Www.foiceonline.com

<u>FASHION</u>





Collection Spring Summer 2020











Earthy shades, prints of palm and ferns leaves, where some of the themes of a chic and with breezy shapes collection, perfect for the warmer days of the summer!

Cotton poplin skirts and trousers, long halter, ribbed colorblocked and lacy dresses, light knits, gave Milan Spring Summer 2020 fashion week a Cuban atmosphere!





















Earthy shades, prints of palm and ferns leaves, where some of the themes of a chic and with breezy shapes collection, perfect for the warmer days of the summer!

Cotton poplin skirts and trousers, long halter, ribbed colorblocked and lacy dresses, light knits, gave Milan Spring Summer 2020 fashion week a Cuban atmosphere!





















Earthy shades, prints of palm and ferns leaves, where some of the themes of a chic and with breezy shapes collection, perfect for the warmer days of the summer!

Cotton poplin skirts and trousers, long halter, ribbed colorblocked and lacy dresses, light knits, gave Milan Spring Summer 2020 fashion week a Cuban atmosphere!













Collection Spring Summer 2020

Heaven Gaia 盖娅传说











Heaven Gaia's SS20 show, was divided into two parts. The first part, titled "Flying Like the Wild Goose," was an epitome of class and quality of the Chinese fashion industry The second act called "Just Like the Dragon" blended the concept of high fashion clothing with high-quality ready-to-wear, fusing Chinese culture with a contemporary style of dress. Heaven Gaia's legendary high-quality ready-to-wear inherits a century of quality and ingenuity, combining the Chinese classical art culture, with the Western-style 3D tailoring technology, so that every











Heaven Gaia 盖娅传说











Heaven Gaia's SS20 show, was divided into two parts. The first part, titled "Flying Like the Wild Goose," was an epitome of class and quality of the Chinese fashion industry The second act called "Just Like the Dragon" blended the concept of high fashion clothing with high-quality ready-to-wear, fusing Chinese culture with a contemporary style of dress. Heaven Gaia's legendary high-quality ready-to-wear inherits a century of quality and ingenuity, combining the Chinese classical art culture, with the Western-style 3D tailoring technology, so that every











Heaven Gaia 盖娅传说











Heaven Gaia's SS20 show, was divided into two parts. The first part, titled "Flying Like the Wild Goose," was an epitome of class and quality of the Chinese fashion industry The second act called "Just Like the Dragon" blended the concept of high fashion clothing with high-quality ready-to-wear, fusing Chinese culture with a contemporary style of dress. Heaven Gaia's legendary high-quality ready-to-wear inherits a century of quality and ingenuity, combining the Chinese classical art culture, with the Western-style 3D tailoring technology, so that every



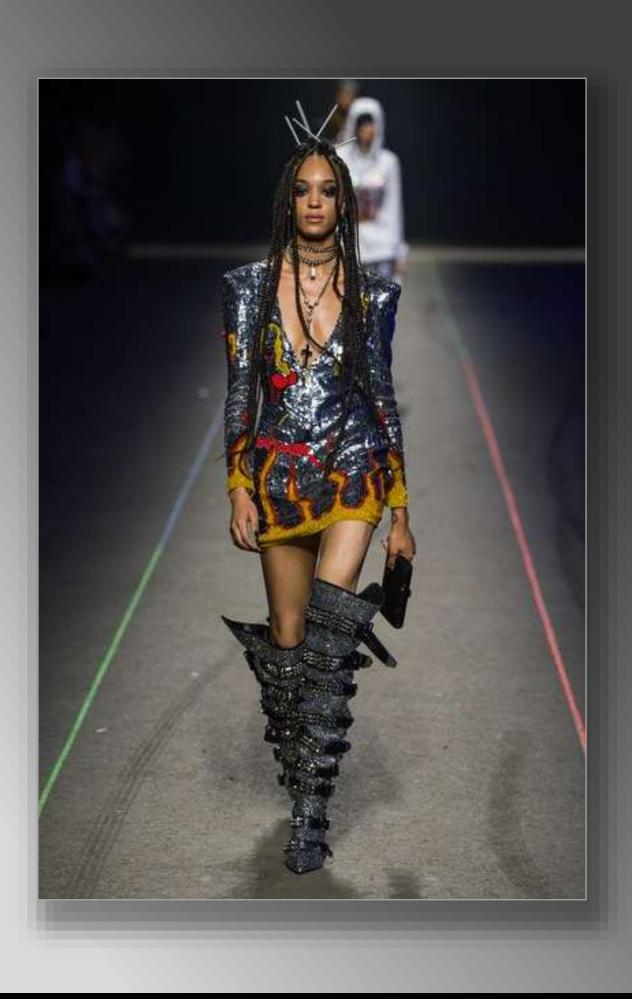












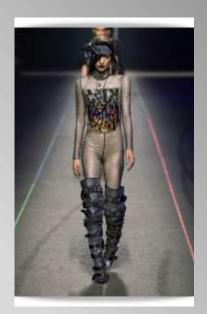
Collection Spring Summer 2020





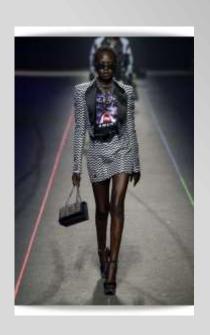






Philipp Plein shifted his focus from hip hop, to rock!!!
Reading from world.philipp-plein.com:
"...Welcome to the brave new world of Philipp Plein
Spring/Summer 2020.On the 20th anniversary of the
company, Philipp Plein returned to Milan with a megashow
featuring almost 100 looks on more than 80 models,
showcasing the dynamic DNA of the brand.
To a thunderous rock soundtrack, the Plein punk rebels hit
the runway for a wild ride into rock'n'roll overload.
They're a freewheeling tribe on a mission, louder and freer
than ever. Their weapon of choice? Guitars at full blast.
Their wardrobe a high-volume, unapologetic roar
of Mad Max attitude..."























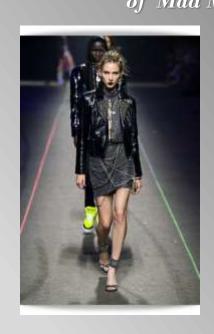
Philipp Plein shifted his focus from hip hop, to rock!!!
Reading from world.philipp-plein.com:
"...Welcome to the brave new world of Philipp Plein
Spring/Summer 2020.On the 20th anniversary of the
company, Philipp Plein returned to Milan with a megashow
featuring almost 100 looks on more than 80 models,
showcasing the dynamic DNA of the brand.

To a thunderous rock soundtrack, the Plein punk rebels hit
the runway for a wild ride into rock'n'roll overload.

They're a freewheeling tribe on a mission, louder and freer
than ever. Their weapon of choice? Guitars at full blast.
Their wardrobe a high-volume, unapologetic roar
of Mad Max attitude..."





















Philipp Plein shifted his focus from hip hop, to rock!!!
Reading from world.philipp-plein.com:
"...Welcome to the brave new world of Philipp Plein
Spring/Summer 2020.On the 20th anniversary of the
company, Philipp Plein returned to Milan with a megashow
featuring almost 100 looks on more than 80 models,
showcasing the dynamic DNA of the brand.

To a thunderous rock soundtrack, the Plein punk rebels hit
the runway for a wild ride into rock'n'roll overload.

They're a freewheeling tribe on a mission, louder and freer
than ever. Their weapon of choice? Guitars at full blast.
Their wardrobe a high-volume, unapologetic roar
of Mad Max attitude..."













Collection Spring Summer 2020











"I wanted to use ideas that were birthed here, in the 5th century BC when the Temple of Poseidon was built... Philosophy, theology, biology, astronomy, trigonometry. Ideas that are so abstract, words that were birthed here 2500 years ago and the wonder that they can be so relevant today..." Katrantzou said.

Escapism and craftsmanship define high-skilled fashion, but Katranzou's show was also a message addressed to young designers, that fashion should also somehow serve the concerns of humanity and community.

Katrantzou's show aimed to raise funds for the Elpida Association, an international charity platform





















"I wanted to use ideas that were birthed here, in the 5th century BC when the Temple of Poseidon was built... Philosophy, theology, biology, astronomy, trigonometry. Ideas that are so abstract, words that were birthed here 2500 years ago and the wonder that they can be so relevant today..." Katrantzou said.

Escapism and craftsmanship define high-skilled fashion, but Katranzou's show was also a message addressed to young designers, that fashion should also somehow serve the concerns of humanity and community.

Katrantzou's show aimed to raise funds for the Elpida Association, an international charity platform for children with cancer!





















"I wanted to use ideas that were birthed here, in the 5th century BC when the Temple of Poseidon was built... Philosophy, theology, biology, astronomy, trigonometry. Ideas that are so abstract, words that were birthed here 2500 years ago and the wonder that they can be so relevant today..." Katrantzou said.

Escapism and craftsmanship define high-skilled fashion, but Katranzou's show was also a message addressed to young designers, that fashion should also somehow serve the concerns of humanity and community.

Katrantzou's show aimed to raise funds for the Elpida Association, an international charity platform for children with cancer!

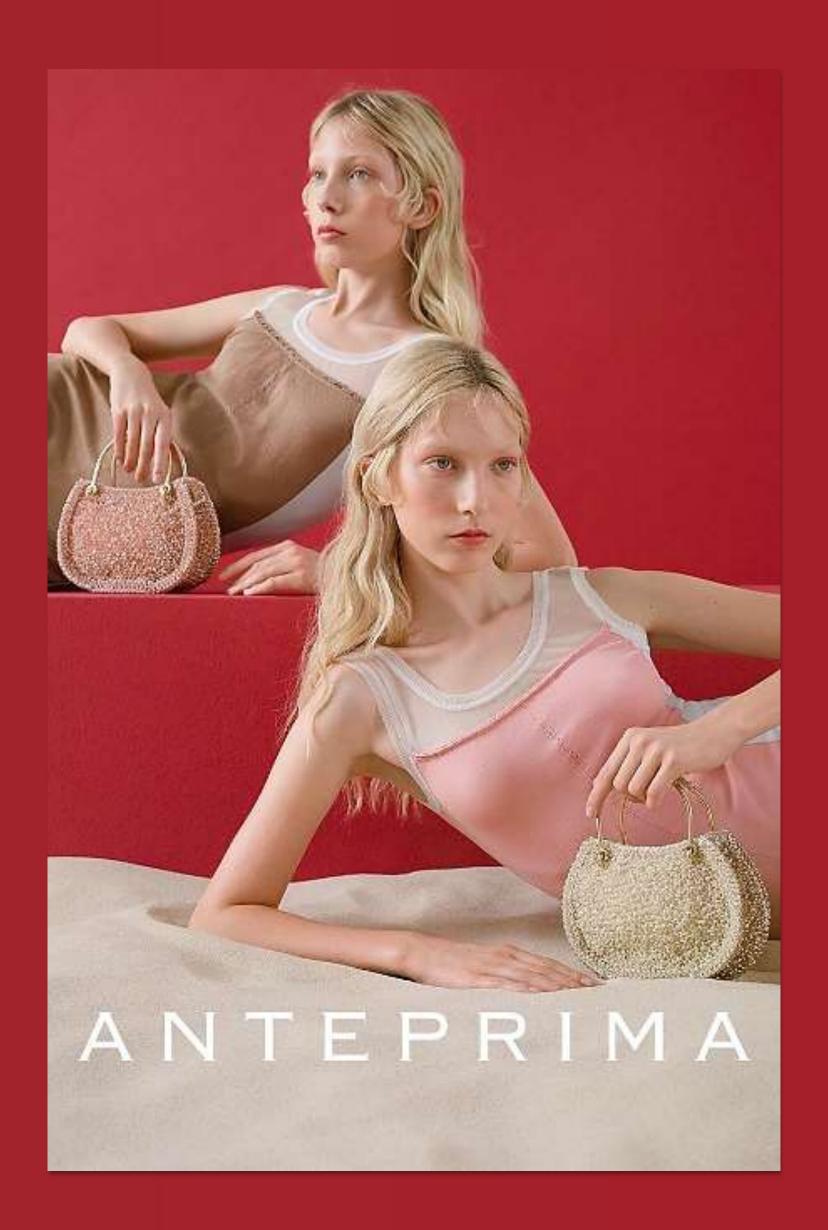














The wide, strappy and eye-catching belts turned out to be one of fashion weeks' star accessory!









At Oscar de la Renta's show, wide leather belts were cinched with raffia-trimmed buckles.

At *Gabriela Hearst*, the buckles were slabs of polished geodes, some the size of drink coasters.

Although most labels seemed content to keep the leather belt exactly where it's always been, around the waist, that wasn't the inspiration for *Proenza Schouler!*

Perhaps as part of the "firm commitment to unfettered creative experimentation" designers Jack McCollough and Lazaro Hernandez cited in their show notes, belts ranged harness like from the waist up and over the shoulders, forming a leather V with buckles at the shoulder joints on some looks, dangled unbuckled over one hip on others and seeming to play hide-and-seek with draped fabrics at the neck on still others.



- 1. Oscar de la Renta
- 2. Gabriela Hearst
- 3. Proenza Schouler
- 4. Proenza Schouler
- 5. Alexander McQueen
- 6. Gucci
- 7. Louis Vuitton
- 8. Dsquared2
- 9. Philipp Plein
- 10. Yves Saint Laurent













TRENDS ALERT!



2020'S fashion trends, are a flashback to past decades!

Bulky shoulders, colors, suits, turtlenecks, leather, hot shorts and a lot of slits. Total looks always remain at the forefront, and dresses are tight and feminine. These are the strongest, as well as "wearable", fashion trends for this year!













