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JULY 2021

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EDITOR'S NOTES

I met someone today who was shocked to learn that I was completely comfortable traveling alone. To me, it was natural. Being a single, unmarried woman never hindered me from indulging my wanderlust. And in my encounter with this person, it saddened me to learn that they had never gone anywhere because they thought that they would be lonely traveling by themselves. Oh, the stories I could have told them!

Dear Sassy & Co readers, take this lesson away with you. Never let assumptions or that fear of the unknown hold you back! This goes with every journey you take in your life - be it to a different country or a different career, or even making a new friend or starting a new relationship. Every experience can only enrich that incredible miracle that is you! May you never taste that bitter disappointment of looking back at your life, and wishing that you did more.

Joy Duca
Editor-in-chief



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Mambetov

DESIGNER SPOTLIGHT: ELLE B

Elle B Mambetov was originally born and bred in Texas, she moved to London in 2011 to begin her career in fashion. The 2012 debut of her womenswear label Elle B Zhou at London Fashion Week was a hit and she quickly became the new designer to watch. While her star was on the rise, Elle was dealt an unexpected blow derailing the launch of her empire for two years. Betrayed by a friend she was falsely accused of a crime and spent time in a maximum-security UK prison before the U.S. Government stepped in to free her. Elle documented her unbelievable story in her 2019 book *A6347DW: American Captive* which can be found on Apple. Through perseverance, she was able to turn tragedy into triumph when she moved to Los Angeles to relaunch her womenswear line Elle B Zhou which is now bigger than ever. Along with her flagship store in the Beverly Center, Elle is poised to change the perception of modest fashion with her bold luxury designs. Elle's multi-brand boutique showcases not only her own brand but other Middle Eastern brands such as Yataghan, Okhtein, Azzi & Osta, SemSem, and European brands such as Ecriteau and Dreamboule. Her latest womenswear collection "Let the Stars Be Our Guide" exhibits a constellation map over Mecca in an industry pioneering online virtual presentation with the help of Egyptian actress Huda El Mufli. This hot young designer is making headlines in such publications as *Forbes*, *Essence*, *Glamour UK*, *Vogue Australia*, and *Marie Claire Arabia*. A recent partner with Farfetch, Elle made exclusive color-infused modest designs for this international platform in celebration of Ramadan. Elle lends her voice as a FEED Ambassador and together with Lauren Bush Lauren is helping provide meals and support to children all over the world. When not working or giving back to her community, Elle enjoys bike riding, hiking, and spending time with her family.

Sassy & Co Magazine recently caught up with Elle to discuss her journey in the fashion world and here's what went down:

1. How did you get into the fashion industry?

No one invited me that's for sure. I had this plan in my mind and just invited myself in. I moved to China to learn about manufacturing before moving to London and making my debut as a London Fashion Week Designer.

2. What do you like most about being a designer?

I am a creator, so being a fashion designer allows me to be innately who I am. It's such a blessing to be able to do what you love. Making custom prints and then imagining them into garments is such a dreamy experience.

3. Downside to being a fashion designer?

There is no downside to being a fashion designer when it is your dream. Being a business owner has its ups and downs and its own challenges, but being a fashion designer is as truly magical and whimsical as one would imagine. I love it.

“The Elle B Zhou boutique is growing in some exciting new ways, and I am looking forward to the future of the company, the brand, and my own personal growth.”

4. What has been the most memorable experience of being in the fashion industry so far?

My very first opening of London Fashion Week with my womenswear line Elle B. Zhou is something I will never forget. That moment for me represented so much more than just the unveiling of a new collection. It was proof to myself that I had evolved in fashion in a way that I never thought I would, as I had always been afraid of womenswear. I feared that women wouldn't understand the designs I was making for them. The positive feedback was something I will always hold dear in that moment.

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

People are people, whether celebrities or some of my best clients in the Elle B Zhou boutique. I am so honored to have to love and support of so many people who love the brand and the boutique.

6. What has been the most valuable lesson you've learned while in the fashion industry. This can be about the industry or about yourself.

It's really important to be true to yourself and your own design aesthetic. That's what people will love and respect you for in the end.

7. Is your family supportive of you being a fashion designer?

Absolutely! My mom was very supportive from day one of me finding my passion in life. As a child, while I was very immersed in arts and crafts and sewing lessons, I also took tennis, ballet, basketball, soccer, and baseball. My mom was adamant we find our passion. She got a little bit nervous at times when I would do something random in my career like up and move to China, but she has always been supportive.

