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<u>FASHION</u>







Collection Spring 2020

VERSACE











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Millions of people took to the internet to see Jennifer in the legendary dress, making it one the most popular search queries for Google at the time!











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Collection Spring 2020

WESSAINT/AURENT











YSL put the spotlight on what's emerging as one of the biggest trends: The shorts suit, and Le Smoking tuxedos!!!

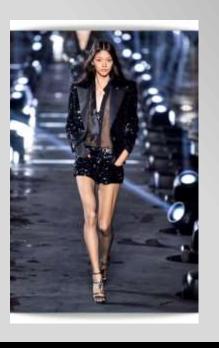
According to creative director Anthony Vaccarello, the new YSL female power suit is shorts.

Looks were long, short, shorter shorts and Hot Pants!

After the rhapsody of shorts, Vaccarello turned to
Saint Laurent's Russian collection for inspiration,
hitting another of the season's trends, the Seventies.

After a dramatic pause, lights down, came YSL payoff:

Naomi Campbell!







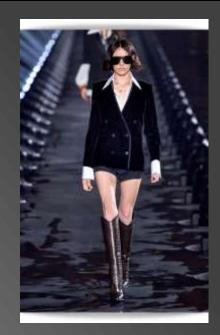




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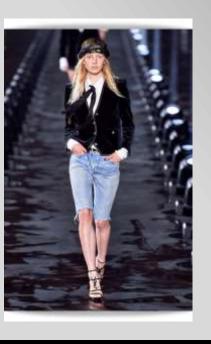
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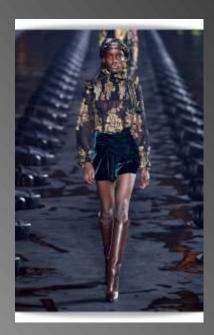
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LORENZO SERAFINI



Collection Spring 2020

LORENZO SERAFINI











Princesses Caroline and Stephanie Grimaldi,
jet-set lifestyle was the inspiration for
Philosophy di Lorenzo Serafini's Spring-Summer 2020 collection.
Caroline feminine and polished, Stephanie more tomboy and audacious,
were expressed in into the collection's line-up.
Bold volumes, oversized round shoulders gave an 80's feel to denim
with striped bouclé jackets cinched at the waist with jeweled belts.
The collection presented party dresses, a white tuxedo with a big jacket
with boxy, strong shoulders and another more fluid style embroidered with
iridescent sequins, a crystal-studded black minidress from eco-leather:
Another trendy suggestion was the short-in-front, long-in-back,











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Collection Spring 2020

Ruchard Quins





















Ruchard Quinn





















Ruchard Quins





















Ruchard Quinn











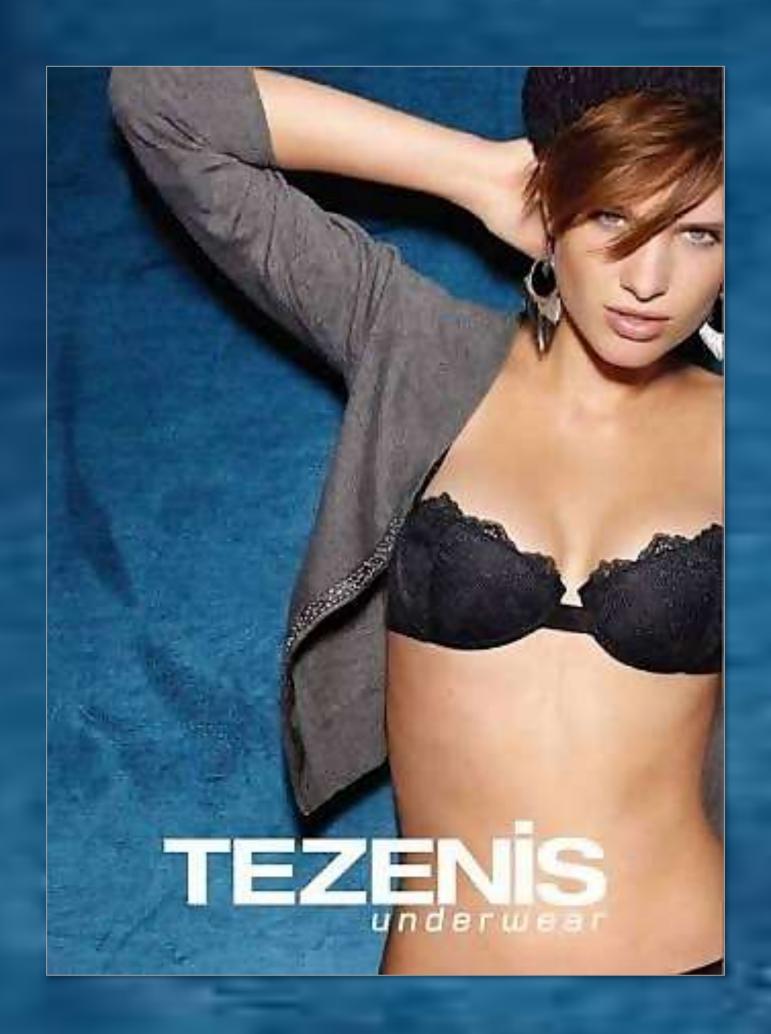














The Total Trend!

Dominant till the end of the decade!



Fluo, or Neon as you probably know it best, is one of the historical trends of the 1980s.

It appeared in 2009 in leggings and 2013 in hats and now, in 2019, it returned to fluffy knitwear and coats to brighten our days and looks.

As you can see, this is a serious investment for your wardrobe as you can wear the colorful hues even in autumn and winter.

If you're a bold reader, you can try a total fluo look, with yellow, lemon, pink or orange, otherwise try it partially and in small doses starting with accessories, such as tights that Versace presented on its runways, or contrasting with more classic colors, such as white, blue, gray and maybe warm raspberry and floral.





Oversized fluo knitted sweaters.

Oversized fluffy sweaters can work wonders on you.

To show off your silhouette, wear tight pants or play with volumes wearing a dress or skirt.

To take off your sex appeal, we have two additional tips for you:

- 1. Wear your oversized knitted sweater with high boots and tights
- 2. Leave part of your bare shoulder or neckline to make men crazy!
- Knitted fluo dresses.

Many celebrities choose it and you can do it too. For your next outing, get ready for your fluo knit dress and use simply, lipbalm, loose or curly hair and your heels. Try it in line A or tight in the waist, in shades of green, blue and purple.



As classic white t-shirts are in every season, so do the turtlenecks for the colder days. The short-sleeved turtlenecks are perfect for wearing under your coat. If you are looking for something to enhance your look on a hazy day at work, wear a turtleneck and match it with classic pants and accessories.



















STYLE

COUPLE DRESING!



Match your Style!

hoosing an outfit is a difficult task, especially if you want to match your partner's styling choice!

Couples who dress in the same stylistic look or are "matchy-matchy", have won a place in our hearts.

While we believe that each one should have their own style, in this case we put a dot.

For the morning or evening, the styles below are the best choices to be the most fashionable couple, without having to look like ... "twins".

Monochrome

The choice of black and any monochrome is simple and safe, which is so classic and elegant without any effort.

Choosing a suit, is another fashion tip, as it is suitable for all occasions and for both genders.



Same clothing, in different colors

Fluorescent turtlenecks, are the must trend for another season, adding yet another idea for a stylistic look with your partner.

The general idea, that you must keep, is that you can wear the same outfit by playing in different colors.



Combine different styles

We love the mix of different styles and especially if it is made in duplicate.
You can combine romantic with floral, preppy with vintage, sexy with rock or ethnic with boho for example.



Select the same color palette

Another safe choice that will look totally unpretentious, to the style you are wearing with your loved one, is to combine clothes of the same color palette.

So you can keep your personal choices but remain "color match".









THE POWER OF

BLACK SHONIS!



Go for the Trend!

Black shorts are the ultimate wardrobe Hero!



Who wears short shorts?

A lot will, this year!

Sexy on-trend black shorts are here to show you that "bottoms" are just as important as tops.

Mini shorts are such a hot topic, as seen in the recent runways, so we have compiled a list of the best short shorts for women, from leather to perfectly tailored.

Hot "itty bitty" shorts, staged a triumphant comeback on the spring 2020 runways from knit shorts at Hermès and Ferragamo to micro shorts of YSL and Brandon Maxwell.



For those who'd rather ease into Daisy Duke status, Chanel styled the look with black tights.

Some important tips:

Treat your short shorts like any other type of bottom you wear, such as jeans. Combine them with the rest of your clothing pieces just the way you would when dealing with a pair of pants, avoiding wrong color, pattern and style pairings.

Don't wear your mini shorts with overly long and oversized tops, which will hide them and make everyone think you have walked out the door without putting on your pants.



Pay extra attention on your underwear and tights with your short shorts, as if they will peek through, they will spoil your





look, completely.







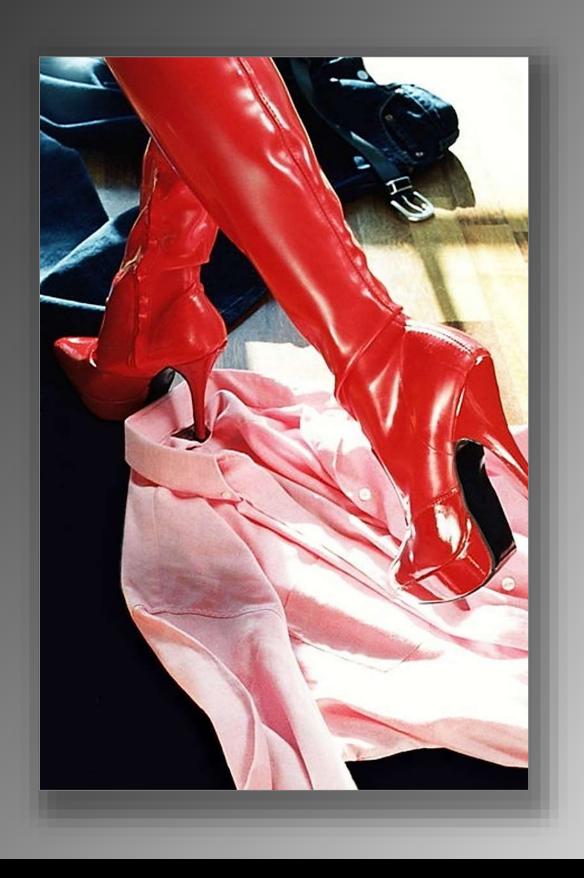








STATE IOI IOI



The Protagonist of this Year!

The Protagonists of Style this Year will be Boots!



Boots will highlight all of your outfits, your mood and everything you want to state with your style.

The choices are many!

Lady look:

If you think, that *Isabel Marant's thigh-high* suggestion is too "advanced" for you, choose the *over-the-ankle* version of the designer.



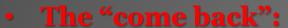
Last year's trend was "sock-boots".

This year invest in the trend for your boots to resemble tights, in funky colors.

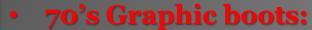


Reach the "heights":

Take off your look, by choosing boots that combine thigh-high lines with XL platforms of the past decades.



Sexy slouchy boots that were loved by all in the early '00s make are back for a statement style all day long!



Experiment with *graphic* pieces, '70s bright colors and heels, making the difference even in a basic outfit.



Cool Sixties:

Are you a fan of authentic 60s pop?
The boots to choose this year are wide, they "hug" the calf, reach high and magnify the look with vibrant colors. They match perfectly with midi skirts.

Get inspired from the looks!!!





1. Left: Dress, shirt & Boots, all Isabel Marant - Right: Dress, boots and belt, all Isabel Marant.
2. Skirts, accessories a& Boots, all Fendi. 3. Dress & Boots all Longchamp

4. Left & Right: Tops, shorts, boots, belts and tights, all Saint Laurent by Anthony Vaccarello.
5. Boots & handbag, Tory Burch. Tights, Calzedonia. 6. Top, skirt and boots, all Marni.



