



**INSIDE:**  
FLOWERS,  
CAKES & CANDY  
Check out our exclusive  
guide to the sweetest  
deals this  
Valentine's Day  
(Ssshhh...  
for TW  
readers only!)

**Love Is  
In The Air**  
5 real couples  
share their  
journey towards  
happily-ever-after

## Fitness

What's the skinny?

Tips on staying  
slim & trim  
in 2013

# Annie IDIBIA

**Opens Up On The All-Conquering Love  
That Led Her Prodigal Man Back Home**

***Fashion: Girls Just Wanna Have Fun!***

**Relationships**  
Still single & searching?  
Here's how to beat  
the blues this  
Valentine's Day

VOL. 5 NO. 3 N1000



2006 - 2141

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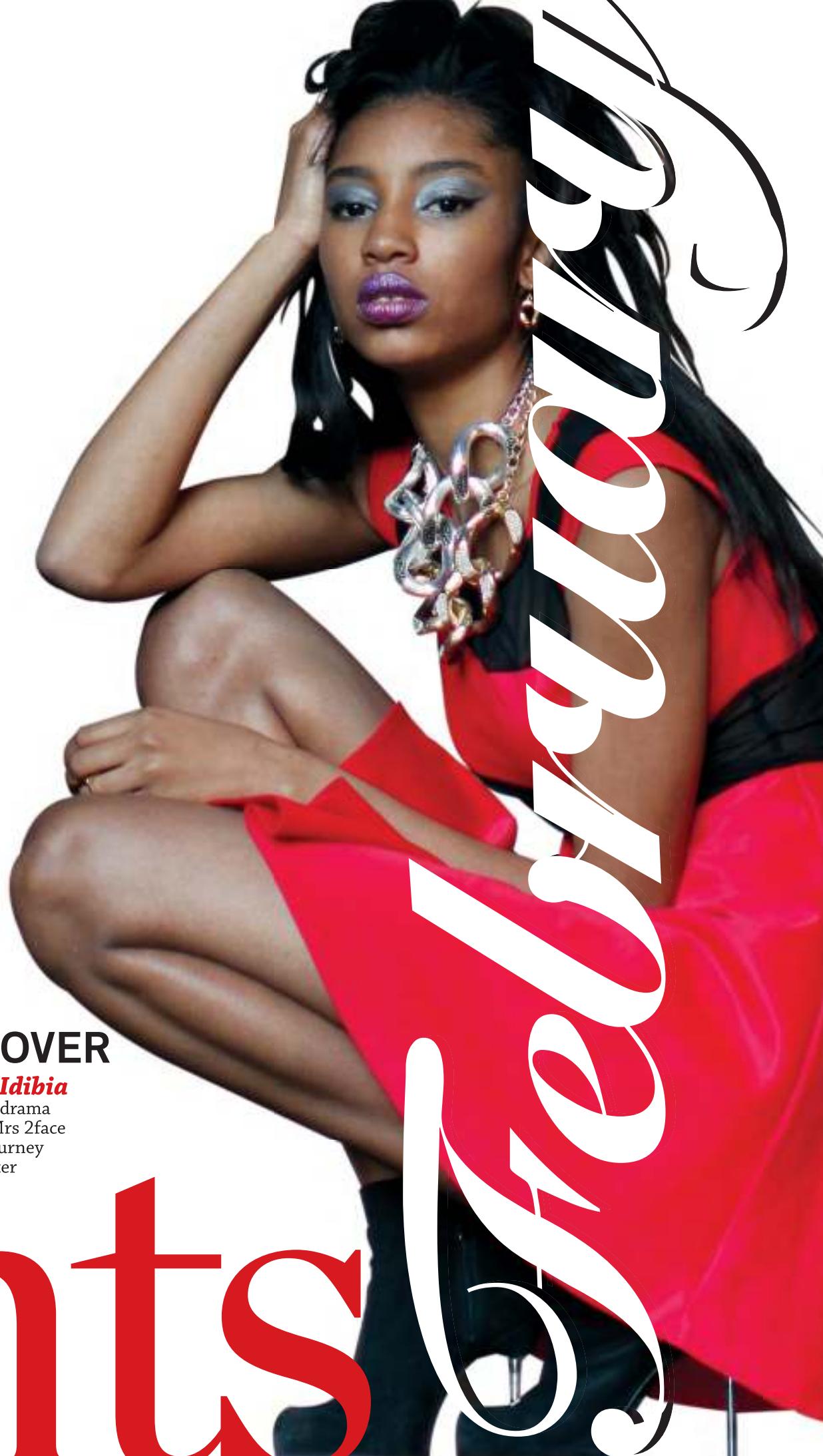
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## ON THE COVER

**Annie Macaulay Idibia**

Putting the baby mama drama behind her, newlywed Mrs 2face Idibia talks about the journey towards happily ever after

# events



# Love Never Fails



Photo: Moussa Moussa; Yellow dress: Wanseri; Neckpiece: Emissaza; Hair: The Hair Whisperer; Makeup: Anita@Zafon

When we decided to put Annie Macaulay Idibia on the cover of our February edition, the question I knew for certain that I wanted to ask her was: "why?" I wanted to understand why she stayed with Tuface after everything he put her through. I wanted to understand why she chose to marry a man who has five children from three different women (admittedly one of the five children is hers). As I pondered on these questions, I suddenly remembered the portion of Scripture that says: Love is patient, love is kind... It is not self-seeking, IT KEEPS NO RECORD OF WRONG-DOING. It always protects, always trusts, always hopes, always perseveres... (1 Cor 13: 4-7)

While I have read this passage in The Bible several times, it took on a totally fresh dimension as I thought of the words in the context of Annie & 2Face's story. Could this be true love then? While cynics like myself are questioning Annie's sanity, could it be that she is actually practicing love in its purest form? The Bible says that love is patient and kind. More pertinently, we are admonished that love keeps no record of wrongs! From talking with Annie for three hours during our interview session, I can testify that she is either walking in love as prescribed in 1st Corinthians Chapter 13... or she is an actress delivering an Oscar-worthy performance (read her story on page 86 to determine for yourself).

