

VOL. 21 NO. 5  
JUNE 2016

THE ART OF HEALTHY LIVING

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# zee lifestyle

BEAUTY ISSUE

## {BEAUTY BASE}

Wenwen Zaspa  
Gari Son  
Emi Ayag  
Jonas Borces  
Arnauld  
Janice Barillo  
Chady Pantaleon  
Raisa Bercede

20  
YEARS

1996-2016

PRESENTED BY **ARTHALAND**

FUTURE PROOF BY DESIGN



## LUNA AND LOTTE

With the indomitable bond they share as twins, the Delima sisters  
are on a fashionable holiday at Be Grand Resort Bohol





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8

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The  
**BEAUTY**  
Issue



**ON THE COVER**

Lotte Edwards and Luna Van Der Linden  
photographed by Jon Unson at  
Be Grand Resort Bohol. Dresses by Jun Escario.  
Accessories, model's own. Makeup by Lola Ley  
and Sumie Balbachor. Hair by Jessie Egos

86

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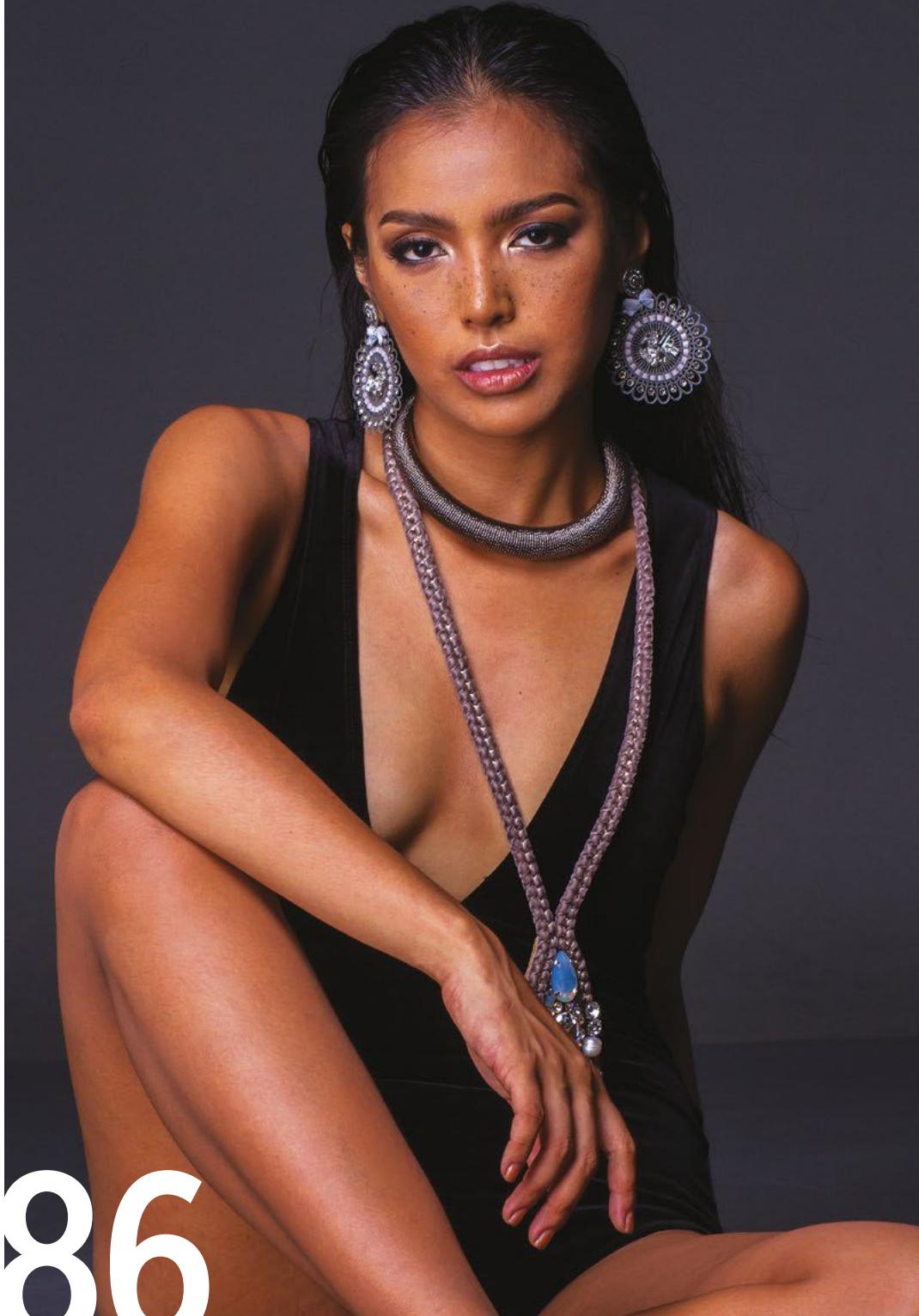
Of beauty and accessories

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Paul Durano looks back  
on Zee's early days



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**ERRATUM** In the column "La Vie En Rose" from our May 2016 issue, fifth paragraph, PAL's External communications Head and Spokesperson is Cielo Villaluna, not Terry Romilla as stated in article "PAL: the Heart of the Filipinos."





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ARABICA \*  
STANDARDS

## CONTRIBUTORS



### JESSIE EGOS

*hairstylist*

You will be the most beautiful when you accept yourself, and are satisfied with the qualities that you have.



### JON UNSON

*photographer*

You are most beautiful when you have a clear, strong and positive sense of everything and everyone, what you want to do in your life, your art and your work. When you're doing the things you love most, and when you're having pancakes and hot chocolate at Jollibee for breakfast.



### CLOISE MAE ABORDO

*intern*

When the person starts from within.

# WHEN IS THE PERSON MOST BEAUTIFUL?



### BLAQ MAFIA

*stylists*

A person is beautiful when they are themselves.



### CHARLENE VIRLOUVET

*writer*

You are most beautiful when you seek knowledge and truth. Knowledge is empowerment. Empowerment is sexy.



### MARIA GIGANTE

*model*

If beauty was a when instead of a what, you will feel it in the moment when a child, woman or man speaks his or her mind. When the world has embraced you with uncertainty, and even though you don't know the "how" you're going to get there, you are certain of the "where" you want to be, and the fact that you are going to get there.

# Careline

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Lindsay Chetaud  
Model



PI25

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FROM TOP The light of sunsets is best for no-makeup photos, like mine here at Kalanggaman Island; The Zee Lifestyle and Be Grand Resort Bohol teams (minus other cover girl Lotte Edwards) after a successful cover shoot.

# BEAUTY BOMBS

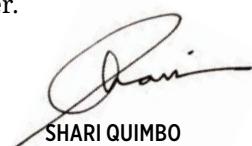
COCO CHANEL ONCE SAID, "IF YOU'RE SAD, ADD more lipstick and attack." If you've ever seen the dozen tubes of lipstick I carry around in my purse everyday, you'd understand why this is a personal battle cry. A quick swipe of my staple MAC Ruby Woo is enough to make me feel ready to take on the world.

That's the power of makeup. Going way beyond its effect on your appearance, makeup and other beauty products boost up confidence. This may be a cliché, but when you look beautiful, you feel beautiful—and that's certainly worth the extra ten minutes you spend on your eyebrows. Of course, if you have a bit more time, this month's lineup of makeup artists provide some aesthetic inspiration, dolling up their muses in various beauty looks (page 59).

Beauty, though, goes beyond makeup. As the saying goes, it's more than just skin-deep—what goes into your body is just as important, so we take a look at the growing healthy food movement and the various fitness regimens gaining popularity in the city (page 43). Other concerns are now easily addressed, with the industry developing technological innovations that take care of various skin and body concerns—we share the ones available in Cebu on page 36.

Lotte Edwards and Luna Van Der Linden are certainly beautiful on our cover, posing against the picturesque backdrop of the island getaway Be Grand Resort Bohol. The identical Delima twins certainly have their individual personas, but ultimately have more than a few commonalities—balancing a thriving career with family, and not afraid to use their femininity as a tool for empowerment (page 76).

Personally, I think that's why the art and industry of beauty is one that should not be dismissed as shallow. In an age where equality and women empowerment are often called for, femininity can be seen as a weakness, and that, I feel, would be truly missing the point. Your femininity can be your best weapon, and I believe that embracing that—and your favorite shade of lipstick—will make you feel more beautiful than ever.



SHARI QUIMBO  
Editor



# BEGIN.

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of natural timeless beauty and modern chic amenities.

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# MAKE IT MAC

MAC Cosmetics launches three different collections for the season that is all about bringing a lot of color—and even more personality—into your beauty routine

## CHRIS CHANG FOR MAC

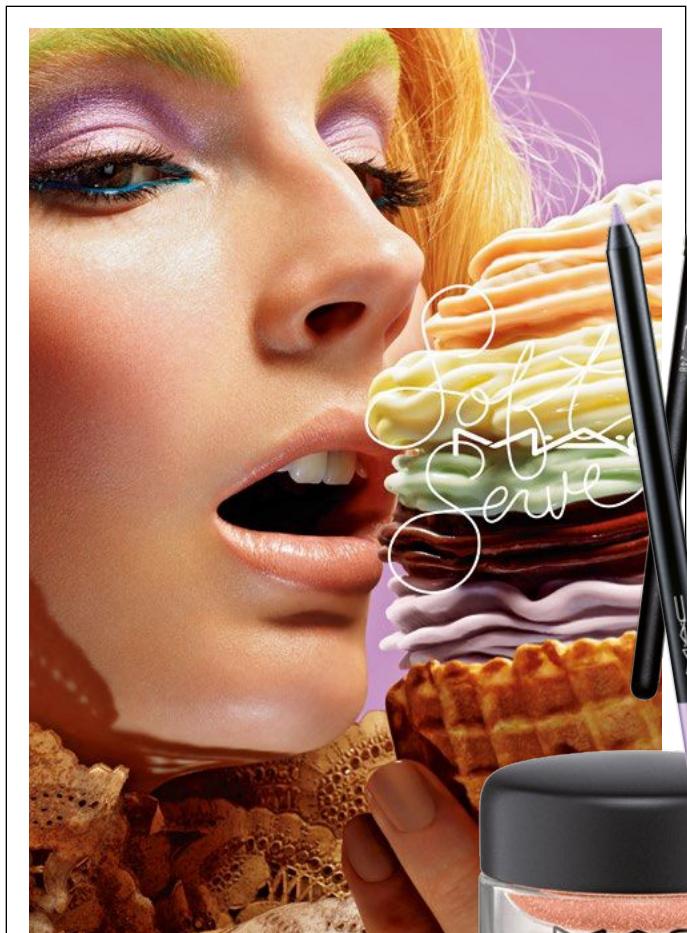
Known for her outlandish and vibrantly colored designs, Chinese fashion designer Chris Chang partners with MAC Cosmetics to create a collection that features a vivid kaleidoscope of cutting-edge color. The designer took inspiration from the ancient Chinese art form of Kunqu, and creates a wide range of products that explores both classic hues and the slightly less conventional. Also featuring cream color bases, a powder and eyeliner, the entire collection is housed in graphic packaging that's a beauty in itself.



## VIBE TRIBE

The combination of earthy tones and shocking colors come to life in MAC's Vibe Tribe—a clear favorite for the festival season. With a geometric pattern on its packaging, the collection goes through a spectrum of makeup products.

*Rustan's Department Store,  
Ayala Center Cebu*



## SOFT SERVE + DARE HUE!

With a creamy texture and 12 delectable shades, the Soft Serve shadow is a unique approach to eye makeup. The Soft Serve shadow's buildable color and unique creamy texture comes in a rainbow of feminine tones that bring to mind delectable dessert sweets. And since rainbow looks are currently all the rage, match your brows to your eyes with the Dare Hue! brow liner shades.





# OCEAN DEEP

La Mer celebrates the ocean with a special limited edition Crème de la Mer to commemorate the brand's efforts to preserving marine habitats through Blue Heart

More than just creating quality skin products, La Mer has also been committed to supporting the protection of ocean habitats for over a decade. It's this passion that prompted the popular brand to create Blue Heart, a philanthropic global effort to celebrate the ocean and share a deeper understanding of how essential it is to our own lives.

This year, La Mer launches a commemorative Crème de la Mer, a limited edition sea-inspired design that is inscribed with "Blue Heart" to signify the brand's ongoing inspiration from the ocean's beauty and its goal of raising awareness for the cause. The special edition was also launched to celebrate World Oceans Day.

Continuing in its partnership with the *National Geographic Society*, La Mer will also be partnering with influencers around the world to create a series of vignettes that illustrate how the ocean serves as their muse to stimulate their passions and creativity. The #LaMerBlueHeart campaign will become an opportunity for users to share their own personal story.

"We've all been touched by the ocean in some way and each off us has an inspiring story to share with the world," says Sandra Main, the global brand president of La Mer. "La Mer hopes that sharing these stories will raise awareness and educate consumers on the importance of healthy ocean habitats."

This fascination with the ocean extends all the way back to the brand's inception. Creator of the legendary Crème de la Mer Dr. Max Huber developed a deep appreciation for the beauty of the sea. In a tribute to his legacy, La Mer continues to help support the natural habitat by only using sea kelp that has been sustainably hand harvested.

*Rustan's Department Store, Ayala Center Cebu*

REPORT

# SCENTS OF SUMMER

Jo Malone London partners with artist and designer Marthe Armitage for a collection that captures the wonder of a season

British artist and wallpaper designer Marthe Armitage partners with fragrance brand Jo Malone for a collection that is inspired that takes inspiration from writer Henry James' belief that the two happiest words in the English language are "summer afternoon." Using the ingredients in the brand's elegantly simple scents, Marthe creates a limited home collection that includes drawer liners, candles, bath oils and soaps.

"I wanted to capture the perfect English summer afternoon," says Marthe. "It needed to feel alive, and I wanted to weave in ingredients from the Jo Malone London scents. This project has seen me exploring a world I've not experienced before, and it's been lovely."

*Rustan's Department Store, Ayala Center Cebu*



## IN HER TIME

The OMEGA Seamaster Aqua Terra is a luxurious and versatile timekeeper that's an indulgent and efficient piece of arm candy

A refreshing approach to ladies' watchmaking, the OMEGA Seamaster Aqua Terra 150M Ladies' Collection offers plenty of variety for women who love both luxury and choice. With a choice of 38.55mm or 34mm cases, the watches are available in 18K red gold, 18k yellow gold, 18k Sedna gold, or stainless steel.

The dials are made from mother-of-pearl, which provides a soft, tranquil effect. Although mother-of-pearl is usually white, OMEGA has also introduced the Tahiti, lavender and coral, which are all instantly captivating. A series of diamond indexes complete the Aqua Terra dial, and diamonds are also used to pave the bezels for added radiance. The look is finished off with either a metal bracelet or leather strap. *Lucerne, Ayala Center Cebu*

# LOVE LOCAL

Beauty is more than just skin-deep, and these brands are all about creating a range of products that do more than just beautify. Even more reason to love them—they're all-Filipino.

## HUMAN NATURE

With a product range that includes makeup and skincare, Human Nature creates natural and eco-friendly products in an enterprise that is passionate about helping the community.

Already major volunteers for the poverty alleviation and nation-building movement Gawad Kalinga, Anna and Dylan Wilk had been setting up the organization's network in the US when they observed the growing trend of environmentally conscious products in the market. Together with Anna's sister, Camille—who was once a freelance makeup artist and had previously worked at a cosmetics company—they released their first line of products in 2008. They have now partnered with many other social entrepreneurs to continue providing both quality products and employment opportunities for local communities.

Human Nature's dedication to sustainability includes adapting with the times. As the US Congress imposed a microbead ban, the company developed 100% natural scrubs that use non-synthetic exfoliants such as seeds, clay, fine bamboo granules and the like, for a deep cleansing product without any ill effects on the environment. [www.humanheartnature.com](http://www.humanheartnature.com)



## HAPPY SKIN

These days, products need to be versatile, and Happy Skin does that with its offering of makeup containing ingredients that address skin issues with each use.

Jacqe Yeungtian-Gutierrez had been developing global brands for Unilever when she decided to create a line of makeup that actively took care of its user's skin. Together with top model and beauty columnist Rissa Mananquil-Trillo, they created Happy Skin. The former's experience and the latter's know-how of the beauty industry turned out to be a perfect collaboration.

The duo believe that skin care is as important as the makeup you put on, and makes sure their customers know which products are best for each specific skin type. Happy Skin's line of foundations has something for everyone—the Don't Get Mad, Get Even Hydrating Powder Foundation with micronized sunscreen for those who are often out in the sun; the InstaBeauty Blur Cream primer foundation benefits oily and dry skin types; and the Zit Zapper Cream for those with acne-prone skin. [www.happyskin cosmetics.com](http://www.happyskin cosmetics.com)

# BEAUTY BINGE

Industry insiders talk about their daily routines and the products that are staples on their vanities.

## ERIKA DIAZ, 25

*Professional make-up artist*

**How do you define beauty?**

Beauty is intangible. It is seen in every moment that makes us happy.

**What's your skincare regimen?**

Cleanse, exfoliate, tone, moisturize and repeat.

**What's your everyday beauty routine?**

I'm very basic when it comes to my everyday beauty routine. I prep my skin, put a little makeup on—that involves a lightweight foundation from Laura Mercier, translucent powder from Laura as well, eyebrow pencil from Nichido for “on fleek” brows, mascara from the indisputable Maybelline and lastly, a cheek and lip tint from Benefit.

**What's the big change you make to your routine on occasions when you have to glam up?** A pair of nice fake eyelashes and bold colored lipstick would do the trick.

**A celebrity whose beauty looks you always admire?** For local, it would be Heart Evangelista and internationally, Kate Upton.

**The three beauty products you always have in your purse?** That's my face powder, eyebrow pencil, and lip and cheek tint.

**Your favorite lipstick?** Matte Mehr from MAC for myself,



and Velvet Teddy from MAC for my clients—they all love it!

**If you could only use one makeup item, what would it be?**

Lip and cheek tint.

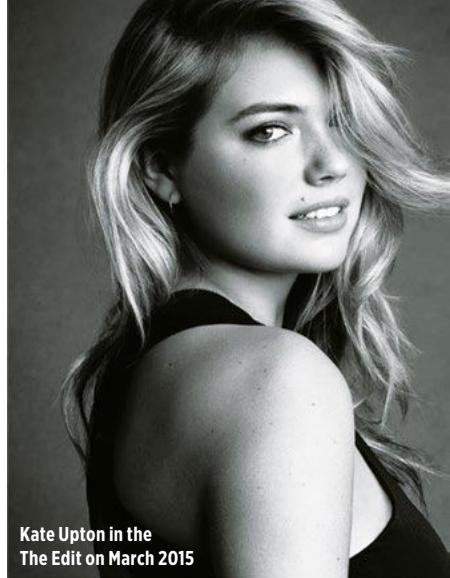
**What's a beauty trend you wished stayed around longer?** Forehead braids are said to die in 2016, however, I would still recommend this to my clients especially my brides. I love the messy, undone look. And if nails are part of beauty then I hope the eagle talon nails would stay longer as I haven't tried them yet.

**What's a helpful trick for looking fresh in the heat?** Easy—tie your hair up, pat off excess sweat, and drink lots of water to rehydrate and moisturize your skin.

**The best beauty advice you've received?** Less is more, and never forget to wear a smile.



@iamhearte on Instagram



Kate Upton in the  
The Edit on March 2015

## JASMIN SARMIENTO, 26

CEO of Beauty and Beyond

**How do you define beauty?** Beauty for me is being the best you can be inside and out. If you're beautiful inside, then you're definitely a beautiful person.

**What's your skincare regimen?** Well, it's simple. When I wake up in the morning, after showering, I wash my face with Nindotte Cosmetics Miracle Soap. Then I pat my face dry, rub ice all over my face to close the pores, and spray facial mist. I then use facial toner, pat on a bit of Vitamin C moisturizer, then I finish off with Beauty and Beyond's Sunblock Gel. Before I go to bed, if I use makeup or BB cream within the day, I usually remove it with makeup remover, then wash my face with Nindotte Cosmetics Miracle Soap, spray facial mist, use facial toner then pat on Vitamin C moisturizer.

**What's your everyday beauty routine?** Most days I go to the clinic, which is why I have to make sure that my face is clean, fresh and natural, especially since my clients will use my twin sister Jen and me as basis. If it's really hot, it's best not to use too much. Usually I just dab in sunblock gel and the Etude House Precious Mineral BB Cream Perfect Fit, put on some lip and cheek tint, and Anastasia soft-medium brown brow gel.

**What's the big change you make to your routine on occasions when you have to glam up?** Adding false eyelashes, different highlighters and contouring my face with Too Faced Chocolate Soleil. My sister taught me that.



**A celebrity whose beauty looks you always admire?** Natalie Portman. I admired her when I saw her in Mars Attack for the first time, and when she was Padme in Star Wars. She's also very smart. She's a natural beauty.

**The three beauty products you always have in your purse?** Sunblock gel, lip and cheek tint, and an SPF 50 powder

**Your favorite lipstick?** Recently, ColourPop's Ultra Matte in Creeper

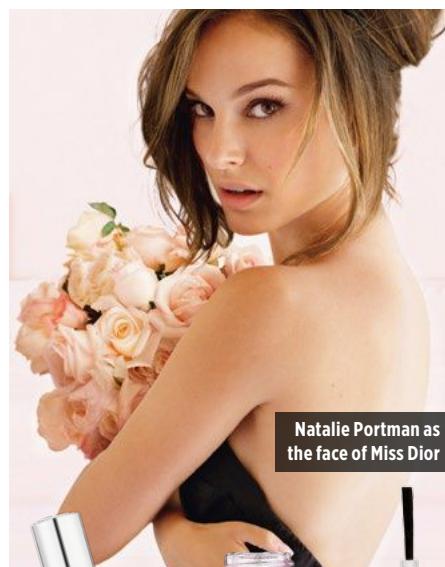
**If you could only use one makeup item, what would it be?** Benetint lip and cheek tint by Benefit

**What's a beauty trend you will never wear?** Black or dark lipstick

**What's a beauty trend you wished stayed around longer?** I love hair accessories, so headbands or hats.

**What's a helpful trick for looking fresh in the heat?** I do my usual daily routine, and in the afternoon, I usually just tap my face with facial tissue, and dab a bit powder and add lip and cheek tint.

**The best beauty advice you've received?** Always smile. Because even if you're not wearing any makeup, your smile is already an accessory.



## VANESSA VERGARA, 25

PR and Artist Relations Executive for MAC Cosmetics

### How do you define beauty?

My definition of beauty: one who is reading this article. Kidding! I think beauty is when one is happy just the way they are. They have a confident glow surrounding them.

### What's your skincare regimen?

I use the MAC Lightful Serum every day and every night. Be sure to use a moisturizer with SPF during the day!

**What's your everyday beauty routine?** I like quick yet pretty makeup. My five-minute routine involves dabbing Paint Pot on my eyes (it's a cream eye shadow that lasts all day), and I frame my face by working on my brows then I polish the look by adding my favorite mascara.

