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YOU ARE
WHAT YOU EAT

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AND IT ALL STARTED WITH A SCRUB.

What's better than hopping into bed after a long day?

Hopping into bed in comfort.

The connor bralette available through **HARPER AND BEAU** can be dressed up or down, hit the town with class and sex appeal or snuggle up in comfort and style.

H&B

HOME OF DELICATE LACE

FEATURED CONTRIBUTORS

EMILY UNDERWOOD

JOURNALIST

My favourite meal of the day is dinner – it's when I'm hungriest!

The best place to get dinner in Adelaide is a near impossible question to answer for a foodie and lover of Adelaide city! If I have to be selective, I would say Cucina's Italian in North Adelaide; its pizza and pasta dishes are unmatchable and the setting is divine.

I love writing for *TEO* because I have freedom of expression and a wide array of topics to research and write about. The editors are professional and passionate about their writing.

My favourite food combination is anything that combines savoury and sweet – and pulls it off! My guilty pleasure at the moment is sweet and salty popcorn. I'm also partial to a strawberry salad!

I refuse to eat sultanas and Tim Tams. I ate so many Tim Tams at my grandparents' house when I was a child that the mere sight of them now makes me angry!

If I could 'have my cake and eat it too' I would travel the world sampling the best cuisines on offer, and be a food critic. I would love to forge a career out of my love of food!

ESTHER REYNOLDS-VERCO

DEPUTY EDITOR

My favourite cuisine is Italian because who can say no to garlic pizza bread?

I love writing about fashion because I'm passionate about it; there's always something new to write about and I get to meet so many inspiring influencers!

The best restaurant I've been to is The Cheesecake Factory, in Honolulu.

I run a blog called *A Little Dainty* and I write about fashion and beauty in a minimalist sense.

If I could have dinner with anyone, I would choose to dine with Sara Donaldson from the blog *Harper and Harley*. I have followed her blog for many years now and have grown to share a similar style with her. She would be so inspiring to talk to and she just seems so down to earth!

If I could offer *TEO* readers some 'food for thought', I would say: pursue your passion as a career and you'll find happiness in every day.

SUSANNAH WEARS

Ruler W.U.R.C You Took A Chunk Shortsleeve

EDITOR'S LETTER

The Australian winter is upon us and for most this means double servings of dessert, every day. Call us overindulgent but apparently *eating* actually makes us *warmer*. Look it up!

So what's on the menu for issue 13? We've served up a double dose of beauty, focusing on skincare and the importance of organic ingredients and cruelty free products. We fed the fashion team a little more than usual, but we'll let you see the results for yourself.

Hungry for more? Please, go ahead: we're offering an insight into the history of burritos, loads of glorious food photography, and an intro to one of the best food delivery services on the block! *That's not enough*, you say? That's fine, we've stocked up for the season; Adelaide's own *I Only Eat Desserts* gets busy baking and shares her favourite peanut butter recipes, for all you PB fiends.

Still not satisfied? Music lovers can fill their minds with a selection of exclusive stories on some of the world's finest musicians. Think '90s rock, soul-pop and…The Runaways.

Rug up and grab your closest companion to avo-cuddle, then flip over and consume all the delicious offerings that await – we see your mouths watering!

Susannah x

FOUNDER & EDITOR

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Dove Shore
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Kishka Jensen
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Louis Parcell
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Mia Rankin
Neon Theory
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HAIR AND MAKEUP

Comes Cake
Charlotte Mitchell
Kristina Persichini

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Amy Smith
Monica Ciprian

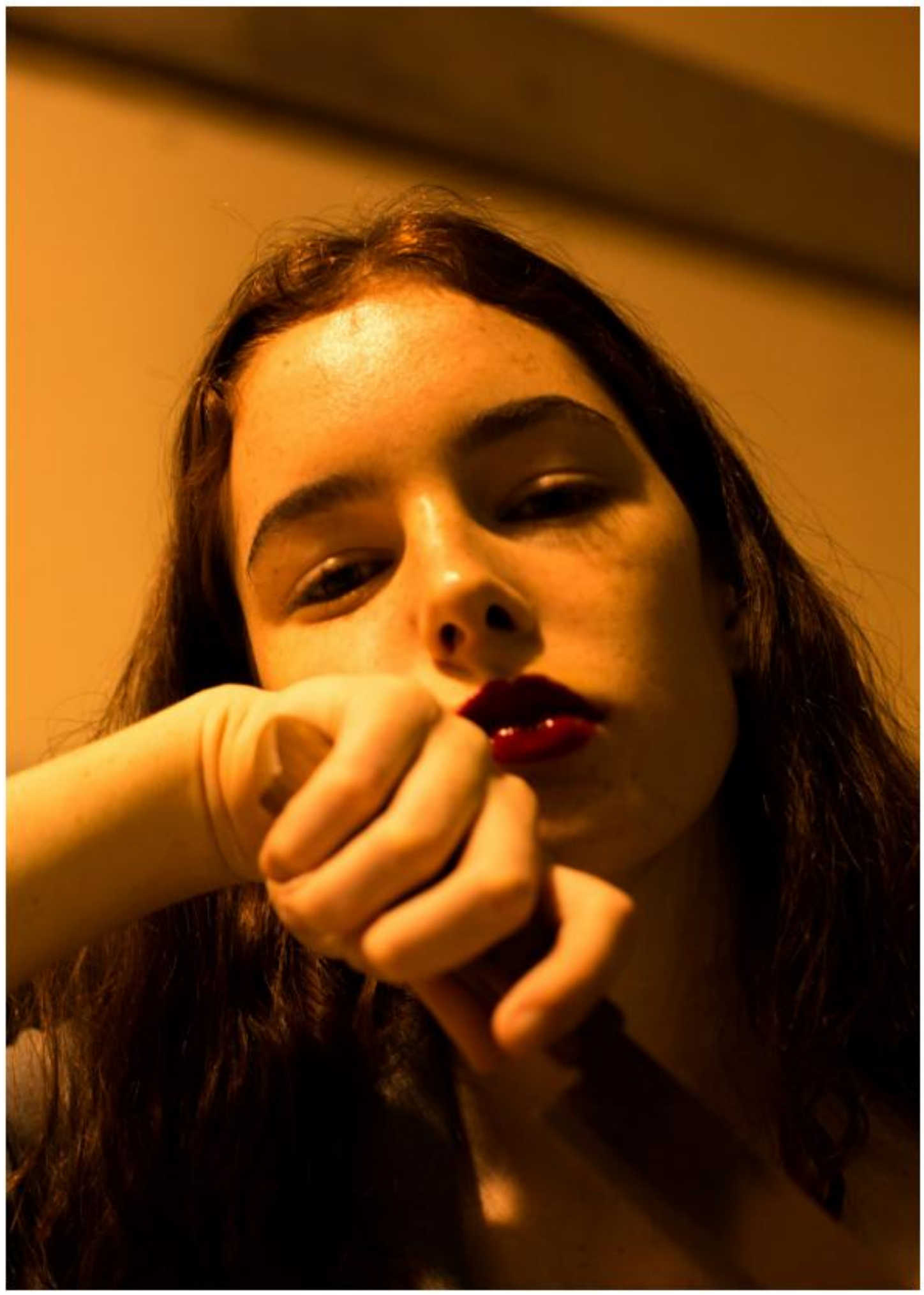
ARTISTS

Creative Pear-spective

MODELS

Chic Management
Finesse Models

Elvira Iglesias



COVER MODEL

HAIR AND MAKEUP
Charlotte Mitchell

STYLING
Mia Rankin

MODEL
Chic Management
Olivia L

PHOTOGRAPHER
Mia Rankin

GETTING TO KNOW THE 'PEAR' BEHIND CREATIVE PEAR-SPECTIVE

WORDS Alexzandra Barilla
ILLUSTRATIONS Creative Pear-spective
TITLE 'A Sweet Affair'

SOUTH AUSTRALIAN DESIGN DUO HANNAH AND JASMINE CHAT ABOUT THEIR BRAND, CREATIVE STYLE, AND FOOD.

FOLLOW CREATIVE PEAR-SPECTIVE

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Creative Pear-spective is an up-and-coming South Australian design duo which specialises in customised designs, prints, cards, invitations, branding and photography. The 'pear' consists of Hannah, a passionate graphic designer and Jasmine, an amazing artist, who met while working together in their local supermarket and started collaborating only last year. The girls strive to maintain their own style, using their quirky designs to make a statement and stand out from the crowd. *TEO* recently had a chat with the girls to find out more about Creative Pear-spective, their foodie preferences, and what they hope to accomplish in the future.

***TEO:* Where did the name 'Creative Pear-spective' originate from?**
Jasmine: Coming up with the name was very difficult! After a while we came up with 'Creative Pear-spective'. 'Pear' representing the two of us and fresh ideas.
Hannah: We now get to play with 'pear' puns, and quirky, pear-fect characters.

Have you always been passionate about art and design?
Hannah: I have always loved colour and creating crafts in primary school, and then realised I could study it in high school. I decided to carry my interests through to university where I completed a degree in Graphic Design. I won awards along the way which helped me develop my passion and future career path.
Jasmine: I come from an artistic background as both my mum and my aunty are illustrators, so it feels like I have been surrounded by art my whole life. Drawing and painting have always been hobbies of mine and I haven't gotten sick of them so far!

How has your creative process changed since working together?
Hannah: Before, I would freelance by myself, however I noticed the artwork I was producing was very structured and corporate. I was missing a gentle, free-flowing technique. Once I saw Jasmine's illustrations I realised this was the missing piece. Her illustrations are so unique and adaptive; we work well together to make strong pieces.
Jasmine: Before Creative Pear-spective, I had never really worked collaboratively on my art with anyone. Now working with clients there is a lot more thought behind the final product and with Hannah's design skills there are also a lot more possibilities for my illustrations. I can now imagine my artwork beyond just the painting itself.

Looking through your work, it is clear to see you have a very unique and cool style; what sort of materials do you use to achieve the end result?
Jasmine: I tend to work with watercolours and fine liners, but it all depends on the project. Sometimes I'll draw up an outline using fine liners and Hannah will fill it in on the computer, whereas other times I may paint a final product using watercolour and Hannah will scan it onto the computer and design an awesome pattern to accompany it – much like the images featured here in *TEO*.
Hannah: I use Adobe Creative Suite with Indesign, Illustrator and Photoshop. All of these programs assist me to manipulate the illustrations and create different finishes.

When you're not working on Creative Pear-spective what do you do in your free time?
Hannah: I like to keep active and busy – whether I'm bike riding with Jasmine, going to the football, making crafts, or socialising with friends.
Jasmine: Brunch!

In the spirit of this food issue, what is the first thing you feel like eating when you get up in the morning and what is something you refuse to eat?
Hannah: A wake-me-up coffee! Then some yoghurt, cereal and fruit. I'm not a fan of mushrooms, olives or bananas.
Jasmine: I don't have an appetite when I first wake up in the morning, that's why I'm more of a brunch person. Something I refuse to eat: rocket! I hate it.

What is your relationship with food like?
Hannah: I go nuts for doughnuts – or any sweets, in fact I'm eating chocolate right now!
Jasmine: I'm more of a savoury person.

What are some of the things that you would like to accomplish with Creative Pear-spective?
Hannah: We've always imagined having our own café/art gallery/shop: a place to relax, drink and socialise while showcasing our work and the work of other local talent. More realistically we would like to grow, continue to collaborate and do what we love!

MEET MISTER FITZ

WORDS Vanessa Locampo
PHOTOGRAPHY Supplied

QUEENSLAND'S ANSWER TO TRADITIONAL ICE CREAM SERVED UP IN A RETRO PARLOUR THAT'S SURE TO MAKE YOU A LITTLE NOSTALGIC.

Old-style ice cream parlour Mister Fitz specialises in original recipe ice cream and ice cream sandwiches. Adopting a small-batch approach in the kitchen, Mister Fitz aims to create their ice cream the traditional way.

Steering clear of powdered bases, aeration methods and other modern processes widely used in various chains, the ice cream at Mister Fitz is velvety and sends spurts of nostalgia running along tastebuds. Their range of baked-in-house cookies, brownies and waffle cones complement the creaminess particularly well. All creations of Mister Fitz are produced internally, and the result of this level of care and passion is a unique final product, certain to satisfy.