In the meantime, I continue to ponder on this passage and in the spirit of the Valentine season, I cannot but ask myself the following hard questions: How do I define love? If I measure my "acts of love" against the Biblical standard, aren't I coming up pitifully short? Can I truly say that my so-called acts of love are not largely self-seeking? Do I not tend to keep a record of wrongs perpetuated against me by the very ones I profess to love? Am I not sometimes too quick to close the door of my heart to anyone I believe has transgressed against me?

Further down in the same chapter, Apostle Paul goes on to pen three simple, yet profound words – Love never fails! So if it is truly love, it will be patient, it will be kind, it will forgive easily and completely, and it will never, ever fail. This is how God loves us and it is the way in which He expects us to love ourselves and others. It's a standard worth reaching for this season and beyond.

Happy Valentine's Day!

  
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To be a glamorous yet wholesome, self improvement magazine for today's total woman.

#### VISION

To be the magazine of choice for the woman of style and purpose, and her family!

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# tw Contributors This Month



## Ifeoma Idigbe

**Who:** Business analyst, currently a public servant and finding it interesting!!! Involved in a myriad of activities, lots of this and that ...

**What:** "I See You" for Serendipity

**Why:** Forgive us our trespasses as we forgive those who trespass against us ... 'Seeing' people helps me work at living this prayer!.



## Maje Ayida

**Who:** CEO Eden Lifestyle. Health and fitness expert, entrepreneur, part time blogger. Believer in an active life and treating people like I want to be treated.

**What:** 20 Skinny Habits.

**Why:** I noticed that lean people have habits that they practice every day. One friend of mine is a case in point, so I started stalking him. He doesn't know that he inspired this, I guess I have to tell him now.

**My Perfect Valentine's Day:**  
Curled up in bed watching movies



## Dikko Nwachukwu

**Who:** Husband and father of two boys. Serial Entrepreneur and currently Special Adviser to Abia State Governor on Trade, Investment and Public Private Partnership. Aviation Enthusiast. Just wrote my first book to be published this summer (it's a political book)

**What:** Mankind

**My Perfect Valentine's Day:**  
I don't believe in Valentine's Day so it will be like any other day in my household. Maybe we'd have dinner by the pool and I'd make one of my world famous dishes. (Did I mention I'm also a 3-star Michelin chef. LOL)



## Anuel Modebe

**Who:** Photographer who likes playing basketball

**What:** Photographs for Recipes page

**My Perfect Valentine's Day:**  
A quiet evening with the Missus with Chinese takeout and a good chick flick.



## Stella-Maris Ikelionwu

**Who:** Professional Make-Up Artist & Beauty Blogger who enjoys playing with make-up and blogging about it

**What:** Beauty column

**My Perfect Valentine's Day:**  
A quiet night with Mr. Right

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# your Letters

Like to drop us a word? Send us an e-mail at [pulse@twmagazine.net](mailto:pulse@twmagazine.net). You might even win our star letter prize!  
Also, check us out on Facebook: TW Magazine Fan site, and on Twitter as TW Magazine ([twmagazineng](#)).



## STAR LETTER!

### December/January edition

Hi TW,  
YAY!!! We made it this far and may the good Lord continue to keep us till the end of the 2013 like He did in 2012.

Last year was really a trying year and through it all I thank you the TW team and Aunty Adesuwa Onyenokwe for keeping the TW flame burning. The magazine has been a real source of inspiration to me from inception till date.

Wishing you all the very best always and God's guiding light on all your endeavours.

Thank you,  
*Francisca Aiya Ijewere*

Hi TW,  
Thank God we were counted worthy to make it through to the New Year. I am a proud and happy, Totally Whole, Truly Wow and Today's Woman (TW) subscriber.

Best regards,  
*Bola Yusuf-Ekine*

Dear TW,  
I do really appreciate everything about TW, you people are exclusively unique and of international standard.

I have experienced a lot of changes in my life and lifestyle since I started subscribing for the Magazine. Many of my friends have also gotten addicted to your magazine just as I am, you have been so wonderful, I lack words to appreciate your good job

Wishing the TW team a prosperous 2013 business year, its well with you all.  
Best Regards  
*Uchenna Emetu*

Dear TW,  
Thank you so very much for all your updating emails throughout the past year and the nourishment of titillating conversations read, shared and enjoyed through TW Magazine. It has been the highlight of many tough days and challenging times. A big "thank you" to everyone at TW!!! Keep it up.

*Miss Mojisol E. M. Akpata*

Dear TW,  
Your magazine is one of my prized possessions and I guard it with utmost care! The many past editions in my personal library will testify to that.

It is one magazine that brings a smile to my face especially if I've had a stressful day. And not to talk about the lazy moments with TW mag. I can't imagine how I've survived all the years prior to TW.

The bar has certainly been raised and I salute Adesuwa!

*Dorothy Bassey*

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# Agbani Darego's 30<sup>th</sup> Birthday Celebration

Sunday 6th of January, 2013

@ the Wheatbaker Hotel, Ikoyi



# Social Butterfly

tw





## Nollywood Mourns

Nigerians woke up on New Year's Day to the sad news that popular Yoruba actress, Bisi Komolafe had passed away the previous day, from an unspecified illness. Her pretty face and unmistakable talent will be greatly missed.

