

HAPPY

Easter



COVER FEATURE



"Dress Up"

Ft Courtney Moran Wearing AYMEDICI

Photos by Robert Moran

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(A) HEALTH



PG. 6

Everything seems possible in spring. It's the season of hope, of fresh life and new beginnings. It's also the perfect time to turn over a fresh leaf and embark on a detox plan! Spring brings new growth and regeneration, which makes it a great time to refresh our systems by doing a cleanse. In fact, according to the Chinese, spring is the ideal time to cleanse and nourish the liver

BEAUTY TALK



PG. 7

The American Academy of Dermatology recommends washing your face in lukewarm water. It's the perfect middle ground for all skin types, it has been said that hot water strips your skin of the protective oils that help hold in moisture. In general, you should be cleansing your face at least twice a day. Lukewarm water is advisable to wash your face with, but cold water has its benefits, too.



Photographer Spotlight
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Modeling by Megan Blair
Photography by Lauren Theis of Revel Boudoir Studio
Creative Director Adam Delane of Give Me Face




(A) HEALTH : SPRING CLEAN YOUR BODY

Everything seems possible in spring. It's the season of hope, of fresh life and new beginnings. It's also the perfect time to turn over a fresh leaf and embark on a detox plan! Spring brings new growth and regeneration, which makes it a great time to refresh our systems by doing a cleanse. In fact, according to the Chinese, spring is the ideal time to cleanse and nourish the liver. The days of spring bring longer, warmer days, where new growth and regeneration is abundant. At this time of year, our bodies emerge from this dormant winter state, calling us to rejuvenate and revitalize our overall sense of being, making spring the perfect time of year for cleansing and detoxing the body! Most people feel a little intimidated by body cleansing. They think they'll be running to the bathroom every five minutes, but this couldn't be further from the truth! Your body is an amazing creation with inherent wisdom. When provided with the proper resources, it will always default to finding physical harmony, balance and health. The point of a cleanse is to reduce the toxic load you take in and lighten the burden on your digestive system. This is achieved by incorporating specific foods and herbs into your meals, drinking more water and by getting quality exercise. The body stores toxins in fat cells and will produce extra fat cells to store toxins it cannot remove. A whole-food based diet rich in fruits, vegetables and other Fx-approved foods supports the elimination of these toxins, helping you achieve optimal health. Addressing factors like stress and lack of sleep is important too because they can interfere with the body's natural detoxification system. There is no exact formula for cleansing. It's best to customize a cleanse that will work for you as an individual and to go into it with a sense of ease. Take it slow and work your way up, especially if you've been eating a diet high in processed foods with additives and preservatives.

