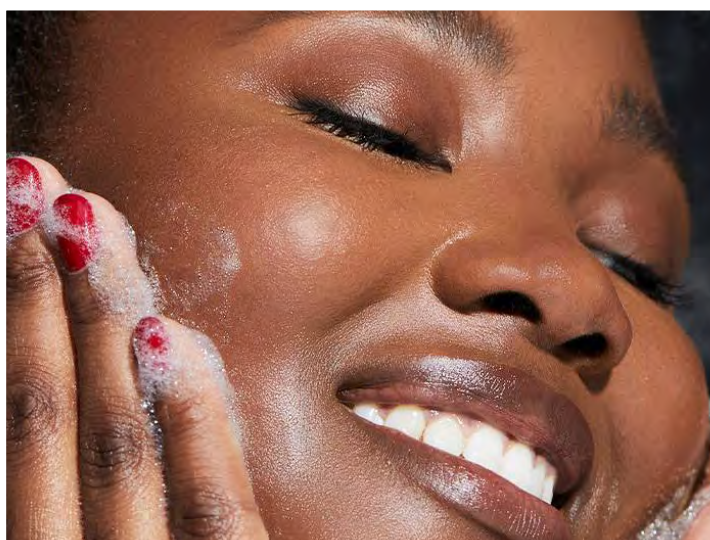
Always completely remove makeup before bed, as it can clog your pores and promote the growth of yeast on your skin. Also, be sure to use a separate body and face

TONE

Applying a facial toner after you wash your face is an important step that you should not miss.

Toners restore your skin's natural pH balance and create a fresh, smooth, and youthful appearance. They also clean deep down in your pores, to help prevent blackheads and reduce the size of your pores.

2



MOISTURIZE

Whether you have dry, oily, or in-between skin, you should moisturize each day. Using a high-quality organic moisturizer or facial serum is vital to improving and maintaining the way your skin looks and feels.

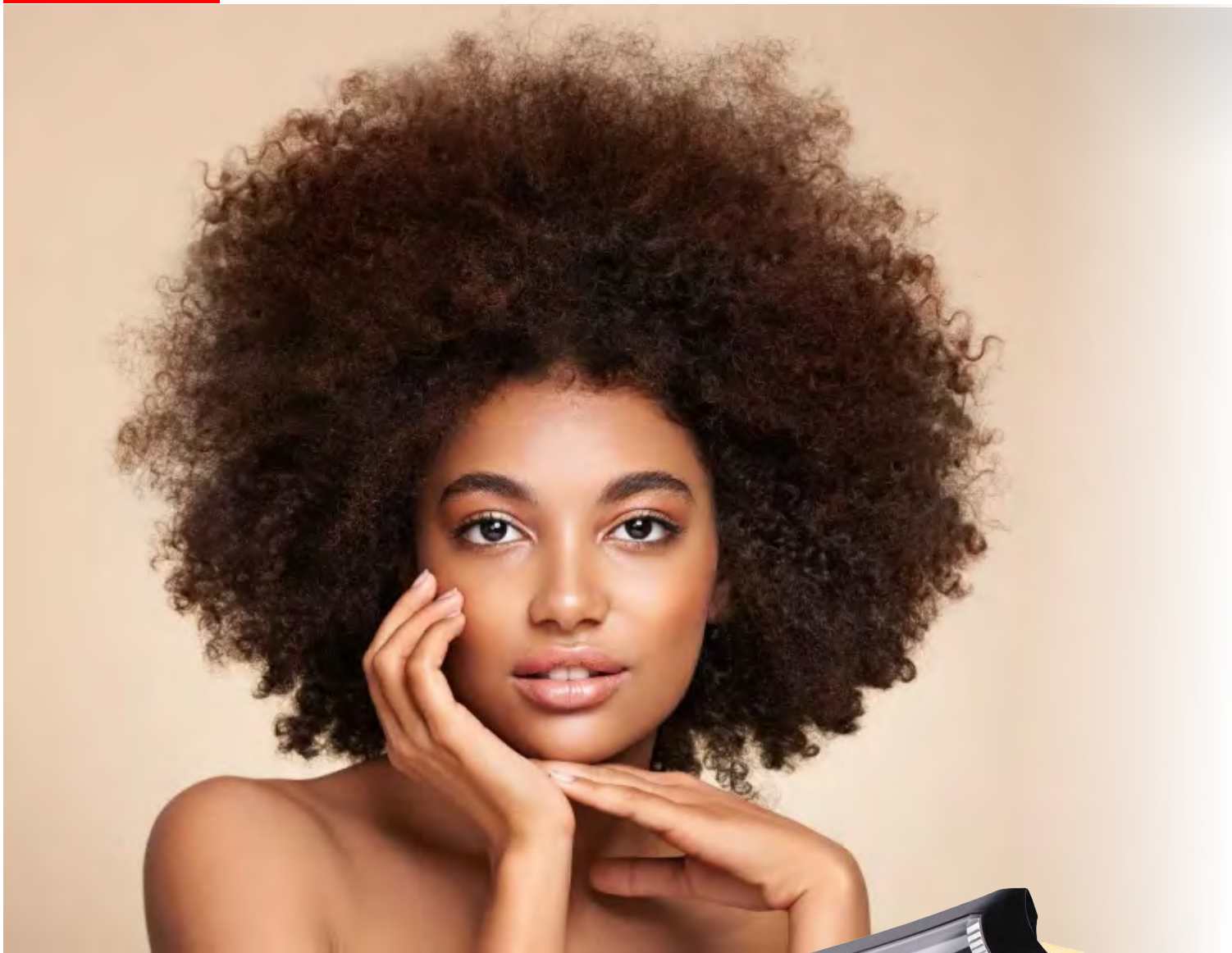
Moisturizers are meant to help your skin hold in moisture, and also reduce the appearance of rough, dry, or cracked skin.