8. If you could go back in a time machine to the time when you were just getting started, what would you do differently?

Never take that Virgin gym membership where I met the man

who stole my identity.... In some ways, it's such a hard question to answer. I believe that everything happens for a reason so I try to learn from the things that have happened that I didn't like and would want to change, no matter how dire they have been.

9. What is the best advice you have ever been given?

My mother has always called me her magnum opus, meaning "a large and important work of art, music, or literature, especially one regarded as the most important work of an artist or writer." I was always told I was special, and I believed her. Even when it felt like the world was against me, and in the moments I felt alone, I believed in myself. Even if no one believes in you, always believe in yourself.

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

The Elle B Zhou boutique is growing in some exciting new ways, and I am looking forward to the future of the company, the brand, and my own personal growth. I think I'm nearly ready to start having kids so that will be an exciting adventure of its own! We'll see what happens, whatever Allah wills.

The 'LIGHTNING FAST' Round:

1. Last good movie I've seen: The Woman In the Window with Julianne Moore and Amy Adams

2. What do you consider beautiful and why? Color. I just love it. It makes me very happy.

3. What haven't you done yet that you wish you could? I really want to visit Tokyo, Japan.

4. Complete this sentence: "If I had no fear, I'd " Relax.

5. What is the one "flaw" you wouldn't change about yourself? I have no concept of time and my internal clock is genuinely off. But it allows me to work fast and accomplish things faster because I don't seem realize it's only been one week instead of one month, or two months instead of 5 or 6.



FASHIONISTA SPOTLIGHT:

Maria

KING

Maria King of "What_maria_wears" was originally born in Poland, but she has lived in Australia since the end of 2018. About a year ago, she was laid off from her job due to COVID-19 and she can definitely say that this event was the main driving force for her to start something new and that is when @what_maria_wears began.

As a professionally trained ballet dancer and graduate of Media Education and Journalism, she has always been a highly creative and social person, so creating her Instagram page was exactly what she needed. It gave her an opportunity to share the way she expresses herself through fashion, create content and connect with a lot of amazing women. The amount of support she has received from the community was more than what she expected, and it has been her biggest motivation since. She finds it amazing to see how women can support and inspire each other. After nearly a year she can honestly say that she's happy with where her platform is heading and she's incredibly grateful for all the amazing opportunities she was given when it came to collaborating with Australian and overseas fashion and beauty brands. Now she's ready to grow more and see where it takes her.

Sassy & Co Magazine recently caught up with Maria to discuss her journey in the fashion world and here's what went down:

Where do you usually shop? Are there any hidden gems when it comes to snapping up some awesome designer clothes?

"What_maria_wears" is all about affordable fashion. I specialize in versatile styling and creating low-cost outfits, that look anything but cheap. I believe that fashion is for all of us, no matter what the budget is. I find designer fashion certainly not affordable for the average woman, so I shop anywhere I can find inexpensive fashion. There are plenty of brands like that here in Australia, you just have to have an open mind and do not limit yourself. I am also a huge fan of op shopping so I would definitely recommend those to anyone looking for hidden gems when it comes to fashion. Personally, I reckon half of my closet is second-hand.

What are your top tips when it comes to fashion for the cooler months?

The key to Autumn/Winter fashion for me is layering. There are a few tips and tricks on how to layer clothes and still look stylish. Some of my favourites are to invest in lightweight pieces for the base layer such as cotton blends or merino wool that still keeps you warm. Add thick knit on the top of that, use a coat as the very outer layer and you are ready to go!

Where do you look for creative inspiration?

I think inspiration is everywhere, as general as it sounds but it is true. You can get inspired by people you see on the streets, other fashion content creators, magazines you read, and even with movies you watch. I would not say that people particularly look for inspiration, I think it's more of that inspiration is around us and it's just important to be able to see it.

Is it hard to stay fashionable?

My overall goal is not to be fashionable at all. It is to inspire women, help them find their style, stick to it, and "shop" their closet. What I do is focusing on building my personal style and not really focusing on following trends. Of course, there are some trends I love but I always make sure that the items I add to my wardrobe are items I will love and wear for years. I find it very upsetting that some people buy a certain item and wear it once, considering the impact the fashion industry has on our environment.



How do you walk the line between being unique and having commercial appeal?