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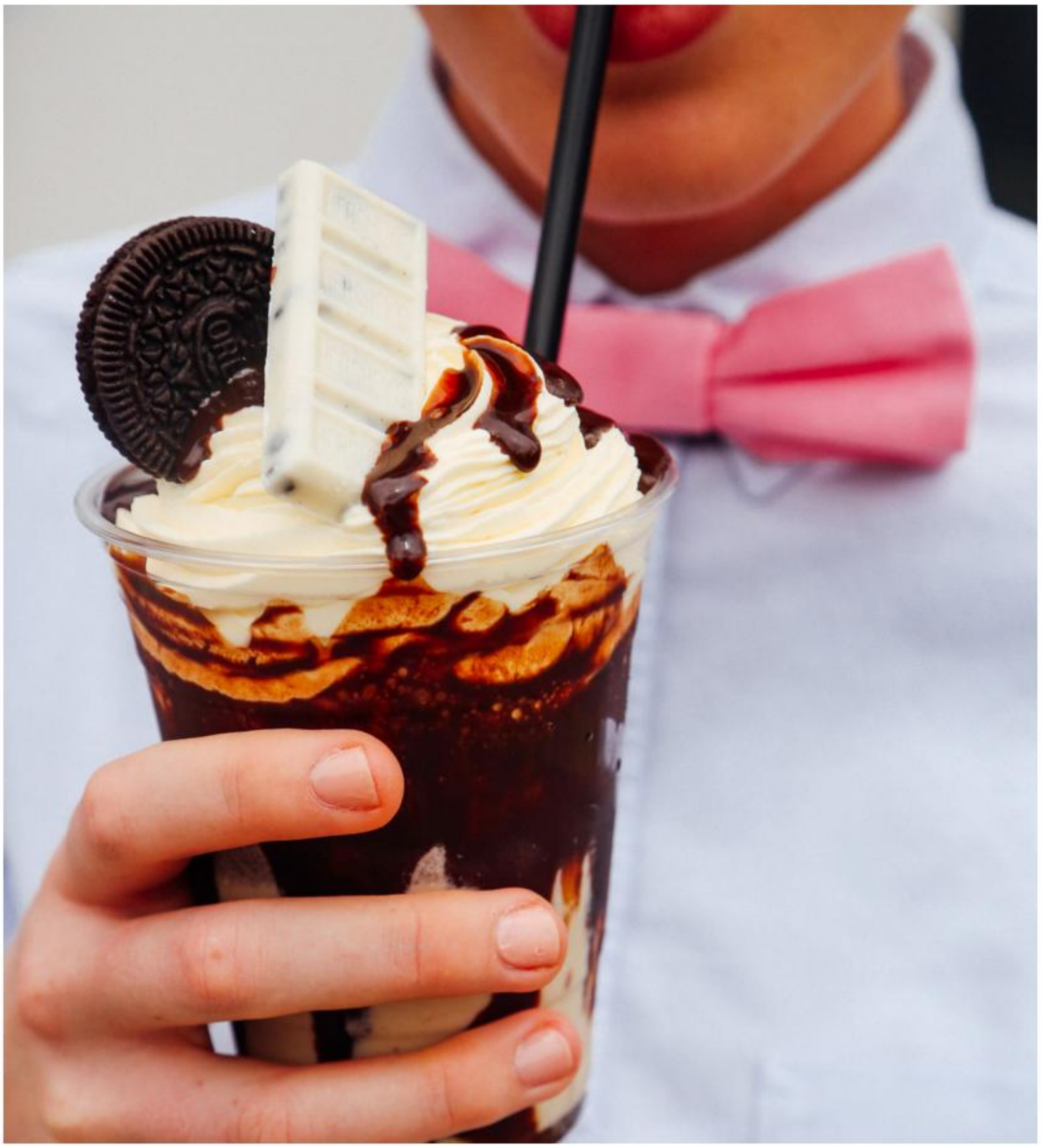
Mister Fitz's
FINEST ICE CREAM

Mister Fitz's
FINEST ICE CREAM



Mister Fitz's
FINEST ICE CREAM

RISTORANTE TEO

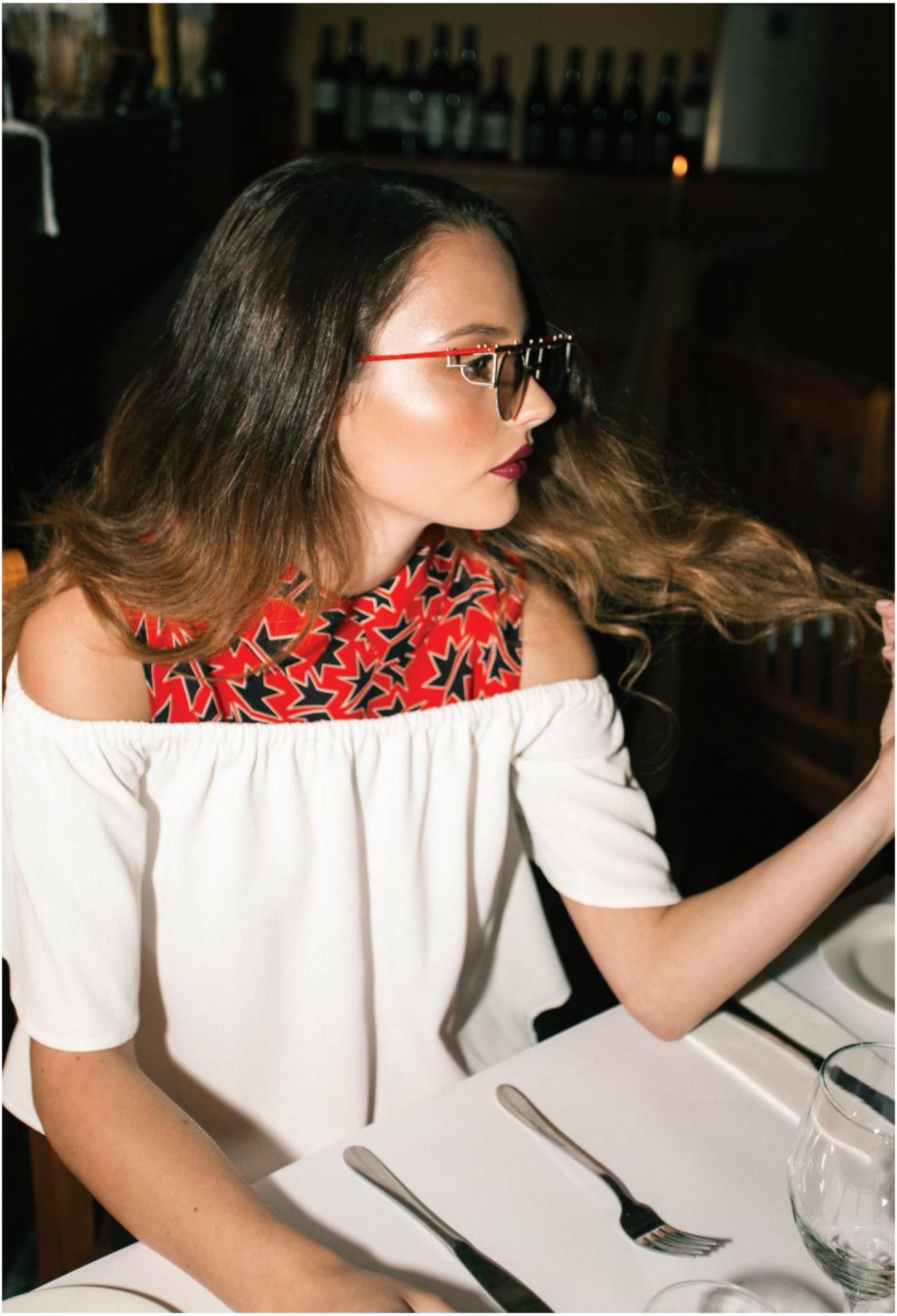
HAIR AND MAKEUP
Kristina Persichini
STYLING
Crystal Dench
MODELS
Finesse Models
Chris Turner
Georgia

PHOTOGRAPHER
Neon Theory

HAIR AND MAKEUP ASSISTANT
Amy Smith

LOCATION
Vino Ristorante, Adelaide

GEORGIA WEARS
Peter Coombs Bridge II
Stylist's own shirt
Keepsake The Label In Motion Top



GEORGIA WEARS

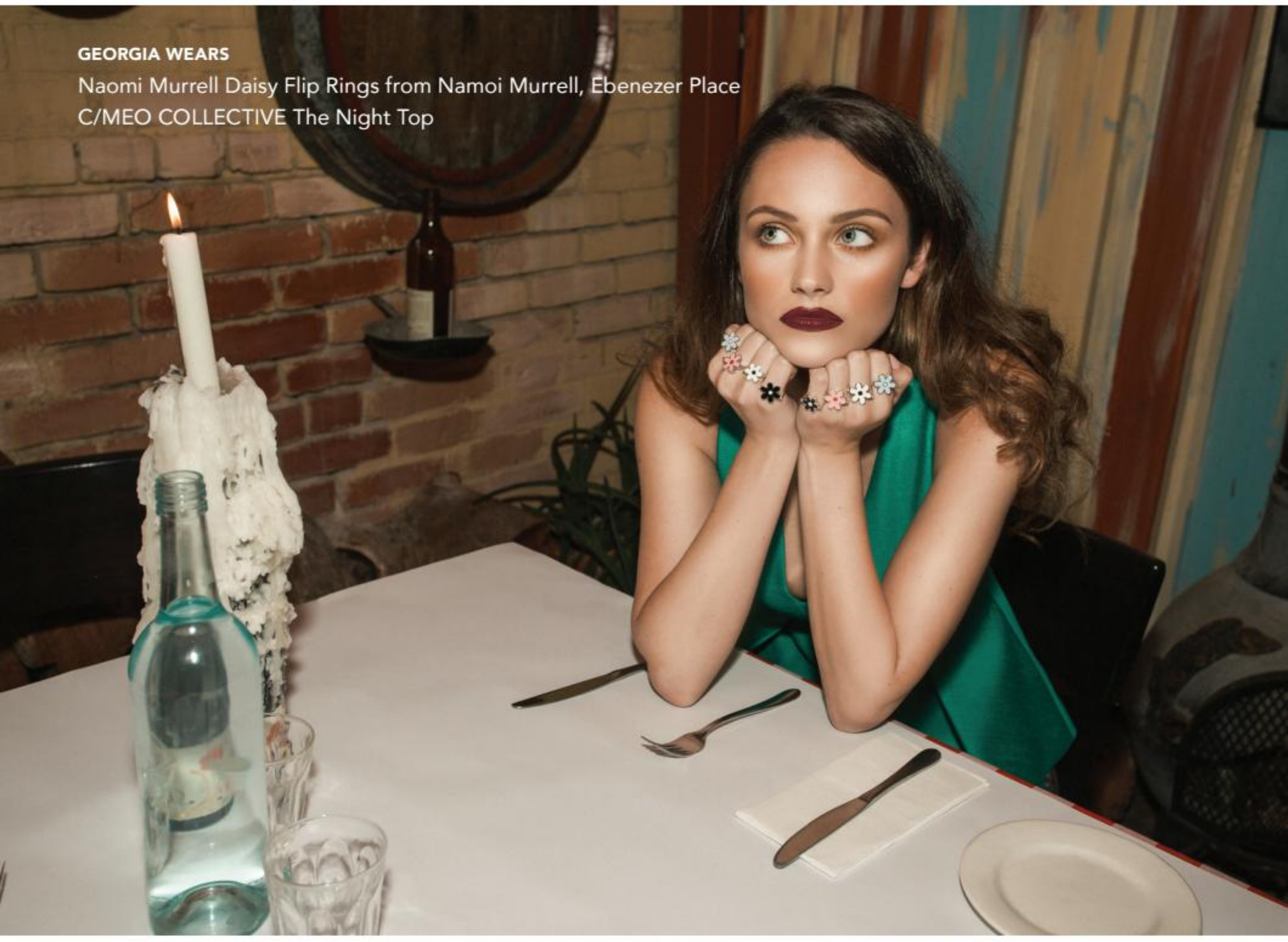
Sally Phillips Camilla Fur Wrap
C/MEO COLLECTIVE All Falls Down Bustier
Keepsake The Label Sweet Nothing Skirt
Gorman Elke Heel from Gorman, Rundle Street
Gorman Elke Chime Earrings from Gorman, Rundle Street
Naomi Murrel Daisy Flip Ring from Naomi Murrell, Ebenezer Place

CHRIS WEARS

Calibre Pima Double Layer T-Shirt
Calbire Black Stretch Suit Pants
Converse High Back Mono Leather from Barlow Shoes
His own socks

GEORGIA WEARS

Gorman Satelite Earrings from Gorman, Rundle Street
Naomi Murrell Lookout Dress in Gingham from Naomi Murrell, Ebenezer Place
TY-LR The Marigold Alston Top
Gorman Prism Brogues from Gorman, Rundle Street



GEORGIA WEARS

Naomi Murrell Daisy Flip Rings from Namoi Murrell, Ebenezer Place

C/MEO COLLECTIVE The Night Top

CHRIS WEARS

Calbire Black Stretch Suit Pants
Converse High Back Mono Leather
from Barlow Shoes
His own socks

GEORGIA WEARS

Naomi Murrell Daisy Flip Rings from Namoi Murrell, Ebenezer Place
C/MEO COLLECTIVE The Night Top
Gorman X Fred Fowler Extinction Skirt from Gorman, Rundle Street
Gorman Sonar Platform from Gorman, Rundle Street
Darner Silver Foil Crushed Velvet

GRANDE
STAGIONE
SAN PELLEGRINO
AGGIO
OBRE
CHIANT
Frangel

MINUTIÆ

LUXURY LEATHER GOODS

WORDS Zoe Butler
PHOTOGRAPHY Dove Shore

‘IN THE DARK’ WITH 3 DOORS DOWN

GUITARIST CHRIS HENDERSON TALKS ABOUT CREATING NEW SOUNDS, TOURING AND NEW ALBUM *US AND THE NIGHT*.

