# mistr

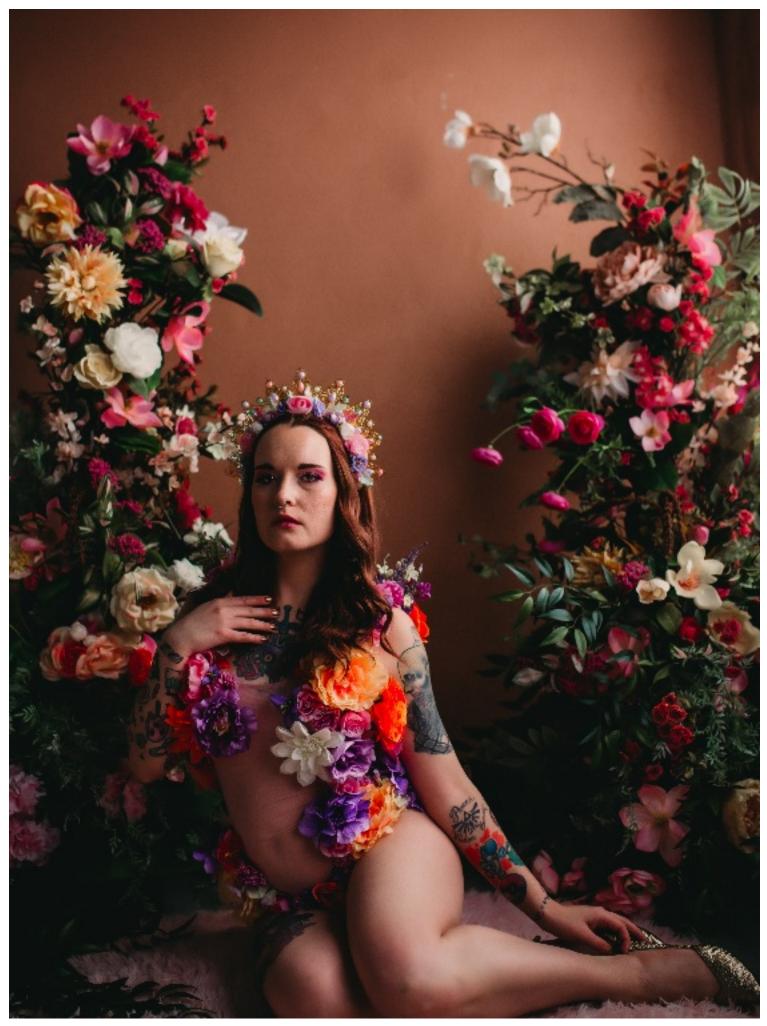


### CHEAP & EASY.

# WHO DOESN'T LIKE THAT?



PrEP DELIVERED.



#### **COVER FEATURE**



Modeling by Megan Blair Photo by Lauren Elizabeth Theis of Revel Boudoir Makeup by Sarah Ellexson of Beauty by Sarah Elizabeth Crown by Titania's Wardrobe Shoot sponsored by Cincinnati Image Makers