### What's the big change you make to your routine on occasions when you have to glam up?

Lipstick. Wearing the perfect shade of lipstick helps me transform from a day of meetings to an evening event. It is quite magical!

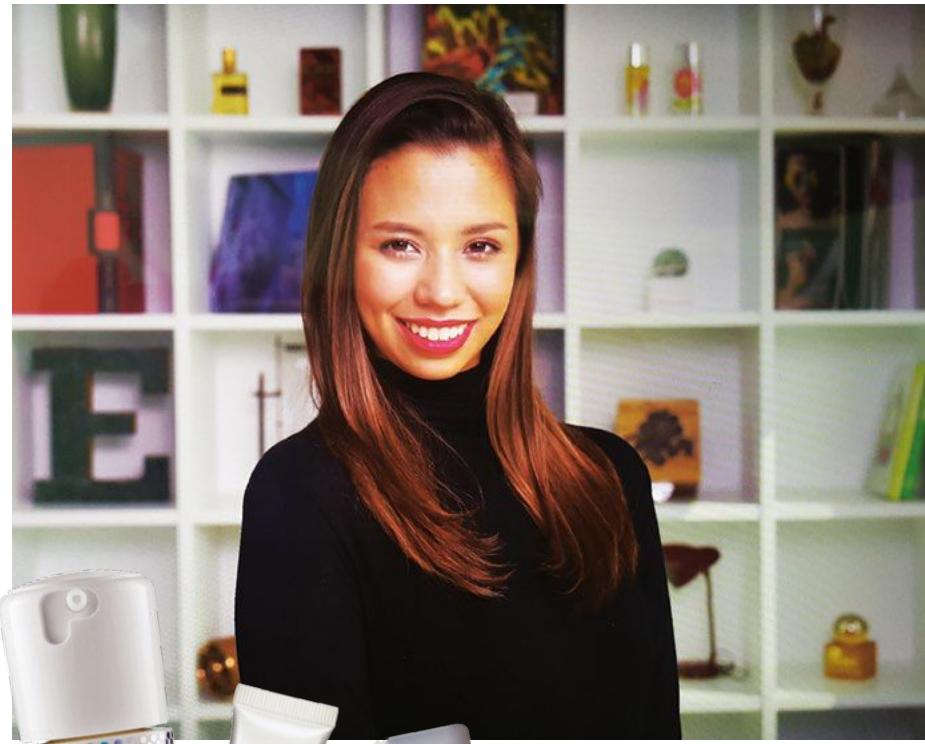
**A celebrity whose beauty looks you always admire?** I am currently obsessed with Pia Wurtzbach's looks. She can pull off everything from the simplest makeup to the fiercest.

### The three beauty products you always have in your purse?

It is a must for me to have the MAC Lip Conditioner, Pro Longwear Concealer and Strobe Cream.

**Your favorite lipstick?** I am in love with the Whirl lipstick of MAC Cosmetics. It is so trendy right now and it is perfect for an everyday look.

**If you could only use one makeup item, what would it be?** Strobe Cream. It gives you this stunning glow and it brightens up your face



@piawurtzbach on Instagram

even if you don't wear makeup. It also doubles as a moisturizer!

**What's a beauty trend you will never wear?** I don't think I can ever pull off black lips. I find it very fashion forward but as much as I try, it won't look as good on me.

**What's a beauty trend you wish stayed around longer?** I adore the 1950s look. The subtle liner and red lips. I find it so classic and beautiful.

**What's a helpful trick for looking fresh in the heat?** I'm going to tell you my secret. Strobe Cream. Just

put it on your cheek bones and everyone is going to ask why you're blooming today.

**The best beauty advice you've received?** Moisturize, moisturize and moisturize. If you take care of your skin, you won't even need to put much of concealer or foundation. Skincare really makes a difference but the secret there is to also drink a lot of water.

## JOANNA CUENCO, 29

Office manager, Sun.Star Cebu columnist,  
beauty blogger

### How do you define beauty?

Beauty is relative and metastatic. It has nothing to do with what you've put on your face or how shiny your hair is. It's being able to love your looks, whether you're bare faced or wearing a full face of makeup. Beauty is treating yourself and other people with happiness and respect.

### What's your skincare regimen?

In the morning, I cleanse with an oil control facial wash, tone with witch hazel, and apply eye cream and sunblock. At night, when I am feeling religious about it, I do the whole nine yards—as in, nine steps for my skin care, because I'm crazy. That's makeup remover, facial wash, mild exfoliator, toner, serum, moisturizer, spot corrector, eye cream and lip balm. When I'm exhausted, I cut it down to facial wash, moisturizer, eye cream (which I've been wearing at night since I was in college), and lip balm. I do a face mask every couple of weeks. No matter how long my day has been or if I've had a night I can't remember everything about, I have never forgotten to wash my face before going to sleep.

**What's your everyday beauty routine?** I do a "full" face of makeup, but always with a light hand for day-to-day. Foundation or BB cream, under eye corrector, set it all with powder. Brow powder or pencil, set with brow gel. One or two eyeshadows, three when I have a few extra minutes. Eyeliner, mascara.



Blush and lip color. Sometimes, I'll use bronzer. It might sound complicated, but all of it takes about 15 minutes.

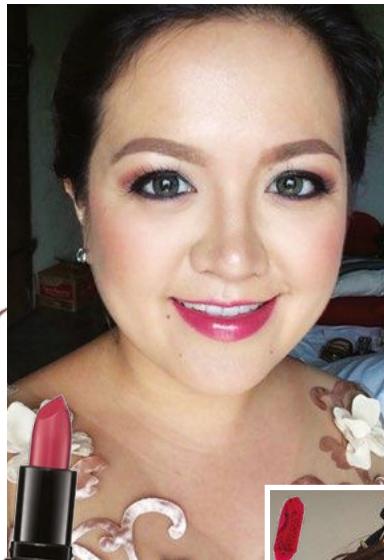
**What's a big change you make to your routine on occasions when you have to glam up?** Getting a professional to do my hair. I can do my own makeup, but I am hopeless with hairstyling.

**A celebrity whose beauty looks you always admire?** Selena Gomez and Anne Curtis. They change things up often enough to be interesting, but never too much that they stop looking like themselves. Georgina Wilson also merits #goals for smokey eyes.

### The three beauty products you always have in your purse?

Lip balm, a powder compact, and my lipstick for the day. Realistically, sometimes five lip products live in my purse when I forget to clear it out.

**Your favorite lipstick?** Despite the ridiculous size of my lipstick collection, I've only loved NYX Soft Matte Lip Cream in San Paulo and Antwerp enough to use completely. Just so easy, comfortable and flattering for everyday. I had one Rimmel lipstick in a watermelon hue that I used down to the bottom of the tube, but that line's been discontinued. Bobbi Brown lipstick in Guava, MAC Rebel and Stila



@selenagomez on Instagram

liquid lipstick in Fiery always fetch compliments and second looks!

**If you could only use one makeup item, what would it be?** It used to be eyebrow pencil, but not that I've had my brows microbladed, this has changed to under eye concealer.

**What's a beauty trend you'll never wear?** Blue lipstick. Everything else is manageable.

**What's a helpful trick for looking fresh in the heat?** Adjust your skincare to suit hotter weather. Piling on powder constantly will not help.

### The best beauty advice you've received?

- "A person who has good thoughts cannot ever be ugly. You can have a wonky nose and a double chin and stick-out teeth, but if you have good thoughts it will shine out of your face like sunbeams and you will always look lovely." – *The Twits*, Roald Dahl
- "Makeup is supposed to be fun. Use it to enhance your features, not change or hide them." – *Glamour* magazine
- C. "Moisturize." – Mom

# THE STATE OF BE-ING

A boutique hotel in Davao City offers more than just accommodations—with state-of-the-art features and facilities, Be-Ing Suites redefines the rejuvenating holiday

by John Quimbo

**U**PON ENTERING ANY OF the Be-Ing Suites, one understands why the hotel deliberately kept the number of rooms at a minimum. Their rooms welcome you with the spectacle of a wide queen-sized bed right in the center, so inviting that it takes Herculean effort to resist plopping onto the linen and wool cover. The room proudly declares good taste with a minimalist bent, and it's easy to speculate the expense that came to achieve this scene of quiet elegance. Of course, all rooms have Wi-Fi, cable TV, hot and cold shower, and even rubber slippers.

With its commendable facilities and amenities and a cafe that serves a range of dishes, the hotel's true objective is found in an inner portion of its ground floor. This section is where the boutique hotel dramatically becomes a modern beauty and wellness center.

For starters, the hotel uses Japanese-style salon equipment



like its high-tech shampoo basin machines with comfortable lounging seats that fully recline at the touch of a button. Its hair treatment and rejuvenation formulae include products from Milbon, Co., Japan's top professional hair care brand. The salon staff has also been extensively trained in Japanese hairstyling.

The star of the place, though, sits just behind the salon.

In a secluded alcove is the only Red Light Collagen Machine Bed in Davao, the world's most powerful non-invasive full-body skin rejuvenating system. Red light

collagen treatment has been proven effective among patients recovering from surgery and wounded soldiers. Behind the principle of prolonged red light exposure is that it stimulates the production of collagen in the inner skin, which accelerates healing. It also helps eliminate wrinkles, stretch marks and sun damage and promotes youthful and radiant skin. Furthermore, it helps to enhance energy levels, and eliminates stress and fatigue.

With the specialized amenities that the hotel offers, guests often wonder what this establishment is all about. Is this a hotel with a spa, or a spa with a hotel? A salon with a hotel?

The answer can be found in its name—Be-Ing. The term, used in both Chinese and Japanese, loosely translates to being beautiful both inside and outside. Thus, Be-Ing's services offer a combination of comfort, privacy and relaxation, and at the same time, healing, rejuvenation and re-energizing. All this, while having a place to stay in Davao City.

Truly Be-Ing, with all the hassles and stresses of modern travel, is a great discovery. ■



Lot 16 Guadalupe Village, 3rd Street,  
Lanang, Davao City  
(082) 234 9088  
[be-inghouse.com](http://be-inghouse.com)

# BITES OF BOHOL

Although Panglao Island may be best known for its stretches of beautiful beaches, it's also become a breeding ground of destinations that offer a getaway of the gastronomic kind.

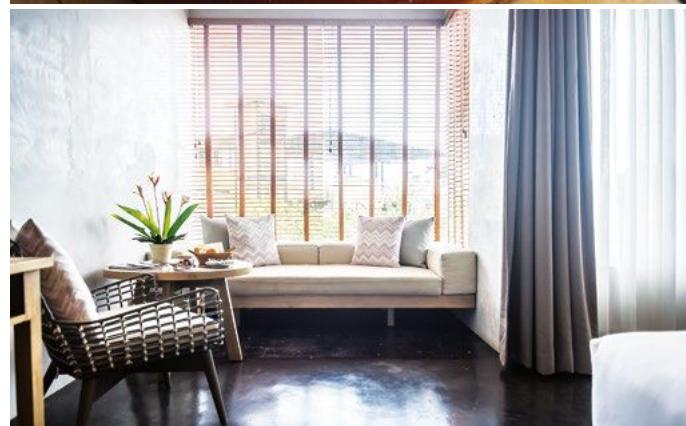
by Shari Quimbo photography Nath Ybañez

## TOMAR AT AMORITA RESORT

Topping off the resort's impressive expansion—which has brought on several spacious rooms with a modern Asian design aesthetic—Amorita Resort opens Tomar, a wine and tapas bar above the resort's main dining outlet Saffron. Its décor takes on a decidedly masculine approach with wooden, metal and leather elements, but what really sets the stage are the walls covered in maps of Bohol and Panglao Island.

The food celebrates traditional tapas, with items like an assortment of seafood and meats on toast, grilled octopus slices and hearty servings of paella. Truly the advantage of being on an island, the seafood is fresh and its flavors celebrated. The libations also deserve a mention—besides its wide selection of wines and liquor, Tomar makes an incredibly spirited version of sangria.

#1 Ester A. Lim Drive, Barangay Tawala, Alona Beach,  
Panglao Island  
6338. 502 9002, 63. 917 726 4526  
[amoritaresort.com](http://amoritaresort.com)



## BLUEWATER PANGLAO BEACH RESORT

A relatively intimate resort just a little further off Alona Beach, Bluewater Panglao is all about the details. From well-thought-out amenities in the rooms to nightly movie screenings by the beach for kids, the resort has a knack for giving you what you need for a serene vacation, sometimes before you even think of it yourself.

Dining, it seems, is another thing that enjoys personalized service at Bluewater. Although the resort's Aplaya Restaurant is an equally enjoyable spot to dine in, guests can choose to arrange special set-ups throughout the property—such as a quiet dinner under the trees for a small group of friends. The sound of the crashing waves and the sand beneath your feet become the perfect backdrop to executive chef Cecil Steve Pragamac's selection. The seafood bisque is a rich and creamy dish to start off the meal, while the poached fresh grouper is served with hollandaise sauce. The meal is capped off with dessert, which in this case was a Belgian chocolate truffle cake that's artfully plated for photo ops.

*Sitio Daorong, Danao, Panglao Island  
6338. 416 0695, 416 0696  
[www.bluewater.com.ph](http://www.bluewater.com.ph)*

# THE SPOKEN WORD

Sarah Kay and Phil Kaye bring the power of words to Cebu in a stirring performance

by Verne Ahyong photography Edd Buenavaje  
locale East West Café  
special thanks to Valerie Go and Anne Minoza



**S**POKEN WORD POETRY may sound foreign to most Filipinos, but many of us have fallen in love with the art form over the years. Hence, the rock star reception Sarah Kay and Phil Kaye received when they first came to the Philippines in 2015 and when they returned this summer.

Based in the US, Sarah and Phil are award-winning poet-teachers whose performances on YouTube have garnered millions of views worldwide. In 2004, the duo founded Project VOICE (Vocal Outreach Into Creative Expression), "a national movement that celebrates and inspires youth self-expression through spoken word poetry."

Last May 11, they performed for a sold-out audience of 500 people at CAP Theater in Cebu City. Fans enjoyed performances of familiar poems including Sarah's *B (If I Should Have a Daughter)* and *The Type, Phil's Teeth and Repetition*. Together, they performed *An Origin Story* and *When Love Arrives*, to start and end the show, respectively.

Watching Sarah and Phil perform live is a magical event. Part of this magic comes from the poets' experiences performing hundreds of times for audiences around the world. For Sarah, getting ready for a performance is like learning how to dive: "So I dive off the diving board. And maybe it wasn't very pretty.

Maybe I bellyflopped. But I do it again and again. I realize I'm going to be okay. It's going to be a great show. That trust is what translates to confidence on stage."

Performance, Phil says, also has to do with earning the audience's trust. "We perform in some places where a lot of people know our work, and other places where nobody knows us. And you are always working to win the audience over. On stage, you are the captain, and as long as you are okay, everyone is okay."

In many ways, it's their vulnerability, the moments of unexpectedness as they share their most intimate selves with the audience that make their performances so special.

However, Sarah and Phil are more than just seasoned performers. They are skilled teachers as well. Through Project VOICE, they hold spoken word poetry workshops for students and the youth.

"There are so many people who are convinced that they aren't good writers, that they don't have a story to tell, and that no one wants to listen to them. We teach spoken word poetry in a way that allows us to de-emphasize formal literacy and focus on the fact that these people already have stories to tell," Sarah shares. "When we get to see young people take ownership of their stories, write themselves

out of the margins, and feel more powerful, confident, and happy about themselves, this is by far the best part of our advocacy."

Project VOICE in Cebu was made possible through the efforts of Hendri Go and his team. Hendri is executive producer of Little Boy Productions and the Cebu Literary Festival, an annual event that has been promoting literature in Cebu and the Visayas since 2014.

"Brittany Duck, the project director for Project VOICE got in touch with me early last year and we were sending e-mails back and forth, but we weren't able to make Cebu happen then," says Hendri. "This year, finally, we were able to do it. But the journey was rough with last minute changes and technical requirements to address."

Hendri is amazed by how spoken word poetry has gained immense popularity among the youth, so he wanted to tap into that for CebuLitFest: "We think of Sarah and Phil as a good fit for CebuLitFest since their work speaks out phenomenally to the young, and we would like to reach out to them as well."

In addition to helping bring Project VOICE to Cebu, Hendri and his team are organizing various programs leading up to the CebuLitFest in November. These activities include free weekly write-in sessions, and paid workshops for improv, theater, poetry, and spoken word. ■



Location. Destination. Home.

The possibility of owning a combination of these three elements is as exciting as the reality and availability of such a property. The idea of need and want in a sublime mixture. The combination of remoteness and accessibility. Modernity and elegance basking in the tradition of a time-tested destination is a vibrant life by the sea.

**Tambuli Seaside Living** offers all these, plus perks to investors. Built by the **Tytans Properties and Development, Inc.**, the 11-hectare resort-residence expanse in Maribago, Lapu-lapu City is created with a conceptual focus to provide the residents an enduringly healthy home atmosphere with all imaginable amenities, while sustaining the soundness of the environment.

**Tytans Properties and Development, Inc.** is a proudly Cebuano-owned development company headed by its President, Mr. Gerard Tan and Chairman, Mr. Montano Ty. Both with the keenest of business sense, they immediately saw the value of the Tambuli acquisition for its brand equity built over three decades.

**Tambuli Seaside Living** is the first residential resort development in Cebu. Its 200-meter natural beachfront blessed with fine, powdery white sand attests to the enjoyable and exciting activities once hosted by the much-patronized Cebu Beach Club and Tambuli Beach Resort.

Resort residents of Tambuli can enjoy the use of the four-hectare amenity area inclusive of the following facilities: 4,000 sq. m. lagoon-type swimming pool, a 2,000 sq. m. pond, and a professionally run resort spa. The water facility will handle the water sports and a dive shop.

## LIVING BY THE SEA The Urban Ideal



Aerial View



Spa Interior

Specialty restaurants will flourish, namely: a native restaurant, a wine and cheese tapas bar, an Asian restaurant, a Mediterranean restaurant, and a deck by the beach.

The 7,000 sq. m. modern Asian clubhouse has a gym and wellness center, game room, function hall, indoor kids playroom, and coffee shop. At the dry sports facility, there is a tennis court. The commercial complex includes a family KTV, a resto bar, beauty salon, laundry shop, and a convenience store.

With Chairman Ty's proficiency in high-end residential development and President Tan's expertise in planning and building, together with the Board and the various specialists in the project, Tambuli Seaside Living is now an integral part of the changing skyline and the bullish economic progress in the Island of Mactan.

Tambuli Seaside Living Tower A and B welcomes you on the first quarter of 2017.



80% of our buyers from towers A-F are local.

# BAY WATCH

Poised to transform the city of Mandaue into a premiere lifestyle destination, Mandani Bay celebrates its grand launch with festivities that signify the big things that are soon to come

photography **Ezekiel Sullano**

**S**INCE ANNOUNCEMENTS were made of its imminent rise, Mandani Bay has become one of the most exciting developments to emerge in Cebu. The upcoming project is a collaboration between two prestigious and highly-experienced companies, Taft Properties and Hongkong Land.

Under the Metro Gaisano group, Taft Properties is behind a number of notable projects in the city—Horizons 101 is set to be the tallest condominium in Cebu, and another exciting lifestyle hub that will soon rise at Taft East Gate. On the other hand, Hongkong Land

boasts of a portfolio with about 800,000 square meters of prime property that includes the Marina Bay Financial Centre and One Raffles Quay in Singapore, and Central Portfolio in Hong Kong.

With these accomplished credentials, Mandani Bay is gaining a following for its promise to transform Mandaue City from a predominantly industrial zone into a world-class lifestyle destination. Covering an extensive 20-hectare property at the reclamation area in Mandaue City along the Mactan Channel, it will primarily offer premium residential, as well as commercial and office spaces. The strategic location on

the waterfront will feature an impressive promenade that will bring a different kind of living experience to the city.

To commemorate the momentous endeavor, Mandani Bay invited special guests to a kick-off party on its sprawling grounds where a tent was set up with the newly constructed Mandani Bay Show Gallery in the foreground. Guests enjoyed a delectable cocktail spread while listening to music from the Cebu Youth Orchestra, Mandaue Children's Choir, Rosalinda Las Pinas and Jose Gamora.

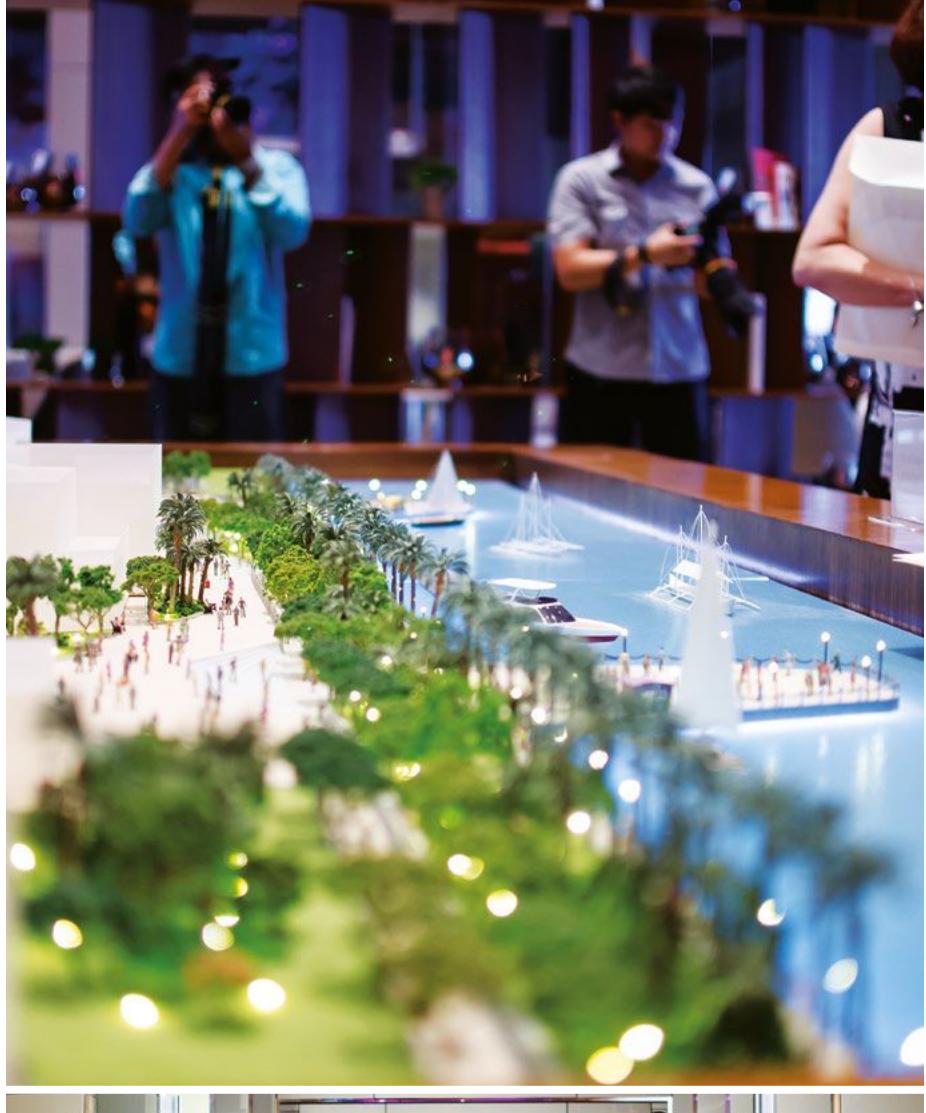
The program started with an exhilarating number by the



University of Cebu dancers and recently crowned Miss Mandaue 2016 winner Malka Shaver, along with some members of her court. Hongkong Land's Finn Carew and Taft Properties' Jack Gaisano then took center stage and spoke about their partnership, before guests watched a video presentation of the lifestyle that Cebuanos can expect upon the completion of the Mandani Bay project.