In 1996, rock 'n' roll was about to change forever in Mississippi: it was the year childhood friends Brad Arnold and Matt Roberts joined forces to create a band. After seeing Chris Henderson perform live with a high school band on guitar, they invited him and bassist Todd Harrell to join them, forming the legendary 3 Doors Down.

It's been 16 years since the release of *The Better Life* and their first international hit 'Kryptonite'. Even though their latest release marks their return from their five-year break since releasing *Time of My Life, Us and the Night* still peaked at 14 on the Billboard Chart. They are back and in a big way, "it's been a long time since we've really been out there. So we're excited to be back, and excited that people are going to be hearing our new music," Chris says of the release.

While *Us and the Night* is something completely new, it speaks to who 3 Doors Down really are: a down-to-earth and friendly bunch of guys. "It wasn't really the plan to go where we went," Chris says. "We worked on some strange things that weren't necessarily 3 Doors Down songs – figuring out where we didn't want to go instead." The result is a musically diverse rock album that satisfies all who listen.

A lot of love and work went into this new sound, and it's obvious that each song has been crafted carefully. "We just take it one song at a time. We assume every song is going to be on there," says Chris. And you can certainly tell. "We aren't one of those bands that write 50 songs and take 10; we write 13 and pick 11." Each track tells a story from the heart. "A lot of bands try to make this certain sound, this certain *thing* and we just won't do that. As long as it's true and from the soul and not copied from a book somewhere, we are good to go."

Of course, with a new album, comes a new live show for the band. They are opening their new era of music with a massive tour through the U.S., with plans to take it even further across the globe. "I think my favourite song to perform is 'Still Alive'. That song makes you wanna drive fast. It's just such a fun song to play." When asked about what song meant the most to him, Chris doesn't hesitate with his response. "'Us and the Night.' Lyrically, it connects with me because it tells a story about how I'm feeling at this moment in life – I'm just enjoying life, and not taking everything too seriously."

3 Doors Down did manage a surprise for their fans: landing RJ Mitte as the handsome and mysterious lead for their first single's music video, 'In the Dark'. Fans may recognise him from *Breaking Bad* as Walter White Jr. "He kinda came with the director," Chris explains. "It was the director who mentioned him to us, saying 'I could probably get RJ, he loves the band and he loves the song' and we were like, 'whoa. Hey, let's do it.'" The rest, as they say, is history. "It was really nice and I'm glad that it worked out that way," says Chris.

With *Us and the Night* launched and the tour underway, Chris takes a moment to discuss the lighter side of touring on a bus with the band. "One time, we were driving and the truck we were in literally caught on fire and burned to the ground," he explains. "We were on the side of the road! I'm glad no one got hurt, but I do hope something cool happens this time." The band are eager to get back out on the road, seeing their fans once again and going to places they've never played before. "We are looking forward to just getting out and seeing people, making new friends and playing to new fans; just being a rock band and getting out there to see the country again. Seeing the world and just having a good time."

With lots to look forward to this year, the band is also wanting to visit Australia if they can, and are forever grateful for the support from their fans.

Us and the Night is available in record stores and online.

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CUPCAKE CENTRAL

Baklava

Sticky Date

Citrus Earl Grey - Gluten Free

Lemon Slice

PB & J - Vegan + Gluten Free

Black Forest

Hot Cocoa

Creme Brulee

Bubblegum Marshmallow

WORDS Vanessa Locampo
PHOTOGRAPHY Madeleine Gill

WHERE PHOTOGRAPHER MADELEINE GILL HAS HER CAKE AND EATS IT TOO.

You might wonder how an active photographer with a passion for portrait and fashion photography would find her dream job in a cupcake store. But after Madeleine Gill spent three years of university lunch breaks, lectures and long study nights enjoying Cupcake Central's delicious creations, landing a job as Social Media Assistant for the cupcake heaven seemed like the perfect natural progression.

Since its conception five years ago, Cupcake Central has been sweetening the lives of university students and businessmen alike. Although Madeleine's boss, Sheryl Thai, had no previous baking experience when she created her business, she decided to "hatch that dream" anyway, an act which is now her personal motto. In addition to providing tantalisingly yummy cakes, Cupcake Central wishes to bring people together and inspire them to aim high for what they love.

"Don't underestimate us – we're not a cupcake business designed for kids," says Madeleine, who admits that many customers are adults and enjoy the Kanye West cranking out in the store. Businessmen discussing the stock market over cupcakes and pink milkshakes is probably quite a sight anywhere else in Melbourne, but not at Cupcake Central. It's also a go-to for people who can't get through their piles of work without a little sugar, and a little caffeine, "of course, we're a safe haven for university students," says Madeleine.

As Social Media Assistant, Madeleine gets to act as Cupcake Central's voice on all social media platforms. She's also responsible for the awesome task of helping to pitch amazing new flavour concepts to the bakers. As she spends her days unleashing her creativity to help bring cupcakes to life, Madeleine is proof that reality can turn out to be pretty sweet.

Cupcake Central has three stores in Melbourne located in: Melbourne Central, Highpoint Shopping Centre and Hawthorn.

Follow @cupcakecentral on Instagram to get your daily cupcake fix.

Find Madeleine on @madeleine_gill_993.

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A LOVE FOR LEATHER

INTRODUCING: LIBERTYEMMA COLLECTIONS.

WORDS Esther Reynolds-Verco
PHOTOGRAPHY Kishka Jensen

Inspired by classic designs and a sheer love for leather, Liberty Jacometti launched her label Libertyemma Collections. Five years on, the brand has evolved into a unique and well-established leather destination. "It started with a simple cuff – I just started playing around and making them for myself," Liberty says. "I was working at a boutique at the time and I would wear my cuffs to work and customers would comment on them, so I started selling them in my workplace." Libertyemma Collections offers a range of quality leather bags, accessories and a recent addition: homewares.

In a world where fast fashion rules, Liberty is dedicated to producing quality every time. "Although we are focused on producing pieces on trend, it's really important for us to maintain quality – coming up with classic pieces that aren't just seasonal." Designing is a personal process for Liberty and the final design is a product of countless hours. "We make our prototypes until they fit – a lot of time goes into getting a product to look aesthetically right," Liberty says. And it's catching on; the originality of her round Tara Clutch has made it a fashion blogger's staple; the latest must-have piece of the season.

Pairing bold leather designs with feminine styling, Libertyemma Collections is making its way around the world; having just expanded into the United Kingdom, the United States and New Zealand. Liberty is constantly challenging herself and pushing her creative limits to produce gorgeous designs worth the Libertyemma name. "Libertyemma Collections is for women who appreciate simple, quality and stylish pieces that are made to last the test of time."

FOLLOW LIBERTYEMMA
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HAIR AND MAKEUP
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STYLING
Mia Rankin
MODEL
Chic Management
Olivia L

PHOTOGRAPHER
Mia Rankin

OLIVIA WEARS

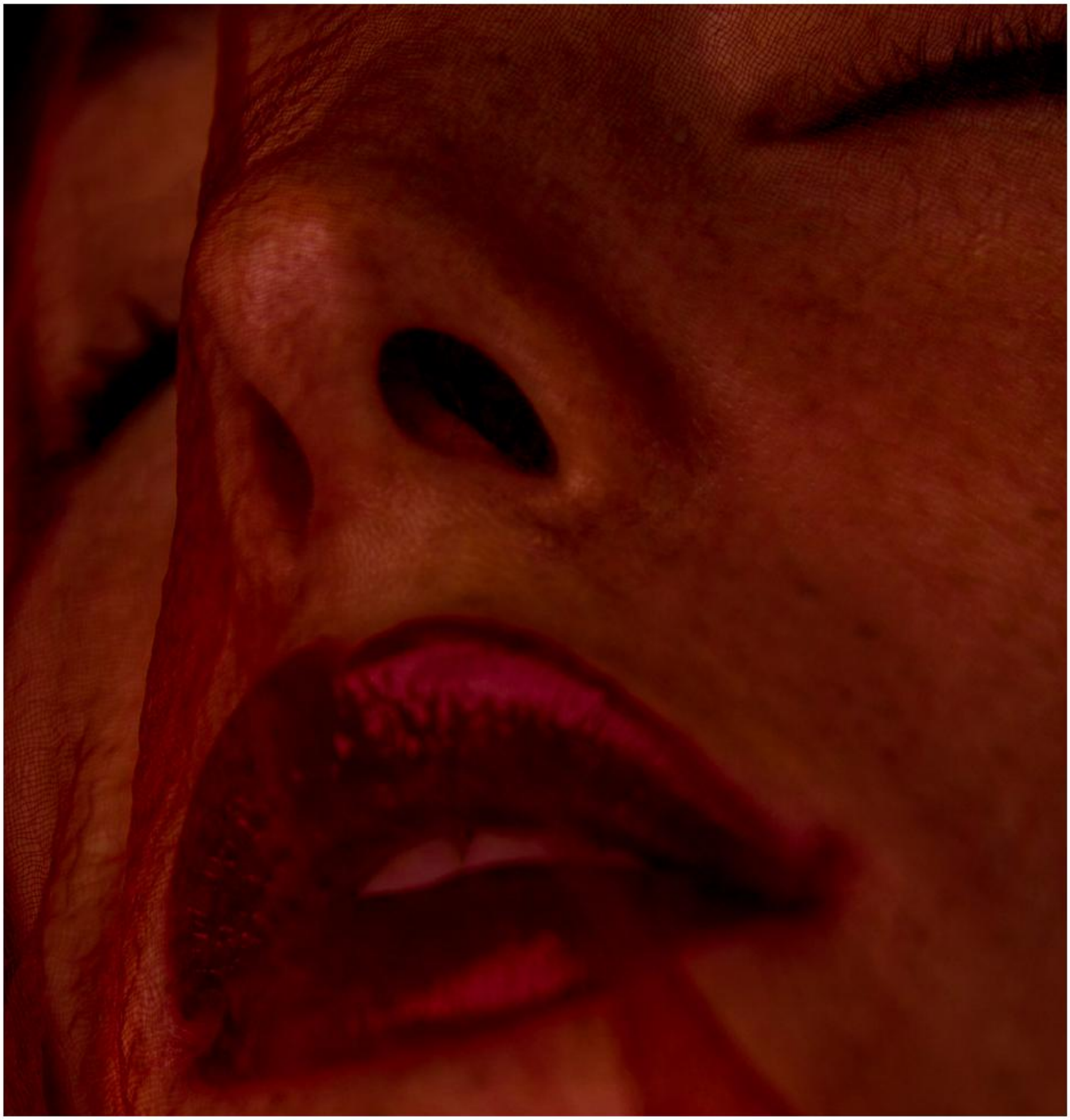
Cosabella Edge Cotton Soft Bra

Stylist's own pants

OLIVIA WEARS

Vintage scarf from The Vintage Clothing Shop
Fintage top from The Vintage Clothing Shop
Stylist's own pants
Manning Cartel Academy Mule

