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Editor's NOTE



If you've read our previous issues, you can probably predict what's in our July Issue and what's more to come, but we try to pursue new ideas and see where they can take us. What you receive, is a collective effort of brainstorming, many zoom calls, online photoshoots and direction, multiple revisions and an attempt to keep raising the bar. As we try to explore new ideas within fashion and lifestyle, there comes a point when it is very hard to ignore how much harm comes to the environment with the thousands of choices we make everyday and yet, are oblivious of the many sustainable alternatives that are available to us. In this issue, we have presented a few of those ideas, for you to adapt, or consider while planning for some day in the future. One of our favorite features is the new fashion segment we've introduced to show a vast range of designs, and some of the beautiful creations of sustainable brands, collectors and designers. Why tread on the same path when sustainability has so much to offer.

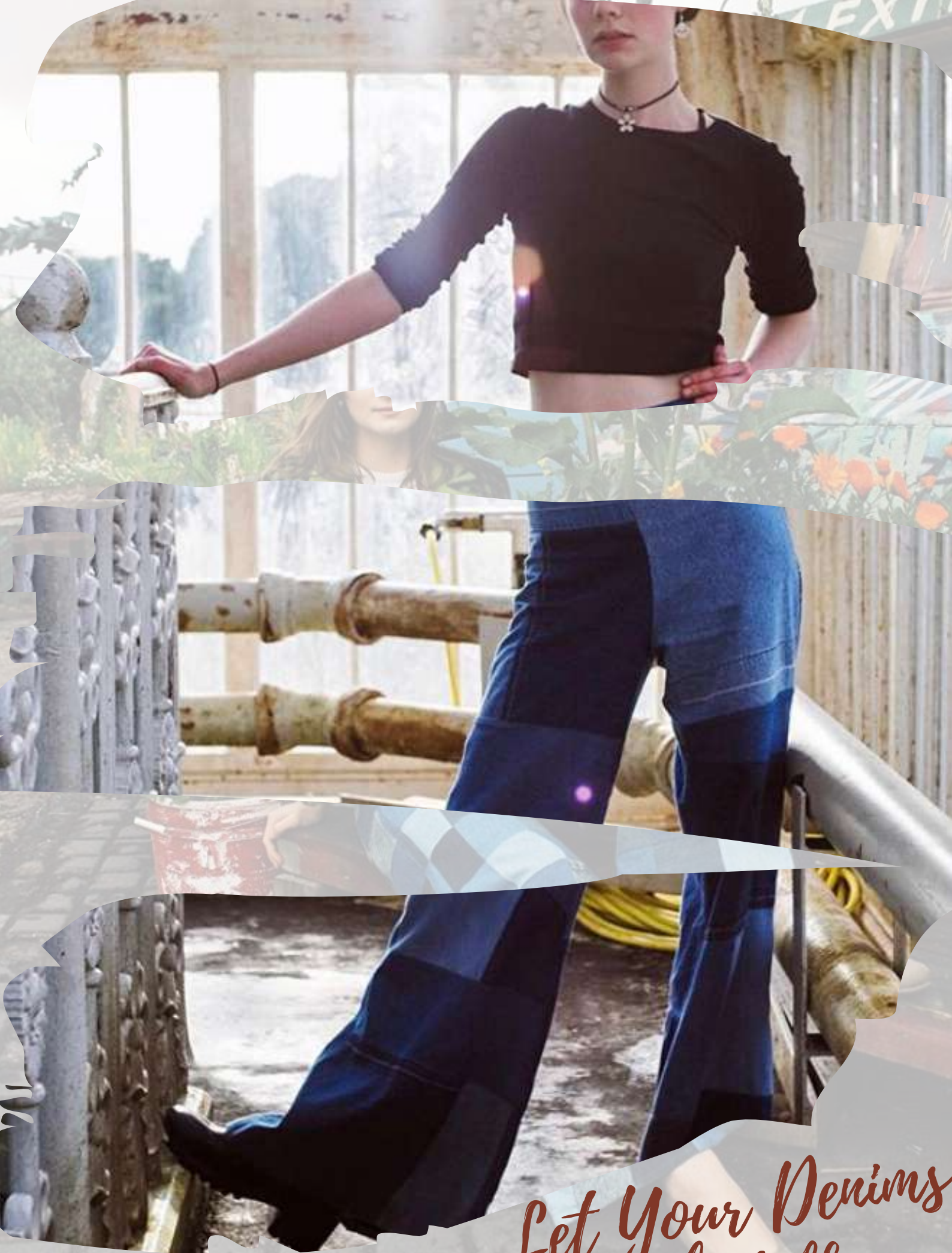
It is in fact the perfect opportunity to make up for lost time and judgement - to make new lists, explore the unconventional avenues, rethink your long due visit to the mall at first crack, and plan your wardrobe in a wise and timely manner. We want to start by becoming part of your quarantine culture, which is otherwise well represented by our cover story- inspired by the many things that have been keeping us busy during this not so busy time. So, here's to hoping that we're able to encourage you to step down the fence and choose better!

Aashi Goel



WILDDAISY

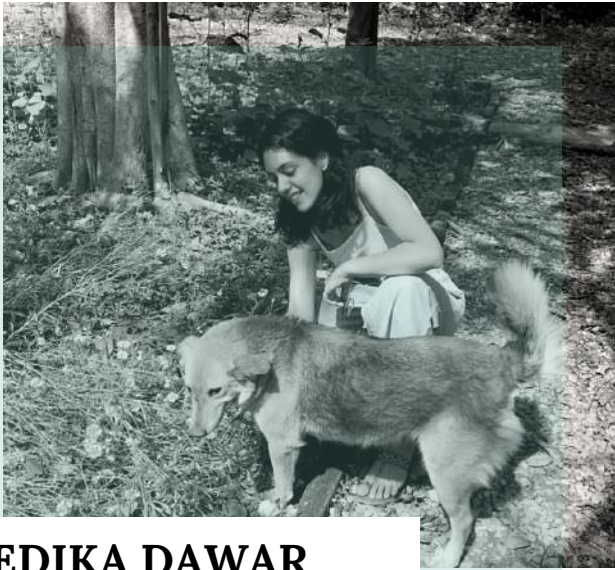
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*Let Your Denims
do the talking*

OUR TEAM

IN SELF QUARANTINE



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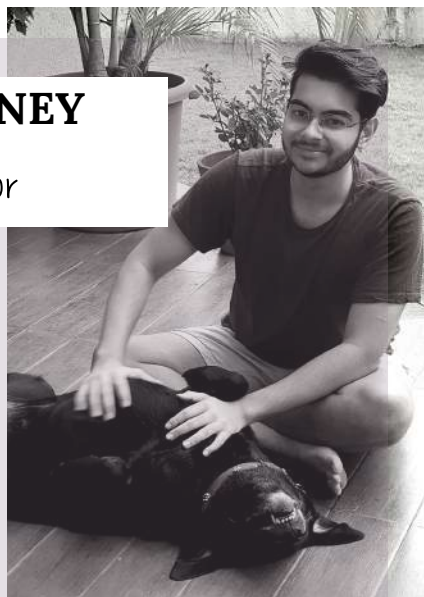


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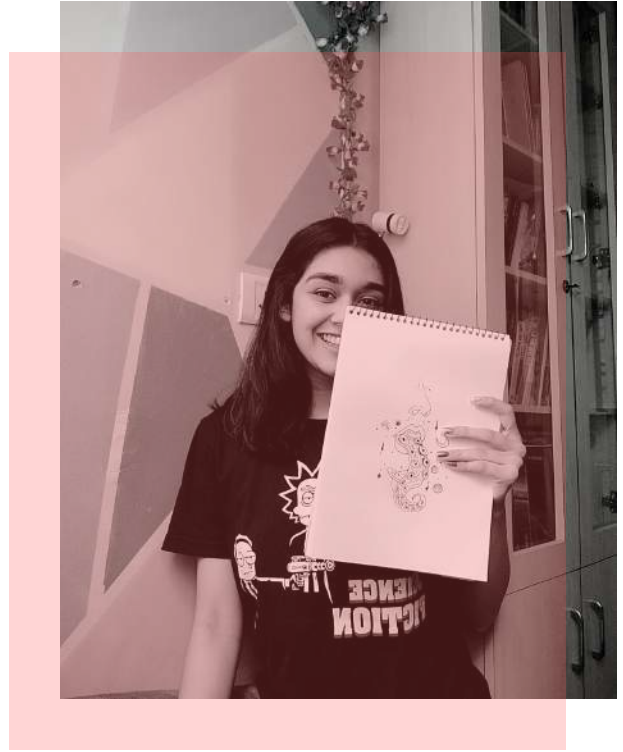