- Leather
- **Power Shoulders**
- **Strict Suits**
- 4. Hot Shorts
- 80's Style
- **Long Narrow Dresses**
- Safari Look
- **Jeans Total Look**
- Slits & Nets
- **Loose Pants**

1a. BOTTEGA VENETA 1b. VERSACE 2a. PHILOSOPHY di LORENZO SERAFINI 2b. BALMAIN 3a. BALENCIAGA 3b. VALENTINO

4a. YSL

4b. BRANDON MAXWELL **5a.ISABEL MARANT** 5b. ALEXANDER McQUEEN 6a. MARNI 6b. TOM FORD 7a. DOLCE&GABBANA 7b. GUCCI 8a. CALVIN LUO 8b. ELIE SAAB 10a. CHANEL

10b. NINA RICCI



















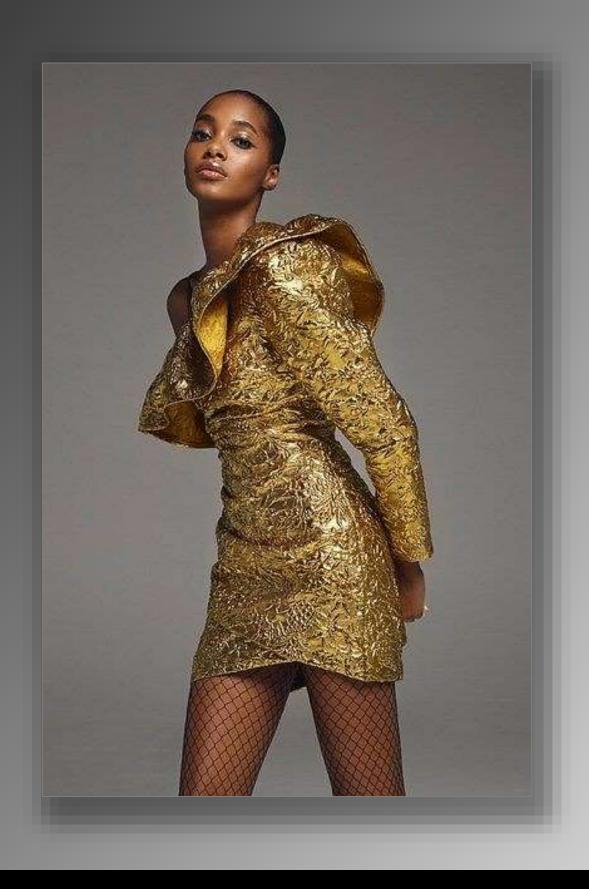








ERENDS MINIA!

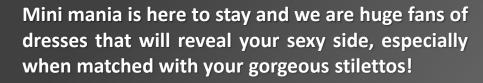


Mini Dresses are Sexy!

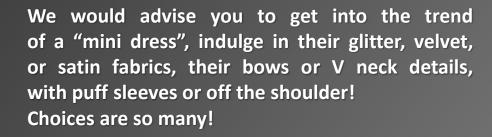
Mini dresses are here to stay!

For "sexy" appearances!!!





Still looking for dresses that will make a difference in your evening looks this year?



Match them with tights or leave your legs naked for an even sexier look and get ready to impress... *Guaranteed!*



Get inspired from these looks!!!

- 1. VERSACE
- 2. DUNDAS
- 3. ZARA
- 4. UTERQUE
- 5. & OTHER STORIES
- 6. BERSHKA
- 7. BERSHKA
- 8. H&M
- 9. ZARA
- 10. & OTHER STORIES







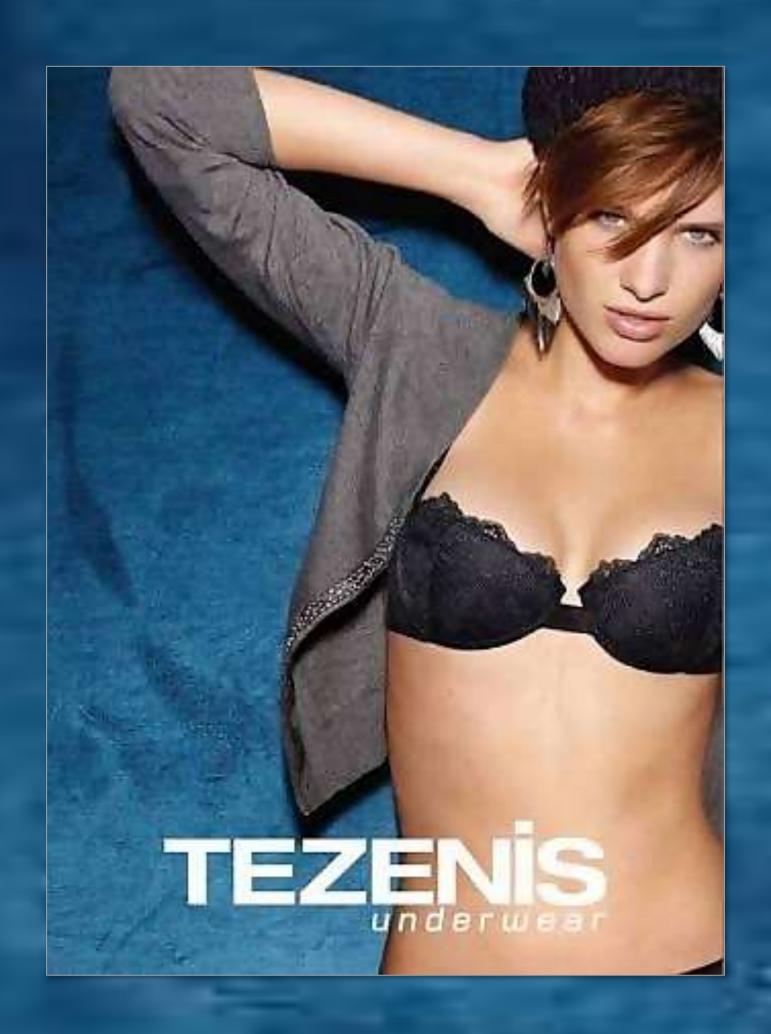














Trends



Personal Style!



Get Your Own Style Identity!

Be yourself and stand out at every step!!!

Every year you are inundated with the latest trends that tell you what is in fashion.

Big fashion houses are launching their new collections and we are all inspired by their looks and garments, to include them into our daily lives. It's fun to learn what's new in the market and in fashion, so even if you are a beginner and have little to do with it, you can see new things, experiment and get knowledge from experts. It is useful to keep up to date with the fashion industry and trends, but without losing your own *personal style*.

"Learn how to keep a balance between the suggestions you see and how to filter them, to achieve your personal style!"

Identify Your Body Shape:

The first step is to know your body and its shape. When you accept your body and have a clear image of it, you will be able to find out which clothes suit you and which do not. Look for celebrities with similar silhouettes and get inspired by their outfits, if you want to have an image in your mind, but if you find that a trend doesn't suit you, there is no reason to follow it. Look for what is best for you.

Choose signature pieces:

When you realize your body and the clothes that suit you, find your favorite pieces and play around with them. Something that will give your style a distinctive look is to have a *signature fashion item*, such as a scarf, or a pair of glasses. Many celebrities are famous for their own appearance looks. Try adopting something you know is embracing you and you will definitely be impressed with your personal signature.

Find out what doesn't suit you:

Most importantly, take a look at your style and clothes. No one is forcing you to follow a certain trend faithfully, if you find that it does not represent you. Just because a blogger is wearing a particular design does not mean that it is going to flatter everyone. Surely, trends are here to give you ideas, but you can try and experiment with them until you find exactly what your "glove fit" is!

Don't just stick to new arrivals:

There are lots of new collections and new outfits, and of course, you won't get over them.

However, do not overlook classic pieces that are timeless and will accompany you for years. Invest in basic pieces, look for vintage shops and not just stick to current trends, to create your own signature style!

"Declutter" your wardrobe:

According to experts, the key to creating a capsule wardrobe is to have up to 50 pieces or less.

This way you are aware of all your clothes and keep your closet more organized. So be clear about what you wear and what not and upgrade your wardrobe with the fashion pieces that are really useful. You will make much easier and striking combinations by seeing all your clothes!



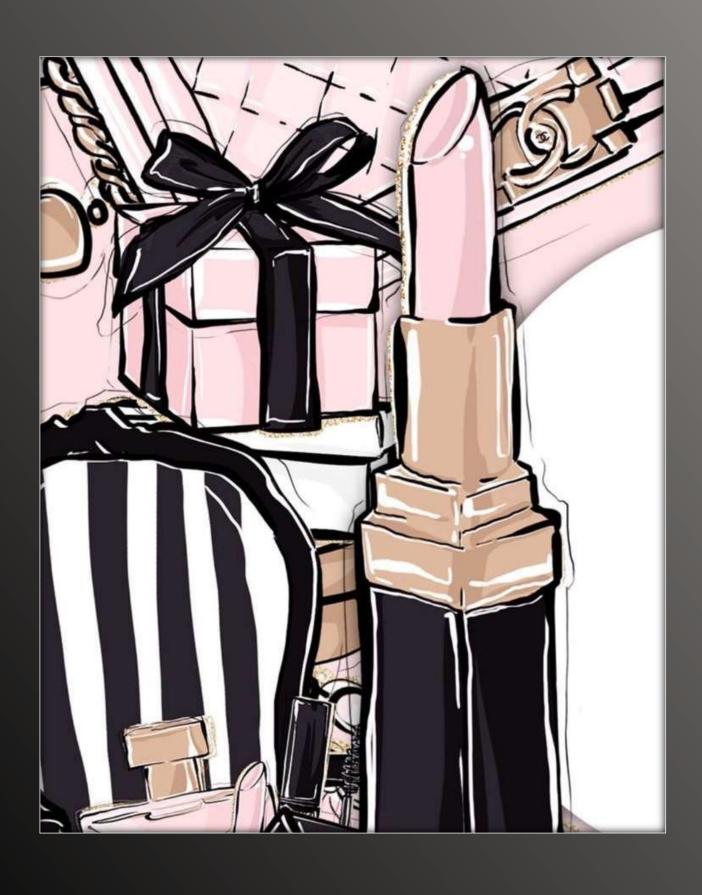


BULL-DICCONING.COM

BEAUTY



Beauty & Row Shopping!



Let's Gooooool

Our top choices for FEBRUARY 2020!

1. Bobbi Brown Luxe Gems Eye Shadow Palette

A new, limited edition palette for the holiday season that features seven shades of the brand's Luxe eyeshadow (which is their more expensive formula). The Luxe formula can be used dry or wet, though the current description of the formula indicates to use it with a wet brush to intensify the shine—and that seemed to be true for most shades in the palette. They are supposed to wear for eight hours!

2. Highlighter Éclat Magnétique de Chanel, Chanel

Created exclusively for Les Ornements de CHANEL Holiday 2019 Collection, this limited-edition highlighting powder creates a lit-from-within glow with a soft-peach shimmer. Embossed with an ornamental motif inspired by a vintage CHANEL button. The easy-to-blend texture glides onto skin for a radiant finish. Dust onto center of forehead, tops of cheekbones, brow bones and Cupid's bow with the included deluxe brush or a highlighter brush. Apply all over for a subtle, luminous look.

3. Rouge Dior Couture Collection, Dior

This limited-edition Rouge Dior coffret features the Jewel Edition of the Rouge Dior 999 lipstick, along with five refills in emblematic Dior shades celebrating all facets of femininity. The Collection coffret contains shades in matte or satin finishes, flamboyant or tinged with blue, to mix and match to your heart's delight.

(999: Iconic red, satin finish-434 Promenade: Hazelnut beige, satin finish-080 Red Smile: Bright red, satin finish-520 Feel Good: Vibrant pink, satin finish-772 Classic Matte: Rosewood, matte finish-999 Matte: Iconic red, matte finish)

4. Re-Nutri Ultimate Diamond Transformative Energy Dual Infusion, Estée Lauder

Re-Nutriv Ultimate Diamond Transformative Energy Dual Infusion is an energizing serum treatment that delivers all-around anti-aging care for mature skin. Dual infusion combines a double dose of black diamond truffle extract with a cutting-edge youth-sustaining technology to sculpt, perfect, improve radiance, make skin tone more even and lines and wrinkles less visible. It makes skin firmer, smoother, and visibly refined.

Each serum is sealed apart in its own vial. The gold vial contains a collagen-boosting skin renewing elixir, while the platinum one delivers a retexturizing serum.

5. Good Girl Glorious EDP, Carolina Herrera

Following the huge popularity of the debut, the brand launches collectible editions of the stiletto-shaped flacon without changing the composition that has won the hearts of many fans of modern gourmands. In addition to the original dark blue Good Girl stiletto, there is also the black one with white dots (Good Girl Dot Drama), a dark red one (Good Girl Velvet Fatale), etc. The flacon is now in shimmering gold: glitzy and glam

6. Velvet Rope Lip Pencil Set, NARS

Make a statement with iconic and vibrant Velvet Matte Lip Pencils, set in a special-edition glittering pencil case with built-in sharpener. Featuring a curated set of best-selling shades ranging from soft nudes to daring bolds, featuring dusty pink Bad Girl, dusty rose Dolce Vita, vivid siren red Dragon Girl, and pink mauve Sex Machine.

SHADES: BAD GIRL (Dusty pink)-DOLCE VITA (Dusty rose)-DRAGON GIRL (Vivid siren red)-SEX MACHINE (Pink mauve)







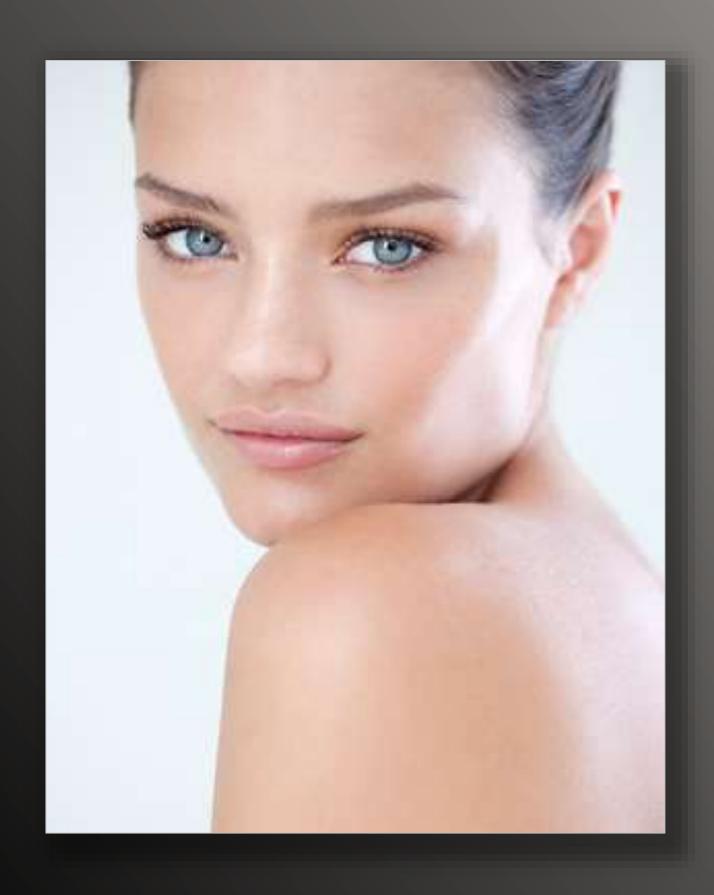
TOP ROW FROM LEFT TO RIGHT:

- 1. Bobbi Brown Luxe Gems Eye Shadow Palette
- 2. Highlighter Éclat Magnétique de Chanel, Chanel
- 3. Rouge Dior Couture Collection

LOWER ROW FROM LEFT TO RIGHT:

- Re- Nutri Ultimate Diamond Transformative Energy Dual Infusion, Estée Lauder
- 5. Good Girl Glorious EDP, Carolina Herrera
- 6. Velvet Rope Lip Pencil Set, NARS

HLL OF T L'INTERDIT HY G



The solution for healthy skin!