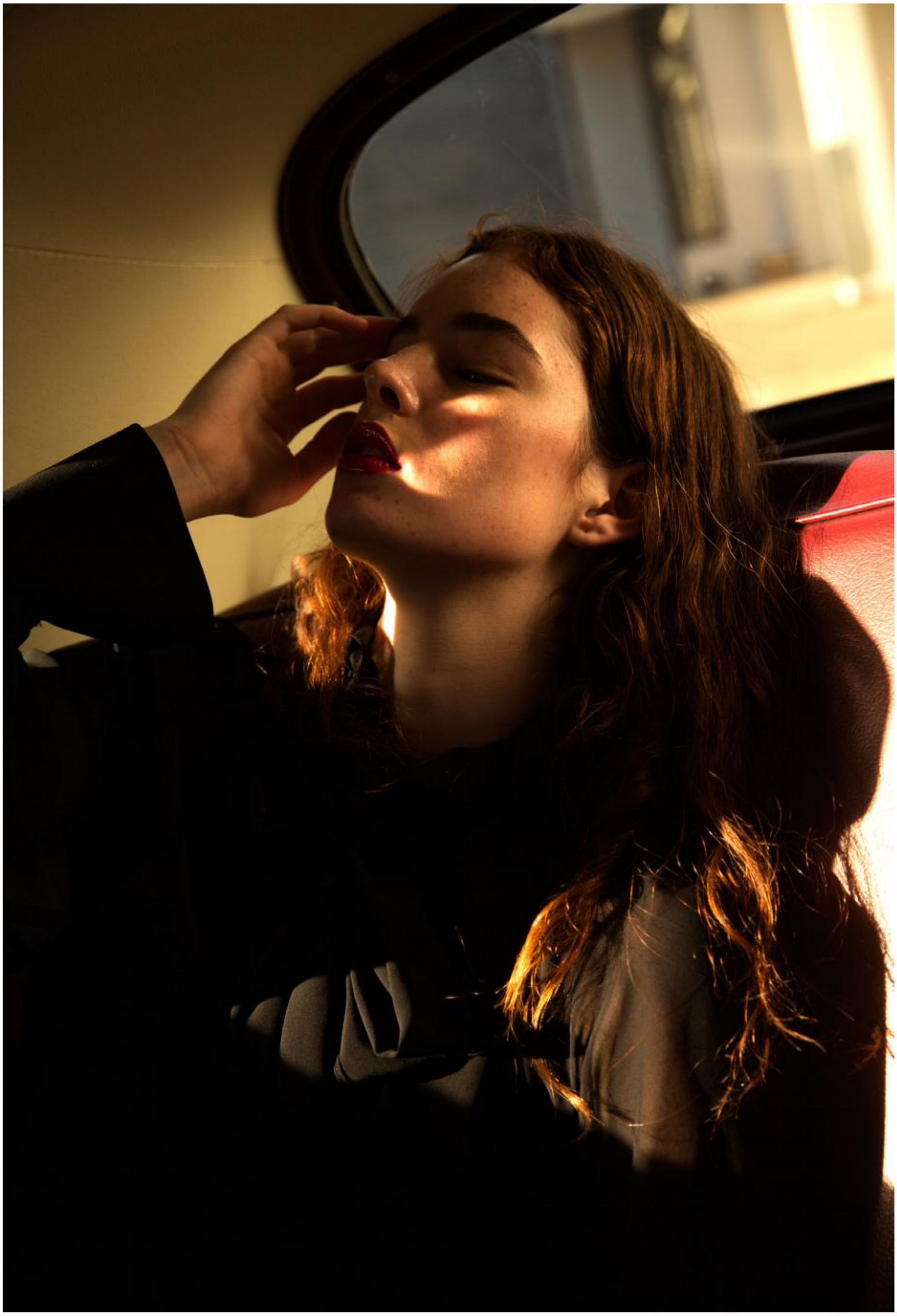
OLIVIA WEARS
Stylist's own dress
Manning Cartel Academy Mule



OLIVIA WEARS

Carla Zampatti Coco Black

Stylist's own jeans



SOAK IT IN

SOME SEE THE SUN – OTHERS SOAK IT IN. EXPLORE THE AUSTRALIAN OUTBACK WITH SABAII'S LATEST COLLECTION.

WORDS Lucy Ahern
PHOTOGRAPHY Jeremy Gryst

Raw, luxurious, fierce. SABAII designer Laura Taraniuk returns with EL SOL, a collection of hand-crafted, ethically produced leather bags inspired by the Australian landscape and its transcendent mix of isolated oases and utterly unique vistas.

The label's latest campaign features the talents of Adelaide creatives Danielle Symes, Millie Herd and Nicola Cross, and while it departs from the more feminine coastal feel of SABAII's previous designs, it continues to drive home Laura's love affair with the Australian landscape.

Eternal summers, a deserted outback and striking stretches of arid land; EL SOL uses the neutral, natural tones of thick leathers and cow hide to capture the elements of our traditional outback, channeling them into functional yet glorious clutches and deliciously slouchy bucket bags.

"I'm upping the ante on luxurious leather with the addition of quality hide," says Laura. "Recreating bags that people love to use, by turning them into subtle but statement collectable pieces."

She continues to stick to SABAII's style and ethics while moving towards a stronger aesthetic as her label continues to grow. The small scale production of the bags makes them extra precious. Laura's favourite from the collection, the Misae bucket bag – with its 'carry your entire life' capabilities and luxe leather – has a limited run of 50 pieces total (so we recommend you get shopping, stat).

While Laura says she would love to see the likes of Kendall or Gigi clutching her creations, sometimes the greatest pleasures are more close to home.

"This is going to sound super cheesy," she says. "But I just want to see my bags on the arms of everyday women. There is something surreal and humbling to me still about seeing my designs on the arms of women around the world."

Shop EL SOL online now, pre-order via their website or contact your local stockist.

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DELIVERING A CHANGE IN FOOD: THE FOODORA EMPIRE

FOOD AT THE CLICK OF A BUTTON

Is there anything more satisfying than having your favourite food delivered to your doorstep? This current trend has taken the food world by storm, with innovative food delivery services teaming up with food companies to deliver an array of options to foodies around the globe. Foodora, an online delivery platform for superb quality restaurants, was established in 2014 in Munich and combines innovative creative endeavours with superb business management strategies. They have just arrived in Australia, bringing a vast range of food options to customers, all within a 30-minute delivery period.

To order food with Foodora, simply type your postcode into the website and a selection of restaurants will immediately be displayed. Once the order is submitted, and the restaurant begins preparing the food, the delivery arrives in a very snappy fashion. Whether it's a gourmet omelette, a world-class pasta or a tasty baguette, with the click of a button you can be chowing down in under an hour!

The service has expanded into 10 countries and 5000 restaurants, and their popularity is still on the rise. Their team are passionate about food and innovation and combine their passions for technology, travelling, business and eating. The scope of Australian restaurants that now use delivering services is expanding significantly. The team at Foodora know the best eateries our capital cities have to offer and are connecting seasoned foodies and those who wish to know more about the world of food alike.

With an app – which was recently recognised as one of the best of 2015, a sleek website and numerous social media channels, Foodora continues its global expansion. The growth of meal delivery services in capital cities suggests that the demand for Foodora's services will only increase, and both loyal and new customers will continue to enjoy an extensive range of food options.

WORDS Emily Underwood
PHOTOGRAPHY Foodora

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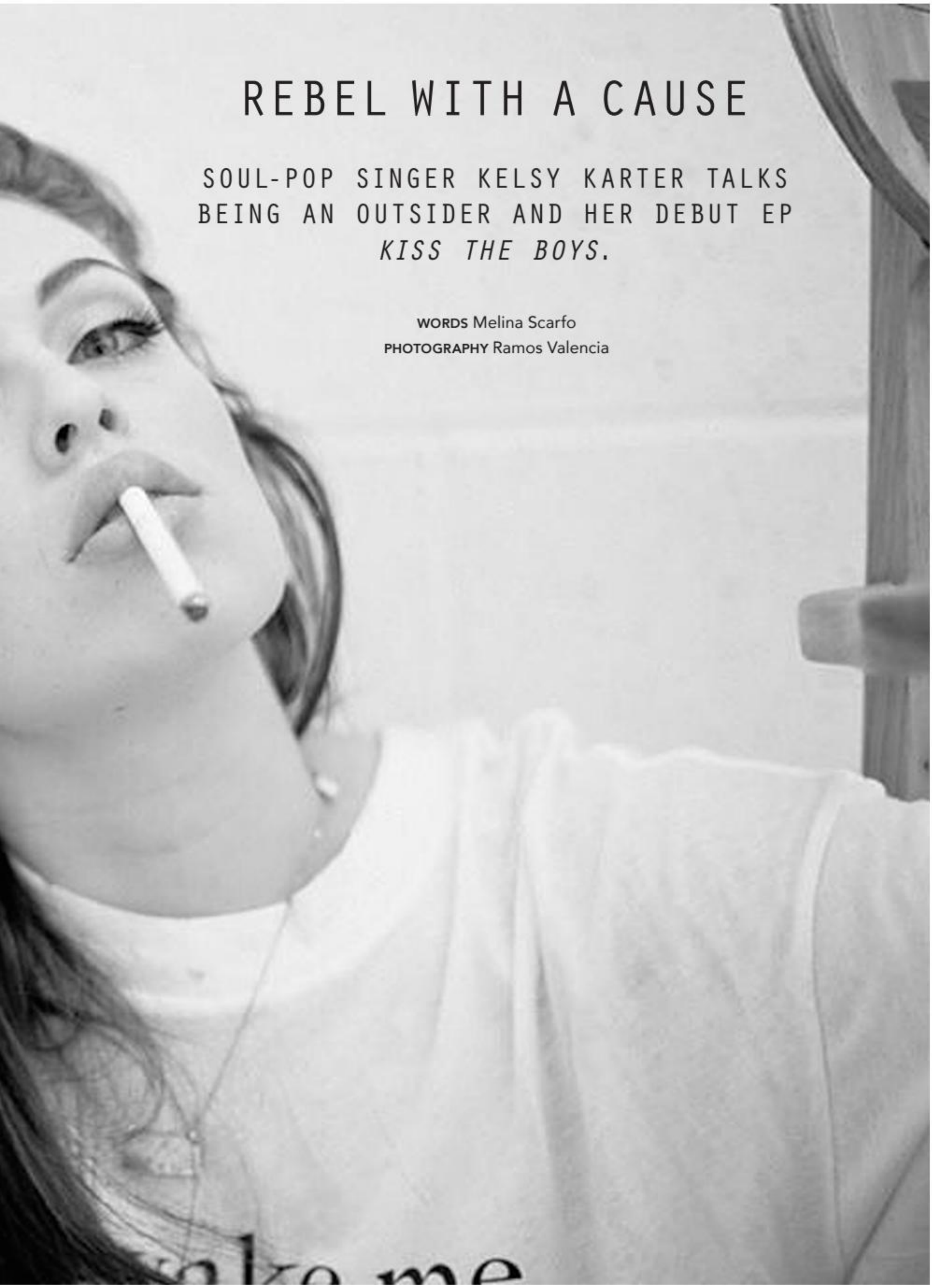

REBEL WITH A CAUSE

SOUL-POP SINGER KELSY KARTER TALKS BEING AN OUTSIDER AND HER DEBUT EP *KISS THE BOYS*.

WORDS Melina Scarfo
PHOTOGRAPHY Ramos Valencia

ake me

"KELSY KARTER ISN'T A MANUFACTURED POP PRODUCT OR SOMEONE TO BE UNDERESTIMATED."

FOLLOW KELSY KARTER
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Kelsy Karter's story could be the plot to a Hollywood movie. The soul-pop singer grew up in the Gold Coast on the sounds of James Brown and Sam Cooke, dreaming of sunny Los Angeles. At 18, she left everything behind to pursue a new life. Moving to America was always her plan and thankfully she followed through with it.

"I was brought up on old soul, gospel and mo-town," Kelsy says. "I fell in love with music really young and it was part of my world growing up." A love affair with music is hard to avoid when you come from a family of musicians; but music wasn't her initial reason for leaving home. Acting was. Kelsy spent her childhood performing in theatre and dreamt of becoming an actor. She made the move to pursue acting, but life had other plans and music took the lead role.

Kelsy's debut EP *Kiss The Boys* was released late last year and is six tracks of heart-achingly honest music. Combining elements of jazz, soul, and rock 'n' roll, she wears her inspirations on her sleeve. Her raspy soulful vocals could even be likened to Amy Winehouse. From the sultry rhythm and tone of 'Crystal Blues' to the funky brass and sassiness of 'Valentine', Kelsy shows remarkable musical depth.

Kiss The Boys sounds effortlessly assembled despite the recording process taking over nine months. "I started working with these two dudes. We actually met on Twitter and they're two of my best mates now, I love them so much." Kelsy says. "We went into the studio and I already had most of the songs written; they were skeletons of songs. We worked them, built a musical direction and they produced it."

"I've never really had an experience with producers where it came so organically," Kelsy explains. "We didn't argue, we were always on the same page and we made each other better – that's really hard to find." This harmonious collaboration can be heard throughout the songs, which are strong in their convictions and emphasise her powerful vocals.

Poetry was Kelsy's gateway to song writing. Lyrically, she explores themes of young love and feeling like an outsider in her songs. "When I discovered that I could put the poetry with the music, it was a magic moment for me. I still write that way sometimes. I'll write a poem and later on when I'm home with an instrument I can put it to music."

Despite her busy schedule of writing music for television series and collaborating with makeup brands, she always finds time to put pen to paper. "I write music every day without fail," Kelsy says. "I find time to pick up the guitar and just get better in some way. Even in my spare time I want to get better at what I do. It's just non-stop. Every moment you're not doing something, someone else is."

Kelsy once felt like an outsider in today's music industry. She fought the same battles many singer-songwriters have to fight. It is difficult to find a way to be yourself when everyone else is trying to make you into a product. Kelsy struggled against other people's perceptions of herself and who she truly is inside. But now she is starting to flourish. "The only way to be successful is to be organic and true to who you are," Kelsy says. "Instead of denying it and trying to fit in, I came to realise these things that make me different, I need to make my *thing*."

Kelsy Karter isn't a manufactured pop product or someone to be underestimated. She is rebellious and daring, inventing her own space in this crazy world. Kelsy is currently working on her next release, so expect to hear more from this blue-eyed soul singer.

BAKING WITH *I ONLY EAT DESSERTS*

INTRO AND RECIPES Bernadette Chan
PHOTOGRAPHY Bernadette Chan

PEANUT BUTTER RECIPES

For all the peanut butter and chocolate lovers out there, these salty-sweet recipes were created for you. The peanut butter brownie is fudgy and chewy but has a lightness to it that will make you crave more. The other recipe is a macaron recipe – don't be scared to bake these as perfecting macarons is down to experience. The more you fail, the closer you are to getting it right! Sandwiched between these macaron shells is the smoothest and creamiest peanut butter frosting (definitely love at first bite).

