

APRIL 2020

F.A.I.C.E.TM OnLine



**STAY HOME!
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F.A.I.C.E.[™] Online
magazine

FASHION

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READY TO WEAR

DOLCE & GABBANA



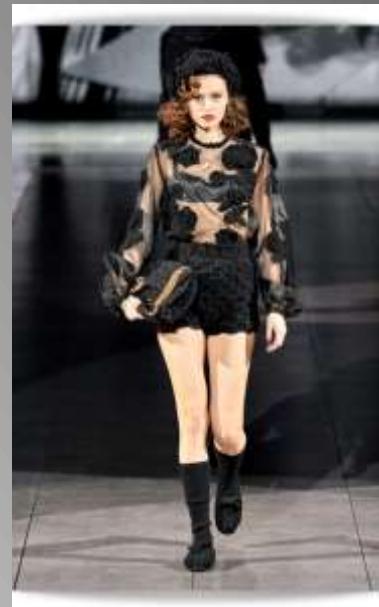
Collection Fall 2020

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It’s a tribute through our eyes to tradition.”
Gabbana said of the collection in a preview.
“It’s not like cutting fabric with scissors.
This was a beautiful experiment for the whole company,
these knitters were teaching us. Obviously we love sexy,
but it felt too aggressive in this moment.
We wanted to take life in a more soft way, more intimate.”
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121 looks, for a collection full with knits!*



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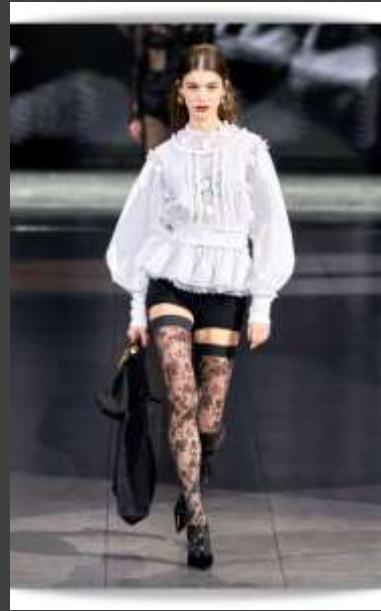


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READY TO WEAR



GIORGIO ARMANI



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A statement of sympathy and solidarity was expressed, As 12 Chinese models walked wearing archive pieces from Armani's Couture Spring Privé collections, from 2009 and 2019, inspired by China.

The show took place without any audience, as Mr. Armani decided to protect his guests from the risks of the coronavirus.

Black velvet punctuated with floral camouflage and glitter, were broadcasted digitally, to reach Armani's lovers across the world.



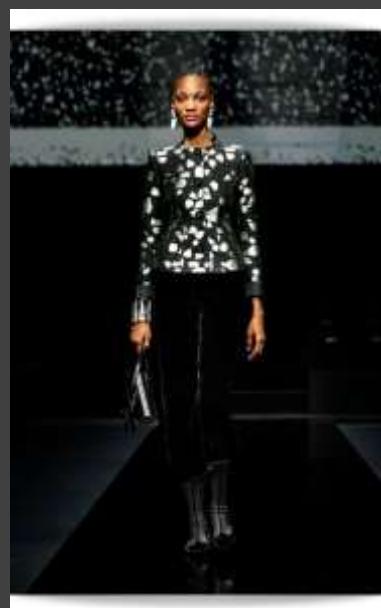
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READY TO WEAR

VERSACE



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A show expressing “hyper-femininity”, both via exaggerated shoulders and hips.

Versace’s collection introduced the significance of daywear, while adopting a glam-casual stance.

Jeans pieced together in precise stripes and worn with leather jackets in a similar fashion-standard, electric floral prints, zebra stripes, pink pantsuits, were some of the main looks of the collection.



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READY TO WEAR

PRADA



Collection Fall 2020

READY TO WEAR

PRADA



*“We can be strong and feminine at the same time...
women carry the weight now.”*

*Silk fringe and jet beads “Clichés of femininity,”
as she called them, replaced diamonds and precious gems.
Boxy belted jackets, paired with fringed skirts,
classic bib-front shirts were allured with skeins of crystals.
Basketball, knee-length, jerseys, were accessorized with
ropes of beads and combined with sneaker-boot hybrids.*

*Prada, sees glamour as:
“...something that makes you optimistic, that lifts you up...”*



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ANTEPRIMA

TRENDS

POWER STYLE!



More Feminine than ever!

Androgynous look , loved by many!



1 *Coco Chanel* was the first to introduce pants and suits.

Since then the *androgynous look* has remained in the spotlight with has much more to give.

Oversized suits, striking waistcoats, gloves and eccentric hats, are key elements of the style that accentuate the teenage side of the female silhouette.

Strict style jackets, shirts and neckties are “loans” from the men's wardrobe and achieve the sexiest looks.



3 Great style, is transformative.

A power suit, makes you stand taller and exudes strength.

Fashion houses add to the classic features exaggerated proportions, traditional pinstripes and feminine flourishes in the form of flowing ribbons and crystal embellishments.

Can't wait to get your hands on one, of these cutting-edge suits? Stay a step ahead and adopt the look now.



5 Pair yours with graphic-inspired heels to update your office look, or if it's an effortless appearance, add luxe slides.



FALL 2020

- 1.BOSS, 2.CHRISTIAN DIOR, 3.ALBERTA FERRETTI, 4.ISABEL MARANT,
5.OFF WHITE, 6.VERSACE, 7.COPERNI,
8.CHRISTIAN SIRIANO, 9.SAINT LAURENT,
10.LANVIN, 11.PRABAL GURUNG



TRENDS

KINKY!



A Sensual & Sexy Trend!

2020 is going to be a pretty sexy year !



In the latest collections we witnessed a series of sensual looks that included translucent *pussy-bow tops*, shoulder-length jackets and a lot of skin tight latex pants.



Glittery pants, pencil skirts and thigh-high boots were paired with anything you would imagine.



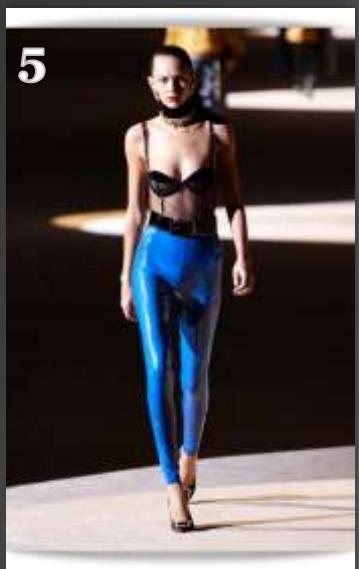
Huge faux furs in bold shades were combined, with kinky latex cocktail dresses and triangular bras while many looks were finished with chunky gold chains and fedoras...



Many designers, such as D&G and Antony Vaccarello dared to ... dare!

"I was really stimulated by that tension this season, it made me want to break the codes, that are too conventional,"

Vaccarello said for Saint Laurent Fall 2020 collection



FALL 2020

1&2. MUGLER,
3&4. DOLCE & GABBANA,
5&6. SAINT LAURENT,
7. BRANDON MAXWELL,
8. MOSCHINO, 9. OFF WHITE, 10. RICK OWENS, 11. DSQUARED2





TEZENIS
underwear



TEZENIS
underwear

STYLE

TOTAL

BLACK+



The... "Upgrade"!

It is elegant, it is timeless, it is beloved!

Black is a “leader”, in our appearances and its dynamics remain unchanged over time. It's sexy and theoretically easy and safe. But *total black looks* also have their pitfalls.

First of all, we need to remember that not all blacks go together. As surreal as it sounds, if you look at it carefully, you will notice, that not all fabrics are the same black.

So there you have to sharpen your observation, for the absolute total black set, so that all the blacks you use are the same. If it is not, it takes a lot of effort and talent to balance them out.

Beyond that and in order to “upgrade” it, you have to experiment with the fabrics.

Leather shines, will help you, satin with a knit, lace, fur.

Again, you need to check the mirrors for the , “yes”!

Metallic details, are also something you can use to decorate your absolutely black figure.

Jewelry: rings, statement pieces, bold or layering, bracelets at your disposal. The buttons or details on your bag or shoes, can work in the same decorative way.

Again ... attention to the *aesthetic balance*.

Shoes can also be the point, that will make the difference. They can be white sneakers, they can be black with white details, they can be colorful.

A twist of color! Here comes your hair, your nails, your lipstick. If you have a bright hair color, or are blond, use them as an "accessory". The touch that can make the look sexy, can also be your red nails or lipstick. Sexy!

Statement item!

A piece that will stand out and make an impression. It can be your bag, it can be your shoes, it can be a hat. And of course it can be black, as long as it has this 'something' that makes it stand out, impresses and even though it is the same color as your outfit, it catches the eye with its design.

Some Skin s a must!

Occasionally, the “breath-taking” part of total black, is the revelation of some skin: tights, a low-neck top, a slit-skirt or a dress that lets a little of your skin visible and breaks your total black look with a wink.

In closing we would like to emphasize!:

- Attention to balance and attention to excess. If you decide to add color, it's better to be in the details. Black looks with just a few touches of color are gorgeous and sexy. Exaggerations disrupt the effect! A couple of touches are enough. More are ...



TRENDS

SHOELERRY

Fall 2020



Boots: Trends & Styles!

Summer is sandals... Winter is boots and booties!!!

We are talking about all these shoes that can replace any other pair, in any occasion and can be matched with any outfit. So winter allows and requires boots of all lengths.

If you are in the process of searching for the perfect pair, the following styles in boots and booties, are truly *wardrobe staples* for *Winter 2020*.

From the so much *in fashion*, "*hiking boots*" to the most distinctive "*sculptural heels*" all these pairs, are worth a place in the collection of every woman.

Ladylike Boots: Stylish, neutral and timeless. *Ladylike boots*, are a must have.

White Ankle Boots: White shoes have made a comeback since last year. *White ankle booties*, in every version, are the perfect match, for blue jeans and that is a good reason to give them a chance

Cowboy Style: *Cowboy boots* are not going to "disappear" from fashion. So, a modern update on the iconic track will be a smart move.

Maroon: Brown and black are the classic neutral. If you want to get away from them, *maroon (burgundy)* is the perfect alternative.

Chelsea Boots: The comment here should be, that there are, *no comments*. Black *Chelsea boots*, match everything and are a perfectly timeless choice.

Chunky Heels: Ankle *skimming skirts* and *skinny pants*, with these booties? Matches made in heaven.

Sock Boots: With tight pants, skirts in every length and overall, as you can imagine, *sock boots* are more flattering, especially if you don't want to add volume to your feet in any way.

Sculptural Heels: A heel like *sculpture*, will turn even the simplest shoe style, into a statement accessory. Go for it!

Slouchy Design: "*Ruching*" is a trend this year, so slouchy boots are very "in". Ideally matched with *skinny pants* or *tea length* dresses and skirts.

Hiking Boots: They flooded the runways of the season so *hiking boots* have their time. Comfortable and very neutral, you can wear them in and out of town, with any of your winter outfits.



TOP ROW, fom Left to Right:

1.Paris Texas, 2.Gianvitto Rossi, 3.Ganni, 4.Prada,5.Chrstian Louboutin,

LOWER ROW, from Left to Right:

6.Chloe, 7.Fendi, 8.Rejina Pyo, 9.Gianvitto Rossi, 10. Gucci.

MANNGO



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BEAUTY

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Beauty

APRIL
2020

Shopping!



Let's Gooooooo!

Our top choices for APRIL 2020!

1. **Lancôme Advanced Genifique:** *This anti-aging serum, with microbiome science, accelerates skin recovery for stronger, younger-looking skin. The skin Microbiome, the biggest revolution in skin science in the past century, is a living ecosystem of microorganisms, an integral part of skin your skin surface. Its balance is essential to skin's health and appearance. The new formula is enriched with a new complex of m7 prebiotics and probiotic fractions selected and transformed to deliver essential nutrients to skin and its microbiome. Génifique helps strengthen skin's fundamental youthful functions: defense and recovery. In just 7 days, skin looks youthfully radiant and smoother.*
2. **Yves Saint Laurent - Rouge Pur Couture The Slim:** *No one will be able to ignore your lips! The Rouge pur couture the slim matte lipstick delivers maximum precision thanks to its square shape. High coverage, intense colors and long-lasting finish! This product is rich in innovative pigments, which leave your lips comfortable throughout the day.*
3. **Garnier-Garnier Bio:** *Garnier Bio Organic Lavandin Anti-Age Day Care is a nourishing and repairing cream suitable to reaffirm facial contours. Its formula embodies organic lavender oil which offers repairing properties, enhancing its natural regenerating process. Moreover, the organic argan essential oil, rich in unsaturated fatty acids, and the vitamin E in its composition both provide a nourishing and soothing action, hence smoothing and comforting the skin. This product not only has the ability to nourish and repair the complexion but also instantly soothe the skin, making it smoother and suppler after one week of use, improving all visible signs of skin aging. All in all, this cream moisturizes, nourishes and smooths the complexion, conferring a rejuvenated look while leaving a floral and aromatic scent.*
4. **Vichy Liftactiv Specialist Peptide-C Ampoules:** *A new innovative combination of a minimalist formula and powerful ingredients. Pure Vitamin C coupled with anti-aging peptides and hyaluronic acid is able to target all signs of aging. Equally important is the new way to store this product, as the amber glass ampoules preserve the formula from UV radiation, oxygen and light, which usually degrade the formulas. Within 4 hours, the skin is 8.5% firmer and 23.5% more toned, while after one month of use, crows' feet are reduced by 8.9% and forehead wrinkles by 10.9%. Additionally, this formula only contains the needed ingredients to work, being formulated without any fragrance and only containing the very best ingredients that show results within just one month.*
5. **Dior-Backstage Face & Body Primer:** *Face & Body Primer is Dior's very own make-up artists' secret weapon for creating an instantly flawless complexion. With just a few pumps, imperfections are blurred and your overall complexion appears brighter, plumper and more even. It drenches skin with 24 hours of hydration while keeping your favorite Face & Body foundation in place all day long.*
6. **Shiseido New Make-up Range:** *Last year the entire makeup range of the house was renewed. The new collection follows the philosophy of skin care products, consisting of very lightweight textures, that ensure durable, vibrant colors and elegant minimal packages that reflect modern Japanese aesthetics.*