The debate over skincare is growing!!!

The choices are many, as there are products and treatments, that promise miraculous results. And since the beauty of the skin depends on skin health, *Elemis*, which has introduced new technologies and specialized treatments, delivers the solution with the brand new *Ultra Smart Pro-Collagen range*.

These are four products that prevent and combat the signs of aging, by incorporating all the powerful nutritional properties of seaweed.

Ultra Smart Pro-Collagen, is a range of uniquely engineered treatments that cleverly mimic the resilient appearance of younger skin. This clinically proven* serum, formulated with 12 specialized algae and ULTRA SMART Drone Peptide Technology, targets multiple signs of aging.

Together with targeted technological dispensing systems that enable maximum precision and efficiency, they enhance the natural process of skin renewal and encourage optimum skin function, preventing the appearance of wrinkles and fine lines.

The 34 different varieties of seaweed are found in both freshwater and sea ecosystems and can thrive in extreme conditions, from frozen Arctic waters to the Dead Sea. They are also capable of producing compounds and secondary metabolites, including vitamins, minerals, amino acids and polysaccharides, creating a natural chemical defense shield against environmental attacks.

Elemis President and Co-Founder, Noella Gabriel, points out that:

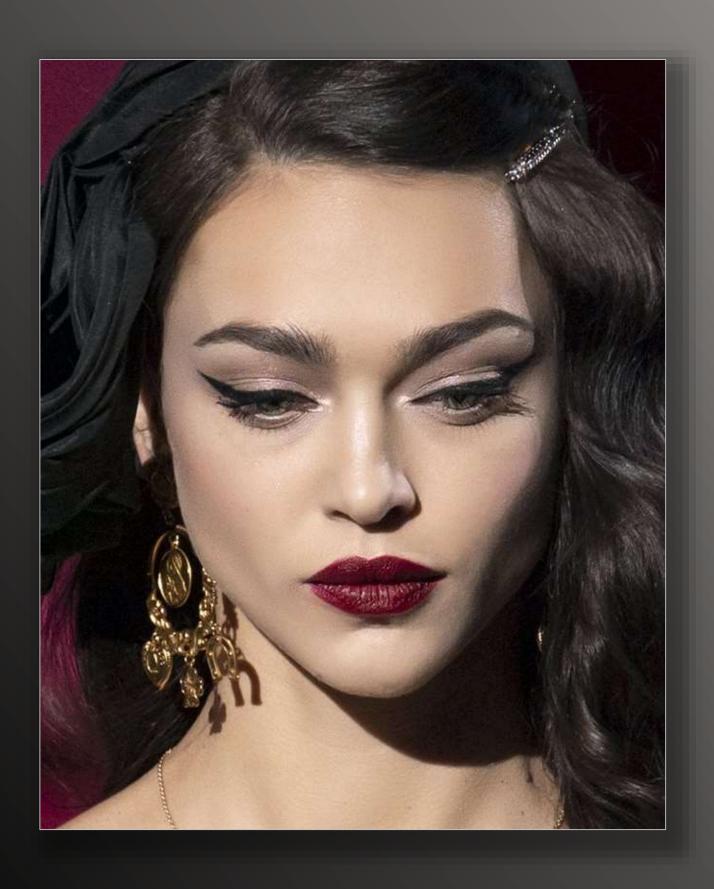
"The Ultra Smart Pro-Collagen range is the perfect fusion of nature and technology. The products have been developed with state-of-the-art technology, such as drone peptides, which release active ingredients wherever and whenever needed."

The groundbreaking *Ultra Smart Drone Peptide Technology* targets areas of the face with hyaluronic acid, while *Ultra Smart Line Fighting Complex* is designed to support the natural management of skin focusing on deep lines and wrinkles, improving skin elasticity!





#Eyeliners



Make it last!

Tow will your eyeliner stay firm all night? What is the trick to not smudge?!

The biggest issue is what you need to do, n order to have a duration.

Following these steps you will no longer need to worry, if the lipstick "disappeared", or your eyeliner became messily smeared.

For this reason,

we've put together two valuable tips that will make your eyeliner stand firm all night.

The trick with the eye pencil:

First, create a line with the eye pencil, in the length and thickness you want. Then apply over it a liquid or gel eyeliner. The pencil, because of its composition, will create a firm base, on which the liquid eyeliner will not "slip" and therefore will last longer.

Apply a primer"

A rule that generally applies to eye makeup. All you have to do, is to apply a small amount of eye primer to your eyelids and then draw the line with the eyeliner.

Suggested products:

- Waterproof eye pencil:
 Urban Decay 24/7 Glide-On Eye Pencil in Perversion shade.
- Liquid water-resistant eyeliner, with rich pigments:
 Fenty Beauty by Rihanna Flyliner Longwear Liquid Eyeliner.
- Shadow Primer that keeps shade and eyeliner firm for up to 24 hours:
 Smashbox 24 Hour Shadow Primer.



Urban Decay 24/7 Glide-On Eye Pencil in Perversion shade
 Fenty Beauty by Rihanna Flyliner Longwear Liquid Eyeliner

3. Smashbox 24 Hour Shadow Primer



B E A U T

PURE TEMPTATION!



"Tubereuse Mystique" the new addictive fragrance by BVLGARI

Having already paid tribute to the precious iris, jasmine and magnolia, BVLGARI's SPLENDIDA series unveils a new fragrance based on the mystical Tuberose flower. TUBEREUSE MYSTIQUE is ready to become the new heart of the SPLENDIDA BVLGARI Collection.

Mysterious and captivating, SPLENDIDA TUBEREUSE MYSTIQUE is a sensual interpretation of Tuberose, combined with notes of Vanilla, Honeysuckle and Arbarizarza.



Tuberose is known as as the "Mistress of the Night", a symbol of pure seduction.

Its aroma is rich and enchanting, a legendary flower,
whose charm has been imprinted over centuries and cultures.

Because of its temperamental, delicate nature, it is also known as the "Diva of the Field".

While this nocturnal flower offers its richest notes in the night,
it is always harvested in the morning.

For the first time, BVLGARI applies an exclusive night harvest to preserve
Tuberose's peculiar smell at its peak, with unprecedented fidelity.

To express the complexity of this charming flower,
Master Perfumer Sophie Labbé composed the fragrance,
as a jeweler sculpts the gems to reveal the hidden and explosive aspects of Twilight Tuberose.





Take a new Chance!

classic Blue



2020's Color Trend!

Beauty honours Pantone's shade for 2020, in its own way!

"Classic blue" appears in perfume packaging, skincare products, while also it is starring in makeup, in striking shades and nail polishes.

See below how this shade gains the impressions of beauty industry.

Suggested Products:

- 1. Aroma of Cipresso di Tuscany, Acqua di Parma
- 2. Shadow Luxe Rich Gemstone Eyeshadow (Royal Sapphire), Bobbi Brown
- 3. Blissful Amber Scented Candle, Diptyque
- 4. Wild Cat Nail Polish, Essie
- 5. Perfume English Pear & Frescia, Jo Malone
- 6. Midnight Recovery Concentrate Serum, Kiehl's
- 7. Stone Wash Nail Polish, Kure Bazaar
- 8. Eyeshadow Lid Luster Midnight, Victoria Beckham Beauty



hristian Journal of the Country of t





The Art of Nude!

ransparent skin, bare lips and eyelids, manicure in natural shades.

This is the strongest trend in makeup! Top Fashion Houses, such as *Chanel, Isabel Marant, Rochas, Burberry, Brandon Maxwell*, glorified Nude Make up, during their latest shows.

Take it step by step, using these "key-products".

- 1. Highlighter Palette, Better Than Platinum Baked, Catrice: Thanks to its luxurious silky texture, this Highlighter Palette underlines the individual radiance of the wearer, for naturally beautiful make-up with a soft glow.
- 2. Vinyl Cream No 421 Yves Saint Laurent: The creamy lip stain melts and drenches lips in high-coverage colour that feels nourished and smoother day after day. Vinylized shine and ultra-pigmented colours provide comfortable hydration for up to 10 hours.
- 3. Rare Rose Serum, Jurlique: Jurlique Moisture Plus Rare Rose Serum is a lightweight serum for normal to dry skin types that intensely hydrates. The gel serum contains rose extract and dwarf lilyturf root extract to protect and strengthen the skin's natural lipid barrier to prevent water loss. Skin is left plump with a fresh glow.
- 4. Rouge Allure Ink Fusion No 224, Harmonie, Chanel: A new-generation of long-lasting ultra matte liquid lip colour to make a bold impression. Immediately fuses with the lips to leave its imprint for a makeup-free sensation.
- 5. Free the Nudes Color Riche Matte, L' Oréal Paris: Highly pigmented, super matte finish In one stroke, experience rich lip color and comfortable wear. Lip tone nude lipstick shades that enhance the natural color of your lips 16 Nudes for every skin and lip tone -The End Result: Your lips but better.
- 6. Eye Focus Single Eye Shadow Compact, Cozy Grey, M.A.C.: Highly pigmented powder. Applies evenly, blends well. Can be used wet or dry. Available in a wide variety of textures and finishes
- 7. Morello Matte Lasting Lip-fluid Romantic Nude, Korres: Long lasting liquid lipstick for a perfect matte finish, rich color in a single pass and ultimate lip comfort.
- 8. Gel Natalia Siwiec Venice Love Me Tender Indigo: Indigo hybrid gel polish. available in 7ml. Sweet, powder shade of pink, perfect for a romantic date on one of the Venetian canals.
- 9. Color Tattoo, 24h, 150, Socialite, Maybelline: Color Tattoo® Up To 24HR Cream Eyeshadow. Bold, super-saturated waterproof color impact for a look that lasts all day.
- 10. SOFT-CRAYON-No-221, HEAVEN, ERRE DUE: Soft creamy pencil lipstick for a natural lip effect. Rich in color, contains shea butter for hydration on the lips that lasts up to 3 hours.

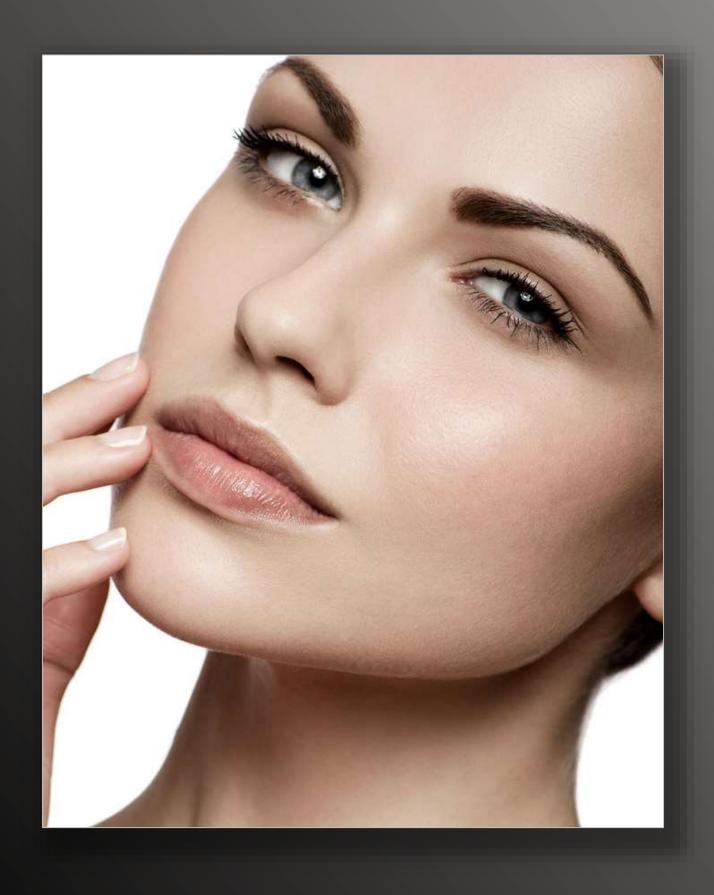
Top Tip: The secret for an immaculate finish, is the correct skin hydration, before make-up and for the ideal "matchy-matchy" look, your nails must be n the same color shade with your face!





B E A U T Y

Clean Skin



Make-up Tips!

Clean shiny, flawless skin, is always a goal, in terms of makeup.

Who does not want a naturally flawless face, ready to accept any makeup? Although it may not seem difficult to achieve, in practice the result is not always the desired one.

This is for two reasons.

Firstly, because you have not chosen the right shades in the products you use and secondly, because you overdo it!

Here we will deal with the exaggeration and we wish to tell you that you can avoid it with only 3 moves. The next time you stand in front of a mirror, remember to follow these steps for a clean skin as a base or as your makeup.

Surely, I'm not telling you anything new. Just after so much luminance, glitter and bold lipstick, I thought I'd remind you of the basics.

Take a break from the intense makeup and allow your skin to do so as well.

Step 1: Primer

Whatever you do, the primer is a necessary step for everything else to go well. It prepares your skin properly to accommodate the foundation and helps for the make-up duration. So don't miss it.

Step 2: Foundation

At this point, I feel like I will hear many voices wondering what the right foundation is, what shade, what texture and a lot of other questions that are going through your minds. What you need to do first, is to choose a foundation based on your skin type and then to come up with the right shades.

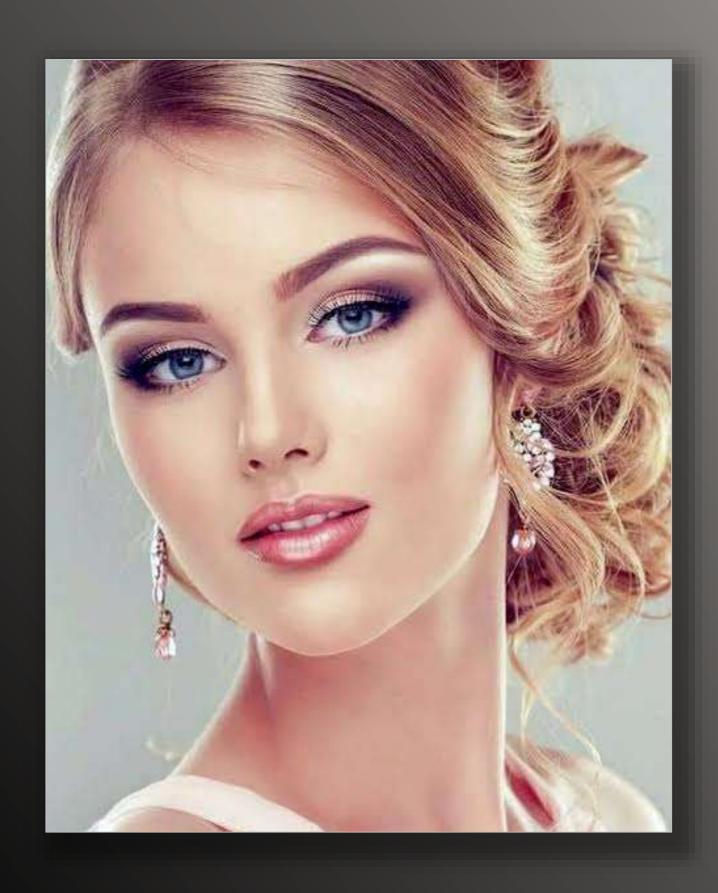
Step 3: Setting powder

The magic powder that locks the effect. It is better to be transparent and to apply it with a special fan-like brush. Every trace of grease will disappear while the foundation will last longer.