Happy baking all!

BIO

Bernadette Chan is an Adelaide based food blogger and an aspiring photographer. A giant sweet tooth at heart, her love for beautiful desserts and photography collided when she created the blog *I Only Eat Desserts* back in 2012. Her love for photography led her to quit a job in engineering to study it full time. She now holds a Diploma of Photo Imaging and is working towards her dream to become a food photographer.

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ionlyeatdesserts.com

INGREDIENTS

150g almond meal

150g pure icing sugar

4 egg whites at room temperature, 2 in each bowl

150g caster sugar

40ml water

6-8 drops of blue food colouring (gel)

Peanut Butter Frosting

40g soft icing mixture

140g smooth peanut butter

½ tsp vanilla extract or vanilla paste

40ml thickened cream

METHOD

1. Using a food processor, blend the almond meal and pure icing sugar until a fine powder is formed.
2. Sift the almond meal and pure icing sugar into a bowl. Set aside.
3. Mix half the egg whites with blue food colouring and set aside.
4. Combine caster sugar and water in a saucepan on medium heat (ensure sugar is damp).
5. Once sugar and water has reached 50°C on a candy thermometer, begin whisking the egg whites (uncoloured) with an electric hand whisk until they reach soft peaks.
6. When the sugar syrup reaches 118°C remove from heat and wait for the bubbles to stop. Pour in a thin stream slowly into the egg whites while still whisking. Whisk until the meringue is warm and forms stiff, glossy peaks (around 8 minutes).
7. In a separate bowl, mix almond meal and pure icing sugar with the coloured egg whites until you get a smooth paste.
8. Fold a third of the meringue to the almond meal mixture and then fold the rest in.
9. Lift some of the batter and slap it on the side of the bowl – this removes the air from the batter to get it the right consistency. To test if your batter is ready, lift the spatula out of the bowl and try to draw a figure 8. Fill the batter into a piping bag with a 1cm round tip.
10. Line baking tray with a stencil below it (the one I use has 4cm diameter circles with the circles 2cm apart).
11. Pipe batter onto the baking paper – I usually have the piping bag vertical and about 1cm from the baking paper. Aim the piping tip to be at the centre of one of the stencil circles. When you pipe the batter will spread and form a circle. If you have a little tip at the top after piping it should sink back into the batter after a while.
12. Lay a tea towel on the kitchen bench and lightly tap the baking tray a few times
13. Use a toothpick to poke out all the air bubbles left in the batter.
14. Leave the trays at room temperature for 30 minutes and until nothing sticks to your finger when you gently touch them.
15. Preheat oven to 150°C (130°C fan forced) and bake for 15-18 mins. Sacrifice one macaron shell (it shouldn't stick to the baking paper) and break it apart to see if it's set inside – when it's not moist, the macarons are ready.
16. Cool the macarons on the trays. Pair the shells up according to size.

To make peanut butter frosting and assemble:

1. Put sugar, peanut butter, vanilla and butter in a bowl and beat with an electric hand mixer until creamy.
2. Add cream and beat until fluffy.
3. Fill piping bag with buttercream (I use the same circular nozzle as for the macaron) and pipe onto half of the macaron shells.
4. Top with the other half of the macaron shell.
5. Place macarons in fridge for 24 hours for flavours to develop. Remember to store them in an airtight container and bring them to room temperature when you are about to eat them.

INGREDIENTS

200g dark chocolate (min 70%), broken into pieces

140g unsalted butter, chopped into cubes

200g brown sugar

1 tsp vanilla extract

2 eggs (large)

85g plain flour

½ tsp baking powder

4 tbsp peanut butter

METHOD

1. Preheat oven to 180°C (160°C fan forced).
2. Grease and line the base and sides of a 20cm square tin.
3. In a bowl add the eggs, sugar and vanilla and mix with an electric hand mixer for 5 minutes. This is to ensure you get the thin crinkly layer that you find on the tops of brownies.
4. Place chocolate and butter into a heatproof bowl and set this over a saucepan of simmering water (make sure bottom of bowl doesn't touch the water). Stir until combined and melted. Remove from heat.
5. Add melted chocolate into the egg mixture and beat on low speed until combined.
6. Sift flour and baking powder over mixture and then fold it through until combined.
7. Pour mixture into prepared tin.
8. Put peanut butter into a small saucepan and heat on a stove until it is slightly melted.
9. Drop teaspoons of peanut butter into the batter and use a round bladed knife to make swirls.
10. Bake for 30 minutes. To check if brownies are ready, insert a toothpick until it has a few crumbs clinging on.
11. Cool completely in tin before cutting it.

TAG US IN YOUR SNAPS WHEN YOU TRY THIS AT HOME

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#teoxioed

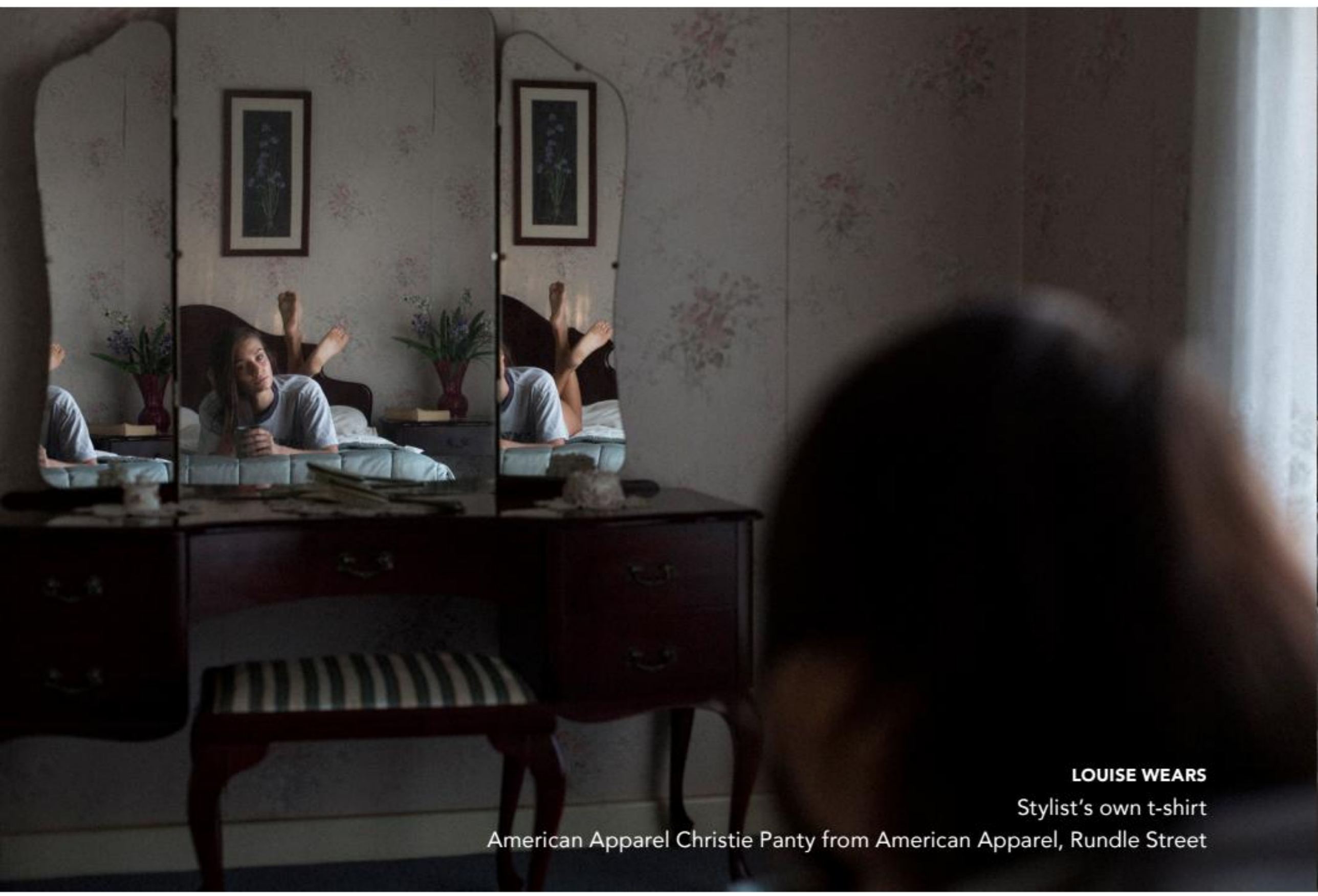
LAZY MORNINGS

HAIR AND MAKEUP
Kristina Persichini
STYLING
Helene Herbert
MODEL
Finesse Models
Louise

PHOTOGRAPHER
Kane Overall

LOUISE WEARS

American Apparel Geo Lace Bra from American Apparel, Rundle Street
American Apparel Christie Panty from American Apprel, Rundle Street



LOUISE WEARS
Stylist's own t-shirt
American Apparel Christie Panty from American Apparel, Rundle Street

LOUISE WEARS
Stylist's own jumper
Her own underwear

LOUISE WEARS

Stylist's own kimono

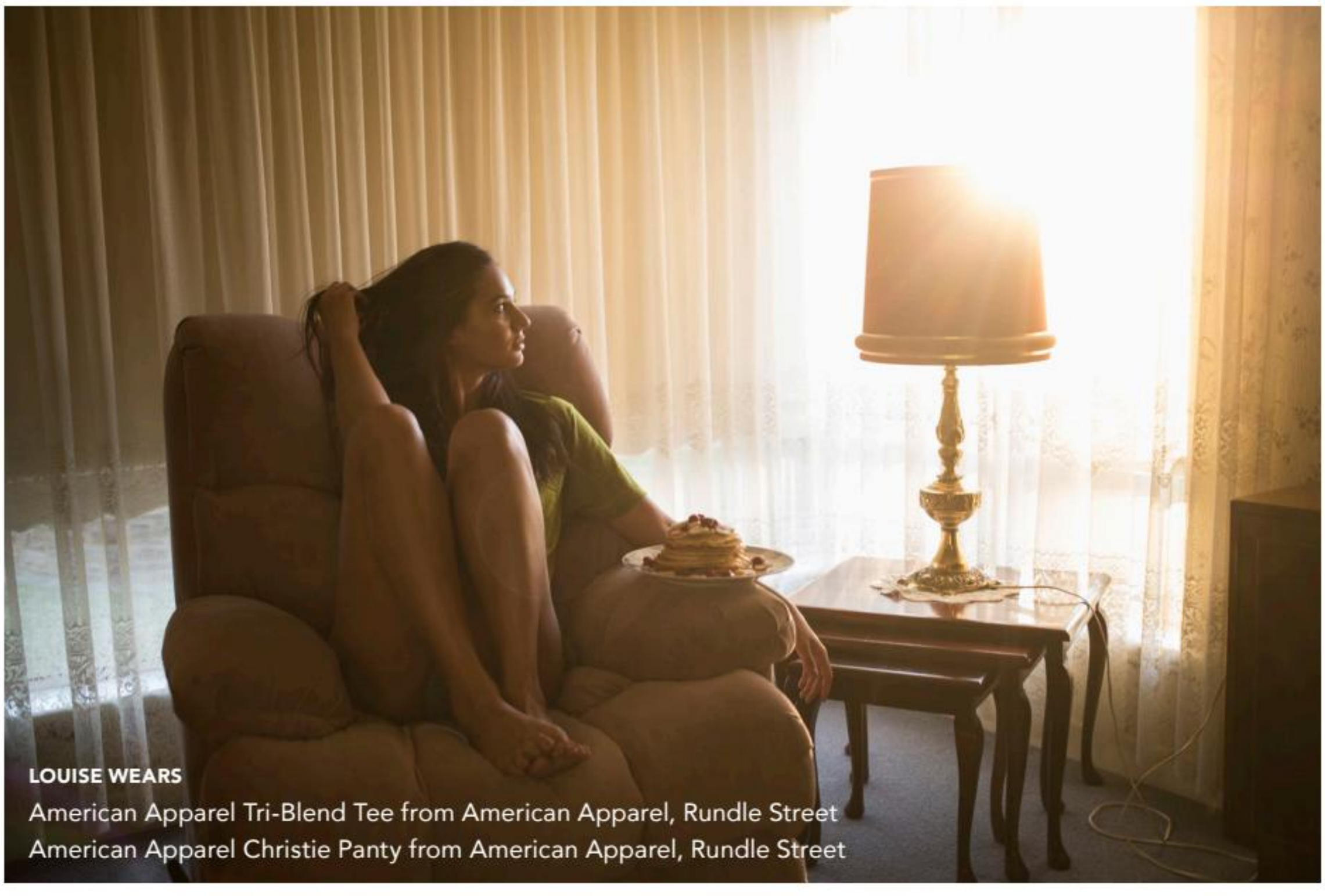
American Apparel Geo Lace Bra from American Apparel, Rundle Street