EXFOLIATE

Dry skin looks matte, flaky, and dull. To smooth your skin and keep it healthy, exfoliation is important.

Exfoliating removes dead skin cells, dust, dirt, and impurities and smooths your skin so it reflects light and looks polished. Regular exfoliation clears out clogged pores and hair follicles to prevent acne. It also allows your skin to more easily absorb moisturizers and other skin care products. Try a dry brush or an exfoliating scrub.



1



FOUNDATION

Foundation is probably the hardest part of your makeup routine to get right, as you not only have to consider the type of coverage you want (i.e. sheer/natural, medium, or full), but also your skin type and undertones.



2

10+1 Beauty & Make-Up Essentials On Every Chic List

By Chioma Esui

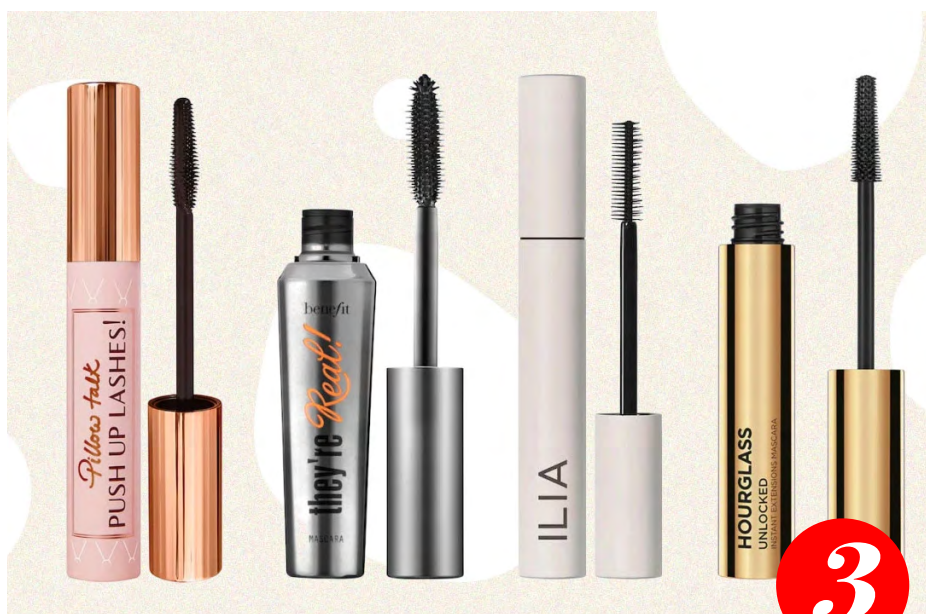
When was the last time you looked in your makeup bag and took inventory of all of the makeup products inside? If you haven't taken stock of the essentials in your collection in a while, now is the perfect time to do just that.