Follow these steps and achieve a flawless skin!



DIY ENERGY!



A "Magic" Serum!

DIY serum to start your day full of energy!

Thanks to its essential oils it can wake you up and recharge your batteries at all times, you wake up in the morning and although you had enough hours of sleep, you feel lethargy, weakness and fatigue.

You feel that you are missing something, that you need something urgently to be able to regain energy, to re-operate your mind and body, and to be able to fulfill all your obligations, in a good mood!

A good breakfast, your favorite coffee and water for hydration, may be the first thought that goes through your mind, but we have another solution worth trying, if you want to enhance the results even more.

Everything in this serum depends on the power of some essential oils that combined together, they create an *Energy - Boosting Serum*, that you will love from the first application on your skin.

INGREDIENTS!

You will need:

- ½ a teaspoon of lavender essential oil,
- ¼ teaspoon of palmarosa essential oil (palm oil),
- 1/8 teaspoon of peppermint essential oil.

HOW TO PREPARE IT!

Mix all three of these ingredients in a clean, small bowl and after doing your makeup, apply a few drops of the serum on your shoulders and bones, below your neck.

The essential oils you just used for the *energy - boosting serum* have rejuvenating properties, that instantly wake you up, evoke euphoria and positive energy and leave your skin a very pleasant scent and gentle feeling throughout the day.

WW.Foiceonline.com

LIFESTYLE







The New Method!

** [35] [27] ** The "friendly" way to end a relationship!

We've talked about "ghosting" many times.

"Caspering", however, seems to be the most painless of the two. Why?

In "ghosting" the other person suddenly disappears, stopping to answer your calls and messages, leaving your last conversation "seen" or worse, without even opening the messages.

The "ghost" probably didn't have the courage to explain their feelings. In fact, try to turn it around and feel sorry for your ex: they didn't have the self-confidence and respect to have an honest conversation with you before they cut off contact.

"Caspering", is a friendlier way to do ghosting, and it's named after Casper, the friendly ghost. In "caspering" instead of completely ignoring the other, you do it gradually. Return communication, for example the next day or after an hour. You kindly say no to the suggestion to go out and respond in a friendly and indefinite manner if you can meet each other.

On the other hand, the bad thing about "caspering" is that it takes a lot longer for the other side to realize that the relationship is over.

The "ghosting" is *steep*, but at least the person can decide that the story is over and its time to move on...

Many times, of course, it can start as "caspering" and end up in "ghosting", if the other partner doesn't "get" the message that they are ...past...

Instead, experts say you should try to leave some feedback for your ex, that doesn't discourage them from continuing their search for The Special One.

Being polite can also be better for your mental health, since you have less of a reason to carry guilt about ending contact. You can leave on a good note.

If you've been "ghosted", you already know how painful it can be to overanalyze what went wrong.

"Caspering" can encourage this "final conversation", and it provides more closure in the end for both parties.

"PAPER CLIPPING"



Victim or Victimizer?

"Paperclipping" Flirting!



Have you also become a victim of the annoying "paperclipping flirting"?

it seems like imaginative names are trending lately, in order to describe situations or different types of flirting, which we pretty much have all experienced at some point in our lives. Who would forget, for example, "tat-calling", as a ...common way of flirting.

A not so new, kind of flirting that seems to have popped up in recent months, is the "paperclipping". What does this name mean?

The word *paperclip*, means a connector, and the most famous connector in the world was called "clippy", the personal assistant *Microsoft* had created a few years ago and all *millennials* remember to pop up ...uninvited in Microsoft Word Windows, trying, in vain most of the times, to help us with various tasks.

It was certainly so irritating that Microsoft decided to withdraw it, in 2007, saving it from several curses of Windows users, since it didn't really help at all. It just dropped and it didn't let you forget its existence.

Hmmm, does that remind you of anything?

The inspiration for calling "paperclipping" the most annoying kind of flirting came in the summer on various American media when they saw a sketch of illustrator Samantha Rothenberg go viral.

In this sketch she had the "clippy" saying:

- -"SOMETIMES I POP UP FOR NO REASON AT ALL. LIKE NOW"
- -"SEE, THE TRUTH IS I'M DAMAGED, FLUKY AND NOT PARTICULARLY INTERESTED IN YOU"
- "BUT I DON'T WANT YOU TO FORGET THAT I EXIST 8".

Many have occasionally used or sent similar messages to an "ex", just to keep the person ... "in the game"

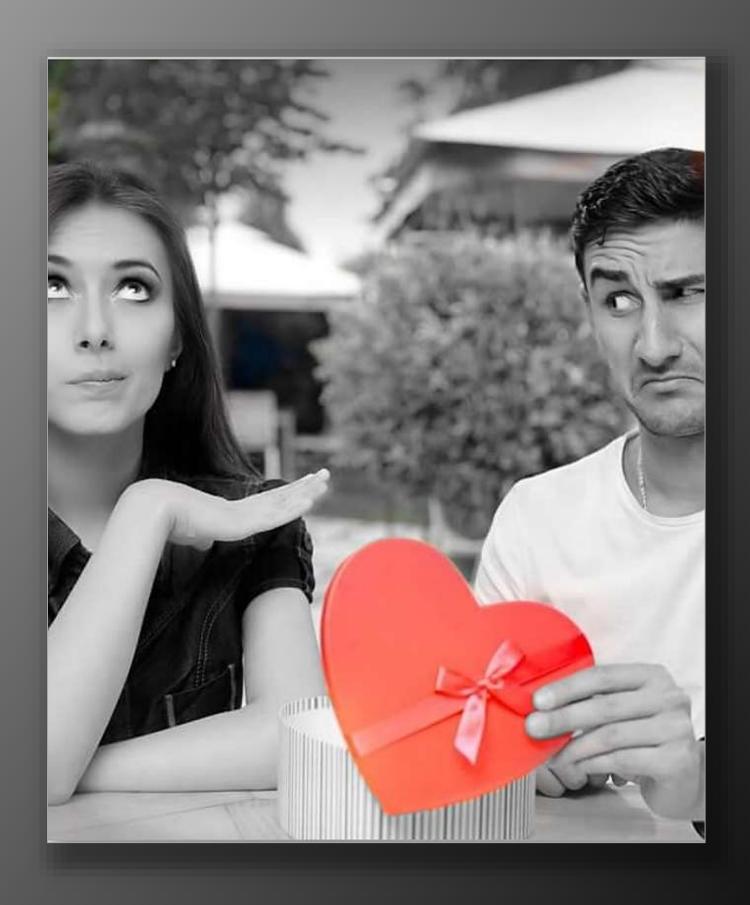
In other words, it is also known as "Safe keeping Syndrome", when you do not want the other person for something serious, but there are times when you are having a good time, "fun", especially in the sexual part and you do not want to be forgotten or erased, from his "available contacts list".

That is why you appear in the most odd times, showing that you exist, without making any sense at all... e.g. suggesting to go out for a few drinks, with one hour's notice, on a Friday night... [3]!

This kind of "flirting" is probably the worst, but also the most annoying and irritating, especially when the feelings are not balanced.

...However, it is quite common nowadays...

Valentine's RED ALERTS!



Watch out for...!

VALENTINE'S DAY is supposed to be a fun celebration of love and romance.

Sometimes, the day can trigger a flurry of negative emotions for people.

For those in relationship, the pressure to "live up" to their partner's *expectations* can be a headache. Every year, restaurants and florists jack up the prices to cash in on *Valentine's Day*, which can create an added financial pressure on couples.

Meanwhile, singles can grapple with feelings of FOMO (Fear Of Missing Out) and loneliness, or even try and orchestrate a "last-minute date" with someone they only feel lukewarm about to avoid being alone on the big day. Just like any holiday, *Valentine's Day* can bring out the worst in people and it can reveal a lot about the person you're currently involved with.

Lets see the **RED ALERTS**:

1. They Demand Expensive Gifts!

Valentine's Day can put unnecessary financial pressure on a couple, especially so soon after Christmas. If your date expects outrageous gifts to prove your love, like diamonds and reservations at the most expensive joint in town, beware! Is your date interested in you or your bank account?

A thoughtful gift doesn't have to cost a fortune.

2. Hidden Issues!

If someone has unrealistic expectations about gifts on *Valentine's Day*, it may indicate that have hidden issues. Why do they have preferences in gifts and more especially expensive ones? Why does that the 'passport" to a Happy *Valentine's Day*? Why spending like there's no tomorrow? All these questions might not sound sexy, but it's actually one of the best ways to tell if a couple is truly compatible.

3. Refuse To Celebrate

Cynics have often accused *Valentine's Day* of being a ploy to get shoppers to extra cash in the lull between Christmas and Easter. Although the pressure of *Valentine's Day* can cause some people to want to cancel the day altogether, if it means something to you, your partner should at least make a romantic gesture on the day. This gesture can be as small as a handwritten note, or a handpicked flower, it doesn't have to be expensive. Let your partner know that you don't expect a luxury gift. Suggest a thoughtful alternative, like a romantic homecooked meal. But if your partner refuses point blank to do anything, for you, that's a red alert, that they don't value your feelings.

4. It's Your First Date!

Scheduling the first date for *Valentine's Day*? It's a little ...sketchy. The holiday already comes with a lot of pressure, and it might be too much for a first date. If you both feel casual about *Valentine's Day*, it's not such a big deal. But be careful...That move, might give the other person hopes for more...

5. Unreal Expectations From Your Date!

But if someone expects 50 red roses, a bottle of Dom Perignon, and a four-course meal at a classy restaurant, it may be a sign that they're more into the trappings of the holiday than actually getting to know you... A good test drive, of what the future holds for you.

6. They Compare You To Someone Else!

Fear Of Missing Out, also known as *FOMO*, is the name for a type of anxiety you experience when you see other people having fun on social media. And there's no bigger day for *FOMO* than *Valentine's Day*, where your timeline is likely to be filled by roses, chocolates, and sappy proclamations of love.

A partner measuring your romantic gesture against that received by an Instagram personality isn't okay. But worse yet, is if your partner compares you to their ex.

If your date spends Valentine's Day reminiscing over how their ex used to celebrate the holiday, it's a big ...neon, flashing sign that they're not over their ex and not fully committed to you!

Happy Valentine's Day!

Mr Right!



Find Him & Attract Him!

t's 2020 and online dating has been around for a while, but so have those situations where your best friend wants to introduce you to her cousin's friend who would be a perfect match for you.

It may seem simple enough to just go on a blind date and see if there is a spark, but you might want to know some more details about your prospect-date, before you go.

BEFORE

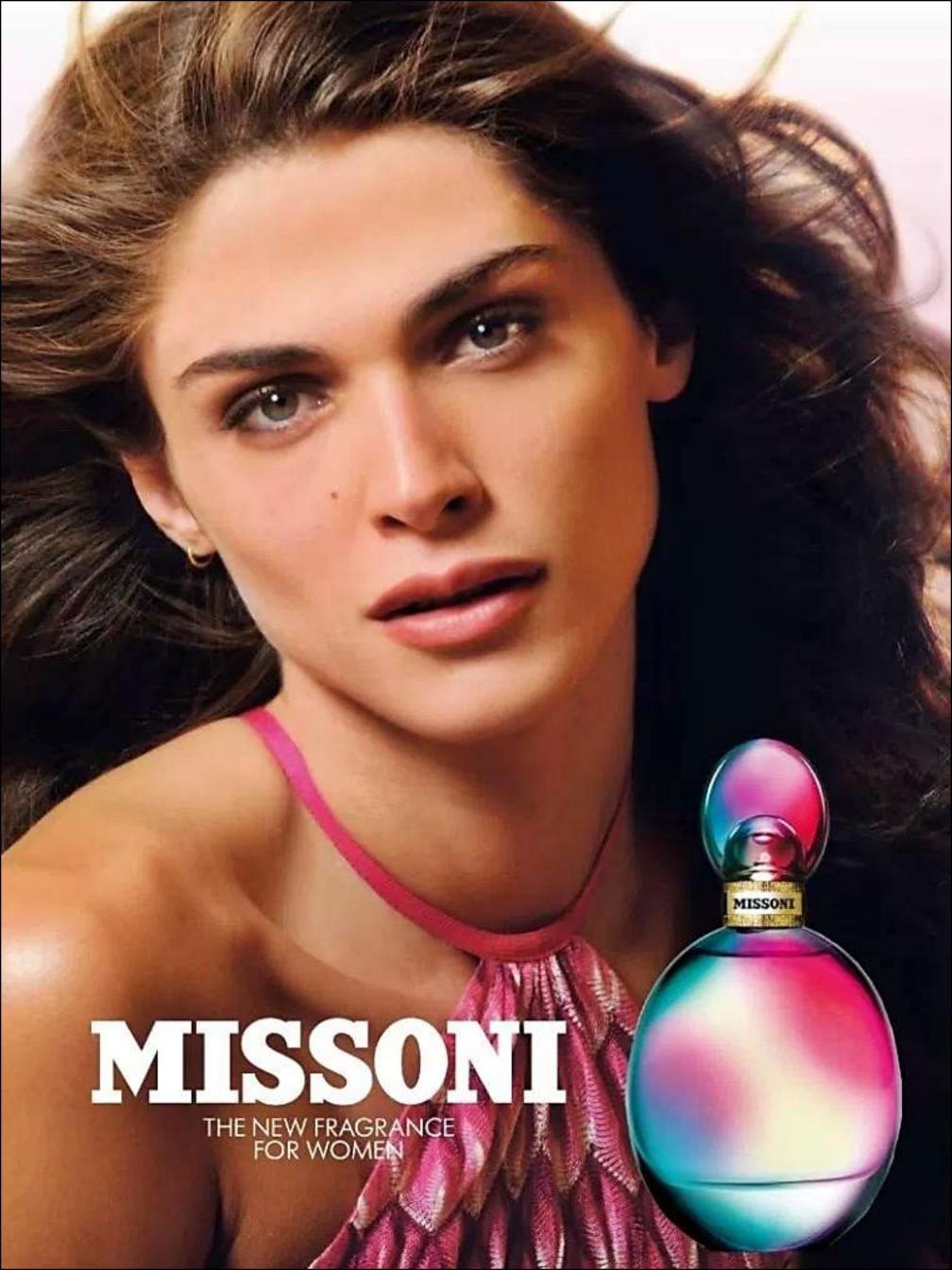
All you need to do is enter his name and run a search to social media accounts, including dating profiles, locations, and more. That will give you the first indications about his "friends", habits, preferences, even personality from the way he comments to others' posts.