A song opener, "Impossible Dream" by Windey Avendano, marked the officially unveiling of the 1,500 square meter Show Gallery—the first structure to rise in the property—while a light show and a display of fireworks over the open field capped off the festivities.

If the spark of enthusiasm experienced during the soft launch was any indication of the impact Mandani Bay will have on Mandaue—and the rest of Cebu—then looking ahead can only come with much excited anticipation. □

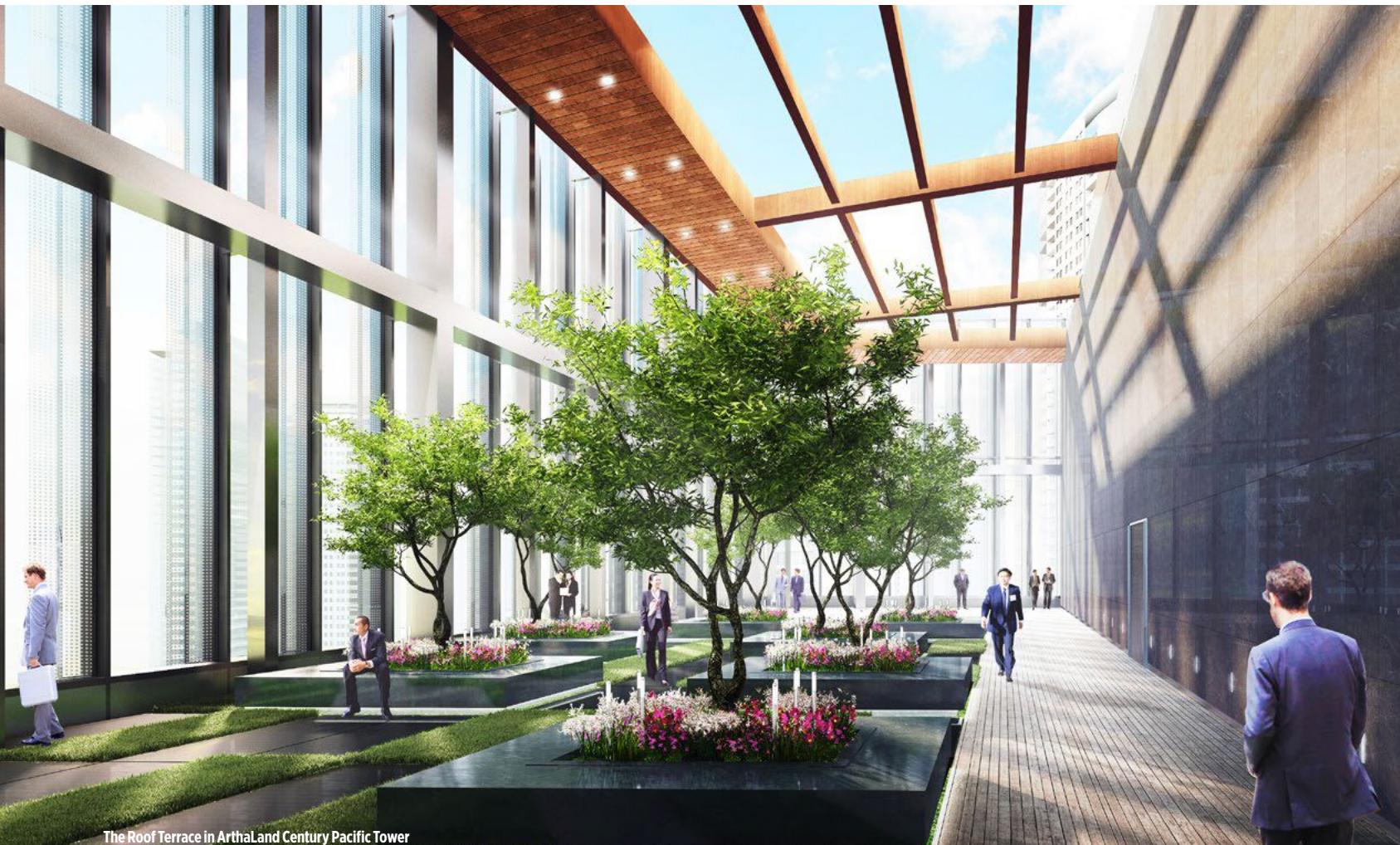


Taft Properties Chief Operating Officer Christopher Narciso, Taft Properties Chairman Jack Gaisano, Vice Governor Agnes Magpale, Incoming CEO of Hongkong Land Robert Wong, Cong. Luigi Quisumbing, and Chief Representative of Hongkong Land in the Philippines Finn Carew



# THE GREEN MILE

ArthaLand aims to lead greening of VisMin property sector



The Roof Terrace in ArthaLand Century Pacific Tower

**G**REEN DEVELOPER ArthaLand sets its eyes on the high potential real estate sector in the Visayas and Mindanao with the goal of shifting the game to greener spaces. Last year, it has announced its foray to the region's market with its procurement of a prime property at the Cebu IT Park area along Salinas Drive.

The boutique company has a solid experience on sustainable property development. Its flagship project, Arya Residences is the Philippines' first and only top-end residential project that is on target to achieve dual green building certification both from

the United States Green Building Council's Leadership in Energy and Environmental Design (LEED) program and the Philippine Green Building Council's Building for Ecologically Responsive Design Excellence (BERDE). Arya Residences aims to achieve gold certification in LEED and multiple stars in BERDE. The project's first tower has been turned-over to unit owners in 2014, while the second tower started unit turn-over in March this year.

The company is currently building its flagship office project called the ArthaLand Century Pacific Tower, also in Bonifacio Global City. It is designed by SOM New York, one of the leading architectural firms known for some of its projects such

as the One World Trade Center in New York and the Burj Khalifa in Dubai. Similar to Arya Residences, it is set to achieve dual green building certification from both LEED and BERDE. This landmark premium office development is pre-certified in the LEED Gold category.

ArthaLand Century Pacific Tower was recently conferred several recognitions by the Philippines Property Awards. It won the Best Green Development, Best Office Architectural Design, and highly commended for the Best Office Development.

ArthaLand is a publicly listed company whose major shareholder is CPG Holdings, Inc., the parent company of Century



Metamorphic geometry reflected in the fly-by façade of the ArthaLand Century Pacific Tower



The ArthaLand Century Pacific Tower

## ARTHALAND TOWER GROUNDBREAKING CEREMONY

JULY 3, 2014



**GROUNDBREAKING** Company directors and officers during the groundbreaking ceremony of ArthaLand Century Pacific Tower in 2014. (L – R: Technical Services Head Gabby Paulino, Dir. Chris Po, Dir. Leo Po, Chairman Ernest Cuyegkeng, Vice Chairman Ricardo Po Sr., Dir. Jimmy Gonzalez, President and CEO Angie de Villa – Lacson, Dir. Ricardo Po Jr, Project and Business Development Head, Nina Cordero).

ARTHALAN



The Plaza in Arya Residences

Pacific Food, Inc., (CPFI) the largest and the leading player in the Philippine canned food industry. Under CPFI are major brands such as Century Tuna, 555, Argentina Corned Beef, Angel Milk, Birch Tree, and Swift, among many.

The company is also partly owned by international investment firm, AO Capital Group.

**GREEN IN VISMIN** As it enters the VisMin market, ArthaLand aims to bring its experience and expertise to the region with the goal of elevating the playing field to more environmentally responsible real estate development. It is currently on the drawing board planning for an office project to be built on

the property it acquired in Cebu City. The future project is designed to accommodate IT and business process outsourcing companies, import and export enterprises, as well as other businesses that thrive within the region.

The proposed Cebu project is seen to be a hub of Visayas and Mindanao based businesses that is strongly linked to the rest of the globe.

### CALIBRATED SUSTAINABILITY

ArthaLand's brand of property development is anchored on calibrated sustainability. This means that all its projects are designed and built according to the nationally and globally recognized standards in green building practices.

In the United States Green Building Council's LEED program for example, ArthaLand's projects are evaluated in various aspects such as intelligent selection of the building location, water and energy usage efficiency, responsible use of materials and resources, and indoor environmental quality.

The Philippine Green Building Council's BERDE program on the other hand uses third party verified tools to measure and monitor performance of developments above and beyond existing mandatory building and environmental regulations and standards.

All these measures mean that the buildings monitored and calibrated under the two systems provide the utmost benefits to its residents and tenants. According to BERDE, green buildings are energy and water efficient, cheaper to operate and maintain, have reduced negative impact to the environment, create healthy environment for its users, improve user productivity, and generally improve the users' quality of life. □



by Mayenne Carmona

# PUSHING THE BOUNDARIES OF LASER TECHNOLOGY

Zee Lifestyle Columnist Mayenne Carmona explores the technological advancements in beauty at the Aivee Clinic



**T**HE DAPPER DR. Z TEO and his beautiful wife Dr. Aivee Aguilar Teo make it their mission to have the latest laser technology in order to be competitive in the multibillion-dollar beauty industry that is their world. Their wide clientele base—men and women of all ages—swear by their

regenerative and beauty treatments, giving the Aivee Clinic credit for their youthful good looks.

My nonagenarian father had a bum knee problem, which was a big hindrance to his golf game. He expressed the desire to have a stem cell procedure on his bum knee, and I brought him to the Aivee Clinic for assessment. Dr. Z Teo, in collaboration with orthopedic doctor Dr. Charlie Poblete, fixed his knee with five injections using the autologous method—meaning the stem cells came from my father's own body fat. The pain on his knee disappeared, and my father was able to leave for Japan to join his Senior Citizen Golf Tournament after he finished his stem cell treatment.

The Aivee Clinic brings the latest technology for aesthetic enhancement from all over the world. What began in 2002 as a dermatology clinic has expanded to include four more departments: Regenerative Medicine, Advanced Orthopedics, Cosmetic Surgery and Hair Restoration.

Here are five of their latest laser technologies aimed at targeting different beauty problems. I tried the Pico Enlighten to get rid of my pigmentation on both cheeks, and I am one happy client. I will surely try the Sculpsure to get rid of my stubborn belly fat.



## SCULPSURE

Sculpsure is the world's first FDA-cleared laser treatment for non-invasive lipolysis of the flanks and abdomen. It is state of the art, controlled light-based technology, ideal for patients who want to get rid of stubborn fat. The body naturally eliminates the disrupted fat cells, with results seen as quickly as six weeks and optimal results usually seen in as few as 12 weeks.

## What to expect:

- Flat, non-suction applicator design for consistent results
- Non-invasive 25-minute treatment
- Surprisingly simple and efficient attachment system
- No damage to dermal tissue
- Contact cooling for patient comfort
- Very comfortable and well-tolerated treatment
- Can be used on all skin types



### THERMITIGHT

Designed for skin tightening in different areas of the face and body, ThermoTight is the name described as “thermistor-controlled subdermal skin tightening.” The ThermoRF System is used along with a tiny thermistor probe, which is inserted under the skin using local anesthesia to heat subdermal tissues to a user-selected specific temperature. After the procedure, a gentle wrap is applied and the patient may resume normal activities the next day.

**How it works:** The doctor applies a controlled amount of thermal energy to targeted tissue. The tip of a tiny probe provides constant feedback of the actual temperature during the treatment. In addition, an infrared camera is used to monitor skin temperature to ensure that your treatment is both safe and effective.

#### What to expect:

- Painless, single treatment solution
- Little to no downtime
- Quick and easy procedure



### VASERLIPO SELECTION

Vaser is a minimally invasive ultrasound, body contouring technology. It can be used to eliminate fat from many areas of the body, from love handles to thighs. Using precision contouring, VaserLipo can help you achieve that look you've always wanted. It distinguishes itself from the liposelection procedure with its ability to differentiate targeted fat from other important tissues—such as nerves, blood vessels and connective tissue. Innovative Vaser technology breaks up fat while conserving these other important tissues. Only VaserLipo procedure uses the proprietary Vaser system to first liquefy fat and then remove it from the body to promote smooth results and rapid healing with only low to minimal pain.



### VANQUISH

Vanquish is the first and only contactless technology with the largest treatment area, ensuring unrivaled level of patient comfort and safety. The Vanquish patented technology delivers a non-invasive solution with unparalleled efficacy. The broad RF is precisely focused into deep tissue layers, while the skin is automatically cooled by the air. Targeted deep layers remain at higher temperatures compared with overlying skin. The recommended number of treatments is between four to six sessions over the course of a few weeks.

#### What to Expect:

- No downtime
- 30-45 minutes treatment time

### PICO ENLIGHTEN

Pico Enlighten is FDA approved, and is used to treat benign pigmented lesions, dark skin rejuvenation and tattoo removal. It can target any ink color, although darker colors are easier to remove.

#### What to Expect:

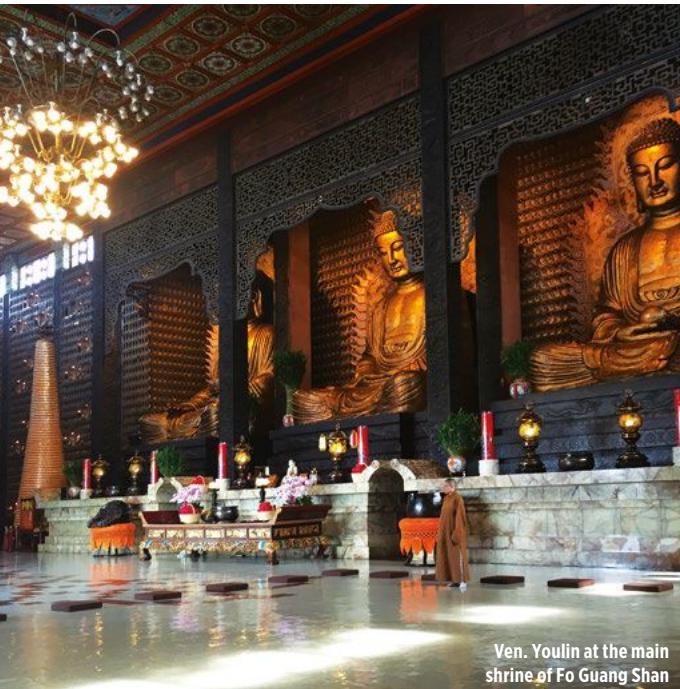
- All in one picosecond and nanosecond platform
- Comfort with high patient satisfaction
- Indicated for all skin types
- Little to no downtime





by Oj Hofer

Oj Hofer explores the different levels of beauty.



Ven. Youlin at the main shrine of Fo Guang Shan



With Susan Tan



Ikebana for Ven. Master Hsing Yun

## BEAUTY, BREATH AND BUDDHA

Beauty has a way of lingering and setting off a chain of memorable events. So it went with the beautiful play, *Siddharta The Musical*, which has gone on to stages in Singapore, Malaysia, Hong Kong, and Macau, where this writer visited, together with the cast from Guang Ming College, Cebu Performing Arts Institute.

Based on the biography of the Sakyamuni Buddha, *Siddharta The Musical* was written by the Venerable Master Hsing Yun. To mark the musical's tenth year since its initial show, the play was brought to different foreign locations, the most recent of which was at the Isaac Royal Theater in Christchurch, New Zealand and The Buddha Memorial Center in Taiwan. The latter venue allowed this writer to experience the three key concepts of aesthetics: the beautiful, the picturesque and the sublime.

Beautiful is a widely used term, referring typically to aesthetic experiences that are pleasing, while to

some extent transcending preferences and needs that are specific to a particular person. Examples that come to mind are Jude Gitamondoc's melodies and lyrics, Sarah Mae Encina's vision and direction, and the performances of Junrey Alayacyac as Prince Siddhartha and Benjie Layos as the Buddha.

The most meaningful experience of beauty from our recent presentations inevitably happened in the third act of the play. I would peek from behind the backstage curtains to observe the audience and see devotees and monastics respond with tearful melancholy at the Buddha's Parinirvana scene. This would then be followed by exaltation and the thundering applause of renewed faith during the finale song, *We Are One*.

Picturesque applies to experiences of natural objects or phenomena that are to some extent mysterious or embed some strong form of vagueness. We can place some boundaries to that which we are experiencing, and yet the aesthetic worth of the scenery is not attributed to any specific

element, which we may term as beautiful. The South Island of New Zealand, for example, is poignantly picturesque. The changing colors of autumn heightened its awe-inspiring picturesque effect on all the senses.

The Sublime is a transformative experience stimulated by the encounter of an object, person or situation whose quantity or quality transcends the limits of our actual grasp. However, it is often associated with some negative pleasure. This is what I experienced at the exclusive conference in Kaoshiung, Taiwan where I first set eyes on the Venerable Master HSING YUN, founder of Fo Guang Shan Buddhist Temple.

Ninety-year-old Venerable Master Hsing Yun founded Fo Guang Shan fifty years ago and has never stopped promoting and teaching Humanistic Buddhism since then. Conveyed by The Buddha to this world, Humanistic Buddhism emphasizes self-awareness, self-enlightenment, and self-improvement. It offers insights into the truth, peace and stability, freedom from fear and sorrow and, ultimately, the perfection of life.

I was inspired and in awe of the Venerable Master. Strangely, I wasn't streaming tears, I was there in the moment, watching his every movement, every gesture and listening to his every word. I was expecting to be overwhelmed with emotion upon seeing a Buddha or a bodhisattva in the flesh but on the contrary, my consciousness was at the point of utmost clarity. I was completely in control of my feelings and thoughts, I was breathing every moment with ultimate lucidity.

I saw a man who was in this world but not of this world. And when I looked around the room, I saw that every human being present was as a Buddha. This was sublime: meeting Venerable Master Hsing Yun made me realize the countless number of Buddhas in this world.

## TROPICAL CARDAVA FACIAL

When I went recently with a friend to visit a dermatologist, I chuckled at the doctor's retort to the girls who were discussing the best regimen for their skin. They were excited and wanted to try a new aesthetic treatment on the menu although one of them murmured that they would still have to keep returning to the clinic for the treatment because the effect wasn't permanent. The beautiful doctor who overheard this just smiled and reassuringly told her, "Oh yes, nothing is permanent except ageing."

I remembered this incident while having the Tropical Facial at the Amuma Spa of The Maribago Bluewater Resort. This best-selling facial treatment helps get rid of dry skin so as to reveal a brighter complexion. It is my upkeep for buffering the effects of ageing.

My therapist Jaya told me that aside from gently exfoliating the skin, the fusion of various fruit extracts and other natural ingredients such as cucumber, calamansi, grated rice, yoghurt, and honey acted as potent antioxidants to help maintain one's youthful glow. The facial mask, which used native Cardava banana, was my favorite ingredient. This variety is known to have the highest levels of



Amuma Spa Tropical Facial



Stress relieving foot reflex

potassium and other important skin-nourishing nutrients.

I also had foot reflexology which uses a variety of pressure point massage techniques. Each pressure point on the soles of our feet relates to another area of the body and encourages healing when pressed. By working on all of the points, my therapist Rose addressed internal organs and glands as well as muscle groups, bones, and nerves. I requested her during the session to focus on the pressure points to help my kidneys in dislodging a diminishing kidney stone. The benefits of the soothing session included reduction of stress levels and relief from pain resulting from



Refreshing cucumber water

a full week of rushing clients' orders for production.

This was a great way to catch my breath, take strength from the thought of Buddha, and let all those events linger in my memory, as we all should when confronted with beauty.



## NAIL PLAY BEAUTY LOUNGE

The Spa Play nail treatment at Nail Play Beauty Lounge uses an all natural scrub of fine sea salt, virgin coconut oil and calamansi-ginger for hands and mandarin-ginger for feet. The exfoliating foot rub and pampering massage prior to the cleaning comes with a refreshing lemongrass juice and nuts. **Z**

1 Paseo Saturnino Maria Luisa Road, Banilad, Cebu City

# BE RECOGNIZED

Cathay Pacific frequent flyers earn points on its loyalty program The Marco Polo Club, while automatically earning miles on its lifestyle rewards programme, Asia Miles.





**T**HERE'S MUCH TO DESIRE when one begins a journey to destinations that are thousands of miles away. Hot showers to refresh oneself, a wine bar, a coffee lounge, a steaming buffet. In the early '90's, Cathay Pacific became the first airline to offer international travel from the humble Mactan Airport. So, for most travelers from Cebu, Hong Kong's airport was a jump off point to a world of travel.

At that time, the crowded lounges for premium passengers at Kai Tak Airport left an indelible picture with its panoramic glass walls, dimsum service, and, an utter luxury during those days, shower stalls!

Then came 1998, when Hong Kong International Airport first opened on Chep Lap Kok island. The Wing Business Lounge quickly became a familiar stop. The lounge, with the iconic Noodle Bar serving Asian fare, offering shower rooms, and a relaxing library to read and work in, became a travel essential.

These days, Cathay Pacific's lounges have evolved into oases of luxurious relaxation. They are trendsetters in Asia, and the benchmark for other airlines.

Now, the practice of serving a hot buffet and an extensive bar menu is a common practice in almost all lounges. Seasoned travelers expect perks, and they are not shy about comparing which airlines offer better amenities. Never mind the fresh orange juice and champagne, or the multiple movies, music and games at one's fingertips once the seat belt sign is off.



**THE MARCO POLO CLUB** For members of Cathay Pacific's loyalty program, The Marco Polo Club, there were changes introduced on April 15 this year. "To meet the changing needs of our members, we have looked at ways to provide better, more flexible benefits, and to enhance the overall membership experience for our travellers," their website states.

The improved structure is aimed to accurately reflect members' contribution and mirror a growing trend in the airline industry. The new benefits successfully address some of the feedback and requests from members over the years, and the changes reflect a more family-friendly Club, with benefits such as a lower age requirement and complimentary lounge passes that can be shared, among others.



**POINTS SYSTEM** The major shift is from a miles-based to a points-based system. Points earned are based on class and distance of travel. Added to this algorithm are the revenue sub-classes. There are ten sub-classes in economy (the lowest one are S, N, Q, followed by M, L, V and the highest is Y, B, H and K), three in premium economy (E, W and R), 4 in business class (D, I, J and C) and two in first class (F and A).