PAGES 16-20

#### **CONTENTS**



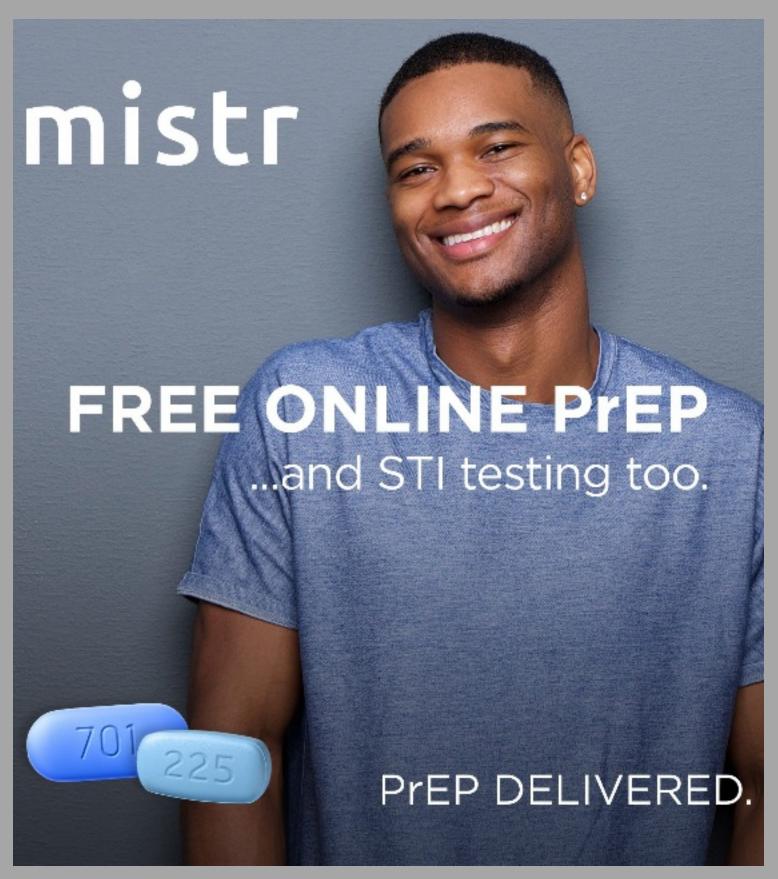
#### (A)HEALTH | Page 14 & 15

A platonic relationship is one with no romantic or sexual features, but it means more than "just friends." According to the ancient philosopher Plato, for whom the concept is named, this bond is a type of love experienced when we identify positive qualities we feel complete within another person.



#### FASHION FORWARD | Page 8

Floral prints are believed to have originated in the East. They then traveled to the west from the Orient and Asia. The first traders from the East brought beautiful silks printed with exotic flower designs and sold them at very high prices.



MORE INFO WWW.HEYMISTR.COM



(A) NATURE Lily of the valley

Lily of the valley, sometimes written lily-of-the-valley, is a woodland flowering plant with sweetly scented, pendent, bell-shaped white flowers borne in sprays in spring. It is native throughout the cool temperate Northern Hemisphere in Asia and Europe. In Germanic mythology, lily of the valley flowers have been associated with the humility and purity of the virgin goddess Ostara. In Christian legend, Eve's tears turned into lilies of the valley as she was expelled from the Garden of Eden. A symbol of purity, joy, love, sincerity, happiness and luck, lily of the valley has much significance beyond the United Kingdom. It's actually the national flower of Finland, and in France, on 1st May for La Fête du Muguet, lily of the valleys are gifted to loved ones. The Lily of the valley is a bulbous flowering plant. It belongs to the Asparagaceae family. It is called the Covallaria Majalais. It is a fragrant flowering plant with a nice scent and has a bell-shaped appearance.

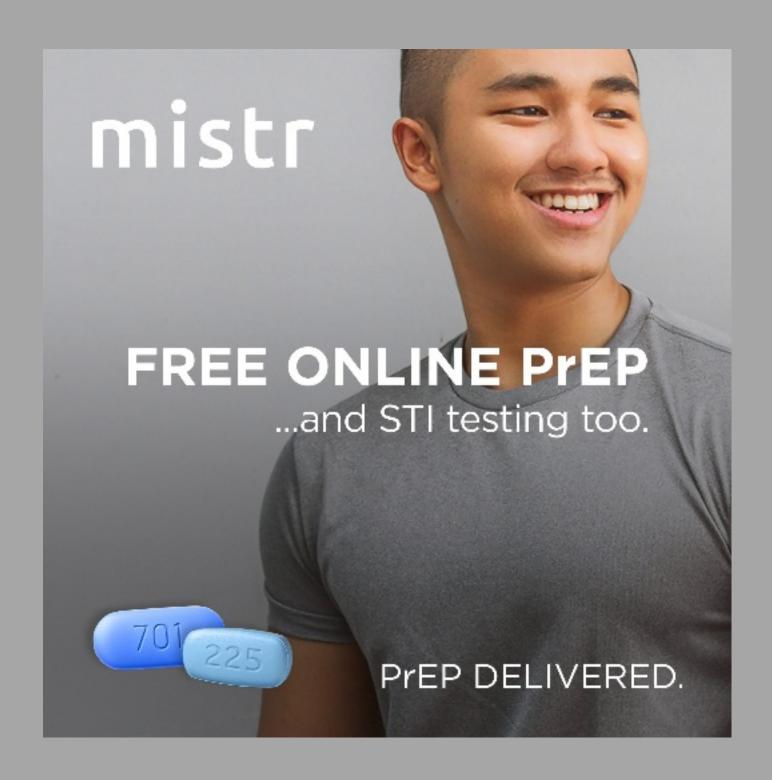
White is the most popular color for the flowering plant. But there are other color varieties like purple and pink. The flowering blooms of this plant are very toxic. In fact, when ingested, they can cause red rashes, vomiting, and severe pain. The white lily of the valley flower is the most common color variant that exists. It is often used to symbolize joy and overall happiness. It represents positivity, humility, and purity. The flowering species is a great gift for friends.