In fact, there are quite a few items that you might not have in your possession but probably should. There are certain beauty and make-up essentials every IT-lady should own.

So, check below to see my list of makeup essentials for your face, eyes, and lips, you should have. If you don't, then sorry girl, you need to go make-up shopping!

BLUSH

Putting on blush can have a huge effect on your overall look, and I personally never leave it out of my makeup routine. Blush is especially necessary if you're wearing a foundation with more opaque coverage, which can sometimes leave your complexion looking a little bit flat. Blush comes in powder, gel, and cream formulations, with powder being the most popular. Recently, though, cream and gel blush have become very popular as well.



MASCARA

Mascara has a magical way of pulling your eye look together, and comes in countless different formulas that lengthen, thicken, and curl your eyelashes. Black is fine for most people, but if you have very light-colored lashes, you may want to look into getting a brown mascara instead for a more natural look.



BRONZER

As someone who loves being pale, I don't really use bronzer; however, if you are trying to get a sun-kissed look, using the right shade of bronzer is essential.

CONCEALER

If you have acne, dark circles, or any kind of discoloration, concealer is a must-have. Concealers come in full-coverage and sheerer-coverage formulations, and which one you should choose depends on how much you're trying to cover up.



EYELINER

Eyeliner, like mascara, can also add the little extra something needed to really make your eye look pack a punch. While black eyeliner is often considered a staple, consider giving brown or dark gray a try if you have lighter skin.

SETTING SPRAY/POWDER

Much like face primer, setting spray/powder works to keep your makeup in place all day. There are different formulations depending on what type of finish you're after (e.g. matte, radiant, etc.) and what skin care benefits, if any, you would like your setting spray/powder to have (e.g. moisturizing, oil-absorbing, etc.). If you want your makeup to last, though, don't skip this step!



EYESHADOW

Along with highlighter, eyeshadow is my favorite makeup product, simply because it comes in so many different colors and finishes, and can be used in so many different ways!



FACE PRIMER

While some people don't think that face primer is necessary, I personally view it as a vital step in my makeup routine. Face primers' exact effects on your skin and makeup can vary, but overall, their main purpose is to keep your skin looking smooth and your makeup looking fresh all day long.



HIGHLIGHTER

Speaking of highlight, we couldn't leave highlighter off of this list! Like many other beauty products, highlighter comes in various different forms: powder, cream, liquid, stick, and powder/cream hybrid. Each of these forms has its own unique benefits, but for beginners I recommend either powder or stick, as they are the easiest to work with.



EYE PRIMER

Eye primer has been a lifesaver for me, as before I started using it, my eye makeup would literally be nearly gone within two or three hours. A good eye primer should not only prevent your eye makeup from sliding off, fading, and creasing, but should also be in a formulation that keeps colors looking true to how they're supposed to all day long.

THE DANGERS OF SUPPLEMENTS

AND WHY YOU SHOULD ADOPT NATURAL OPTIONS

Dr. Nkechi Omoson

Whether they're spilling out of your medicine cabinet or filling your bathroom countertop, you're not alone if you're one of the millions of people who take a vitamin or supplement each day. You may be trying to combat a vitamin deficiency or lower your risk of certain diseases — or you may just feel proactive about your health after popping a supplement that promises to improve your health.

From vitamin A to zinc, we have been taking dietary supplements for decades. When supplements first became available in the 1940s, people flocked to local drug stores to stock up on these supposedly magical pills to improve their overall health and well-being — and they never stopped.