TOP ROW, FROM LEFT TO RIGHT:

1. Lancôme Advanced Genifique
2. Yves Saint Laurent - Rouge Pur Couture The Slim
3. Garnier-Garnier Bio

LOWER ROW, FROM LEFT TO RIGHT:

4. Vichy Liftactiv Specialist Peptide-C Ampoules:
5. Dior-Backstage Face & Body Primer:
6. Shiseido New Make-up Range:



L'INTERDIT

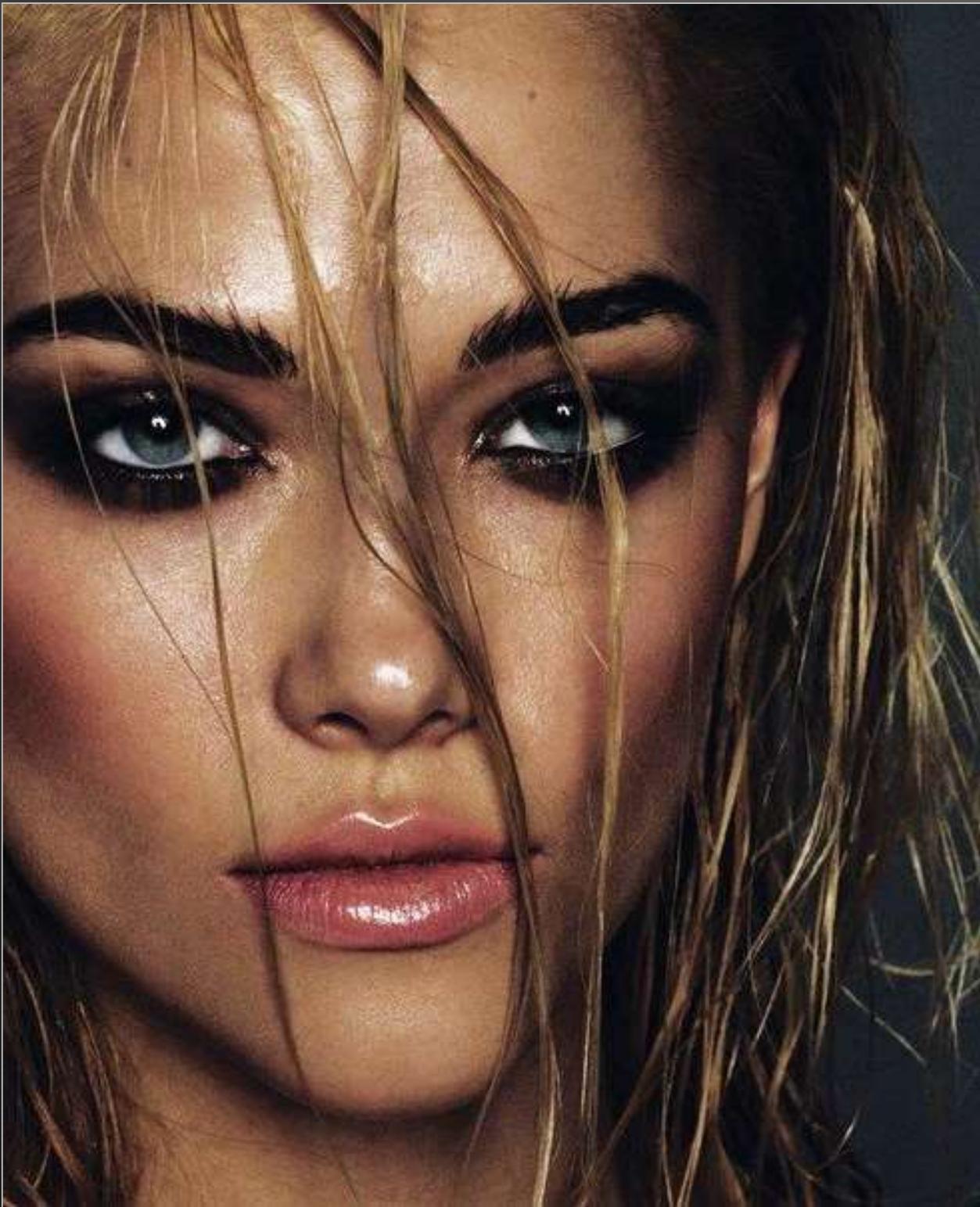
THE THRILL OF THE FORBIDDEN. THE NEW FRAGRANCE.

L'INTERDIT
GIVENCHY

GIVENCHY

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GRUNGE SMOKEY!



Your "go-to" Look!

A little messy. A little shiny. A lot of black eyeshadow!

That's the essence of the '90s grunge smoky eye.

As we all know, the '90s trends are back and this relic of a beauty look is coming along with them. We saw this smokiest of eyes on the *Fall/Winter '20-'21* runways from *Max Mara*, but you don't need high fashion, to cash in on this trend.

This can be your “go-to” makeup, for any night-out or parties, since it's so easy and simple. You can go as dark and intense as you want, and you can even go messier if you need to.

Smoldering, sexy and effortless, you can achieve this look in less than ten minutes!

For this look, you can use black eyeshadow all around, but if you like some warmth on your “smoky eyes”, choose to add non-black shadow.

The key to this look is to use an eyeliner that is soft, and doesn't set easily.

You don't have to be precise for this look.

We suggest skipping “the falsies”, if you want it to look a bit more “grunged” or rocker chic!

No “falsies”, is glam! Well, of course you can use “falsies”, just once you use falsies it's no longer grunge and messy. It becomes very glam.

STEPS TO FOLLOW:

1. Using a good **eyeliner**, line your upper lash line. Don't worry about it being imperfect.
2. Dot the same **eyeliner**, on the outer part of your eyelid.
3. Using a **pencil brush**, lightly smudge the eyeliner before it has the chance to set.
4. Apply **eyeshadow** all over your eyelid all the way up to your crease using a blending brush.
5. Spray water on your flat **eyeshadow brush** and apply loose **Color Pigment (Tan)** on the inner half of my eyelid.
6. Using a **smudging brush**, apply **eyeshadow** along your upper lash line, winging it slightly on the outer part.
7. Use the same **eyeshadow** and **brush** as on *step 6*, on the lower lid. Line your waterline and tight line using **eyeliner**.
8. Curl your lashes and applied several coats of **smoky lash mascara**, on both upper and lower lashes.
9. Fill your brows using a **slim retractable pencil** for a precise detailing.
10. Lightly apply **eyeshadow** just above the crease, to blend out the eyeshadow a bit more.
11. On your face, I apply **foundation** using a cream **foundation brush**.
12. Under your eyes, apply **concealer**.
13. Set your face, by lightly “dusting” a translucent **powder** with a large **powder brush**.
14. You can also apply a **contour powder** under your cheekbones and on your temples, and very lightly on the sides of your nose.
15. Apply a **blush** on your cheeks, and a **highlighter** on top of your cheeks, on the bridge of your nose and on your cupid's bow.
16. On your lips, apply a little bit of **foundation**, from whatever is left on my foundation brush. Then, add a **glossy stain** in peach shade, for that **nude peachy lips look**.



MAX MARA
Fall 2020-21



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Color Splash!



#Obsessed with Beauty Magic!

F or most women, season change is a time of renewal!

We all, want to refresh our wardrobe and our accessories, while often setting new goals. If you've set yourself the goal of *experimenting more with your makeup*, investing in new products and trying new looks and ideas, here are some good news.

We've selected, six palette shades in pastel shades in warm red and purple tones and we recommend them to you!

So, you can start experimenting with your makeup and adding more color to your already favorite earthy-trendy shades.

Go for them and create Art!

- SEVENTEEN, CHERRY PLUM PALETTE,
- MAYBELLINE, TOTAL TEMPTATION EYESHADOW PALETTE,
- MAYBELLINE, THE CITY KITS ALL-IN-ONE PALETTE,
- SMASHBOX, L.A. COVER SHOT PALETTE,
- TOO FACED, CHOCOLATE GOLD,
- CLARINS, 4-COLOUR EYE PALETTE, 07 LOVELY ROSE.





Take a new Chance!

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BLUSH

SECRETS!



Perfect Application!

Every season, your cosmetics collection gets enriched with new makeup products, that aim to refresh your look and mood.

If there is one product that has a definite place in it, then blush is the one and not just anyone, but the one with the characteristic *velvety, creamy texture*.

During summer, it gives the skin a sweet and glowing shade and during the cold months, it makes it look perfectly healthy, while at the same time it is moisturized so that it stays hydrated.

There are some *secrets*, to its proper application and color performance.

If applied, the face will immediately acquire a "warmer" tone, which will look perfectly natural, since the *creamy blush* has the ability to "melt" when it comes in contact with the skin and becomes one with it...

SECRET 1

For easier application and use, try to soften the blush a little, by making circular movements with your finger on the product. Then take a small amount, put it on your palm and with circular movements, try to soften it even more. This will allow you to do better blending and create a more natural finish.

SECRET 2

A very important step is the way you put the product.

Get the right expression that is no more than a smile. Then apply it with dabbing movements on the cheeks and then using a brush, spread it in circular motions. The goal is to create a completely natural effect, so you should notice that the blush is evenly spread.

SECRET 3

A top secret to ensuring longevity in your *creamy blush* is to apply the *layering technique* and apply over that, a blush in powder form.



Suggested Creamy Blushes

FROM LEFT TO RIGHT: Top Row

- Minimalist Whipped Powder Blush, Shiseido
- Phyto-Blush Twist, Sisley



FROM LEFT TO RIGHT: Lower Row

- Chubby Stick Cheek Colour Balm, Clinique
- Pro Face Palette Blush, M.A.C Cosmetics



JOY

DIOR

THE NEW FRAGRANCE



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YOUTHFUL NATURAL MAKE-UP!



Absolute Radiance & Coverage!

Are you looking for a natural make-up appearance that emphasizes the absolute radiance and coverage of your skin?

We give you the steps to achieve a flawless but at the same time light result.

Look like you are not wearing a trace of beauty products, while revealing your “strong” and charming features, with these essential products, for this particular look.

How to achieve it:

- On a *clean skin* and with the help of a *foundation brush*, apply on your face and neck, a small amount of *YSL Touche Éclat Le Teint Foundation*. Choose a shade that suits you. The extremely weightless composition of this product does not burden the skin and diffuses radiation throughout the day, while the innovative translucent pigments provide the ideal coverage, allowing light to pass through and skin to breathe.

YSL's bestselling, *Touche Éclat Le Teint's* full coverage foundation is infused with the illuminating light of *Touche Éclat*, for a radiant complexion.

The formula contains a new association of pigments for enhanced coverage and radiance, giving a flawless finish. Long-lasting wear, *Touche Éclat Le Teint* full coverage foundation is designed to feel weightless on the skin, offering blend-able comfort.

- After doing a good blending, the *YSL's Touche Éclat Le Stylo* comes first. Apply it below and around the eyes and spread it out with gentle finger movements. This is the legendary luminizer concealer product that gives 8 hours of beauty sleep with just one click: brightens, smooths, and perfects your complexion with a natural, luminous finish. Highlight your best features without any of the shimmer or glitter.
- Then you'll need *YSL's Touche Éclat High Cover* for even more difficult coverage.. With it you can immediately correct dark circles and keep your skin looking natural. A skin-loving brush concealer that brightens the under-eyes with natural, buildable, and weightless coverage.
- The last step for a flawless and youthful look is the application of *YSL's All Hours Powder*, for a matte finish and coverage on areas such as forehead, chin and nose.

Suggested products:



FROM LEFT TO RIGHT:

1. YSL Touche Éclat Le Teint Foundation,
2. YSL Touche Éclat Le Stylo,
3. YSL's Touche Éclat High Cover
4. YSL's All Hours Powder

By

Christian
Louboutin



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Shower Gel!



DIY Beauty!

You can make your own *Shower Gel*, avoiding chemicals and standard products with pure natural materials!

What you will need:

- 2 tablespoon Brown sugar
- 1 teaspoon Dried leaves of green tea
- 1 kg cherry oil (you can buy it from online Health stores)
- 1 teaspoon olive oil. You may add more to improve texture.

Implementation:

- In a small bowl, mix the sugar, tea leaves and cherry oil.
- Gradually add the olive oil until you get a relatively thick mixture, almost like cake dough.
- Use it in the shower, massaging it on fresh skin, then rinse and wipe it off.

Your skin will be soft and smooth, from top to toe!