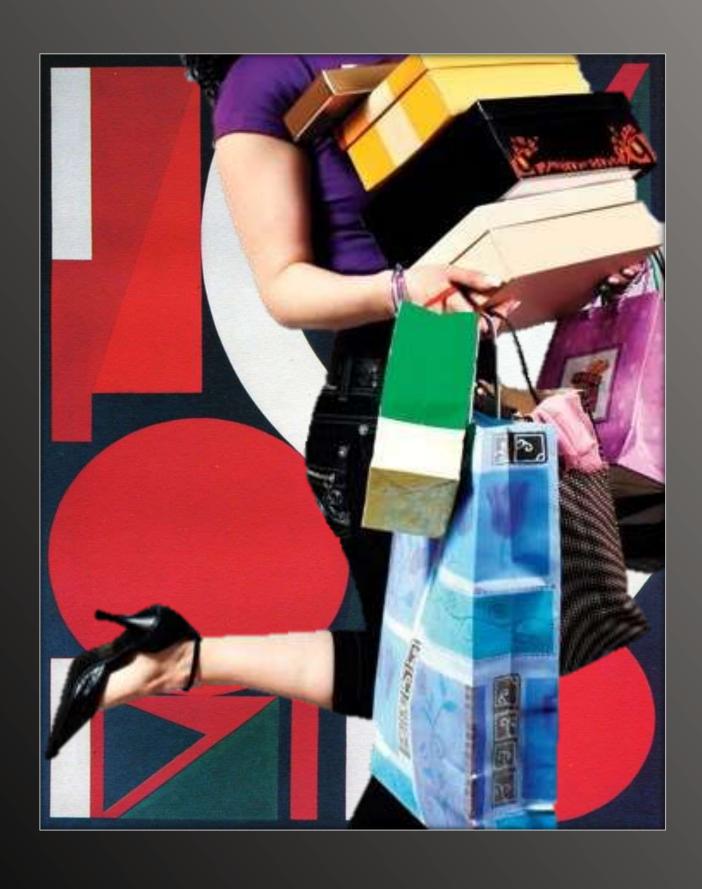
BULL-DICCONING.COM

BEAUTY



B E A U T Y

Beauty, Shoping!



Let's Gooooooo!

Our top choices for JANUARY 2020!

1. Hydra-Biome Probiotic Superdose Face Mask, Korres

A velvety face mask that helps the skin to resist the signs of daily stress and regain its radiance in 15 minutes, thus protecting the balance of the microbiome.

2. The Neck and Décolleté Concentrate, La Mer

La Mer's new Neck and Décolleté Concentrate treatment combines the exclusive Concentrated Miracle Broth elixir, a sea empowering enzyme and lime tea extract, that refreshes skin cells, visibly discolor and reduce fine lines from the neck and décolletage areas.

3. Skin Caviar Eye Lift, La Prairie

At the heart of the new La Prairie's Skin Caviar Eye Lift serum, is the Caviar Premier and the exclusive cell's cellular composition, that lifts the delicate eye area. With frequent use, the two formulations are activated and give an immediate sense of firming: the eyes look bigger, the upper eyelids firmer, and the wrinkles on the "crow's feet" decrease sharply.

4. Hydra + Oil - Gel Facial Cleanser, Grown Alchemist

The Hydra + Oil - Gel Facial Cleanser Gel by the biologically advanced Grown Alchemist, transforms into an emulsion and protects the skin against environmental attacks, while increasing its resistance.

Rosemary extract, olive squalene, antioxidants and thistle, increase hydration, reducing fine lines and wrinkles.

5. Balmain Hair Accessories

The white high quality leather tote and K14 gold plated pin, with the engraved Balmain logo, is included in the Balmain Hair Accessories collection and is the latest trend in fashion.

6. Parisian Nudes Eye Shadow Palette, Laura Mercier

This palette includes 12 shades, from matte to shiny metallic finish, for all day long, different make up looks.

7. Blue Therapy Revitalize Day Cream, Biotherm

A strong shield against dull and dry skin, Biotherm Blue Therapy Day Cream combines the famous ingredient of Life Plankton™ with the golden algae Laminaria Ochroleuca, Karité butter, and five different vegetable oils.









TOP ROW FROM LEFT TO RIGHT:

- 1. Skin Caviar Eye Lift, La Prairie
- 2. The Neck and Décolleté Concentrate, La Mer
- 3. Hydra-Biome Probiotic Superdose Face Mask, Korres
- 4. Hydra + Oil Gel Facial Cleanser, Grown Alchemist







LOWER ROW FROM LEFT TO RIGHT:

- 5. Balmain Hair Accessories
- 6. Parisian Nudes Eye Shadow Palette, Laura Mercier
- 7. Blue Therapy Revitalize Day Cream, Biotherm

HLL OF T L'INTERDIT HY G

Kiss Melli



Simply... Irresistible!

From perfect pink to classic red!

These are the lipsticks your beauty bag should have.

alentine's Day is coming soon and it is the right occasion to take special care of your lips!

We have selected the most amazing lipsticks and with our beauty tips you will achieve smooth and fully moisturized lips, that with the perfect color you will receive many-many kisses from him! Valentine's Day should remind us to be in love every day of the year! So seal every day of love with a Great Kiss!!!

Preparation:

- Using a good *lip scrub*, will work wonders for the perfect result, by removing dead cells from the lip surface and giving you a uniform effect, that lasts all day.
- Lips Hydration. A Lip Balm, preferably from natural ingredients, will keep your lips hydrated, all day long, regardless weather conditions!
- Fine lines. If you notice, fine lines around your lips, apply a good quality cream.
- Lip-gloss. Avoid "licking" your lips! Instead apply a lip-gloss more frequently.
- Always gently remove your lipstick, in the end of the day!
- For perfectly shaped lips read our article "Bold & Juicy" December 2019.







TOP ROW FROM LEFT TO RIGHT:

- 1. Rouge Allure Velvet Extreme Intense Matte Lip Color, CHANEL
- 2. Powder Kiss, M.A.C.
- 3. Rouge Dior Ultra Care Liquid Lipstick, DIOR

LOWER ROW FROM LEFT TO RIGHT:

- 4. Rouge Pur Couture The Slim Sheer Matte Lipstick, YSL
- 5. VisionAiry Gel Lipstick, SHISEIDO
- Mattemoiselle Plush Matte Lipstick, FENTY BEAUTY

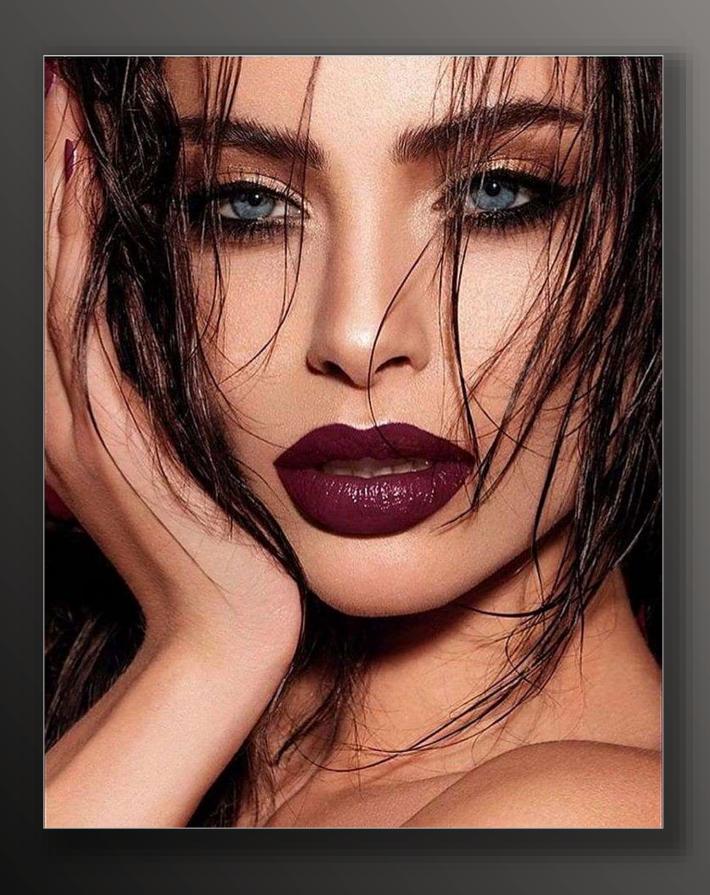








Night Secrets?



Glow with Night Creams!

Beauty while sleeping!

At night our skin cells wake up to repair the damage they have suffered during the day. You don't need more reasons to add a night product to your beauty rituals.

Our skin behaves differently at night, which means that our grooming routine must also change. Cellular regeneration, progresses much faster while you sleep, as our cells are exposed to UV radiation during the day.

The queen of all is undoubtedly Vitamin A, an active form of which is retinol, while overnight peels, are the beauty trend we recommend to try now.

Suggested Products:

- 1. Kiehl's: Ginger Leaf & Hibiscus Firming Mask.
- 2. Clarins: Multi-Active Nuit Night Cream.
- 3. Biotherm: AquaSource Night Spa.
- 4. Good Molecules: Overnight Exfoliating Treatment.
- 5. The Inkey List: Turmeric Cream Moisturiser.
- 6. Clinique: Smart Night Night Cream.
- 7. Lancôme: Énergie De Vie The Overnight Recovery Sleeping Mask.









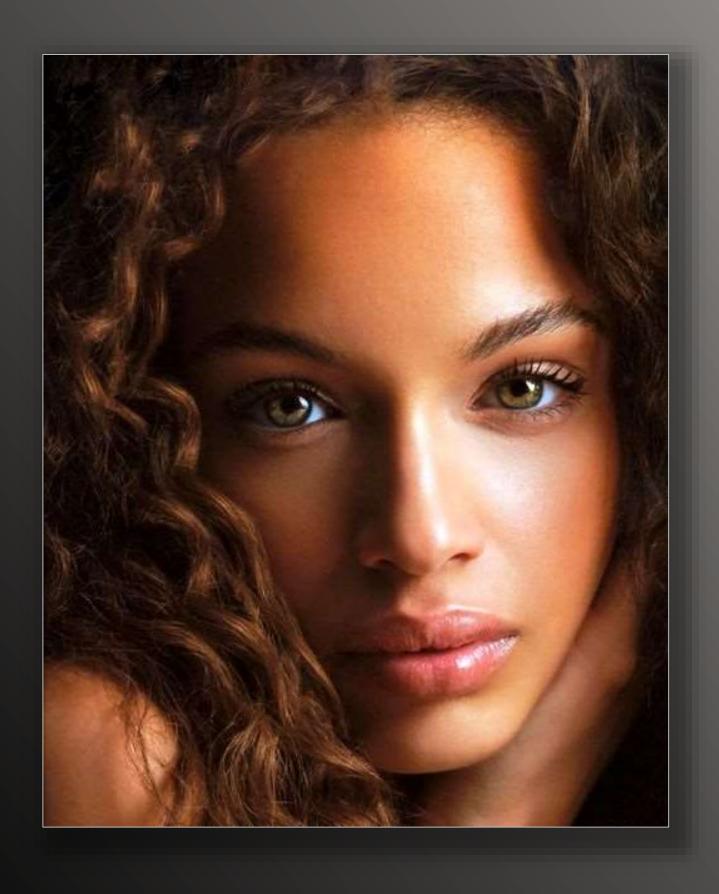








BROWN EYES!



"Magnetizing" Look!

Give your eyes a look by playing with colored shadows and mascara in subversive shades, that will take you away from the repeated beauty routine of the same look every day!

MIX IT UP!

Put a full stop to the restrictive makeup rules that required to use specific colors and shades, for those with brown eyes.

Now, you set the rules with just one tip in your mind:

for a smooth and harmonious result, try not to use "warm" and "colder" shades on your lips and eyes. Uniformity, will give intensity to your look. Experiment with dark blue, blue marine and electric blue, to give your look a more modern look.

REVOLUTION!

Do you know which product can completely transform your new eye-look? Mascara!

Not the classic black you keep using ...forever, but a colorful that will give you, a totally new makeup dimension. The best colors for you are green, blue, purple and brown. Dare it and you will not lose! The result will flatter you.

ALL TIME CLASSIC!

If you want to create an evening look that captivates and reveals your seductive look but you don't like experimentation, things are simple: betting on black, is the winning choice. It emphasizes the contours of the eyes and gives a sexy look, in a minute. Pay attention only to the colors you choose for the lips, so that the result looks contemporary and fresh.

TOP TIP!

For those with brown eyes, metallic finishes give an intensity to your look. Choose textures that are easy to apply and prefer creamy compositions, such as, powder form, for a more natural effect.

WHAT TO AVOID!

Pastel shades, of blue and green, for example, can make the final result look more... "flat" and lesser intense.

If you love pastels, go for lavender and baby pink, that suit you perfectly!



Top Choices



"Winning" Nails!

Healthy Nails & Top Choice products is the way for a Winning Look!

ealthy nails that look fashionable doesn't have to be expensive or time-consuming.

Being overly "obsessed" with cleaning and maintaining nails might put your normally strong nails at risk for yeast or bacterial infections.

You won't need frequent manicures to maintain good-looking nails! Follow these simple tips and impress with your sexy, strong nails:

- As long as you eat a healthy, varied diet, you don't need any dietary supplements to guarantee strong nails.