However, finding Mr. Right means a lot more than diving into his background.

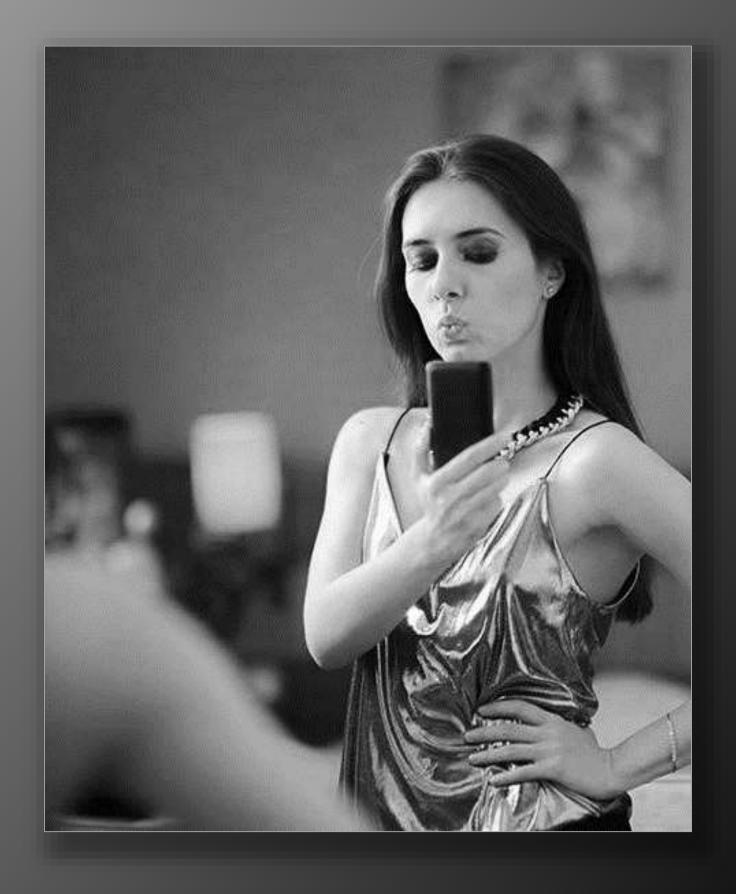
AFTER

Here are some simple steps to find your ideal partner in 2020.

- 1. Check His Background: There are certain red flags you should be looking for specifically: Arrest Records: An arrest record may not mean a conviction, and it may not even be a deal-breaker, depending on what the offense was. You just want to make sure your date is honest with you, if he had a criminal past. If he's lying about it, run the other way.
- 2. <u>Social Media Profiles:</u> Does his Facebook profile indicate he was recently in a relationship? Are you his "rebound girl"? Unless he plays in the NBA, you may not want anything to do with him.
- 3. Previous Addresses: How recent was his move to your area? Is he telling you the truth about his location history? If not, you may want to at least find out why. Of course, everyone has a past, and a background check won't necessarily reveal the finer points of your potential partner's personality. They may not have anything negative in their past at all, but if they do, you deserve to know.
- 4. Meet His Family: You may have heard that the way a guy treats his mother reveals how he will treat his partner. While that is not always true, you can tell a lot about a guy from his relationship with his mother and his broader family, how they treat each other. While this topic might not be ideal for a first date conversation, it is a good discussion to have before you decide on Mr. Right. In some cases, his family may not be in the area or still living. If things look serious, consider a trip or talking with her on the phone. If she has passed to the world beyond, you should try to sense, of your significant other's relationship with his mom by the way he speaks about her. Is his tone fond or bitter?
- 5. Clear It With Dad: You may still have nightmares about your father being moody, sitting in the living room when your dates came to pick you up in high school, but he may have been on to something. Fathers tend to have good instincts about other guys and who is good for their daughter. After they meet, ask your dad what he thinks of your new love interest. If Dad says no, that doesn't mean you need to break things off immediately, but you should ask him why he doesn't approve. Is he picking up on any red flags you missed?
- 6. Meet His Friends: The truth of the matter is, you are who you hang out with, and meeting his friends will tell you a lot about your man. If his "bros" are a bunch of jerks, he probably is, too. He might just be showing you his good side when he is with you. It's easy to put on a front for your girl, but it is harder around your friends. His friends are also probably not trying to impress you, so you can see his true colors by having a simple party and inviting his friends over. Free beer and pizza will bring almost anyone running.
- 7. Check his driving behaviour: If your new love interest is driving drunk and throwing caution to the wind in terms of personal safety, you might want to reconsider your connection.
- 8. Go To His Place unexpectedly: At some point, you need to see how he lives if he is going to be Mr. Right. The way he keeps his house will show you whether or not he will respect yours. Even if he lives with roommates, you can learn a lot about his living habits by observing his personal space.
- 9. Introduce Him To Your Pets: Believe it or not, your dog or cat can help you narrow down your dating pool. As they say, the personality goes down the leash, and your animals tend to mirror your personality. If he can't stand your beloved pet, he's recoiling from something that truly matters to you, or if he's not willing to budge on at least giving your pet a chance, you might be... incompatible.



i-LIES!



On Line Dating Lies!

o you think you're going to go see that tall, handsome, educated, well trained, mature but not old, guy who drives an expensive car and stays in a modern house, or the thin, blonde, buxom woman you've been chatting with online when you meet her for drinks tonight, or that the "affluent man" who you're about to join for an expensive dinner, will be able to pay for both of you? ...Think again!

Online daters lie. More than half of them, actually!

When people lie, what fibs do they tell? Lets see some very common "Butler lies":

- 1. Their Height: Maybe you're looking for someone taller than you, or maybe you like to date shorter people. Whatever the case, most people always shave off or add on a couple of inches, depending on who they're trying to land. You could be in for a big surprise when your 6'5" dreamboat docks in as a kayak...
- 2. Their Real Age: It makes sense to play around with one or two years if they haven't fully accepted middle-aged life, but when whole decades are lopped off, it becomes way more than just a number. It's hard to imagine that so many people are lying about their ages, but no matter how much pampering they do in the mirror beforehand, it's going to be obvious that they're not the vivacious 20-something for girls or 30-something for men, they claimed to be.
- 3. The Amount Of Money They Make: Yes, it's impressive to find a date who makes six figures and drives a Bugatti, but when you end up meeting them at a neighbourhood pub on your first date, there's a problem. Surprisingly, when it comes to financial institutions, most people are honest to avoid any repercussions. However, the same rules don't seem to apply in the online dating world. According to a 2011 study, men are more likely to lie about their income than women, so if he says that he's raking in the dough, it's probably on a much smaller lawn.
- 4. Their Body Type: We're all familiar with the descriptions ,"athletic build," "curvy cutie," "muscular physique," "toned and thin" but essentially, everyone is just a gifted copywriter. When it comes to actual numbers, men are less likely to lie about their physiques, and women tend to stretch the truth in multiple categories of appearance. Nevertheless, the masks fall once they walk through the door.
- 5. Their Profile Pictures: It's the first thing you notice when they pop up on the screen, but it could all be a huge lie from the very beginning. Approximately 20% of women claimed to have done some touching up to their photos, (stretching gives height and makes you slimmer) and that number doesn't include those who use old pictures altogether. On the other hand, men are less likely to mislead someone in their galleries.

Even though you could find yourself dealing with one of these lies, it still doesn't mean you should give up hope. There is always a chance that a better liar is out there waiting for you!

The right person is certainly out there for you, and it just takes a little time for them to surface.





Once a Cheater...always a Cheater!

Cheating has become a norm...

When To Let Go?

The door slams behind your cheating partner, and you can finally dust off your hands.

Sure, you're still in pain, but you're confident you've made the correct decision to end the relationship. After all, "once a cheater, always a cheater," right?

Not so fast. Experts are now saying there might be hope for relationships torn apart by infidelity. Is there a chance for yours? ... Find out...

As with most things in life, the reason why a person chooses to cheat can be complicated.

Are they a sex addict, or was it a momentary lapse in judgment?

Psychotherapist Esther Perel notes four main reasons why a person may cheat, even if they're actually happy in their relationship:

- Self-exploration,
- Seductive nature of transgression,
- The draw of lives not lived,
- Feeling new (or repressed) emotions.

On the other hand, your partner could have an underlying *addiction* or personality imbalance that contributed to their cheating. In many cases of betrayal, relationship problems are also a factor.

So, the first step on the road to reconciliation or permanent parting is to ask a hard question:

"Why did my partner choose to cheat?"

The answers you find can be your guide toward deciding whether the relationship can be saved.

Finding The Willingness To Work: One of the first tip-offs that a person may cheat again is their unwillingness to reflect and figure out why the affair happened. If your partner shows little interest in discovering the underlying cause of their cheating or putting in the work to grow from those causes, then it's time to move on.

According to psychotherapist Matt Lundquist:

"It requires some major work. If your partner has cheated on you and they don't do that work, they will cheat on you again. I don't think it's just a risk, I think it will happen again."

Repairing a relationship takes work on the part of the person who lied, as highlighted in a new study.

The results show our brains adapt to dishonesty. Essentially, the more we lie, the easier it becomes to lie again. So, the unfaithful partner has an uphill battle to fight and must be genuine in wanting to change. Neurologically speaking, the odds are against them.

When To Rebuild: Obviously, every case of infidelity is different. You must ask yourself if you really want to consider rebuilding your broken trust, or if you are too hurt to do so. If you do decide to try and repair the relationship, look for these signs that your significant other is sincere:

- Instead of just saying they'll change, they act on it
- They keep trust at the forefront by keeping commitments and being honest
- They listen to you and show empathy
- They resolve conflicts in a healthy way.

When To Let Go: If you're no longer invested or interested in continuing the relationship, there's no guilt in letting it go. However, if you're willing to fix your problems, but your partner shows these signs, it may be a wise choice to say "so long."

- They argue with you over insignificant things
- You aren't on the same page physically, emotionally, and mentally
- They don't take responsibility for the affair and blame outside factors
- They've cheated before

The fact is, that in the majority of the above cases...

MIRSIOSI THEORY



The Impact of Other People in Our Life!



The people we meet act as mirrors, that reveal, reflect, what is inside us.

That's why when you admire, something that a person has, it's because you recognize it.

You also have, within you, what is causing your admiration, even though you haven't discovered it yet.

How many times do we blame others, or get angry with others, when they actually, just show us a side of their personality, we don't want to acknowledge, that we also have?

When you look at the other because you don't like what you see, you deny a bit of yourself.

You reject a lesson, that will allow you to overcome a number of fears and advance your self-knowledge.

Dealing with something, or facing a problem, means that you are standing in front of what you do not want to see, because there is the lesson we all need. We also tend to show our own feelings to others.

Every time someone, tells you the objective truth and you deny it, getting upset, is simply because you know it's the truth that you don't want to accept, but it still "lives" within you!

If you feel insecure, or deprived of love, it is very likely, that every time someone says something to you, you will not trust or believe the person.

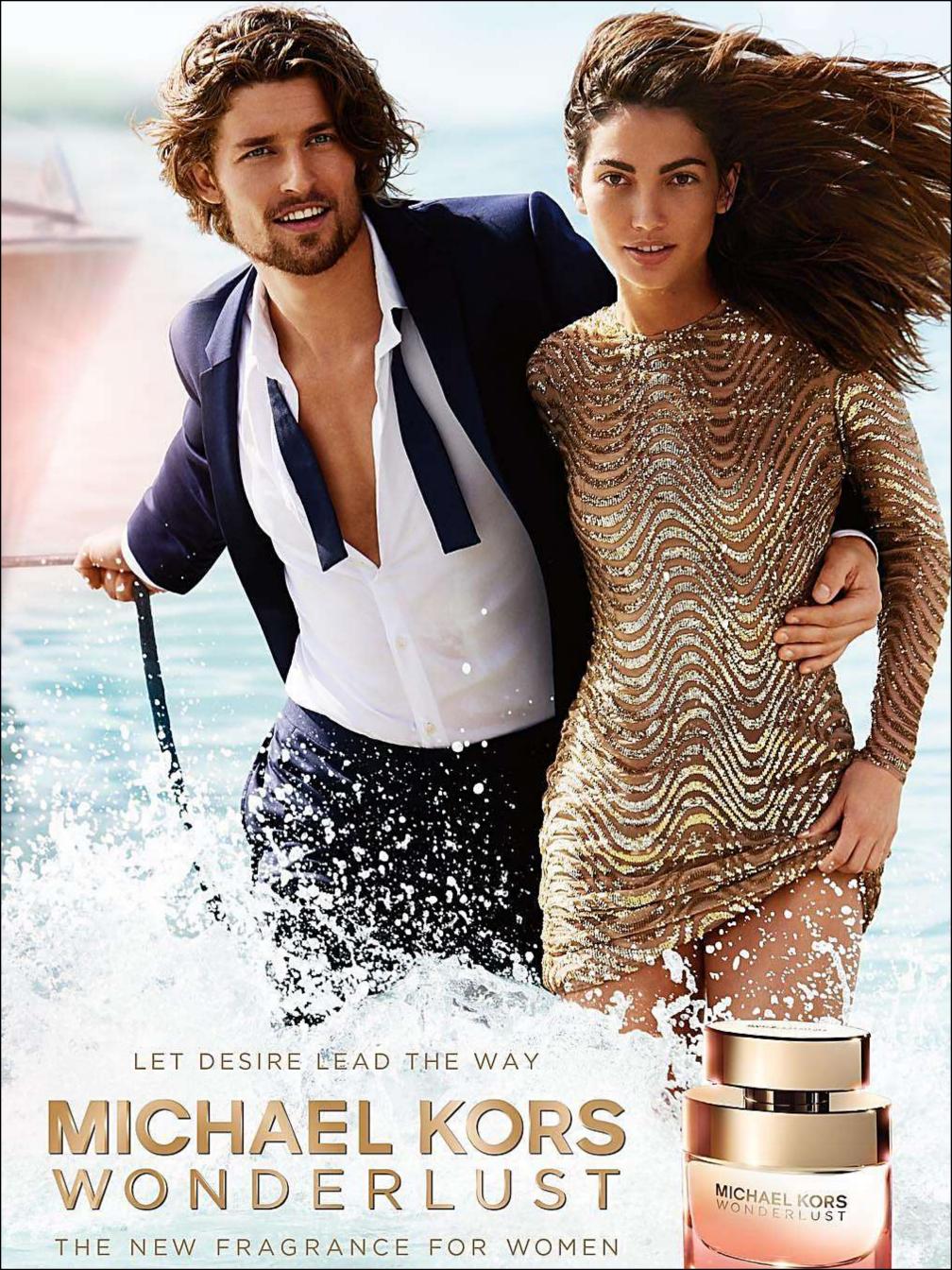
Why? Because what we have inside us, is outwardly reflected.