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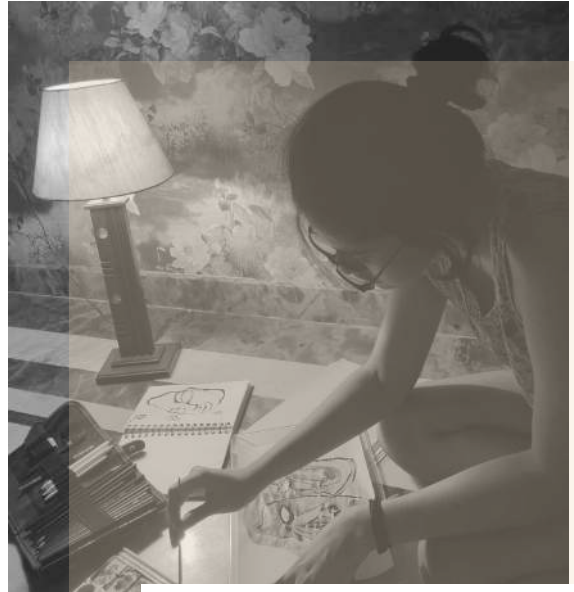
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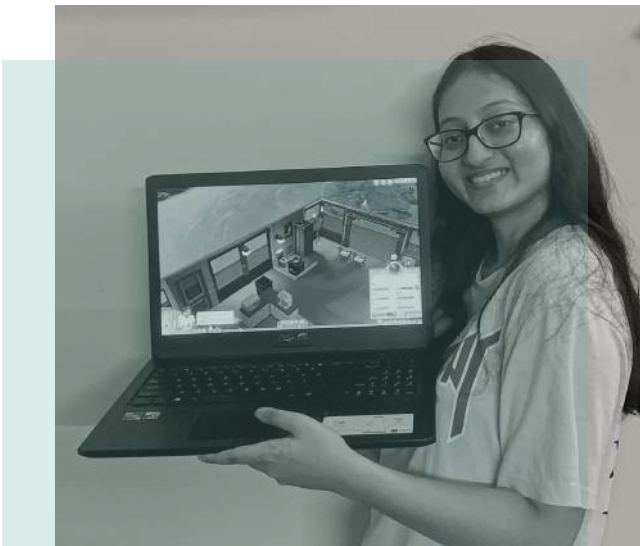
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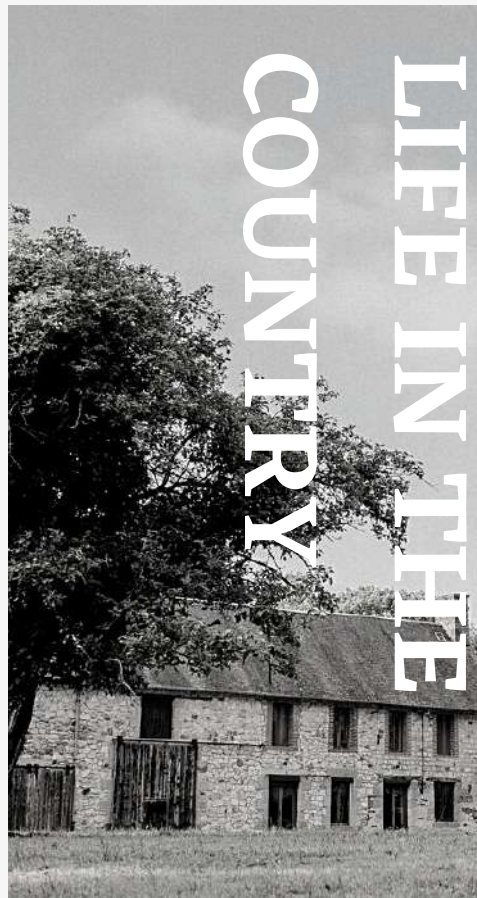
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What's IN THIS ISSUE

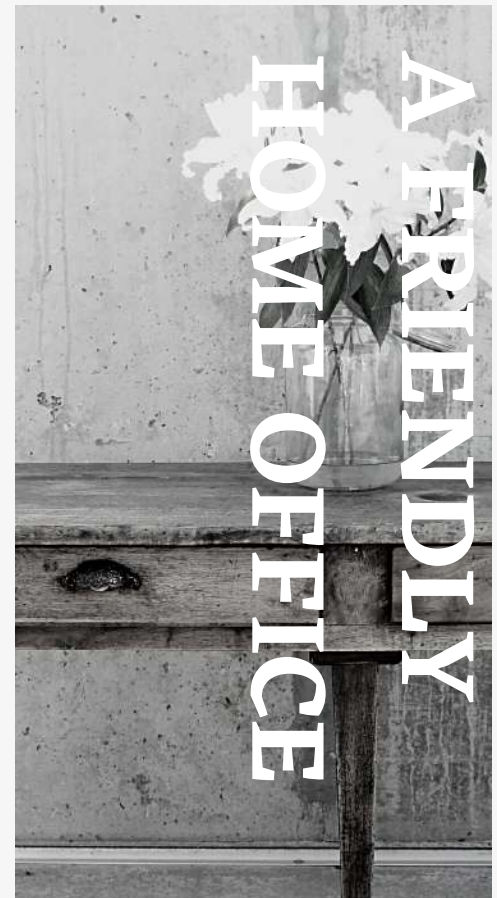
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SUSTAINABLE | STYLISH





THRIFTER'S LOOKBOOK



Retro Days

SECOND

HAND



& VINTAGE VINTAGE VINTAGE



Brick by Brick

by Kashish Gupta

With the world advocating about sustainable living as a solution to all environmental problems that we are facing in the 21st century, tens of thousands of people, advocacy groups, national and international state and non-state actors and Multinational Corporations thriving to revamp, re-organize and restructure their lifestyles, we are now looking for a way forward. Sustainable living can truly be brought to life by "living" or working in a sustainable house, commercial space or educational institution. Today, most households, companies and institutions are trying their best to associate themselves with the word "sustainable" and are trying to reduce their carbon footprint, however, one major aspect that is being overlooked is the building material and the techniques employed in the construction of their estates. Construction has an immeasurable impact on the local and global environment, with each process contributing to the damage - from the usage of our constantly depleting natural resources and fossil fuels to their transportation to sites around the world, construction sites contribute to approximately 50% of climate change, 40% of energy usage and 50% of landfill waste globally. To make sure that the Earth keeps breathing and retains the ability to sustain life, the only alternative is to switch to eco-friendly, greener and sustainable architecture.

"Learning to be still and silent before Christ's presence is a challenging yet rewarding experience."



Sustainable architecture is a technique of constructing living spaces by employing energy-efficient resources that are reusable and recyclable, purify the surroundings, release minimal toxicity, add to the green cover and use renewable energy systems that are specifically designed to interact with the environment. Let's look at a few things you could use to gradually start converting your habitat and pave your way towards sustainable architecture:



Building sustainability or sustainable building

Use natural siding, roofing and decking material since these are few spaces that go unutilised and require minimal maintenance if made with renewable or natural resources.

Create eco-friendly community outdoor spaces outside your homes or commercial spaces by getting beautiful wooden benches and deck spaces installed.

Innovate without demolition, don't cut down trees that come in the way of construction; build around it. Ask your architect to come up with marvellous retrofit designs that are energy-efficient.

Make structures for rainwater harvesting that can be used for watering plants and replenishing the groundwater table.

Purchase building material and furnishing from companies that employ environment-friendly manufacturing techniques and sell recycled material.



Want to breathe naturally purified air? Reduce your carbon footprint? Encourage reforestation? Revive habitats for wildlife? Sustainable architecture is the answer. It results in cost reduction, improved health, waste minimization, better use of materials, environmental protection, reduced noise pollution, a better quality of life, room for experimentation and gives rise to an eco-market. Sustainable development cannot be manifested in a better way than it has been in the universal city of Auroville in the state of Tamil Nadu and some part of the Union Territory of Puducherry in southern India. This city sets a classic example of sustainable architecture as it uses keet, palm leaf, earth, bamboo and casuarina as building materials.



It may feel like a huge task to revamp your living space but if you do bit by bit, you will contribute towards sustainable development and lead a healthier, happier life. Remember, that's one small step for a man but a leap for mankind. Sustainable architecture doesn't call for 100% sustainability, it simply asks for you to pick eco-friendly building material, design sustainable spaces that use less space and look at the bigger picture. Additionally, sustainable, green architecture looks way more aesthetic and in-fashion than any structure built with conventional polluting resources.



AUROVILLE GREEN PRACTICES

Auroville Green Practices aims to bring together various stakeholders to envision future townships that offer a habitat that is ecologically, socially and economically nurturing.