Also, veteran Nollywood actor, Enebeli Elebuwa was laid to rest on January 11th at the Victoria Courts Cemetery, Ajah. May his soul rest in peace. Amen.

## US Government Bars Lucky Igbinedion From America

Former Edo State Governor, Lucky Igbinedion may no longer be eligible to enter the US. According to sources in Washington, DC, the American consular authorities have written to Mr. Igbinedion notifying him that he is no longer welcome in the United States of America. Another source has indicated that the former governor, who was convicted for corrupt practices shortly after his governorship term, has a multiple entry visa to the US. "He has now received a letter revoking his visa".

## Now on Sale - Bullet Proof Backpacks For Kids



Several firms are being accused of callously cashing-in on the recent Sandy Hook massacre in which over 20 children and adults lost their lives. One of such firms is now marketing Disney Princess and *Avengers* backpacks lined with bulletproof casings, along with body armour in children's sizes.

The firm, currently promoting the range for as much as \$300 per bulletproof backpack, claims that "they have sold as many in a week as they usually sell in three months."

## A Woman Scorned!!!

A Nigerian woman, Eunice Ukaegbu, 50, living in New Jersey called the police to report that her husband Okieze Ukaegbu, 58, was about to blow up a plane. Police at Newark Airport hurriedly grabbed Okieze as he was about to board a Delta Airlines flight to Paris.

However, authorities now believe that the tip-off was nothing more than a false accusation, which followed a domestic dispute between the suspect and his wife.

Upon questioning, Eunice told police officers, "My husband was being quite secretive about this overseas trip, and when I could not open his suitcase, I did what any honest citizen would do - I rang the police."



## Nigerian Celebs Buying Fake Twitter Followers?

Trending now is the news that some Nigerian celebrities are artificially inflating the number of their Twitter followers so as to appear more popular online. One celeb allegedly went up from 73,000 followers to 150,000 followers in less than one week...wow! These celebrities reportedly pay less than N1,500 for each "ghost" follower – yes, there are apparently companies who provide such services. Wonders will never cease!

## "I Would Take D'banj's Record Deal Offer" says Tonto Dikeh

In a recent interview, D'banj was asked if he knew of Tonto Dikeh's singing career. He responded that he would consider signing her to his DB Records label. On hearing D'banj's statement, Tonto has said that she would definitely consider D'banj's offer, also adding that she just might start up her own label and "it will do very well considering the fact that I have all the resources to make it work."

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# A Confectionately Yours cake says it all



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# Ndani Pop up Boutique at Selfridges, UK

**G**uaranty Trust Bank plc recently launched its partnership with Selfridges, UK, in collaboration with Style House Files – the organisers of Lagos Fashion and Design Week. The collaboration tagged “Guaranty Trust Bank presents Ndani” stems from the bank’s commitment to the projection of African Art to global audiences as a Proudly African and Truly International financial institution. Participating designers are from Nigeria and include: Agu, House of Silk, DOT Handbags, Odio Mimonet, Lanre Da Silva Ajayi, Jewel by Lisa, Eki Orleans, Ituen Basi and Tiffany Amber. These designers are showcasing their Cruise collection exclusively at the Nigerian world pop-up store during the project. The collections were made available to shoppers until mid-January and are a feat in gaining international recognition for Nigerian designers.



## European Personal Care Limited (EPCL) launches product ranges and initiatives.

**EPCL** is an international joint venture which aims to produce premium quality beauty and personal care products for the West African market. Their products span a diverse range of hair and skincare products with technical expertise of AMKA, the leading ethnic hair and skincare company in South Africa. They are formulated with the finest imported ingredients and are safe and beneficial for consumers to use. Products include Easy Waves Crème Relaxer, Clere Body Crème and Clere Hand and Body Lotion and Krayon Baby Jelly, Soft n free relaxer and Silk e Skin toning lotion. EPCL brands represent quality performance supported by extensive consumer research and testing across Africa. EPCL recently introduced an innovative Free Hair Retouch/Styling Program in select partner salons in Lagos. This was a pioneer marketing initiative in the Relaxer Market designed to connect and offer experiential marketing to consumers.



The Models Showing Of The Brands At The EPCL Launch



L-R: Mr Monal Dessai (EPCL-Ceo) Ms. Debowale Sangosanya (Act Marketing Ltd- Ceo), Mr. Abdullai Mutairu (EPCL-Head Marketing)

# The Inaugural Club Bar and Restaurant Awards Ceremony

The first ever event to celebrate, recognize, appreciate and reward the establishments and associates in the nightlife and hospitality industry took place at the Landmark Village, Victoria Island in December 2012. Supported by Chivas Regal and top executives from Pernod Ricard Sub-Sahara Africa present, the night comprised of the "who's who" of Lagos's nightlife and hospitality scene. Amongst the winners where

Best New Restaurant – Bistro 7, Best New Bar – Greenwich Cocktail Bar, Best Hotel Bar – Sky Lounge at Eko Hotel & Suites, Best Hotel Restaurant – The GrillRoom at Wheatbaker Hotel, Best Restaurant Bar – Villa Medici, Best Customer Service – The GrillRoom at Wheatbaker Hotel and Outstanding Achievement in the Industry going to Eko Hotel & Suites.

## Sneak Peak at Beampieh's Jamaican Inspired Hamattan/ Autumn 2013 Collection

The shoot took place at Afro-Caribbean inspired hotspot, YAAM, Berlin, Germany. Working around the Jamaican flag and Reggae colours, Adebimpe Adebambo the head designer of the Beampieh brand who is a multi-faceted and dynamic artist, fashion, accessories and jewellery designer gave us a exclusive sneak peak at the latest collection.