Fashion Forward | Floral Prints

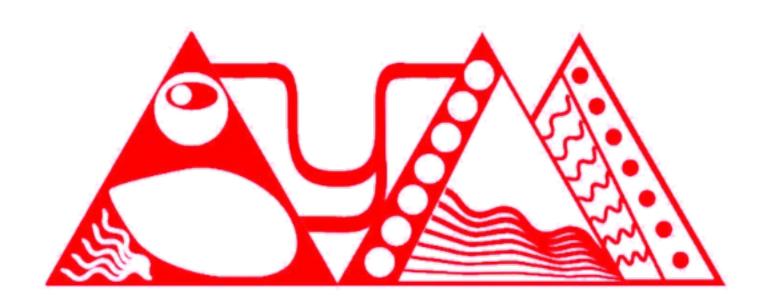
Floral prints are believed to have originated in the East. They then traveled to the west from the Orient and Asia. The first traders from the East brought beautiful silks printed with exotic flower designs and sold them at very high prices. It wasn't until the late-medieval period that we started to see floral design included on fabrics. This can largely be attributed to China in the twelfth century, when embroidered fabrics showing beautiful flowers and scenes of nature were used for clothing. The Renaissance Period marks the beginning of the European Periods of floral design. The Renaissance style of floral design began in Italy, taking the classical Greek, Byzantine, and Roman styles as its basis and running with them. By the time the 1970s came around, floral prints had really started finding their groovy groove. Prints became bigger and older, with saturated colors like mustard, orange and avocado being used on furniture alongside browns, greens and shaggy rugs.





MORE INFO
WWW.HEYMISTR.COM





FOLLOW @aymedicinyc



Know Your Status.

### GOALS OVERVIEW

PERSONAL GOALS	****** HEALTH GOALS ********
0	0
~	
······	V:
0	0
0	0
~	~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~
O	
0	0
0	0
~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~~	
9	9
CAREER GOALS	FINANCIAL GOALS
	0
<u> </u>	<u> </u>
O	O
0	
$\triangle$	^
<u> </u>	<u> </u>
0	<u> </u>
0	
^	^
<u> </u>	<u> </u>
<u>0</u>	0
****** SPIRITUAL GOALS ******	OTHER GOALS
0	0
<u> </u>	
<u></u>	<u> </u>
O	
<u> </u>	
No. of the last of	
Teal (	

## PLATONIC ATTRACTION

a desire for a platonic relationship or friendship with a specific individual

# SEXUAL ATTRACTION

a desire for sexual contact (however you define it) with a specific individual

# ROMANTIC ATTRACTION

a desire for a romantic relationship (however you define it) with a specific individual

#### SENSUAL ATTRACTION

a desire for physical intimacy with a specific individual, like cuddling, hand holding, etc.

#### (A) HEALTH Platonic Relationships

A platonic relationship is one with no romantic or sexual features, but it means more than "just friends." According to the ancient philosopher Plato, for whom the concept is named, this bond is a type of love experienced when we identify positive qualities we feel complete within another person. Platonic Relationships are healthy for your general wellbeing. They provide us with love and care, lower stress, and increase resilience. Research shows that platonic relationships benefit both parties involved by assisting each other with the stresses and challenges of life. One of the strongest benefits of a close friendship is consistent support from another person. It may be more common to see romantic partners represented in the media and in our lives as our life's greatest source of support, but this isn't always the case. Platonic friendships can fill you with satisfaction much like a romantic relationship could. Platonic friendships can also be complicated. At their worst, you might end up in a jealous, frustrating relationship. At their very best, platonic relationships can enrich your life in countless ways. Boundaries can often get blurred in platonic friendships, and that can lead to hurt feelings or even a broken heart. This is why it can be important to know what a platonic friendship is, and how to treat your platonic friends with respect. Once you understand your platonic friendship, you can work toward getting the most out of the relationship and learn how to truly enjoy each other's company, even



without a romantic element. Friendship is all about respect. That means that if your friend wants to keep things platonic, you choose to respect their wishes even if you do not feel the same way. When that person draws a line, or asks you to take a step back, you do so, even when it hurts. You do not want to pressure someone or ruin a close friendship, so you respect any boundaries that they set. Having a platonic friend can come with all sorts of implicit and explicit boundaries. Being platonic with someone often means you do not cuddle in bed together, or kiss on the lips, or otherwise act like boyfriend and girlfriend. Especially if you have been drinking together, or if you both feel curious and alone, there might be times when it's tempting to cross those boundaries. However, a platonic friendship built on respect can create and maintain appropriate lines which are not to be crossed. The key to any major move in your

platonic friendship often comes down to communication. If you think things are moving toward friends with benefits, or toward a relationship, it can be imperative that you ask the right questions and listen with patience and openness. Before making any drastic moves, consider asking your friend about their boundaries and ensure they are comfortable. Find out what this will mean for your friendship. It may seem awkward or stunted at the moment, but it's likely you'll be happy you asked those questions later, when you are still able to maintain your healthy friendship.