If you have a Marco Polo Club account, and have existing miles, they were already converted into points as of this time. The grid below illustrates how members earn points:

Fare Classes	Ultra-short 1-750 miles	Short 751-2,750 miles	Medium 2,751-3,700 miles	Medium-Long 3,701-5,000 miles	Long 5,001-7,500 miles	Ultra-Long 7,501 miles or above
First F, A	20	35	70	100	125	140
Business 1 J, C	15	30	60	85	105	120
Business 2 D, I	15	25	50	70	90	100
Premium Economy 1 D, I	10	15	30	45	55	60
Premium Economy 2 E	10	15	25	35	45	50
Economy 1 Y, B, H, K	10	15	25	35	45	50
Economy 2 M, L, V	5	10	20	30	35	40
Economy 4 S, N, Q	5	5	5	10	10	10

## FEATURE



British Airways Lounge at Heathrow Airport



Qatar Airways new premium lounge at London Heathrow

This makes Loyalty Program memberships a valuable tool for travelers. Being a member of a loyalty program not only gives most members automatic access to airport lounges, it also affords travelers many conveniences. "I like the privilege of a confirmed seat even on full flights," says Marylou Ang, who has consistently been a Gold Card-toting Marco Polo member since 2008. Her husband joined even before her, and carries a Diamond Card, since he travels more often than she does. "We commute regularly for business and with tight schedules, it's a big plus to have status." The couple runs an export business that brings them regularly to China and Singapore. "We were on our way to an important meeting one time when the flight was cancelled. But Cathay Pacific was able to rebook and reroute us on First Class. Although we had to be moved to another airline, it was the extra effort that really made us appreciate the perks of being members." □



Marylou and husband Eric at a Cathay Pacific Marco Polo event last year

This change clearly benefits those who travel frequently on the front-end seats. A round trip journey from Cebu to New York on Business Class can earn up to 300 points, which is already half-way to a Gold membership! (Check the table below)

The Cathay Pacific website provides a convenient and easy-to-use converter that includes points not only for flights on the airline, but from other oneworld alliance airlines as well.

**QUALIFICATION TABLE** The chart below indicates the number of points needed to earn your club status:

GREEN 100 CLUB POINTS	SILVER 300 CLUB POINTS	GOLD 600 CLUB POINTS	DIAMOND 1,200 CLUB POINTS
-----------------------------	------------------------------	----------------------------	---------------------------------

In addition to Cathay Pacific and Dragonair, you can earn Club points on all of the oneworld alliance airlines: airberlin, US Airways, American Airlines, British Airways, Finnair, Iberia, Japan Airlines, LAN, Malaysia Airlines, Qantas, Qatar Airways, Royal Jordanian, S7 Airlines, SriLankan Airlines, and TAM.

Marco Polo Club Silver, Gold and Diamond tiers correspond to oneworld's Ruby, Sapphire and Emerald tiers, respectively.

**FAMILY ORIENTED** The current membership age qualification will be reduced from age of 18 to 12. This will benefit families with children over 12 years old who already pay full price and travel frequently.

**MID-TIER BENEFITS** An exciting new perk is the Club's mid-tier benefits, which are given when members achieve additional points above the tier-qualifying points. As members reach milestones along their membership year, they will accrue additional benefits that recognize and reward the extra points. They are given once the points are reached, not at the end of the membership year. And no points are deducted to redeem these benefits.

**They include:**

**For Green Level Members:**

- One Business Class Lounge pass when member reaches 200 points

**For Silver Tier Members:**

- Two Business Class Lounge passes for travel companions when member reaches 450 points

**For Gold Tier Members:**

- Two Business Class lounge passes once member reaches 800 points. These can be used by travel companions or Redemption Group Members.

- Four single-sector bookable upgrades for regional sectors once member reaches 1,000 points

**For Diamond Tier Members:**

- Two First Class Lounge passes once member reaches 1,400 points
- Four bookable upgrades for any sectors once member reaches 1,600 points

- One companion Gold card at 1,800 points for Diamond members

The mid-tier benefits were automatically available after April 15, if your converted club points balance exceeds the mid-tier thresholds.

**OTHER CHANGES** After April 15, all Green members were automatically renewed for another year provided they have club points in their account. After their membership year, they have to achieve an annual re-qualification of 100 points or pay US\$100 to maintain their status.

Membership holidays will allow members who need to take time out from travel to park their current membership status for up to one year, if for any reason, they may be unable to travel with their usual frequency. They then resume the same status when they re-start their travel.

**EXCLUSIVE!**



# THE ULTIMATE TRAVEL DEALS

*Zee Lifestyle* celebrates its 20th Anniversary with a great thank you to its readers!

Our selection of 5 ultra-luxe properties are some of the country's most exclusive hotels. We have negotiated these very special rates from these curated list of hotels and resorts. There are limited rooms available at these prices, and travel period is from April 1 to November 30, 2016. Not available during Holy Week and special holidays.

These travel deals are offered exclusively to our subscribers and must be booked thru our office by calling Rhoan at 032/234-2636 or email to [info@zeelifestylecebu.com](mailto:info@zeelifestylecebu.com).

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Huma Island Resort and Spa  
[www.humaisland.com](http://www.humaisland.com)

Discovery Shores Boracay  
[www.discoveryshoresboracay.com](http://www.discoveryshoresboracay.com)

Sumilon Bluewater Island Resort  
[www.bluetwatersumilon.com.ph](http://www.bluetwatersumilon.com.ph)

Be Grand Resort Bohol  
[www.begrandresort-bohol.com](http://www.begrandresort-bohol.com)

## Shangri-La's Mactan Resort And Spa

*Mactan, Cebu*  
2 nights stay at Ocean Wing Club Room  
**Regular rate:** P15,725/night plus taxes  
**What we like:** Access to the club room with breakfast and cocktails! Still Cebu's best luxury resort as voted by numerous travel websites and publications.

## Discovery Shores Boracay

*Boracay Island*  
2 nights stay at a Junior Suite with breakfast for 2  
**Regular Rate:** P13,500/night plus taxes  
**What we like:** Located right where the action is in Boracay's Station 1. The resort pampers its lucky guests with frozen treats throughout the day.

## Huma Island Resort and Spa

*Busuanga Island, Palawan*  
1 night stay at a Water Villa  
**Regular rate:** US\$930/night  
**What we like:** Utter privacy! If your idea of bliss is a Maldivian resort, look no further. For extra perk, take the seaplane that glides right at the doorstep!

## Sumilon Bluewater Island Resort

*Oslob, Cebu*  
2 nights stay in a premiere deluxe room with breakfast and 1 dinner  
**Regular rate:** P13,115/night  
**What We Like:** Glamping in style! The resort is the only structure in this small island with easy access to the whale sharks site in Oslob.

## Be Grand Resort Bohol

*Panglao, Bohol*  
2 nights stay for two at Oceana Suite with breakfast  
**Regular rate:** P14,000/night plus taxes  
**What we like:** The small details—Shanghai Tang toiletries, coffee maker with coffee pods, boxed chocolates as part of the turn down service.

A close-up photograph of a woman's face as she receives a facial treatment. She is lying down with her eyes closed, appearing relaxed. A handheld device with a red light is being held near her forehead. The background is blurred, showing other equipment and supplies in a clinical or spa setting.

# THE SCIENCE OF BEAUTY

With the advancement of technology to improve appearances, where would you draw the line? *Zee Lifestyle* explores beauty standards and the world of aesthetic centers.

by **Patty Taboada**



Beauty and Beyond's Reveal Facial Treatment (photography Mark Dales)

**N**AKED, I STAND IN A small yet pleasant room in one of the city's top aesthetic centers, carefully scrutinizing my appearance in a full-length mirror. The reflection, bathed in the clinic's cool lights and carnation pink walls, induces a dismayed frown of disapproval. At this point, I had been on an improved diet and gone through months of high-intensity training at the gym. While I thought I was seeing results, the unsightly curves and the skin imperfections spoke for themselves. Look at you, a small voice in my head sneers in judgment, is that really what you'd call beautiful? You're not fat, a rational part of me answers, you're perfectly normal. The debate goes on in my head as I hastily wrap myself in a terry cloth robe and perch on the treatment bed, awaiting the technician who promises that I will step out of the room looking better than I've ever had.

Criticizing one's appearance is something everyone—whether the least vain person in the world or someone on the verge of body dysmorphia—would do at some point in their lives. Media plays a distinct role in the perception of beauty by creating unrealistic standards. "It's unfortunate," says Jasmin Sarmiento, chief operating officer of Beauty & Beyond Philippines, an aesthetic center based in Banilad. "It saddens me to think that people find extremely thin and fair-skinned women beautiful." Sheena Macapinig, who launched Sheena Skin and Body Wellness last year, agrees with that assessment. "I wish to change that kind of thinking," she says. "It doesn't matter whether you're fair or morena,

but [what matters most] is having healthy and beautiful skin."

For the Calayan Medical Group, it's a matter of personal taste. "Beauty standards come about with multifactorial reasons. But having a face or body, which you are comfortable and happy with, is the most important regardless of what the society dictates," says Dr. Josefina Calayan.

Even with beauty being subjective, these standards—admittedly influencing personal taste—are still held in high regard enough for a number of people to ambition looking this way. There's no denying the popularity of whitening soaps and glutathione treatments to achieve a paler complexion, but it's the being thin part that requires more effort. In a third-world country, poverty seems to be the best diet, but

affordable than ever. Hence, more people are availing them."

Jasmin cites Skin and Sculpt as one of Beauty & Beyond's most popular treatments, while clients of the Calayan Medical Group mostly avail of rhinoplasty, breast augmentation, liposuction, and eyelid surgery. "It's like you pay to the gym for you to work out, so why not pay to improve your looks?" Dr. Calayan challenges.

Marie France Bodyline International, also one of the country's top aesthetic centers endorsed by numerous celebrities, specializes in weight loss treatments that deliver dramatic results without going to invasive territory. Their new Thermo Magnetic Pulse super treatment promises fat reduction, skin tightening, body contouring and cellulite smoothening all at once.

**"Beauty standards come about with multifactorial reasons. But having a face or body, which you are comfortable and happy with, is the most important regardless of what the society dictates."**

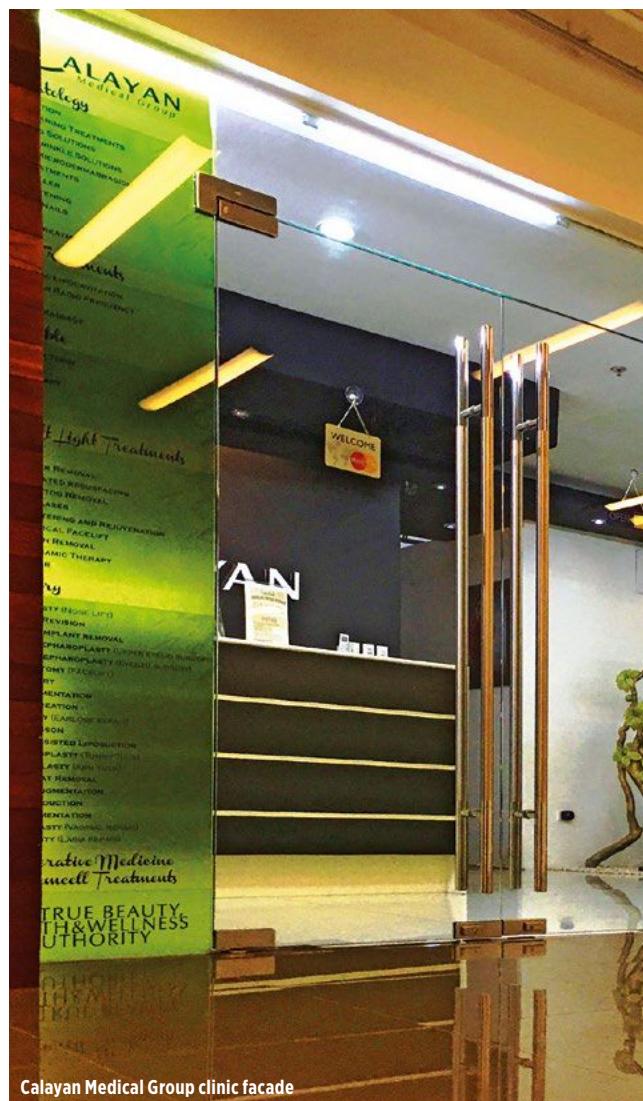
-Dr. Josefina Calayan

those who are more entitled resort to crash diets with varying results. People who are more dedicated to the cause turn to aesthetic centers to improve their appearance.

It's not surprising then, that the number of these clinics have steadily increased over the years. "Cebu is one of the progressive cities in the Philippines, and along with it comes the increased number and growth of the aesthetic industry," says Dr. Calayan. "More people want to invest in themselves. People want to look good for various reasons, some to feel good, and some to help improve their careers and social lives." She adds that before, aesthetic treatments were associated with celebrities and people in the high class of societies because they were the only ones who could afford such treatments then. "But today, these treatments and procedures are more accessible and

Meanwhile, Sheena prioritizes skin care, with her OXYGENEO facial being the bestselling procedure among clients. "They see visible results. There's an instant glow on their skin right after the treatment with no downtime," she explains. "I don't do anything extreme and invasive, because I see to it that I work within the scope of my profession."

In similar fashion, Jasmin draws the line at breast and butt augmentations, reasoning out that these are sensitive body areas, and that putting a large amount of silicon or material in those areas could be dangerous. The Calayan Medical Group offers these treatments, but also admits that extremes lie in their clients' expectations. "There were a few cases during consultation when the expectation of the patients is not achievable or not realistic, like if they



Calayan Medical Group clinic facade



Sheena Skin and Body Wellness' Treatment Room



Beauty and Beyond's RF machine

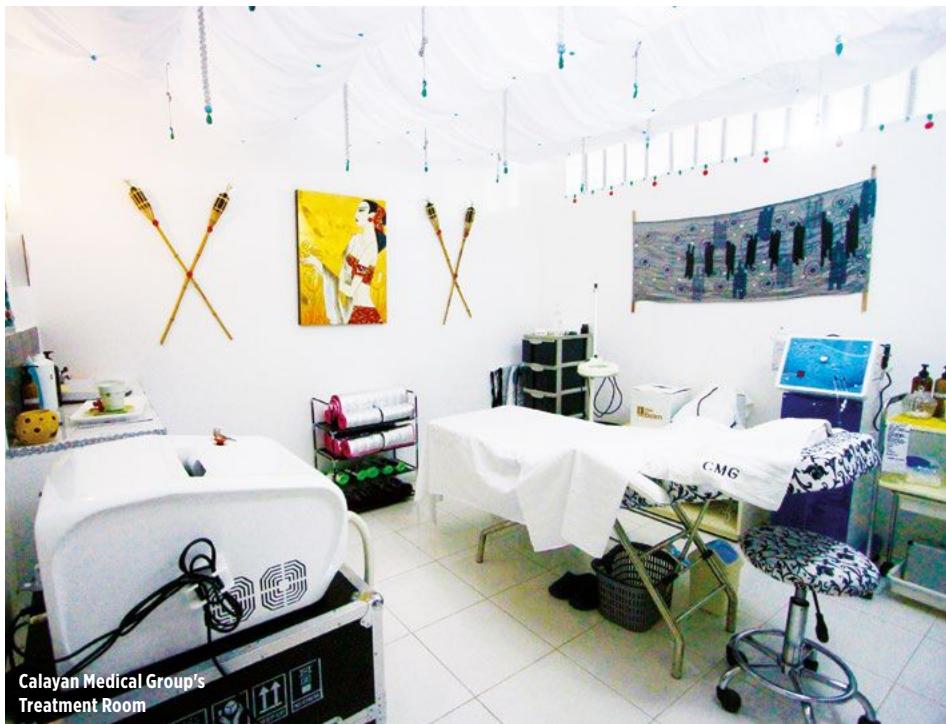


Sheena Skin and Body Wellness' Oxygeneo Super Facial encompasses the benefits of microdermabrasion, chemical peel and oxygenation facial in one treatment

## FEATURE



**Beauty and Beyond's wide range of beauty products (photography Mark Dales)**



**Calayan Medical Group's Treatment Room**



**Beauty and Beyond clinic facade (photography Mark Dales)**



**Sheena Skin and Body Wellness' Photo Acne Therapy is an effective treatment for hard to treat active acne.**

wanted their nose to look like the nose of some celebrity, or if they wanted to remove ALL the body fats at the same time,” Dr. Calayan explains. “With these kinds of patients, we just need to be upfront with them that for safety reasons, or offer a realistic point of view to let them know we cannot deliver their demands. We offer them what we could do in return.”

These exaggerated expectations prompt concerns of Body Dysmorphic Disorder (BDD), defined as a psychological disorder in which a person becomes obsessed with imaginary defects in their appearance. It’s categorized by the fifth edition of the Diagnostic and Statistical Manual

of Mental Disorders (DSM-V) in the Obsessive-Compulsive Spectrum, distinguishing it from Anorexia Nervosa. So far, Beauty & Beyond, Calayan Medical Group and Sheena Skin and Body Wellness have yet to encounter people who might have this disorder, although it’s important to note that several references say BDD goes largely undiagnosed. Still, the Calayan Medical Group makes it a point to see patients a week before their treatment. “It can help us assess if these patients are suitable to undergo the procedure or not,” Dr. Calayan says. “During consultation, you get to know your patients and their concerns and demands. You just simply draw the line if they

have unrealistic demands or if from your assessment, the procedure she is asking for would do her harm more than good.”

Just like any other thing, despite the downsides and negative implications of undergoing procedures to enhance beauty, it also has its merits. “Beauty is a science that combines aesthetics and technology. We have come to the age where we have the machines to enhance aesthetically,” says Jasmin. Sheena expounds on this idea, adding, “Beauty is a process and discovery. The only thing that makes it different nowadays is we have discovered more ways to enhance our beauty.” With technology being as



A flatter tummy, slimmer thighs, and firmer arms with Marie France Bodyline International's TriPollar Legend



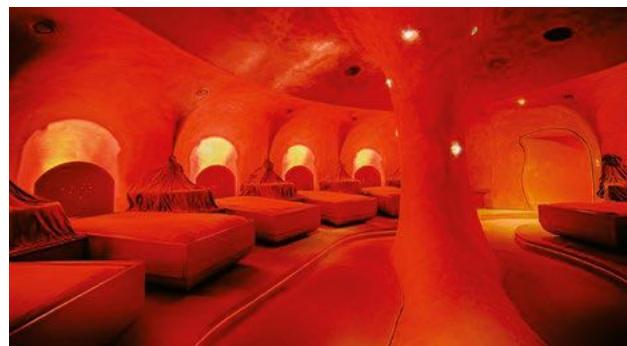
Dr. CRB's Moisturizing Serum, Anti-Wrinkle Serum and Youth Booster

advanced as it is in the present, there are treatments to help resolve imperfections without having to be invasive. For instance, one of Marie France's latest offerings, the TriPollar Legend—coincidentally what brings me to this particular pink-walled room—tightens the skin, burns fat, and shapes the body with a non-invasive mild heat sensation that clients have likened to a massage. Furthermore, all these treatments are now more affordable and accessible, enabling more people to consider them.

For the Calayan Medical Group, it all boils down to the individual. "If a person wants to look good, the technology is there if they want it. The most important take home message is that one has to be happy with themselves," Dr. Calayan concludes. "If they are already happy with the way they look so let them be. But if they come to us and asked for some enhancements or procedures to improve themselves, we offer it to them." ■

## BIZARRE BEAUTY

There's a lot of procedures out there in the market these days, but some seem more outlandish than most.

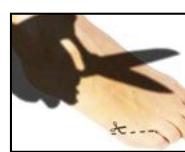


### WOMB ROOM

There's a lot that has been said of the nurturing effects of the mother's womb, something that adults probably start yearning for when everyday life starts affecting sleep patterns. In the Canary Islands, the Corallium Spa at the Lopesan Cota Meloneras Resort has recreated this natural sanctuary. The room is decorated in a color palette of red and pink, while a soundtrack of heavy breathing recreates the noises babies hear inside the womb. The nurturing atmosphere is said to be helpful for insomniacs, who will find the environment very conducive to deep rest.

### VONTOURING

Contouring has a pretty solid following, with many tutorials and easy-use kits that help beginners contour their faces—but it seems things don't just stop there. A portmanteau of vaginal contouring, vontouring is a non-invasive procedure that uses thermal energy to make your skin down below plumper and firmer. A pen-like device is used to stimulate collagen production in the skin, which in turn tightens it up for a younger-looking labia. Not only does it improve your vagina's appearance, it's said to improve sensation as well.



### TOE TUCK

A pedicure and a pair of designer shoes might not be enough to get your feet looking perfect. These days, women can choose to get a toe-tuck, a procedure wherein the outside of pinky or big toe is surgically shaved down for sleeker foot shape. It seems that many cosmetic procedures have been focusing on the feet—you can get Botox injections to prevent sweating, get fat removed, and even get the pinky toe chopped off to fit into shoes better.



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# FOOD AND FITNESS

With today's population more concerned with the implications of what they put into their body, fitness programs and healthy eating are on a steady rise. This issue, Zee *Lifestyle* takes a look at the signs of this movement in Cebu.



# RAMP AND CHEESE

In a time when we've started living up to the adage of "Health is Wealth," the fitness movement has brought with it a new method of cooking that prioritizes healthy and natural ingredients, without sacrificing taste

by **Kate Anzani** photography **Jay Chiongbian-Young**  
sittings editor **Shari Quimbo** models **Via** and **Clarice** from **Prestige Models**  
clothes and accessories by **Mia Arcenas**



THE TIMES HAVE definitely changed. Our individual lives are packed with responsibility—work, children, family, social occasions. Busy is the lightest word (anxiety, on the go, fear of missing out, fullness of schedule are others) to describe where we are in this generation. As an example, I have a circle of girlfriends that probably live within a 30-kilometer radius of each other, and yet we see each other just once a month. It's a common vertex in our generation: hyper-responsibility.

In between the surge of energy and the movement, we want it all: working hard and living well. It is no longer enough in our post-colonial mentality to stay at home and let your degree sit with you as you watch the world go by. You must go out and see the world yourself!

The experience generation that we are now has even evolved to counterflowing the indulgences of our past and present state, which could be eating, drinking and other excesses and poisons. A lot of us have taken on a more conscious persona, which has made Cebu a city with an emerging fitness identity. From being an Ironman-titled destination to the bi-weekly promotion of a city marathon, the mushrooming of bicycle stores all over the city and the number of programs that's taken root in local society, it is clear that Cebu has yielded a high value in prioritizing fitness.

In the past months of 2016 alone, we have witnessed a strong surge of responsibility towards our bodies, and the way we live out our

## FOOD AND FITNESS

lifestyles. It's even seeped into our fashion choices. Capri dress with sneakers? Yoga pants with a trendy jacket? These ensembles are sure to ring a bell; it's on the windows of stores around the world and on paparazzi snaps of our favorite celebrities. This article is dedicated to the now generation, hyperpacked with responsibility but still managing to take the time to extend that responsibility to what they put into their bodies.