American Apparel Christie Panty from American Apparel, Rundle Street

LOUISE WEARS

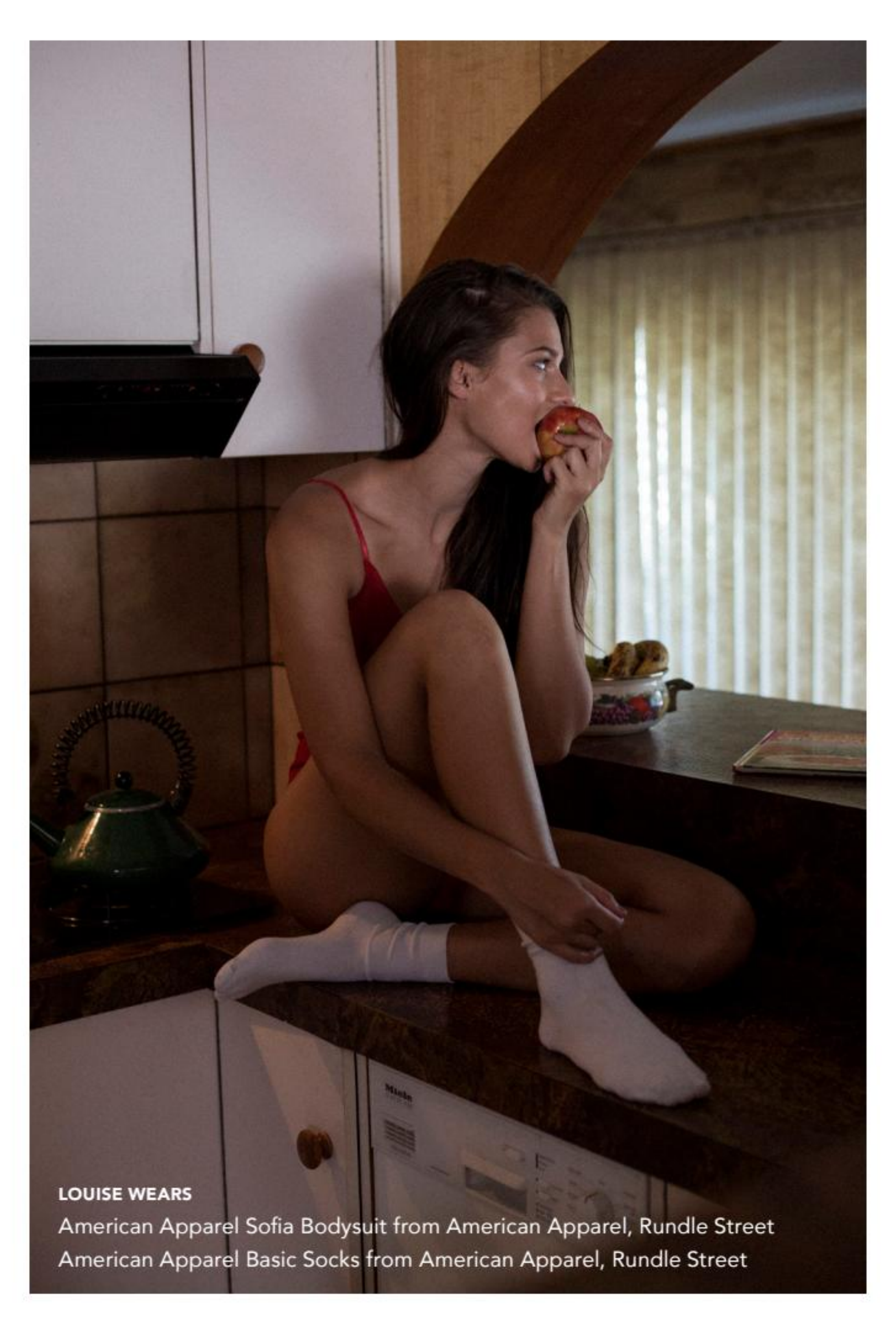
American Apparel 2X2 U Back Bodysuit from American Apparel, Rundle Street

LOUISE WEARS
Stylist's own top
Her own underwear



LOUISE WEARS
American Apparel Tri-Blend Tee from American Apparel, Rundle Street
American Apparel Christie Panty from American Apparel, Rundle Street

LOUISE WEARS
Her own bra
American Apparel Running Short from American Apparel, Rundle Street



LOUISE WEARS

American Apparel Sofia Bodysuit from American Apparel, Rundle Street
American Apparel Basic Socks from American Apparel, Rundle Street

LOUISE WEARS

American Apparel 2X2 Fitted Tee from American Apparel, Rundle Street
American Apparel Calf High Marl Socks from American Apparel, Rundle Street
American Apparel Christie Panty from American Apparel, Rundle Street

FOOD ON YOUR FACE

TREAT YOUR SKIN TO THE KIND FACTOR, THE KIND THAT LOOKS LIKE CHOCOLATE.

WORDS Taylah Minchington
PHOTOGRAPHY Supplied

Madame Chocolate Soap

Candy Candy Soap

Lavender Soap

Lip Balm

Face Cleanser

FOLLOW STVDIO5
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stvdio5.co.uk

Stvdio5 is a 100 per cent vegan cosmetic company, both cruelty free and ethically sourced. The brand has attracted fans from far and wide for its kindness to the world, skin and the eyes. With products inspired by sweet treats, like the popular bath truffles, Stvdio5 makes bath time even more delicious.

Founder, Antonio Pisanelli, adopted a vegan lifestyle after realising his personal values and he claims the rewards of this lifestyle are a source of continuous joy. Although some believe being vegan limits one's options, Antonio insists there are alternatives available for every single purpose we currently use animals for. After becoming frustrated with the lack of 100 per cent vegan cosmetic products, he launched Stvdio5: a range of beauty products that look good enough to eat. Antonio's philosophy of feeding the skin like you would your body is what drives his passion for creating cruelty free and natural products.

TEO sat down with Antonio to discuss the history of Stvdio5, the current eco-friendly trend and what products he would recommend for those wanting to make the switch to natural and organic cosmetic products.

***TEO:* What made you decide to venture into the highly competitive cosmetics market?**
Antonio: The organic and natural cosmetics industry is becoming more competitive in today's market, however there are only few of us offering 100 per cent vegan products. Our aim is to show people the importance of using natural and cruelty free products and so far the response has been very positive.

How did you start Stvdio5? Did you receive an immediate demand or was it a slower introduction?
I started Stvdio5 by doing a lot of research to understand the correct meaning of 'natural,' 'organic' and 'cruelty free' cosmetic ingredients. Then I wrote all of the product formulas and sent them to a chemist company for approval. The UK government is very strict when it comes to cosmetic legislations – all products need to be tested in labs, approved and signed off before being introduced into the market. This process was quite expensive and very time consuming but once all legal aspects were set up, I launched my website and the rest is history!

All of the products look good enough to eat! Why did you decide to make the products resemble food?
My motto is 'Stvdio5: 100 per cent vegan food for your skin.' I would like to spread my message across the world: our skin needs good food just like our body does.

What was the first product you made in your workshop and how long did it take to refine the recipes to get the products just right?
The first product was a chocolate soap and it was a complete disaster. The oil temperature was too high and the final bar hardened too quickly. Many other attempts were also unsuccessful and it took me over six months to get the right recipe!

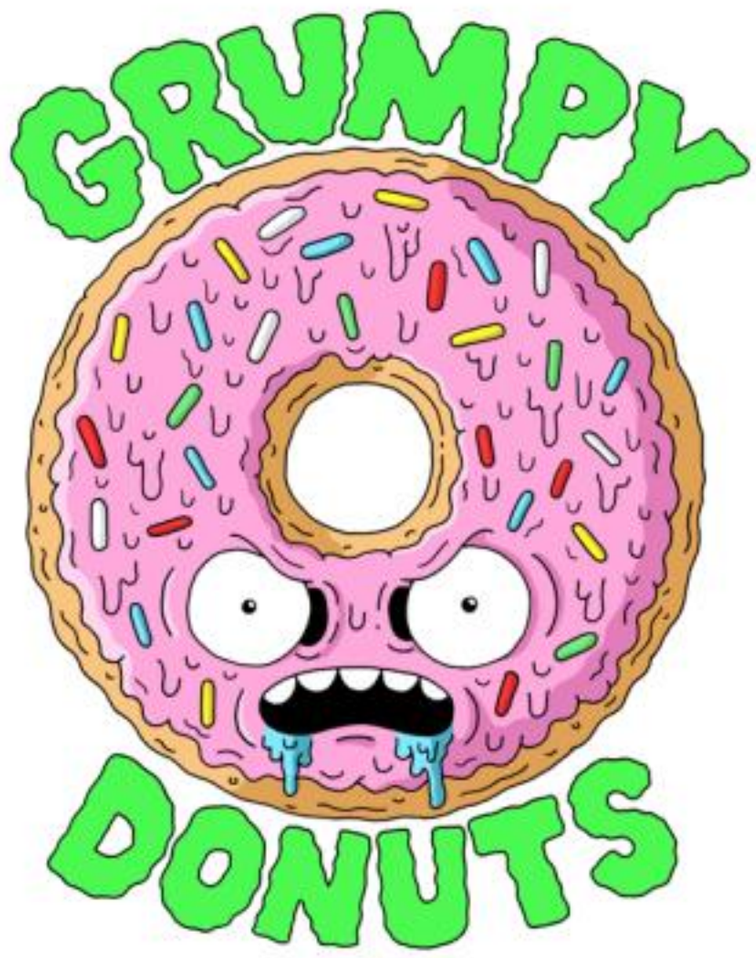
What is the importance of buying products using only natural ingredients? Can our skin survive with products that aren't natural?
All non-natural products damage our skin in the long term. I used many hurtful skin care products in the past and it took me over a year for my skin and hair to agree with natural products. Once you change your skin care regime, you will see fantastic results.

Explain the name Stvdio5 to us.
All the products are handmade in my studio but for copyright issues, I had to change the 'u' into a 'v', as there was a company already registered as 'Studio5'. The number 5 is due to a list of the ingredients I use – a lot of my products are made with less than five components.

What are your personal favourite products from Stvdio5?
My favourite product is our face moisturiser, which I use daily in conjunction with a few drops of our organic oil. My skin loves it just as much!

What is a good product from Stvdio5 to start your all-natural beauty collection?
I would recommend our facemasks because most facemasks you buy elsewhere contain some form of dairy.

How important is it for consumers to shop cruelty free and consider the earth?
If every single human on Earth stopped buying products from companies that still test on animals, they would have to close down, meaning thousands of animals would be free and alive.



GET TO KNOW GRUMPY DONUTS

A DIFFERENT KIND OF DONUT EXPERIENCE

PHOTOGRAPHY Alana Dimou

WHO IS GRUMPY DONUTS?

Grumpy Donuts is a donut-loving couple (Elise and Scott) who were sick of the lack of real American-style, yeast-raised donuts in Sydney/Australia, after extended periods of travelling North America and being spoiled for choice with incredible donut shops in every suburb! We pride ourselves on customer service, high quality product, fresh ideas and flavours, and an unwavering ability to keep up the appearances of being 'Grumpy' Donuts, now that we start work at midnight most nights!

WHAT IS GRUMPY DONUTS?

Grumpy Donuts is a small, two-person, online-based operation delivering incredible donuts direct to the doors of Sydney-siders in the CBD and surrounding areas. We will soon be opening our very own shopfront (details will be released week by week via our Instagram @grumpydonutsofficial) which means no matter your postcode, you can come visit us for some wonderful, fresh donuts and top quality coffee! Yay!

WHEN WAS GRUMPY DONUTS ESTABLISHED?

Grumpy Donuts began with some wild ideas and kitchen testing between full-time jobs in early 2014. After months of testing and bouncing ideas around, we registered our business in April 2015 and opened for business in May 2015!

WHERE CAN WE FIND YOU?

You can find us in a number of cafès every Thursday and Friday from Botany, to Surry Hills, Newtown and more, or order online and we'll deliver to your door (if that door is within the Sydney CBD, Inner West, Inner East and a few other closely surrounding areas).

WHY?

FOR THE LOVE OF REAL, QUALITY, DELICIOUS DONUTS!