I set my own goals and boundaries, so I don't find it hard at all. On my platform, I want to stay transparent and true to myself so I only collaborate with brands that suit my style and brands I believe that my audience would genuinely love. Having so many content creators nowadays, it is important not to compare yourself to others and believe in yourself. I am aware that I am not for everyone, and I am not trying to be. I focus on sharing what I love, and I am happy my audience enjoys it.

Are there any key trends you've seen for this year?

Trends come and go and it is impossible to keep up with all of them. I personally focus more on classic and staple pieces when it comes to styling but of course, there are some trends that have caught my attention. Statement sleeves, oversized fits, shoulder-padded pieces are some of my favourites. There are so many interesting ones, but I only go for the ones that suit my preferences.

What do you think about the state of fashion today?

I think there is a lot happening in fashion and I think that is what confuses most people who cannot find their own style. Trends are changing so much, and people are "told" what they should wear but they do not consider many important factors such as their personality, body type, or lifestyle. I would like to see, from us consumers more of a personal approach to fashion. To stop religiously following trends and focusing more on creating your unique style. Of course, there is nothing wrong with buying trendy items, as long as you buy them because you genuinely love them not because you feel you should, or other people wear them.

What are the clothes we can rid our wardrobes of that are considered very 'last season'?

I do not think that we should add or remove items from our wardrobes based on trends. Why would you get rid of a coat that works for you and your closet only because other people start wearing something different? I personally stick to basic and staple pieces, and I build my style around it. Sometimes I will add a trendy piece because I like it, but it is always something that I am planning on wearing and keeping for a long time. I think people should focus more on building a capsule wardrobe that works for their style and lifestyle instead of following trends.

What fashion advice would you give an emerging fashionista?

I am not sure if I am in a place yet to give advice, but if there is something I have learned that I could share with people who are starting their journey with fashion, it is to stay true to yourself. Do not try to be like everyone else because then there is nothing that makes you different. Fashion is for everyone, but style is something very personal.

The fashion industry has changed so much in the past few years, what is the best advice you would give for staying ahead of the curve?

I am still very new in the fashion industry, so it is hard to say. I think we should treat fashion as a space that has a lot to offer and use it in our own way, the way that works for us. I think it is not necessary to "stay ahead of the curve" because, in my opinion, that is not the point. Fashion should give us joy and freedom to express ourselves through it, not cause headaches and stress to be "the first", at least from my side, as a consumer and fashion lover.





FEATURED FASHIONISTA

Madison Eley

Madison Eley has always shared photos of her outfits and makeup on Instagram, but it was the first lockdown that pushed her creativity with the photos further.

She was studying for a mathematics degree at university and as her content reached more audiences and she started posting on Instagram more frequently, she realised that maths just wasn't her passion anymore. So, she started working on her Instagram game and as a result, brands naturally came across her profile and asked to work with her. It was a mixture of luck, passion, and hard work that has enabled her to work with several amazing brands, and one day, she's hoping that she can work full-time via her Instagram and Youtube accounts. For now, she's finishing up a master's in marketing and has secured a job in an influencer agency called WYSPR.

Sassy & Co Magazine recently caught up with Madison to discuss her journey in the fashion world and here's what went down:

Where do you usually shop? Are there any hidden gems when it comes to snapping up some awesome designer clothes?

I tend to shop at really basic places, like Zara. But I have been shopping at The Ragged Priest more recently, and even though they aren't designer, I think they are a hidden gem. They have a huge mix of good quality basics and some really out-there pieces, but I am not sure loads of people know about them.

What are your top tips when it comes to fashion for the cooler months?

LAYERING. Always do layering. Find lots of light pieces that you can stack on top of each other. That way you keep warm, but the outfit is super chic too. For instance, my go-to winter outfit is a pair of jeans with some high ankle socks that match the top colour and some boots. And then layer a long sleeve, high-neck bodysuit with a cute tank top over the top. Throw on a scarf, hat, and even gloves. And then top it off with a trench coat and a matching bag. Perfect.

What do you like most about singing?

The vulnerability I get to share with the audience. I love to connect and tell a story. Connecting with people through your vulnerability, and love is so fulfilling. It is even more humbling and rewarding hearing their life stories, and how they can relate to your music.

Can you tell us about your part in Seven Lions?