## Zarita Kouture Launch

Zarita Kouture fashion label launched in Abuja on 15th December 2012. Guests in attendance include Mrs Sarah Jibril, Mrs Ukachukwu owner of The British Nigeria International School, Abuja, Miss Adaobi, CEO of Health Box magazine and Beatrice Madu, CEO of Queen Esther Magazine.



## Vlisco Celebrates Women's Month

The 8th of March 2013 is International Women's Day and on this day, women are honoured and celebrated for their immense achievements. Vlisco however has chosen to celebrate inspirational women, throughout West and Central Africa, for the entire month of March. This year the theme is BE YOUR DREAM, and the aim is to honour successful women who have made their dreams come true. Vlisco has selected several inspiring women as nominees to win the unique Vlisco Women's Month BE YOUR DREAM award. The public will vote for the woman who inspires them the most and stand a chance to be winners themselves, with prizes such as VIP tickets to the BE YOUR DREAM award night and tailor-made Vlisco dresses. The celebrations do not end there. Vlisco also aims to support ambitious designers and tailors who have bigger dreams of success but need some support. By sending in a business plan of their dream, they have an opportunity to win funding to make their dream come true.



**We are aware that you enjoy playing the guitar, how important is it for musicians to play instruments?**

Yes I enjoy playing the guitar but I don't think playing the guitar will necessarily make a musician a commercial success. Michael Jackson didn't play an instrument but he understood music in depth.

**You started as a producer, presenter and veejay on Soundcity; did you always want to be a musician?**

I've always wanted to be a musician and music came first before media but the latter got me to TV first.

**Since your debut in 2005, you have had some big hits like "Ego" and "Overkilling"; what have been your highest and lowest moments?**

My highest points are waking every morning to do what I enjoy doing and getting paid for it. That hasn't ceased. I might not make noise about it. Lowest points are hard to remember.

**The music industry in Nigeria is constantly evolving; how do you make sure you stay relevant?**

I make sure my music gets me a 'loyal' fanbase. It's not about coming out and leaving the scene after six months. I've been around since 2005 and TW still grants me an interview in 2013. That means TW still sees me relevant after eight years!

**Your music has a unique blend of everything from rock to R&B and afro beat; what is your inspiration?**

Naturally, God first. Then I look at the longevity of great international artistes and bands and aim to intimately connect with my fans as they have with theirs over the years.

**Are you working on a new album?**

Yes, I am. A five track pre-album is already out.

**Who would you like to work with in terms of producers and artists?**

I've already worked with some of them - Jesse Jagz, Ekelly, Gray Jonz, LiciousCrackitt, most of whom are fresh producers. I've still got a reunion with Cobhams in my sights though. As for artistes I've worked with MI, Naeto C and Kefee just to mention a few.

**A lot of artists are seeking international collaborations; do you see yourself trying to take that route? And who would you like to work with?**

I might when the need calls for it. I would love to work with an act like Coldplay.

**If you had to choose to live in any other country apart from Nigeria, where would it be and why?**

I've always loved South Africa, even as a child - their culture and music. Spain also.

**Since this is the month of Love, do you have a special someone in your life?**

For now I'm single. I don't see the need for a rush. I'd prefer it comes naturally. No one has a gun to my head.

**Djinee**  
His Music Works Like A Charm!



Picture courtesy of subject

### ...Books

To Kill a Mockingbird, **Lord of the Flies**, We Need to Talk About Kevin and The God of Small Things remain my favourite books to date. They each in their own way tackle the loss of innocence, the 'goodness' of men, the laws that govern love, compassion, honour and rationalising our actions - however uncourageous they may be.

### ...Movies

**Crash** is one of my favourite movies, mostly because I'm a hyperlink cinema groupie.

### ...Television

Ally McBeal will forever be my screen soul mate. Shonda Rhimes moves me to tears with her work, Lena Dunham inspires me and Aaron Sorkin is my screen sugar daddy.

### ...Music

I love music with soul and story. Listening to Dolly Parton and Kenny Rogers reminds me of my childhood and living in UNILAG. Of late though, I'm unashamedly a full blown fan of Rihanna's work. I heart BlackMagic's movement; Brymo's voice but the album I currently keep going back to is Kanye's *The College Dropout*.

### ...Cars

As a huge fan of *Top Gear*, I really should know better but, my favourite car is the Jeep Wrangler Rubicon. Nothing comes close for me. Except for the G-wagon.

### ...Food

I love food... All kinds of food! We'd be here all day should I have to list them or even pick one.

# Oreka Godis My Life in...

### ...Ice Cream

Haagen Daz 'Pralines and Cream' is the only medicine I need through illness and breakups, celebrations and commiseration, till calories do us part. Amen.

### ...Drink

Water. Ade (a special Ogori brew to which palm wine could never hold a candle).

### ...Travel

Calabar is my favourite place to get lost in Nigeria. Internationally, I really want to visit Vietnam.

### ...Cosmetics

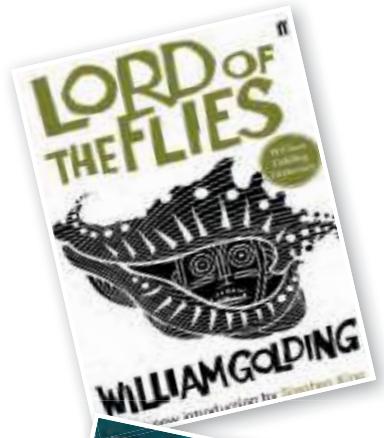
Becca is the truth. Luminous skin that doesn't steal your personality. Nars, Chantecaille & Laura Mercier for eyes.