 People with weak nails benefit from supplemental biotin, a B vitamin, that strengthens and grows our nails.
- Nail polish isn't going to harm your healthy nails, although you probably should give your nails a break on the polish periodically. As part of your home manicures, make sure you choose acetone-free nail polish remover when you decide to begin that break.
- Your cuticles are like the protective caulking around a bathtub. If you cut them back too far, or push them around too aggressively, you damage them. That, leaves your nail bed open to infection. As part of regular nail care to maintain healthy nails, moisturize your cuticles and do not push them back or trim them at all, even during a professional manicure. Be aware of the signs of infection, including redness, pain, swelling, in your cuticles and the nearby skin. See a doctor for help treating any infection.
- The fashion trend is to have neat, more natural-looking, shorter nails and not the long talons of the past.

 Trimming nails regularly helps you to maintain healthy nails and helps to avoid snagging or breaking.
- Many women risk infection with rigorous cleaning under the nails using long, pointy tools, both at home and during manicures. Trying so diligently to clean under the nail may end up with a kind of a gap between the nail and the nail bed. Aggressive nail care is an open door to bacterial or fungal infections. Instead, scrub gently with an old-fashioned nail brush for healthy nails. Besides wearing gloves protects your hands, while you do household activities.
- Keep professional manicures simple to preserve healthy nails!!! "Save a few dollars," says dermatologist D'Anne M. Kleinsmith, MD, of the William Beaumont Hospital in Royal Oak, Michigan, USA. "Go in, get your nail polish removed, have them shape your nails, not real brutally, get a fresh coat, and be done with it. Skip the acrylic nails, which ultimately could lead to more infections, and be aware that there is a small risk of skin cancer from the UV light that affixes solar nails. Wear sunscreen on your hands if you are going to be putting them under the light."

Our Top Choices are:







TOP ROW FROM LEFT TO RIGHT:

- 1. Cought On Tape, ESSIE
- 2. Enamored Hi-Shine nail polish, Ouil, MARC JACOBS
- 3. Infinite Shine Gel Lacquer Turn On The Nothern Lights, OPI



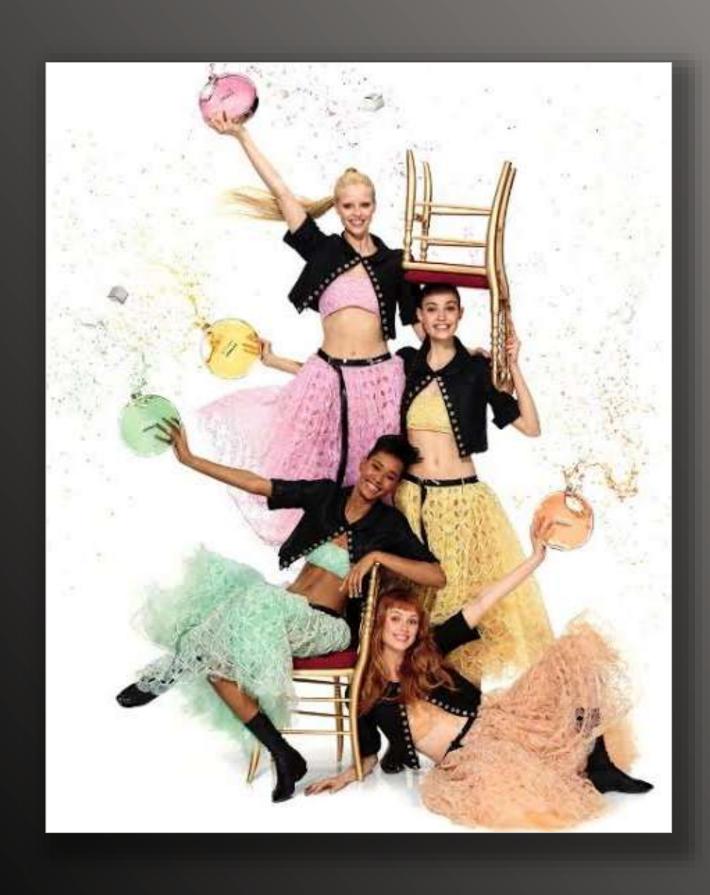




LOWER ROW FROM LEFT TO RIGHT:

- 4. Le Vernis Longwear Nail Colour Pure Black. CHANEL
- 5. Nail Lacquer, Smoke Red, TOM FORD
- 6. Rougee Louboutin Nail Colour Pluminette CHRISTIAN LOUBOUTIN

CHANCE EAU TENDRE



Chic & Classy!

Take a new Chance:

Chanel invites every woman to discover the inner glow that lies within her, with her new fragrance, CHANCE EAU TENDRE Eau de Parfum.

CHANCE EAU TENDRE Eau de Parfum is a floral-fruity fragrance, created by perfumer Olivier Polge, in collaboration with the labs of the French-Chanel Laboratory of Fragrance Creation and Development.



An enhanced interpretation of the unexpected floral-fruity fragrance,
CHANCE EAU TENDRE Eau de Parfum sweeps you into an intensified whirlwind of tenderness.
The signature CHANCE bottle is reinvented with a silver cap and golden accent.
In its heart it hides notes of exotic jasmine, enriched with essence of rose.
These floral sensations overlap with the right dose of creamy white musk,
creating a pure feminine fragrance.

Top notes of grapefruit and quince, give the tender, fruity character of CHANCE EAU TENDRE Eau de Parfum, offering the woman wearing it an inner glow that exudes radiant charm!

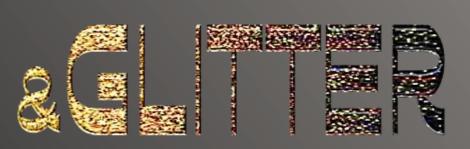




Take a new Chance!

B A U T Y

BLACK



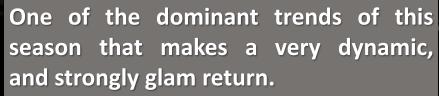


A Hot Trend!

Impressive Nails Art!



Forget all about the simple manicures and dare the impressive nail art.





With *black* playing a dominant role, the effect is by no means minimal.

Matte and glossy textures, acrylic details that give a 3D effect, sequins and gold, create the most striking nails for this winter.



Art is Inspiration!

The nail art revived by Generation-Z acquires couture aesthetics and moves to new, creative dimensions.

Even if you are a fan of *minimal nudes*, this is the time to experiment with one of the Hottest Trends in Nails Art!













hristian substitution



CREAMY



Pink Blush...all Year Long!

our Beauty Ally all year long!

The best creamy blushes, can be your "Beauty Ally" from summer to winter!

A creamy blush can be part of your everyday makeup!

Now, why choose a creamy blush?

In essence, what a creamy blush does, compared to the powder ones, is that it enhances the sun-kissed appearance of the skin you have acquired during summer and still assists for a healthy and tanned look, even during sun shinning winter days.

The great thing! They are easy to use and apply, as you can spread them with your fingers, without having to use brushes or other tools, coating your skin with a healthy glow, in the moment! So, we decided to make a list of my favorites below... Voila!

- 1. Bobbi Brown Pot Rouge For Lips & Cheeks: Our favorite and all time classic choices in our beauty collection. With a wonderful creamy texture, it is not "stickie" at all, it gives a natural, shine to cheeks and lips, with just one application.
- 2. Milk Makeup Lip + Cheek Stick: It's one of the newest and hottest arrivals. Easy to use, ideal for blending and layering, so that the color intensity, is in your hands. Lip + Cheek Stick, is absorbed instantly thanks to Milk Makeup's, Milk Melt technology for a perfect result.
- 3. Shiseido Minimalist Whipped Powder Blush: With a super light texture, it is designed to help any woman to achieve a natural "health" effect on her face. What else do you wish?
- 4. Sisley Phyto Blush Twist: Long lasting, this sticky blush gives wonderful color to your cheeks and lips.
- 5. NARS Liquid Blush Orgasm: A drop is enough to give your cheeks a cool, translucent iridescent glow, thanks to its fluid and silky composition. It provides you with an absolutely natural effect.
- 6. Giorgio Armani Beauty, A Line Blush: It immediately becomes one with the skin, giving it a healthy and radiant look. Its "Plus": thanks to the unique velvet applicator, it selects the perfect quantity, for an error-free application.
- 7. Laura Mercier Crème Cheek Color: Creamy blush designed to provide beautiful and natural color, to the cheeks with a soft, velvety finish. Illuminates the skin and provides a healthy look.





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LIFESTYLE



Anxio sexual!



Stress Up - Sex Down!

When, you're sooooo... stressed out, that you don't even think about sex, then maybe there is a deeper problem!

Sex often makes stress, problems and stress of everyday life go away!

Stress can also increase sexual desire in some people.

On the other hand, there is an extremely high probability of causing problems for some people, making them more solitary, to the extent that they completely remove sex from their minds.

This situation, which is more and more common nowadays, is called "anxiousexuality".

Unlike other sex related problems, this is temporary and is within your control.

There are basically three phases of anxious exuality, that can be identified to anyone of us.

The first is essentially in the teens, before having sex for the first time, where they think about it all the time. They think about it, to such an extent that they end up anxious and unable to perform when the time finally comes to do so.

The other two phases, may happen during a person's adult life and are inextricably linked to the crazy and difficult financially, era we live in.

Anxiety and lust, as we mentioned above, are two concepts that can either match and the second to help eliminate the former, or make a person's situation worse!

In a 2012 study, a team of researchers recorded daily sexual desire and anxiety levels in 75 people. The result showed that *sex helped reduce stress*, but only to those in a *secure relationship*, where both men and women were happy with the quality and quantity of sex.

But that was not the case with those who changed partners, frequently.

In this scenario, the stress and the fast and stressful rhythms of daily living, produced exactly the opposite effect. Their stress, instead of diminishing, was increasing, even after sex!

How everyone lives, his or her own case is completely subjective.

How to get out of this situation, too. Most psychologists agree that the best solution to the problem is to talk to someone about it and more specifically to your partner. Another good option is to start doing something that fills you up and makes you feel better, such as a sport, a hobby, an activity that will help you calm down, reduce or disappear stress and eventually the individual will have more appetite for sex and anything related to it.

The truth is that today the problem is more acute than ever.

Especially at younger ages, where men and women find it difficult to find a partner, the flirting has ceased to be face-to-face, as this is linked to the stress of rejection.

Due to the "modern" way of communication, the whole game has been "transferred" to social media and dating sites.

Something that has an effect of increasing stress, as these "platforms" are "highly competitive" impacting on the sexuality of individuals!





A "Modern" Gift?

e have read many views expressed by ... "sexperts", but this is very ... unique!

A "Cheat Pass" as a gift?

This "strange" gift is proposed by a renowned American sex expert and author, Wednesday Martin, who advises more and more couples to make this "highly original gift" to each other.

According to Martin,

"... there is no better gift for a man and a woman than a mutual cheat pass for a day ..."

An arrangement, that is, to have sex once with another person, without guilts!!!

"We know that long-term relationships are now very difficult for women too. Many experts agree that monogamy is becoming an increasingly difficult affair. The real gift you can give your partner is a discussion about it. Isn't it better to let your partner "go" with someone else, than getting divorced?"

Martin said in a recent interview in British Telegraph.

As, sex-expert explained, there are studies showing that in couples who have been married for more than seven years, erotic attraction is significantly lower, than it was in their first three years. "It's easy to say that women don't think about sex, as much as men do, but that's not the case," she concluded.

At the same time, it brought to the forefront a *YouGov* survey, which clearly shows that one out of three, Britons (33%) have cheated on their spouse.

One of the main reasons that led to their infidelity, was that they felt flattered from the approach by another person, while the "emotional indifference of their other half," as well as, the "bad sex life in their relationship", were quite high.

I wonder how many would logically "offer" such a gift and how many would accept it!

Without being a sex-expert, I think, that such a "gift", is "sugar coating" the problem! It is actually hilarious, if you think about it... so kindly allow me some rhetorical sarcasm! Cheating happens extensively and when it happens, it's a problem and in many instances a cause of a divorce or a breakup... So why not "wrapping it" with a red ribbon, offer it as a "gift", and we are all happy...!

Why having arguments due to "cheating" and not enjoy both: *Relation and cheating!* Its so simple: Lets follow the "technique" of turning the disadvantages into advantages!

In the other hand, I can't help but think, that... "Once a cheater always a cheater"!

Friends!



The Characteristics of a "Snake"!



e all have met friends, who have proven worse than strangers, in our lives! The point is to recognize them and move away from them!

We all want to spend our daily lives with our loved ones. But when do we know, that these people are actually the right ones, for us? And if they are not, what do we do, in this case.