I am blessed to play Ophelia. Ophelia is a character whose sole mission is to find the truth across a Universe with good and evil. Ophelia realizes you can't have the light without the dark and seek good from all walks of life. It has been a true honor to play this character for over three years now. The crew is family, and Seven Lions is the most incredible EDM band to work with. Ophelia's journey demonstrates how emotions transcend and the power of growth through years of visuals. The audience has grown and been a part of my life for three years now, and vice versa.

Seven Lions loved the character of Ophelia so much; they actually opened their own record label called: "Ophelia Records." That is one of the biggest compliments an actress could ever receive! Now Ophelia's journey continues.

What inspires you to be creative?

Everywhere I look, I gain inspiration, and it sparks creativity. History inspires me to be creative; also, generational family stories inspire me. A song is something you feel inside... a story and message that deserves to be shared with the world. Overall, it's people that inspire me to be creative.

Is there anything special that you do to get into a creative mindset?

I draw to get in a creative mindset. I feel like when I draw; it allows my creative juices to flow freely. When I draw, my mind can think outside of the box, just like the words and metaphors within a song. I believe that these two artforms run parallel with each other.

What do you think about the state of fashion today?

I personally think there is a lot of pressure in fashion today. To always be posting something new and to be wearing the latest trends. Especially if you are a new blogger trying to make it in the fashion influencer industry. On my page, I try to repeat outfits as much as possible, to show everyone that outfit repeating is ok. No wait, scrap that, outfit repeating is AMAZING, because it means there is less waste and it is more sustainable for the planet and ourselves.

What are the clothes we can rid our wardrobes of that are considered very 'last season'?

Skinny jeans. No one needs them anymore. They are the most boring cut of jeans. You can choose a slight flare, straight leg, boyfriend, wide-leg, etc., which are actually more flattering than skinny jeans for most body types.

What fashion advice would you give an emerging fashionista?

Wear whatever makes YOU happy. Don't worry about what other creators or people are wearing. Be uniquely you and you can't go wrong.

The fashion industry has changed so much in the past few years, what's the best advice you would give for staying ahead of the curve?

Be aware of the latest trends. Be aware of the bigger bloggers and celebrities and what they are wearing, because usually, that will start to trend quickly. Create your own trends too, because that can be really fun.

What inspires you to be creative?

Everywhere I look, I gain inspiration, and it sparks creativity. History inspires me to be creative; also, generational family stories inspire me. A song is something you feel inside... a story and message that deserves to be shared with the world. Overall, it's people that inspire me to be creative.

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EMERGING DESIGNER SPOTLIGHT: MEET MENNA

Angharad Evans

Menna Angharad Evans is a 21-year-old designer who's located in South Wales. She's currently in her third and final year of studying Fashion Design at Cardiff Metropolitan University.

Her brand "naturestheadss" follows on from her graduate collection Gypsy Soul. As a designer, she's heavily inspired by nature. Growing up, her childhood was spent with her horses, surrounded by the most beautiful things found in nature. She spent many days creating and exploring, making dens in the ferns, running barefoot with handmade flower crowns in her hair, and simply feeling free and happy. She has fond memories of hours spent exploring the countryside, the feeling of freedom and connection to nature flows naturally within her. This way of living taught her to appreciate the beauty of the natural world, teaching her to make use of what she has around her and to source naturally and sustainably. Connecting her childhood to that of the Romany Gypsy's, her collection Gypsy Soul is based around the life of the Romany Gypsy's, taking inspiration from their free-spirited souls and love for nature. Their freedom to travel, explore new places, and live a slower pace of life truly resonated within her. Inspired by the Gypsy way of 'making something from nothing', She has sourced materials she free-spirited to create unique designs. She simply sees the beauty in sustainability, therefore her designs within her collection are focused upon giving discarded items a new purpose. Re-using found objects repeatedly through numerous textile techniques.

Menna's designs are very textile-based, using traditional techniques such as macrame, crochet, natural dyeing, and felting to create beautifully handcrafted designs. The main focus of her collection is to create little to no waste through her design processes, textile-based garments are made with great care and precision. Her fabrics are primarily up-cycled, sourced from pre-owned cotton linen, giving her garment a free-flowing, relaxed silhouette. Natural dyes add another element to her cloth using the technique of rusting to add another layer of texture and achieving a unique print.

Sassy & Co recently caught up with Menna and here's what went down:

How did you get into the fashion industry?