Here's my theory: we are all choosing to live healthier, sharper and smarter because we want to look and feel good, plus it's become the new social. Friday nights find people not at bars, but in the gym. Therefore, this article's title: RAMP and cheese. Fitness, and our affair for the gourmet.

Having just come from a recent trip in New York City, it was apparent that the vegetable-forward menu has taken over Michelin-starred restaurants, with farm-to-table sustainability also in mind. Chefs around the world are going back to the very basics of eating clean food, with fresh and honest methods of cooking. So many people are suffering the ailments from over-processed food, going through health scares, and change needed to happen. If not for the health issue, then for the more physical implications of wanting to lose weight. It's not a trend—it's sustainable, and continuously gaining traction.

It's an advocacy that is close to my heart, honest clean food provenance. Nothing over-processed, refined or masked, the recipes we share with you have star ingredients that are the "superfoods" of our time—alternative to starch and gluten, bringing surges of energy, highly packed with vitamins and nutrients in a wholesome composition that is guaranteed to sustain your day. Best and maybe most important of all, they're pretty darn delicious. ■



### SMOKED TANGIGUE CARPACCIO

Tangigue fillet (smoked under tea leaves or coal)  
Olive oil or avocado oil  
Orange segments  
Avocado squares  
Lemon juice  
Chickpea caviar





**BRULEE**  
Coconut cream  
Coconut milk  
Egg yolks  
Coconut sugar  
*Bring to boil, until back of spatula coats the spoon when dipped. Add more coconut cream. Chill in fridge. Sprinkle Stevia on top, and torch.*



**MAGIC POTION NO. 7**  
1 part banana (sometimes I change it up with dragonfruit, if it's in season)  
1 tablespoon chlorophyll powder (from Healthy Options) or barley powder.  
Malunggay leaves can be a substitute.  
1 cup apple juice  
1 cup coconut or almond milk  
2 tablespoons oatmeal  
*Blend together. Add chia seeds.*



## FOOD AND FITNESS

### MILK BASED NATURAL ICE CREAM

Avocado, Raspberry, Melon, Queso, Tsokolate, Coconut Rice, Ube, Cassava torte, Honeydew



### DECONSTRUCTED GNOCCHI

*Instead of using potato, use chickpea flour with tapioca flour and water to create the dumpling. Cook under boiling water, and wait to rise. Chop beetroot, and simmer with red wine.*



### HALIBUT FILLET

Za'atar  
Cauliflower tabbouleh  
Red pepper



### BEETROOT RAVIOLI

Chickpea flour  
Fried leeks  
Kale  
Ricotta 'crema'

# THE EATING POINT

With many people now subscribing to a healthier lifestyle, dining establishments have stepped up their game by offering better options for those inclined to a more organic meal. Here are some of our favorites in the city.

by Cloise Mae Abordo

## MOOSHI GREEN BAR

photography Rachel Arandilla at [postcardpretty.com](http://postcardpretty.com)

Mooshi is one of the local brands that were introduced to us during Banilad Town Center's Weekend Market. Aiming to expose Cebu to healthy green living made yummy, their selection of smoothies and juices are packed with nutrients, vitamins and antioxidants. Besides offering juice cleanse kits for those who want to detoxify, Mooshi also teamed up with Chip Lopez to come up with healthy snack options. Salad shakers and green sandwiches are a staple on their menu. When you're feeling a bit more hungry, order Mooshi's All-Day Box Lunch, which comes with a green salad, salad shaker, and green smoothie or juice.

*Ayala Center Cebu, SM City Cebu, Banilad Town Center, Robinsons Cybergate, Cyberzone IT Park*

[Mooshi Green Bar](#)



## KAIROS BY THE LAZY CHEF

Owned by Chip Lopez, the Kairos Culinary Loft serves up greens and vegetables with creative spin. Using produce that's grown on-site or sourced from local organic farms, Chip creates a vegetarian menu that satisfies even the most hardcore carnivores. Situated on a rooftop of a five-storey building, Kairos has a rustic charm that welcomes diners and an inviting open kitchen that welcomes them into the culinary process. In fact, Chip holds regular classes for those who want to look into creating vegetarian meals themselves. As for the Loft, there is a "reservations only" policy for the three nights it's open in a week—Wednesday, Friday and Saturday.

[Kairos by The Lazy Chef](#)

## ECHOSTORE

An acronym for Environment & Community Hope Organization, Echostore gives importance to the environmental aspect of food. With other locations in Metro Manila, Iloilo and Davao, Echostore has a menu that features fresh and organic ingredients. The store is very big on its sense of community—ingredients are sourced locally to support local farmers, while locally produced items ranging from snacks to beauty products are on display throughout the store.

*Streetscape Mall, Ma. Luisa Mall, Banilad, Cebu City*

[ECHOSTORE Cebu](#)



# THINK INSIDE THE BOX

Bibo Moreno and Chime Bosabel's Diet in a Box simplifies the work of eating healthy with an online food delivery service that brings healthy, portion-controlled and delicious dishes to your door

by Shari Quimbo



**C**ERTAINLY STICKING to a diet is a challenge that's particularly hard to conquer. It starts with the best intentions—whenever I embark on diet myself, the first few days are spent meticulously prepping healthy and balanced meals. But the minute a busy day pops up, it's back to the McDonald's drive-thru window. The reality of everyday life means not everyone has the time to carefully come up and prepare a daily menu.

Thankfully, Diet in a Box solves the woes of the wannabe healthy eater. Launched in March

last year, the online food delivery service offers meals that have gained a steady following not just for its calorie-counted portions, but also for the delicious and diverse offerings week after week.

The brainchild of Chef Bibo Moreno and Chime Bosabel, Diet in a Box was born after several visits to Bibo's hometown in Aloguinsan—his mom Cynthia is an advocate of healthy eating and organic farming. "She can discuss healthy eating all day, if you have the time," Chime says. "Whenever we visit his family on weekends, his mom normally prepares organic dishes for us. Since I was not well acquainted with the

whole eating healthy and organic thing, I was amazed how serious a subject it was for everyone. Those weekend visits made me realize that my lifestyle here in the city sucks!"

Many in the city, it seems, shared Chime's sentiment. As they took photos of the dishes Cynthia prepared and posted them on social media, there was an immediate interest in the meals. "They wanted to try them too, thus began our healthy Monday pasalubongs," Chime recalls. Extra meals from the weekend were brought back to the city and shared with friends, who ended up enjoying them so much that they were soon asking Bibo to

prepare more meals.

The interest eventually extended beyond the circle of friends and workmates, with Diet in a Box now offering weekly menus that have yet to repeat since they started. They've also come up with theme weeks—Diet in a Box has offered Japanese, European and even a Sinulog-themed menu. “One of Chef Bibo’s favorite pastimes is reading cookbooks and culinary magazines,” Chime shares about how they come up with the menu. “We also regularly dine out, and most often go out of town to scout for new ideas.”

Following a calorie counting chart for the food, Diet in a Box follows strict guidelines in preparing each dish—no pork or cream dory; red, black and brown rice in lieu of white; using only free-range eggs; and strictly using olive oil, even when frying. “We don’t buy or use white bread,” Chime adds. “We make our own, and we use wheat.”

Clients can choose from their packages—the Supreme offers three meals a day, or the option of two Combos that just offer two—and how much calories they need

from the meals. “We do not do a blanket approach when we calorie count. Each client has a different required caloric measure per day to lose, maintain or gain in a span of a week,” Chime explains.

With most of the ingredients coming from the Moreno’s family farm in Aloguinsan, everything is sourced locally. “Sourcing for organic ingredients is quite a challenge,” Chime admits. “There are times when we run out of supplies, and looking for quality ingredients in the city without compromising the quality can be a headache.”

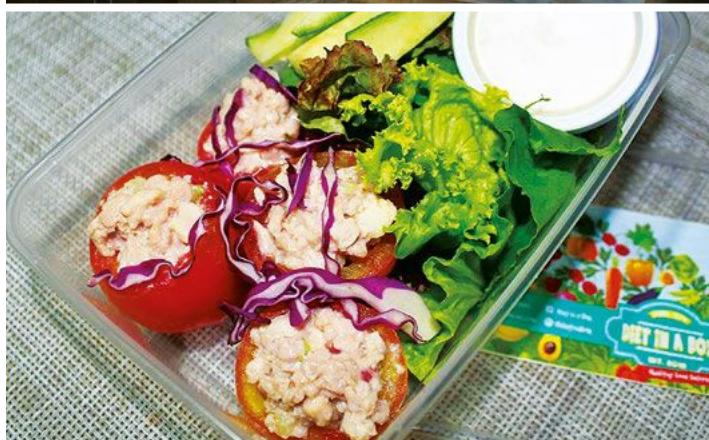
Those aren’t the only challenges that come with the business, which combines the food preparation and delivery. “For the food, there were a lot of things we needed to consider. We cater to a wide market base, including cancer patients and diabetics, so we are extra careful when it comes to our clients’ preferences,” Chime continues. “In terms of delivery, Diet in a Box has no fixed schedule when delivering the meals—we give our clients the liberty of choosing their delivery time, as long as it

falls within the 6:30 AM to 5:30 PM window. There are instances where we have 20 clients wanting a 7:00 AM delivery, and only 12 drivers are available. I have to call them one by one to ask if they’re willing to adjust to an earlier or later schedule.”

The personal service is something that’s highly appreciated, especially when it comes to food. “We always talk about our clients’ experience and how we are aligned to our advocacy,” Chime says. “It’s funny how we seldom talk like we’re running a business. If you hear us, we always highlight our campaign and why we wanted to have Diet in a Box in the market.”

The passion for putting good and healthy food in the market—and on a very consumer-convenient platform at that—is truly what drives the team behind Diet in a Box. Understanding that preparing balanced meals isn’t for everyone, the business becomes a driving force that encourages people to eat better the easier way. □

[www.dietinaboxinc.com](http://www.dietinaboxinc.com)  
63. 922 478 1282, 942 260 1519



# FIT HAPPENS

With several exercise programs and regimens finding their way to Cebu, these personalities found the best fit.

## BRENDA MAGNO, 35

*Team manager at Sykes*

**In your own words, how would you describe CrossFit?** It is basically a combination of functional movements, weight training and conditioning at high intensity.

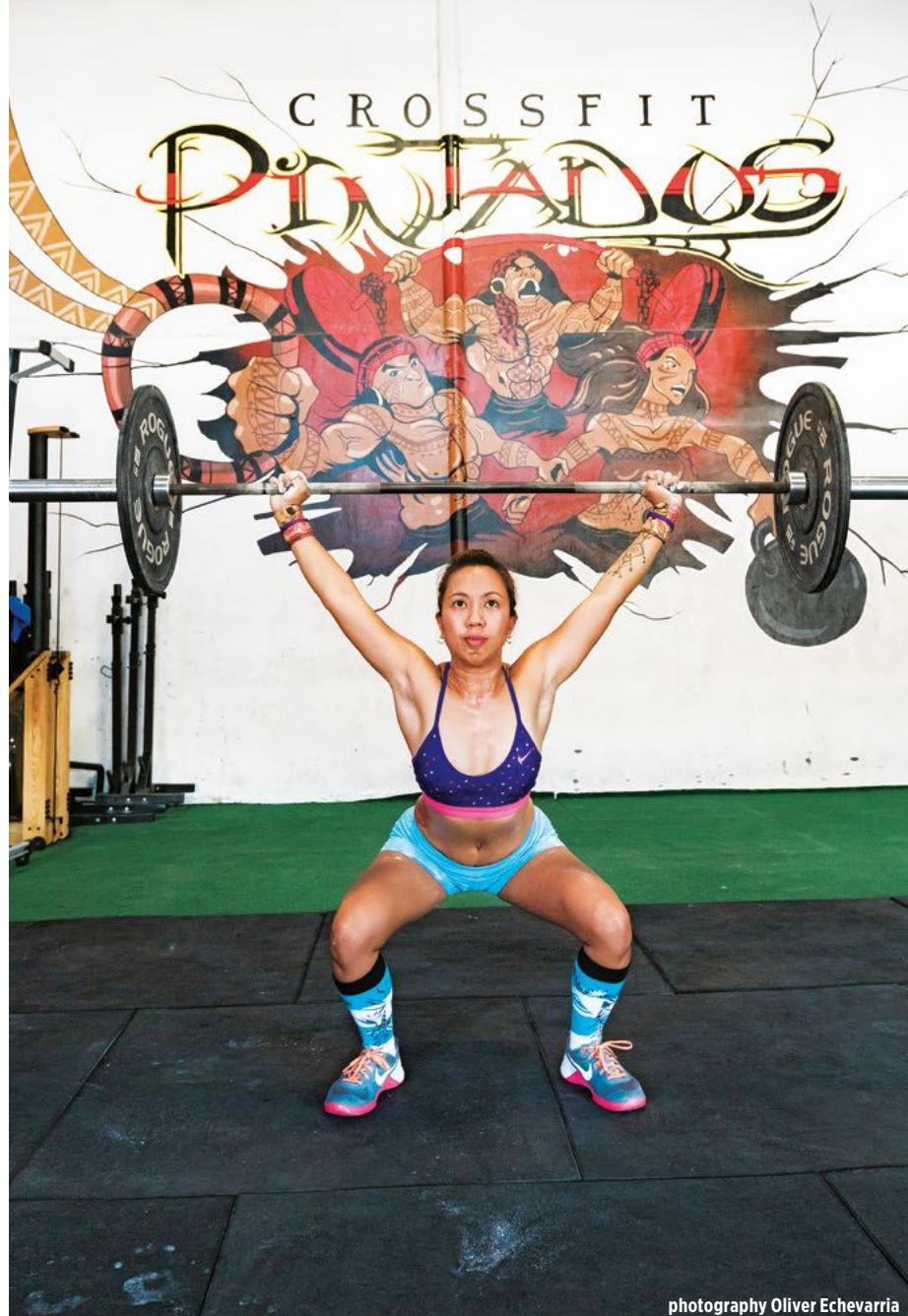
**How long have you been doing CrossFit?** I got into Crossfit a year ago, and I've been hooked since!

**How did you get introduced to the workout?** I saw some videos online and heard that one just opened near my office, CrossFit Pintados. My friend and I checked it out and learned more about it, and we started the following week.

**What had you been doing as a workout before you started CrossFit?** I love the outdoors so it was very diverse—diving, swimming, mountain climbing. And yoga! When I got into CrossFit, it was just the perfect fit for me.

### What was it about the workout that appealed to you?

It is never boring. Each time you go to the box, you get a different workout that challenges all your muscle groups and all aspects of your athleticism. It is also a short,



photography Oliver Echevarria

sharp workout that you benefit a lot from. I have joined all sorts of group workouts in the past, and I've never seen as much results as I do now.

### How is it different from the other workouts you've tried before?

What sets it apart is the fact that it's made up of functional movements, which means I get to apply it in my daily activities—like carrying grocery bags in one go, moving furniture, and especially when I travel and don't have to rely on guys to do "manly tasks" like lifting bags or opening jars. They can be menial, but the confidence I get for being able to do things with ease just blows me away.

### What are your favorite movements of the workout?

Pull-ups and rope climbs

### What were the changes you noticed in yourself since you started doing CrossFit?

It's not much of a major shift nutrition-wise, although I'm more vigilant about what I put into my body, especially when eating out. I don't necessarily count calories, but it's more about striking that balance, which is easier said than done. It's more of a fat and high protein diet, and less of processed food. I feel stronger than ever, and most of all, ready for the zombie apocalypse!

### What advice would you give people who want to start CrossFit?

Take it easy. You have to want the change because no one else can do it for you. Be consistent, and make each rep count. Most of all, keep an open mind and just enjoy the ride. It will make it worth your while. ■



photography Adrian Yu

## ROSE CAYETANO HENNESSY, 57

*Housewife*

**In your own words, how would you describe yoga?** Yoga is an exercise that requires absolute concentration of the body and mind.

**How long have you been doing yoga?** I have been doing yoga for some 12 years now.

**How did you get introduced to the workout?** I was first introduced by a friend who asked me to join a class with a teacher that was visiting Cebu from Manila. I then joined her class in Manila whenever I was there. When YogaHub opened here in Cebu, I started exercising at least three times a day until I had memorized all the sequences and could do it on my own.

**What had you been doing as a workout before you started yoga?** I used to do Tae Bo everyday in the morning at home, and I ran in the afternoon. These days, I normally do yoga in the morning, and walk with my husband in the afternoon.

**What was it about the workout that appealed to you?** The reason I love yoga is because I can practice anytime, anywhere whenever I feel like, as all I need is a quiet and small space.

**How is it different from other workouts you've tried before?** My previous workouts were purely physical, whereas yoga is a more calming, relaxed exercise with the same benefits.

**What are your favorite movements of the workout?** I like doing sun salutations A & B, and finish it with a headstand.

**I wouldn't recommend yoga to...**  
In my view, yoga is for everyone. However, first consult with your doctor, especially if you have any back or neck problems.

**What were the changes you noticed in yourself since you started doing yoga?** Ever since I've been doing yoga, I am more flexible and fit.

**What advice would you give people who want to start yoga?** If you are interested in yoga, I suggest you join a yoga class, such as at YogaHub. They have a beginner's class, and the teacher will be able to teach you the proper breathing, alignment, and things like that.

*YogaHub  
Banilad Town Center  
0917 622 YOGA, (032) 268 YOGA*



photography Ezekiel Sullano

## SUSANNE COBONPUE, 45

### How would you describe Pilates?

To me, Pilates is a full body workout with controlled and precise movements that can only be executed with full concentration and the right breathing.

### How long have you been doing Pilates?

I started last October, and have never missed a session unless I was out of the country.

**How did you get introduced to the workout?** I have known about Pilates for a long time, but never found the right studio for me. I always liked the philosophy behind it. Kenneth, my husband, told me that there was this new studio that opened and asked if I wanted to try it out. After my first session, I got hooked.

**What had you been doing as a workout before you started doing Pilates?** I followed an exercise routine given by my physiotherapist in Germany which helped a lot to improve my back pains, but I found it often difficult to motivate myself to regularly do them. And I was running.

**What was it about the workout that appealed to you?** I like the slow and precise movement. I feel mentally relaxed since there is no

room in my mind for anything other than the exercise. The feeling of my body changing, getting stronger and more flexible. Understanding the imbalances in my muscles and working on eliminating those. It creates an awareness of wrong habits—like carrying my bag always on the same shoulder, or the way I sit.

### How is it different from the other workouts you've tried before?

The very controlled, slow and precise movement throughout each exercise is what makes it different from other physical activities. I like the large variation of exercises because it never gets boring. We do a different routine with several variations every time. Everything is tailored to my needs. In no other gym have I ever been watched so attentively by my instructors. I'm always amazed how they can spot when I no longer keep the form, or don't use all muscles that are meant to be involved in the movement. They monitor my body down to the last bone and muscle, and are very concentrated. I feel very well taken care of, but also pushed to do better every time. I leave the studio always tired, and sometimes exhausted, but also extremely relaxed and elated—which I didn't feel with other workouts.

**What are your favorite movements of the workout?** I like the balance between strengthening and stretching. Actually, my current favorite is the "Jack Knife" or "Long Spine." I feel so

amazed that I can now roll down my spine vertebrae by vertebrae. It's still not very smooth and extremely slow, but it's no longer by larger blocks.

### I wouldn't recommend Pilates to...

It may be difficult for people who enjoy Zumba or Aerobics, with fast and energetic movements. I would recommend it to anyone that likes to experience a better awareness for one's body and its needs.

**What were the changes you noticed in yourself since you started doing Pilates?** I have close to no back pains, my posture improved and I became a lot more flexible compared to before. I can reach the floor with the tips of my fingers again, and I feel a lot stronger and relaxed in my everyday activities.

### What advice would you give people who want to start a Pilates workout?

Do start right away and be patient with yourself. It takes time to learn the movements and find the right muscles. But it's so rewarding when you feel you can finally do it correctly. Never let a workout pass. Take it as seriously as you would any other appointment. Nothing is more rewarding than keeping our body healthy. ▀

*Pilates Fit  
Lower Ground 2, City Sports Club Cebu,  
Cardinal Rosales Avenue, Cebu City  
+63 917 880 1636*

# ZACH ELISHA GO, 20

Student

## How would you describe Epic?

Epic feels like home, like second skin. Coaches and fellow gym mates are much like family. It's an environment of encouragement, positivity and inspiration.

## How long have you been working out at Epic? I've been working out at Epic since April 2012.

**How did you get introduced to the workout?** My mom was a pioneer of Coach Pio's [Solon] program, pre-Epic days. The curse of a knee injury turned out to be a guised blessing. Epic was my fast road to recovery.

## What had you been doing as a workout before you started Epic?

Basketball was and is my one true constant. That passion granted me captainship of multiple Springdale Basketball Champion teams.

**What was it about the workout that appealed to you?** Epic was reverse evolution—from rehab to addiction. It just came naturally, without warning. The post-session natural daily high is something I can't imagine going without.

## How is it different from the other workouts you've tried before?

Come to Epic. Right from the door, it's different—devoid of equipment, treadmills and machines. Through Epic, training has become like praying, an activity that you can do anytime, anywhere, even alone.

## What are your favorite movements of the workout?

I never realized most activities introduced were even doable—the Turkish Get-up, one-arm push-ups, loaded chin-ups and ab workouts. Though time-consuming and focus-hogging, the Turkish Get-up is my ultimate fave. (Done with a kettlebell, the Turkish Get-up starts with lying on the floor and slowly getting up into a standing position—all while holding

the kettlebell above the head.) It's a total body workout that helps most of us in terms of strength, balance and performance in any type of activity.

## I wouldn't recommend Epic to...

No one.

**What were the changes you noticed in yourself since you started doing Epic?** Imagine a fast lag-free gadget on constant full charge. That's the Epic difference. Better posture, proper running form, increased endurance, optimized balance and performance are a few of its benefits.