They feel that you should not be, better than them! They are often jealous and even for very simple reasons, they try to make you feel insecure!

For example, you might ask for advice for something that concerns your relationship and they may reply: "Why do you stress for him? Move on!"

Instead for a simple solution, they suggest a big problem! Not because there is a serious reason, but simply, because they are single or divorced.

During your successes, like: graduating, getting promoted, finding a good job, etc. they do not support you, but they envy you. Instead of being happy, they are pretending, as obviously, these are things that they, themselves, do not have.

L1€S

They are not honest with you.

In some cases, they say things that are not even valid in order to divert you, from seeing the truth. They may go out with some other friends, and they will hide it or give you excuses, for not confirming your arrangements.

They will lie that they like your outfit, but they will say negative comments, behind your back. When you are not present, they can say the worst things, about you. But at the same time, because they feel "empty", they are using you to spend their time and so they continue to lie...

PSYCHOLOGICAL PRESSURE-MANIPULATION

They don't let you think about what to do with your own life, they interfere immensely.

This results in you being pressured and not judging correctly.

They are so manipulative that you think that without them, there is no happiness.

In difficult times they can basically be there, but in the happy times, they will be absent.

This is due to the psychological patterns they have in mind.

It is very simple. When you are happy, they feel "uncomfortable" and they can not tolerate seeing you happy! When you go through bad times, they get a perverted confirmation that their lives are better than yours and so they re-appear in the spotlight. They are often near you when you are not well, just to use it at a later stage that they have been there for you and "supported" you.

In each of the above cases, it is not worth wasting your time!

You owe to yourself, first of all, healthy relationships that will be governed by love, rather than hypocrisy, manipulation, toxicity and evil.

Just keep away from such ... "friends"!!!



...are you a...

Bully?



Maybe You Are!

o you bully others ...without knowing it?

Bullying does not start or stop at school. If you think that because you are an adult, you have escaped the "danger" you have to think about it better.

As you should think better, if you are the one who has "crossed" to the other side of the river-bank, the one who is bullying others and is incapable of even recognizing it.

This phenomenon named in 1973 by a Norwegian researcher, is quite common, in the workplaces. For 2017 alone, it is estimated that in US, more than 60 million workers have been victimized. However, the fact that his definition is somewhat vague, letting many interpret it, as it pleases them, it is difficult to be identified by colleagues and senior officials.

Many do not even understand, when they are intimidating or when simply, at their discretion, push the employees, a bit more, in order to perform. So, they often think that the other person is just overreacting, or just a little too sensitive, and they "pass" it.

Here are some "symptoms", to help you understand if you are the one who intimidates his/her colleagues and the ways to understand what you are doing and to stop it!!!

- If you find yourself constantly "upsetting", someone specific. You may notice it when someone is getting angry with you often, complaining about your behavior or worse, crying. These are signs that you need to take seriously.
- If you are lacking to show, what we call "empathy".

 It is something that is difficult for anyone to understand and identify, for themselves.

 Maybe you should ask those around you if they believe the same.
- If you become easily aggressive.

This includes shouting in front of everyone, threatening or even making fun of someone.

Very often this also occurs in the form of intense irony.

- If you feel "triumphant" over insecure people.
- If it makes you feel good, to make people feel uncomfortable, then this is a classic sign of a person doing bullying. And how do you make them feel bad? From teasing and harassing them verbally or physically, to deliberately plotting them into mistakes at work.
- If you spread rumours about a particular colleague of yours.

 It may not look great to you, but it is enough in itself, to make someone's life "hell".

 Even worse, it is likely to cost the person at a professional level as well!
- Abusing your power or position.

For example, you can block someone's promotion or remove him from authorities, for no reason, just because you can. The same is true when you exclude the person from events or other activities in which everyone, but everyone, is involved.

We're not saying, what they say in a poker game:

"If you don't know who the "sucker" is at the table you're sitting at, then it's probably you!"

However, keep it in mind.

If you don't notice, anyone intimidating anyone else, in the office, it might be because, let's just say "maybe", you are the bully!

FLIRTING!



The "New" Methods!

he way we approach a "potential partner", has changed a lot, over time!

Flirting is something that has always happened and will continue to happen! What is changing, however, are the "methods", especially since 2000.

S COCI Q II MIELE D IA

Okay, it's now common, the "approach" by using social media.

In essence, it is one way to get to know one another by seeing what images and posts, he or she does. You get the chance to chat together, see if you have common views, and maybe you can go out sometimes. The point is that more and more often, there are cases, that people are flirting with other people at the same time! That is not to say that there is no choice in talking to many. A frequent reason for many couples to argue, wondering with whom their partner is chatting with!

1PPS

Through dating applications, it is clear upfront, that one wants to flirt with purpose, sex, dating, relationship etc. These applications have become very popular in recent years and as a result they are considered to be "must" especially by the younger generations. Unlike social media, there are no posts on politics or art, and if there are such fields, they usually have a words usage restriction and there are limitations.

B COT HT H

There is also the classic case of those who do not want loneliness and are frantically searching for meeting new people. Usually in most applications they look for one night sex, while the with the rest of the media look for something more stable or appropriate, as they see exactly what the other person is writing. When one uses both, it greatly increases the chances of either finding a person for sex exclusively, or for dating, etc.

F IDO OU MAH F

Things have changed drastically. It's not as "traditional" as it used to be.

Men will rarely pay during the first outing, while women will be happy to pay for what they order. The point is that the flirting has changed in approach.

Rarely will anyone will use the 1/1 live approach! Rarely there will be a compliment exchange, too. Obviously, the increased use of the Internet and the replacement of older ways of communication has made people more introverted than before.

Harking back to the past, I wonder how it would be described, if a person, male or female, would be flirting with multi "prospects", at the same time, at the same place, or going to a "specific" public place, just to find a sex partner for the night, or while wishing for a steady relationship, was having sex with different partners...

In both scenarios "space" exists.

Today its called "cyberspace", while at the past was called, pub, club, restaurant etc.

The distinguishing feature are the eyes! At the past there would had been "eye-witnesses" who would had been able to create an "objective image" of the person's lifestyle and decency!

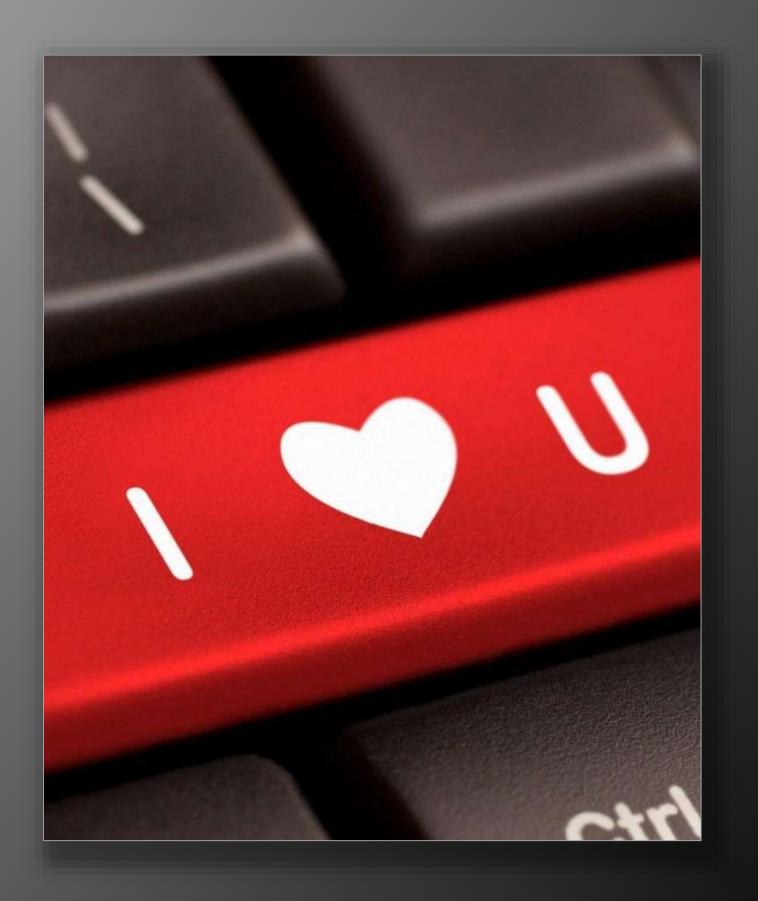
Talking about the eyes... I miss the first stage of flirting!

For the younger, who might ignore it, or have not experienced it, is called "Eye-contact"!

This is the stage when the "two prospects" connect and their eyes do their ... "magic".

The "data" exchanged during the "eye contact stage" is faster, uncontainable and indescribable!





The "Meaningful" Way!

Love You!

The way we say these words, counts as much as their meaning! Some, find it difficult to express their *love* in words. However, body language is never wrong!

Does your partner say "I love you" and you haven't understood it, or could it be you, who can't say it, while you want it so much? There are simple ways to say "I love you", without words!!!

The erotic approach: Whenever you want to say something serious to someone and persuade him, in this case, to express your love, avoid sitting next to him as usual, but opposite him. The mere fact that you changed your position will make, him or her, talk about a particularly important topic. Take a breath! You are overwhelmed by strong emotions! Does your heart beats loud and fast and you feel powerless to say "I love you"? Take a deep breath, to get it out. When you feel better, you will find that you will sit unconsciously, with your shoulders tilted forward and your head tilted right or left. It will work! Eventually you will say it!

Sit closer to him: Reduce the distance between the two of you slowly and steadily, bringing your chair closer, or leaning towards him. You'll easily get your message across!

Touch the object of desire: Anyone who has strong feelings for another person, usually feels just as strongly about the need to come into contact with their body, touching or stroking, for example, the hand or shoulder. Even more, when we want to express our love for the other person. If you are expressive, you will spontaneously touch your partner at the critical moment.

Those of you who are not affectionate, do your best, and do it meaningfully!

Smile: Those in love feel more joy, than those who haven't been hit by the arrows of love. If you are truly in love and happy, but at the critical moment, instead of smiling, you have the fear printed on your face, you probably won't convince your partner, of what you are saying. So, in the event that you feel the alarm bell ringing, within you at the moment, try to smile for seconds. It will help you to quickly relax and express your feelings. Don't expect to convince your partner about your love if your face is tensed from stressing of how to say it!

Look deep into your partner's eyes: Simply, pin your eyes to your partner's eyes.

Look at him deeply, persistently and steadily as much as you can. Tell him, in a nutshell, that you only have eyes for him, and that during moments like these, nothing else matters.

Forget the "pre-meditated speeches": In other words, it's best to be natural and spontaneous. Do not go into the process of rehearsing how to express your love in words, since when you are in love you cannot obey the rules of the type: "You are convincing, when you speak slowly and clearly". When one is overwhelmed by strong emotions, it is at least difficult to control the tone of voice. You are most likely to say "I love you" quickly and firmly!

You are allowed to be your self! Even if you will sound a bit clumsy!

"Real love doesn't meet you at your best.

It meets you in your mess."

-J.S. Park

Not Ready!



Relationship Requirements!!!

re you tired of looking for a long-term relationship?

Sometimes life has other plans for your future. Or that's what they say...

When we say life, we mean your mental state at this time! If you think you're "Miss Perfect", I'm sorry if your world is crumbling, but no one is perfect! Everyone has "faulty parts".

Miss Perfect:

If you feel that you are perfect and that you never make mistakes and keep criticizing what you see, soon your "hypothetical partner" will start to move away.

You have to learn to see your interlocutor's perspective, because chances that you are wrong, are just as equal as that you are right.

You believe that for a successful relationship love is enough:

Love sometimes makes it even harder! A relationship requires hard work, retreats, communication! Love brings tension and jealousy. Sure, it's a beautiful feeling, but it may not be enough to build a healthy relationship.

When we are in love, we can become a pray of our own love. You have to communicate and respect the person, you are in a relationship with, as it is very easy to hurt him/her.

It is difficult for you to try new experiences:

Relationships can become overly monotonous. It's good to look for - and find - ways to renew it. If your new mate likes Hawaiian vegetarian sushi and your fast food preferences don't go further than pizzas, you should realize that there will be a problem.

You have goals and you are inflexible for any "interruptions":

For many years women were oppressed, hostages of the family home lifestyle. After so many years, they finally have the choice to pursue their dreams. But this comes hand in hand, with a responsibility. If your career choices do not go well with a relationship, it is best to leave the idea for a relationship, aside for a while. If your partner has the same goals or is willing to support your decisions, all is well. If you are trying to make decisions that shape your career, but ruin your relationship, then you are not ready!