Growing up I was always encouraged to be creative, my mum is very creative herself so inspired me to have a go at lots of different arts and crafts. My attic has always been "mum's sewing room" and it is full to the brim with fabrics, trims, and everything I ever wanted, giving me the freedom to make anything. I have fond memories of using scraps of fabric, cutting them up & tying them around myself, making different dresses for myself to walk up and down the room as if it was my catwalk. I will always remember my mum telling me that art could never be wrong, nobody could ever say what I made was wrong and that I could truly make whatever I wanted. I loved that. Once I was in comprehensive, I then began to have textiles lessons, which I absolutely loved as it was a lesson that I felt really confident in because my mum had taught me to sew years prior. After school, I knew that I wanted to proceed on to something textiles-based, fashion just seemed perfect for me as I

just loved working with different fabrics and textile techniques to create something beautiful.

What do you like most about being a designer?

What I like most about being a designer is the freedom I have to create whatever I want. Like my mum said, nothing I make can ever be wrong and that's truly just beautiful.

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

Being a beginner within the fashion industry I have not yet had many major experiences. But something that stands out for me as an achievement within my fashion design journey so far would be my mini collection I created in my second year. This was the collection for me that really made me fall in love with what I do. Before then I had found it extremely difficult to find my true aesthetic, I honestly felt lost and out of place on my fashion course. But within my mini collection, I really focused on my textiles & I discovered what I loved most! This collection then went on to inspire my Graduate Collection.

What is the best advice you have ever been given?

The best advice I have ever been given is to be true to yourself as a designer. Make sure that your project is something that you're truly interested in, something that really inspires you. A collection doesn't happen overnight it's something that you will be spending months on, so it has to be something you have a genuine interest in! Make the collection true to yourself and the experience will be much more enjoyable than doing something just because you've seen somebody else do it.

What has been the most valuable lesson you've learned while in the fashion industry. This can be about the industry or about yourself.

The most valuable lesson I've learned would be to keep going. I find the process of making & designing garments can be daunting at times. I'm a perfectionist. I love adding finishing touches and finalising designs but the period of time when my work is half-finished can be very difficult. It's sometimes hard to see past the half-finished garments in front of me and vision how it will look once finished and sometimes this can cause a lack of motivation. So, the most valuable lesson I've learned so far is just to keep going, even if you feel anxious about how your work looks just know that it will all work out in the end!

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

I plan to develop my brand from my Graduate Collection and create my own sustainable business. I would like to create one-off garments as well as homeware and accessory pieces. With my brand, I'd like to collaborate with other creatives and offer classes and talks about my textile and sustainability process behind my brand. I am so excited for the future and am ready to take any opportunity!





INTRODUCING *Failepou* PENI

FAILEPOU PENI IS
THE FOUNDER AND
DIRECTOR OF
PACIFIC INTERNA-
TIONAL RUNWAY
AS WELL AS
THE LEPOU BRAND

Failepou Peni (otherwise known as Fai) is the director and founder of Pacific International Runway (PIR) - one of the most prominent Pacific/multicultural fashion companies. They source out established and emerging fashion designers from the Pacific Region to give them exposure to the mainstream fashion industry. They also teach basic fashion design in PNG, Samoa, Solomon Islands, and Australia and provides mentorship in the fashion industry. They always look for new faces within the modelling sector; collaborating with various groups, especially with the young generation to allow them to experience and work under various designers or anyone in the fashion industry.

Besides Pacific International Runway, Failepou is also the lead designer and stylist for the clothing brand "Lepou" as well as the director and licensee of Pacific Int RealEstate Pty Ltd - a company that provides mentorship by guiding people in their property investment journey. Her overall goal is to be the best she can ever be by sharing the gifts she has been blessed with. Her accomplishments include helping the young and mature know and understand mainstream fashion as well as guiding them to produce their first collection via the PIR platform. As the PIR founder, she has enabled herself plus 6 designers to represent their own culture (Samoa, Tonga, NZ, Cook Island, Solomon Island, and Australia) in Hollywood - their garments were showcased during the red carpet premiere for Disney's Moana held in Hollywood, Los Angeles. She was a part of the team that took PNG textile printing to a new level by utilising their artistic skills and enabling them to design their own cultural prints on fabric, whether it be hand-printed or sublimation prints, transforming their skills into a sustainable income. She has also been helping many families buy their first homes, dating right back to 16 years ago, and now, she's helping them build their portfolio in property investment by teaching them to become more financially secure.