Auroville Green Practices (AGP) is an experiential learning platform developed by Auroville Consulting in 2010, to bring together people and resources in “green practices”. Auroville is an inspiring model for sustainable practices, and subsequently a ‘Living Laboratory’ for ecologically-responsible living. What led to the establishment of AGP?

AGP was born of the wish to share Auroville’s expertise and experience in various sustainable practices with the outside world, by showcasing practical alternatives to conventional systems and business practices. The hope is to inspire participants to adopt best practices and technologies and develop new ones in order to be the holistic and conscious change-makers that the world needs.

What is the philosophy upon which AGP based their foundation?

One of the highest aspirations and values of Auroville as a township is to offer and engage in unending education. In line with this, Auroville Green Practices aims to bring together various stakeholders to envision future townships that offer a habitat that is ecologically, socially and economically nurturing. Against the backdrop of Auroville’s Charter, the vision of AGP is to create a knowledge-based enterprise of excellence, and facilitate an exchange between Auroville and the outside world around unending education, bridging the past and the future, as well as spiritual and material research.



 [AUROVILLE_GREEN_PRACTICES](https://www.instagram.com/auroville_green_practices)



What are the different initiatives that make Auroville Green Practices stand out as a project of sustainability?

Distinguished professionals in the field share their vision and experiences in the form of plenary talks, participatory sessions and panel discussions addressing the key question concerning sustainable integrated human habitats. Through meeting and training with young scholars such as engineers and constructors, AGP plants significant seeds of change and paves the way for new greener practices of designing, planning and working sustainably for the next generations to come. Through its active work ensuring that efforts are continuously enriched with the newest knowledge and research as well as documented and shared through a two-way flow of exchange with a global audience, AGP provides

excellent educational opportunities in sustainability sciences. AGP offers education and training on topics of responsible energy management, waste management, water management, organic farming and food production, climate responsive and green architecture, responsible fashion and the cotton value chain, ecological restoration and landscaping, social and ecological business practices, and greenhouse gas accounting for organizations and cities. Around these topics, AGP offers both training modules in the form of workshops (upto 6 days duration) and summer schools (upto 3 weeks duration).



AWARENESS THROUGH WORKSHOPS



The objective of AGP is to offer immersive, experiential, cross-disciplinary, high-quality, and hands-on transformative education in applied sustainability science, via courses, seminars, workshops, and interactions with a large number of people across the world. Through its outreach efforts AGP shares with the world Auroville's 52 years of cumulative experience and learnings of transforming a barren desert plateau into a lush forest. These efforts showcase the best of green practices in Auroville including award winning architecture and examples of sustainable design and practice.

Attendees range from students of differing ages (school children to post graduates), professionals to government officials. Auroville and its outstanding experience in human unity and sustainable living is the platform and environment for the learning and personal growth of AGP students from around the world. The programs are based on a 3H approach that nurtures Hands (skills), Head (competences) and Heart (inner capacities) of all participants.

Having catered to 3000+ participants from various schools of life over the years, participants are able to illustrate with detailed examples and insightful anecdotes exactly how and why the programs have greatly improved and impacted both their professional lives as well as their personal lives.

Possibly the most identifiable aspect that has impacted participants' lives is the immersion into Auroville and its spiritual and research values, contact with Aurovilians, with other participants, as well as the method by which AGP programs are designed and taught.

Combining personal interactions, team work, self-improvement exercises, and high level of exposure to new people and places yields a high impact program that makes every encounter count towards a learning experience - be it sharing of a meal, a physical exercise class, a journaling exercise, or a hands-on construction project.

"The program and the city itself, Auroville, completely changed my perspective towards sustainable living. It gave a better understanding of being responsible for how our little efforts can contribute towards a better world. It gave me the real idea of how the city can function."

-Participant

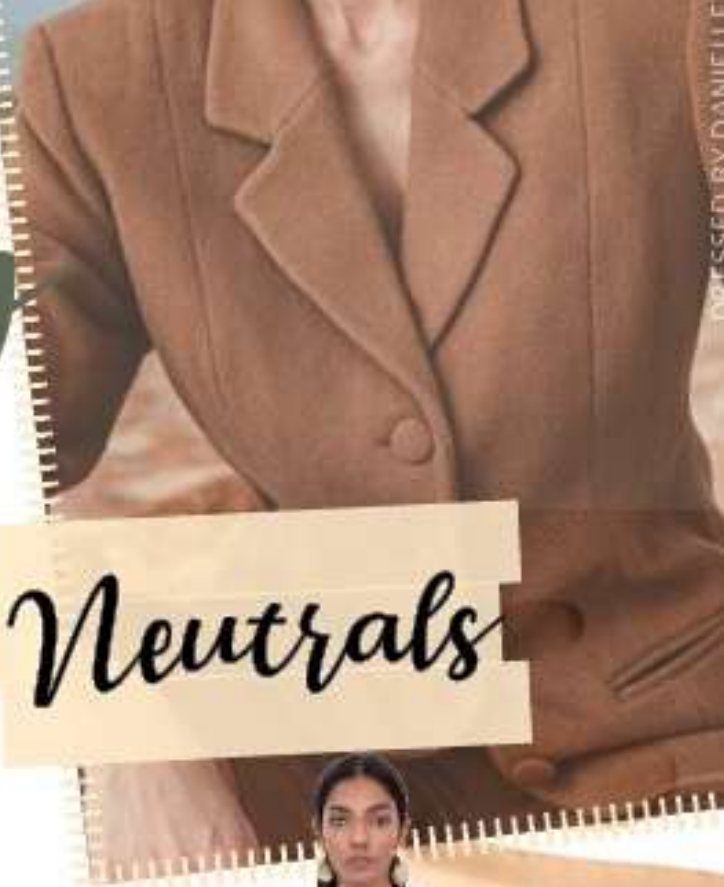
Slim Picking

perfectly

Neutrals



DRESSED BY DANIELLE



ZERO WASTE FLUX 2.0 DRESS
By SANAH SHARMA



MILEE COLLECTION



VAKITA CERAMIC EARRINGS
By KEYAH JEWELS



ANANTA CORK HOBO
By STUDIO BEEJ



SAN FRANCISCO
BY MILEE COLLECTION



BHUVAH
By STUDIO BEEJ



TUBE DRESS
By SANAH SHARMA



DRESSED BY
DANIELLE

MERMAID SKIRT/
DRESS
By SANAH SHARMA



HOLD YOUR HEART IN
YOUR HAND
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BAGS



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IN THE FACE OF QUALM

Does fashion history also repeat itself?

Fashion, as many consumerist sectors, has plummeted and suffered at the times of adversities. We know this, not only from the Coronavirus pandemic which has engulfed every part of our lives but also from the instances of war, violence and disease in the past. The up and downslope of fashion, the height and inevitable fall in times of stress and fear has proved to be a great recipe for introspection. The fashion industry has long been criticized for its vapidness and almost evasive and escapist view of the world we live in. However, like its mammoth rise, it sees a fall of similar proportions. Fashion has once again been challenged by the reality of the world and its conditions, and saw itself in a state of absolute stagnancy and even, existential fears.

Is fashion, as we know, completely over? Is fashion which evolved slowly from 2 seasons to 4 seasons to a whopping 52 seasons a year as we know it today, 6 feet under the ground? Luckily for style and fashion enthusiasts, the fashion industry has learnt to adapt to

scenarios from out of the left-field, though with eventual tremor, with ease. But is it really only when a catastrophe strikes that stirs a change in fashion?

Coronavirus is a challenge that we face in our world which is slowly changing every aspect of our life, from fashion to finance. An unprecedented event as such struck us in the 1940s with the start of World War II. Though fashion has constantly evolved and bettered itself in the face of transformation of society and changing identities, it is easy to say that fashion has also changed dramatically in the ways of production and consumption, not for the best that too. Fast fashion defines our wardrobe and trends that change like Twitter trending pages hourly and has forced

consumers to stay on top of what is dictated to be the trend. From leaving the simplistic 2 seasons or “Spring/Summer” and “Fall/Winter” it has been turned into a complicated web of 52 “micro-seasons” per year. Fast fashion has done irreversible damage to the idea of styling and wardrobe, along with the impact in a multitude of other aspects of human life from environmental degradation to human rights.


Sustainability and fashion have a complicated relationship, it is as if the need for sustainable fashion on the runway arises only in times of uncertainty and shortages of fashion, yet it is

also proof of the extent of the transformative power of fashion as an industry. The need for sustainable fashion first saw the emergence in the wake of World War II. The 1920s and 1930s fashions, specifically for women, was

known to be extravagant and opulent, decking the woman’s body in layers of fabric and intricate design. But as the looming desperation of the war hit, the fashion industry too felt the sting. Facing the dilemma of fabric shortages owing to the increasing demand for fabric for war supplies and uniforms, many would have believed fashion would no longer be a tool of expression but for sustenance.