**What advice would you give people who want to get started working out at Epic?** Expect nothing. Don't think, don't aim. Think of it as a game. Gains come more with fun than pain. Just be prepared to get hooked—to be an Epic addict. ☑

*Epic Performance and Fitness  
Block 88, Oakridge Business Park,  
A.S. Fortuna Street, Banilad, Cebu City  
+63 917 772 3742*



photography Oliver Echevarria

# FIT FINDS

Play up your fitness game with items that'll help you get on your feet and into your next workout



## LULULEMON YOGA MATS

Do your poses on this reversible and ultra-absorbent mat—the sweat dripping off you mid-pose is easily absorbed, and an antimicrobial additive prevents the buildup of bacteria and mold. Available in a number of different colors, there's bound to be one that speaks to your inner yogi. [lululemon.com](http://lululemon.com)



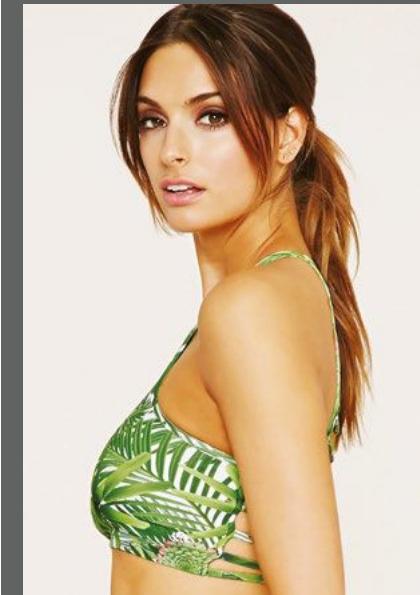
## STANCE FUSION ATHLETIC SOCKS

Socks aren't just for completing your gym #OOTD—although having cute ones really do amp up your confidence. Stance's collection of Fusion Athletic socks is designed to offer support throughout various movements, and is made with fabrics that promote breathability and airflow. *Ayala Center Cebu*



## ADIDAS TUBULAR DEFIANT

This pair of sneakers will feel just as comfortable on the streets as it would be on the track. A seemingly retro-futuristic version of athleisure kicks, the Tubular Defiant gives a fresh feminine look to the original Tubular shoe, with a stretch-jersey bootee upper for a snug fit. *Ayala Center Cebu, SM City Cebu, SM Seaside City*



## FOREVER 21 SPORTS BRA

Just because your sports bras are utilitarian doesn't mean it has to stay just that. Put some style into your gym look with Forever 21's collection of active wear. From designs that feature motivational statements to strappy versions that'll cutely peek from underneath your tank top, your next workout can definitely be a fashionable one. *SM City Cebu, SM Seaside City*



#### YURBUD LEAP WIRELESS HEADPHONES

Your routine needs a soundtrack, but wires just get in the way of your groove? The Leap Wireless headphones from yurbuds feature wireless and sweat-proof sport earphones with exceptional sound performance and a six-hour battery life. *ROX at Ayala Center Cebu*



#### H&M TANK TOP AND SWEATPANTS

Running outside in the Philippines' signature humidity can be a challenge, so make sure you pick an outfit that's breezy—you're already going to be sweating buckets from the workout anyway. *Ayala Center Cebu, SM Seaside City*



#### BOBBLE INFUSED

With its curved shape and colorful caps, the Bobble water bottles are in itself a welcome addition to your gym bag. What's revolutionary, though, is the fact that the bottles come with their own carbon filter, allowing users to essentially make tap water drinkable. Even better, with the carbon filter removed, the cage can store fruits or vegetables for flavor-infused water.

[global.waterbobble.com](http://global.waterbobble.com)



#### HERSCHEL RAVINE DUFFLE

When you're heading out to the gym, stash your gear in something stylish. Herschel's Ravine Duffle is roomy and with a removable padded shoulder strap for when you're packing a little more than usual. The duffle is available in Herschel's very chic colors and patterns, making it the perfect item to top off your post-workout wear. *Ayala Center Cebu, SM City Cebu*

#### NIKE METCON 2

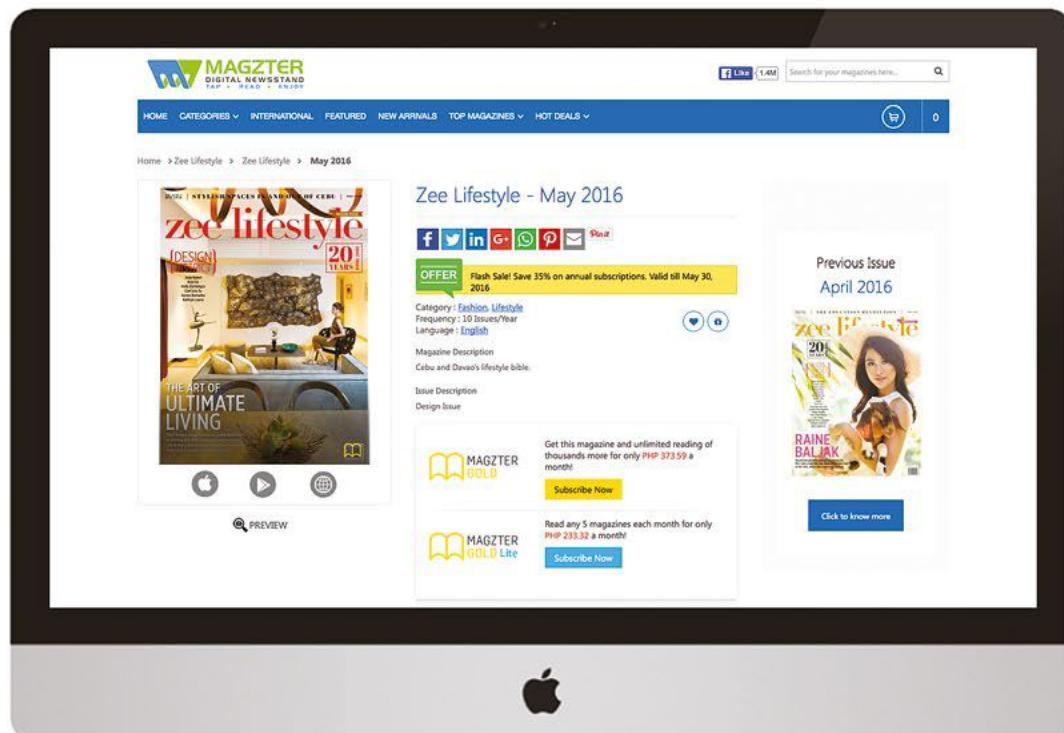
When it comes to CrossFit, the shoe makes a bit of difference. The Nike Metcon 2 is designed especially with the movements in mind, such as a flat and thin sole for more stable lifts. More than that, they'll look just as cool out on the town.

[www.nike.com](http://www.nike.com)



# zee lifestyle

## GOES DIGITAL



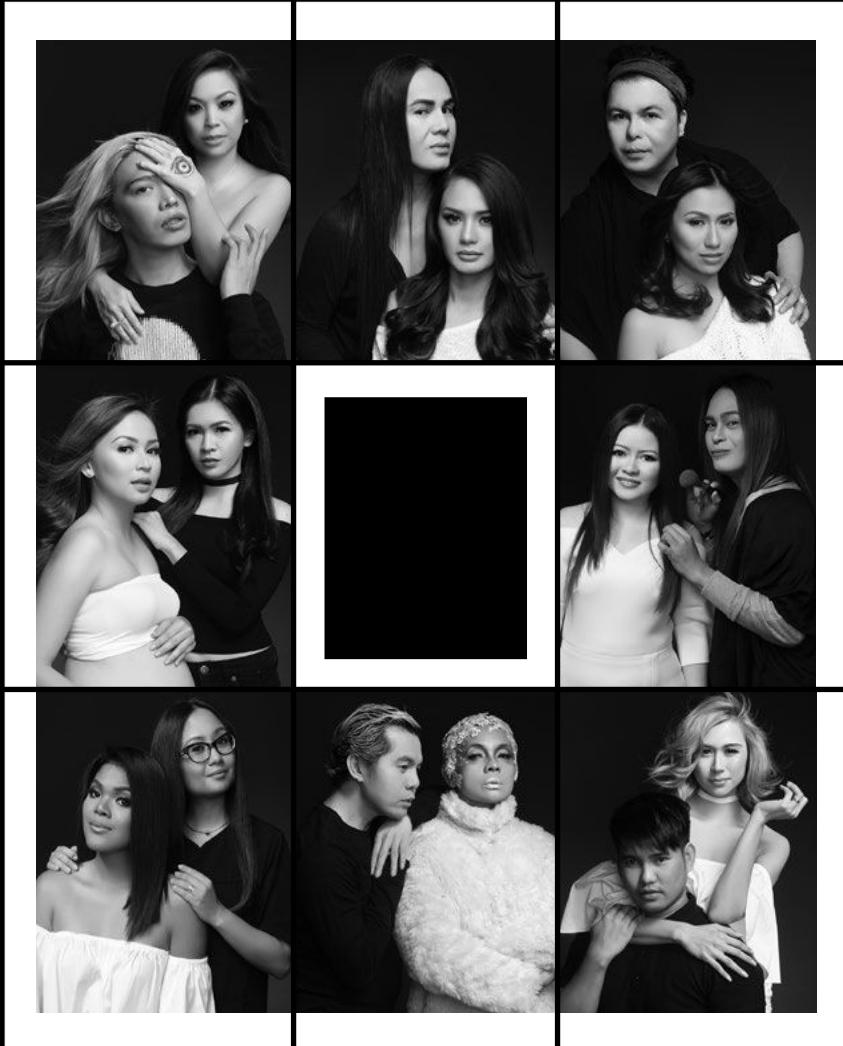
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# LOOK BOOK

If beauty is in the eye of the beholder, these people have quite the sight indeed. This month, eight of the city's most sought-after makeup artists take their turns in front of the camera, sharing the spotlight with their chosen muses to showcase their best work.

sittings editor **Patty Taboada** photography **Dan Douglas Ong** hair **Gino Fonghe**

# CHADY PANTALEON

by Verne Ahyong

**T**O BE BEAUTIFUL MEANS to be yourself. You don't need to be accepted by others. You need to accept yourself." These words by Vietnamese Buddhist monk Thich Nhat Hahn define beauty for professional makeup artist Chady Pantaleon.

Having a tailor for a father and a dressmaker for a mother, Chady grew up surrounded by creativity and artistry. "There was always the possibility for me to be a fashion designer, but I am happy to have discovered my humble calling, and to be carving a little niche in the world of makeup," Chady shares.

Chady started doing makeup in 2008, and was promptly recognized for his talent and skill. With the help of Lalain Poras, he earned a scholarship to the Academy of Beauty and Arts in Manila. There, he met many talented creatives in the beauty industry, while studying under the tutelage of Lourd Ramos.

Since graduating from the academy, Chady has been taking on a variety of projects and making a name for himself in Cebu's makeup industry.

"I love doing creative editorials and bridal projects...creative editorials let me be more risqué and bold, allowing me to showcase my range and aptitude in makeup," Chady shares. "Bridal projects are more intimate, allowing me to build personal relationships with my

clients. Helping your bride become her most beautiful is a joy. It's a calling: beautifying the face of the planet."

Chady finds joy in the process of doing professional makeup for his clients. He enjoys the challenge of making his clients uniquely beautiful by adapting to their different needs. In many ways, he is obsessed with beauty.

"I am a beauty addict. Anything that inspires me or appeals to my taste turns me into an obsessive creature," he explains. "Any medium that can help me push my craft further or challenge the notion of craft and beauty, I am there."

This has led him to explore other creative avenues including face painting and prosthetics. For instance, he has recently been sharing his paper work designs on social media.

Chady defines his personal makeup style as light and natural: "I always approach my muse with a sense of modernity, practicality, and femininity. I continuously equip myself with new techniques, styles, and trends, adding all I have learned to my core foundation."

He also likes experimenting with various styles. He describes his creative growth as natural and organic, characterized by plenty of trial and error, risk-taking, and leaps of faith.

Driven by his desire for continuous learning, Chady plans to enroll in fine arts

courses in America to learn more about makeup arts, effects, and prosthetics. "I want to learn about the chemistry between hair, skin, and makeup...to upgrade my creative ammunition for doing personal projects, and projects for television and film," he shares.

One day, Chady hopes to build his own brand of cosmetic and hair care products, or work as beauty creative director for an international brand. Meanwhile, he is happy with the growth of global and local interest in makeup. He talks about how the local beauty market is healthy since women are now more adventurous when expressing themselves through makeup.

"Now there is a style for everyone," he says. However, he believes there is still room for growth in Cebu's makeup industry.

"In Cebu, the makeup artist circle is small, and we know almost everyone, thanks to social media. It would be a treat if we could start a club with all the established makeup artists and those who are just starting out, so we can all get to know each other...form a makeup community that upholds the value of beauty and goodwill."

For Chady, the Cebuana beauty is a cut above the rest: "the Cebuana beauty is regal. She holds a spectacular strength that is beguiling. She asserts herself and relishes her freedom...She is a beauty warrior." ■



*"Chady connects with his clients beyond the makeup session. His vision to be bolder has not deterred his humility and dedication towards his work."*

-AVA KRISTINE ROSELLO  
*entrepreneur, MBA, educator, mom*



*"Raisa puts her clients' preferences into great consideration. She also leaves a positive imprint on you with her vibrant character."*

-ANNA KARENINA TAN, full-time mother

# RAISA BERCEDE

by Verne Ahyong

**D**OING MAKEUP WAS just a hobby, at first. It was something I liked to do for myself, and my family and friends whom I used as guinea pigs for honing my skills,” shares Raisa Bercede. “I’m lucky that my family has been so supportive of my passion for makeup.”

Raisa has come a long way from watching makeup tutorials on YouTube to doing professional makeup for prenuptial shoots in New York and San Francisco. She dreams of someday doing makeup for the Paris and New York Fashion Weeks. She also hopes to launch a makeup line, open her own makeup studio, and go traveling more often.

“I’m blessed to have been doing makeup professionally for the past four years. It’s a dream come true for me. I feel blessed that my hobby turned into a profession, mainly through referrals from family and friends,” Raisa says.

Describing her makeup style as clean and fresh with a focus on the eyes, she prefers a more natural look, but also does dramatic makeup when appropriate: “As a makeup artist, it’s important to be versatile. Over the years, I’ve been constantly practicing different ways to perfect the skin, to make makeup last longer, to cover dark circles and the like.”

“Eyebrows are my favorite things to do, and I love eye makeup too,” shares Raisa. “Makeup that feels light is also something I do well but I would like to learn how to do prosthetics and special effects makeup in the near future.” She enjoys doing makeup for weddings and out-of-town events, while on-location makeup projects are what she loves the most: “They can be quite tiring, but it’s nice and refreshing to find yourself in a different environment. Being able to travel and see new places is always a plus.”

Having learned so much from mentors and various workshops she has attended, Raisa has taken on the mantle of head makeup mentor at the Self Esteem Learning Formation Institute (SELFi) in Banilad, Cebu City.

SELFi is “an institution that focuses on developing one’s personality and confidence by tapping and enhancing one’s potentials in acting, dancing, hosting, modeling and makeup application, with the help of our esteemed mentors.”

Teaching gives her a deep sense of fulfillment. “It’s amazing that others actually learn from me. To see their skills improve makes everything better. The best feeling is when I see others become more confident. That makes teaching worth it,” she says.

The popular quote saying that true beauty comes from within, is something Raisa truly believes in. She says that makeup enhances a person’s beauty physically, and gives her the confidence of feeling and knowing that she is truly beautiful.

Luckily, Cebu’s makeup industry has improved in the past few years: “People are more open to having their makeup done professionally, and are very willing to spend for it too, so I take it as my responsibility to reach every client’s expectations.”

Raisa says that it is essential to treat everyone the same no matter what their status is. To always be professional: “The most important lesson I’ve learned is to always have a good attitude no matter who you work with or whose makeup you are doing.”

“One of the biggest challenges is explaining to a client that the look she has in mind won’t suit her, so gaining the client’s trust is very important. But I love meeting new people, and some of my clients have turned into very good friends,” she shares.

For Raisa, the beauty of the Cebuana lies in her strength and ability to stand up for her beliefs. “What sets us apart is our warmth, which puts others at ease.” ▀

FEATURE



*"Emi is very easy to get along with. I love how he makes the process entertaining. He sings and performs while doing my makeup."*

-KRIS TIFFANY JANSON  
*beauty queen, commercial model, host*

# EMI AYAG

by Adrian Bacolod Diongzon

**T**HE FIRST NAME THAT comes to mind when we think makeup is Emi Ayag. Models rush to sit in his chair, trusting his creative flair to enhance their beauty before a photo shoot or a runway show. One model would show up much earlier than her call time just to make sure Emi would be her makeup artist.

Emi's fascination with makeup started in his early teens. "I used to do my sister's makeup whenever she had school activities," Emi shares. Making people beautiful runs in his family. His older brother, Raymund, was a sought-after makeup artist, and when he had bookings, Emi would often tag along. Pretty soon, he began to learn the art. "When my brother decided to work in Switzerland, he passed on all his makeup kits to me. I think that's how it all started," he recalls.

Having studied Fine Arts in college, Emi says his training and exposure to color is a huge advantage in his profession. "Your

taste as an artist is also very important, most especially in the proper combination and blending of colors," he adds. Although it may appear easy, there's an art to applying makeup and practice is essential to perfecting it.

The challenges of his profession, just like any other, are many, he admits. For one, there's a new generation of makeup artists, young and very aggressive. "*Laban kung laban,*" Emi says with the conviction of one considered to be a senior in this field. Never resting on his laurels, Emi constantly upgrades his craft, keeping up with the latest techniques and trends in the industry.

For the long time he's been in the business, Emi has countless experiences that have challenged him more. One he never forgets was when he was invited to do the makeup for an out-of-town pageant. Upon arrival in Ozamis, he discovered that the bag containing his makeup paraphernalia was stolen. Left with no choice, he

had to borrow all the cosmetic products he needed, but still had no brushes. "So I did the makeup with my bare hands," he declares proudly. Even without the right tools, Emi worked his magic and his candidate emerged as beautiful as ever, and won the crown.

Emi is dedicated and passionate about his job. He loves it so much that he has already convinced his cousins and relatives to learn the craft; and now they too are making a career out of it.

His client list is equally impressive and many trusting celebrities have sat before him such as the lovely Cebuana title holder Yedda Romualdez, who Emi swears is beautiful without makeup. Among his aspirations is an international collaboration, while he cites Gwen Stefani as his dream client for now. With no assurance that his bag would not be stolen by then, no one can stop Emi in his passion of making more women beautiful, inside and out. ■

# JONAS BORCES

by Adrian Bacolod Diongzon

**W**HO HASN'T HEARD of Jonas Borces? Back in the day, his clients would fall in line even before the sun was up, and patiently wait for their turn with the expert. As always, they all left his little studio feeling and looking beautiful. "Making people beautiful is the only work I know," says Jonas, "so I guess I have no choice but to enjoy." Kidding aside, Jonas talks about his humble beginnings in Talamban and what a blessing it is to be happily doing what he loves most.

Since those early days, Jonas' clientele has expanded by leaps and bounds, and thanks to social media, he has some overseas customers too. With his amiable personality and genuine smile, it's not surprising that he is where he is today. While always making it a point to engage in conversation with his clients, he's quick to add that some are pretty difficult and seem to want to test his skills in one way or another. He takes these as little challenges to keep him on his toes, while saying that the added pressure adds to the fun and breaks the usual routine. All his clients

give him inspiration and make him happy, he says.

To keep abreast with the latest innovation and technology, Jonas invests in honing his skills and enhancing his technique with trainings in Manila and abroad. The exposure to other stylists and makeup artists is a win-win situation. "I get to learn a lot from them and I get to share as well. It's a give and take process and I always look forward to all these trainings. It's fun at work for me," he exclaims.

One beauty tip he shares freely is to always carry good lipstick in your purse, as it gives an instant lift to the face. Finding the perfect shade is often a trial and error process, but with so many brands and shades available, it's not impossible to do. "Besides, lipstick shopping is always fun," Jonas quips, and lipstick sometimes defines your mood for the day.

Jonas has recently become known as the Beauty Queen Maker, as he finds himself being an instrument in fulfilling the dreams of young ladies who compete in national and international pageants. Miss Earth

beauty Jamie Herrell can attest to that. Girls trying to master their "duck walk" in 5-inch heels are a regular sight at his building. When he finally sees them onstage during a competition, whether here or abroad, he is extremely proud. "I know, win or lose, what's important is that they gave their best." For Jonas, it's insanely hard work but so rewarding in the end. Other familiar names that Jonas and other stylists and designers have proudly paved the way for are Rizzini Gomez, Angelie Gomez, Eva Patalinghug, Kris Janson and Rogelie Catacutan.

To upcoming makeup artists, Jonas says to "not be afraid to tread on new waters as there will always be challenges at the start, even failures. Those are simply tests that can be overcome by taking the risk, being confident, and believing in yourself and what you can do, while never forgetting to always be grateful and to pay it forward."

Wise words from Jonas Borces – a person whose unpretentious generosity and supreme talent only sees the beauty in others. Those qualities are what beautiful people are made of. ▀



*"Jonas knows what he's doing.  
He makes sure everything is  
appropriate. He is not afraid if  
your chair time with him is already  
too much, as long as he gets the  
perfection he has been eyeing."*

-CHRISTINE FERNANDEZ  
*optometrist, TV host*

## FEATURE

*"Arnauld makes it a point to make every client look beautiful, and to value their input. It makes for a wonderful partnership."*

-JENIFER MARTINEZ  
studio director and certified yoga teacher



# ARNAULD

by Charlene Virlouvet

**I**T ALL STARTED AT A crossroads. A choice between ambition and mediocrity, happiness and convenience, passion and indifference.

Talented, motivated and ambitious, sought-after makeup artist Arnauld Echevarria began his career in fashion. "I always thought I would become a designer," he shares. "But I felt that there was something missing."

One moment was all it took for things to start shifting. After stepping in to do his sister's makeup for her wedding, Arnauld knew this was his future. He embarked on a career in the beauty industry thereafter, and became a makeup artist for a top cosmetic brand.

After having trained in Manila and garnering ample experience, Arnauld decided to go freelance. This came with its own challenges. "Unless you work for a makeup line, makeup artistry is a freelance career so the income varies significantly for every artist," he says. "Luckily, my business is growing at a pretty decent and steady pace. I feel fortunate."

Arnauld decided to join the region-wide Fil-Hair Bridal and Commercial Hair & Makeup competition. His finalist title cemented his spot in the Cebuano beauty community. Looking back, however, this was never his plan. "Honestly, I didn't pursue this career earlier on because I was focused on pursuing a career where the payout

was greater. I thought it wasn't possible to make a decent income without first having to pay your dues," he says humbly.

Through his experiences, Arnauld gained a knack for technique and a familiarity with products that has helped cement his status as a makeup artist. All those who were lucky enough to sit in Arnauld's makeup chair, this writer included, can attest to the magic he creates. He is known for creating undeniable radiance and transforming any client from fresh-faced to oh-my-freaking-God-I'm-gorgeous.

Arnauld considers several things before his brush touches a face. "I always construct my makeup looks individually, from the entire shape of the face, skin color, skin definition, to the eye shape, and eye color. I consider also the kind of outfit and color, and the event," he says. Like all true artists, Arnauld chooses to stay away from repetition. "I don't do makeup patterns regardless of the headcount. I always take risks for every look that I want."

The only thing that is constant is change. This is most apparent in the fashion and beauty industry. Arnauld finds that the biggest challenge of being a makeup artist is keeping up with the times. "The fashion industry evolves on a daily basis and the expertise has to be upgraded accordingly," he notes.

Arnauld reveals he is all for the 'big brow theory', shimmery nudes

and greys, bright lips and lids, and loves a good no-makeup makeup look. Alternatively, Arnauld thinks the most common beauty mistakes nowadays are mismatched brow tints. "It's like putting red lipstick on a bare face," he quipped. "For me, makeup is all about complementing each of our features." Take notes, ladies.

Arnauld's gauge for success happens after every client or project has ended. "The 'a-ha' moment happens every time I have a client who recommends me to her friends and families. For me, that means I've done a really good job," he says of his profession.