Outside of work, she considers herself as just an ordinary person. She's a devout Christian who loves Jesus with all of her heart - she considers Jesus as the core of her life. She also loves hanging out with her husband and kids, along with her extended family and friends. She believes that having a balanced life is important and she's a firm believer in treating others as you would want to be treated. She doesn't feel the need to look at what others are doing; she just focuses on what she can do because she knows her worth so she has no fear.

Sassy & Co magazine recently caught up with Failepou to discuss her journey in the fashion industry and here's what went down:

How did you get into the fashion industry?

I started at the age of 11, helping my mother, Ane Fasavalu Saipala, when she was a sewing teacher in New Zealand, Samoa, and Australia. Watching and admiring what she did made me want to get into the fashion industry.

What do you like most about being a designer?

Creating nothing into something, also creating garments where the wearer gets to wear the dress not the other way around, and seeing your clients get the wow factor not just the smile.

The downside to being a fashion designer?

For me, every designer is different. I personally enjoy and embrace the fashion industry with each challenge to transform difficulty into positivity. As a creator, you know your capabilities, your strength, and weaknesses. If you're working on your weakness, then it becomes no longer a weakness because, without your weakness, you will not know your strengths. For me, a downside always becomes the upside.

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

The very first fashion show that I directed was held at Campsie in the 1990s, that was when my husband had to drive all the way to Campsie from Fairfield to pick up my finale garment which was still being completed by my mother to be given to the model at the runway, it was a showstopper, it's the most memorable experience that I will always remember for it was the last time that I would work together with my mother in creating this last piece and having a husband who journeyed with me then and now in this fashion industry. I have many memorable moments and experiences with a list of clients but this memory will always top them all.

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

The most interesting people that I have met would have to be the people of Papua New Guinea. The people of PNG are very creative, artistic and they have the willingness to learn and embrace knowledge about the fashion industry. I was blessed to be a part of taking this project of teaching the people of PNG.

What has been the most valuable lesson you've learned while in the fashion industry. This can be about the industry or about yourself.

As a designer of fashion, you are the creator, as a creator, there are no limits. Understand your clients' forecasts and trends. Knowledge is key to a successful path.

Is your family supportive of you being a fashion designer?

Yes, my immediate family grew up with fabric in their faces (laughs).

If you could go back in a time machine to the time when you were just getting started, what would you do differently?

The simple answer is to have the two greatest supporters in my life; having my mother, Ane Fasavalu Saipaia, and my sister Maisagamai Taaai with me today.

What is the best advice you have ever been given?

Having Jesus Christ as my core.

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

Not only am I a fashion designer, but I am also a real estate licensee. My future plan is to encourage and empower anyone whatever age, culture, or profession. My advice for anyone is to continue to strive until you get what you want. If you fall, get back up again and keep going until it's yours. You alone have the choice to decide your future. My plans will always be to live my life to its fullest, to who I was created to be.







FIVE EVERYDAY HABITS TO MAKE YOU *Look Younger*

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

Eating Green and Healthy

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

Regular Exercise

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

Get a dog

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

Keep in Touch with Friends

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

Find Your Purpose, or Calling

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

A Final Word

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

LUX

MODELLING & FASHION ACADEMY





LIVING IN THE BIG CITY SUMMER VIBES

SUMMER VIBES

Photographed by DANG TRAN VIA THE PRESENT STUDIO
 Model ALINA MA | Hair & Makeup by CHOULLY TRAN
 Styled by BOBBI RICKARDS | Assistant: CHRIS SUNG HO
 Clothes by MELLOW MELLOW





CLEAN GREEN PROTEIN SHAKE



Non-GMO, organic,
plant-based, vegan
whole food



Alternative to
soy, whey and
milk protein



Gluten, dairy,
sugar, soy, nut and
nightshade free



Assists in building
lean muscle*



Complete amino
acid profile



Easy to digest
fibre-rich blend

THE SEACRET SHAKE

The Seacret Shake is an organic superfood blend that makes it easy to get your daily recommended serving of clean protein. It is a delightfully nutritious, fibre-rich formula, which provides the body with all essential amino acids.

WHAT'S IN A SEACRET SHAKE?

The Seacret Shake contains sprouted brown rice, sprouted yellow pea, chia seed, and other sprouted ancient grains. These key ingredients are high in protein, fibre, vitamin C, folate, and beta-carotene – creating a powerful natural blend of nutritional goodness.