Though done out of compulsion and necessity, much like the situation we face now though on a different scale, fashion and style were never compromised in the course. If there is something we can learn from fashion is that it


by
**Lakshmi
Panicker**



is ever-evolving yet takes inspirations from the past. Many high-fashion brands such as Dior, Louis Vuitton as well as Chanel refer to the past to create something new. Fashion at the dawn of the crisis in the 1940s, harked back to tradition and reusing clothes. It was promoted by governments as the “nationalistic” thing to do, to mend your own clothes, to restyle summer styles in fall and to recycle to the best abilities. Even in the face of uncertainty, the 1940s was and still remains to be an iconic representation of quote-unquote compromise. With shorter hemlines and bare midriffs, fashion was revolutionized for women and society as a whole as well. Sustainability was in vogue (no pun intended), and was seen as the virtuous and nationalist thing to do in a situation of flux. The 1940s and the shortage of fabric also gave us the beloved beachwear, two-piece bikini.

But sustainable fashion, as we know it, may have been conceived as an idea way before the war and by that, I mean, WAY before harking back to the pre-Raphaelite movement. The movement that arose in the second half of the nineteenth century uprightly rejected the fashion of heavily structured bodice as well as intricate ‘feminine’ design. The pre-Raphaelite movement brought about an Artistic Dress movement which favoured a simpler as well honest work of hand fashion. Rejecting assembly line fashion and toxic dyes, embracing the natural and vegetable dye, the fashion movement was way ahead of its time. Though one could not call it exactly “sustainable” (because the term didn’t exist before 1987 as when it was introduced by UN) fashion, it does intersect a lot with the idea of revolutionizing fashion that we hold today. However, we need not go that far into past to see the call for sustainable fashion or to put it, “humane” fashion, in our own recent past and also fashion trends that we try to emulate today, baggy pants and mandala print, the 1960s and the hippie movement too provided an opportunity for a collective realization of layers of discreet violence and exploitation fast fashion rested upon.

Even to this day, fashion is always looking at ways to revolutionize itself and make a way towards a bigger goal. The conversation on fashion’s impact on human life and environment does not ever move away from its periphery neither does it falter, whether it is a more artistic interpretation (Alexander McQueen’s S/S 1994 titled ‘Nihilism’) or a more overt articulation of the need for greater accountability such as Vivienne Westwood and her most memorable line “Buy less, choose well, make it last”, we do see fashion industry trying to be more responsive to the needs of the world and goals of humanity.







Modelled and Directed by: Jesita Limathwala



Brands such as Lamine Kouyaté's Xuly.Bêt, that is bringing a breath of fresh air to Paris Fashion Week being the first brand to introduce upcycling to the most prestigious shows of all, shows that there may be change just around the corner. According to their interview in Your Fashion Archive, the idea of reworking flea market finds as well as dead-stock fabric is not only revolutionary but could set in motion big changes in the world of fashion where accountability and change is a constant.

But that brings us to the point, is fashion really tone-deaf and needs to be shaken back into reality? The answer may not be definite, on one side we have fashion that caters to the demand

of quick as inexpensive trendy style as well as environmentally conscious as well as utilitarian fashion brand such as Kepler London that inculcate traditional methods of garment making while at the same time not losing out on the essence of what fashion boils down to, individuality and expression. It is important to realize that the way fashion has structured itself and continues to exist ever since the advent of fast fashion is not purely an issue with fashion itself but also the consumers. Opting out of the hurried 52 micro-seasons of buy, wear and dump, and making mindful purchases is a small part we can do in making fashion less alienated from realities.





dressed by danielle

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Art & Set Design: Reut
Menachem @reutch.art



Dressed by Danielle is a sanctuary for women who aspire to be fashionable in a more sustainable, affordable, and unique way! At her studio in Herzliya, Israel, Danielle also offers 2-hour Private Shopping Sessions helping women find pieces from her diverse collection of pre-loved and vintage clothing. Find out more about the collection at www.dressed-by-danielle.com

About an Eco-Wedding



Jaineesha, Vegan Make up Artist talks all about her sister's eco wedding planning and event

 [jaineesha_mua](https://www.instagram.com/jaineesha_mua)
www.jaineesha.com

My journey as a vegan makeup artist started back in 2017. My sister watched a documentary on Netflix about veganism and shared her views with us as a family. It immediately made me think about the products I was applying to mine and my clients' face. After some research, I realised that many brands still test their products/ingredients on animals and looked for products that were not tested on animals. I initially started by changing my personal kit, because it was important for me to still have high end, good quality products for my brides.

Once I had changed my skincare and makeup products, I started changing over my bridal makeup kit. I would only swap to a cruelty-free product once I found a good alternative that worked for my makeup style, was long-wearing and had a good colour range for skin tones that ranged from fair to dusky.

I managed to have a 100% cruelty-free kit by the end of 2018. This sparked a series of changes where I decided to switch all my products to vegan and eco-friendly ones.

I became very interested in the ingredients of products and their packaging too. I spent lots of time reading packaging details whilst shopping, in turn making it a long process. This was also mirrored when I shopped for fruits, vegetables and cleaning products. It stood out to me how much non-recyclable plastic everything was packaged in. This is where my transition to being sustainable began.

Working within the wedding industry every weekend, I could see how weddings could be changed to more eco-friendly and sustainable ones. We love hosting numerous people and want to ensure that the guests have a great time, but this can lead to a lot of waste in resources and damages caused to our eco-system too. We, therefore, tried to implement as many new eco-habits as we could to celebrate the wedding of my sister last year. I also love speaking to my brides about what eco-habits can be implemented in their weddings to make their celebrations not only joyous but eco-friendly too.

Bride @devikapatel, Groom @rajivchudasama
Garlands and Bride's Hair Flowers @bloomsbyvanita
Bride's Outfit @raasworld; Groom's Outfit- Telon
Bride's Make Up @jaineesha_mua
Bride's Hair @aamirnaveedhair @arpitakaraniamua
Wedding Photographer @indysago



When and where did the wedding take place? Tell us a little more about how you chose the venue?

My sister's wedding took place at Hagley Hall, around 30 minutes from my parents' house. The bride and groom chose the venue as they wanted an outdoor wedding. Having open grounds was important to them but they also wanted an indoor space to move to, due to Britain's unpredictable weather! We initially thought of a destination wedding in another country, but it would have been an inconvenience to the guests who would have to fly and stay in hotels for a few days. Though the celebration was less than an hour away from home, we felt like we had been transported to another place far away.



Considering, big fat Indian weddings is basically a concept about being extravagant and bold, what made you feel confident about this idea?

The more guests you have, the more resources you will require. Having a smaller guest list does lead to an eco-friendly wedding, but the choices one makes during the wedding planning process can also make it an eco-friendly one regardless of the size.



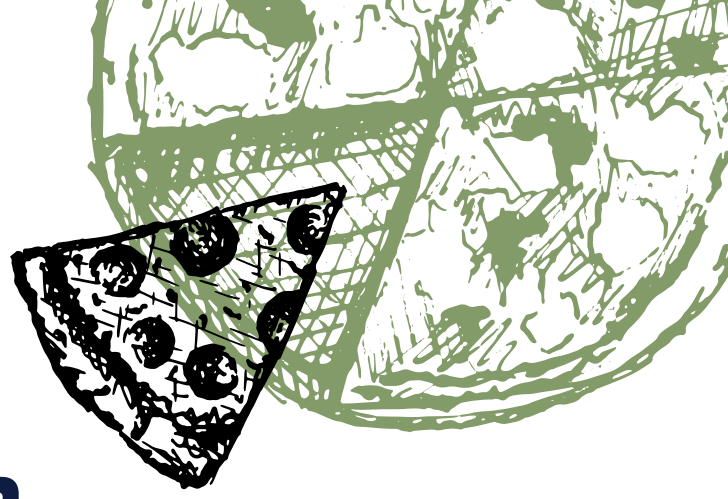
We had the usual amount of events an Indian-Hindu wedding would have. We had a Sanji the weekend before the wedding. We're a Gujarati family so we love Garba, dancing, singing and food. The Sanji was held so that we could still celebrate with all those we were not able to invite to the wedding, as we wanted to have a smaller guest list than we had at mine. We managed to cut the guest list by half! We had the Sanji at one of our community halls; they arranged the decor for us. We hired a band who sang garbas and qawwalis to entertain.