After years of work in the beauty industry, Arnauld has secured a place among Cebu's best makeup artists. He has collaborated on countless editorials and worked with several clients, all of which showcase the skill, talent, personality, and attention to detail that Arnauld brings to every transformation.

There is no question that the future is bright for Arnauld. His drive and ambition has brought him this far and will continue to do just that. Arnauld aspires to expand his business and establish his own makeup studio to accommodate clients for hair & makeup and photography, and hopes to travel and work in other countries. "As for my dreams," he says, "I think it's already happening as of the moment, [but] I'm still working on it." ■

# GARI SON

by Carlo Rivera

**H**E WORKS LIKE A magician, casting spells with the use of a blending brush. Along with the many magic wands he holds in one hand and an eye shadow palette in the other, he artfully mixes color and brings life to the canvas that is the human face.

This simple, quirky guy had no interest whatsoever in makeup when he was 20. "A friend of mine pushed me to do it," says Gari Son, of how he was introduced to the industry.

His amiable personality earned him many friends, and quite a number of them were designers who were part of several fashion shows. As their line up of shows increased, so did the number of times they invited Gari to do their models' makeup. He eventually gave in to their many requests and agreed to help mainly because he enjoyed being in the company of his designer friends, until such time he actually enjoyed what he was doing and found makeup to be fun and interesting. Pretty soon, his take on makeup was noticed and he became the favorite of models who would set appointments with him before they romped on the ramp.

Gari says his love for makeup feels like walking on an ever-ascending runway. Nobody prodded him to improve his craft but he continued to work consistently, accepting bookings here and there. This ultimately exposed him to a vast variety of engagements from weddings and debuts, to beauty pageants and full-fledged magazine

fashion shoots. With his growing network and contacts with designers, photographers and fashion editors, Gari has now earned himself a bright spot in Cebu's fashion scene for his masterful art of make up.

Having been in the industry long enough, Gari says his work speaks for itself. He believes he has grown as an artist when he gains important clients. "Society clients," he calls them. When they come back to him, he knows he has won their respect and trust, so he takes his work seriously. "As long as I can do my best to make my clients look beautiful and satisfied, with a keen focus on the eyes, I am happy," he says. The icon he dreams he could work with is the former First Lady, "The graceful Imelda Marcos, she's gorgeous beyond age," Gari quips.

Lipstick, mascara and good brows are what Gari considers as must-haves for women, then they're completely good to go. For his ultimate makeup advice: skin should always be fresh before applying makeup. He shares that he is gravitating to the more experimental genre of high-fashion, knowing that it's the art of playing up and precision at the same time.

As the fashion horizon in Cebu looms largely with a growing pool of young makeup artists, Gari can only say, "Be patient. You should always be in your number one attitude." After all, being a make-up artist is one thing, but being a make-up artist with a signature sense of style and good attitude is another. That itself is magic. ▀





*"Gari works with a heart and compassion for his craft with flexibility and style. He's more than a makeup artist; he's a friend. I love his charm, positive attitude, wonderful personality, talent, and professionalism."*

-CARLA LARRAZABAL-DEL PRADO  
real estate development, and arts and antiques



*"Janice enhances a person's natural beauty and works great with skin tones, especially over summer when you have that sun-kissed tanned skin!"*

-CHRISTELLE DYCHANGCO  
*producer, entrepreneur*

# JANICE BARILLO

by Ana Melissa Ortiz

**H**ER YEARNING FOR her life's purpose and meaning introduced Janice "The Beauty Fairy" Barillo into the fancy world of makeup artistry. Her career history involved her jumping from one job to the next searching for that "one thing" that stuck with her, like most millennials.

After giving birth to her second child in Manila and finding herself lonely in the capital, she enrolled in pole dancing lessons to lose extra post-partum weight. As if fate had something else planned for her, she stumbled upon a brochure for Maquillage Professionnel School of Make Up Artistry just when she was just about to enroll in pole dancing. That started it all.

Before taking her makeup classes, Janice had no experience whatsoever in makeup. She didn't even know about brushes and cosmetics. She believed makeup was just a touch of brow product and a swipe of lipstick. She refers to herself as the underperformer in her class where her classmates were professional makeup artists with large kits in tow. Still, she persisted despite lagging behind. From zero knowledge to makeup pro, Janice finished her courses. She did bridal makeup in Greenhills for two years, thereafter harnessing her skills even more.

Now, The Beauty Fairy is sprinkling her fairy dust in Cebu. After relocating back to the Queen City in April 2013, she wanted to break into the industry and practice her skill.

"Makeup is a perishable skill," Janice noted as she recounted her experience of not doing makeup in Cebu for six months.

She got depressed. With no friends from the industry and no makeup sessions booked, her makeup almost expired. Janice was about to give up and throw her stash away when an opportunity knocked on her door.

The Beauty Fairy did her magic on model sisters, Bea and Louise Gomez, who were daughters of a friend. When Dexter Alazas saw her work, she started doing makeup for the other AD models. It catapulted her career to greater heights and introduced her to Cebu's flamboyant makeup and fashion world.

Since then, she has collaborated with countless designers, like Edwin Uy, Dexter Alazas, and Mia Arcenas. Janice has worked her magic on the beautiful faces of Miss Tourism International 2013 Angeli Dione Gomez, Miss World New Zealand 2014 Arielle Garciano, and Cebuana contender for Bb. Pilipinas 2016 Maria Gigante.

Janice's strength is on working the skin. Her makeup philosophy is "less is more" as she focuses on fresh and natural looks for her clients. She believes in enhancing the features of her subjects and not creating a totally different person. Her work is mostly about natural beauty and femininity.

She gravitates towards earth and peach tones, as these are more universal colors that fit everyone's

skin tone. Janice specializes in airbrush makeup as this creates an even canvas for every look and is the perfect tool for long wearing yet fresh-looking skin.

One can feel her love and passion for makeup in the way she talks about it. Her excitement about makeup can be seen in her eyes and heard in the cheerfulness in her voice. Although she admits that she doesn't have the innate creativity for makeup artistry like the others, it's her persistence and passion for learning that helped her develop the necessary skills. Her femininity and style set her work apart from the crowd.

A new life has unfolded for Janice through makeup artistry. It's that life that she has been searching for and that passion that drives her to wake up every single day. The lonely housewife has found meaning in her makeup palette as bookings flood in. She has discovered fulfillment and freedom through the strokes of her brushes both as a woman and mother.

What keeps her going with this newfound passion is the happiness she sees in the faces of her subjects and clients. Her works transform clients into their best versions and that keeps her going.

The beauty fairy has definitely grown her own wings to explore her passion, sprinkling fairy dust all over town. They say, it's better late than never. There's more to expect from Janice as she takes flight in an industry that empowered her to be a creative, a mom, and a woman of her own. ■

# WENWEN ZASPA

by **Patty Taboada**

**S**HE'S THAT LITTLE GIRL who used to tag along with us all the time," Wenwen Zaspa says with a laugh, as he introduces me to fellow makeup artist Gari Son at the photoshoot for this feature. "Remember?" As Gari Son finally reacts in recognition, Wenwen turns back to applying rhinestones on his chosen muse Dr. Stephanie Sitoy's face, doing so with an intricate precision that was almost mesmerizing to watch.

And watch him, I did. Somehow, the scene that played out evokes his character—that of a makeup artist whose professionalism knows no bounds, yet knows how to have fun at the same time. "I am a makeup artist with entertainment showcase!" he exclaims with another laugh. There is never a dull day in the life of Wenwen Zaspa—quite literally at times, as his cheerful personality has been known to actually chase rainstorms away, earning him the moniker of 'Our Lady of Sunshine' from creative directors, photographers and clients all grateful for the sun suddenly breaking out for a day on an otherwise rainy week (I kid you not. I can personally attest to this). "I've met and worked with women from all walks of life, and I adjust my attitude and make them feel comfortable interacting with me," he explains. "After all, doing someone's makeup is a physical, intimate experience and I always

want my clients to feel safe and confident in my hands."

This is the same Wenwen I knew from my girlhood years, although back then, he was still starting out by doing makeup for beauty pageants in small barangays. A friend introduced him to the fashion industry, and he enjoyed the experience so much that he went on to pursue it, leading to numerous high fashion editorials. Today, while Wenwen is known for his bridal makeup, he dabbles in avant-garde looks from time to time. "I don't actually have a peg for this," he confesses to me sheepishly, moving on to placing lace appliques all over Stephanie's head. "You know me, *langga*. I'm having fun making this up as I go." It's a testament to his creativity and talent that the final look is breathtaking and—dare I say it?—crazy.

Wenwen has come a long way from the child who simply dreamed of doing makeup, and went on to become one of Cebu's most sought-after artists without formal training. "I taught myself," he states matter-of-factly. "I did—and still do—research new techniques on the internet. [There are] so many ideas you can learn." It hasn't always been that easy though, and Wenwen singles out a particular cover shoot for *Zee Lifestyle*—then *Zee Quarterly*—back in the day. "The photographer wanted a shimmery look, but I didn't know what to do," he recalls.

"So I powderized the white and beige frosted eye shadows and applied the mixture on the model's t-zone. Achieve ra ang show!"

Wenwen looks to international makeup artists Kevin Aucoin and Pat McGrath for inspiration, and fantasizes doing Oprah Winfrey's makeup one day ("She is influential, smart, funny and genuine."). For now, when he's not busy with work, he dotes on his nephews and nieces, and is active on Facebook. His makeup posts get their fair share of likes, but it's his fun multiplicity OOTV (Outfit of the Virgin #VeygaRa) photos, as well as his hilarious but good-natured exchanges with his loyal hairstylist Abbai Pila (*Chika Chika Churva!*) that really garner the most reactions from his some-40,000 followers.

As one of the city's top makeup artists, Wenwen has it all good, but he shows no signs of stopping soon. "I diligently and continuously research on new techniques to better myself and grow as an artist. Also, I'm definitely not in competition with others." He dreams of a time for the local beauty industry to be at par with Manila's, although he admits that Cebu is slowly getting there.

With his impeccable skills and unmatched creativity, that might just happen sooner than later; but for now, I indulge myself in asking Wenwen a question that I've harbored since I was a little girl: "So, Wen, when do I get to have you do my makeup?" ■



*"What makes Wenwen a great makeup artist is his passion for art with a heart."*

-STEPHANIE SITOY  
*beauty queen, doctor*

## COVER STORY

ON LOTTE Silk organza wrap by JUN ESCARIO;  
gray maillot from SOAK SWIMWEAR;  
and pearl necklace by MIA ARCENAS.

ON LUNA Organza wrap by REI ESCARIO;  
peach bikini from SOAK SWIMWEAR;  
and necklaces from MOY STUDIO.

Woven bags by MIA ARCENAS





# SISTER, SISTER

Peek into the easy camaraderie of twin sisters Luna Van Der Linden and Lotte Edwards who take a break from their thriving careers for a stylish getaway by the sea at Be Grand Resort in Panglao

by Shari Quimbo photography Jon Unson stylist Blaq Mafia  
makeup Lola Ley and Sumie Belbachir hair Jesse Egos  
locale Be Grand Resort Bohol

**T**HE SUN WAS BARELY rising over the horizon at Panglao Island, and already the *Zee Lifestyle* team is abuzz with activity. One of the Dream Villas at Be Grand Resort had turned into a boudoir of sorts—the four-poster bed had dresses hanging from its frame, while the comforter was covered with swimwear and accessories.

Despite the early hour, twin sisters Lotte Edwards and Luna Van Der Linden are cheerful and energetic, dancing to salsa music and admiring the outfits that were being laid out for them. The atmosphere is pretty pleasant, considering the good amount of traveling both women had to do the day before just to make it to the shoot—Luna had flown in to Cebu after an event in Boracay, while Lotte just got off a plane from Singapore.

Although identical twins, their individuality extends to their personalities. “Lotte is very feminine and glamorous, while I’m adventurous, spontaneous and

sporty," Luna explains. "As sisters, we challenge and learn from each other. She's the best twin I could ever wish for." To this, Lotte adds, "Our personalities are different, but we are also so much alike. Our cores are very similar. We are that close."

The phenomenon of being twins will always stay interesting since most people will never know what it's like to have, as Luna phrased, a wombmate. "There is an uncanny connection. I somehow feel what she is feeling," Luna says. "When she is in pain, I know when to reach out and be there for her. It's double the pain, but double the happiness too!"

"You're never alone; you'll always have that one person who connects with you at every level," Lotte adds. And what's the worst part about being a twin? "You're never truly alone," she laughs.

Their closeness is palpable as the two sit in for hair and makeup—Luna playfully teases Lotte for her looping playlist, and in return gets offered vitamins for sun protection by her sister. Now and then, they practice posing in front of the full-length mirror. "I haven't done this in a while," Lotte laughs. "I might not know how to do it anymore."

Having modeled in their younger years, the twins are no strangers to the world of photo shoots. "Monch Ceballos groomed us," Lotte recalls of their early days in the industry. "I'm very thankful for it—I wouldn't know how the industry

works nor the etiquette of the business without him."

Although Luna continued on that path, Lotte found herself pursuing another passion, albeit in the same industry. "I became a buyer," she shares. "After that, I realized I had a talent for design. It excited me. I would play around fabric and draping. Eventually, I got formal classes from

*"I love that [Luna is] very strong and loves adventures. I live vicariously through her. She always advises me to think positive all the time, and tells me the best is yet to come." -Lotte*

Oj Hofer, and with his support and my newfound talent, I opened my own business."

With her breezy and elegant resort wear, Lotte's creations were carried in Shangri-La resorts and hotels around the Philippines, and at designer Ana Liew's SKYE Boutique at Orchard Central in Singapore. "My designs were very fluid and graceful, elegant and colorful."

In pursuing another career, fashion designing had to take a backseat—Lotte is now the Brand Ambassador at Marina Club, an upscale marina in Sentosa Cove. "I handle all the events at Asia's finest marina club," she explains. "I handle the planning and creative stage, execution, inviting members and guests, and even hosting it. It's mostly PR work, but I also do the planning of themes, which is really fun."

Just last year, she brought in Cebu designers Jun Escario, Mia Arcenas and Dexter Alazas for a trunk show at the Singapore Yacht Show. Supporting Filipino talent on the Singapore stage means much to her. "I believe in the Filipino talent. I think it's world-class and if we all work together—with none of this crab mentality—we can definitely show the world what we've got." In the spirit of giving back, Lotte is an advocate of Style Your Soul, a movement which organized relief operations from Singapore for affected regions and victims of typhoon Yolanda.

Since starting out at ONE15 Marina Club, Lotte has been at the helm of several events and theme parties. "I also launched the only floating bar in Singapore, the Boater's Bar, on weekends. So far, it has been successful—it's become a weekend habit for some of Singapore's glamorous set." When she's not busy working, Lotte does yoga regularly.

The position has landed her in what seems to be a beguiling



Scalloped black maillot from  
SOAK SWIMWEAR. Shoes  
and jewelry, model's own.

**Everyday beauty regimen?**

**Luna:** Sports. Sweating it out.

**Lotte:** I wash my face every night, even if I'm very tired. I always wash my face to let it breath while I'm sleeping.

**A beauty product you can't live without?**

**Luna:** Chanel Les Beiges sheer powder.

**Lotte:** Tweezer. Grooming is very important.

**Your favorite beauty look?**

**Luna:** Dark eyes, dark red lips, dark hair and tanned skin.

**Lotte:** Curly big hair, dark smoky eyes and nude lipstick—dramatic and yet the nude lip gives a good contrast.

**Whose beauty look do you admire?**

**Luna:** J.Lo because she's the best. I saw her on one of her concerts and she was amazing. She can get away with any look.

**Lotte:** J.Lo because she can just about get away with any look.

**What looks makes you feel sexiest?**

**Luna:** Tanned skin

**Lotte:** Red lipstick

**Your personal style?**

**Luna:** Elegant.

**Lotte:** Very experimental. I like mixing styles, trends and looks. I accessorize and dress to have fun and be myself.

**Most used item in your closet?**

**Luna:** Recently, I wear a lot of hats in different styles, shapes and colors.

**Lotte:** Not surprising, I suppose, but I wear my kaftans and other designs all the time.

**Oldest thing in your closet?**

**Luna:** I change my wardrobe regularly, so I guess the oldest thing I have in my closet is my wedding dress for obvious sentimental reasons.

**Lotte:** I still have stilettos from decades ago. They are good brands, so I can still actually wear them.

**Your power outfit?**

**Luna:** I don't have a particular power outfit, but I believe that if you put a woman in the right shoes, she can conquer anything. So I do have power shoes—when I wear my YSL Tribute heels, I feel I can do anything.

**Lotte:** A suit from YSL. It's all black, with slim pants.

**Favorite brands?**

**Luna:** Chanel and YSL

**Lotte:** Valentino and Balmain

**Favorite local designers?**

**Luna:** John Lasala, Oj Hofer and Jun Escario

**Lotte:** Oj Hofer and Jun Escario

**Favorite place to bargain shop?**

**Luna:** Bangkok

**Lotte:** Bali

**If you were a fashion accessory, what would you be?**

**Luna:** A hat, because it's functional and pretty.

**Lotte:** I'd be a watch. You need it everyday, and the style always represents the wearer.

**Best fashion advice you've received?**

**Luna:** Be yourself and dress like a proper lady.

**Lotte:** Try not to wear brown with green—you will look like a tree.

Halter embroidered bikini from SOAK SWIMWEAR; and necklace from MOY STUDIO. Shoes, model's own.



lifestyle, but Lotte takes her work seriously. "Everyday always brings a new challenge, sometimes a welcome one and sometimes one I can do without. But I learn to cope," she says. What's one challenge that she usually finds herself facing? "For somebody who handles events and parties, the rain is my number one nemesis!"

Being a Brand Ambassador in a yacht club where thousands come in from around the globe allows her to meet so many interesting people. "I like learning from them, seeing the world through their well-traveled eyes,

kaftans remain in circulation in her wardrobe. "It's such a cliché, but they are perfect for Singapore's humidity. But I guess I also designed them for lazy days when you don't want to think too much about what to wear but still look stylish."

For her part, Luna describes her occupation as, "Currently co-running the Chameleon modeling agency while being a housewife." Although still modeling herself, Luna also manages models, booking them for events and shows. "More than that, I serve as their mentor," she shares. "I teach them

*"There is an uncanny connection. I somehow feel what she is feeling. When she is in pain, I know when to reach out and be there for her. There is double the pain, but double the happiness too!" -Luna*

learning about their culture. It's very enriching!" Lotte shares. As a wine connoisseur, she finds meeting winemakers a particularly enjoyable experience. "I love learning about their wines and how each vineyard is different from another. It's interesting!"

With everything that's on her plate, she still hopes to be able to return to designing when she can. "I dream about going back, all the time. It's always at the back of my mind. Maybe someday," Lotte says, also admitting that her

what I've learned over the years. It's not just about grooming or walking the runway, but more about professionalism and how to handle yourself in public."

Luna's modeling experience certainly comes in to play as she poses for the lensman. "I actually enjoy photo shoots the most—from the creative aspect and the makeup, to playing with the lights and complex poses. But what's important to remember, and I always tell my girls this, is that we shouldn't be too critical of ourselves. In the end, we

are all God's beautiful creatures, flaws and all."

With that in mind, Luna is actively pushing the Chameleon Modeling Agency into molding better talent. "The Chameleon Modeling Agency handles a number of beauties who all practice professionalism," she shares. "We're hoping to get our name out there for more collaborations with top Filipino designers at the upcoming Manila Fashion Week, and we would like to participate in the Singapore Fashion Week more actively."

Like Lotte, Luna is in a field that requires her to be extroverted, something she clearly excels at. "Meeting new people—models, designers and promoters—and being part of the creative aspect of the fashion world," she enumerates as the things she enjoys most about her job. "It's not all glitz and glamour, it's a lot of hard work too. But then again, that's the fun part."

In between work, Luna remains on the move by subscribing to different fitness regimens. "Almost everyday is gym day, so I'm always in my sportswear. On any given day, I do yoga, boxing, running, skateboard, tennis, wall climbing—sometimes two things in one day."

Their similar industries allow them to work together on some projects, an opportunity the twins thoroughly enjoy every time it comes up. "Some of the best events I have done were those with Lotte," Luna reveals. "More recently, we did a fashion show for Fit for Fashion.

We usually don't walk for runways anymore, but it was for a good cause and it was styled by Queen Melo Esguerra in Singapore."

The busy workload does take its toll as trials come with an active career. "Balancing my work life with my personal life is a challenge. We have to work around each other's schedule and manage our calendars to make sure there is time for the things that truly matter," Luna says, referring to Stephane Van Der Linden, her husband of almost six years, and their pets, ragdoll cat Paris and shih tzu Cosette. "In the end, I am aiming to combine a successful career with being a devoted wife. Luckily enough, we share the same passions—diving, traveling and trekking—which keep us closely connected."

Lotte too finds getaways the perfect time to connect with her husband Jason Edwards, and kids, eight-year-old Ethan Curtis and six-year-old Isabella Rose. "Family vacations are always the best! When I bring the kids to new places, they're like me—they also love to swim, and play in the sand."

Their close affinity to the sea becomes obvious in how comfortable they both are by Be Grand's wide, sandy waterfront. "I remember how often we were at the beach when we were growing up," Luna shares. "I learned to swim because my dad would throw coins into the sea, and we would dive down to get them. She also vividly remembers her tall Spanish

grandfather, who she reckons was around 85 at the time, as he sat quietly by the pool. "I think he was either meditating or contemplating about life," she muses.

With six other siblings in the brood, their childhood memories were ones of fun, as they recall how they developed an early taste for

*"I believe in the Filipino talent. I think it's world-class and if we all work together—with none of this crab mentality—we can definitely show the world what we've got."*  
-Lotte

fashion and liked playing dress-up. Lotte adds, "We would dress up in our mom's clothes and pose in front of the mirror."

Both girls took up Tourism at the University of San Jose Recoletos, which had been their mom's decision. "I was more attracted to the Arts, so I shifted to another course. My mom only found out two semesters after!" Luna laughs. "I

guess it does somehow match what I do now, since I have dabbled in modeling, interior design and also took up makeup artistry classes in Singapore. All of those speak of my love for art and anything creative."

On the other hand, Lotte ended up taking Political Science as a secondary course. "It's pretty different from where I am now," she admits. "Instead, I went on to open my own business in design, and designing is my passion."

Although based elsewhere now—Singapore for Lotte and Manila for Luna—Cebu remains very much their home. "Cebu will always be home," Lotte says. "My mom, my family and my loyal friends are there."

"We are very lucky to have properties in Cebu, so we usually fly back on weekends and take the car to Mactan and buy fresh mangoes, lechon manok and hanging rice by the road, and hire a boat to go diving in Pandanon, Mactan Wall or any of the nearby sanctuaries," Luna enthuses. Speaking of Cebu's food and restaurants, she says, "My husband and I recently discovered a hole-in-the-wall on the road leading to Mactan. I'm not sure what it's called, but they sell the freshest fish and seaweed at very reasonable prices."