Dietary supplement recommendations can be found everywhere — on commercials, through social media influencers, and from your neighbors, friends, and family. Amidst the noise, it can be hard to know which supplement — if any — is right for you. Though many supplements are certainly beneficial to your health, evidence varies widely, and it's important to know which can benefit your health and which may be harmful.

5 THINGS YOU NEED TO KNOW



1 ARE SUPPLEMENTS WORTH TAKING?

There's a reason supplements are so popular: sometimes, they work.

"In addition to a healthy diet, there is evidence that some supplements can benefit your overall well-being with little to no risk," says Dr. Millstein.

Common supplements that may benefit your health include:



WHAT ABOUT DIETARY SUPPLEMENTS

- Vitamin B12, which can help keep nerve and blood cells healthy, make DNA and prevent anemia
- Folic acid, which can reduce birth defects when taken by pregnant women
- Vitamin D, which can strengthen bones
- Calcium, which can promote bone health
- Vitamins C and E, which can prevent cell damage
- Fish oil, which can support heart health
- Vitamin A, which can slow down vision loss from age-related macular degeneration
- Zinc, which can promote skin health and slow down vision loss from age-related macular degeneration
- Melatonin, which can help counteract jet lag

However, despite the amount of research that's been done on supplements (since 1999, the National Institutes of Health has spent more than \$2.4 billion studying vitamins and minerals), scientific evidence isn't completely clear. Keep in mind: Most studies suggest that multivitamins won't make you live longer, slow cognitive decline or lower your chances of disease, such as heart disease, cancer or diabetes.

"In fact, it's illegal for companies to make claims that supplements will treat, diagnose, prevent or cure diseases," says Dr. Millstein.

Also, the products you buy in stores or online may be different from those used in studies, so studies may be misleading.

2

SUPPLEMENTS COME IN MANY FORMS.

"Whether in pill, powder or liquid form, the goal of dietary supplements is often the same: to supplement your diet to get enough nutrients and enhance health," explains Jeffrey Millstein, MD, physician at Penn Internal Medicine Woodbury Heights.

They contain at least one dietary ingredient, such as vitamins, minerals, herbs, botanicals, amino acids or enzymes. Some of the most popular supplements come in a multivitamin (which can help you avoid taking a dozen pills each day), but they can also be purchased as a standalone supplement.



3 SUPPLEMENTS AREN'T ALWAYS SAFE

In most cases, multivitamins aren't likely to pose any health risks. Still, it's important to be cautious when you put anything in your body.

Dr. Millstein explains, "Supplements may interact with other medications you're taking or pose risks if you have certain medical conditions, such as liver disease, or are going to have surgery. Some supplements also haven't been tested in pregnant women, nursing mothers or children, and you may need to take extra precautions."

Also, federal regulations for dietary supplements are less strict than prescription drugs. Some supplements may contain ingredients not listed on the label, and these ingredients can be unsafe. Certain products are marketed as dietary supplements and actually contain prescription drugs within them — drugs that are not allowed in dietary supplements.

Some supplements that may pose risks include:

- Vitamin K, which can reduce the effectiveness of blood

thinners

- Gingko, which can increase blood thinning
- St. John's wort, which can make some drugs, such as antidepressants and birth control, less effective
- Herbal supplements comfrey and kava, which can damage your liver
- Beta-carotene and vitamin A, which can increase the risk of lung cancer in smokers



4

NOTHING BEATS THE NUTRIENT POWER OF A HEALTHY DIET.

No matter what your goal is when taking supplements, one thing is certain: They aren't a replacement for a nutrient-dense, healthy diet.

"Supplements are meant to be supplementary — meaning they enhance benefits already provided by eating a well-rounded diet," explains Dr. Millstein.

Supplements should never be used in place of real food. Don't underestimate what a nutrient-packed salad can do for you compared to a pill made in a factory.

Vitamins and minerals are essential to helping your body develop and function as it should. While most people get all of what's recommended by eating healthy, others need a little extra nutrient boost. That's where supplements come in — providing you with the support your body needs to stay healthy.



5

SPEAK WITH YOUR HEALTHCARE PROVIDER BEFORE TAKING ANY SUPPLEMENTS.

"The most important thing to remember is to be smart when choosing a supplement," says Dr. Millstein.