### ...Hair

thekinkyapothecary.blogspot.com kinkspires my relaxed strands.

### ...Clothes

#BuyNigerian, wear Nigerian and love that rest of the world following suit. My faves: Obsidian, Grey Project and Viv La Resistance.



Oreka Godis is a former Beat 99.9FM anchor who enjoys reading and writing. A singer in a past life, this freelance presenter and content developer is passionate about entertainment and plans to convert others one TV show at a time.

# tw | Reviews

**TW staff share their top picks for a perfect Valentine's Day experience. Send an email to [pulse@twmagazine.com](mailto:pulse@twmagazine.com) and let us know what you think of our choices. Enjoy!**

(Respondents are Publisher, Adesuwa Onyenokwe; Managing Editor, Kemi Ogunleye; Contributing Editor, Chinedu Iroche; Features Writer, Kemi Akande and Business Development Exec, Yemisi Oyekanmi)

## BOOKS

**Gone with the Wind** Margaret Mitchell (1936): *I love this historical romance and have always identified with the main character, Scarlett O'Hara, who really is just a business woman that strives to achieve everything she desires by any means necessary.* - **Kemi A**

**Pride and Prejudice** - Jane Austen (1813): *"In vain have I struggled. It will not do. My feelings will not be repressed. You must allow me to tell you how ardently I admire and I love you."* - **Yemisi**

## GIFTS

**Beats by Dre headphones, an iPhone 5 or both.** You cannot possibly give a girl too many gifts. - **Yemisi**

**A massive bouquet of 50 blood-red roses; Viktor and Rolf Flower Bomb perfume, and a Cartier solitaire 1895 platinum diamond engagement ring (Hint hint).** - **Kemi A**

**MacBook Pro.** Secret admirers, you've been put on notice. Thank you. - **Chinedu**

**Anything scented - Voluspa candles, Millefiori or Jo Malone diffusers, luxurious shower gels, fragrant body oils, luxurious body lotions/creams and exotic perfumes.** And an iPhone 5. Yes, indulge me! - **Kemi O**

## MOVIES

**Love & Basketball** (Sanaa Lathan, Omar Epps; 2000): *I LOVE basketball. My wife LOVES basketball. I LOVE my wife!* Need I say more? **Love Actually** (Colin Firth, Keira Knightley; 2003) is another favorite. - **Chinedu**

**Love Jones** (Larenz Tate, Nia Long; 1997): *It's an urban romance movie, with a beautiful, sassy cast of characters; and the spoken-word scene at the beginning of the movie - hella, hella sexy!* Ultimately, the movie shows that the course of true love is never really straight or easy but ultimately if two people really love each other, they will find a way to make it work. My other favourite is **Love Actually** - **Kemi O**

**The Notebook** (Ryan Gosling, Rachel McAdams; 2004): *Okay! I know it's clichéd but I don't care! It's definitely The Notebook. Why? Phew! Have you seen Ryan Gosling with his shirt off... no shame here o!* - **Yemisi**

**The Notebook** is the best love story of our generation, that epic love that lasts a lifetime and Ryan Gosling has been my Hollywood crush ever since. - **Kemi A**

**Sleepless in Seattle** (Tom Hanks, Meg Ryan; 1993): *Who doesn't love a great love story?* - **Adesuwa**

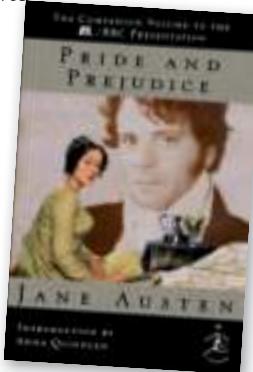
## MUSIC

**"Drowndeep: Hula"** - Maxwell (1998) is sensuousness personified; **"When You Say Nothing at All"** - Ronan Keating (1999) just makes me want to fall in love every time I hear it and **"Strangers in the Night"** - Frank Sinatra (1966) is pure magic. - **Chinedu**

**"Endless Love"** - Lionel Richie & Diana Ross (1981): *It's simply a classic; plus it was my wedding song* - **Adesuwa**

**The Love Jones soundtrack** (1997) sets off a romantic evening perfectly; **"This Woman's Work"** - Maxwell (2001) is just so beautiful and soul-stirring to me; an of course, pretty much anything by the late, great Teddy Pendergrass. - **Kemi O**

**Our Version of Events** - Emeli Sandé (2012): *I've had this UK soul album on repeat since its release last year* - **Kemi A**





# Put your **BEST FOOT FORWARD**

## Social Intelligence Programme for Executives & Professionals

A Harvard Analyst; Fernandez-Araoz conducted a study on new Executives and discovered that those who had been hired for their self-discipline, drive and intellect were sometimes later fired for lacking basic social skills...Social Intelligence!

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Date: March 15th & 16th 2013

Venue: Sheraton Hotel, Ikeja, Lagos.

Time: 10am - 5pm Daily

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# 10 Questions for MANDI ONAKOMAIYA

**A two-time survivor of breast cancer, she is founder of the Sussie Agu Osoba Breast Cancer Foundation through which she plans to educate and support those living with breast cancer. A wife and mother, she also owns the skin spa; Solachi Aesthetics Bar in Ikoyi, Lagos.**

**As a two-time survivor of breast cancer, each breath obviously counts now. How do you exhale?**

I exhale by doing what I love and not what I am “expected to do.” I changed careers after my first diagnosis – after 10 years at McKinsey & Company I did a complete turnaround and went back to school to become a licensed skin therapist and now enjoy running my own Skin & Beauty Place.