The food was catered by one of the local restaurants that we love, they delivered and served the food in eco-friendly plates for our guests. All the food was then packed for us to take home. There wasn't much waste that day. The Mehndi Night, Pithi and Satak, were all celebrated at home in our back garden. We invited our very close family and friends to keep the guest number low. Food again was supplied by a local chef for all these events. We tried to vary the menu which of course was completely vegetarian. The Hindu Wedding and Reception were held on the same day at the same venue. The Bride and Groom had the Outdoor wedding which they had dreamed of. It was a silent ceremony which was beautifully explained by the Maharaj.

The garlands for the Bride and Groom were made by Blooms By Vanita (www.bloomsbyvanita.com @bloomsbyvanita), our mother. Even though the garlands are traditionally made from fresh flowers, Vanita only makes faux floral products. The products are customisable, lightweight and scented so they look and smell like real flowers. At the end of the evening, all the table pieces were handed out to the security guards who had been with us all day so they would not go to waste. Mum kept one for our home. We only gave a small number of gifts to the bride and groom and eliminated any gifting traditions for the extended family. The bride and groom wanted to spend money wisely and not gift items that did not have any value. Everyone was fine about this and we did not feel like we missed it at all.



DOES AN ECO-WEDDING MEAN TAKING HOME LEFTOVER PIZZA?



All the food from the wedding and reception was packed so that no food was thrown in the waste bin. We donated this leftover food to the homeless. Our caterers used plates, cutlery and glassware that could be washed after every use. For any decor for our events at home, we did it ourselves and tried to use as many resources that we could from what we already had at home. With regards to wedding invites, we had printed some for the main event but opted for e-invites for the days prior to the wedding instead.

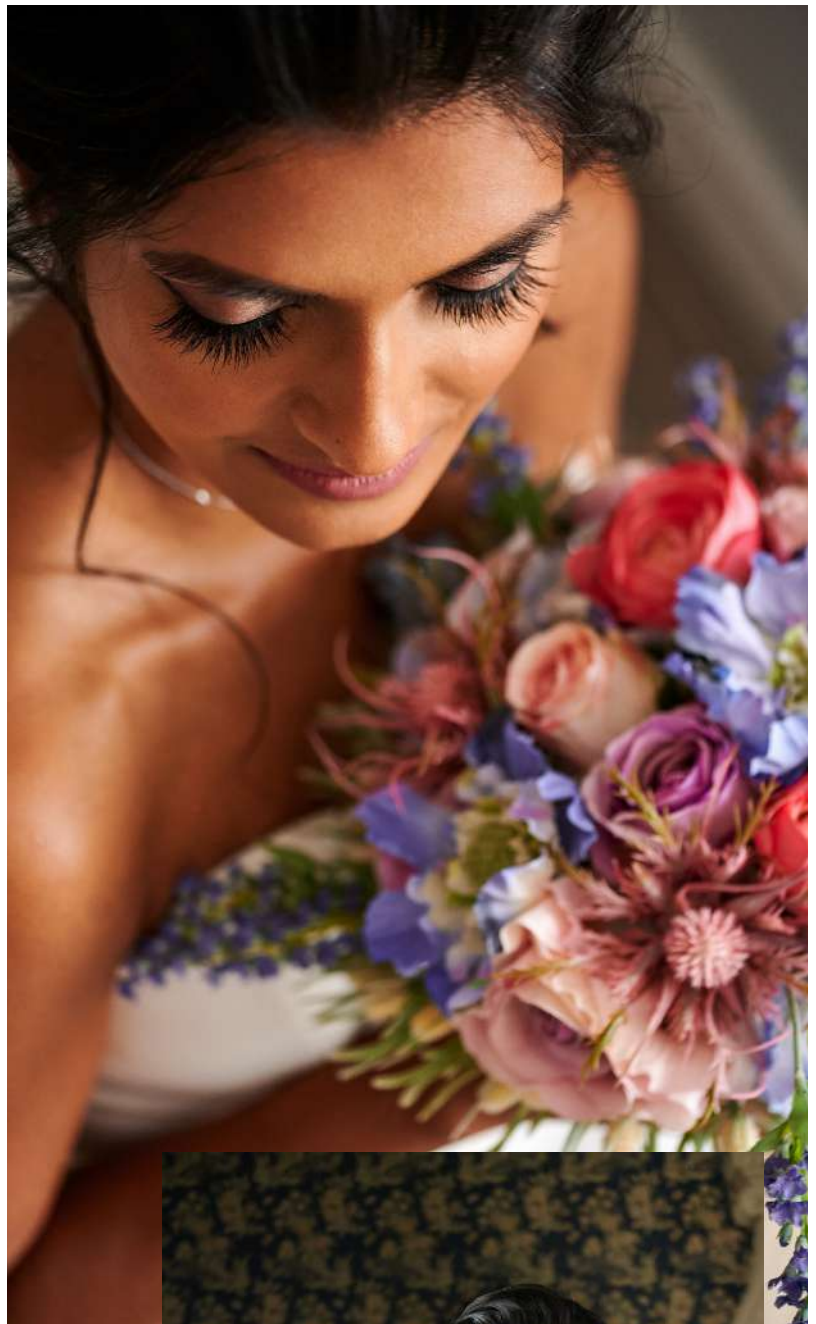
"It's important to do what feels right and comfortable for you. If you really want fresh flowers, go for what's available and in season. I think the easiest swap is the tableware and cutlery. We use so much during the wedding, so if there was only one swap, it should be this."

'THE' DRESS & THE OTHER DRESSES

We travelled to India from the UK to shop for the wedding. My mother's from Mumbai so we visit every few years, however, we used the shopping trip as a good way to see our family that would not be able to attend the wedding. We visited India for a week and did all of our shopping then. We made a list of exactly how many outfits we needed and bought just that as it can be tempting to buy more. We bought limited jewellery and planned to re-wear items that we had at home. My outfit was a bit of a disaster, it hadn't been altered properly, it didn't fit very well and the wedding date was getting closer.

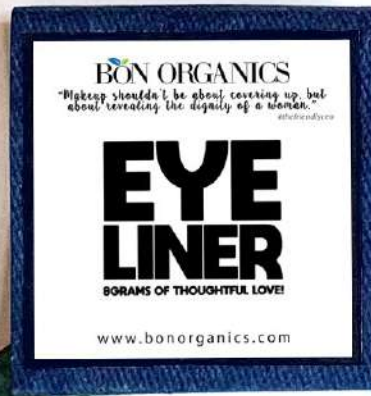
We even went shopping back home for a new outfit but then decided to work with what I had.

I ended up wearing a blouse that I already owned, had some amendments done to the lehenga skirt that I bought from India and bought some material here in the UK to wear as a chunni. The skirt I may not wear again, however, the blouse and chunni I have worn multiple times since the wedding. The bride actually wore some of my mum's jewellery for the Sanji and re-wore some jewellery we already had for her Reception. She's selling all her outfits on for someone else to wear on their wedding day who may not be able to visit India and also wants to be more sustainable. I know we'll be re-wearing our outfits again as we are all a similar size, we love to mix and match items, and we bought items that could be dressed up or worn with simple jewellery to be dressed down.





BON ORGANICS



BON ORGANICS





THAAPO

Ecoprinting is a natural process where plants are enclosed in textiles or paper, bundled in layers and then steamed or immersed in hot water to extract the pigments and produce a print made with plant dyes.

"As a textile artist, I focus on creating awareness about the new inventions in textile art and wants to shift the domain of fashion. I see beauty and freshness in fallen leaves and flower, which I capture on the fabrics as a way of preserving their essence, color and form."