*"I always take a shower,
before I go to bed.
It's so important,
just to cleanse everything off."*

-Antoni Porowski



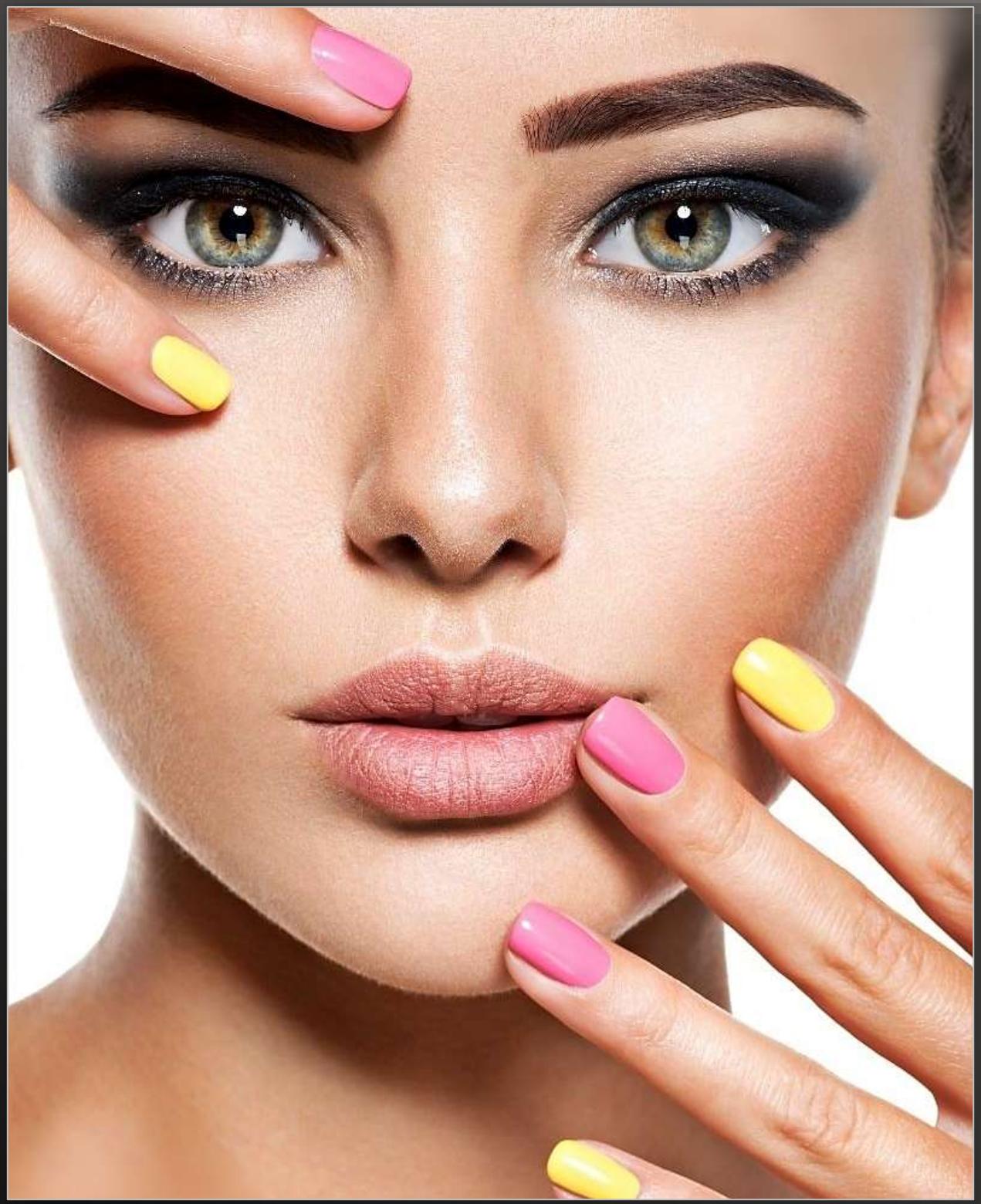
MOSCHINO

EAU DE PARFUM



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THE TOP



Products & Trends!

Flawless **M**anicure, is a must for a beautiful look!

Of course, sometimes this is easier said than done in practice, as the duration of the effect, depends on our daily lives and the quality of the products used.

If you are doing your manicure, by yourself, at home and you wish to invest in quality products, that promise a perfect application and long lasting, these are, our *Top Suggestions*:

OPI Infinite Shine We're In The Black: *This inky black long-wear nail polish is cha-ching chic! Infinite Shine is a 3-step system which provides up to 11 days of wear and gel-like shine. Rich color and long lasting, is the ideal lacquer choice without the use of a lamp.*

Dior Vernis Rouge 999: *A gel-effect nail polish, featuring an advanced formula that provides you with glass-like shine and extended wear. This beautiful eye-catching red is created with special pigments that give off vibrant, intense color and a new precision brush that provides the perfect amount of polish in a single sweep. The Nail Lacquer is easily removed with nail polish remover.*

Orly Bonder: *One application is enough to fill nail lines, protect them from being "soaked" from the nail polish. This award-winning formula, dubbed as "double-sided sticky tape", grips nail polish to the nail surface for long lasting wear of up to two weeks.*

Seche Vite Dry Fast Topcoat: *Seche Vite Dry Fast Top Coat is widely acknowledged as the world's finest top coat. Its formula penetrates through the nail lacquer to the base coat forming a single solid coating over the nail plate for a more durable finish, guaranteed not to yellow and leaves nails silky, stronger and resistant to chipping and peeling.*

Essie Apricot: *This cuticle oil absorbs quickly to instantly condition and protect cuticles from dryness and provides nourishing moisture. One application and get the perfect manicure. Its wonderful aroma, which will make you want to use it daily!*

Essie Color 05 Allure: *Fit for royalty, this seductive sheer nail polish with a natural finish is a favorite of brides everywhere. perfect for a French manicure or a demure nail look.*

One of our favorite habits is to experiment and look for the nail styles with the most distinctive shades, and the most unique designs. All this of course according to the *Trends in nail art*.

This winter, nail trends can satisfy every woman, as you can all find one that suits your style.



FROM LEFT TO RIGHT:

- OPI Infinite Shine We're In The Black**
- Dior Vernis Rouge 999**
- Orly Bonder**
- Seche Vite Dry Fast Topcoat**
- Essie Apricot**
- Essie Color 05 Allure**



FROM LEFT TO RIGHT:

- Cow Nails, Black Marble Nails, Milky-White Acrylic Nails, Ombre Nails, Tortoiseshell Nails**

LIBRE

YVES SAINT LAURENT



THE NEW FRAGRANCE OF FREEDOM

B
E
A
U
T
Y

Make-up
BRUSHES



Keep the Germs Away!

Are you wondering how to keep your make-up brushes shelf life longer and your skin healthier?

Although sometimes you may prefer to apply makeup with your fingers, brushes can always help you achieve greater accuracy and coverage.

However, their daily use requires regular cleaning, in order to remove makeup residues, powders, and bacteria that are stuck to the brushes and remain unattended.

To keep them in perfect condition and to be able to use them safely, you must use appropriate care and disinfectants.

With these products, your brushes will “live” longer and your skin will be healthier!

Conditioning Brush Cleanser, Bobbi Brown

It is designed to remove makeup residues from the brushes without damaging them. Use a small quantity and gently massage the brush. Rinse with water.

Next, you will need to pat with a towel to absorb moisture.

Brush Cleanser, MAC Cosmetics

This product will cleanse, disinfect and care for the fibers of the brush, so that the brushes last longer. It is practical to use and is specially designed to extend the shelf life of brushes. It leaves a cool scent on the brushes and helps reduce the time it takes to dry.

Brush Cleanser, Erre Due

This specially designed spray brush cleaner removes pigments, extends the life of your brushes and ensures their hygiene. No need to rinse.

Brush Cleanser & Conditioner, Radiant

It is specifically formulated to clean and condition natural or synthetic cosmetic brushes.



FROM LEFT TO RIGHT:

- 1. Conditioning Brush Cleanser, Bobbi Brown**
- 2. Brush Cleanser, MAC Cosmetics**
- 3. Brush Cleanser, Erre Due**
- 4. Brush Cleanser & Conditioner, Radiant**

F.A.I.C.E.[™] Online
magazine

LIFESTYLE

www.faiiceonline.com

The Power of
Silence



Mystery & Charm!

Silence, works better than relentless babbling and over-the-board expressions.

It is also charming.

Silence, creates the question marks and the mystery.

How many times, have you not regretted not being able to put a full stop, on some conversations?

How many words that you said, did you want to take back?

Surely anger and irritations, push us to say words, that we may regret later.

That's why it's good to find ways to manage our irritation and control our emotions and our communication, calmly.

The following tips will protect you from unpleasant situations and extreme conversations that can make a conflict worse.

Never forget that silence is your strength.

- When you are tired, avoid dangerous conversations.
Your fragile “nerves” will not be controlled, and you will end up in a bad quarrel.
- Keep distances... Call your friends and go out instead of arguing.
Do what you can, to distract yourself from the heated fight.
- Take a long walk that will “oxygenate” your brain and calm you down.
- Eat something sweet. Emotional stress levels are affected by hunger or hypoglycemia.
- Take some deep breaths and relax.
If your heart beats fast, continue to breathe so that the anger can return to normal.
- Use your humor. Difficult but always proves to be effective!

*“He, who does not understand your silence,
will probably not understand your words.”*

- Elbert Hubbard

The SCENT
of SEX



“Love is in the air”

Let's start with the following scientific statement:

About 80% of what we interpret as "flavour" is essentially a smell, and the smell is something that changes, depending on the physical and organic condition of each one.

Erotic play, after all, is directly determined by *sight*, *smell* and *touch* and indirectly by *hearing* and *taste*.

Sexual arousal, has the ability to "numb" the sense of smell, so when "blood is flowing in the head", ...very few things matter. After the *climax*, however, when the "rush" of love is gone, hormones get restored to their normal levels and everything goes back to "normal", as the "numbed senses" are fully active again!

At that very moment, you realize that your partner's mouth "taste", is more intense, like yours, after all, since before your mouths had dried out from breathing heavily and expressing pleasure, in every possible way.

There is another theory, equally widespread and accepted, that all the "scents of sex", come from hormones released by orgasm (oxytocin, cortisol, epinephrine).

Neurologists confirm that:

***"Adrenaline and other hormones,
change the sensitivity we have to the smell"***

For a long time, the sense of smell, *olfaction*, was the most degraded sense, when it was assessed for the influence it has, when choosing a sexual partner.

However, the recent discovery of a gene related to the *pheromone olfactory receptors*, has overturned this approach!

Pheromones, are created by hormones produced by cells and get transported, to the environment in either *liquid* or *gaseous* form.

It has even been shown that women choose men based on their smell, not the fragrance, but the smell of their body, which they can detect, even if the male partner has sprayed half a bottle of eau de toilette!

It is also widely known, that women, not only can feel, but can smell, another woman's smell, on their cheating partners' body...

PS: In the old days, legend says that French prostitutes, put a few drops of vaginal fluid behind their ears to attract their customers!

***"...I LOVE YOUR SMELL
ON MY BODY..."***

Love

& Biology!



What are the “Changes”?



Love and “Eros” have a whole neurochemical foundation around them, that affects how both *lovers* feel, or at least one of them.

Eye contact is the key!

Some research has found that couples who are in love and commit to a romantic relationship synchronize their heart rates after looking, at each other for three minutes!

Love works fast!

It only takes 4 minutes to decide whether you are attracted to the person, your future mate, or not.

Love can be addictive!

Love is like taking a dose of cocaine, as both experiences affect the brain similarly and cause a similar sense of *euphoria*. Research has shown that when you fall in love, several *euphoric chemicals*, are produced that simultaneously stimulate 12 areas of the brain.

There is a reason why love feels good!

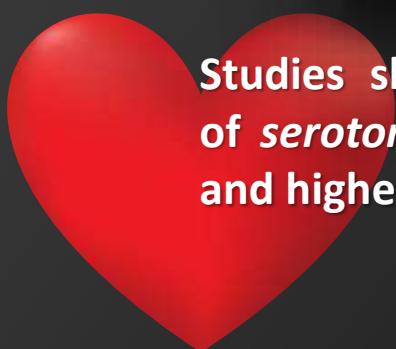
Oxytocin, the so-called “*love hormone*”, is produced during a hug!

Biologically, your love changes over time!

It is estimated that “*romantic love*”, which is associated with euphoria, dependence, lasts about a year. After this first year begins the stage of so-called “*devoted love*”. The transition is associated with increased levels of *neurotrophin proteins*, in newly formed couples.

Love goes hand in hand with anxiety!

Studies show that people in early stages of love, have lower levels of *serotonin*, which are linked to feelings of happiness and well-being and higher levels of stress-related *cortisol*.



JEALOUSY



Get it out of your Relationship!

Are you worried when your partner is talking to other girls....

and you are overwhelmed by the excruciating feelings of fear and insecurity?

Learn what you need to do, to stop being too jealous and grumpy girlfriend and put an end to the ugly thoughts that plague your mind.

Breeze of Confidence!

Believe in yourself. Have you ever thought that you are jealous, because you are not satisfied with yourself and reflect your own insecurities on your partner? Stop feeling bad about yourself, focus on your charms, rather than your flaws, don't compare yourself to other women and you will see that feeling more secure and self-confident, will fascinate your partner even more.

Erase the "bad" past!

You may have had traumatic experiences, from your past relationships, you have been hurt and it is now difficult to trust your new partner. But think that not all people are the same and if your partner is trustworthy and loyal, then leave doubts behind and invest in a healthy relationship.

Live the present and don't worry about the future anymore!

When you are overly jealous of your partner and constantly think that he will cheat and betray you in the future, you automatically stop enjoying the beautiful moments you spend together, poisoning your relationship. The negative feelings caused by jealousy, stress, anxiety and the constant feeling that you will be hurt, condemn both your present and your future.

Create trust!