Your first step should be discussing your options with your healthcare provider, since a supplement's effectiveness and safety may depend on your individual situation and health.

On top of that, keep these simple tips in mind as you choose a supplement:

- Take supplements as directed according to the label and your healthcare provider's instructions.

- Read the label, including ingredients, drug interactions, and percent daily value (% DV).
- Be wary of extreme claims, such as "completely safe" or "works better than (insert prescription drug)."
- Remember that the term "natural" doesn't necessarily equal "safe."
- Keep supplements stored properly and away from children.
- Read about the potential dangers of weight-loss supplements

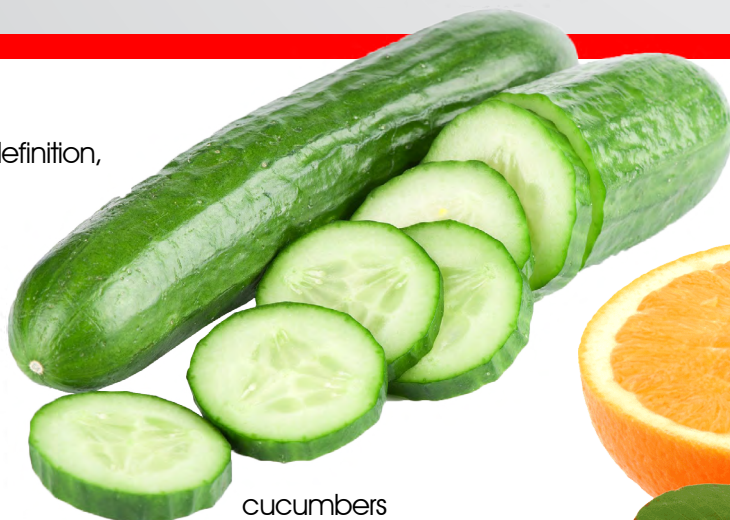
10⁺¹ Fruits for Flawless



CUCUMBER

According to the technical definition, cucumbers are fruits, and oh so hydrating! The major part of cucumber is water. Thus, they have a cooling effect on the body and are high in antioxidants.

The peel of a cucumber contains Vitamin C and Vitamin K, which is vital to achieve healthy, glowing skin. Studies suggest that sea can aid in skin whitening and can the appearance of fine lines. They also puffy eyes and dark circles.



cucumbers also reduce help in reducing



For Glowing, Youthful, & Envy-Worthy Skin

Chef Amaka Obiefuna

What's the first thing that comes to your mind when we say healthy food? Or, what's the answer you get when you ask that friend/celebrity about the secret behind her glowing and gorgeous skin? Lots of fresh fruits?

Well, since time immemorial, we have been hearing enough about the benefits of fruits for our health and skin. According to Dr. Harish Koutam, Chief Dermatologist, SkinKraft, "Fruits are rich in antioxidants that prevent oxidative damage. Foods rich in vitamin A can help in reducing acne. Pineapple and cucumbers are great for solving acne issues."

Maintaining healthy skin is not an easy task. No matter how many products you use, your skin will glow only if you are healthy from within. That's why getting the right amount of nutrients through your food is important.

Below, we have identified 11 fruits you need to add to your diet for a glowing, youthful, flawless, and envy-worthy skin.

ORANGES

Daily Vitamin C intake is mandatory for radiant skin. The natural oils present in oranges keep your skin hydrated, making it look plump.

Vitamin C is known to aid in collagen production, which keeps your skin firm and reduces the appearance of signs of aging. High in vitamin C and antioxidants, oranges help fight free radicals in the body, minimizing DNA damage. This slows down premature aging.



PAPAYA

Carica papaya or simply 'papaya' as most of us call it, is a naturally moisturizing agent that helps keep your skin hydrated and soft when used topically.

Rich in Vitamin A, C and B, this fruit can prove to be effective in maintaining good skin health. Papaya can also improve your digestive system and prevent constipation. This, in turn, aids in clearing up your skin. Studies suggest that this fruit can also speed-up the wound healing process.