If you are stressed or anxious about something, you may think that those who are by your side are also stressing or anxious whenever you notice something strange about them.

But no, what happens is that they project on them, what you have inside. In the same way, when you feel happy and glowing, you get the impression that those around you are also happy.

We are all mirrors!!!

And that's why I always say that every person that comes into my life is a gift, because it shows me something about me, that is important, in order to continue my education and follow my life path.



The 6" KISSING RULE!



The Benefits!!!

Kiss your partner for 6 seconds, starting from today!

Long-term relationships, and especially those that lead to co-habitation, tend to start "fading" because of the boredom caused by all the routines.

Of course, this is not the first time you hear this, as we have all experienced the fear of everyday life, that can damage our relationship and cause serious problems in it.

There are some tips, that if you follow, especially girls usually do this, the flame will be maintained, preventing the routines from damaging the bond between you and your partner, which will put you in the same line, with all the other couples who failed to win.

One of the most important tips that few know is the 6-second kiss rule!

It may sound a bit compulsive, to time your kiss, but really thinking about it makes good sense.

Let's look at the meaning of this kiss:

According to sociologists research, the 6 seconds kiss changes the way the couple operates and interacts. It is a kiss that signals the love and caring of one partner for another, without implying that it is what initiates a sexual intimacy, or the quick kiss we exchange before going to work.

If you think about it, couples stop kissing, as the years go by. Isn't it time to start doing it again?

Ok, you don't need to set a timer!
Seconds may not be exact, but try it and you will not regret it!

After all, nothing bad has ever happened between the couples who are very close to each other, on the contrary ...!

Www.foiceonline.com

FOR HIM





GIORGIO ARMANI Collection Spring-Summer 2020

GIORGIO ARMANI

MEN'S

OLLECTION





PAUL SMITH Collection Spring-Summer 2020

Paul Smith

MEN'S

OLLECTION





DSQUARED2 Collection Spring-Summer 2020

DSQUARED2

MEN'S

OLLECTION





OFFICINE GÉNÉRALE Collection Spring-Summer 2020

Officine Générale

MEN'S

COLLECTION









"FALL 2020 TRENDS!"



What trends will dominate men's looks???

Suit & Turtleneck: Suit is a classic choice and will always be a trend in men's clothing. It gives formality, exudes professionalism and elegance. We saw it extensively matched with turtleneck shirts: sensual and sartorial. *1.Canali-2.Etro-3.Tods*

Monochrome success: Monochrome is a trend this year, helping every man easily create a stylish and elegant look. It also frees you from the difficulty of making the right combinations in choosing clothes.

4.Tods-5.Giorgio Armani-6. Salvatore Ferragamo

Oversized: The jackets this year will be larger in size, with bold shoulders emitting more dynamism.

7.MSGM-8.Dolce &Gabbana

Leather is everywhere: Leather jackets, leather overalls, leather shoes and other accessories or leather pants ... The catwalks were flooded with leather items, which appear to be starring this winter in men's fashion. Of course you can only include one leather item in your look and avoid exaggeration, falling into the trap of stylistic mistakes.

9. Ermenegildo Zegna-10. Ralph Lauren

The bag: Bags are offering the convenience to carry with you all your important things.

From small accessories, laptop, work documents, to ... another outfit for ...later...

11. Salvatore Ferragamo-12. Ermenegildo Zegna













From Left to Right:
1.Canali-2.Etro-3.Ralf Lauren-4.Tods-5.Giorgio Armani-6. Salvatore Ferragamo















"MODERN & STYLISH!"

What are the rules?



If one of your goals for 2020 is to redefine your image, then the following tips will be extremely helpful.

• Find your signature fragrance:

If you want to stand out and wherever you are to impress, then you must urgently find your own fragrance! The one that suits your personality perfectly. Also keep in mind that it's good to have a different cologne for the winter, a little heavier and another for the summer months, a little lighter and cooler.

Invest in your style:

The modern man stands out for his style, for his fashion choices that make him unique.

If so, far you haven't been paying attention of what to wear or how to match it, now is the time to rethink it. For starters don't be too adventurous and take advantage of the charm of simple and minimal in terms of your outfit. Later on, you can experiment until you find what really suits you and makes you stand out. Keep in mind that renewing your wardrobe means you are going to spend a fortune. Fineness is not a matter of money!

Don't forget the accessories:

A stylish quality watch, elegant cufflinks, a stylish tie or belt, a new set of winter gloves, or new spectacles or sunglasses will revitalize your image, giving you a contemporary look.

Create a grooming collection:

What does this mean? Put in a make-up bag the products needed for body and face care.

Besides fragrances, and shower gel, choose carefully your face cleanser, moisturizer, exfoliator, sunscreen, aftershave, shaver, a set of nails care. These are very basic grooming items, that should not be missing from your grooming bag.







"BLACK SUIT RULES!"

Modern ways of wearing black suits!



"The new black is neither blue nor green. It's black" actor *Justin Theroux, Jennifer Aniston's* ex-husband, one of the most stylish men out there, had said recently, referring to one of his favorite wardrobe pieces: *The Black Suit!*

And if he chooses to wear it with *slim black* or *printed tie*, *t-shirts* and a *turtleneck* or "*break*" it off with leather pants, *Tom Ford* on the other hand, classically insists and almost always matches it with bow tie and white shirt. No matter how you look at it, no matter how you match it, the *black suit* is the most timeless of all suits and at the same time the most formal male garment, which fortunately, nowadays, is not only worn at funerals. Here are six stylish and smart ways to wear the *black suit*.

If you choose to wear it "comme il faut"!

1. Black suit & white shirt:

Undoubtedly, the most classic combination. The one that became fashionable in the 90s through Quentin Tarantino's Reservoir Dogs. And if then, Harvey Keitel, Tim Roth, Michael Madsen and Steve Buscemi wore it with a slim black tie, today, the classic, wide tie has its honor, accompanied by an elegant poset.

2. Black suit & black shirt:

Trend over time and successful. The total black trend loves the suit and suits love it too. And it's not the only one. If you have unnecessary weight, then a black suit combined with a black tie and black shirt is the perfect choice to look slimmer, more responsive and elegant.

Black suit & printed shirt:

If you're in the mood to play with your style and become a little more adventurous, a printed shirt with stripes, flowers, polka dots or geometric patterns, is the most stylish piece you can choose.

You should prefer it in black, white or gray colors, so that the contrast is not sharp in your outfit.





"LEATHER JACKETS!"



2020's Strong Trend!

Contrary to popular belief, you're never too old to wear a leather jacket, it's just a matter of picking the right one!

Wearing a leather jacket is one-way road to cool. The good news is that this season you don't need to be a teenager or a man going through a midlife crisis in order to wear one. Sure, the classic biker is still doing the rounds, but now there are cropped leather car coats that you can easily wear into your fifties, long-line leather trenches that would look epic on the back of a rakish septuagenarian and a host of suede, shearling Sherpa jackets that would look the business on anyone.

A good leather jacket will stay with you for decades!

Choice: Choosing a simple, classic design like a double rider or A2-style bomber will ensure that it never really goes out of style and works with more items in your wardrobe. Avoid heavy embellishments, unnecessary zippers, etc. Less is more!

And to make sure your investment is long-lived, be aware of the material! Lambskin, for example, may be soft and supple but is nowhere near as tough as cowhide or goat!

Balance it out: Leather jackets have an undeniably macho character, which can be tricky to work with. Keep your cool with some "softer" pieces to go with them- scarves and beanies work great in the winter, while more fitted pants and low-profile shoes do a good job of not fighting your top end.

Know your style history: It helps when building your look to know the origins of your jacket's design- where it came from. The purpose a style was designed for and who adopted it can give you great clues about what you might want to try.

Bomber jackets are classic American, and contrast well with more modern pieces like skate shoes and joggers. Moto jackets have a ton of European rock & roll history, and go great with slim jeans and oversized, draped tees. A little research goes a long way!

When not to wear one: Now that you've nailed down your choice you're probably going to want to wear it everywhere-

breaking it in and making it yours is half the fun with leather. But there's plenty of times when you just plain shouldn't.

Formal and business events are an obvious no-go, pouring rain can seep in as leather is porous and absorbs liquid which can

damage it and upset leather's delicate balance of oils, and seriously hot weather will cause serious sweating.

So here, to help you find the right option for you, is our guide of the best styles available right now.





















From Left to Right:

Look1: Bottega Veneta, Daniel Lee took home four coveted accolades at last year's British Fashion Awards; the reason being his pieces are genius. This Bottega Veneta anorak is crafted from lightweight matte leather, which we're sure is a first.

Look2: Acne Studios, Simple and elegant this leather jacket will add an uber-chic touch to anyone's look.

Look3: Dior, made from fine-grain lambskin and features an alligator-skin collar, as well as a signature saddle patch pocket on one arm.

Look4: Celine, The double-breasted jacket. Nothing screams cool more than Celine. This double-breasted design is the ultimate win to spruce up a simple outfit; style it over a black shirt and striped tie and you'll be looking like a post-punk artist in no time.

Look5: Bottega Veneta, The hooded leather jacket. One reason why is one of the most hyped brands in the world right now. This jacket! Made from a lightweight nappa and cut in a slightly oversized shape, your outfit elevation starts here. Our advice for a finishing touch? Black stomper boots – très chic.

Look6: The button-up leather jacket. Punky but not too punky, a leather denim-style jacket will look great worn under a coat in a similar shade, perhaps teamed with some heavily washed Western jeans. Best for those in their thirties.

Look7: Paul Smith, The cropped suede jacket. If you're going to opt for a tan hue, best to keep it cropped. Paul Smith offers the perfect answer: this boxy suede jacket's waiting to be worn over head-to-toe black.

Look8: Coach, The signature leather jacket. Coach is always a top point of call for leather, and with this signature leather jacket the devil is in the details. We're referring to those brilliant brown pockets and collar trim, around which lies stamps of embossed logos. Very good if you're into subtle statements.

Look9: Dior, The classic biker jacket. The ultimate rebel jacket from one of the biggest designers right now: Kim Jones for Dior. Slim-cut, edgy and ultra-hip, it's a worthwhile investment (particularly if you're under 40 years old).

Look10: Clutch Café, The motorcycle jacket. Embrace the bigger biker jacket, an icon of the 20th century, thanks to Clutch Cafe and its fine offering of Japanese heritage clothing. Jacket by Clutch Café.



"COATS 2020!"

Timeless & Trendy Styles to keep you warm!

Winter is, connected with colder weather.

But everything about winter, the cold, the dark, the wet, presents one big style bonus: you get to wear big coats again! The right coat is an outfit in itself, a piece that combines practicality and style like nothing else in your wardrobe.

They're also fairly impervious to trends. Which means even an infrequent shopper can stealthily build a high-quality collection from parkas to heritage shearling jackets, over a few years. If, that is, you buy right.

"Look for something that's good quality, stylish and versatile. You want something that's going to last as well as look good. Because you're going to be wearing it a lot, you need it to work with the other clothes in your wardrobe." says Nick Eley, head of design at ASOS.

Style is, of course, a consideration. But not at the expense of comfort. No man ever looked good shivering.

The most important thing to look for in a winter coat is something that will keep you warm and dry. In an ideal world you'd have a collection of all the styles here, as each serves a different practical and style purpose.

During Fall 2020, recent fashion shows, we saw many styles and suggestions.

Tod's show we saw a camel city coat, and a rainproof trench with leather details, MSGM carcoats, greatcoats, duffels and trenches, Prada we saw top and high notch-collared two-button topcoats, while Emporio Armani, had a great variety of looks and suggestions for every preference and style.

Let's gaze!













From Left to Right: 1.Tod's-2.Dolce & Gabbana-3.Armani-4. Armani-5.Canali-6.Ermenegildo Zegna

















"WENGER: Urban Metropolitan Chrono!"

Watches that accurately measure the city's beat!!!



The new **Wenger Swiss** watchmaking series is the city's melody imprinted in a frame. With blue and orange, eye-catching details and a design that uses *vintage*, *sporty* or *classic* versions.

Founded in 1893 in Courtételle, Jura, **Wenger** was originally a maker of cutting-edge knives. All this in Switzerland. Since then, it has summed up its existence in a passion for quality, precision and craftsmanship. The brand proposes a wide range of products. Watches from 1997 at really affordable prices, like luggage. Being present in all the metropolises of the world, it knows the spirit of the times, but never forgets its *Swiss* roots.

Its watches are loyal companions of demanding and cultivated users.

They are practical, functional and reliable. Whether they are city-based models, or vintage versions, sporty or classic, they are finished in the slightest detail. Blue or orange details on the dial that travel you, giving the impression that you are in front of a radar screen. very elegant and balanced, in a 'metropolitan vintage' style.

Its wide range, from three watch hands, to its chronographs, water resistant up to more than 100m, offers exactly what an active lifestyle requires, in constant motion. In addition to its "Swiss made" mechanisms, it makes sure to use high quality materials such as PVD-coated stainless steel and sapphire crystals.

In its new range "Urban Metropolitan Chrono" the beautiful design combines masculinity, but also serenity.

These are chronographers who throw a splash in the colors of amber, ivory and black. Sometimes creamy cappuccino, to start the day vividly, and sometimes vigorously mysterious and dark. The date is positioned between 4 and 5, and the dial glows at night.

"Urban Metropolitan Chrono" is very fashionable and designed to last long. It comes with a 3 year warranty.