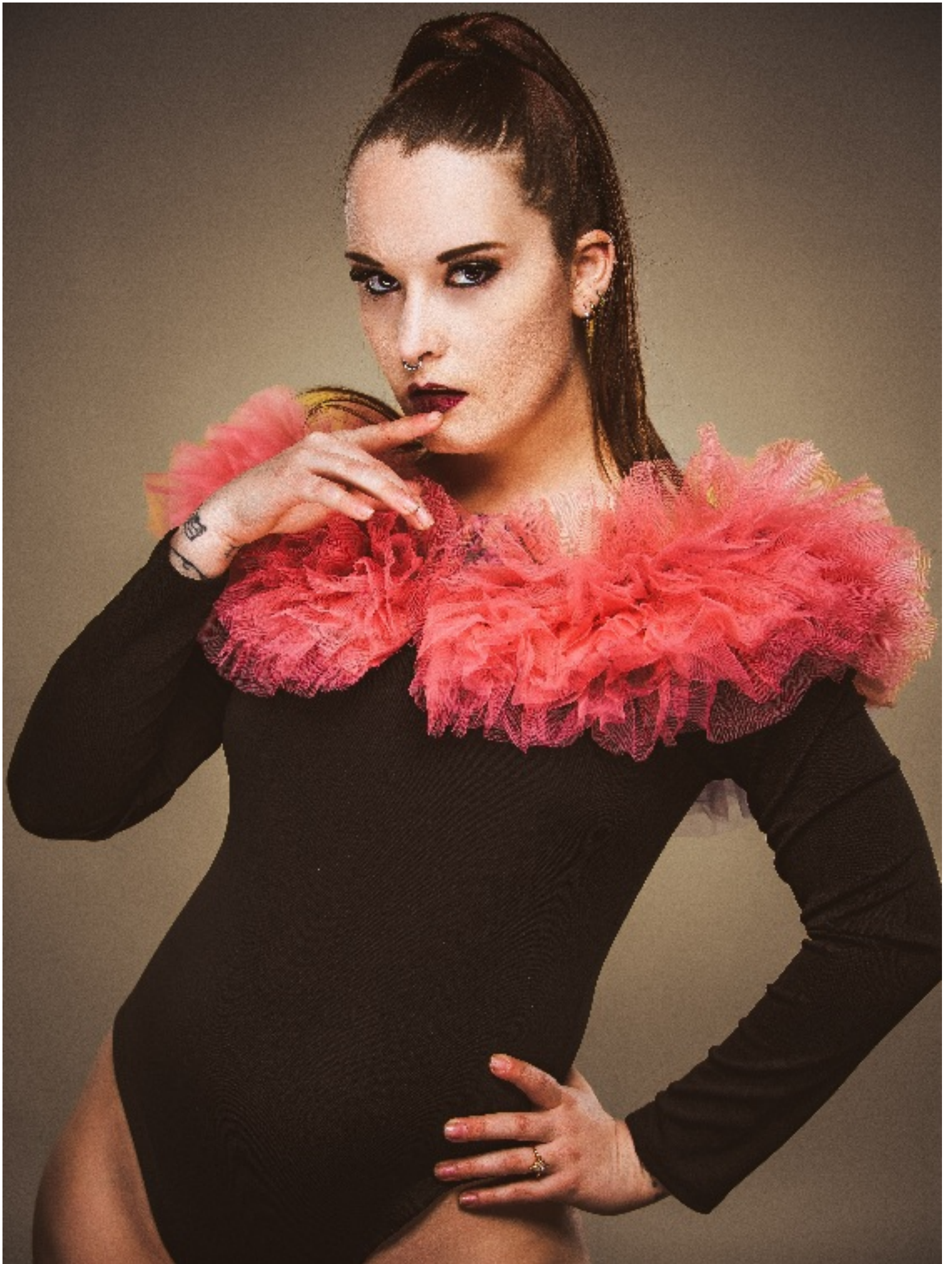
BEAUTY TALK

Cleaning Your Face



The American Academy of Dermatology recommends washing your face in lukewarm water. It's the perfect middle ground for all skin types, it has been said that hot water strips your skin of the protective oils that help hold in moisture. In general, you should be cleansing your face at least twice a day. Lukewarm water is advisable to wash your face with, but cold water has its benefits, too. Cold water tightens the appearance of your skin, so it may make you look renewed and refreshed. It also helps boost your circulation, which can help give your skin a healthier appearance, albeit temporarily. "You should wash your face both morning and night because the skin creates sebum and oil throughout the day," says Saya Obayah, M.D., a board-certified dermatologist located in Austin, Texas. Removing all the excess oil, dirt and grime from your face is key to clearer skin. However, be careful not to scrub too hard. Your skin is extremely resilient, but it isn't immune to damage from abrasive scrubbing. Rubbing too hard can cause inflammation and worsen acne by drying out your skin. Contrary to popular myths, the safest way to wash your face is with your hands; washcloths and scrubs can be too abrasive on the skin, and might potentially harm healthy cells, resulting in irritation. It's therefore essential to wash your hands before washing your face. Dry brushing is another effective way to remove dead skin cells and dirt from the surface of your skin, while also promoting the production of healthy oils. Dry brushing is exactly what it sounds like: you brush your skin, while dry, with a natural fiber brush. Drinking water keeps your body hydrated and refreshed and helps maintain your skin's elasticity. People who drink large amounts of water are less likely to suffer from scars, wrinkles, and soft lines and they won't show as many signs of aging as those who drink little amounts of water. Drink at least 8 glasses of water per day and more when it is hot. Water needs to be your first choice, since it gives you radiant skin and zero calories. Other fluids beneficial for your skin health:

Unsweetened fluids: include fresh fruit juices (in moderation).







Photographer Spotlight

Lauren Theis of Revel Boudoir Studio

Where are you from?

Born and raised in Northern KY! Y'all is a common word used in my vocabulary.

What started your career in Photography?

I've had a camera permanently attached to my hand since I was little! Whether it be the cheap disposable film cameras I used as a child, the nice Sony camera my parents gifted me for graduating high school, or my pride and joy Canon camera now; I've always loved taking photos and capturing memories!

What is your favorite part about your work in photography?

I love seeing the reactions from clients the first time they see their finished images. The smiles, the tears, and the laughter are what make my day and reassure me that I'm in the right place with my life and career. Allowing women to see themselves in a different light is everything to me as a Boudoir Photographer. It might make their day seeing their images or leaving the studio after their session but it also makes mine!

What advice would you give to a person looking to get into photography?

So for me personally, I would recommend finding a local studio or photographer who is taking on apprentices or second photographers and soak up as much knowledge and experience as possible from that person!

I went to school and have a degree in photography, but I honestly didn't learn what I needed to know until I became a part of a very successful wedding photography studio in the area. The owner took me under his wing and I was able to grow immensely. Not only as a photographer but a person as well! I owe him a lot of what made me the photographer I am today although Boudoir photography is a whole other ballgame haha! Definitely finding your personal style is important as well! This makes you stand out and stick to your brand!



Photo Credits

Modeling by Megan Blair

Creative Director, Adam Delane of Give Me Face



Queen Is The Title by Goldine Saintil

Model Jules N. & Bonnie

Photos By Focal Muse Luxury Photography







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