Lotte in turn mentions, "Anzani. The view from up there is amazing, and they serve really good wine. They have Quinto do Zambujeiro, my favorite wine. The food is always good, and you know



ON LUNA Off-shoulder pink dress, necklaces, cuffs and earrings by MIA ARCENAS.

ON LOTTE Yellow bandeau bikini from SOAK SWIMWEAR; Fringed necklace from MOY STUDIO; Yellow cover-up, delicate chain necklaces and cuff by MIA ARCENAS.

## COVER STORY



Halter embroidered bikini from SOAK SWIMWEAR; Electric pleated top and palazzo pants by MIA ARCENAS. Cuff, model's own.

that everything they serve is fresh."

Their common favorite in Cebu is still the beaches. Both sisters would choose a tropical holiday over an adventure somewhere cooler, which explains their excitement about the shoot being at the Be Grand Resort in Panglao. "Something about the sound of the waves refreshes me," Lotte confesses.

Luna found her second stay at Be Grand Resort equally enjoyable as her first time during the Christmas and New Year season, commenting about their friendly staff and the amazing facilities. "It's beautiful," Lotte adds. "The rooms are spacious and very chic. The staff are very welcoming and hospitable, and the seafood they served was mouthwatering."

Having just opened the previous year, Be Grand Resort has become a preferred getaway place in Panglao, just off Alona Beach and tucked away in its own private cove. Its well-appointed rooms and a man-made river connecting the luxurious villas have all the makings of an indulgent beach holiday.

"It's a perfect island paradise," Lotte quips, also citing Boracay as another favorite. With those tropical vacation spots in mind, sunscreen and other skin protection products rank high on her list of travel essentials. "I also always bring my hats. They're specially made in Ecuador and are perfect for any outfit."

Both women are fond of wandering and Luna names Prague and Santorini as the next destinations on her list, while Luna shares that she's always wanted to

see the pyramids in Cairo.

The dynamic between the two is interesting to watch, their contrasting personalities actually somehow complementing each other. "Luna is the crazier one. She always loves adventures and brings me for the ride," Lotte shares about growing up together. "There was always some mischief everyday, and we never had a dull moment."

That obviously didn't come without a share of sibling squabbles. "My favorite memory of growing up with Lotte would probably be the fighting and the making up," Luna laughs.

The differences they see in each other have actually become what they appreciate most now. "I love that she's very strong and loves adventures. I live vicariously through her," Lotte admits. "She advises me to think positive all the time, and tells me the best is yet to come."

On Luna's part, "Lotte's very generous, direct and frank with me. She acts like my older sister, even though I was born ten seconds ahead of her." She shares the best advice that Luna ever gave her: "Marry him."

Both equally fabulous and hardworking, committed to career and family, and definitely empowered, the Delima twins may live separate lives in different cities but somehow stay connected. Despite being apart, that special bond that only twins share remains undoubtedly strong. After all, when you start your lives as "wombmates," there really is no cutting those ties. □



**JUN ESCARIO**  
Vero Showroom, Cebu City  
Marriott Hotel, Cebu City  
[www.junescario.com](http://www.junescario.com)

**MIA ARCENAS**  
Ferimar Building, Nivel Hills,  
Lahug, Cebu City  
[www.miaarcenas.com](http://www.miaarcenas.com)

**MOY STUDIO**  
[www.moy-studio.com](http://www.moy-studio.com)

**SOAK SWIMWEAR**  
Cabana at Banilad Town Center,  
Gov. Cuenco Avenue, Cebu City

White kaftan and necklace  
by MIA ARCENAS.

FASHION



Swimsuit from TOPSHOP;  
Lola de Casademunt earrings  
and necklaces from RUSTANS

# IN HER SKIN

Natural freckles and illuminating accents  
play up features and create a stunning  
canvas for jewelry that make a statement

photography **Jon Unson** stylists **Blaq Mafia**  
hair and makeup **Chady Pantaleon** model **Maria** of **ORIGIN Model Management**





Swimsuit from TOPSHOP; Lola de Casademunt earrings and necklaces from RUSTANS



Bias dress by FAIZEL TAN; Natori  
accessories from RUSTANS.





Mikado satin panuelo robe by EDWARD CASTRO; Natori earrings and Lola de Casademunt necklace from RUSTANS



Trousers by BREE ESPLANADA;  
suit blazer, stylist's own; pearl  
pendant necklace from RUSTANS



## PAL AND ALPHALAND'S ULTIMATE REWARD FOR MABUHAY MILERS

Flag carrier Philippine Airlines (PAL) has sealed an agreement with Alphaland Corporation to bring Balesin Island Club to Mabuhay Miles members. Balesin is a world-class members-only island resort, which can be reached via Alphaland's private fleet of airplanes and PAL's chartered flights. PAL and Alphaland Corporation are making it possible for Million Milers and Premiere Elite members to enjoy Balesin's seven kilometers of white-sand beach for free, making the island getaway the ultimate reward for the airline's frequent flyers.



Balesin Royal Villa



J.Bautista, JoAnne Rae Ramirez and Melanie Galindez



Tessa Prieto Valdez of Inquirer, Roberto Ongpin, Chairman of Alphaland, Washington Sycip of SGV, Marixi Prieto, Chairman of PDI and Jaime B. Bautista, COO and President of PAL



Liza Ilarde, Pinky Custodio, Ria Domingo, Anna Sobrepeña and Fil Sionil



J.Bautista and Lito Alvarez



PAL's Mark Lopez, Eileen Galindez, PAL's Marianne Raymundo, PAL's Kit Javier and Alfred Montemayor



PAL's John Michael Barnaby, PAL's Eileen Galindez, PAL's Babyruth Chuaunsu, PhilStar columnist Mayenne Carmona, PAL's Eric Tan



Anna Ongpin of Alphaland and guests



Babes Oreta of Alphaland, PAL's Cielo Villaluna and PAL's Pinky Custodio



Star Querbin, GM Frank Reichenbach and Renee Salud



Maritess Allen, Blanca Mercado and Pearl Maclang



Mirko de Giorgi, Tita Trillo and Paige Meneses



Eloisa and Michael Klecheski, Marga and Ramon Tupaz and Sherrie and David Williams



SEATED German Ambassador Thomas Ossowski, Indian Ambassador LD Ralte, Thai Ambassador Thanatip Upatising; STANDING Norge Reichenbach, Renee Salud, GM Frank Reichenbach



Lara Constantino, Dottie Wurgler Cronin and Roel Constantino

## SILKEN VOICES, SILKEN ROADS: AN OPERA GALA DINNER

Marco Polo Ortigas' musical Gala highlighted musical pieces, special dishes and Renee Salud's elegant creations. The show featured voices of opera singers Francisco Aseniero, Gerphil Flores, Karla Gutierrez, Christian Nagano, Marian Santiago and Lawrence Jaytana. The guests were serenaded to classical favorites like O Sole Mio, Funiculi, Funicula, Nessum Dorma and many more. The talented Director of Philippine Opera Company, Floy Quintos also performed with these artists. Based on Marco Polo's journey, the menu featured a fusion of dishes from Europe and Asia. Renee Salud's Red collection showed cultural interaction between the regions that were part of the Silk Route. The event was held at the Grand Ballroom of Marco Polo Ortigas, Manila last April this year.



GM Frank Reichenbach's welcome speech



SEATED Eva Gullas, Bobbit Avila, Dr. Nestor Alonzo; STANDING Mayenne Carmona, Frank Reichenbach, Nelia and Atty. Julius Neri



The Philippine Opera Company performers - Christian Nagano, Karla Gutierrez, Marian Santiago, Lawrence Jaytana, Francisco Aseniero, Gerphil Flores are honored onstage by Mrs. Norge Reichenbach, and GM of MP Ortigas Frank Reichenbach



US Embassy Deputy of Mission Michael Klecheski, Lifestyle Asia Anna Sobrepena and Columnist Johnny Litton

## DR. JOSEFINA CALAYAN'S BIRTHDAY CELEBRATION

The family who is well known for their expertise in the field of health, beauty and wellness is headed by Dr. Josefina V. Calayan, who is celebrating her 83rd birthday here in Cebu. When asked about what inspires her, she smiled and said "the love for family". Her sincere passion to serve others is what inspired her children and grandchildren to continue their family legacy. "I, together with my late husband who was also a doctor, has seven children—five of them are doctors (Arminda, Bernardita, Criselda, Manuel and Maybel), one is a lawyer(Ronaldo) and the other one is an accountant(Glenardo) and most of my grandchildren followed the same path with some in the field of business.



Calayan Medical Group with the local Press



Dr. Josefina Calayan with Yuki Aguado



Dr. Josefina with Blinky de Leon and the Calayan Family

## MARCO POLO PLAZA'S 10TH ANNIVERSARY CELEBRATIONS

This year, Marco Polo Plaza celebrated its 10th anniversary through a series of memorable events. As a way of saying thank you, they kicked-off the celebration by giving back. On April 3, 2016, more than 900 runners gathered for RUN FOR ERUF #TimelessAt10 – a benefit run for the Emergency Rescue Unit Foundation. Nine hundred thirty one runners gathered and Php 130,000.00 was raised to support ERUF. Weekly events with different themes were also held, inviting friends and guests to intimate gatherings to ensure quality time with them.



Connie Cimafranca, Julie Najar and Janice Nabua



Amparito Lhuillier, Teresin Mendezona, Mariquita Yeung and Tess Catipay



Banjo del Rosario and Jude Pangan



Hiromi Tamura, Xavier Masson and Nami Yamamoto



Anna Laburada, Chino Quintana and Charlene Rodriguez



Cordova Vice-Mayor-elect Adelino Sitoy, Vice-Governor-elect Agnes Magpale, Mandaue Mayor-elect Luigi Quisumbing, Mandaue Vice Mayor-elect Carlo Fortuna



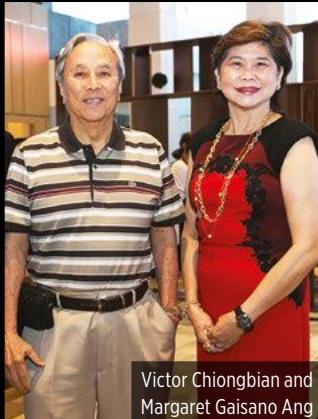
Philip Tang, Brian Ip and Raven Ma



Greg Anonas and Christopher Narciso



Terence Lee, Stanley Ng, Christopher Narciso and Ivan Law



Victor Chiongbian and Margaret Gaisano Ang



Finn Carew, Gilbert Ang and Christopher Narciso



Johnny Lai, Ann Teo and Jessica Siu



Evelyn Selma and Selina Romualdez



Chris Gothong, Merrill Gaisano, Nellie, Barnett and Jessica So, Vivian Gaisano and Audrey Villa



Paul Lim, Ramon Dakay, Edward Gaisano, Augusto Go and Felix Tiukinhuy



Taft Properties Chairman Jack Gaisano, Taft Properties Chief Marketing Officer Ryan Villaflores, Mandani Bay Project Director Gilbert Ang, Congressman-Elect Jonas Cortes, Mandaue Mayor-elect Luigi Quisumbing, Taft Properties President and COO Christopher Narciso, Chief Representative of Hongkong Land in the Philippines Finn Carew, and Vicsal Holdings Co. Group President and COO Christopher Beshouri

## MANDANI BAY GRAND LAUNCH

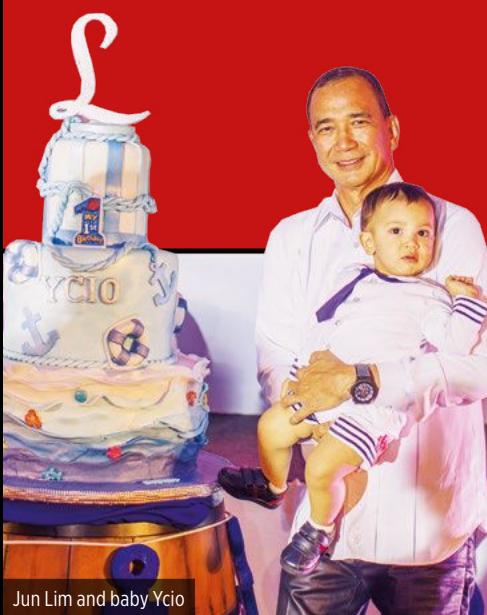
Hongkong Land and Taft Properties, the powerhouse partnership behind Mandani Bay, delivered an awe-inspiring show that launched the finest Show Gallery in the country. Amidst world-class music, stunning audio visuals and spectacular fireworks, Cebu's crème de la crème was offered a peek into the lifestyle this premium waterfront development has to offer with first-class award-winning Cebuano performers as the Mandaue Children's Choir, the Cebu Classic Youth Orchestra, the University of Cebu Dance Company, and Soprano Windey Prado.

## YCIO LIM'S 1ST BIRTHDAY

Ycio Lim, the precious son of Lite Shipping president Jun Lim, recently turned a year old with a grand birthday party at the Oakridge Pavilion. The nautical-themed event, organized by TCarcel Events Planning, kicked off with a mass, before baby Ycio's family and family friends were entertained with lively performances by the Ryan Cayabyab Singers and the Cebu Singing Ambassadors. Hosts Kate Torralba and Clownin Around Manila ensured that all 250 guests had a night to remember.



Filomena and Jun Lim and baby Ycio



Jun Lim and baby Ycio



Cristina, Erwin, Pauline, Edward, Marylou and Medy Ngo with baby Ycio and daddy Jun Lim



June Alegrado, Jeanette Co, Cherry and Arnel Pineda, Iris Arcenas, Bernie Aboitiz and Frances Siao



Clownin Around Manila



Kate Torralba



Cebu Singing Ambassadors



Ryan Cayabyab Singers



Ritsy Anlagan, Rochelle Tabino and Erika Baclaan



Ulla Virkulla and Jeff Fronda



Mr. and Mrs. Gildo Destreza and Marife Yuson



Marianne Martinez, Rabby Nuevo, and Kentaro Kurita



Aissa dela Cruz, Max and Marlen Limpag



Ethelbert Ouano, Kat Cacho, and Ehda Dagooc

## RADISSON WELCOMES NEW GENERAL MANAGER

Radisson Blu hosted a special Wine Down Wednesday's to welcome new general manager Laurent Boisdrone and hotel manager Fabien Martinez. With a shared French heritage (Boisdrone is French-American and Martinez is French-Korean) the two are exciting additions to the hotel team.



Laurent Boisdrone, Amparito Lhuillier, and Fabien Martinez



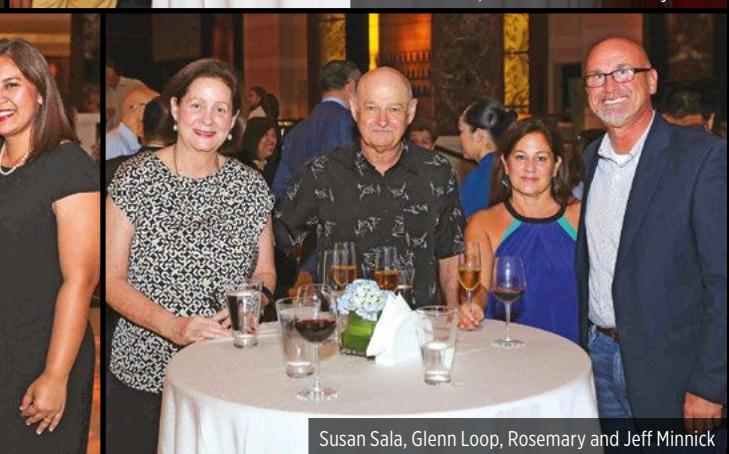
Arabella Barz, Estee Marie Patino-Plunket, Riann Banez, Gio Ruiz, Pauline Mudaramente, and Fabien Martinez



Nestor Alonso, Ann Olalo, Cybill Guynn, Princes Anderle, Jaime Picornell and Kaye Sala



Liz Rubiso, Arabella Barz, Virgilia Dumdum, Loureina Evangelio, Ruby Nepomuceno, and Marife Yuson



Susan Sala, Glenn Loop, Rosemary and Jeff Minnick

## JULIANNE CO AT 18

Julianne Co, only daughter of Bigbag Property Ventures Inc. owners Jason and Mira Co, celebrated her debut at Oakridge Pavilion on Saturday, April 30. About 300 guests composed of relatives, family friends and friends from De La Salle University where she's currently a sophomore student, as well as former classmates from Philippine Christian Gospel School (PCGS) and Centre for International Education (CIE) were invited. The debut was eight months in the making and was nothing short of amazing especially with the collaboration of top names in the event industry: catering by Creative Cuisine, lights and sounds by JQ, décor by Agel Tio-Go, cake by The Chocolate Leaf's Cheryl Go, photography and videography by KEMS, music by the band Rio, graphic designs by Lee Tse, makeup by Julie Ebio, and event hosting by Ryan Uybengkee.



Julianne and father Jason



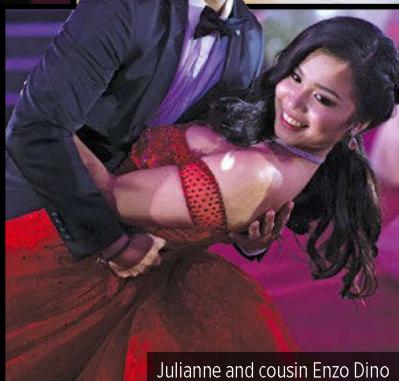
Julianne with parents Mira and Jason and brothers Johanne and Jan Adrian



Julianne Co with designer Val Taguba



The debutante with family friends AJ, Carmel, Mikee, Carmi, Cara, and Miguel Durano



Julianne and cousin Enzo Dino



The debutante with her 18 roses



The debutante with her 18 candles



Tiffany Neri



Anton, Lili and Leanne Florendo



Lulay Ostanillas



Jean Yu



Marco Diala



Kristine Roa and Ethelbert Ouano



Martina Genco and Mariana Chiongbian



Toni Pino-Oca

## HAVAIANATICOS SAY ‘KONNNICHIWA’ AT MYOH 2016

Havaianicos all over the country took creativity and self-expression to their soles at the country's biggest and most anticipated customization event, Make Your Own Havaianas (MYOH), which in Cebu was held last April 22 to May 1 at All Flip Flops in SM Seaside City Cebu. The 10-day event was attended by style squads, sun worshippers and generations of Havaianicos from millennials making their first pair to those making their 11th MYOH combination.



Jackie and Kryz Uy

### LAS TRES MARIAS

Qube Gallery opened a three-woman exhibition by the Syjuco sisters, Michelline, Beatrix, and Maxine Syjuco. The multi-media exhibition highlighted the distinct styles and creative approaches of the 3 sisters – unveiling an entrancing fusion of artistic disciplines from Michelline's hand-torched brass sculptures, to Beatrix's highly-texturized abstract paintings and Maxine's mixed-media visual narratives and installations.



Carina Sala, Butch Carungay, and Susan Sala



Patrice Muller and Sophie Secco

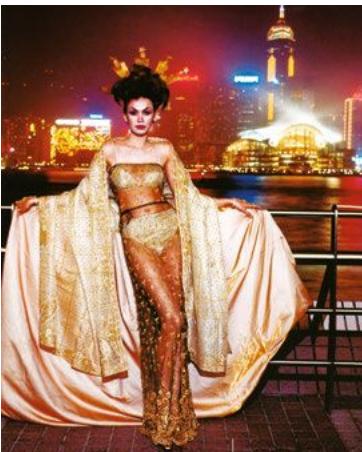
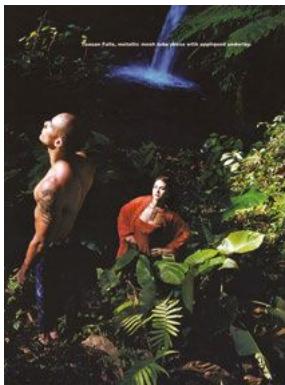
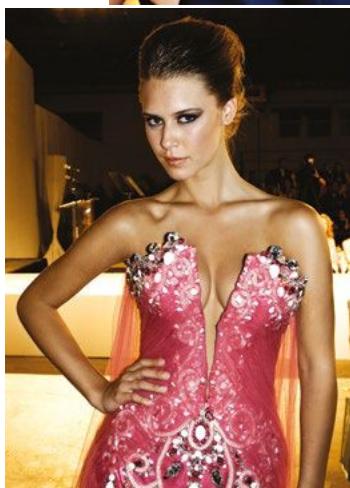
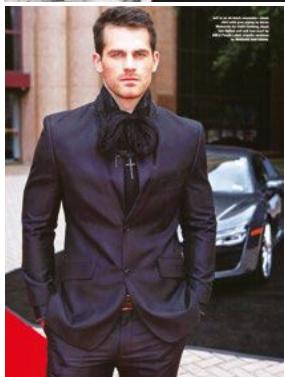


Maxwell Espina and Jaime Picornell



Annette Holopainen, Alma Garcia, Isabel Echevarria, Beatrix Syjuco, and Maxine Syjuco

LAST PAGE



CLOCKWISE FROM TOP New York City shoot, outfit by Rey Santos, model Shinkee Sco; Houston shoot for Alexis Monsanto; Bohol shoot, outfits by Furne; Hong Kong shoot for Furne; Miami shoot for Furne; Los Angeles shoot for Alexis Monsanto.

## ZEE MEMORIES

TIME FLIES AND BEFORE YOU KNOW IT, ZEE celebrates 20 years of artistically showcasing fashion, food, luxury and parties. I look back to the early years with fond memories of shooting a lot of the fashion pages for the magazine and how it has evolved through the years. The opportunity to have worked with talented people who helped put together a creative body of work we were proud to feature in the pages of *Zee*.

From the beaches of Bohol, where we waited for days for better weather and on our last day when we thought we might have to go home empty handed, the weather cleared enough and we even had the opportunity to use a helicopter on the beach as a backdrop. Our Camiguin shoot on White Island, where the boat had scraped the bottom of the reef and on the way back, the boat lost power, started taking in water, and the weather turned for the worse. When we got to dry land—barely, we had the boat towed to a safe harbor only to find it washed under water the next day. I relish those days in Hong Kong with only the essential crew for the shoot and the "hop-on, hop-off" shoot in New York City, a collaboration of Cebuanos in the Big Apple—similar shoots were done in Los Angeles, Miami and Houston.

It was a time when we were shooting transparencies in medium format cameras. Each shot had to count since 120 film and processing was expensive, not to mention the Polaroids. It was also a time of creativity, collaboration of minds with the intent of creating images that would inspire.

Here's to the designers, stylists, models, crews and staff that made it all possible. Most of all, to Eva for her vision to showcase the best that Cebu has to offer with the publication of *Zee*.

It is an honor to be part of *Zee*'s journey through the years and a delight to await for what the next 20 years will bring.

PAUL DURANO  
photographer



# Life as it should be.



A full-page photograph of a woman from the waist up, wearing a white sleeveless blazer over a white t-shirt and matching white shorts. She has long brown hair and is looking directly at the camera. The background is a blurred outdoor scene.

G2000

Level 1, Robinsons Galleria