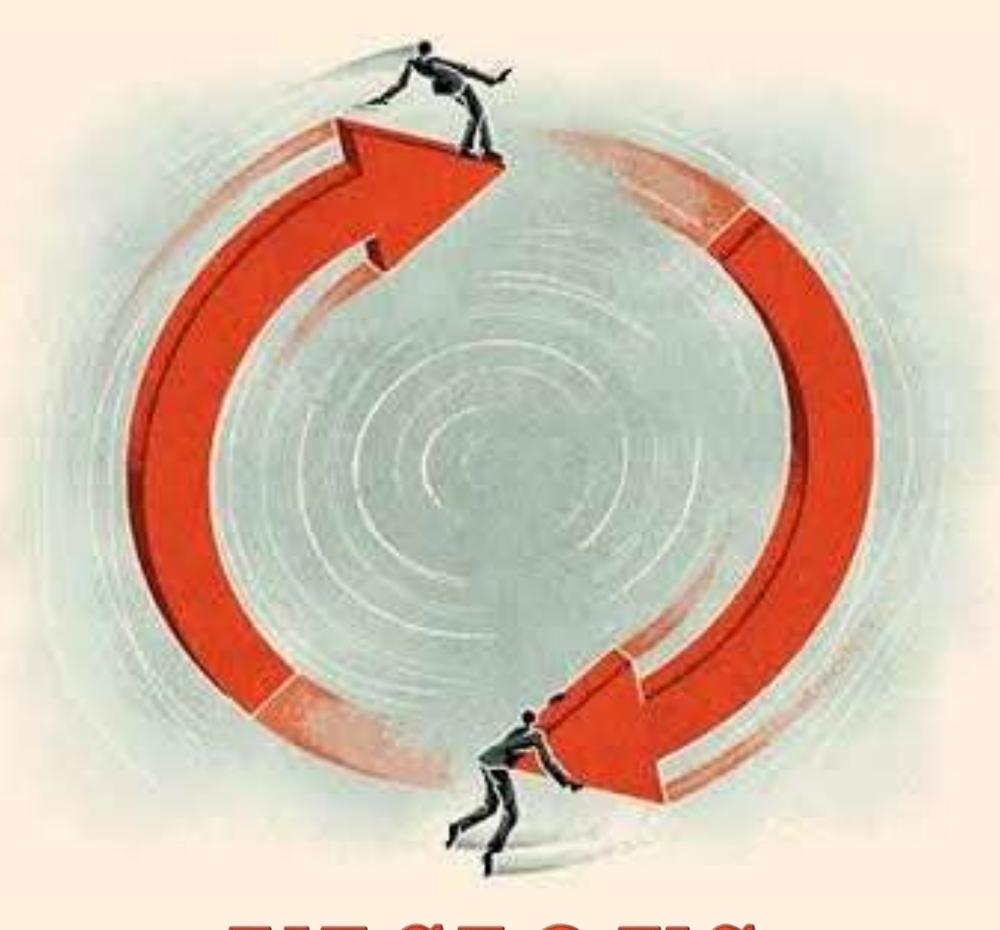




Www.foiceonline.com

<u>OPINION</u>





VICIOUS CIRCLES



The dictionaries say: "It is the situation that is created when, by solving one problem, we are led to create another problem, which in turn leads us back to the original, that is, to a dead end."

Example: Many societies attempting to become "modernized", end up becoming "westernized", driven by imitation, vanity and arrogance, that leads them to their collective disadvantage.

But how can a society, be "culturally transformed" and its "transformation" into "modernization", not to be a "sterile imitation"?

The logic states that "modernization" is: Deploying new solutions to meet your old and new needs more fully. The irrationality of a vicious circle, is created when you adopt solutions not to meet your needs, but only because they are new or because they are ... "well polished". Then begins the pointless, vain attempt, to subdue our needs to solutions, instead of solutions to serve our needs. Then all the real "cripples" come on the surface.

Lets illustrate the example of this "cripple": It is evident from ancient scripts, art and institutions, the "principal need" for social bonds. The need to reify life, as a relationship. This desperate need, gives birth to the meaningful life or culture: first comes the "state" and the "Democracy", then follows the "community", the "village" and the "self-managed collectivity". Civilized societies, see the truth as participatory-socialized knowledge. Both in theory and in practice, these societies have always opposed to individualistic ethicism, puritanical or intellectual selfishness, but instead of perverted loneliness, they were promoting coexistence.

Today, due to "modernization", we see cultures and societies, buried beneath the urban concrete, surrendered to a "leveling uniformity", obeying passively to the "hyenas of manic speculation".

This "uniformity" gave space to constructions, made by untalented architects who create ridiculous, supposedly "modernized" accommodations, in order to satisfy the "need" for shelter, for the vanishing "middle and working classes", serving, all together, the interests of the "hyenas of manic speculation".

Deliberately blind people in front of the stubbornness of other societies, the Germans e.g. who rebuilt their 2nd World War, destroyed cities, by restoring their old architectural beauty. On the contrary, "developing" countries and their societies have chosen to imitate the "post-colonial" societies: They did not "adopt" modern building techniques based on their own needs and aesthetics, but imitated the "modern", glorifying it as the "Goddess of Panacea", the solution to everything, suffering from mimicry, vanity and primitive love for money.

The same "symptoms" occur during the Festive Season, and the "mimetic-simulated" Christmas decorations, of Northern Europe, where the main characters, are an old man dressed in a red outfit, on a sleigh!

Plastic firs (Christmas trees) and plastic reindeers, puppetry mangers, exhibiting the *Birth of Jesus*, flashing lights to attract the eye, as they do in cheap shop windows, or pubs.

Christmas Day, Boxing Day, New Year, have become a tool "in boosting the markets and the turn overs", same as when "Black Friday" was applied, not to holiday shopping, but due to financial crisis caused by the crash of U.S. Gold Market (1869) and now it has been adopted across the world.

With this "unique" idea, the "system" degenerated Christmas, into a feast, when everyone buys gifts, for everyone, money move faster than in casinos and the man dressed in red, makes the rich even richer and those who joined this "sterile imitation race", are simply hoping and exchanging wishes, for a "Healthy and Prosperous New Year"...

This is the time, that the "systemic wealth", also wishes them the same... as next Christmas, is coming soon! This is when a Religious Festival, looses its significance, due to "modernized imitators"!

This is when the true message of Jesus' Manger, gets distorted!

The cares of this world and the desire for wealth, choked out the gospel.

We live our lives for more and bigger and better, but the more we have, the less we get satisfied, like some with a disease that leaves them always hungry, and though they eat and eat and eat, they are never filled.

Our hearts, hunger to know that we are loved, that our lives have meaning and purpose, that we can be forgiven and find grace, that we are not alone, that there is always hope. We hunger for joy, and peace, goodness, and grace.

Lets break these "vicious circles" of "sterile imitations"!

THE THE BISHOP SCREEN

It is amazing that people in the era of the "global village of face" and all the other social media platforms, of meretricious and artificial thinking, become irrationalized bodies... with no desires and wills, usually with bulimic habits to meet thousands of friends, who follow them faithfully, like fanatic followers, follow their religious leaders! Two billion loyal followers, use a speechless conversation, a fake without "face" networking.

Platform's guru, published his manifesto to blame the fake news, that blossom on his platform and defended the idea of a movement, that will change the world... implying for the better...as I strongly suspect, that he diagnosed the worst is coming...

All internet giants are serving one single doctrine, in addition to their nice words that do not usually cost anything to them... This doctrine today has become almost a religion with three basic principles: let the business make money, the government to watch as a viewer and the rest of us to believe that market forces, know our own needs better than us...

Really, why not knowing them, since the computer-bound citizen has provided, with nothing in return, all the valuable information related to his habits and needs, after being convinced that he is buying cheaply, the time these nice platforms sell to him, and then they will sell expensively this data in the world markets with consumers ready to buy even goods they do not need, as they get brainwashed with the idea that: "I buy, therefore I exist".

The big brother, has become the new worldwide religion, but with a huge difference:

The old religions took centuries and sacrifices to prevail, while this "magic cloud", that common mortals, deliver and store their souls, appeared just a few decades ago.

Christianity has prevailed for two thousand years while face-ism life has been less than a decade and with almost the same faithful followers: two billion citizens worshiping its "miracles".

Just as all religions gave answers to the incomprehensible mystery of *life and death,* giving hope and exculpation of the sinful passions of human nature, so this new Dadaist "church", gives solace to lonely, keyboard and screen bounded souls, not with psalms and rituals, but with "likes".

Before in order to go to worship, you had to at least walk, even kneel, today you are just "typing". Many times you do not even need the "touch", as now there are screens can read your eyes, your genes and your illnesses...your desires and your secret thoughts.

Societies have had to "commune" in order to "communicate". They had to organize metaphysical doctrines and political parties to form tribes, nations and states, they had to love but also to hate... "Love your neighbour", but also "an eye for an eye". They were forced to think and talk to municipalities and parliaments. They took to the streets for rights, killing enemies for borders, both real and metaphysical, like the doctrines of the religions.

The "platform" provides you with a "magic carpet", that travels at light speed, makes you forget the real world, where your real friends can be up to five or ten in a lifetime...

On the "platform" and in the "clouds", friends are millions and if it happens that you get bored of some, you can "delete" them. Without asking them and without being misunderstood.

Once upon a time, many years ago, enlightened people, sought for a god, a master, a king ... and they were afraid that the deposition of the divine fear, would leave a gap in the wilderness of human nature. The Enlightenment has historically been accused of giving birth to fascism, since it has given man the alibi to become a god, in the place of God. The crimes of the two World Wars testify that the judges may have had some justification.

But the difference now, is that in this "new religion" the faithful are neither tormented by inquisitions to believe in, nor burned in the fire when they do not submit, since everyone is voluntarily anchored in this chariot of faith that seems so innocent and benevolent, like a Little Red Riding Hood without a Big Bad Wolf!

The contemporary believers of the *on-line world*, do not think of an *off-line life* because real life simply does not hide surprises, has habits that deprive someone to claim being the inventor of life, or even as a narrator of the unique adventure he has chosen for his short life. Perhaps only in this light, free and unique people will eventually choose the absolute submission to an adventure, that their "big brother" has promised as a forgiveness given by the monks to the sinners during the Middle Ages ...

At minimal cost, as much as one subscription to the platform...



ight you are, if you think, you are!

The quote is borrowed from the title of the well-known book and play by Luigi Pirandello, a famous progressive writer and Nobelist.

Of course it refers to an absolute subjectivity and to the Relativity Of The Truth.

Each one of us is, actually, three persons at the same time:

We are what we thinks we are, what others think we are, and what we really are.

There is no absolute and generally accepted truth!

What we believe today will be untrue after some years.

Not only in the theoretical sciences, but also in the practical.

This is much more evident, in the moral values and religions, that each one aims to comfort, their believers in a different way.

I will limit my topic to the area of politics.

Unfortunately, in our days, the foundation of democracy, which its fundamental principles are Liberty, Equality, Justice, Rule of Law, Popular Sovereignty, Respect of Human Rights, Freedom of Speech and Freedom of Expression, Active Political Processes, Enlightened Citizens and...more, expressed through dialogue and consents, is in a serious crisis!

In everyday conversations and political debates, not only politicians do not respect and listen to their interlocutors, but as soon as the first word is expressed, they get interrupted rudely and sometimes, aggressively! This automatically violates the right for Freedom of Speech and Freedom of Expression as well as the Right for Enlightened Citizens!

We talk a lot and we listen a little! Often, by the time a politician answers, we have already forgotten what was the initial question. The established meanings of words get distorted, in order to deny and reject self-evident views.

Most of the distortions have been applied to the values and principles of Democracy.

Direct or Representative, Presidential or Parliamentary, regardless the type of Democracy, the view that the state is perpetrating violence is considered to be a disgraceful one! ...Legalized violence...! The words "left", "right", and "center-left", "center-right", that classify the political positions and ideology of the political spectrum, are also in a serious dispute!

Some argue that the truth is like onion.

Remove one sheet after another and there is nothing left at the end!

In spite of the difficulties and repeated denials, knowledge goes on. Many false perceptions and ignorance, have been overthrown. The world is evolving and the quality of human life is improving!

We have overcome epidemics, we are better fed and the expectation of human life has grown. The power of a human has multiplied.

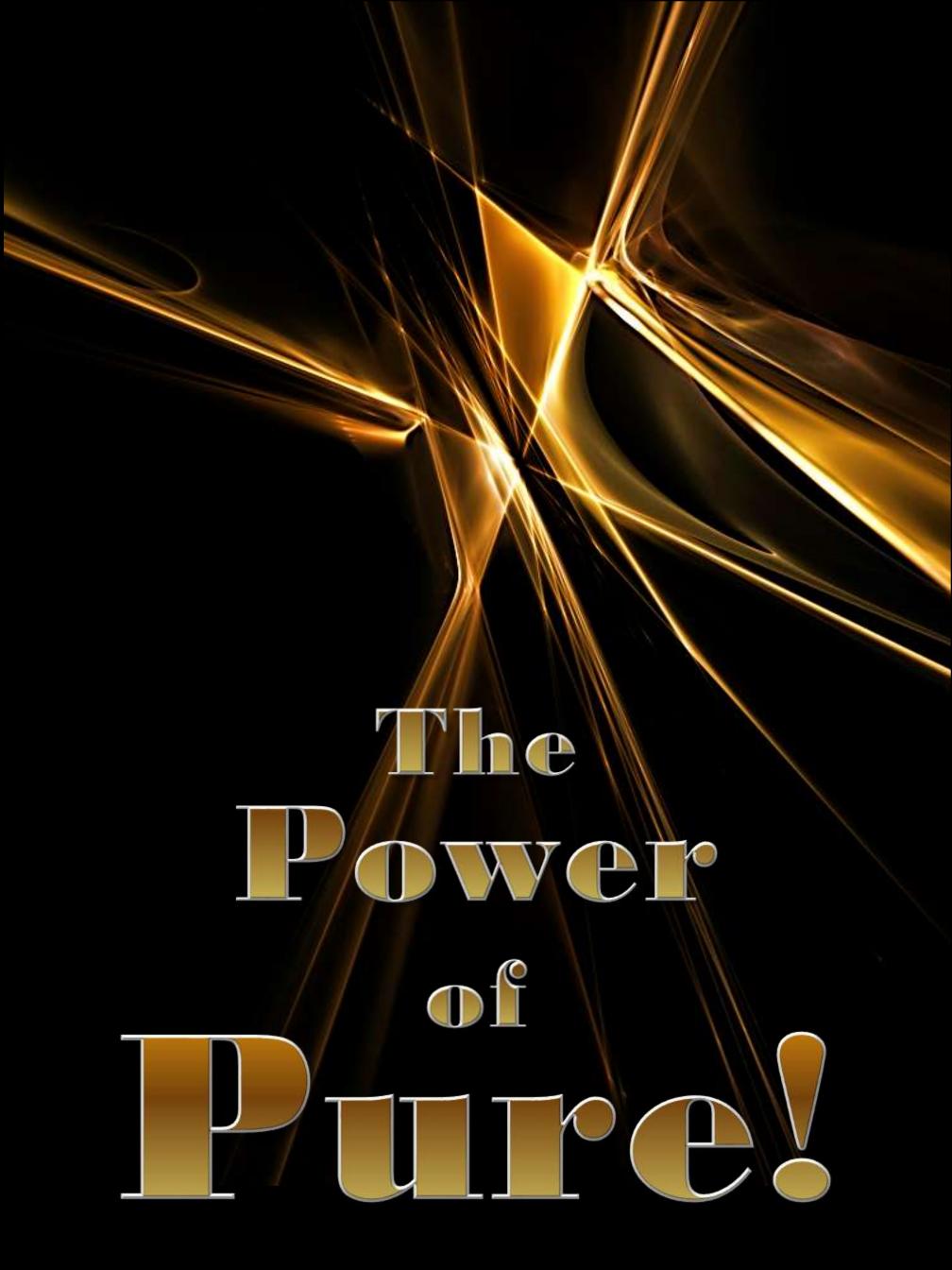
I hope and believe that we will eventually use it for the benefit of mankind!!!