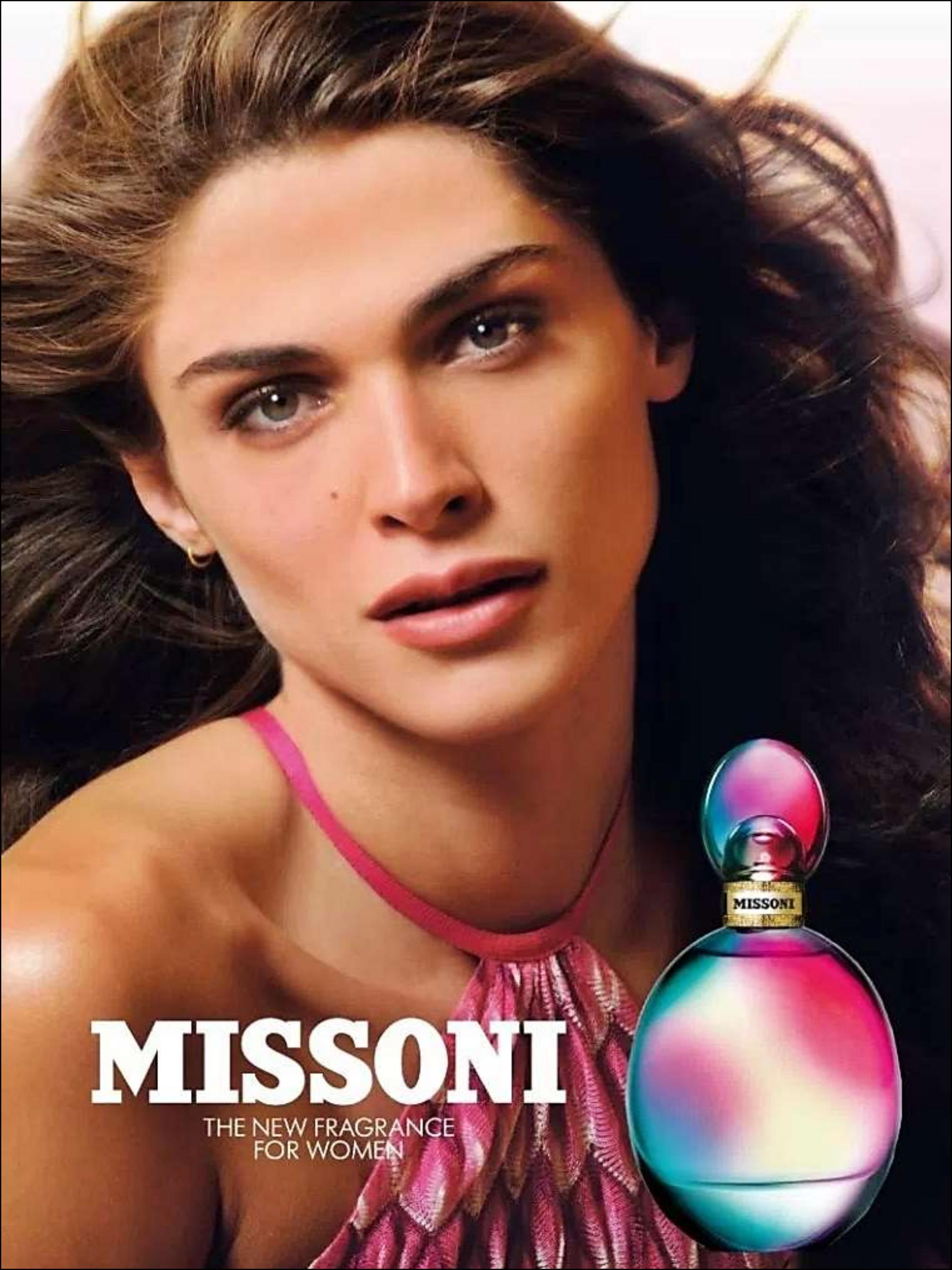
If you have a reasonable suspicion that your partner is cheating on you and therefore you are jealous of him, then talk to him openly. If you realize that there is really no reason to worry, try to work on your communication topic. Talk to him about your concerns without attacking him and tell him exactly how you feel.

Give your partner space!

If you forbid your loved one to go out with his friends because you are worried that he will meet someone else and you constantly control him, you are setting limits on his freedom and autonomy. If something is bothering you, just talk to him with all your sincerity and give him time and space!

*"The jealous are troublesome to others,
but torment to themselves."*

- William Penn



MISSONI

THE NEW FRAGRANCE
FOR WOMEN

MARRIAGE

SEX-RIAGE



“Spice” your Marriage!

Most people think that marriage deteriorates intimacy and sex. That is a belief that can easily change as long as you realize it and start doing things to improve your sex life.

These ideas, will help both you and your partner, see sex with another eye even if you are married for many years.

1. Knowledge is everything!

Yes, you are definitely good at sex, but that does not mean, you should not improve your technique a bit. Look at new positions, think about what your partner would most like as you've definitely learned after so many years of relationship and marriage with him and start practicing test.

2. Wine in bed!

The truth is it sounds a bit weird, but it works! Get a glass of wine in bed, share it with your partner, and start playing!

3. Dominate the bed!

Men may like to play the dominant role in life, in bed, everywhere, but believe us, he won't mind, if you decide to be a bit bossy for one night.

Order him to undress, to kiss you on the lips, the neck, the chest, the belly... and lower!

4. Reignite your dopamine with a fresh experience

"Doing something new creates a sense of bonding and intimacy. Think outside of the box and do an activity that might scare you or excite you, like an amusement park ride, or an escape room. You will create dopamine and duplicate the same feelings you had in the honeymoon phase of your relationship", advises Sunny Megatron, sex educator and co-host of the American Sex Podcast.

Experts say dopamine and other chemicals in the brain are directly linked to physical attraction and romantic passion, which is why bonding over a new activity together could help spark arousal.

5. Tell each other your sexy dreams!

Why let a sexy dream go to waste?

Next time you wake up after a sexy subconscious scorcher, tell him first thing' in the morning. Chances are, you'll be in for some morning sex.

6. Wear nothing but jewelry to bed!

To really blow his mind, break out the bling and wear nothing but jewelry to bed: It'll fulfill any Vegas showgirl fantasy he might have. Graze the nape of his neck with your chandelier earrings. Or skim your super long strand of faux pearls up and down his legs. Earn bonus points if you tie him to the bedpost with them.

*"There are a lot of kinky ways, to spice up your sex life.
You just got to be creative."*

PLEASURE

Plus



Increase your Sexual Pleasure!

There are simple things, that we consider as “basic” can reduce sexual pleasure!

Put them in your mind and enjoy sex.

They are or should logically be in your mind.

At times, however, we don't adhere to the basic rules and enjoyment levels drop.

So always keep in mind:

- **Find out what you like:**

Many times, during sexual intercourse, you discover something and wonder why you didn't know it for so long. So, you have to try things and realize, what is that “new thing” that is turning you on.

- **Love your body:**

Erotic enjoyment doubles if you set yourself free.

This can only be achieved if you feel comfortable with your body.

Familiarize yourself with your body. It is very sexy, when your partner feels the waves of your confidence.

- **Focus on the moment:**

When you have sex you have to be 100% there, with body and soul.

Don't think of other things that are sure to spoil your special moments.

- **Discuss your needs:**

If you demand it, it might cause the opposite results. In this case, talk to your partner about your needs. Explain to your partner, that with this or the other position you feel more comfortable, or increases your own pleasure.

Don't be ashamed to suggest something that arouses you.

You may have more “in common” than what you think.

*“Sex, whatever else it is, is an athletic skill.
The more you practice, the more you can,
the more you want to, the more you enjoy it,
the less it tires you.”*

- Robert A. Heinlein

BAR FLIRTING!



“...I was made for loving you..”

Carefree people, approaching each other, joking with each other and every now and then, a loud laughter crosses over the music, that ideally covers the sounds, of a crowded venue.

No, ladies and gentlemen, this is Not a TV advertisement!

I'll start with a story.

Once, on a summer's evening, I had gone out with some friends to a beach club. It was a normal weekday; I think it was on a Tuesday. So, the club was nearly empty, and patrons were spread, all over the empty space. In total there were no more than 100 people. Everything around there, seemed to be what the management was expecting otherwise. Certainly, it couldn't go worse than it was!

Amongst the patrons, was a group of 7-8 men. All of them, literally all of them, had one goal: To "*leech*" after every girl in the club. Literally, if you watched it in fast-forward, you would see them "visit" every table with girls, making their "*moves*", to the extent that, as most of the girls, had to leave soon, the club looked like an ...army canteen!

Let's be realistic. It does not always mean that every flirting attempt in bars or clubs, is like this *primitive spectacle*, nor a *stigma for human culture*. For example, that same night, two other men approached, obviously in a more... "effective" way, not as if, they were... bouncers. Well... they might have found some "love" that same night, too. At least that's how it looked. A big "bravo" to the "kids". I hope, all four of them, connect *for life*.

Exactly this is something that I do not understand!

Bar flirting, expressed as "*lech-ing*", in bars and clubs, is one of the things I never understood, and I will never understand. As time goes on, it becomes even more incomprehensible. Of course, I don't underestimate the fact that you can look at someone and an "inviting" glance or an exchange of a smile, will initiate and trigger, the desire to meet the other person.

This may well be the last "magic" of *direct flirting* and attraction, since the invasion of dating apps and social media.

It is perhaps, what life endowed me with and my "luck", that never led me, to follow this "approaching" process. It is not that I am a shy person.

Fortunately, we live in an era that "*flirting*", or the "*first step*", has no "*gender regulations*".

But again... the process of holding my drink, crossing a distance by pushing other patrons, to bring it to the opposite table, approaching a group of women, seems to me the most ..."*unimaginable urban choreography*".

Let's say, okay, we get over that. And then? What are you going to say?

For a person like me, who is not doing well with "*sweet talk*", this is where the nightmare begins. The one "*pick-up line*", the "*ice-breaker*", seems to me, worse than the other.

Actually, "introductions" such as: "*do you come here often?*", or "*what is your name*", or "*I like your hair*", seem to me just as stupid as, "*your mom did a great job*".

That was my story, for today...

*"I find it very difficult to draw a line between what's sex and what isn't.
It can be very, very sexy to drive a car
and completely unsexy to flirt with someone at a bar."*

-Author: BJORK



LET DESIRE LEAD THE WAY

MICHAEL KORS WONDERLUST

THE NEW FRAGRANCE FOR WOMEN



OPTIMISM!



The Secret to Longevity!

People with positive attitudes, tend to be more nourished, exercised, have a balanced social life, friends, family, and all of these factors help them maintain *good health*.

Optimistic people laugh more often, better and, as studies have shown, live longer.

Many years of research concluded, that optimistic people, besides being happier, are healthier, less at risk from various diseases - some life threatening - and ultimately they are living longer, than *pessimists*.

In fact, a recent study by professors at *Boston University School of Medicine*, showed that they were more likely to reach the age of 85 years or older!

Experts analysed the results of two research projects:

The first concerned women with an average age of 70 years, started in 2004 and completed ten years later, and the second concerned men with an average age of 62, started in 1986 and lasted for twenty years.

The researchers evaluated the participants and divided them into groups according to the degree of optimism they displayed. It turned out that, the most optimistic group of women, lived about 15% and that of men about 11%, more than the lesser optimistic group. Accordingly, *Dutch researchers*, monitored for about nine years men and women aged 65-85 and found that those, with *higher levels of optimism* were 55% less likely to die of some organic cause and 23% less likely to lose their life, from a heart disease, compared to the "*grumpy*". Research by the *University of North Carolina*, which began in the mid-1960s and examined approximately 7,000 (at the time) students, found that four decades later, 476 of them had died from various causes, most commonly cancer, while the most *pessimistic* among them, were 42% more likely to die than *optimists*.

But how do researchers measure optimism?

In the category of people who see the positive side of life, scientists working on related studies, rank those who predict positive prospects for their future in various fields. They also evaluate the degree of optimism depending on how one interprets the good and the bad news: *optimistic people believe that positive developments are due to themselves, assuming that they will expand into other areas of their lives*.

Conversely, *pessimists blame themselves for whatever bad happens to them, believing that it will never end and they will affect their entire lives*. And somewhere out there, these ominous predictions, become essentially self-fulfilling prophecies, with "*grumblers*" at greater risk of heart disease, high blood pressure and cancer.

Grumble And Hypertension

Finnish researchers evaluated 616 middle-aged men with normal blood pressure at the start of the study. Their *mental status* and factors that may exacerbate the cardiovascular system, such as: smoking, obesity, sedentary life, alcohol abuse, and family history were also tested. Four years later it turned out that *pessimistic* men were three times more likely to suffer from hypertension than the *optimists*. Even more striking were the results of a study that found that of the 309 patients who underwent coronary artery bypass grafting, half were more likely to be re-hospitalized six months after surgery, leading to the conclusion that *positive thinking contributes to faster and better recovery*. Other studies have shown that patients with a positive attitude to life have a *better recovery after a heart attack* and protect against coronary heart disease. Similar results were confirmed by scientists of *Harvard and Boston University*, who evaluated 1,306 people, with an average age of 61 years. In the following decade, *pessimists* among them, were twice as likely to develop a heart problem.

Sceptics, however, argue that optimism *may ultimately be the result, not the cause of good health*.

They claim that a healthy person has a very good reason to feel happy. Also, that people who have a positive attitude towards life tend to be more nourished, exercised, have a balanced social life, friends, family and all these factors help them maintain their good health.

The big question of course is *whether one is born optimistic, or becomes an optimistic person*.

Are there people, who maintain their good spirits regardless of the difficulties and problems of life and are there those who when facing setbacks are irreversibly pessimistic?

Experts in the scientific community are of course not yet in a position to answer these questions.

In any case, they wouldn't hesitate to ... prescribe some *optimism*, along with *exercise* and *good nutrition!!!*

HAS ANYTHING REALLY CHANGED THROUGH THE YEARS?

At *OkCupid*, you answer a questionnaire and the *algorithm* directs you to potential matches.

That is, like a real estate agency, but in a modern version.

Tinder on the other hand is a little tougher. If you like what you see, swipe right. If not, left.

No personality or sense of humor and other parameters! Everything ends in the image filter!

And then...you start chatting with people who don't necessarily "*match*". They just happen to live around your area...or something like this. All these couples do what all people did 20 years ago.

They got to know each other, spoke, went out for a date, had some fun, had sex, dating for a while, or got married and had children. Because it turns out that *social media*, has only changed the way you start out, not who you are and how you work in the relationship!

Social media has also changed the way you will cheat!

In the old days your relationship was boring and you were going out for a drink. You were sharing a drink with someone you just met by the bar, and either you were going to the *next level*, or you were feeling guilty or scared and you were stopping it there.

Now, you don't find anything wrong with *liking* or sharing *hearts*, while holding your phone.

From sending a message to a stranger, to comment on something who wrote on *Facebook*, to... "*sexting*".

After all you don't touch a body and you are not at risk to be *caught in the act*! It's like watching porn!

Oh yes, there is a lot more!!!

The way to measure of how much you like someone has changed... You measure his "*heat*" for you, based on how much he likes you, if he follows your stories and if he reacts to the songs you upload.

Even if he does not propose to meet you, you may think that he has "*a thing for you*" and shows it to you through the new "*measuring unit*". It has happens all over!

THE PROS AND CONS OF DATING THROUGH SOCIAL MEDIA

As in everything in life, there would be *positives and negatives* here. Obviously it's good to have a broad range of options, to develop your *communication skills*.

"I see it a bit like an experiment. I like someone at work, but I'm too shy to start talking. I'm afraid he'll might think I will start stalking him. I see it as a building confidence, exercise. I believe that no one flirts anymore. Everyone is at home watching Netflix. No one wants to talk face to face", confesses my friend "A".

So *social media*, help those in the office, who will never make the first move and are generally bored of going out to flirt. On the other hand, *social media* has given a lot of boldness, and nerve, to those who find it perfectly "*okay*" to send "*dick pics*" without a "*good morning*". So dry and bluntly!