It's not easy for you to apologize:

...But also to forgive. There will be many times in a relationship where you will find yourself in the awkward position, where you have to put aside your egos and apologize. If you avoid getting into this awkward position, you inadvertently feed yourself a future outburst, that will end your relationship. On the other hand, if you can't honestly forgive and accept an apology, it will have an impact on your relationship, because you will reproduce the same issues, that you failed to forgive.

You're incomprehensible:

"I am, who I am..." Does this remind you of something? If you have no intention of changing these little things that annoy your surroundings, and therefore your partner, then you are simply not ready for a relationship! Think for a while after having sex with someone for first time to tell you" I'm messy, like it or not, that's how I am". You won't like it!

You're manipulative:

You want to be in control all the time? Be extra careful! No one, likes to be controlled! It may not bother your partner for a while, or he "passes" it, but at some point it will revolt!!!





A Mental Illness!

or being unable to use your phone for some reason, such as the absence of a signal, or running out of minutes, or battery power.

We have read a lot related to cell phones addiction but now we are officially taking for signs that strongly indicate, that someone is suffering from a mental illness!

Nomophobia, or no-mobilephobia, is a modern form of phobia that makes us shiver at the idea of staying mobile, even for a while.

You will surely feel insecure, if you realize that you have forgotten your cell phone at home and most likely you will go back to pick it up.

The truth is that most of us, perceive our cell phone as a natural extension of ourselves, of our existence and without it we feel disconnected from the rest of the world.

What are the symptoms that indicate, you are suffering from Nomophobia?

So, are you among the victims of technology?

You get anxious when you don't have your cell phone too close to you!

You may have a great conversation with your partner or friend, or watch a movie at the cinema, but your focus will be interrupted, in order to make sure your cell phone is as close as possible, the signal is on and the battery still has enough power!

The charger is permanently in your bag!

For addicted, a dropped mobile phone battery, is a reason for disruption, so they make sure ,there is a charger in their bag and, if possible, they always sit near a wall outlet.

Checking your cell phone for messages, even you don't expect for one!

This constant checking on social media, mail, alerts and even updates while you really expect nothing? This is a serious addiction!

Disturbed sleeping hours!

We have heard that insomnia is a habitual sleeplessness, with that leads to daytime lethargy and feeling unwell, mentally and physically. There are users, who get up in the middle of the night to check their devices, or spending the hours of their sleep time chatting or just viewing timelines!

Do these symptoms remind you of something?

We will confess! We discovered ourselves in the article!!!

Www.foiceonline.com

FOR HIM



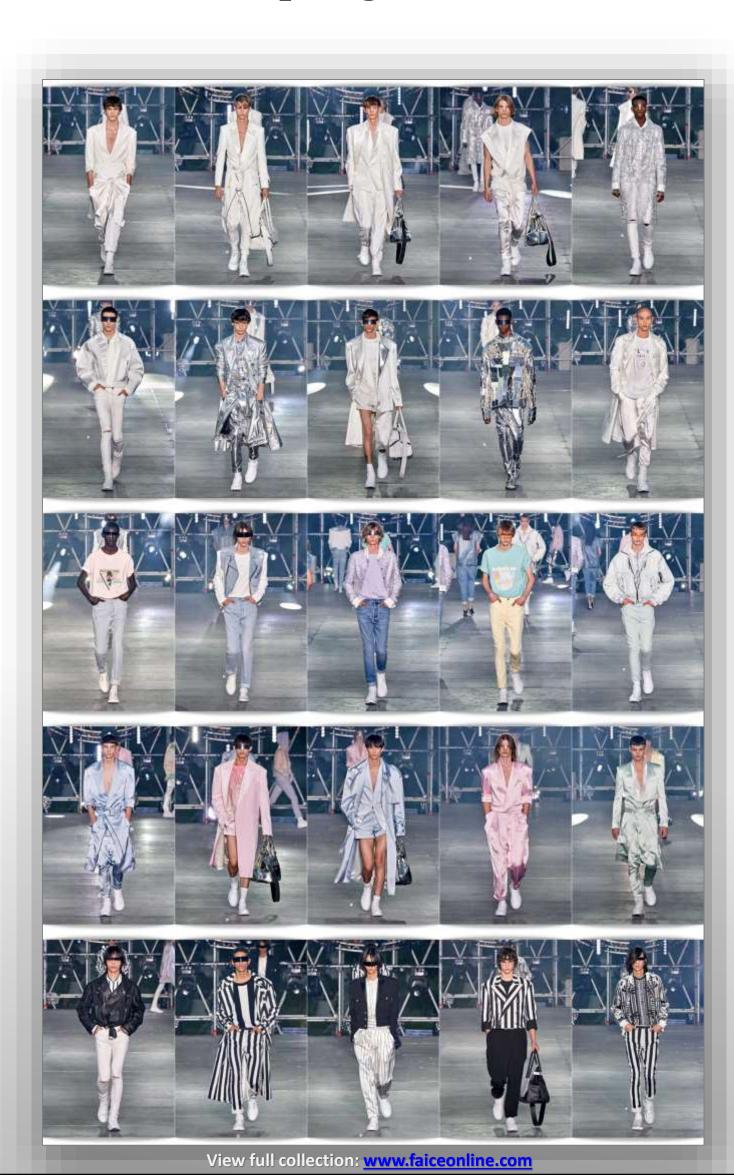


BALMAIN Collection Spring-Summer 2019



MEN'S

COLLECTION



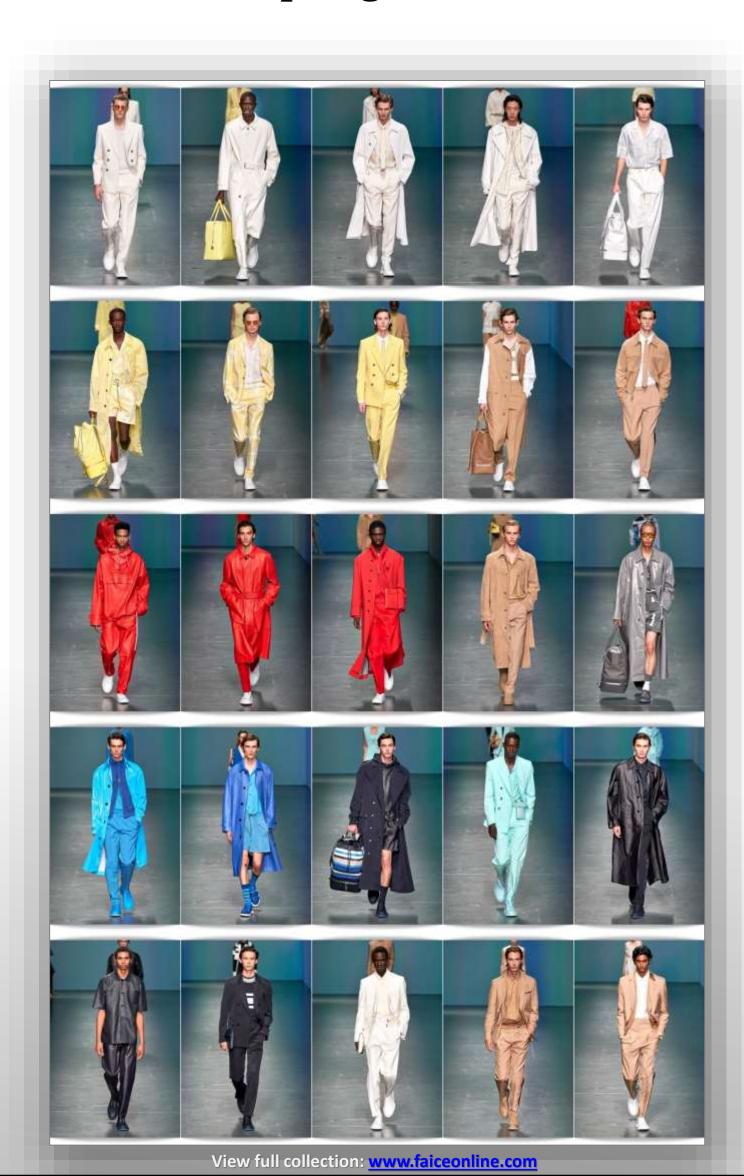


HUGO BOSS Collection Spring-Summer 2020



MEN'S

COLLECTION



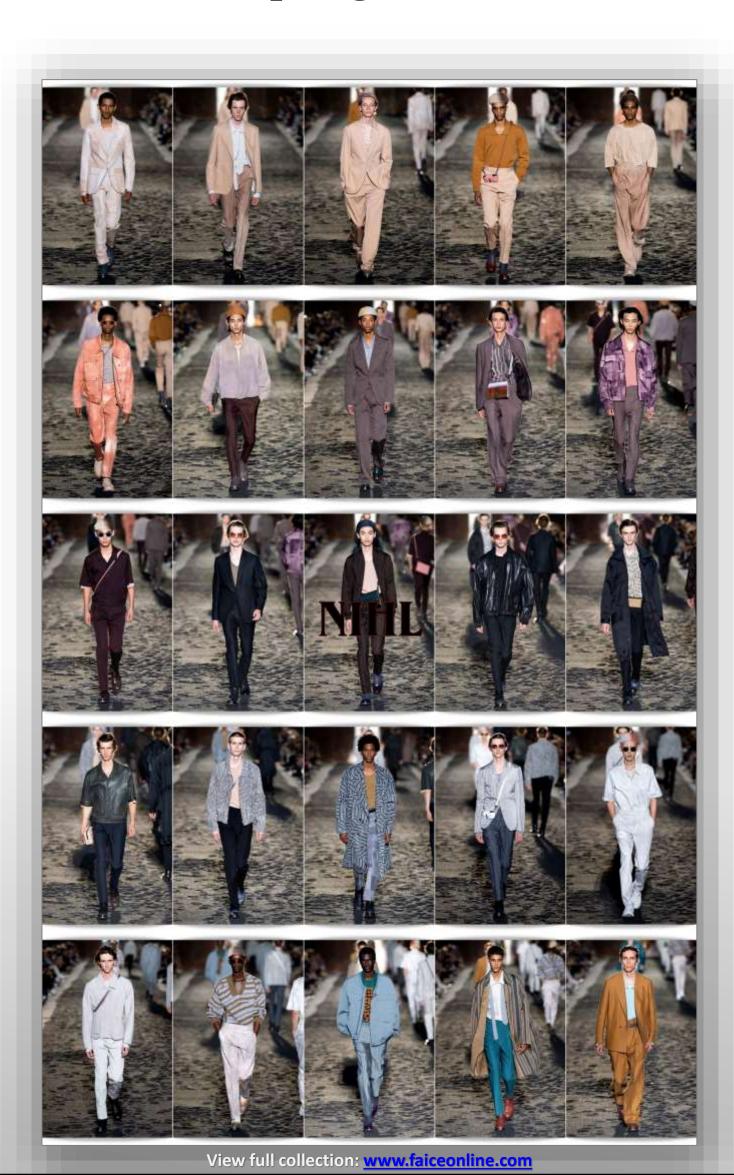


ERMENEGILDO ZEGNA Collection Spring-Summer 2020

Ermenegildo Zegna

MEN'S

C O L L E C T I O N





<u>CÉLINE</u> Collection Spring-Summer 2020

CÉLINE

MEN'S

C O L L E C T I O N









"1920's STYLE!"

100 years later, "Peaky Blinders Style" has done a strong come back!

We are into 2020, but men's fashion looks back on the previous century!

1920's and the vintage style Peaky Blinders have been promoting through their gang for 5 seasons is here!!!

he main characteristics in their dress code, which even Gucci got inspired from, are the *heavy fabrics* with vintage texture, such as herringbone weave of the material, their pants, beret caps, boots and heavy cotton coats. Designer *Stephanie Collie* approached the classic and timeless English style and influenced the way men want to dress.

She said, as she observed that: "Now everyone wants to wear a suit!"

To make yourself look like *Thomas Shelby*, follow these five basic steps and refresh your wardrobe!

1. The coat:

Peaky Blinders gang are wearing long, heavy coats with a collar to protect them from the cold. The coat usually has one or two rows of buttons and large pockets. Preferably in a plaid, tweed fabric with a velvet collar in plain black, khaki, dark blue and charcoal gray, like *Thomas Shelby*. Your coat look should resemble of a dangerous and bloodthirsty gang.

2. The suit:

Keith Watson is the inspiration for all the costumes the actors wear on *Peaky Blinders*. For the 1920's look he prefers 3 pieces suits: jacket, pants and waistcoat. The jacket has narrow shoulders, loose and straight. The trousers are short, slim line (not skinny) and high waist. They are held in H or X-shaped suspenders of rubber or leather. The waistcoat, was a wealth statement. It had 5 or 6 buttons and was shorter, so that it was properly fitted with the high waist pants. The rule was that the shirt was not supposed to be visible, so the waistcoat and pants, had to be the right length. So, monochrome suits in tweed, or cotton, plaid, gray, brown or the dark blue, are ideal for the style you want to achieve, preferably not black. Last but not least, the chain watch, may not be missing as an essential accessory to your look.