Maybe this means that somewhere in the depth there is truth waiting for us, only to be gradually revealed with time and effort so that its glow, like the thunderbolt, will not be destroyed.

It may look like... Salome. Only It has infinite veils, while Salome had only seven!

She removed them, in order to be rewarded,

with the head of John the Baptist on a silver platter!



ure is everything that is simple, untainted or innocent!

Simple but not simplistic. Simple and not complex or composite. Simple, but not cheap. Solid and not volatile.

Immaculate and clean.

Immaculate, because nothing can affect or damage its essence.

Its purity helps it defend its intrinsic nature, against anything that attempts to modify it!

When pure, objectively identifies, that can receive a benefit, immediately and in the long term, without harming himself or anyone else, then it tends to action it.

Pure is naïve and genuine without malice, hatred and wickedness.

Pure does not plot, intrigue, conspire, snitch at the expense of others!

Pure does not envy others, but continually strives to attain quality and true knowledge.

Pure shares everything willingly and without ulterior motives, without expecting anything in return and without manipulating.

Pure is also certain! Certain goals for own self and those around.

Pure is also transparent.

You can easily distinguish both its composition and the rules of its structure and its raw materials. So you have no trouble understanding its functions.

Pure is glowing.

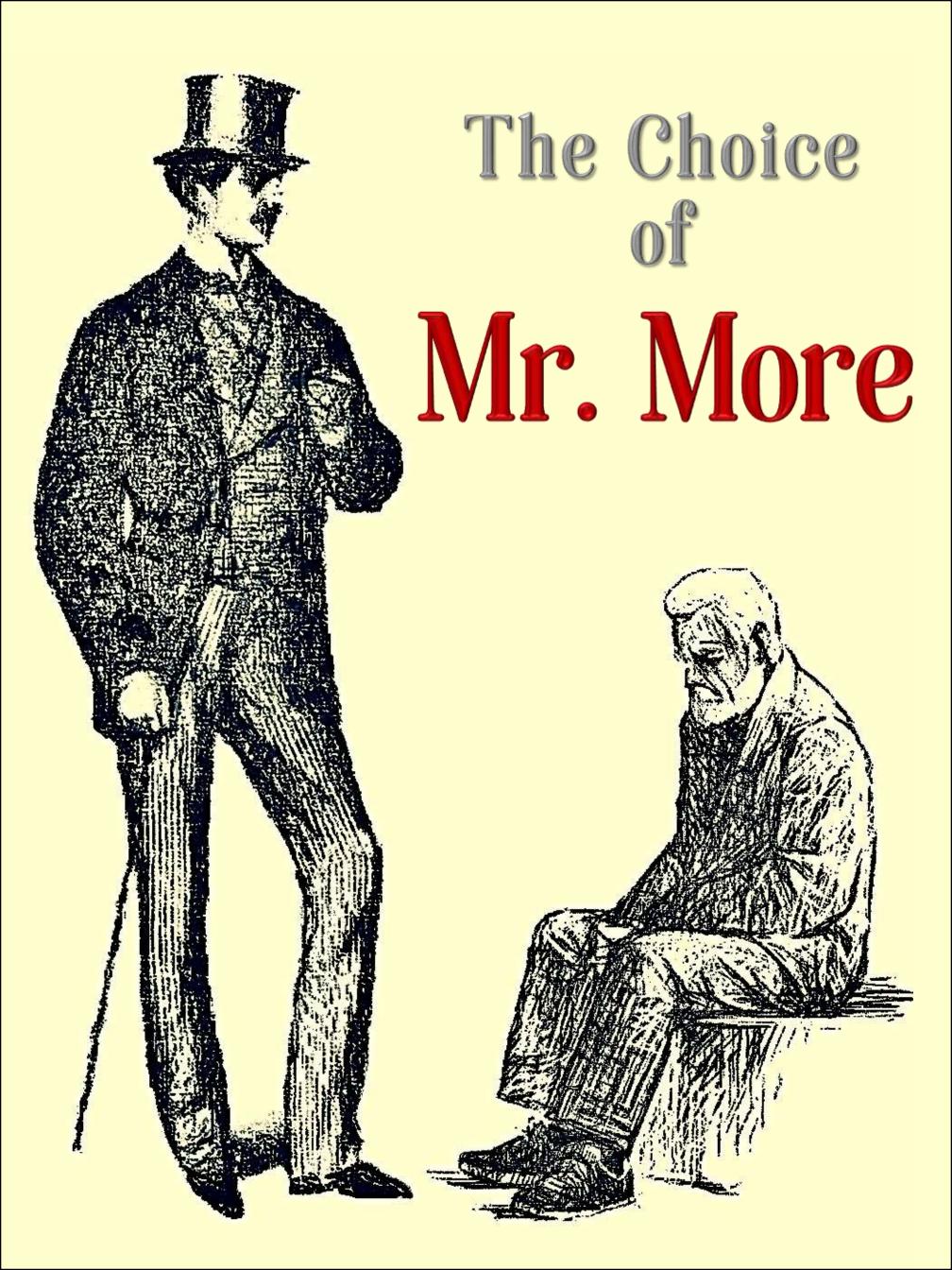
Pure's light does not blind you, but it illuminates and heats you all night and year long. Pure, after all, is strong and durable.

Pure derives power from being genuine, undefiled, and uninfected, as pure does not get affected by the external environment, being self-sufficient and self-powered!

Pure is rare, difficult to find... but remember:

"All that glitters, is not gold"





Our story is entirely fictitious!

All characters and other entities appearing in this work are fictitious.

Any resemblance or similarity to actual events or real persons, living or dead,
or other real-life entities is purely coincidental.

- "...But this is impossible."
- "It's a fact!"
- "So you claim that in the past years, despite the general economic crisis, in a small town
 of ten thousand people you have only three poor people?"
- "Yes" the Mayor yelled. "One is a poor old guy, who lost everything in life. He has been living from the aid of the Social Welfare Office for ten years. The other two, are two sick women over eighty years old, who have no relatives."
- "What if they die?"
- "We'll be left with just one poor man in town."

This dialogue took place on February, 1938, between the mayor of the small town, who also owned the biggest grocery shop and a visitor. Nearly a year later, the visitor returned again.

- "How are your three poor fellow citizens?" he asked.
- "We are experiencing the biggest embarrassment" the mayor replied with a weak voice tone! "I have just invited the Councillors, to an urgent council. Imagine our unpleasant position: The two old women died a month ago, the one shortly after the other. We are left with only one poor man, Mr. More! And this morning, I received a telegraph, that he has acquired a legacy, that will provide him, with four hundred US dollars monthly!"
- "But this is great!"
 - "This is terrible!" sighed the Mayor. "When, our last poor man, stops being poor, chaos will erupt all over our city administration. Countless civil servants, will have to retire or be dismissed because of a lack of work. The prosperity we achieved over the years will be destroyed! The poor house, still inhabited by at least Mr. More, will be renovated by him and townhall employees working in the maintenance department, will be left without a job, as they will not be needed to repair the old water and sewerage pipes, nor the roof parts that fall on the pavement whenever it rains and will again be, a burden for the city, while hitherto they were taxed citizens and active consumers. The Social Welfare inspectors, who receive a very good monthly income, which already and with much difficulty, after the deaths of the two women were assigned to our last poor fellow citizen, will also be losing their employment legitimacy. We would get a large number of loungers, who would make more use of money, because of their excessive free time, but which they could not cover with their low incomes from the state. According to statistics, to date, eighty-seven employees, have been employed to support our poor, in administration, bookkeeping, inspections and general external services. All these people, because of this strange legacy, will be left unemployed and will become more or less a burden on the city and weaker consumers! Besides, I will lose theirs and their families' votes and even worse, they will start shopping from other grocery shops!"
- "And what are you going to do?" the visitor asked.
- "I have an idea. Lets go" said the Mayor and waived to the Principal Councillor to follow them.

Mr. More, was sitting on the stairs, outside the door of his poor house. It was just after 01:00 pm when the civil servant, brought him a plate of soup.

"Corn soup again!" the poor man smiled.

The official prohibited such objections.

- "You are fed by the Office of Social Welfare. Other people have to work for their food.

Do you understand, old man?"

Mr. More bowed his head and took his spoon silently. He ate it. Suddenly, he saw three gentlemen approaching him.

- "Good evening, Mr. More," the gentlemen greeted kindly.
- "Good evening, Mr. Mayor," said the poor man, and he immediately took a posture, of complete submission, as he had learned in the years of his social welfare prosperity.
- "But please, don't stand up, Mr. More!" the Mayor said and gave him a hand of help.
- "You are already an old man. Do you want to smoke a cigar?"

Mr. More at first did not understand well. They had to tell him twice!

- "Thank you", he said scared, while taking a whole cigar from the Mayor's cigar case.

The Mayor then gave him his gold cigars cutter and the councillor helped him to cut it!

- "Would you like to light it, Mr. More?" the Mayor asked and offered him his gold lighter.

 This was getting too much for a man who had been practicing humility for years.
- "Okay, what do you want from me?" He burst out. "So what do you want? What have I done?
 I vote for you all along and I never said a word against you!"
 - "But my dear, my dear Mr. More..." the Mayor reassured him- "...Why are you so upset? We bring you a pleasant message. You have received a legacy!"
- "Who? Me?"
- "Yes, Mr. More! A monthly pension of four hundred US Dollars!"
 - "Four hundred Dollars? In just one month? That's about thirteen dollars a day! Where's the money? When can I get them?"
- "Anytime you want. Only ..."
- "...Only? What only?"
- "You see, Mr. More," the Mayor now took the telegraph out of his pocket, "why do you need the money? You have been happy here for years now. We protect you from diseases and tensions, you have your beautiful room, your clean bed, your good food. We take care of you!"
- "Yeah, yeah. Corn soup every day," the poor man interrupted.
- "This only happens due to modern nutritionists opinions. This happens only for your own good. For your own good health! But you can have whatever you want in the future."
- "Stakes too, Mr. Mayor?"
- "Yes! Stakes the best cut, as often as you like."
- "Every day?"
- "Every day, Mr More, in case you give up the legacy!"
- "But why should I resign? Why should I continue to burden the city when I can buy everything I wish, desire, anytime of the day by myself?"
- "You will never understand this, Mr. More. These are internal political affairs. You, Mr More, represent an important person for the essence of our local community. We just need you poor! If you accept the legacy now, you're missing us. But if you give up, we will do our best to provide you with a graceful old age."
- "But I need a new suit and a coat too...and new boots and socks for the cold winter days!"

The Mayor smiled confidently!

- "I will secure you a lot more from the Social Welfare Fund, for the rest of your lifetime!"
- "I would also really like to go to the cinema, sometimes, something that I couldn't do up to now, and they also say that there is something called 'radio' that one can listen to music."
- "We will agree, to anything you will request Mr. More. We make the following suggestion: If you resign your inheritance and sign this documents, the city is committed to providing you with a new suit every season, a coat as well as shoes and shirts and a hat. You will also receive a free ticket to all the city's cinemas and a radio will be fitted in your room. Food will include steaks, fish, roasts and desserts. You just need to set your weekly menu in advance each time. Besides, you will receive a small weekly amount of thirty dollars, to buy whatever you want. We have calculated that the guaranteed and exceptional grants we give you, should exceed the inheritance, if you deny it, by a hundred dollars and we hope you agree."

Mr. More thought for a while...

- "Will you give it to me in writing?" He asked then.
- "For sure. While signing the resignation statement, the councillor will prepare your contract."

Then Mr. More said:

- "Gentlemen, I agree."

The City Councillors and the Mayor breathed a sigh of relief...

- "But I still have one condition," Mr. More continued.
- "One more?"
- "All these years, the social worker, who was bringing food here in the poor house, has made me feel that I was a poor nothing! To punish him, he must now greet me every morning and call me 'Mr. More'. He must be serving me at all times I wish, using his best efforts and endeavours and until his retirement! I require it in writing!"
- "Okay, I have no objection Mr. More!" the Mayor confirmed. "Write it down Mr. Councillor!"

Eventually, Mr. More signed the renunciation of his inheritance, so the small town escaped chaos and kept its one poor, for the eighty-seven employees, employed in administration, bookkeeping, inspections and general external services...

"If you truly believe in the value of life, you care about all of the weakest and most vulnerable members of society." -Joni Eareckson Tada

with

Definitions:

- **ABUSE OF POWER:** A misuse of power by someone in a position of authority who can use the leverage they have to oppress persons in an inferior position or to induce them to commit a wrongful act.

 Source: https://dictionary.thelaw.com/abuse-of-power/
- MISAPPROPRIATION OF PUBLIC FUNDS: The aforementioned appropriation is defined as someone in public office, responsible for a certain fund, unlawfully misusing those funds. In most cases, the misuse is to unjustly benefit the public servant. An example of misappropriation is a mayor using public funds to buy gifts for him/herself or any other person. Source: https://www.lawadvocategroup.com/misappropriation-public-funds/
- **POLITICAL FAVOUR**: A political act or decision that helps someone. Source: https://www.merriam-webster.com/dictionary/political%20favor
- **DIGNITY:** The quality of a person that makes him or her deserving of respect, sometimes shown in behavior or appearance. The importance and value that a person has, that makes other people respect them or makes them respect themselves. Source: https://dictionary.cambridge.org/us/dictionary/english/dignity

SIYLE Ø UNLIMITED



マルスノスコヨヨ マンスストリスヨ

www.faiceonline.com