On the other hand, *social media* doesn't let you separate or get divorced as a normal human... Everything is there to remind you, the images, the profile you are going to "*stock*" for the sake of having it, common friends, but above all *Tinder*. You can easily find out if your ex has started searching online. You can also find out, even while being together. It is not difficult...

IS "SMIRTING" COMPETING SOCIAL MEDIA?

Is the ban on indoors smoking, is coming to overthrow *Tinder* and all these *bla-bla-bla apps*?

Is *smoking and flirting (Smirting)* the perfect way to "*approach*" someone, using the *good old trick* of asking for a cigarette lighter? Will *social media* lose from the *tobacco* and *dating* will change?

Rumor has it, though, that a lot of *flirting* has begun in this way, outside or in the smoking areas of clubs, restaurants, movies, though I by no means encourage bad habits, such as smoking. But in the society, we live in, while holding a cigarette and pretending you are looking around, desperate to light it, you may end up receiving the "*magic flame*" from a stranger, and start chatting face to face.

Without embarrassing introductory nonsense "*What are your interests*" or "*What is your dream trip*"?

So that in the future, we can once hear our children's conversation:

- "*Where did your parents meet each other?*"

- "*They were passionate smokers and the law forbade them, to smoke inside the venue*"...



Who could have imagined that a government law, could bring people closer together and cause a new trend between who share, or pretend to have, the same *habit*?

At a time when *flirting* is purely a matter of being... *online*, the strict anti-smoking law has come to remind us what the *real time flirting* is all about!

Smoking is harmful, but does wonders for the *love life* of *smokers*, as increased concern for a *smoke-free environment* has inadvertently given birth to the concept of *Smirting*!

Smirting is a blend of the words *smoking* and *flirting*, A term evolved in Ireland in 2004, as a consequence of the legislation banning smoking in bar.

Across the globe, *smokers* who need to exercise their addiction, find refuge, outside the clubs, restaurants, cafes and bars.

There and then, takes place the new version of the good old flirting approach method! *Smirting* in all its *Glory*! Going outside a pub or restaurant, where smoking is forbidden, for a quick cigarette, and taking the opportunity to do a bit of *flirting* in the cool night air with a fellow *smoker*.

Even though we theoretically live in an enlightened world where smoking is out of fashion and no longer supposed to be '*cool*', in places, where a complete ban on smoking in bars, pubs and restaurants has been in force, going outside for a quick smoke, is rapidly overtaking *speed-dating* as the *new way to spice up your love life*. *Smokers* gather, outside and share their common passion!

Fans of *Smirting*, claim that it provides many "*extras*", over trying to strike up a conversation at a crowded bar. Simply asking someone for a light avoids any introductory awkwardness, and the *five-minute life-span of a cigarette*, means that you can simply go back inside, if there is no "*sparkle*", or carry on chatting, depending on how you feel about the other fellow smoker. In fact, *smirting* has, to some extent, caused the smoking ban to backfire, with evidence of a rapid increase in the number of *social smokers*, so *non-smokers*, start to realize they're missing out on all the fun and start stepping outside for "*a breath of fresh air*" in the hope of some *passive smirting*!

A little bit of alcohol, a bit of a lighter search, a deep puff and it doesn't take long for it to develop *intimacy* that can evolve into a *feeling*.

Our era, may be experiencing flirting almost exclusively through *social media*, but the truth is that *smirting* calms any hesitancy, since chatting between two people, who have to co-exist outside a venue, for a few minutes, while sharing their "*passion*", is a comfortable "*gateway*" that triggers the desire to *flirt*!

The sure thing is that the more couples, emerge in this way, the less conflict they will have: The conflict that exists, when one of the two in a relationship does not smoke!



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FOR HIM

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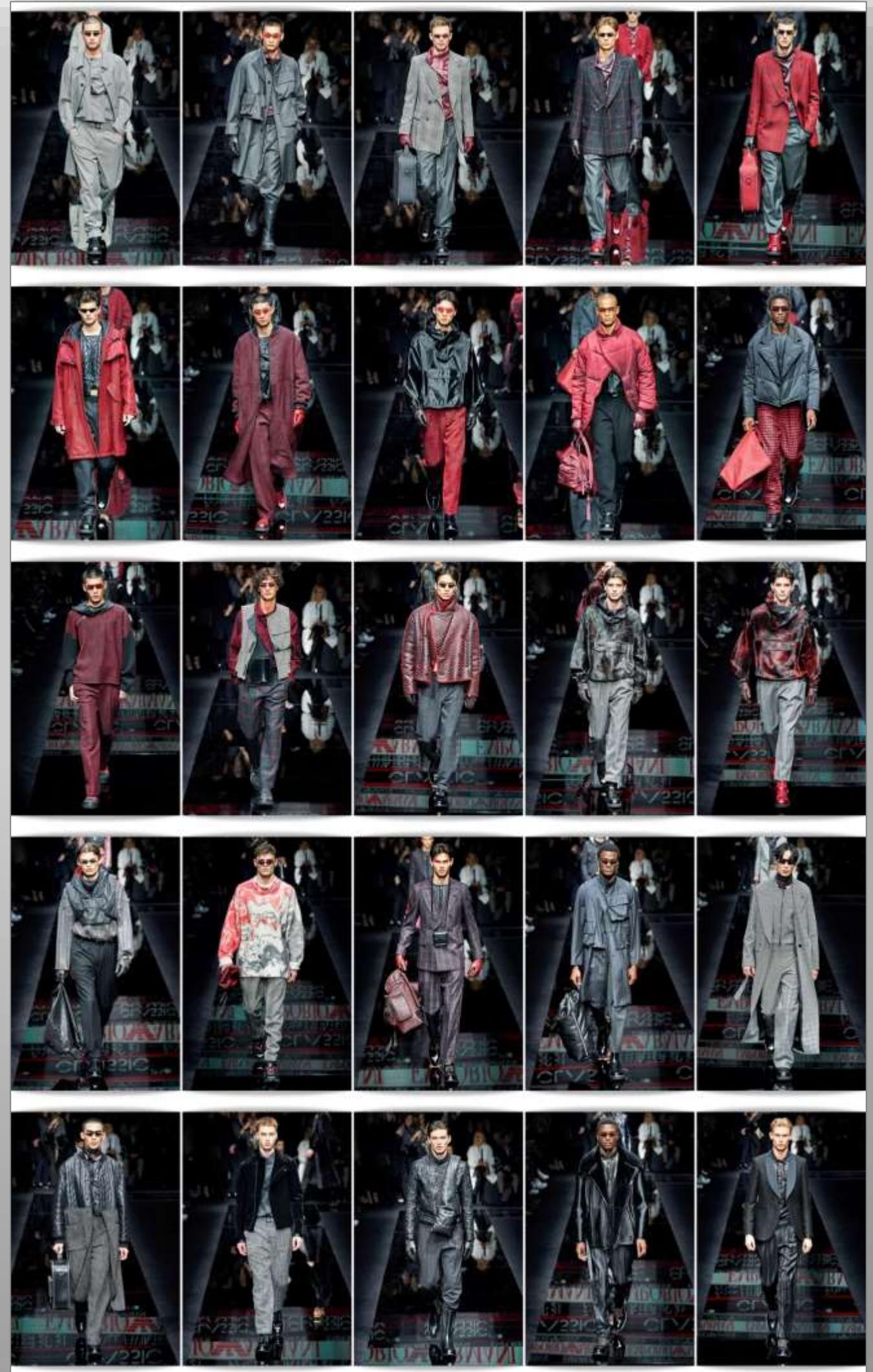
EMPORIO ARMANI Collection Fall 2020

EMPORIO
ARMANI

MEN'S

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Fall
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BRUNELLO CUCINELLI

Collection Fall 2020



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BURBERRY

Collection Fall 2020



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VERSACE Collection Fall 2020



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MEN'S

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Fall
2020





SKIN IRONY

FUTURE CLASSIC

swatch[®] 
SWISS MADE



“MAKE THE DIFFERENCE!”



Look simple and enjoy your style!

How often do you happen to be pressured, because you want to make a style difference but ultimately because you put yourself under a state of stress you enjoy nothing? Style evolution is a journey of questioning!

For those of you who want to keep up with fashion I will agree, but because you want to be well-dressed, the point here is to learn. These combinations will come out effortlessly and the choice of clothes more fun!

Bellow are the essentials that you should know, for the clothes that can make the difference!

Overcoats: Its about time to invest on an overcoat. Keeping warm is great, but you can't put all your clothes on.

- **Blazer:** One of the most classic and timeless piece that upgrades your overall style is the jacket. Upgrading does not mean that the jacket is the most formal outfit you can have. Many men have this belief, so...make the difference with a blazer.
- **Light Jacket:** A light jacket is best for weather changes. The “master-key” for your outings. E.g. for elegance and professionalism a **Trench Coat** is the best, whereas if you want something more *street* and relaxed, choose a light military type. Keep in mind that jackets are one of those clothes that doesn't go unnoticed.
- **Jeans Jackets:** Do you want comfort and style? A denim jacket is one of my favorite suggestions. It's easy to mix and match. If you wear white shoes with beige pants and a gray t-shirt, a denim jacket will immediately make a difference!

Middle Layer Clothes: Sweatshirt, footers, shirts etc. you will wear a lot, not only in the Fall, but also in the Winter.

- **Footers:** There are three basic types here and these are round neck, hood or zipper. Since it will be in the middle of the rest I suggest you choose something bold that will stand out. For example, a purple is preferable to a black one.
- **Thin sweater:** Thin knitted sweaters or cardigans are for people who don't like heavy clothes. It shows that you know how to dress and stay stylish at the same time. On a colder day, take off your style with a monochrome shirt underneath.
- **Shirt:** If you want to stay warm, the shirt is your salvation. In addition to the monochromes, chose a more eccentric one and wear it open with a T-shirt inside. When I say eccentric I don't mean Dragon Balls and such, but plaids and colors, such as black with red, white or dark blue with orange, or green with gray and blue.

Lower Pieces: It is better to play safer, if you have added some of the above, for the top. Military pants if you want, but not just all your wardrobe based on this style. The simple ones are the best.

- **Trousers:** Choose the thicker Chinos fabric pants, or the corduroy pants. They are different from jeans and so you can immediately make your dress more interesting.
- **Jeans:** Irreplaceable, especially for this time of year. Now how to make a difference: Good fit and dark shades, is a rarity!

The shoes: Here we are... Shoes determine men.

- **Sneakers:** White leather sneakers are “in” all year long!
- **Chukkas booties:** One of the top choices. Personally I like smooth skin in brown. It makes the look warmer and brings it closer to the colors of nature.
- **Chelsea boots:** With Chelsea you can add suede texture to your style. Matched with a suede jacket is a top choice.

Putting Everything Together: For a top appearance, you'll need to find what suits you the most. How can this happen?

Mainly there are two styles, The first is based on the idea of a *sexy city man* and the second is based on the idea of an *experienced successful and elegant man*. Always remember that you need to reflect your personality and express yourself.

Remember that you don't need to follow the last dot in fashion, but to do the basics better than everyone else!





“STYLE UPGRADE!”



Are you looking forward to the new season to upgrade your wardrobe and launch your successes in the future?

Many times, we wait something specific to start something and eventually...we postpone it. Personal, development in different areas will help. Your image is one of the most important areas because it plays a key role. Your style plays an important role. Correct or wrong, this is for sure! Your dress code and appearance can make you irresistible. How can you do that? With two very easy and quick steps. The first is to see what the *top styles* are and then the second is to try to *get them* into your wardrobe... *Let's start.*

Do the Change with a Suit: A suit is unique for everyone. Someone in mid-20s might look in 40s, wearing a classic suit, or one in the 40's wearing suit and sneakers e.g. in a strict corporate environment to look disrespectful. All men, in a suit, look elegant and inspire respect. What I suggest is to do it safely and maintain comfort. Don't risk too much but improve your appearance. This season choose the **polo shirt** instead of the shirt, you are used to. Even the **wider fit** suits, are what you are looking for. Their line is more comfortable and the **pants with no crease**, will make you feel more comfortable. You can make awesome **mix and match** combinations, if you don't like monotony.

“Comfy” look: This is the second style, that will bring you to the top. The secret is its versatility and the balance between **comfort and style**. *How to do it?* Chose **thicker pants** in addition to keeping you warm, they give more stylish look than jeans. Match them with something simple like a **monochrome t-shirt**. A pair of **white sneakers** give a more relaxed look. Finish this look with a **light bomber jacket**.

The Casual Day look: If you want to look resourceful and masculine, **checkered shirts** are the best choice. The main purpose of your outfit is to be able to meet your daily requirements. A good fit, **pair of jeans** are one of the key pieces. In addition to the plaid shirt, you can also pair it with a **denim shirt**, but only if it is not the same shade. I prefer this style with **leather booties**. For jackets the best options are **Harrington** or a **suede bomber**. They improve your overall outfit amazingly!

Sexy Rock look: There is no man who does not want to look sexier. The bad guys are the ones who have secured that feeling. How to become a “bad kid”, use their style and make your outfit sexy? No need to imitate any rock star, or to buy a motorcycle. **Leather** is the hallmark. Match it with dark blue, **black or charcoal black Jeans**. For the internal layer choose a **black T-shirt** or If you want something more abstract and mysterious, choose a **colorful t-shirt**. Complete the look with **black boots, Chelsea boots** or **sneakers**.

Relaxed style: No one likes “tensed looks”. Choosing, a more relaxed look you show a sense of calm and immediately earn points. Relaxed, goes without saying that they will be chosen carefully. Pay attention to the fabrics and match them correctly, e.g., chose a **sweater** that will not be too thick, but will fit properly and show off your body. you can choose a **wool pants** that will make your look more elegant. To make your look more interesting add a **patterned piece**. If you want to put stripes for example, select either the top or the pants, e.g. grey pants with a square pattern, light mustard sweaters and white sneakers.

Semi-Formal but Quality look: Your look will tell your personal story. This starts with your look and appearance. Do the basics and simply be the best. So if you are a busy guy these appearances will get your hands on it. **Quality clothes** can make a difference here! One of the most versatile clothes is a good quality **woolen jacket**. The rest of the look depends on the occasion. That is, you can match the **cardigan with jeans, Chelsea boots** and a **shirt**, or you can choose **chinos, T-shirts** and **canvas sneakers** for something lighter.