3. The shirt:

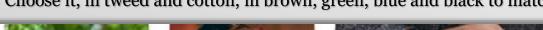
The typical Peaky Blinders shirt is a small collar shirt, which they could change depending on the occasion. It's white with buttons from top to bottom, or darker with lighter fabric and fewer buttons. For a more elegant and retro choice, the shirt had purple, yellow, pink and green stripes. *Peaky Blinders*, rarely wear a tie or bow tie, but if you feel the look is not complete, choose a tie in dark orange, black or a bow tie.

4. The boots:

Gang men could wear nothing but thick, leather boots, to protect against the cold and mud. If you observe you will see that the gang is wearing dark brown or black boots, in two color tones. The boots are above the ankle and tied with drawstring shoe laces, to match the shorter pants. Boots have a heavy sole, sometimes brogue details and of course they are not glossy. All you need for the coder days!

5. The hat:

The hat was *Peaky Blinders'* armor, as they hid their knife there. You can skip this, but definitely not the typical *Shelby* hat! The beret cap is bulky and easy to wear everywhere. Prefer it in characteristic octagon or in flat style. Choose it, in tweed and cotton, in brown, green, blue and black to match your coat.















"MEN IN BLACK!"

Take yourself to the mysticism and pure style that this fabulous monochrome offers.

Black is practical, timeless and will never let you down!!!



Johnny Cash, Carl Perkins, Roy Orbison, Lou Reed, fashion designer Michael Kors and many others, are fans of black! What do they all know about black mysticism? Why do they choose it? Why not some other fancy color?

For the uninitiated: black is not color! It is all colors together! A simple example may convince you.

If you take different acrylic or oil paints and mix them all together, the end result will surprise you. One color, penetrating into the other and all together they create an imaginative black.

Black in clothes is an extremist idea. It's a pure landscape.

No other color is going to bring out your facial features, body lines, and give you the much-needed mystery touch!

How practical they are is self-evident: for men who do not know how to combine colors or are not following fashion trends (it actually takes time and efforts) monochrome is a solution.

But let's be honest: is it the same as wearing total green or total red, as choosing the "black mystery" look?

For colder days, however, we will need to have the basic clothes in our closet that will effortlessly create the look. The advantage is that you will use them, even if you do not choose the version of total black, as you can match them with other colors. Black, after all, is a "friend" with all colors!

- **TURTLENECK:** For cold days s are coming and a turtleneck, besides its usability, is a classic male piece, that gives "extras" on our upper body, and emits a sense of adventure. Wearing a cashmere turtle, will embrace your body, your body contour lines, and its soft fabric will become your best friend! the weave will be from the beginning. *Falconeri* Black turtleneck, in not a dull version of black and shines like a rare agate!
- **BIKER JACKET:** A classic piece we need to have. The signature of the most dynamic male look of 7th art or rock musicians, a leather jacket cannot be missed by any male body. Either a minimal Biker Jacket by *Pepe Jeans*, or a masculine *Perfecto*, will be a great choice. When those around you, will be crammed into a jacket or coat, you will look cool, determined, ready for anything. The leather jacket will always be a rock item.
- **CHELSEA BOOTS:** Never forget the timeless value of Chelsea Boots. They are elegant, they retain their own dynamism and they will never disappoint you. A great choice is *Prada*'s Chelsea boots.
- **SLIM FIT JEANS:** A big "yes"! Especially slim fit, if your body type allows it. Be careful not to fall into the trap of the torn style or any with...extras. Simple is more and straightforward is always stronger and since we will pair them with our shoes (read above), it is a good idea to pay attention to this detail.
 - Black *Pepe Jeans* pants are ideal. Comfortable, relatively low-crotch point and also with a narrow leg.
- **SUNGLASSES:** Without the necessary accessories no style is complete. It doesn't matter if the sun is shining or not. Sunglasses are a shield, a cover for one who wants to be discreet. You may not be in a good mood, or had a long night the night before, you you just want to give a little more mystery.

Bottega Veneta black sunglasses, are exactly what you will need to properly complement your black outfit.









From left to right:

- Falconeri, black turtleneck
- Pepe Jeans, biker jacket
- Pepe Jeans, black slim fit
- Bottega Veneta, sunglasses
- · Prada, Chelsea boots



"MONOCHROME!"

A definite success!

Monochrome is one of this year's main trends!

This is great news, as monochromes, help every man, to create a smart, elegant and balanced look effortlessly!

It also assists you, making the correct choices without risking mismatching colors.

Successfully complementing pieces of varying color can be the difference in making your outfit stand out from the crowd, but this can often be the most challenging aspect of fashion. The most simplistic clothing combinations can be what truly makes a statement.

Take the monochromatic look, for example. By choosing only black, white, and gray from your wardrobe, you can create some eye-catching outfits. However, I'm not talking about an all-black suit, only.

There are many more colors that the human eye can see, and I'm talking about literally any of them. Wearing a suit that's made up of only one shade is a sleek way to spice up the classic silhouette. This year's runways offer a great variety, in colors and styles, for you to choose.

Bellow we can see some looks from runways.











From left to right: AMI, BALMAIN, BOSS, FENDI, KENZO











From left to right: GIORGIO ARMANI, GmBH, LOUIS VUITTON, TOKYO JAMES, Y_PROJECT



"LEATHER NOW!"

2020's Trend Commandment!

This year you should have at least one leather jacket or a pair of leather pants! At least! Leather was the surprise fabric which trended heavily on the catwalks.

From elegant, to smart casual, casual, or punk rock, it will be completely your styling choice!

Seen on coats, suits, bicker jackets, trousers, shirts and also as vests, leather has seemingly left the colder climate, for a hot holiday jaunt in the tropics.

From single pieces, combined with shirts, t-shirts, knitted tops, to a full leather look, whenever you choose leather, you will have your style's share price climbing, every time, you put them on!

Bellow are only a few choices of this year's "leather storm"!



From left to right: BOSS, BERLUTI, ALYX, DIOR, DOLCE & GABBANA, VERSACE, GIORGIO ARMANI







"ALL TIME CLASSICS!"

There are some classic pieces, that never go out of fashion!



Classic pieces are easier to match and use in our every day life! Especially the ones that have followed the changes of fashion. Fashion is always ahead in season sand introduces future trends.

Some All-time classics are not for all times! Here are some classics, in new versions from recent runways! Corduroy Jacket: A corduroy jacket is almost ... a "must have" in our collection. We can combine it with earthy colors, with a monochrome button down or rex collar shirt, or even a pin plaid shirt, or a turtleneck. Therefore, we can play with classic elegance, but also with the contrasts that always make our style more interesting. We can pair our corduroy jacket with jeans and Clark's desert boots.

Mix & Match Top: Pierre Balmain was inspired this year to create a mix & match design with coats half of them denim and the other half leather. Others followed the same weird idea. Let us confine ourselves to the obvious and classic. A denim shirt will always be classic. The times we had identified with the Cowboys and the Wild West are over, but we should never miss jeans shirt, that can be worn at more casual moments, with a sports jacket.

Braided Leather Belt: A braid belt is an interesting "style game" and it's back in fashion. One of the must have accessories that give another tone to men's clothing. The belt is so obvious, but it's still a risky choice. You have to choose the correct length. The usual versions are leather and mainly black. Here, though, we bring a game idea! A braided belt allows you to give an extra pattern, even in a seemingly conservative outfit. Take the example of the jeans and corduroy jacket mentioned above.

Here's a great sample from Anderson & Sheppard.

Bovver Boots: *Valentino* has something new to tell us about the old misunderstood army boots. Here we are dealing with a pair that cannot be ignored. More sophisticated, clearly more comfortable, but always beautiful, a pair of leather bovver boots, bring to the surface the rocky side we hide inside.

This year many famous designers have put variations in their collections. We highlighted *Valentino's* proposal, that would work great with black denim jeans, white t-shirts and light blue denim shirts.

Long Scarves & Duffle Coats (Montgomery): Both are known for their usability. A scarf keeps us warm and with the right knit we boost our style. The trend requires its extreme version: The longest you can imagine. Like a blanket! Many designers have suggested this in brass colors this year.

Duffle coats are also a strong "classic trend"! Duffle coats, known also as "Montgomery", have a history that exceeds 100 years. The large hood, and its wooden buttons, that fasten through rope or leather loops, are what make it special. Whether in its classic version or in more modern variants, a duffle coat is great for the colder days. If you take good care of it, your son will inherit it.























"PERSONAL AFFAIR!"

Your fragrance is a personal affair!

Both for you who choose one aka through thousands of others, and for the ones near you, who smells it on you. However, we must admit that, regardless of the selection criterion, sexy perfumes have to be intense, loud, sensual and mysterious.

Memorable right from the first time, putting you immediately in the game of seduction, creating stories in their pathway. This does not mean, of course, that they cannot be romantic or more elegant at the same time. This balance, is always irresistible!

If you're thinking of investing in a new fragrance, we've put together the new, sexy fragrances of the season.

K by Dolce & Gabbana Eau De Toilette: The brand's new men's fragrance captures the essence of the male model, the man who is king in his day-to-day life, inspiring, captivating with his charm and praising the new age of masculinity.

Carolina Herrera Bad Boy Eau de Toilette: Dynamic but also emotional, unpredictable and charming. Bad Boy is a tribute to strong men who set their own course, are confident and are not afraid to express their emotions. Bad Boy's Fragrance? It stands for contrasts: That's where the secret to perfume lies..

Byredo Bal D 'Afrique Eau De Parfum: Warm, charming, romantic. The fragrance is inspired by the 20's in Paris and the brand's influences from African culture, art, music & dance. Intense life, exuberance and euphoria are elements of this fragrance. One of the hottest fragrant new entries.

Dsquared2 Green Wood Pour Homme Eau De Toilette: Powerful and intense, the new fragrance praises the free spirit of every man. It is a "personal-fragrance accessory" that defines style and character.

YSL Beauté Y Live Eau de Toilette Intense: Inspired by a man preparing to make a discovery. The man ready to succeed, Y LIVE, just like the classic Eau de Toilette and Eau de Parfum - is a Fougère that plays with coolness and intensity.

Dark Lord "Ex Tenebris Lux" By Kilian: Unpredictable, intense and irresistibly aristocratic, this new fragrance blends in with the Black Phantom 'Memento Mori' already in the collection, making it the perfect "partner-in-crime" companion for the night's excesses.

Dior Sauvage Eau de Toilette: "To create Sauvage I used the man as my starting point. The strong and unmistakable masculinity. Like the image of a man who goes beyond time and fashion" said François Demachy, creator of Dior Fragrances.





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THE FUNCTION

of society

aving fun during a funeral?

Inexplicable, unbelievable, a riddle!

Our passivity of today, for what is happening in our society...starting from ourselves and our family!

An "independent research" can easily conclude that "large proportion" of youth, graduates, Primary and High Schools (more than a decade of compulsory education) without being able to read and write, even more, without being able to understand what they are reading or establishing a proper conversation! They are "functionally illiterate"!

They get "promoted" from grade to grade and from "elementary" to "secondary education" without the "misfortune" of being able to read or write!

It is more than obvious, but nothing happens! No reaction, "no leaf shakes", no comments, from the politicians in charge of education, utter silence and indifference, from the universities and the loyalist unions remain speechless.

A matter of "life or death" for our society, while our reflexes are dead!

A symptom of passivity, that confirms that the sensors and the instincts of self-preservation are inactive is the aglossia, a linguistic defect and primitivism of expression.

In everyday life, tv and radio shows, language gets abhorred, abused, raped, impoverished, and no one takes action. There is no control, not even a comment for attention!

Illiteracy has marginalized the linguistic value and heritage of centuries, degrading public life.

The unimaginable "collective passivity" is a scandal, a "deadly sleep symptom", a naive, brutish tolerance, or a conscious "synergy" in the "alteration", of the society's habits and lifestyle! Our society has developed a hedonistic "culture", influenced from the "freedom of markets". An analysis of social media timelines, indicates our youth's interests, lifestyle and values...

And the big question is, why? Why is there, so much degrading meanness? Who spread this "virus", without being accountable?

Inexplicable complacency, accompanies the mental dullness and education abstinence!

Abstinence that takes flesh and bones as: sloth, laziness of thought, illiteracy, stupidity, dogmatism. Dogmatism reproduces abstinence and dogmatism is the hedonistic narcotic, a powerful hallucinogen, for the unemployed, without hope or prospects, youth, while it is sinking in a historical materialism, that feeds it, with "canned mental-food".