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instagram.com/grumpydonutsofficial
grumpydonuts.com

S'mores

Sour Patch Jam

Vanilla Bean Glaze

Dark Choc Mint

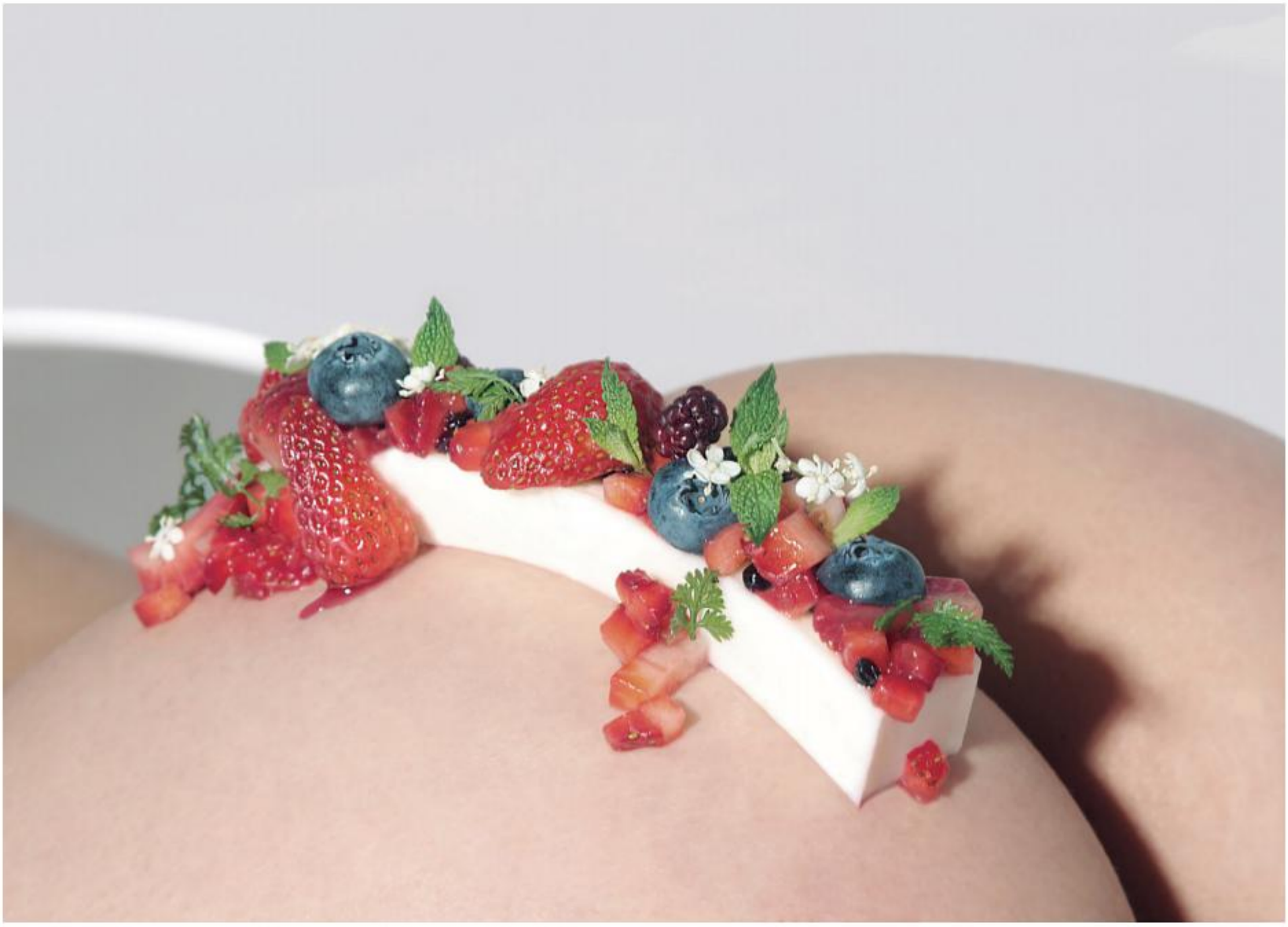
Raspberry Lime Grumpy

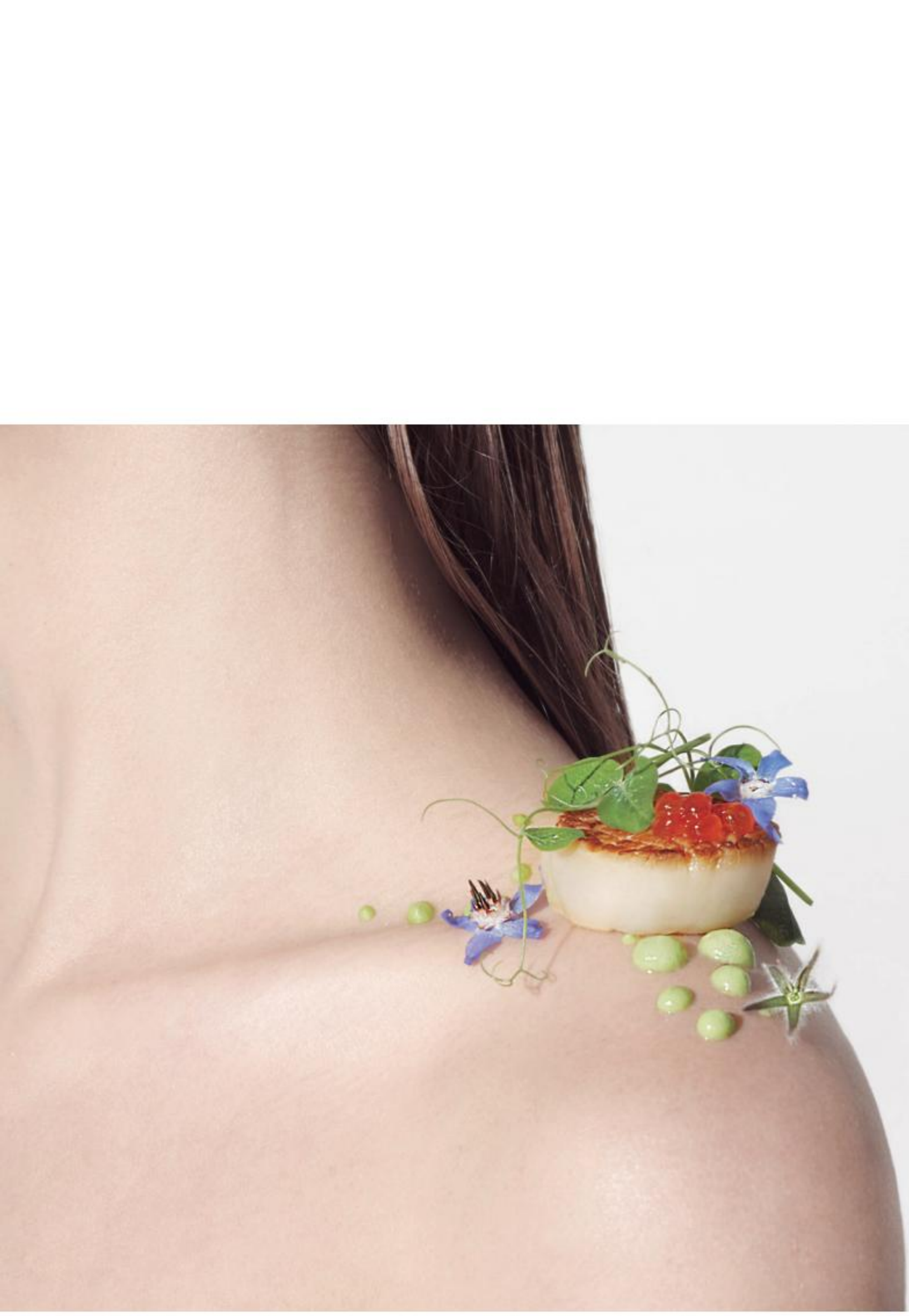
RAW

HAIR AND MAKEUP
Comes Cake
ART DIRECTION
Comes Cake
FOOD STYLING
Chef Alejandro Cuellar
MODEL
Elvira Iglesias

PHOTOGRAPHER
Comes Cake

PHOTOGRAPHY ASSISTANT
Monica Ciprian





THE HISTORY OF THE BURRITO: WE SPILL THE BEANS

EVERYTHING YOU NEED TO KNOW ABOUT HOW BURRITOS ROLL

WORDS Nicole Pope
PHOTOGRAPHY Creative Pear-spective

The burrito is arguably one of Australia's most popular fast food items right now. Appearing in numerous Facebook memes and a welcome companion after a night out, however, the precise history of the burrito still remains unclear today.

TEO Magazine caught up with some local Mexican restaurateurs and explored the origin of this foil-wrapped roll of deliciousness.

A BRIEF HISTORY OF THE BURRITO

The word burrito is derived from the word 'burro' meaning 'little donkey' in Spanish. It's thought that burritos were called this because they look like the bedrolls that donkeys carried, or because they were originally sold out of donkey carts.

Controversially, the burrito is also thought to have originated in the nineteenth century by both Mexican and American influences: the vaqueros who roamed Northern Mexico, farmers in California's Central Valley or the miners from Sonora.

Although we might assume Mexican locals devour burritos, nachos, tacos and chilli con carne on a daily basis, these dishes actually originated in Texas, giving birth to Tex-Mex cuisine. It's this style of Mexican that we often see in fast food restaurants today. Australia echoed the United States in the early 2000s, by packing more into burritos than the traditional chicken, rice, salsa and salad combination.

Situated in the heart of Wollongong, New South Wales, is the oldest surviving Mexican restaurant in Australia, Amigos Mexican. It opened in 1973 with an expansive menu, boasting: enchiladas, fajitas, burritos and tequila-infused cocktails. Its Victorian-era charm has withstood over 40 years of business.

Ever-popular Zapatas on Melbourne Street is the oldest Mexican restaurant in Adelaide, Australia. Established in 1975, the menu includes old favourites, such as: nachos, tacos and enchiladas with Old West favourites to provide an authentic Mexican experience.

BEACH BURRITO

Now with over 15 stores Australia wide, Beach Burrito remains a family owned company since its first store opened in Bondi in 2006.

The menu is inspired by the travels of founder and CEO, Blake Read, through Mexico and his time spent living in Colorado and California.

Each venue is designed to reflect its local area and customers, with the food freshly prepared every day using Australian-grown food and meat sourced from farms in the Byron Shire and Adelaide Hills.

Having decided not to franchise and keep the company within the family, Blake says his brother is the General Manager and Chief of Operations, his wife is an OHS Officer and his two sisters-in-law work in Human Resources and Operations and Interior Design.

After trying desperately with smaller business ventures in America, Blake decided it was time to go out on a limb and open his own store, where he could make the delicious Mexican food he had learnt to cook himself in the kitchens of California.

"There were still no venues doing what I wanted to do. I got serious and wrote a business plan, convinced a crew to kick in some dollars, and Beach Burrito in Bondi was born. I spent the next three years trying not to go broke and learning how to run a business. I got my metrics in order and expansion happened. I'm blessed that the Bondi local crew allowed me to learn and continued to support me," he says.

Beach Burrito will steadfastly remain a family owned and loved company, with many of Blake's siblings, cousins and extended family working throughout the venues.

"Mexico is about sun, fun, beach culture and fresh food prepared daily, and that's what I've always gone for. You can't provide that when you franchise and get squeezed by big business."

beachburritocompany.com

ZAMBRERO

Since opening its first store in Canberra in 2005, Zambrero has provided over eight million meals to people in need.

The Plate 4 Plate campaign was a natural extension of the education work Dr Sam Prince, founder of Zambrero, had completed in the developing world. Through this work, Dr Prince noticed malnutrition was also a barrier for children aged one to three years old in achieving their full potential. To help these children overcome such obstacles, Zambrero partnered with hunger relief agencies Stop Hunger Now and Foodbank Australia to provide valuable meals to these kids during their first 1000 days of life.

It's for this reason, that for every bowl or burrito purchased in a Zambrero restaurant, a meal is donated. This comes in the form of a rice and soy meal, fortified with 21 essential vitamins and nutrients, which communities use in conjunction with local ingredients to make meals, primarily via school feeding programs. In 2015, Zambrero introduced a retail line of muesli bars and black rice, with the sale of these products donating meals to disadvantaged people in Australia.

Dr Prince says the Plate 4 Plate initiative is Zambrero's beating heart. "Plate 4 Plate links our customers to our cause and allows them to become global citizens."

With over 110 restaurants across Australia, New Zealand, Thailand and Ireland, Dr Prince says Zambrero employs like-minded people with an interest in defending basic human rights. He says this enables the promotion and belief of the campaign to filter from the top of the organisation, to the people serving up burritos at store level.

This fantastic initiative enables Zambrero customers to enjoy a delicious, freshly prepared burrito and make a difference to the lives of children growing up in developing countries.

zambrero.com

MAIZ AND MEZCAL

In 2007, Ivan and Sonia arrived in Australia with big hopes, two kids and a few suitcases. On the 10th of April 2012, their dreams came true when they opened a traditional restaurant on Magill Road, Adelaide. They wished to share tantalising authentic regional Mexican food with South Australia.

Maiz and Mezcal is built on a solid family foundation. Ivan and Sonia have created a truly Mexican experience for their customers, with secret family recipes from the nineteenth century, with a modern twist of course, and the importing of organic Mezcal, the great grandfather of tequila.

The name of their restaurant was decided one night during a family dinner. Ivan and Sonia were drinking Mezcal and eating soft handmade tacos and suddenly realised they were devouring the most representative and traditional staple food from Mexico. Subsequently, they decided to call it Maiz, which means corn, and Mezcal, the most traditional Mexican spirit.