Layering-How Much Can You Put on? Adding more skills enriches your personality. The same goes for clothes. We are talking about a particular way of dressing. Especially for colder as you need more “layers”. For example, wearing denim pants, a shirt and a sweater over it, you may need a **jacket or a cardigan**, with **white leather sneakers** or **Chukkas boots**. So watch out for excesses such as: **chains, tears, stamps, ripped jeans, hats, accessories** and more.





“TIE LOVE!”



Tie: The reflection on the symbolic but also stylistic significance of men's clothing!!!

*“A well tied tie is the first serious step in life.”
- Oscar Wilde.*

For the little boy, who learns to tie his father's tie, it is an act of initiation in his manhood. If we remember the feeling of that time, regardless if later, we were familiarized with the neckties or not in our wardrobe, we would completely understand the symbolism that is hidden, behind this “ritual”.

Why didn't it happen with our shoelaces? Or with our hairstyle? Because the tie is a purely male affair!!! Women cannot copy or possess it nor feel the feeling of tying it! It will always remain a male fort. Therefore, we should take care of it and honor it appropriately. Yes, it may be of no use. It might blow when its windy. It can even discomfort your breathing. So what?

The tie is the utmost statement, that a man makes upon his appearance. Even its absence means a lot and its noticeable. Suit, shirt, *no...tie!* So there is always something to describe its “presence”.

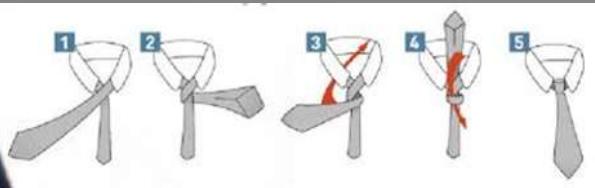
*“Choose light and sweet colors for the morning,
a little more intense for the afternoon and a bit darker for the evening.”*

Traditional brands like *Charvet Paris*, *Marinella* and *Calabrese 1924* in Naples, *Drake's* in London, apply the *tie art*. Next to them are the new ones: *Tie you Tie* in Japan, *Howard's* in Paris or *Viola Milano*.

Tie has a secret called: “The Knott”. This exudes all the mysticism, of the ritual! The most known knots, are: The *simple four-in-hand* and *demi Windsor*. The point, however, is to get rid of the norms and redefine our relationship with our neckties. It is advisable to avoid neckties with a width greater than 7.8 cm. The pattern should be neither too complex (too many colors) nor extreme or flashy. “Choose light and sweet colors for the morning, a little more intense for the afternoon and a bit darker for the evening.”

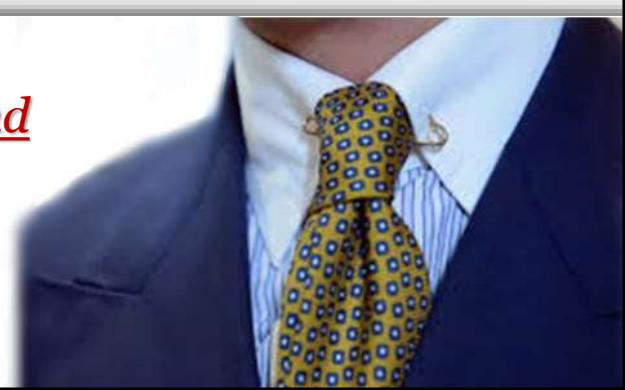
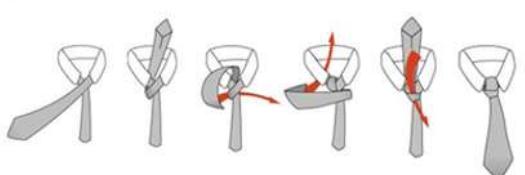
How to do it?

Blue, Black or Gray silk ties are for more formal occasions. As for the appropriate knots, *simple four-in-hand* and *demi Windsor*: The *demi Windsor*, is practical if the tie is long, or if the collar requires a wider knot. Its advisable not to use the “keeper loop“, that keeps in place “the tail”. Seek out for some “informality”, letting the tie's “tail” tear a bit. As for the notorious question about the *length of the tie*: its end, must barely touch the top of your belt and the two parts must be equal. If this is not possible, clearly choose that the narrow end be longer than the front. If you ever hear the word “*split-ties*”, don't get confused. It refers to the way the tie is tied so that both ends of the tie are visible. Thus, the tie turns into a scarf. Those who know about modern men's clothing, will accept it blindly.



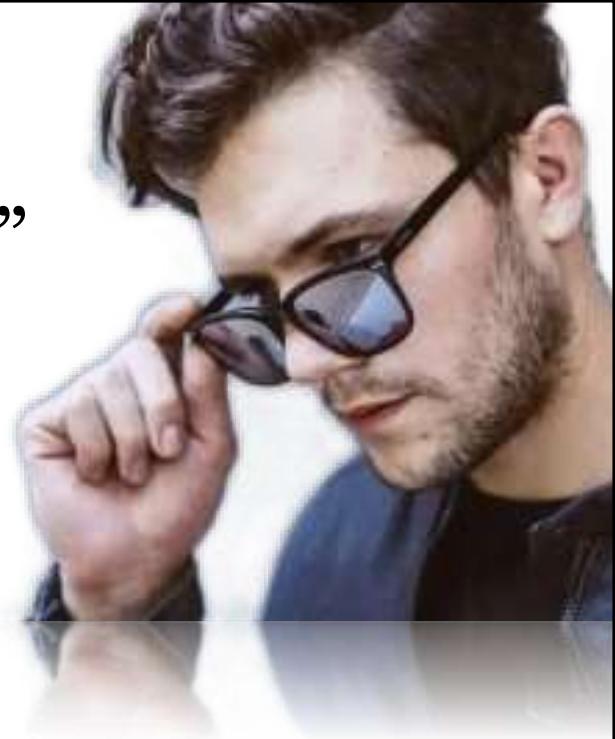
Simple Four-in-hand

Demi Windsor





“SMART MEN!”



Smart looking men have distinct habits!!!

A only “*Smart Looking*” man is not only described because of his nice *style!*

Indeed, no matter how extreme it may sound, your image has a great importance, as every *first impression* is made with it, as a given, so you have to pay more attention.

However, in order to be truly *elegant* with your image you also need to *cultivate your character.*

To help you with this endeavor, we have put together habits of a really *smart and stylish man*, to exemplify!

What are the habits of a really stylish man!

1. IMAGE

As mentioned above, your image is very important and an *elegant man* knows it. So he deals with it and invests in it. Learns about fashion, evolves, invests in quality fabrics and classic clothing lines, watches, their correct fit and more. It is not a matter of narcissism. He does all this, because he wants to look attentive and well groomed.

See also: [5 Reasons You Must Put Exercise Into Your Life!](#)

2. ATTENTION TO THE DETAILS

Of course, he also knows, that everything is judged by the *details!*

For this reason, he always ensures, that all details are attended, from head to the tows. You will not see a creased shirt in his wardrobe, dusty shoes in his shoe box, nor clothes thrown on his sofa. Still, he will always have at least one accessory that will *upgrade*, his look, such as a wristwatch, and will never leave home without a distinct fragrance!

3. TAILOR AND BARBER

Another thing that is an almost everyday care for him is the relationship with his barber or hairdresser and the frequent visit to his tailor. His hair is a part of his image, so you understand how this relationship emerges. As far as the tailor is concerned, he needs one, as he often has to resize “to fit” his Ready-To-Wear, choices. This will ensure the right fit for the clothes that will flatter him immensely.

At times he needs his “*tailor-made*”, suits and shirts, with his monogram!

4. SELF GROOMING

One of the most important habits of a truly elegant man is to take care of himself. We are not talking about a specific, weekly grooming routine but a multi-faceted, daily routine. From his hair, to his beard that he has to take care of, every day to his mental and physical health. Of course, the latter can only be done through regular exercise.

5. CONFIDENCE

Finally, we are not going to tell you a habit, but rather a *trait* that definitely defines an *elegant man.*

So if you want to be a really stylish man you have to be *confident.* The secret is not to know what you are doing, but what you are doing to do it *with style and confidence*, being sure that it will succeed!



STYLE UNLIMITED



DOLCE & GABBANA



“MIX & MATCH RULES!”



Mix & Match is art!
“The Separates” rules, boost your style!!!

Give a ne breeze to your Style, by combining different tailoring, non-matching jackets and trousers and creating a different look by an existing suit rotation. Doing “mix & match correctly, it will “gift” you with a “treasure” of smart casual or formal looks. We all put together two different garments. Though, it requires a bit more “sophistication”, to “hammer” the best color and fabric combinations, while the rules of tailoring are in flux as they are right now.

Grey Jacket & Navy Trousers: A timeless combination for men! A **grey blazer** teamed with **navy trousers**, is a match made in sartorial heaven. Worn at the office or for drinks at the weekend, this tag team of masculine hues will ensure you always look **confident** and **stylish**. The reverse combination is as stylish, offering two go-to outfits to add to your repertoire. To finish the look, utilize other capsule wardrobe essentials, such as, a crisp **white shirt**, **neutral tie** and **black lace-ups** for the *office*, switching to a **printed T-shirt** and **loafers**, or **sneakers** for personal *social activities*.

Black Jacket & Grey Trousers: Do you want to appear **smart** and **understated**? **Black & grey**, combined with a **shirt** or **roll neck** and shoes, is ideal for more formal occasions. While **monochrome separates** may conjure up images of the boardroom, make a few alterations and you have a sharp off-duty weekend look. Perfect for fancier nights out, try ditching the tie or sub the shirt altogether, for a polo shirt, or lightweight knit, and switch the smart shoes for more relaxed trainers. The look is as effective, with grey jacket and black trousers.

Unstructured Jacket & Pleated Trousers: Laid-back **layering** that’s smart enough for the office doesn’t get easier. The foundations are formal, but softer and more relaxed materials, give a smooth transition from business hours to happy hour. Choose a jacket without all the usual padding. This gives a softer drape over the shoulder and through your body. Patch pockets, shawl collars and working cuffs, keep things casual, as does a wider choice of materials, including cotton twill, wool-blends, jersey or soft denim. Fuss-free colors work best on this duet, so stick to **grey**, **beige**, **blue** and **black** for the **chinos**. Borrow from other pairings in this list or go **tonal**, with shades of **beige**, **brown** and **white**. Finish the smart-casual vibe with a pair of minimalist **trainers** or **loafers**.

Chore Jacket & Wide Leg Trousers: Tailoring doesn’t always mean ‘blazer and trousers’. Go for a **chore jacket** instead, as it instantly tones down the formality of a look, yet still remains elegant, especially if paired with some **sleek trousers**. Again, there is a difference between the trousers we’re aiming for with this look and your regular suit trousers. The latter are all too often made from a smart but boring worsted wool, and unless you shell out for something made-to-measure or designer, the fit will be lackluster. Instead, look to **wider cuts** for this look, we don’t mean billowing, but there should be plenty of room in the thigh, with a gentle taper down to the hem. It’s a little bit workwear, a little mid-century modern.. and too cool!

Textured Blue Jacket & Trousers: Separates don’t have to mean separate colors top and bottom. It is entirely possible to pair a jacket and trousers in similar tones without looking like you’ve got your suits mixed up. **Greys** work, but **blue** is the safest color option. Ensure there’s some difference between the upper and lower body. E.g. petrol blue jacket with navy chinos, or a navy jacket on sky blue trousers. Alternatively, you can keep the tones similar but add some distinction with the material. Try a crosshatch pattern on the jacket or a different fabric entirely. To finish the look, bring some contrast in with a **white shirt**, adding a tie for smarter occasions, or stick to casual dress, with a complementary blue shirt under the jacket.

Work Shirt & Matching Trousers: One of the new menswear moves becoming increasingly popular, is **‘the new suit’**: two garments made of the same fabric, an overshirt and trousers for example, act as “separates”. Many brands are now making this look a reality. Choose fabrics such as brushed cotton or wool twill and aim for navy or charcoal for maximum versatility.

Bold Jacket & White Trousers: White is a daring choice. Opt for a **blazer in a check pattern** or a **bold shade** such as **sky blue** or **green**, PAIRED with **white jeans** or **trousers** for a sophisticated look. Roll the trousers’ hems a couple of times and go sockless with espadrilles and a T-shirt for a memorable *“Riviera holiday, evening out”*, or try an **open-necked shirt** and **loafers**. The fit of the is also paramount. To maximize on style and to allow a little air-flow, go for slim rather than skinny cuts, with jeans or trousers.





BAD

DIESEL



“TAILORING & KNITWEAR!”



The “pillars” of advanced dressing!

Texture and layering, are two of the pillars of advanced dressing, and they’re both integral to one of 2020’s hottest tailoring trends. Suiting worn with knitwear was everywhere over the last 12 months, marking another step in the general loosening up of dress codes across the board.

Stuffy shirts were replaced with fine-gauge roll necks, fisherman beanies were teamed up with unstructured blazers and statement crewnecks lent simple suits a fresh lease of life.

It’s more than just a fleeting trend, though.

This simple style move looks set to become a staple of modern menswear and is something that exudes the sort of timeless appeal needed to carry it into a new year and beyond.

How To Wear It

The beauty of knitwear and tailoring is that as long as you stick to the right pieces, it’s fairly straightforward to nail. Provided you’re not attempting to pair a *Coogi* jumper with a tuxedo, on the whole you should be fine.

The hero pieces here are the roll necks and turtlenecks, particularly ones in a fine gauge to enable it to slip comfortably underneath a suit jacket without limiting movement.

This knitted favorite makes an excellent substitute for a shirt when a suit needs to be dressed down without straying into sloppy territory. Generally speaking, the darker the color, the smarter it’s going to look.