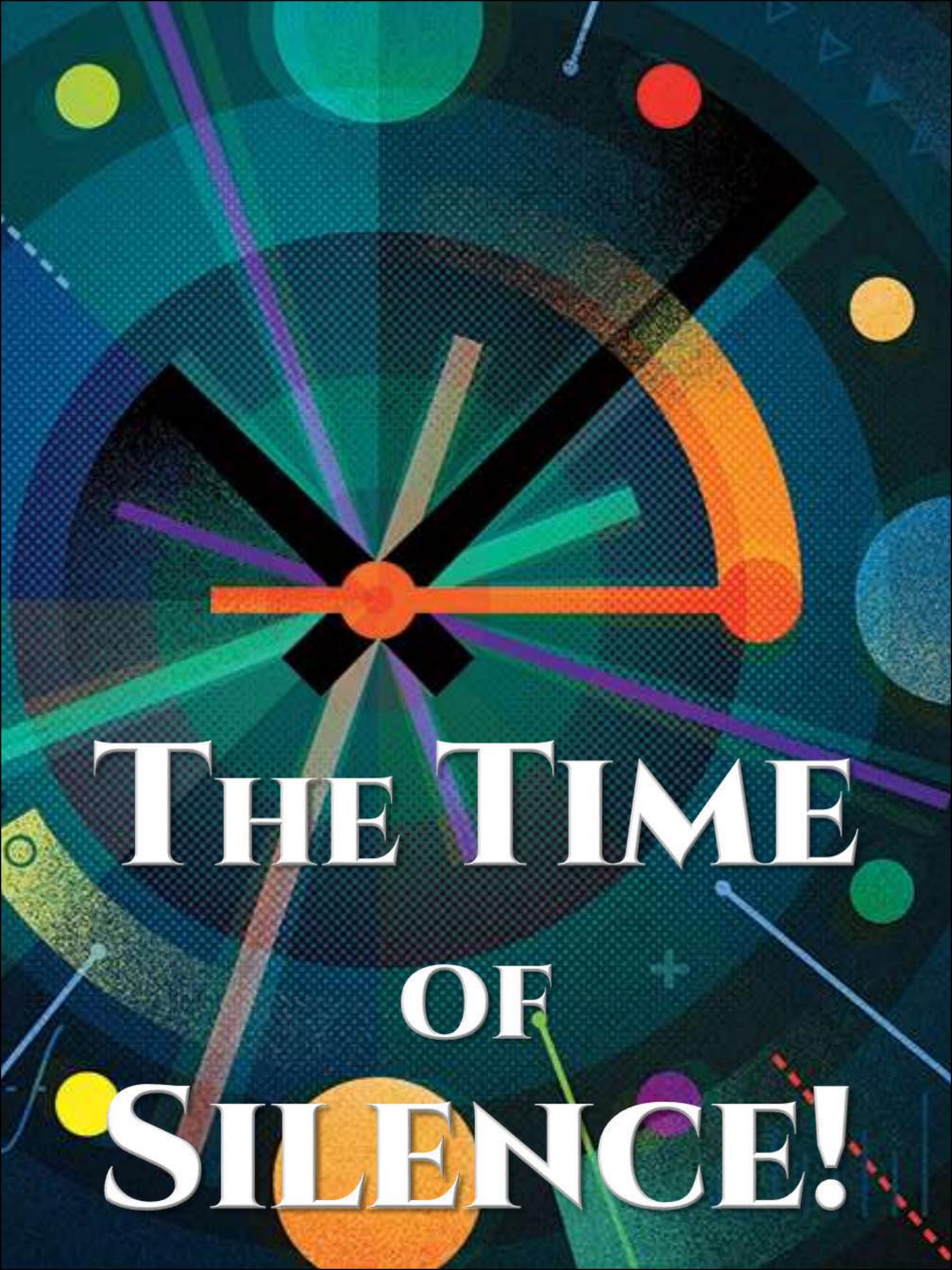
Anyone with respect to the "foundation of society", an "old-fashioned" teacher, who would be very unhappy with the compromise, when standing in front of this "modern anesthesia", would take his hat off, like we do, when a coffin passes in front of us, at a funeral!!!

The game is over, it's lost! History, will probably save some images, of the funeral service! Or... is it not?

"Without language, one cannot talk to people and understand them; one cannot share their hopes and aspirations, grasp their history, appreciate their poetry, or savour their songs."

"No country can really develop unless its citizens are educated."





"Patience, patience, because the great movements of history have always begun in those small parenthesis that we call 'in the meantime."

-John Berger

What time is it, where everyone is silent?

"Our perception of time assumes a uniform and ceaseless passing of time, yet time is turbulent. It expands and contracts according to the intensity of the lived moment. We talk of time "saved" in a hundred household appliances; time, like money, is exchanged for the content it lacks."

Time is created by events. In a universe without. events, there would be no time.

Different events, create different times. There is the galactic time of the stars, the geological time of the mountains, the lifetime of a butterfly. There is no way to compare these different times, unless you use a mathematical subtraction. It was the human, who devised this deduction.

He devised a regular time "out there," where it, more or less, fits everything.

John Berger, looks at anything related to time "as a changing philosophical concept" depending on political and historical periods, time as memory and mourning, as love and hope, as a biological body trapped in its relentless rhythms, the time of nature, the time of Capital, of dream and art, and of the eternal time of conscience.

As we read Berger's thoughts, lets realize, what we recently read on our mobile screens.

The news that the spacecraft Voyager II, has now traveled beyond heliosphere and crossed the threshold into interstellar space, 120 times the Earth-Sun distance and its signal transmission, takes more than 16 hours, to reach Earth.

Now, lets sit back and wonder...

Really, what time is it out there?

What time is it, in the lifeless interior of Voyager II, where there are no events, taking place?

My ultimate thoughts about time?

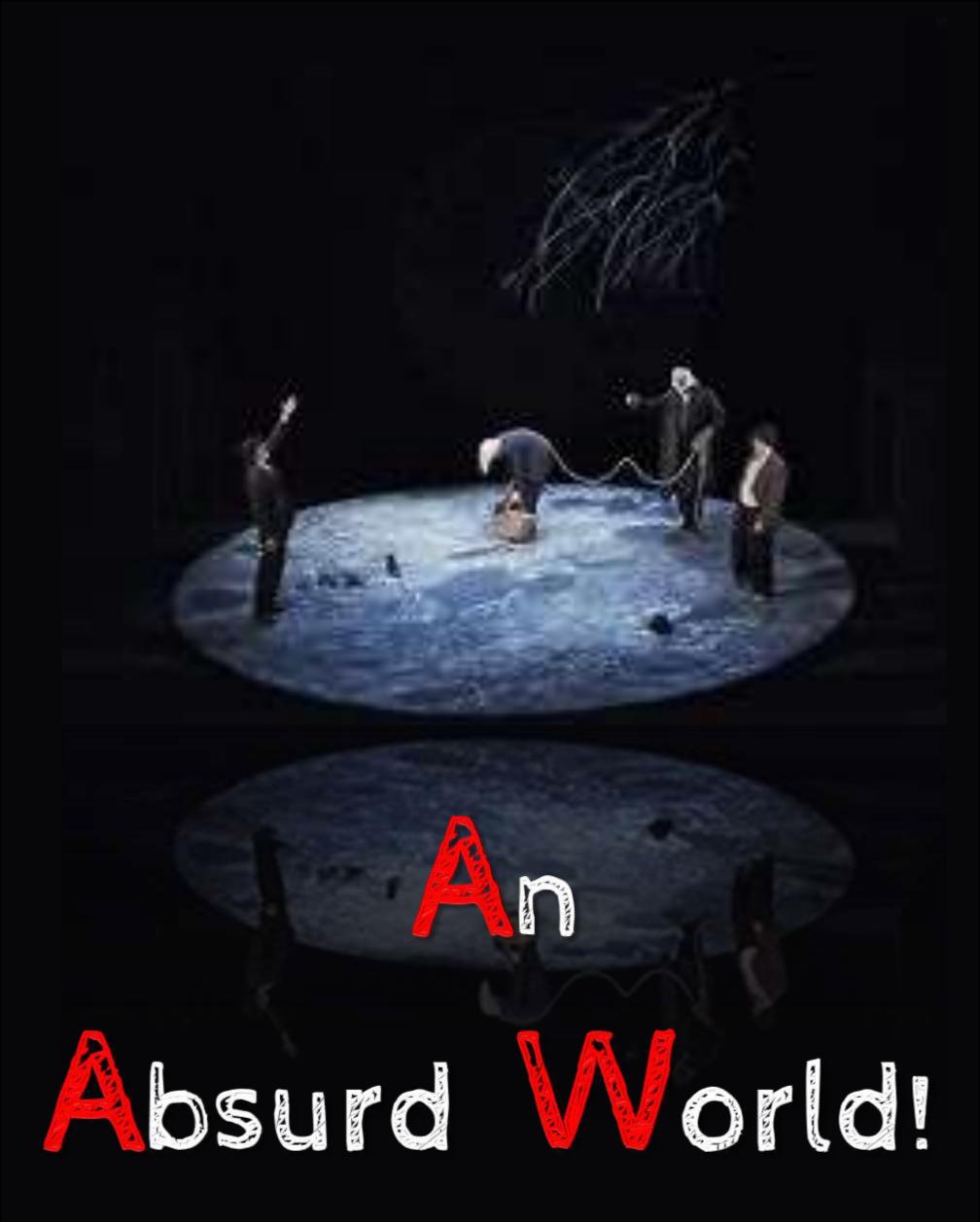
Time is running out for a dying man, when the events of his life finally stop, time stops for a relationship, or for a football match that has ended, but the time in Voyager II, may still exist, only because it keeps communicating with the Earth, sending signals, information, images.

Scientists estimate that Voyager I and II, will outlast Earth, traveling in our galaxy for at least five billion years. At some point, however, they will stop sending data to Earth.

Perhaps then, when the Voyagers are silent, the *notion of time*, will really make no sense at all. It happens when every "speech", every contact, ceases.

Do you ever ask the silence "What Time Is It"?...





ur world has reached the boundaries of the absurd!!!

It is not new that we live in a world that is changing, often unpredictably and dangerously. What has been happening lately, has crossed the limits of logic, over to the limits of the absurd.

"U-turns", transformations, unreliability and contradictions, from leaders, who are supposed to represent the world's ruling forces, are now a daily routine, reversing balances and alliances, often causing rivers of blood.

The wounds of History are ignored, and glittering leaders invest in nationalistic dreams, misleading and dividing their people, for temporary gains, in order to maintain the "chairs of power".

Disregarding or ignoring, that History can usually be written by the winners, but often the losers take their revenge, eventually.

Historic events, get manipulated or even falsely fabricated, as was suggested recently, by one of the World's Leaders, that Ancient Rome and American culture and values date back thousands of years! What else, will we hear?

The opportunistic tooling of nationalism, is unfortunately a global threat.

It no longer concerns the countries of the old Eastern Bloc, nor some ruthless authoritarian leaders! Propaganda and lies in all its glory!!!

The phenomenon, has expanded to countries that were supposed to be the foundations of the liberal and progressive World. On the other hand, the core of the West, Europe, watches the events as a disgruntled viewer, failing to even agree on the obvious.

We live in an age of multiple absurdities.

On the one hand, a globalized economy, a ruthless competition without morals, and on the other, the tendencies to re-nationalize politics.

All this is getting even worse, when it happens extensively in the metropoles of globalization, all the way from US, to cosmopolitan Britain, using such "methods" as a stepping stone to overcome economic and political "deficiencies".

The only thing we haven't seen yet is a... "Nationalist International", as in old communist version.