Navnee Kasat





SANAH SHARMA

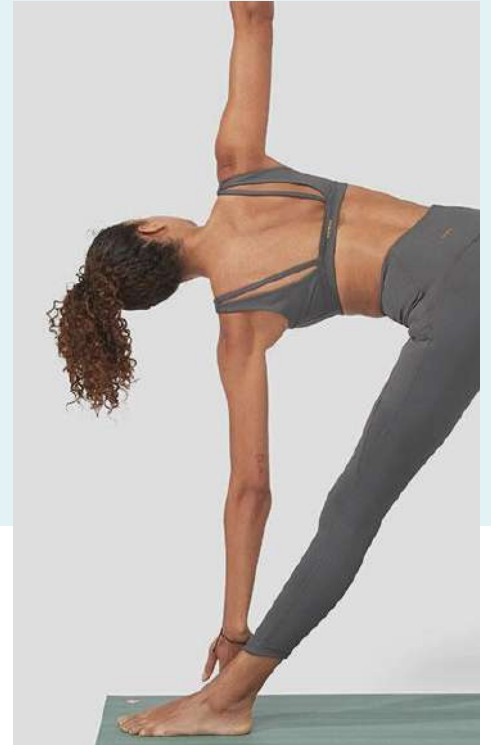


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EVERYBODY NEEDS A TUNE-UP

BY ISHAANSH SINGH



Photos by:-Garmendo

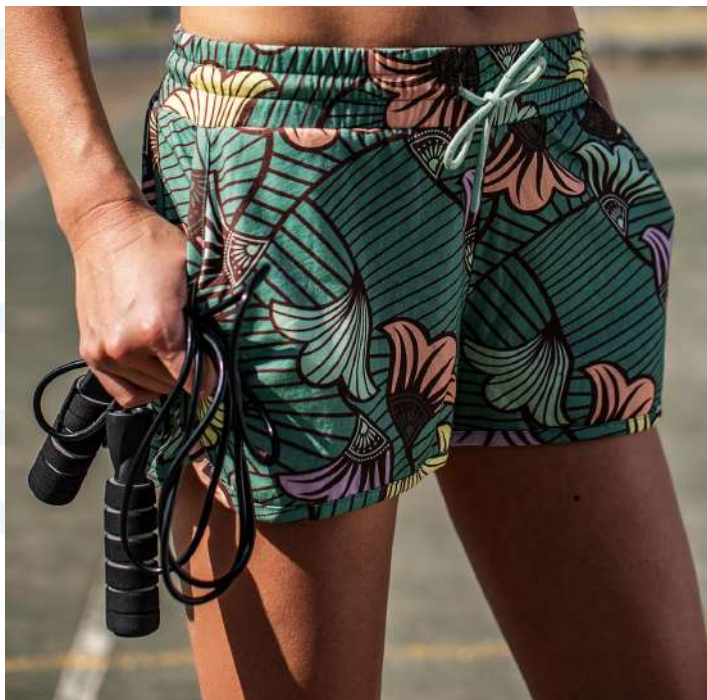
STAYING FIT

Physical fitness has always been important. It has numerous health benefits including a positive impact on mental health. As lockdowns continue to extend, the 'normal' nature of life as we know continues to become more alien. This sudden change in lifestyle often impacts physical and mental well being. Therefore, physical activity and fitness are more important in these unprecedented circumstances. These activities need not be the boring and mundane ones from school (we all know that they never worked). It is therefore important to structure workouts and other physical activities in a creative way which does not make it look like a chore.

WORKING OUT

Working out is one of the most beneficial and effective ways to stay fit. It can be enjoyable and many exercises can be modified as per requirement. Working out can help one think better and clears one's head. In many cases, it relieves stress. Many eye specialists say that working out also helps improve eyesight as it regulates and improves blood flow and decreases pressure from the eyes. It reduces the risk of cardiac arrests, regulates and lowers blood cholesterol level, and reduces blood pressure. Moreover, daily exercising tones the body and strengthens the bones, muscles, and joints.

THERE ARE A NUMBER OF WAYS TO KEEP YOURSELF PHYSICALLY ENGAGED. SOME OF THEM ARE MENTIONED IN THIS ARTICLE.



Photos by:-OGNX

MISSING THE GYM?

Given that gyms and other health and fitness centres are shut during the lockdown, it can be difficult to find motivation. However, there are several alternatives to working out at the gym. There are many websites that offer an array of workouts depending on the requirements of their viewers. Some websites such as Fitness Blender and HAS Fit also provide their viewers with a schedule for working out which keeps them engaged. YouTube is also a useful platform for those looking for short and simple workouts either outdoors or indoors. YouTubers like Anabolic Aliens and Tom Daley regularly upload a wide range of workout videos. Many YouTubers like Fitness Marshall and SofaBar upload dance workouts which also seem to be popular among viewers. The most popular ones are the 'at home' workouts which range from 5 minute long videos to nearly an hour-long videos. Many videos often include a 'no-equipment' component which makes it easy for many viewers. Many apps such as Nike Training Club and Adidas Training offer similar facilities as well.



Exercising and dieting should be regulated in such a way that the body does not overexert itself and its nutritional requirements are met.

DIET

While working out it is also important to remember that whatever you eat should be monitored. Although crisps are delicious and an easy go-to option, they are not necessarily filling and do not give the body the required nutrition. A balanced diet (yes, the one we learnt about in primary school) is a key player. It keeps the digestive system healthy. Greens are a must and so is water. Keeping oneself hydrated is really important as it clears skin, reduces unwanted hunger pangs, and keeps the body cool.



GARMENDO

www.garmendo.com

 [garmendowear](https://www.instagram.com/garmendowear)





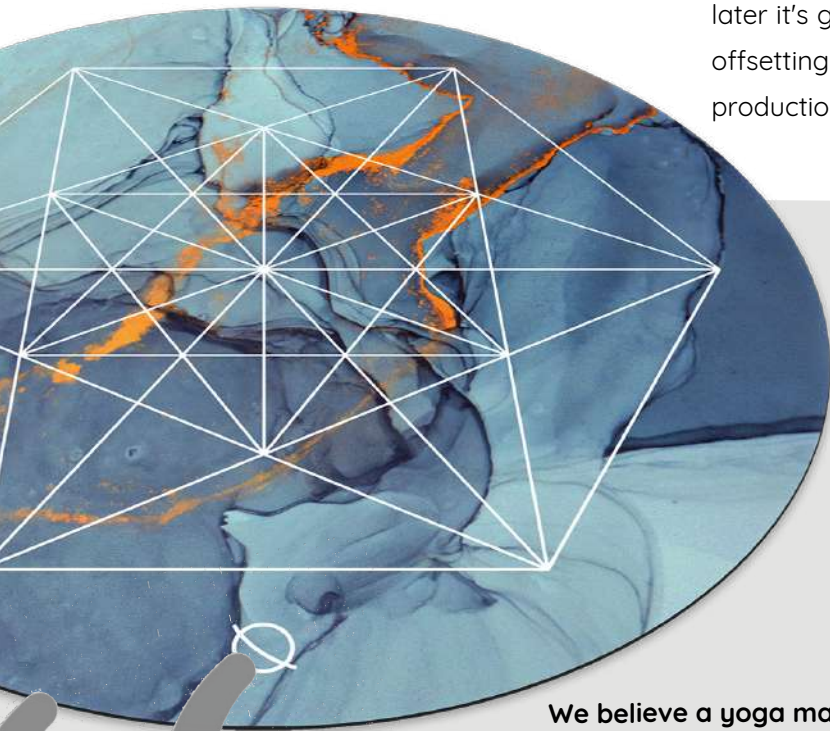
GARMENDO



ECO-FRIENDLY YOGA MATS

FORM
BE THE MOVEMENT

They say sustainability is at the heart of everything they do. All their mats are made from recycled materials which are either recyclable at the end of life or biodegradable. The Pro mats have a natural rubber base and a grippy top made from recycled plastic bottles meaning less plastic in landfill or the sea while the Onyx mats have the same natural rubber base and a PU top meaning it's fully biodegradable - just bury it in the ground and 2 to 5 years later it's gone! Most importantly, they are carbon negative - offsetting more than 200% of all our carbon emitted by production and transportation.



We believe a yoga mat is more than just a boring square you work out on, it should be a place to escape to.

That's why we design with the user's experience in mind. We create colorful designs to inspire and created one of the first round mats in the world to help you create your own workout area. A fully body stretch at the start or finish of every day is a must, it's amazing how flexibility increases with regular practice!



BAYA



SUSTAINABLE YOGA MATS AND GEAR

BAYA has a special range of sustainable mats called "Soft & Conscious". These mats are made in Germany. This range is sustainable because it uses durable materials that last in the time. Moreover, the materials used by the factory and its production processes are Oeko-Tex certified. This label guarantees the human and environmental qualities of the textiles used on site. Over 100 criteria have been identified (choice of raw materials, management of the production process, etc.). Moreover, BAYA is partnered with an eco-friendly supplier: they make sure to limit their energy consumption as well as the waste of materials.

www.baya-france.com
[@bayayoga](https://www.instagram.com/bayayoga)



A PART OF THEIR PROFITS GO TO A CHARITY CALLED 'YOGA STOPS TRAFFICK' WHICH HELP WOMEN AND CHILDREN ESCAPE SEX TRAFFICKING IN INDIA.

With Every ATOM wants to help keep you and our beautiful world healthy by creating eco-friendly and design inspired yoga mats. Mats for any type of yoga you practice, be it hot or yin, we have the perfect mat to support your needs.

Their cork mats are 100 % biodegradable and sustainable, they are made from natural rubber and cork no glue is used to make them which makes them easy to recycle. Moreover, no trees are harmed in the making of the mats. They also have natural rubber mats and microfibre.