PINEAPPLES

Pineapples contain Vitamins A, C, K and minerals that are essential in maintaining clear, healthy skin. They are also rich in bromelain, which has anti-inflammatory and wound healing properties.

This fruit can improve your skin texture, reduce sun spots and reduce acne symptoms. It is also effective in speeding-up the skin's healing process and removing dead skin cells.

MANGO

Mango for healthy skin. Almost all of us look forward to the summer for mangoes! This delicious fruit is not just a treat to your taste buds; it also benefits your skin in many ways.

Mangoes are packed with Vitamins A, E and C. It also possesses wound-healing properties. This makes it effective in reducing the appearance of fine lines and acne marks. It also has anti-inflammatory properties that help reduce acne symptoms. This fruit rejuvenates your skin to give you that beautiful, radiant summer glow.



LEMON

Lemon is popularly used in a number of skincare products. From anti-acne creams to anti-aging lotions, this citrus fruit can prevent a host of skin issues.

Rich in Vitamin C, lemon can help reduce signs of aging, hyperpigmentation and scarring. Lemon is also a natural bleaching agent. It helps reduce sun damage and tan. Addressing a host of skin issues, this ingredient should be made a mandatory part of your skincare regimen.



WATERMELON

The name itself sounds so refreshing. Watermelon is rich in fibres and of course, water. It contains 92 percent water, which means hydrated, soft and supple skin. This red ball of refreshment, quite literally, contains Vitamin C, A, B1, B6 and Lycopene that are essential in improving overall skin health and texture.

Vitamin C helps reduce the appearance of fine lines and wrinkles. Vitamin A and B contributes to maintaining an even skin texture. Lycopene acts as a free radical scavenger, preventing tissue damage in your skin.



AVOCADO

Avocados possess anti-inflammatory properties that reduce oxidative stress. This prevents skin damage. They also contain dietary fiber and Vitamins A, C, K, B3 and B6.

Avocados also contain lutein and zeaxanthin that protect the skin against UV induced damage. Avocados also improve the firmness of your skin and speed-up its wound-healing process.



APRICOT

Apricots are high in antioxidants and vitamin C, which helps fight free radicals in your body. It helps reduce the appearance of signs of aging. Apricots also possess anti-inflammatory properties that can improve acne symptoms.

Apricots are also rich in Vitamin A, K and folate that are effective in improving your skin's overall health.



APPLE

Apples are packed with Vitamins A and C that cater to a host of skin issues. Apple peels are also rich in antioxidants that help reduce the appearance of signs of aging. Apples also contain antioxidants that fight free radicals in the body, reducing oxidative stress.

The peel of an apple is rich in antioxidants. Gently rinsing an apple for a minute under the tap and consuming it with the peel is the best way to eat it, to reap its benefits!

STRAWBERRIES

Apart from being great ice cream flavors, strawberries also possess qualities that can help improve skin health! Strawberries are great chemical exfoliators. They contain an alpha-hydroxy acid known as salicylic acid which is a popular ingredient in beauty products.

Salicylic acid in itself possesses anti-inflammatory and antibacterial properties that can help reduce acne symptoms. It cleanses the skin and removes unwanted dirt and bacteria that may clog your pores.

Strawberries also contain Vitamin C and ellagic acid. Ellagic acid prevents UV damage and reduces the appearance of signs of aging.

FOR MORE EXCLUSIVE CONTENT PLEASE VISIT
www.glamsquadmagazine.com



Glamsquad Magazine is a Women's Fashion, Culture, and Lifestyle Magazine. Targeted at an upwardly mobile segment of the Nigerian and African market, Glamsquad seeks to provide inspirational yet attainable fashion, entertainment, and lifestyle culturing to Women.

Contributing to conversations on contemporary fashion, dining, beauty, wellness, music, and movies; our goal is to positively shape the conversation on these topics in a way that informs, inspires, empowers, and ultimately entertains Nigerian and African women.

Glamsquad is for the sophisticated, tasteful, yet fun-loving woman. Let's hold you by your hands into the world of fashion. Like and follow us on any of our social media platforms.



glamsquadtv



glamsquad3



glamsquadTV



glamsquadmag