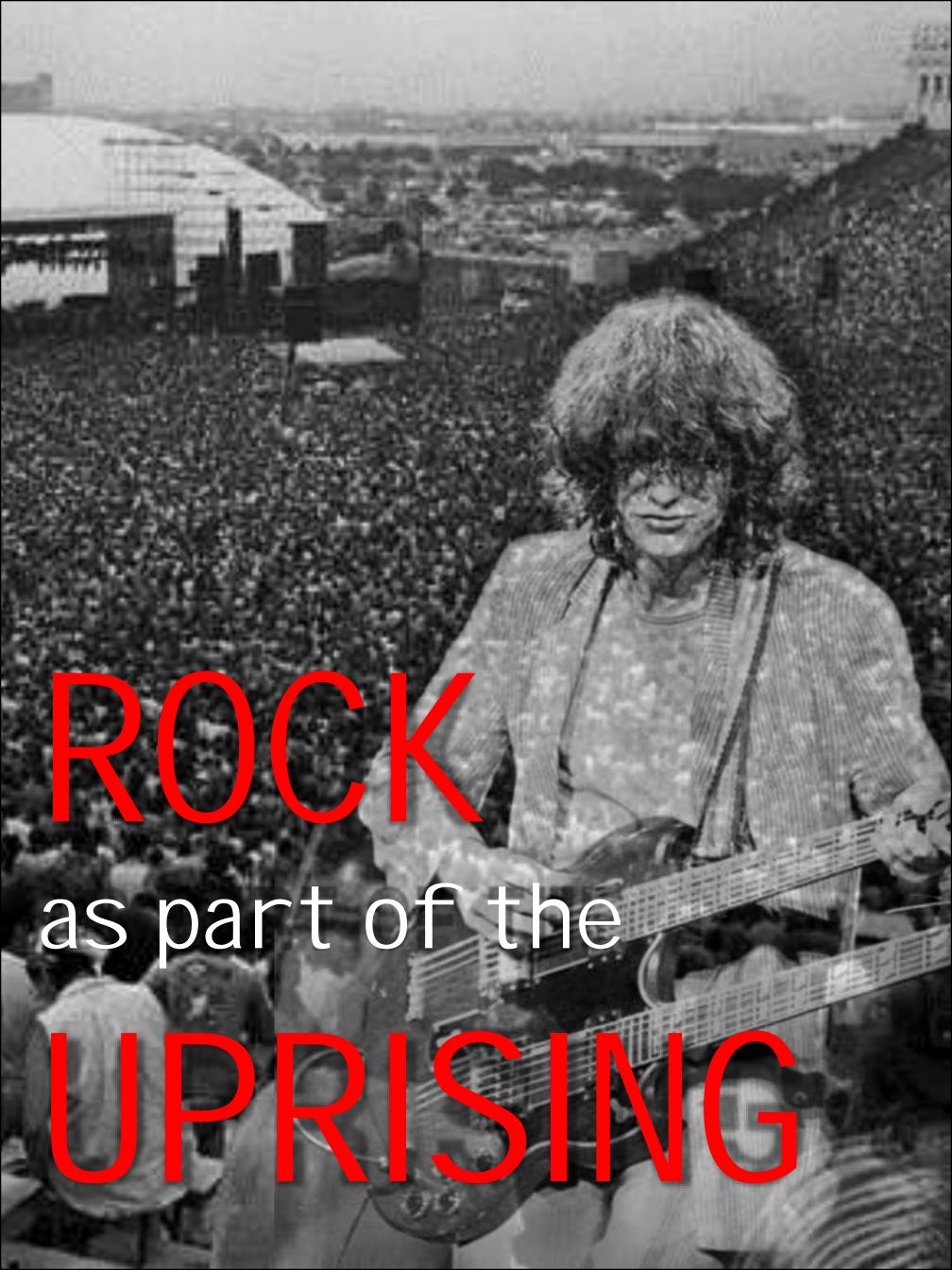
World's powerful leaders from East to West, and a number of other candidates for their "club", are obviously not identical, obviously serving different interests, but at the end of the day, it seems easier to talk to each other, as they have a lot in common.

What is their stronger link?

Their *authoritarianism* and their *totalitarianism*, coincide in one common resultant: The disdain and vulgarization of Democracy!

This is the cohesive link, that unites them and threatens us ...





Lets talk about the Rock, that was heard at Woodstock, more than half a century ago...

When all those bands started out, like the famous Beatles, Rolling Stones, Led Zeppelin, Pink Floyd, Doors, other well known ones like, Jefferson Airplane, Grateful Dead, Cream, Fleetwood Mac, Greedence, but also less well known, like Quicksilver Messenger Service, It's a Beautiful Day, Doobie Brothers, Blue Oyster Cult, Uriach Heep and many more.

When I refer to *Rock*, I mean a "wave", in which not only fast but slow songs flow, as in its folk version, we include artists, such as, *Joan Baez*, but also *Bob Dylan* and *Janice Joplin*, as well as, songs like: *Leonard Cohen's:* "Marianne", the Animals': "House of the Rising Sun" or Lennon's utopic: "Imagine".

What is the reason, that Rock is what it is today?

Have you noticed young people hear, know, sing about it?

Just think the young people of 60's listening, knowing, singing 1910's songs...

Rock, half a century ago, was part of the 60's Uprising.

An *Uprising* that had *political*, *social* and *cultural* characteristics. During the decade of intense controversy in US, all anti-war demonstrations, began or ended with *Rock Music*.

And when there was no music and the police were chasing the demonstrators, the sound Rolling Stones' song "Street Fighting Man", was playing over and over, in their minds!

The *uprising* of that time, the challenge, the objection, was holistic.

It was against the Vietnam war, against racism, against the discrimination of sexuality, and conservative stereotypes, supporting gender equality, social solidarity, freedom of expression.

Within them was Rock!

Rock, was not only music, or a sound beat, but it was an active part of the challenge: The Uprising.

Youth, of all genders of that time - and not only - may have had some individual priorities, but eventually accepted and participated in everything, including demonstrations against the Vietnam War, anti-racist and feminist events, Mexican land workers rights, and... of course, the Uprising Movement was expressed massively during Rock concerts, which were also a debate against the old music, the conservatism of previous generations, but mostly against the social structures and "compartmentalization".

On August 2019, half a century later, was the 50th anniversary of *Woodstock's famous concert*, where hundreds of thousands people, were listening to the *Rock* bands of the day and practically questioning the *morals* of their *parenting society*, expressing their *freedom!*

On December 2019 were the 50 year anniversary of *Altamont, California* concert, that was also attended by hundreds of thousands, with the same intentions, but tarnished by the deadly brutality of the... "security forces" of the "Hells' Angels" motorcycle club. So, if the 3 day long Monterrey Pop Music Festival, in summer 1967, was the epitome of the "Summer of Love" and in August of '69 the multileveled Youth movement, was strongly affirmed, in December '69, it was considered to be the... "end of innocence"...

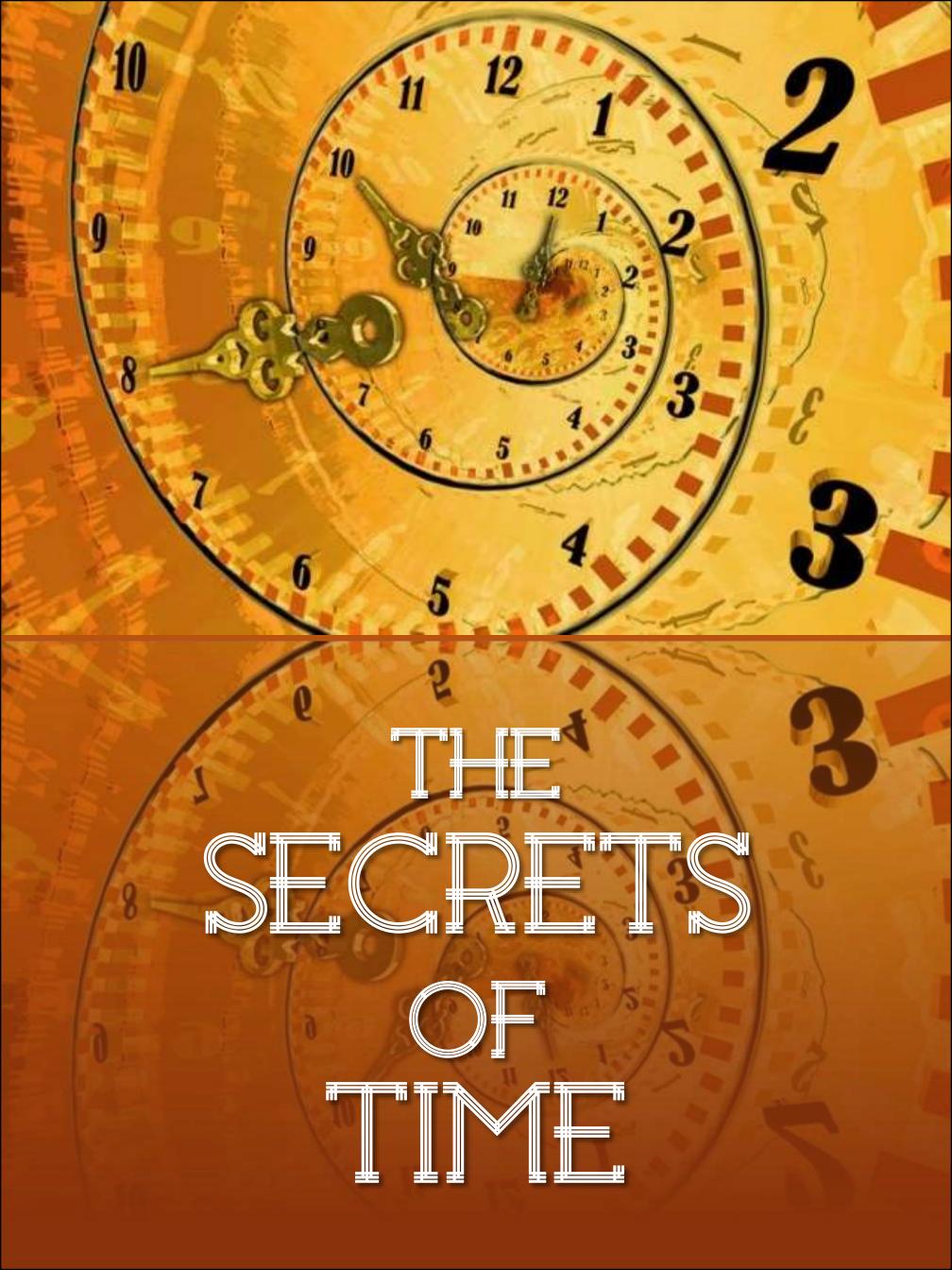
But not the end of Rock!

With *Rock,* continued the great marches of *Peace* and the demonstrations against the proliferation of the war in Cambodia in 1970. With *Rock* artists like, *Crosby, Sills, Nash* and *Young* expressed their grief and indignation over the murder of four protesters by the National Guard in Ohio, on May '70.

ROCK at that time was the artistic expression of the challenge: THE UPRISING!

It was the expression, with music and with words!

This ROCK remains new, wild, untamed and its topics are... MODERNIII



Even though the past second, is already *History*, it takes a long time for it to be written, and its distances, are usually long. Either for reasons of inability to analyse it, as we can not describe the water we swim in, or out of fear of triggering tensions, all folders get locked in drawers and opened after years. When the chaining reactions of a current event are over, when all the fumes of are unleashed, those involved are either absent or tired enough to continue...

Time distance, on the one hand, is necessary for calmer views and valuations, but on the other hand, it is the fear of being measured with time, as it is born. The phrase "time will tell", that we use for everything, a historical event, a work of art, or a personal relationship, is a confirmation.

Time will definitely show something, but not necessarily the whole truth, will be recorded.

If, for example, a movie or song is a great success, in its time and disappears in the years to come, what exactly does that mean? That it wasn't worth it in general, or that it was a hit, just for a short time and nothing in the long run? Was its influence, for such a short time, a lie?

How does something that has happened, and we have seen with our own eyes, be "baptized"? After all, nothing has ever been made for eternity!!! Since birth, death is due to come.

Major historical events, get preserved with "serums" and "artificial means" and in most occasions History gets "manipulated", in order to serve certain ideologies or particular interests.

It's different, to know and respect History, and very different to pretend that you were a part of it, falsifying it, like fake images that have "pasted" someone, somewhere, sometime, while the "pasted face" was completely absent!

It is different, to "tamper" with new inclusions alterations and exclusions, the culture and the civilization, that you inherited as a "given", because you believe that your ancestors, distant relatives, created it differently and different to make sure to preserve it, or if you can, to multiply it.

Because this is the oxymoron, which is very common, that the defenders of History, prove to be completely illiterate, of History, of movements, of populations' relocations and shifts.

For what heroic ancestral History can a community boast, when knowing and sleeping peacefully, while hiding its "dirty secrets" related to minors' sexual activities, to crime, or to young girls' rapes? Will History "Talk" there too? Will we judge it from a distance?

We are all tangled in the net of contradictions!

Many times, these contradictions, take us to the "open" and expose us.

But as we face ourselves, in front of the mirror, on a daily basis, we must also "face" the events and the History, at the time it happens and when the sea is rough and the waves are high, we must make sure we get some fresh air, so we don't "mess up"...

Face the events, at the time they happen and don't wait for *History's Time*, to change the reality!!! In the end of the day, History only mentions those, who were actively involved,

with the events at the Time, they took place!

This is the only way to be a true part of History! The only way to live Time, without its Secrets!!!

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