The Seacret Shake contains a complete amino acid profile, which means it contains 22 amino acids including the 9 essential amino acids that your body cannot make itself. With each recommended serve, the Seacret Shake delivers an incredible 20 grams of clean protein in only 120 calories.

Why sprouted ingredients, you may ask? Sprouting reduces levels of phytic acid and enzyme inhibitors making grains easier for the body to digest.

It is important to note that there are no fillers, artificial flavours, sweeteners or preservatives in the Seacret Shake. It is organic, plant-based, vegan and non-GMO as well as gluten, dairy, sugar, soy, nut, and nightshade free.

*The statements appearing in this publication have not been evaluated by the Therapeutic Goods Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

WEIGHT LOSS AND MUSCLE GAIN

The Seacret Shake is formulated to assist in building lean muscle when combined with regular exercise and a healthy balanced diet.

PRO TIP

Combine two Seacret Shakes a day with one healthy balanced meal and exercise to support your weight management routine. You can also spice things up by adding your choice of fruit and cinnamon to complement the delicious vanilla flavour.

SPICE IT UP WITH A SEACRET RECIPE

Ingredients: 2 scoops Vanilla Shake + 1 scoop Seacret Greens Powder + 2 chopped apples + 1 tsp ground cinnamon + 1/2 tsp ground nutmeg + 1 cup unsweetened almond milk or water. Direction: Blend all ingredients on high for 30 seconds or until creamy. Enjoy!



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EVENT REVIEW

By: Jill Antonio

This month, Vogue Australia took over Carriageworks Sydney, for the 6th annual 2021 Vogue Codes Summit. Featuring branded activations, networking opportunities, and awe-inspiring talks by trailblazing (female) leaders in Australian business, fashion, media and technology – Vogue Codes is an important yearly event that celebrates women driving progress in their fields.

The summit welcomed an impressive array of keynotes and panelists who shared their professional journeys and insights with an audience of accomplished and ambitious attendees.

Vogue Codes openly acknowledges that there is a disproportionate number of men working in STEM (Science, Technology, Engineering, Math) careers, as compared to far fewer women. As a result, Vogue Codes works to redress this, championing equal opportunity, and motivating women to navigate our increasingly digital landscape in new and innovative ways.

Squarespace's Chief Marketing Officer Kinjil Mathur kicked off the morning segment, sharing about her journey to landing a job in tech, and stressing the importance of building a support network to your career path. She revealed how modern-day sales and marketing is increasingly driven and informed by data and statistics. Later, Pip Marlow, CEO of tech-giant Salesforce took to

the stage – echoing Kinjil's thoughts, and elaborating on the interesting gradual convergence of creativity, art, and science.

With speakers spanning diverse fields in Fashion E-commerce, Beauty, Customer Design, and Women's Health, a number of influential industry-leaders shared their forward-thinking tips, tricks, and business insights, answering practical questions submitted by the audience.

The next two panelists, including GlamCorner's co-founder Audrey Khaing-Jones, discussed the importance of sustainability to staying relevant in fashion, and drove home the role that technology plays in making that vision a reality.

The Vogue Codes Summit, aptly presented by Optus, and supported by Audi, Estee Lauder and The Beauty Chef – is in an innovative and extraordinary event, paving the way for the digital innovators of the future.

In between panel segments, guests enjoyed interactive experiences, including Optus' digital charging station, Audi's electronic e-tron car on display, Frank Green's reusable water station, and plenty more.

The Vogue Codes In Conversation event will take place in Sydney in July 2021.





GERMANI JEWELLERY

Germani Jewellery has been established as an Italian brand in Australia since 1985. It became a household name for fine jewellery when it became an exclusive sponsor for the national TV show, 'Sale Of The Century' from 1988 to 2001.

Germani's extensive experience in creating distinctive, cosmopolitan, unique and exquisite jewellery is evident as he was awarded the prestigious Diamond De Beers Awards, designed and manufactured fine jewellery for the Saudi Royal Family, Queen Noor of Jordan, the Duke & Duchess Of Wellington, Elizabeth Taylor, Princess Diana and other well known international dignitaries around the world; thus gaining him international recognition.

Germani houses a huge range of quality, coloured gemstones and loose diamonds sourced from Belgium, Switzerland and the Far East. Customers can enjoy the luxury of purchasing directly from the wholesaler and having the jewellery made in-house. Each design is iteratively reworked until it fits the customer perfectly.

Prices are extremely competitive due to the magnitude of Germani's operation.





studio
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