**Tell us about the two diagnoses you had; who was hardest hit when they were made - you or your immediate loved ones?**

The first diagnosis was in 2001 and at the time I was a single mother with a three year old son, so I would have to say I was hardest hit as my son was too young and I was really worried about what would happen to him if I passed on. The second diagnosis was in 2012 and my husband and 12 year old son (who now understood the seriousness of what was happening) were hardest hit. I had the ‘been there before/know what to expect’ attitude but they were really facing it, technically, for the first time. Bear in mind it’s not just the diagnosis but the lengthy treatment period that is really tough, especially the months of chemotherapy.



**What things are dearest to you now?**

More than anything, I appreciate LIFE!

**In choosing to go beyond raising awareness to soliciting funds, what fears and challenges did you have?**

It's always tough asking people for money, more so in Nigeria where a lot of people are suffering from 'donor fatigue' but nothing good comes easy and that was what I kept telling myself. When I reached out to potential donors/sponsors, I shared my story and that made them empathize with me. I also pledged my sincerity in making fully visible what would be done with the funds on the foundation website [www.saobcf.com](http://www.saobcf.com). I intend to keep that promise.

### **How did the fundraiser go and what's next?**

Mandi's Cancer Aid Fundraising Gala was planned in just five weeks and by the feedback gathered, was a huge success. It would be remiss of me not to thank the foundation trustees (Mr. Carlton Williams, Mrs. Subu Giwa-Amu, Mrs. Kehinde Phillips, Mrs. Abike Dabiri), Mrs Gbemi Shasore (MainEvents, who managed the event), Ecobank (Silver Sponsor) and everyone who contributed by buying tickets, offering services and attending the event. They all bought into my vision and I am a truly touched and honoured. We plan to make the Fundraising Gala a yearly event. Smaller fundraising activities will be peppered through the year as there is much to be done and they require funds.

### **Your mother died from breast cancer; did that make you fearful or did it just make you more careful?**

'Knowledge is Power' and it made me more knowledgeable, which in turn made me more careful. I started having mammograms at age 26 but I also carried out self breast exams. Ultimately it was during a self breast exam that I found a lump (same with the second discovery). This is why I am a huge supporter of self breast exams. You may visit our website [www.saobcf.com](http://www.saobcf.com) to learn how to do one.

### **What are some of your fondest memories of your mum?**

This question brings tears to my eyes... My mother, Mrs. Sussie Uzoamaka Osoba (nee Agu), was a teacher and later a headmistress so she ultimately touched many lives... I remember her always telling my brother & I to LIVE LIFE FULLY and never let anyone come between us and our dreams... When I created Sussie Agu Osoba Breast Cancer Foundation (SAOBCF) in her memory, someone wrote on the SAOBCF Facebook page "Mrs. Susan Agu Osoba was a great teacher and mother to me and many other great Nigerians today" ... that sums her up nicely.

### **If you had only one minute to share all the knowledge you have about cancer and the woman, what would you say?**

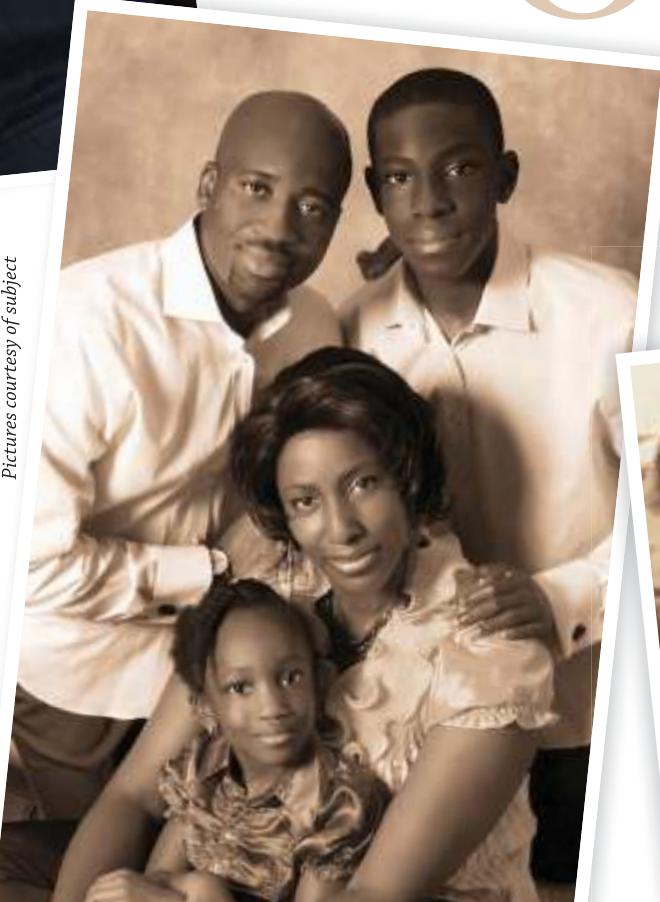
We need to take good care of ourselves. FULL medical checkups every year, educate ourselves on diseases that are prevalent to African women and of course, make it a point to do monthly self breast exams.

### **You've survived cancer and mastectomy, one wonders if you have any advice for young women who are constantly unhappy about their bodies?**

A quote by Oprah Winfrey comes to mind: "I finally realized that being grateful to my body was key to giving more love to myself." We as women (both young and old) should not define ourselves by our bodies; we should focus on being healthy and happy, for health is truly wealth.