**WITH EVERY
ATOM**



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BEAUTY

We all follow one routine or the other but do we really slow down and notice what we are doing? Especially in the first few hours after waking up or a little while before heading to bed, major parts of these routines are beauty/skincare routines. 3 of these brands are:

2

Rose petals: Rosewater can be used in your beauty rituals the same way it's being used in perfumes! It has antiseptic properties and is also a natural healer for scars and evens out your skin tone. You can also make a DIY rose oil with dry rose petals and sunflower oil. Put it all in a jar, cover the lid, keep it in a cupboard or cabinet and let it sit for 3 to 4 weeks and voila! It is great for dry and irritated skin.

1

Using products from brands that give back to the planet: Sustainable beauty has been gaining momentum for quite some time now and a few brands are doing their part by saving water, using reusable containers for their product and saving on the packaging.

SECRET TO A SUSTAINABLE SKIN CARE ROUTINE

BY ISHIKA PARUTHI



3

Kaolin Clay: While Fuller's Earth Clay (multani mitti) helps rejuvenate the skin, the skin tends to become

dry at times because of the same. Kaolin Clay on the other hand retains all the moisture, helps remove the impurities and cleanses the skin simultaneously. The best part is that it can be used for all skin types and ages alike. Not only on the face, but one can also use it as a shampoo!

Most of our night-time routine is that of removing makeup before sleeping and other beauty regimes to make our skin better and free of impurities. A hectic schedule usually pushes our skin and beauty routines to the backseat but our appearance matters too, hence your skin should always look healthy. It is easy to do so and does not require much effort.

NIGHT ROUTINE

Rather than using chemical-based products, opt for sustainable or vegan products and if not, use ingredients that can easily be found inside our homes. Go back to grandma's beauty routines, these traditional methods are natural and chemical-free. Using a turmeric face mask with a few drops of honey and 2 tsp. of curd makes for a very healthy face mask. Boiling neem leaves and then using it to rinse your hair after shampoo makes your hair rich and your scalp dandruff free. You can also use neem in a face pack by mixing it with honey and then applying it in your face for 15 – 20 minutes. It helps prevent blackheads and pimples and can also be applied to the areas where you have pimples or blackheads!

People usually think that these homemade remedies are very time consuming but that is not true. These take very less time to prepare and are hassle-free. Now when it is not possible to visit beauty salons very often, having a knowledge of these natural skincare routines is like a blessing in disguise to have a healthy and hydrated skin. As for sustainable morning routines, they are some of the best ways to utilise your mornings in the best way possible!

1. MakeUp Removal
2. Cleansing and Toning
3. Exfoliation
4. Moisturizing





Model: Swastika Dasgupta
Directed by:- Tanvi Singh

EASY AND SUSTAINABLE ALTERNATIVES



Makeup removal: Face wipes might be easy to use and help remove makeup quickly, but they are neither very good for your skin, nor are they environmentally friendly! These wipes usually remove the natural oil from our skin that may lead to an imbalance in the pH levels. This is not the most recommended way to cleanse your skin, and the wipes may also take up to 100 years to decompose! Rather than using normal makeup remover wipes, use bamboo or charcoal face wipes which are reusable.

Cleansing: Use a face wash made of natural ingredients such as aloe vera, plum and chamomile. You can also make a natural scrub out of walnut, plum and aloe vera. Keep it on for 5 minutes and then moisturize with coconut oil. Another way to naturally cleanse your skin is to reduce the temperature of the water you use as hot water tends to snatch your skin of essential oils.

Toning: Next time you require a new bottle of toner, try the Green Tea alternative first! Mix 1/3 cup of Green Tea with 3-4 drops of Tee Tree Essential Oil.

Exfoliation: This process is done to remove the dead skin cells from the surface of the skin. Rather than using a chemical-based exfoliator, opt for natural ones which can easily be found in your home such as oats, coffee, rice and baking soda. You can make natural scrubs using leftover coffee to exfoliate your skin along with coconut oil, dry mint leaves and rose petals which is one of the best ways to remove the dead skin.

Moisturizing: A moisturizer helps in maintaining the balance of the skin and if you do not moisturize your skin on a daily basis it starts getting dry and flaky especially in winters. So, to prevent this dryness of the skin, you can use natural ingredients such as honey, rosewater, olive oil or coconut oil and turmeric.



BOLT BEAUTY

A modern skincare brand allowing you to be radiant on-the-go while feeling guilt free, knowing that Bolt Beauty's commitment to being an authentic, sustainable beauty brand is real. Bolt Beauty is zero waste, Leaping Bunny certified, Peta certified as vegan and cruelty-free, and carbon neutral across its operations, manufacture and distribution.





GLOW DON'T SHINE

Packed with blemish-fighting, oil-reducing ingredients to target imperfections and reduce the appearance of pores. It is designed to reduce excess oils while simultaneously boosting your glow. Pumpkin seed oil has been selected for its ability to trap in moisture while Rosemary, Peppermint and Clary Sage oil act as natural anti-inflammatory agents to reduce redness and even out complexion.

BOLT BEAUTY



VITAMIN A GAME

To help create brighter, firmer, and smoother skin. It also incorporates Vitamin E, a powerful antioxidant which helps repair damage caused by oxidative stress. By housing the serum in a single-dose, air-tight capsule, the active ingredient is not exposed to any light or oxygen degradation and so extends the shelf life of the product to 30 months.



MAD ABOUT MOISTURE

Packed with antioxidants and hydrating properties, just one capsule plumps the skins and locks in moisture. Active ingredients include Dongbaek oil, a beauty secret of Eastern skincare that acts as an emollient and provides anti-irritation properties as well as Bisabolol taken from the calming chamomile plant which promotes healing and soothes the skin.



FILTHY CLEAN

This everyday cleanser harnesses the power of Margosa, an extract from the seeds of the exotic Neem Tree, which has been used for centuries in Ayurvedic medicine for its antibacterial properties.



ROSE WATER TONER
An elegant skin toner while playing the role of an anti-anxiety spray and a mild deodorant.

It is a vegan and cruelty-free brand and produced the first PETA certified lipsticks! They try to be as conscious as possible with the product they use and are quite economical, keeping in mind the income of an average Indian. India's first indie makeup brand, Disguise's main aim is to redefine beauty and discover what beauty means in its true and raw form.

SKINCARE WITH BON ORGANICS

NALANGU SOAP

In this priceless organic soap, we blended ground turmeric powder with turmeric essential oil and several other significant ingredients into an organic soap mix. The turmeric evens the skin tone and colour while giving it an extra healthy glow.



FACE WASH

This one's a healing cleanser enriched with organic Neem & Tea Tree which makes it perfect for the acne prone skin types. It treats active acne and pimples, heals scars and prevents them from recurring by cleansing and nourish the affected skin.



NALANGU SOAP

An organic facial lotion enriched with the goodness of a variety of Rose Essential oils to uplift & balance hormones while calming, hydrating, nourishing, and moisturising the facial skin.



ALOE VERA

Aloe Vera soothes and repairs the skin and the scalp by accelerating skin regeneration. It applies smoothly onto the skin and can be used on its own to hydrate the skin or together with a moisturiser.

WOODO
Designer Handbags



by@anya_parsley



OGNX
www.ognx.com



TOAD&CO



EVERY DAY IS AN ADVENTURE





FRANCES AND MOE'S ECO FRIENDLY LIFE



Q. What inspired you to move to the countryside and move towards an eco-friendly lifestyle?

We had always had a desire to live in a quieter place, more nature, less hustle and bustle! It was something we had both wanted to do but didn't think it was going to be possible so soon, so we were so happy to be able to make that happen. Our eco-friendly lifestyle came later, we both have a passion for the planet but for a long time didn't realise how damaging our everyday actions were. Once we educated ourselves, we knew there was no way we could go back and began transforming every aspect of our lives.



@ourecofriendlylife




One of the biggest myths attached to a sustainable lifestyle is that it is expensive. Whilst this is true in some cases, sustainable living is much more than zero waste, which often has the stigma of being expensive. Sustainable living at its core is really about embracing a lifestyle that's kinder to the planet, and that means every part of your life. For example, the most sustainable option is the one you already own. You don't need to go out and buy loads of new fancy things to suddenly be sustainable. Using what you have already, upcycling items into something new and useful, buying second hand, and repairing items you already own are all ways to be sustainable in a much more affordable way.