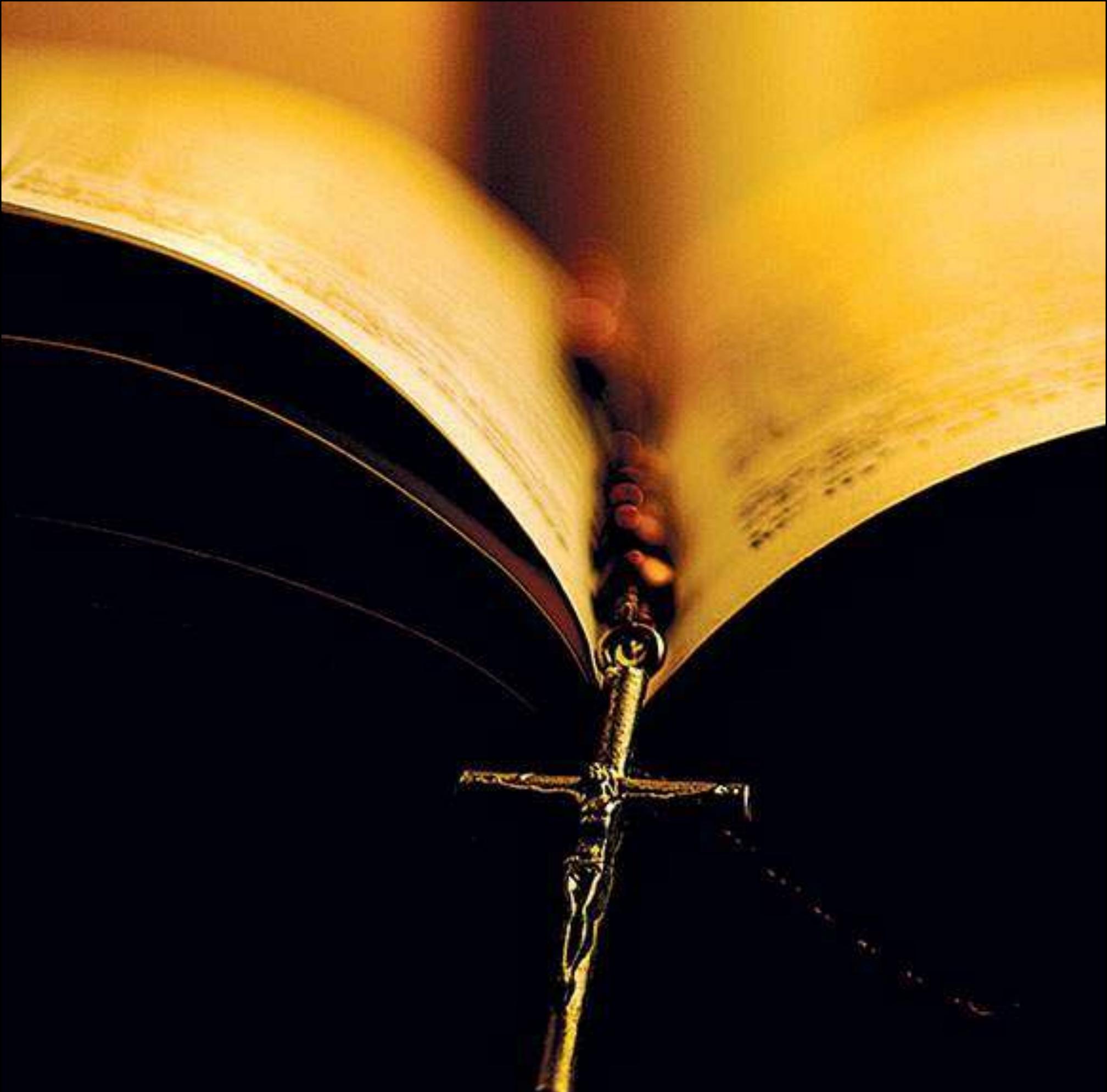


DALVEY
— 1897 —

F.A.I.C.E.™ Online
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OPINION

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FAITH
&
SELF-CARE!

Is it, the result of a historical circumstances, that the birth of Modernity, took place in Christian Europe and then it was exported to other cultures?

Or, is there something inherent in Christianity,

that facilitates the emergence of the individual and offers the conditions, for questioning?

The “adventures” of *religious faith*, followed the course of the individual, during the three stages of Western civilization. For many centuries, it remains submissive, to the various collectives, family, village, religious community.

While *Enlightenment*, was on the forefront, “the individual”, discovered his vast inner soul, the power of desires, the unconscious, the contemplation. For many recent decades, defined as the “*Era of Postmodernity*”, the western-(ized) person consumes, individualizes, enjoys, contradicts and debates uninterruptedly, collects and forms experiences.

Thus, *Faith in God*, was undeniable and undebatable, during the “Era of Premodernity”, when, there were no atheists. During the “*Era of Modernity*”, rationalism is flourishing asking:

"Is religious faith compatible with logic?"

Some responded with atheism, sometimes militant and murderous.

In *Postmodernity* the “climate” changed:

"Faith is very good It doesn't matter how and what you believe, as long as you believe it, if it helps you psychologically, if it gives you peace and meaning in life."

That is why atheism, has been substantially reduced, with the consequent irony and disdain.

Our era, favours, the individuals, to compose their “dish” from the rich “buffet” of religious beliefs.

The truth in “*Era of Premodernity*”, is indisputable.

In *Modernity* questionable. In *Postmodernity*, irrelevant.

What is interesting is that we see these developments mainly in the *Christian faith*.

Even when, they appear in other religions, as doubts, questionings, internal crises, divergences along the "conservative-progressive" spectrum, they do not appear, as strongly as, the rich nuances of the course of Christianity in the West.

Enlightenment, was developed exclusively, as a criticism and rejection, of Christianity. Doubts' about the *Historical Truth*, of religious events, has intensified the question, of whether, *faith* is compatible with the free development of logic.

Even today, religious syncretism, weaves its individualistic composition onto a Christian canvas, where it adds elements, both from other religions and from atheistic religious beliefs, such as Western versions of Buddhism, known as the “*New Era*”.

Where does this distinct position of Christianity come from?

Is it, the result of a historical circumstances, that the birth of Modernity, took place in Christian Europe and then it was exported to other cultures?

Or, is there something inherent in Christianity, that facilitates the emergence of the individual and offers the conditions, for questioning?

The peculiar characteristic of Christianity as a precursor to *Modernity*, is set out in Frédéric Lenoir’s book *The Christ Philosophe*. Indeed, the ability of a religion, to allow the “renewal” the revision, even the challenging and debating, indicates and proves its quality.

What is the stigma of a purely religious person today?

What influences of the three stages are still existent?

Is there an existent, unalloyed, type that dominates?

It couldn't exist! Humans are complex creatures to form them, in shapes!

Most of the modern religious Westerners primarily behave as *Modernists*.

They are free to think and contemplate, to consider self-evident, the free choice of partner and profession, to claim and challenge of their rights as citizens and, to enjoy their religious freedom.

At the same time, however, they may fall into the sirens of consumerism, fall victims of the spectacle society, be subject to addictions, and even have their emotions and desires, religiousized at the core of their morals. This is how they incorporate *Post-modern* elements into the *Modern-day "religious bearing structures"*.

But for many, faith is indivisible. They have not allowed themselves to question, if and how, they exist in a *personal connection, with their personality*. What they received from their parents, or the community, has not been registered as being their own, embedded in their mental identity consistently. Not to mention the prejudices, superstitions and private theologies, that abuse the truth. *Pre-modern fossils* continue to influence religiosity.

For the first time in the history of mankind, multiple cultural layers, coexist in the psyche, as a subsurface of faith. What can be done? Should something be done?

Here the targeting of ecclesiastical and secular reflection should coincide.

The demand for constant re-purification of *faith* is legitimized, both for *religion*, which knows how to distinguish, between *healthy and morbid religiosity* and for the *secular thinker*, who expects to see and experience, an *honest inward faith* but *constructive and progressive in action*.

The river does not turn back - we will not return to *Pre-modernity*.

Although the conquests of *Modernity* prove to be fragile, they will remain a desirable goal in *modern societies*. It follows that *Christianity* needs to be reconciled with it, if it is to speak the language of *modern human*. This means facilitating contemplation within the churches, more integration of *Theology into church life* and *ingenuity in the participation of believers*.

In spite of the prevailing stereotypes, I will argue that *Postmodernity*, must be watched too.

To the amazement of some, I will argue that it has to contribute to an *existential evolution of religious faith*, in which *human becomes acquainted with the truth*, not as an external "garment", to which we must conform, but as an attachment to our *inner truth*.

Christian faith has this possibility of personalization, as *God* Himself could become a little man precisely because *He is Great*. The coexistence in the mental landscape of motile elements, which usually remain sealed together, awaits unification. Mental disruptions, favoured by *Postmodernity*, act as *idolatry*. In other words, they create many "ectopic" centres in the psychic world, each maintaining a relative autonomy.

Worse still: these centres, are not enough to influence and challenge their claims, but they sacrifice them, to their "gods". "*Monotheism*" is going through a severe psychological and existential crisis.

The mental conflicts and contradictions, have attracted the attention, of the important "schools" of psychotherapy from the outset. Often therapists find that these seals get created by a pathological need for control, in other words, because the individual has difficulty in trusting.

Faith, thus emerges, as an effective and necessary condition of *Self-care*.





Missionaries

without

Mission

Lately, doctor, I wake up with nightmares, that I am not normal, stressing that things are heading from *bad to worse*, worrying about the future of my children, despite all the *official diagnosis*, from the world leaders, that our world improves.

This reminded me of the phrase of the great T. Adorno, who supports, that:

"... immature citizens choose to decorate as a moral imperative, the compulsions that lead to blind faith, as the asexual and ugly women defend virginity, not as a rejection, but as a moral stance..."

Ugliness, both internal and external, results in mathematical precision in morality, rigor and "regularity"... but I see the same recipe, I hear the same slogans defending, "nation", "cultures" "traditions", "family" and I start shivering, because this "normality", reminds me another famous phrase expressed by Nietzsche, *"the normality of abnormally"*.

Concentration camps and "prisons of the mind", always had the same motive and inspiration. The violence, generated by the supporters, of the "norm" and "rule", that condemns with *silence*, those, who disobey the "law and order" not to suffer the punishment of expulsion or elimination.

Nobelist, *Mario Vargas Llosa*, wrote in *"The notebooks of Don Rigoberto"*:

"I know of no lie more base than the phrase taught to children: "A sound mind in a sound body." Who ever said that a sound mind is a desirable goal? In this case, "sound" means stupid, conventional, unimaginative, and un-mischievous, the vulgar stereotype of established morality and official religion. Is that a "sound" mind? It is the mind of a conformist, a pious old woman, a notary, an insurance salesman, an altar boy, a virgin, a Boy Scout. That is not health, it is an impairment. A rich, independent mental life demands curiosity, mischief, fantasy, and unsatisfied desires, which is to say a "dirty" mind, evil thoughts, and the blossoming of forbidden images and appetites, that stimulate exploration of the unknown, renovation of the known, and systematic disrespect toward received ideas, common knowledge, and current values".

History has recorded cases of civilizations, where "free citizens" lived, at the expense of "slaves", taking oppressive decisions implementing rules and creating "ethics", Historical events and religious beliefs, sufferings, have determined, the lives of major populations, around the globe.

The French Revolution would not exist without Louis and Luther without the Pope, without Christians, without idolaters and history has no end.

All these events, were passed, from generation to generation, developing societies' beliefs, cultures, perceptions, traditions, dividing or distancing the populations of humanity.

The human mind generates paradoxical meanings, to dispel the fear of the even more paradoxical events. This defect, of stupid thinking considering the eternity selfishly, also happens in real life.

This is how, religions, intelligently "modified" these historical events, and this is why, "dogmatic" and "normal" views and perceptions, have been around for centuries, with no visible end.

Humans, consider *mortality* as a prerequisite for resurrection as they have blindness, of vision, that often gets expressed as visualization, only to get re-blinded, in order to soothe their souls and not to face their unexplained thoughts. Like the sick, after exhausting the options to get cured as science did not help, they resort to rituals or prayers, depending on their beliefs and background, so the followers of “law and order” and “normality” there will happen, a magic, a miracle, where the frogs wake up as princes, after the Cinderella kiss.

Today’s political developments, “political trends”, such as the rise of the far right, all over the world would not have happened, without migration and refugees. Societies, instead of socializing and communicating, are simply worshiping, the basic instincts of survival, where *fear for the others*, becomes an *imprisonment of mind* and immense darkness of progressive thinking.

Otherwise it can not be explained how, vague and intangible concepts, such as nations, borders, geographical unions, economic and military alliances, acquire and govern the subjective consciousness and lead their citizens to hysterical slogans and nylon flags.

At the Indian-Pakistani border, a 100-meter-tall flag expresses a phallus's envy. The cost of maintaining it as a symbol and keeping it in good condition, could feed a whole neighbourhood. The spending for the birthday celebrations that takes place every year for The Queen of England and other “traditional celebrations”, might be enough to build a thousand apartments for workers.

But common sense is abolished, when a country is primarily in need of narratives and myths, rather than the truth of life.

The story of the past wants thousands of dead, to push wheels and carry building materials, not for building something, for the benefit of the community, but in order, to put the skeletons in its time capsule, that will be reminiscent, of heroic events, in order with their, glow and glitter, to shine the darkness of the useless dust, that accumulates in multi layers, hiding the truth, that will always be secret and unknown, from those who believed, this was the “normality”.

It is true that, the more paradoxically is history described, the more believable it becomes. *M. Mazower* and *Toynbee*, support that history is written by mythical, psychologically disturbed, or narcissistic war winners, who have remained as “great historic personas”, such as, W. Churchill, who nodded that history would justify him, after writing it himself.