### **Have these 'near death' experiences with cancer altered your outlook on life? What has changed in the way you live life?**

One cannot experience what I have without it having a profound impact on the way one lives life.... My motto now is "Live each day as if it will be your last, one day you will be right..."





# The Skinny On Healthy Weight-Loss

By Maje Ayida

**T**here are so many fad diets, systems, tricks, pills – and much more – for losing weight and staying healthy. Years ago, transfat, a dangerous, man-made lipid found in margarine, was thought to be healthier than regular fats. By the mid-90s, public health journals revealed the opposite to be true. If scientists sometimes get it wrong, it is safe to say that understanding the nuances of nutrition can be tricky and hard to follow.

Sometimes, the best way to lose weight is to ignore trends and fly-by-night advice, and focus instead on healthy eating strategies. Develop healthy habits, stick to them, and no matter what nutrition blunders you might make, you'll still keep yourself on the road to a slim and sexy physique. Here are 20 fat-fighting habits. Commit them to your daily routine and you're guaranteed to drop excess pounds.

## #1: Early dinner.

Recent studies on obesity have found that adults who regularly eat after 8pm ingested the most calories and carried the most body fat. The key here is to stop eating three hours before you hit the sack, so while you sleep, your body is better primed to burn fat.

## #2: Weigh yourself daily.

Stepping on the scale can be disheartening, particularly after a weekend of binging but it's best to face your fears. Monitoring your weight keeps your mind on your health and prevents weight denial.

## #3: Boring diet.

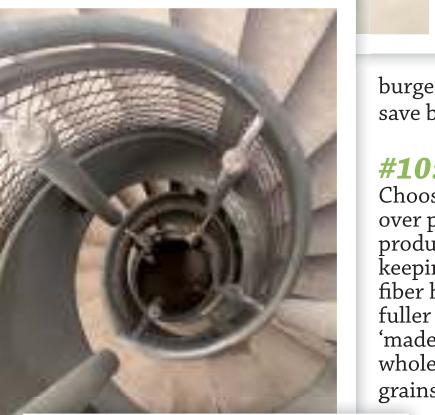
The novelty of new foods drives us to consume more, so by removing the novelty, we feel fuller, faster. This is not to suggest choosing one meal and eating it every day, but the more routines you establish, the more your belly will shrink. Start with lunch; if you find yourself scratching your head every day when the clock strikes noon, you'll end up eating impulsively and taking in more calories. Plan ahead and eat healthy.

## #4: Reward yourself.

Once you've established a healthy routine, you need to establish a reward system. Think of a land of milk and honey after a journey of tedium. You can't stay on a repetitive diet without some form of a reward. A great way to stick to a low-calorie diet without breaking down into rebellious binge-mode is to reward yourself with a small dessert twice a week. Pick a food you love and treat yourself to a portion of about 200 calories. But remember, you only get the reward if you've earned it.

## #5: Read diet and exercise tips.

People exposed to nutrition and exercise advice are more likely to make smarter diet and lifestyle choices.



### #6: Eat breakfast.

Skipping breakfast regularly makes you 4.5 times more likely to be obese. They don't call it the most important meal of the day for nothing! Eating a nutritious morning meal jumpstarts your metabolism and prevents you from overindulging throughout the day. For optimal weight-loss results, choose a breakfast dish with a healthy balance of protein and fiber, like eggs with whole-wheat toast and fresh fruit.

### #7: Snack breaks.

Snacking sometimes gets bad press but planning nutritious snacks throughout your day can actually keep you skinny. Healthy snacking keeps your blood-sugar from spiking, preventing hunger pangs, cravings and body fat storage. The ideal snack choice? Nuts.

### #8: Drink water.

Sixty percent of your body is water, which makes it vital to every important metabolic process. A study had subjects drink two glasses of water before each meal and found that those subjects lost 30% more body fat over 12 weeks. Making beverage blunders is one of the easiest ways to gain belly fat. Replace half of what you drink with water and see the benefits for yourself.

### #9: Order a la carte.

Diners consume more calories when they order combo meals because they end up with more food than they want or need. Our stay-skinny advice: Resist the temptation of the almighty 'value' meal and order a la carte items, like a modestly sized burger and a non-fried side dish. You'll save both calories and cash.

### #10: Whole grains.

Choosing nutrient-rich whole grains over processed, white flour-based products can play a major role in keeping you lean. The healthy dose of fiber helps slow digestion, keeping you fuller longer. But do not be fooled by 'made with whole-grain' labels. True whole grain products will list whole grains first on their ingredients list.

### #11: Eat spicy food.

Eating a spicy appetizer before a meal can make you eat significantly less than someone eating a non-spicy one because a chemical compound called capsaicin – found in chilli peppers – acts as an appetite suppressant.

### #12: Sleep 6 - 8 hours.

Getting a good night's sleep has been linked to a host of major health benefits, not least of which is maintaining a healthy body weight. Lack of sleep has been shown to increase appetite, lower willpower, and bolster cravings for high-calorie foods.

### #13: Manage stress.

Dealing with work/relationship-related stress can lead to weight gain. When you're stressed, your body releases cortisol, a hormone that promotes abdominal fat storage. Try incorporating stress-reducing activities into your day, join a yoga class or go for a jog.

### #14: Take the stairs.

Most of us are aware that formal exercise is a key component of maintaining a healthy weight, but simple choices like taking the stairs can be just as important if you want to stay trim. Also make the most of your work day by walking to lunch or skipping email in favour of short walks to deliver messages to coworkers.

### #15: Chew thoroughly.

Chewing more and eating slowly causes you to ingest fewer calories. One way to make sure you chew your food thoroughly: stop to eat. Eating on the go, in your car for example, can lead you to quickly inhale a ton of calories before your body has time to let you know it's full.