Q. Do you believe that switching towards sustainability compromises on a luxurious living?

No absolutely not, I think if anything the opposite can be true. It's so easy in this society with the throwaway culture to buy cheap things, that need to be replaced often, which definitely isn't luxurious. Instead, investing in pieces and things you really need, want and love, that are made well, ethically and with durable materials, are not only better for the planet but also can have a luxurious feel. Of course, there is much more to being sustainable than just buying new things - it's also about using what you already have, upcycling, repairing etc.. but all these things can be done tastefully and you can still end up with beautiful, unique results even if the original item was deemed as rubbish.

BUSTING MYTHS





**WE WOULD HAVE
TO QUESTION
EVERYTHING-
EVENTUALLY IT
GETS EASIER AND
BECOMES
NORMAL!**

Frances

Q. What was one thing you were most excited about? And what was the hardest thing that you had to switch to? How did you welcome these changes?

For me, definitely growing our own food! We've learnt so much and having so much fun growing, but we've still got a lot to learn. I also think we're both excited about becoming self-sufficient and hopefully making a difference in this world too. I would say the hardest thing, definitely for Moe, has been a mind set shift. Challenging everything you knew to be normal on a daily basis is really tough and it takes a lot to shake it off. We would have to question everything - every purchase, every action, weigh up the consequences of that action, to see whether it was our true desire or not. Eventually it gets easier and becomes normal!

Do you think you've been able to make a shift towards an eco friendly wardrobe as well?

The majority of our clothes are actually second hand anyway mostly due to financial reasons! However we do own some fast fashion pieces that we have bought new in the past and continue to wear these as much as we can. Ideally we would love to have a smaller collection of versatile, well made clothes in natural materials, but this will come in time - we want to wear out what we already own first. When we source new clothes, we either buy second hand or we buy from small, sustainable brands.

IT'S GOOD TO KNOW WHERE TO START AND HOW, BUT LUCKILY FOR YOU, THERE IS NO SINGLE ANSWER!

Take it one step at a time and remember to be kind to yourself! It's impossible to switch to a sustainable lifestyle overnight, so focus on one area of your life you want to work on and go from there. It might be switching to a more sustainable bathroom, or maybe you want to use your car less and public transport more, or maybe you want to learn how to mend your own clothes. Work on that one area of your life, and once you feel happy and comfortable there you can move on to another part!



Be kind to yourself when you make mistakes, it's not a straight path and there will be setbacks. Allowing yourself to simply be human goes a long way with regards to your mind set and so you can get back on track. It's a journey, so enjoy it!





A LOOK INTO THE MORNING ROUTINE

For toothpaste, we love to use a combination of Georganics toothpaste and Eco Livings tooth tablets!

We're also enjoying deodorant from Kutis Skincare (although Moe has been experimenting with making his own deodorant lately). In the shower, we use Marseille soap to wash, we both

love our metal safety razors and are still trying to find a shampoo and conditioner that we truly love, but Moe has been enjoying using the brand Beauty Kubes for hair washing!



GEORGANICS

Georganics is a natural and sustainable oral care brand, that uses pure and organic ingredients, sourced as locally as possible. Products are cruelty free and vegan.

BEAUTY KUBES

More than 50% reduction in volume weight, and carbon footprint than conventional 250ml shampoo bottles; and not subject to liquid restrictions, making it perfect for travel as well. All products are biodegradable, vegan, plastic free, paraben free and palm oil free.



1 box of 27 cubes is equal to a 250ml of conventional shampoo



dressed by danielle



Outfit from: @dressed.by.danielle; Photography @angelagarciafoto for @bringmemag; Model:@shirazkarni @image_models_israel; Makeup: @maayan.lmakeup; Hair: @tal_levi02; Styling:@kineret_manor_ & @angelagarciafoto



dressed by danielle





a friendly workspace

S O P H I E W A R R E N

V I N T A G E F R E N C H L T D .



It has been important to us as parents to be a role model to our children, in teaching them the value of sustainable choices, for them to understand that every purchasing decision they make has an impact and for it to be second nature to them to consider thoroughly before they buy. It is also important that they see us working in an industry that champions that way of life- where new is not necessarily considered better; where the value is placed on the skill of the craftsman, where the materials have been locally sourced, and the history of the piece is valued.

Like so many others, since March this year, our family home has been converted to include multiple work spaces allowing all our children to home school and for us, as working parents, to continue our work too. We have created work spaces for each family member that allowed them to study in a clean and clear space, where they could organise their work area easily and efficiently. In designing my home office I considered the same simple principles.

My home office feels clear and spacious, it has the reassurance of loved pieces,

made for and cared for by their previous owners, pieces that have been important to their family life or business, pieces that give a modern feel, clean lines where personal and inspirational art can be displayed and where comfort can be sought.

Here at Vintage French our ethos is of selecting vintage pieces that not only combine character and history with beautiful materials and craftsmanship but also with an eye towards modern living and styling.



Sustainable choices are a way of life. Vintage French believes in a waste not, want not philosophy.

WWW.VINTAGEFRENCH.COM



In my home office I use a farmhouse table as my desk. It allows me plenty of space to spread paperwork out, and to organize. The farmhouse tables we stock at Vintagefrench.com are made usually from indigenous oak, fruit woods or walnut wood. Walnuts are an important product from the region we live in France. The solidity, the warmth, the texture as well as the mellow patina of a beautifully loved and worn wooden table is joy itself. With an eye to the investment of a piece of this nature, a farmhouse table will always have an inherent value, so I know that if we down size when the children leave home, they can take a piece like this with them to use in their new house, or I can resell knowing that it will have a relevance and a value in the future.

For my own storage needs I have a vintage shop counter. It offers a wonderful clear top with space for a collection of precious items to be displayed.

I have chosen a piece with open shelves. I like to see everything ordered, with space and the open shelves offer me the opportunity to dress the piece with wonderful, textural, storage baskets. Shop counters have always been fabricated by hand, by a village craftsman or a highly trained cabinet maker. They have a solidity and beauty rarely found in modern pieces and as with the table, the applications for a shop counter are numerous and thus have a long term intrinsic value.

My working cocoon is calm, and it is aesthetically pleasing to my eye. I have chosen only a few key pieces but they work hard and I value the craftsmanship, the history and the sustainability. They inspire creativity and most importantly I am surrounded by pieces I waited a long time to find and love.



More than 50% reduction in volume weight, and carbon footprint than conventional 250ml shampoo bottles; and not subject to liquid restrictions, making it perfect for travel as well. All products are biodegradable, vegan, plastic free, paraben free and palm oil free.

www.beautykubes.co.uk

Eve of St. Agnes

— beauty is truth —



BEAUTY KUBES®

**SHAMPOO &
BODYWASH**

**FOR
MEN**



MILÉE

COLLECTION





The Daily News
nytimes.com



Serial Investigative Journalism
serialpodcast.org



10 Things That Scare Me
Horror
wyncstudios.org



The Sporkful Food
sporkful.com

NETFLIX

MOVIES



Hereditary
Horror



The Half of It
Coming Age-Comedy-Drama



Marriage Story
Drama



Becoming
Documentary

SHOWS



Community
Sitcom



Dirty Money
Documentary



Rectify
Drama



Street Food
Food



Night On Earth
Nature Documentary

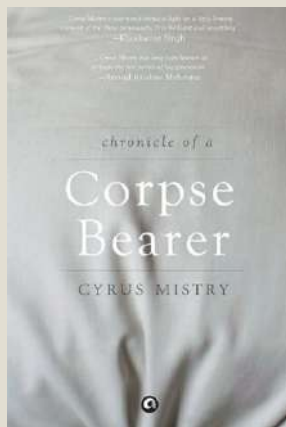


The Circle
Reality Series

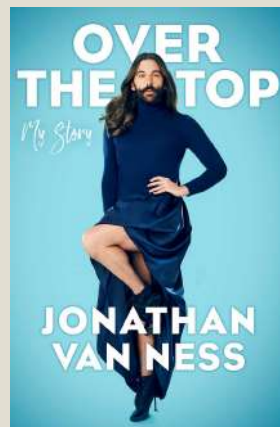
BOOKS



Machines Like Me
Ian McEwan
Science fiction/
Alternate History



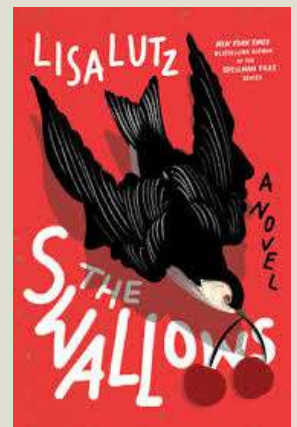
Chronicles of a Corpse Bearer
Cyrus Mistry
Historical fiction/
Drama



Over the Top
Jonathan Van Ness
Autobiography/
Humour



The Five
Hallie Rubenhold
Biography/
True Crime



The Swallows
Liza Lutz
Mystery/Thriller