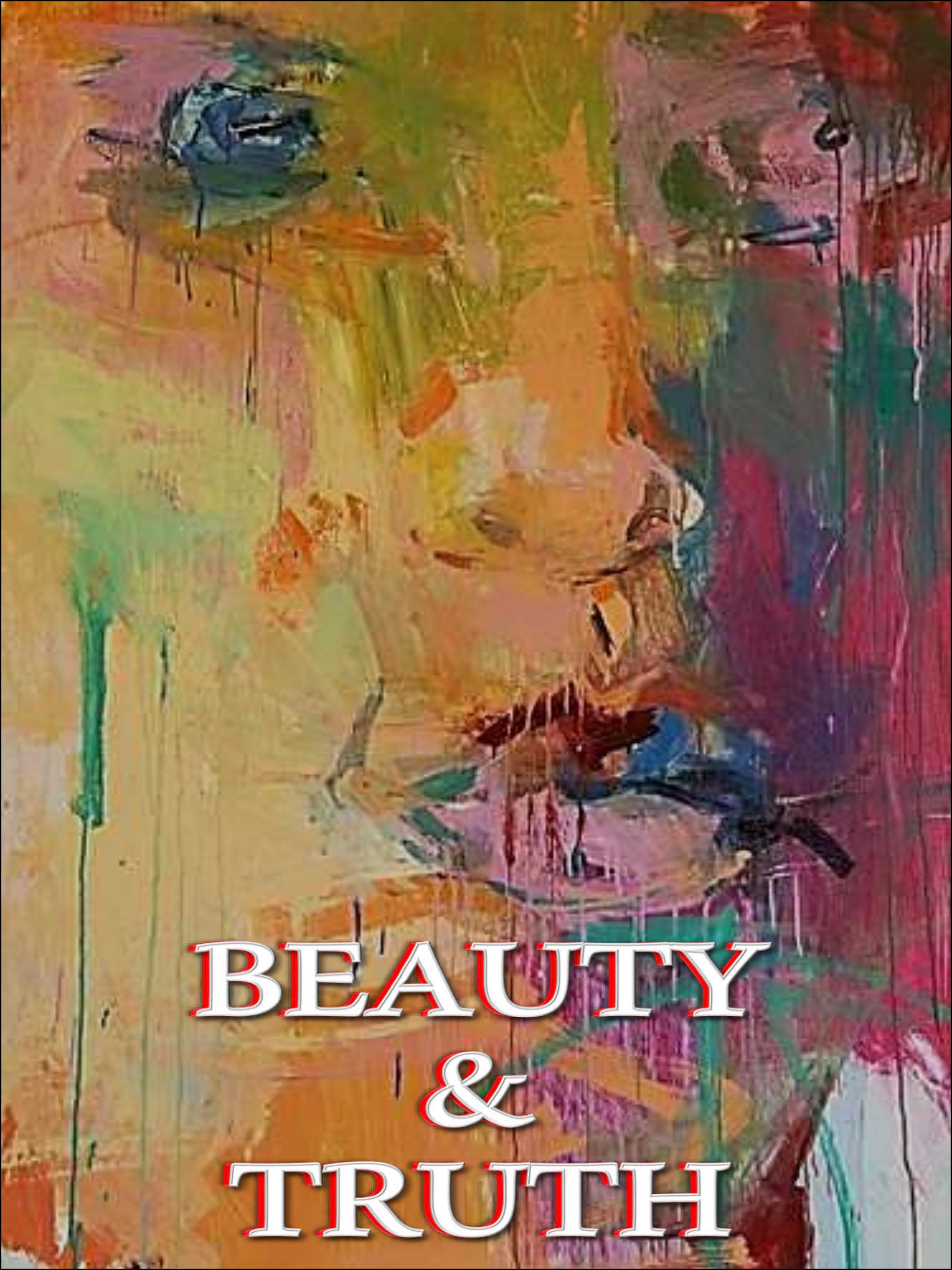
The most inexplicable fact is that planet Earth is inhabited by human beings, who are happy to make their living hell, destroying what the wise nature, has endowed them, using ridiculous excuses, that will never be proven and will never prove to be true.

“God does not play dice”

Einstein used to say, expressing his personal views about religion and he believed in what he called “cosmic religion” where God's presence was evident in the order and rationality of nature and the universe in all its aspects and expressions.

Chaos and randomness are, therefore, not part of “*nature*”, “*law and order*” and “*normality*”!!!



The background is a complex, abstract painting. It features a central, somewhat indistinct figure that appears to be a person or a creature, rendered in warm tones of orange, yellow, and brown. The figure is surrounded by a chaotic mix of colors, including greens, blues, purples, and reds. The brushstrokes are thick and expressive, creating a sense of movement and depth. The overall composition is dense and layered, with various textures and colors blending together.

BEAUTY
|
&
TRUTH

It is certain that *beauty* and *truth* exist and any human wants to conquer them!

There are several roads to follow.

Not only, scientists are dedicated to discovering the truth!

Not only artists are dedicated to creating beauty!

We all feel the magical allure, of the starry night sky! The colourful blooming flowers!

We know, though, that somewhere, somehow, there is an illusion, in the background.

We know that what we see in reality, are quite different.

Transformations and plays, are hidden behind the colourful flowers and that how life evolves.

Love and Passion, desire Beauty and hate the Truth!

That's why Eros, often comes out to be a loser, in the game of real life.

The more Eros conquers Beauty, the more Truth becomes distant and blurry.

And if Eros, makes the mistake of approaching the Truth, then Beauty goes away.

That's why I was moved by the lyrics of the poet *John Keats*.

“Beauty is truth, truth beauty...”

This is what we learn, during our earthy lives. What else to ask?

Aesthetics, as a part of Philosophy,

has been struggling, for centuries now, to determine exactly what Beauty is.

There is no definitive answer, however. Not only because the famous and powerful Taste, is subjective and changes from time to time and from person to person, which is used by fashion practitioners, but perhaps because strong emotions, cannot be expressed by our language.

But the scientific path to the conquest of Knowledge and Truth, has only been satisfying and resting our soul for some time, to be followed by questioning and subversion.

It is a fact, that often some scientific theories, have great Elegance and Beauty.

Likewise, great artists, create works of Great Beauty, that hide Supernatural Truths.

That is why the poet's lyrics no matter how much their Beauty is lost in translations or interpretations, manage to express, boldly and elegantly, another sense of the world.

Einstein's equation, $E = m.c^2$, is not only a revolution in science, but also a charming Beauty.

Doomed to live a graceless day-to-day life, we are constantly striving to expand our boundaries and to make our lives meaningful.

The constant wandering in the world of art and science, satisfies our thirsty soul.

**When we truly discover *Our Own Truth* in the *Journey Of Life*,
then the light of Beauty, will give us *Peace Of Mind*.**



Brainless!

***“Fascism is not the prohibition of saying things,
it is the obligation to say them”***

-Michael Foucault

How would you describe someone who *speaks without having anything to say?*

Unfortunately, this happens in most of the broadcasts, where *“queens without a crown”* and with their *“tank of spiritually”*, running empty, are *“baptized” TV Presenters* and with this authority they develop *“entertainment”* creating *“ethics”, “lifestyle”, “culture”, “civilization”*.

The *morning zone*, attempts to serve a *“cocktail breakfast of happiness”*, mostly viewed by the lazy and the unemployed, as people with work obligations and students, are already on their ways to school and work. Anyone, who is interested to get an update, of what is happening, has already watched or heard the news, a lot earlier.

The *mid-day zone*, fills the *landscape of stupidity*, with some *“unknown, upcoming celebrities”* who are *“thirsty for publicity”*, narrating their *“unknown”* and completely *“useless”* achievements, or how they learnt to hold the *“mic”*. Sometimes, they *“spice”*, their *“nothingness”*, making the viewers feel like the *“Big Brother”*, as they *“promote”, “advertise”, “disclose”*, parts of their private and bedroom life, which, most definitely influences, the IQ development of the viewers.

***“If you want to tell people the truth, make them laugh,
otherwise they will kill you”***

-Oscar Wilde

...So the *“Media Barons”*, decided they would never tell viewers the truth, because *humour*, requires intelligence and creativity, which is absent from both *“media barons”* and *“presenters”*.

You see, *humour*, comes from within a person, as another *sense*.

This is why it is called *“sense of humour”*. It is not a *“script”*, one can memorize and repeat, like a parrot, never mind their *“acting talent”*.

For years now, this *“magical recipe”* turns *human brains* into *“empty mind tanks”*, where *“unsuspected”* and *“unwary”* people, *talk without communicating*, as they have *nothing to say*.

The *“happy neighbourhood”*, not of the *dreams* of the *poets*, but of the *hungry viewers*, are *hungry all day long*, so *cooking* begins in the *morning zones*, where instead of coffee, pots and frying-pans, confirm that the *raw material*, that converts humans, from an *intelligent creation*, to a *hungry glutton*, is a synagogue of chefs and presenters, eating, all sort of *“delicious bites”*.

Chefs preparing the sauce, the sweet presenters tasting them, with *orgasmic compliments*, distribute happiness and glam, while, throughout this festival of joy, genius advertising, that sells Aloe Vera longevity products, or life insurance policies, that will make the family happy, when the policy holder dies, are overturning the night's darkness, to a bright sunshine...

***Speech* and *joy*, in the *zones of virtual paradise*, are compulsory and almost exclusive!**

***Misery, crime* and *poverty*, as well as, *thinking*, are non existent, and probably rightly and contrary to what the great Miller would say *“.. thinking is curse, but if you want to cut it, it is like cutting off your limbs, by putting artificial limbs, in order not to hurt your joints”*, confirming the founders of the *“Revolution of Normality”*, who are hiding the, cat shit under their carpets!!!**

Social conflicts, class differences, the “desperate” and the “cursed” of this society, refugees of real life, but also bankrupted, from any constructive and critical thinking, must disappear, because they tarnish the ideal image of a civilized society, forgetting that culture is also a source of misery, as the great Freud diagnosed, almost two hundred years ago.

It seems like, the fate of humans is repeated, dragging all the “old sicknesses”, into a “gift box”, forgetting and purposely ignoring, that anyone who moves forward, hiding the past, is actually dragging the convict's chains. The old fascism, with the caricatures, the muppets and the puppies, with the squeaky voices, that led the crowds to parade as soldiers, it was easy to be recognized, in the aftermath, when everyone became wiser, but life has proven that we are all standing blind, in front of the dark future, so that is why, the “useless”, “unknown”, “brainless” celebrities talk about their hydrogel and silicone buttock treatments, while the astrologers, accompany the chefs and the presenters, since early hours, in the morning zones.

Fascism is not born in the closed rooms of power.

It may have resided there, after it has already grown and spread widely, with the use of “engines of desire”, which “the system”, invented, in order to satisfy its “egos” and as an extension to distribute only “a few to the many” and “many to the few”, by keeping the “many” in a “brainless mode”!

Modern fascism, needs no tanks, no concentration camps, no extermination and Gulag .

It requires “brainless family environments”, where the idiots, will consume the trash, produced by the wonderful capitalism and globalization, will be the vehicle, to penetrate the markets, while the porte-parole, mouthpieces, mass media presenters, will be introducing you to them, inviting you to try ...“The Hallucinogens Of Life”!

Consume to exist and do not think, to live!!!

After all, in the many good days of happy and glamorous heroes of the past and the present, the lives of others, are copied and imitated, so easily, with the click of a button.

In this cheerful, brainless and greedy society, everything is allowed, with smart devices, making you feel like “The Maids of Honour”, of “brainless TV queens”, while, the... “Lords”, watch and worship some naked bodies, with long legs, rapped in gold ribbons.

In addition to cooking competitions, that promote and brain wash, initiating the top phallocratic expression, there are many other “entertaining” shows, that are “eliminating” the “feministic movements”, with all the anti-feminist and sexist stereotypes, promoting and suggesting, that the body, is a much more powerful “tool”, than the brain!

There are so many examples, in any zone, where, the one imitates the other, coping pasting and trending “useless” and “brainless” trends, developing a general cultural direction, of how things “should be”, how people “should look”, how people “should talk and move”, should change their eating habits, to what a TV presenter, a chef and an “unknown celebrity”, of choice and taste in strong doubt, are eating in the screen, but most importantly, suggesting that:

Humans, “should not think deeper” and remain “brainless”.





THE CURSE



By fighting negative emotions, we are actually fighting our own selves and existence!

Recently I was sitting, talking with some friends, talking about family, in general.

After a few minutes, of the conversation, I became...desperate.

One of the friends, had just asked, what we think, *constitutes a functional family...*

The answers started coming like a heavy storm.

Communication, love, understanding, respect, humour, acceptance, autonomy, teamwork, etc.

As my friends, continued to cherish all these beautiful qualities, of a functioning family, not giving me a chance to talk, I was getting more and more desperate and frustrated!

- *Anger*, I said!

They all looked at me... *"There is hope to talk. You are part of the conversation..."*, I thought!

Only to realize, that they were unstoppable: *games, support, caring, warmth, companionship ...*

I opened my mouth again:

-*Boredom. Disappointment. Sadness*, I added.

Once again, they looked at me and they continued, mentioning *positive qualities*.

I was really sad.

I thought, how shameful it is, to have such a denial, to accept such normal but unpleasant emotions, that will inevitably develop in a family. *They must be developed in any family.*

And not just in a family. Generally in our lives!

All of these friends and society in general, will go to their homes and they will experience, *some of the positive and some of the negative.*

But in their own minds, the negatives do not belong to a functional family, or functional life.

We have to be like those families in the butter-adverts, in order to be considered functional family!

The reality is very different!

We frustrate our children, we get frustrated with our partner, our parents get angry, with us.

The conclusion is one and is indisputable.

Our life is in trouble. It is not functional!

Because, in our *criterion of functionality*, there are only *positive qualities* and because, *the life we live, necessarily falls short of perfection.*

Because, *perfection is not normal*. There are so many *negative situations in our lives.*

There are no negative emotions!

There are only *feelings that are unpleasant*, but we have a very good reason, to feel them.

The curse of our time, is the demonization of negative emotions and situations.

A huge *industry of hope*, which sells *perfection* and advertises, *"how the perfection, can perfect itself"*, makes us feel, constantly *incompetent, inadequate, guilty and in trouble.*

In beauty care and products, clothing, daily living goods, vacation packages, toys for kids, etc.

The only way to feel relatively calm, is to understand and destigmatize, our human nature.

A normal functioning life, will also have loneliness, sadness, frustration, anger, boredom, stresses.

All of this we should manage in a *functional way*. As far, as we can and sometimes, we simply can't!

Enough with the positivity, the illusions and our constant search for a romantic life, "as advertised".

"By fighting negative emotions, we are actually fighting our own selves and existence!"

... So even if we win, we will lose something ...!

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