With a menu representative of different regions in Mexico and the use of the Spanish language by most of the staff, Maiz and Mezcal promises a real Mexican fiesta.

But you won't find burritos on the menu.

"It is hard to believe that in a country with more than 113 million people and in the biggest city on the American continent, burritos, nachos and chimichangas are not included in the vast majority of menus around the country and are only well known in some regional areas," Ivan says. "The origin of the burrito is Mexican by all means, however, the most well-known worldwide version of it could not be considered 100 per cent Mexican."

Maiz and Mezcal delivers a delicious and accurate cultural experience. With popular menu items such as avocado fingers, yellowfin tuna mini tostadas, pork belly and tapas platters, its authenticity is sure to impress.

maizandmezcal.com/index.php

DAISY ROCK
The Almost
Southern Weather
MAYHEM AT THE ROXY WITH
BLACK
AT THE ROXY
Karaoke
malbec
HODGES
ROXY
JANUARY 97
DEAR AND THE HEADLIGHTS
HEAVY HOOVES

LISTEN TO NO ONE BUT YOUR HEART

THE RUNAWAYS' CHERIE CURRIE TALKS FORGIVENESS, CHILDHOOD HEROES AND LISTENING TO YOUR INNER VOICE.

WORDS Melina Scarfo
PHOTOGRAPHY Estrada

It was the '70s and teenage girls didn't play their own instruments or sing about sex. Yet The Runaways still did. Led by singer Cherie Currie and guitarist Joan Jett, the rock 'n' roll quintet formed in 1975 and were met with a sudden wave of fame. Their first single 'Cherry Bomb' became an anthem for rebel girls everywhere. After two intense years of touring, Cherie left the group to pursue a solo career. The Runaways later disbanded in 1979 but will always be remembered as the queens of noise.

Although their fame was short lived, The Runaways are forever immortalised in the 2010 biographical film *The Runaways* starring Kristen Stewart as Joan and Dakota Fanning as Cherie. In the opening scenes Cherie lip-synchs to David Bowie's 'Lady Grinning Soul' at her high school talent contest. She bears a striking resemblance to her hero, prowling the stage with her jaggered blonde hair and painted face. In reality, Bowie was Cherie's first concert at 14-years-old and he was an inspiration to her.

"When I saw him on stage, a lightning bolt hit me; I just knew that was what I wanted to do. He helped me greatly because I was so young and so was Joan. Her hero was Susie Quarto and mine was David Bowie and so we were used to pretending to be like them. We did that for a while until we could figure out who we were," Cherie says.

Cherie became the rock star she always wanted to be with The Runaways. They toured the world, playing sold out shows across the US and Japan, but their dream of visiting Australia was never realised. "I've always loved Australia," Cherie says. "I've been watching all the Australian TV shows for years, admiring and hoping that one day I would make it there." In May, she toured Australia and New Zealand for the first time ever. Cherie says she is a firm believer in giving fans what they want. She treated them to classic Runaways tunes and a few surprises alongside her solo work.

Since The Runaways, Cherie has followed her heart wherever it leads, from chainsaw carving to acting. However, music always makes its way back into her life. Last year Cherie released *Reverie*, her first solo album in decades, which features collaborations with former band mate and guitarist Lita Ford. But *Reverie* didn't come without its challenges. For many, the name Kim Fowley evokes horrible memories: The Runaways' producer/manager has a ruthless reputation but Cherie has forgiveness in her heart. Despite battling cancer, Kim approached the musician asking if she wanted to do a record. Cherie says she saw this collaboration as an amazing opportunity. "I realised all the anger that I had been carrying for close to 40 years had really been hurting me. I thought that I wanted to get to know him and to know why he did the things that he did. So I approached him on a loving level and we became very good friends," Cherie says. "It was just really great to get to know him again in a way where he's human."

Unfortunately, after four songs in the studio, Kim became so gravely ill that he turned the record over to Cherie's son Jake, who is also a musician. Together they finished the record just two weeks after Kim passed away. Cherie says she no longer has to look back at the bad memories. "I walked away from this with great memories of him. I cannot imagine had I not done that [work with Kim]. There would have been a hole in me for the rest of my life, a hole of anguish," Cherie says.

Working with Lita Ford on *Reverie* also helped repair any negative feelings Cherie was holding onto. She had not seen Lita in 40 years but thanks to Joan, the pair finally met and became friends. Lita lends her vocals on 'Dark World' and shares a duet with Cherie on Runaways' classics 'American Nights' and 'Is It Day or Night'. Cherie says she couldn't envision herself doing two Runaways' songs without Lita's participation. "Lita and I had never gotten along when we were kids, so to me it was another thing that I really needed to get over," Cherie says. "You have nightmares about things like that, that haunt you throughout your life. And you just want it to be different. So working with her again was a blessing."

If Cherie could talk to her 15-year-old self today she would tell her one thing: don't ask anybody for their advice. "Go with your heart and believe that what you feel inside you is your path," Cherie says. "And anytime you reach out to others for their advice or their acceptance; they have their path, they can't help you and all it does is stop you and make you insecure. Because how can they relate to you? Just listen to that inner voice because that inner voice is never wrong, ever."

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ORGANIQ IS MAKING WAVES.

AND IT ALL STARTED WITH A SCRUB.

WORDS Vanessa Locampo
PHOTOGRAPHY Kane Overall and Louis Parcell

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Growing up by the ocean on South Australia's gorgeous Kangaroo Island, Sally Paech always knew about the incredible effects of sea salt and natural extracts on the skin. By incorporating her first-hand experiences with a desire to see a change in the skincare market, Sally produced the all-natural powerful brand, OrganiQ.

"I wanted to create a brand that reflected Kangaroo Island," Sally says. "So I drew on instinct and life knowledge. Skin is our largest organ; our outer shell. Our voice for what is going on inside, both nutritionally and emotionally. Good skin means good health and confidence."

After creating her first product – a raw organic body scrub – and gifting it to friends, Sally heard back that her scrub had transformed their skin. "One handful can cleanse, exfoliate and moisturise like a facial in a jar," she says. From there, she went on to create a unique, nourishing range of products designed to keep the skin glowing, naturally.

Of course, forming any brand poses challenges, including competing with established companies. But for Sally, it's all worth it to actually make a difference to the quality of skincare available, while promoting the local industry. "From a very early age I've learned that giving up is just not an option," she says.

Sally offers a way out of the common beauty traps customers fall into, including the use of natural products with 'aqua' listed as the first ingredient. "This is water which dilutes the ingredients and means that any good stuff is not absorbed," she warns. Sally also believes that what we put into our bodies is crucial to the state of our skin, "food is our fuel, our physical energy, but also [adds to] the function of our organs and the quality of our skin."

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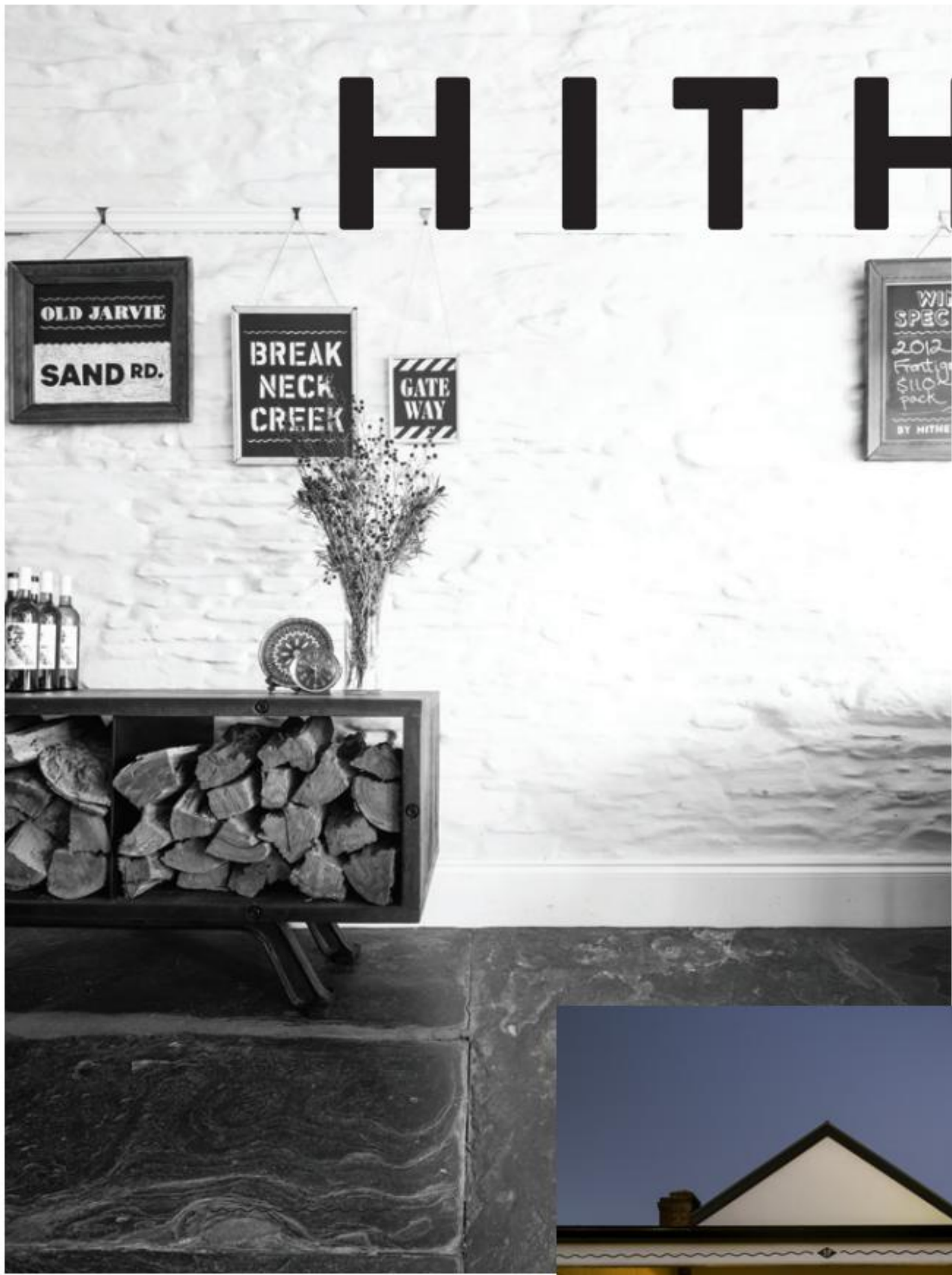

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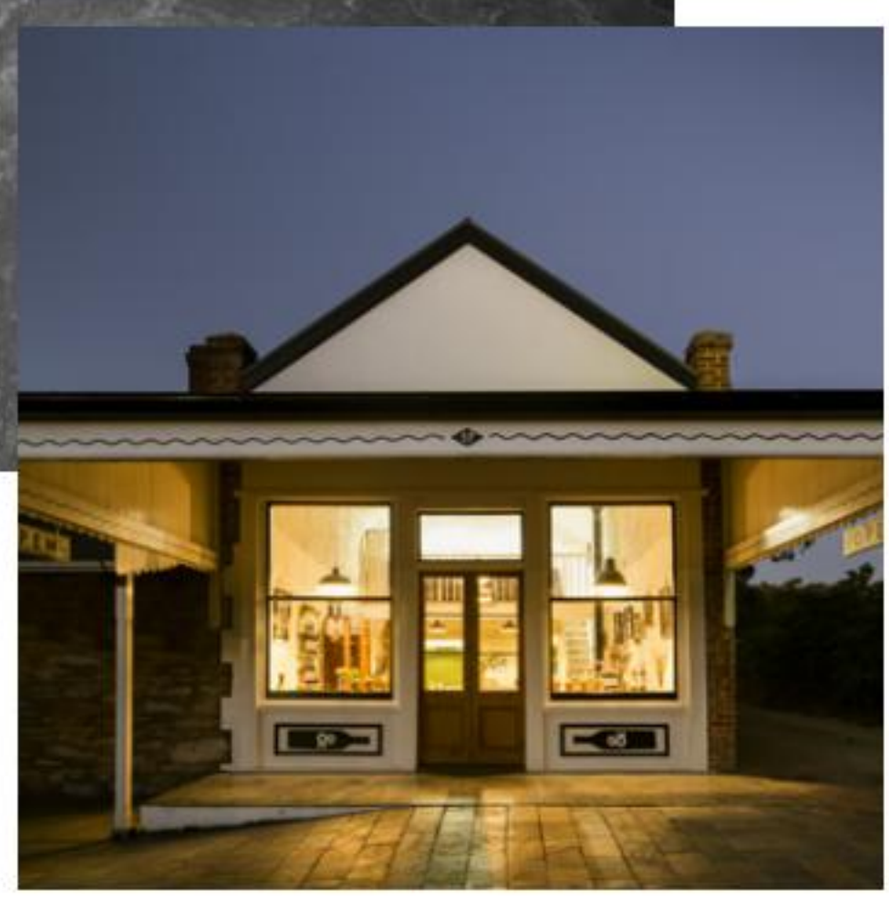

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