### #16: Walk after meals.

Light, post-meal exercise, like walking, can lower your blood sugar and prevent your body from storing fat. If there's no time for a long walk, as long as you keep moving after you eat, you will reap similar benefits. Even doing the dishes or completing other household tasks can help.

### #17: Keep healthy food on hand.

Do not use convenience as an excuse for a shameful diet. Keep fresh fruit on your kitchen counter, store healthy snacks like nuts in your desk at work, keep pre-washed, pre-cut vegetables in your fridge... whatever you have to do to make the healthiest choice the easiest choice, do it!

### #18: Laugh.

Happy leads to healthy... it's just a fact! Laughing for 15 minutes each day can help you burn 10 to 40 calories, depending on your body size... and how funny the joke is.

### #19: Eat protein.

This increases lean muscle mass, which keeps your metabolism running on high, even when you're resting. Protein also keeps you full, making you less likely to overeat. For maximum health and weight-loss benefits, aim to include protein in all your meals and snacks, e.g. fish, eggs, lean meats and low-fat dairy products.

### #20: Avoid dinner distractions.

With iPads, smartphones and laptops aplenty, we've become accustomed to round-the-clock entertainment. But your mealtime may be the one time of day we should fight our addiction to amusement. When you don't pay attention to the meal you're eating, your brain doesn't fully register the experience. That leaves you less satisfied and more vulnerable to overeating and unhealthy snacking later.

*tw* | Supports

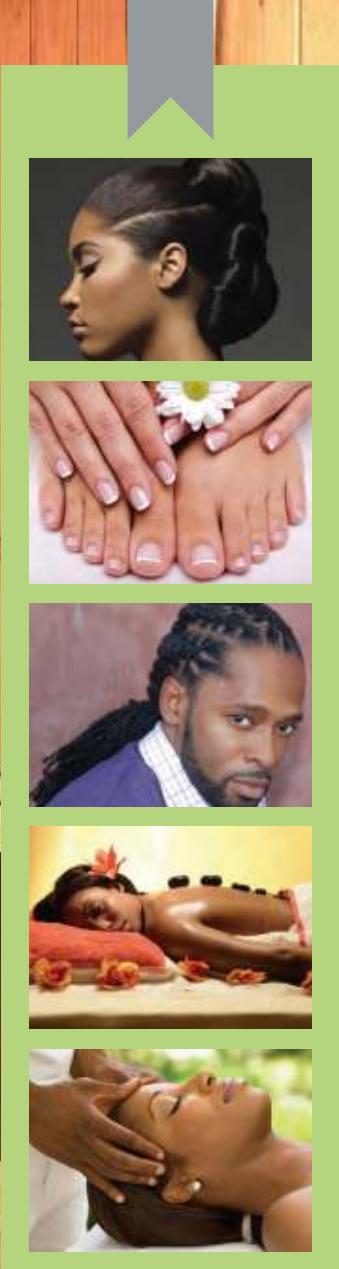
# WOW 2012: Doctors call for change in lifestyle

**S**peakers at a recent one day seminar tagged Women on Wellness (WOW), have called for major lifestyle changes if we are to get rid of stress, defy aging and avoid the cardiovascular problems that are fast becoming the fate for young Nigerians below the age of 40 years. The call was made during the annual Women on Wellness seminar organised by Allure Vanguard, the glossy lifestyle pull out of the Sunday Vanguard. The event drew a select crowd which converged at the prestigious Pearl Crown Hotel in Parkview, Lagos.

Speakers included:

Professor Oladapo Ashiru, Dr Murayo Jimoh, cardiologist Dr Okoli Asika Emmanuel, and keynote speaker Hon. Jumoke Okoya-Thomas.





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# The Look of Love

## Hot Makeup Trends To Try This Valentine

By Stella-Maris Ikelionwu

**Fall in love with these great makeup tips that are guaranteed to step up your look this Valentine season.**

### **The winged eyeliner**

This timeless classic is quite literally an eye opener. Stay close to your lashline and apply your liner thin to thick from the inner corner of your eye to the outer.

For beginners, try a liquid liner with a felt tip applicator or a very sharp pencil for ease.

Try: *Kiko Ultimate Pen\**

### **The Lash**

Nothing ups the ante like a nice pair of lashes. Try natural styles like Stardel 747M to take your look to the next level without going over the top. Too scared to try falsies? Try a second coat of your favorite mascara instead.

Try: *Stardel Lashes in 747m*

### **The flush**

A flush of color on the cheeks adds brightness and balance to your look. Try shades of blush that complement your skin tone and are a close match to your lip color.

Try: *Sleek Makeup Blush In Flushed*

### **The flesh tone shimmer**

There's nothing like eyeshadow in shades close to your skin tone for a glamorous look you can wear anywhere from a lunch date to drinks after hours.

Try: *Urban Decay Naked 2 palette\**

### **The defined brow**

Brush your brows with a spooly brush (or old mascara wand) and fill in sparse areas with a brow pencil and then brush again to blend out harsh lines.

Try: *Sleek Makeup brown brow pencil\**

### **The Red Lip**

Contrary to popular belief, everyone can rock a red lip! Yes, I said it! Find the perfect shade for you and watch it take you from "just another day in the office" to "flirt ready" in seconds!

Try: *Burberry Lip cover in Hibiscus*

\*Products mentioned available at Stella's Addiction. Makeup by Stella for Stella's Addiction. Stella's Addiction is a makeup studio and boutique at 10 Balarabe Musa Crescent, Victoria Island, Lagos  
+2348162606066 e-mail: [stellasadiction@gmail.com](mailto:stellasadiction@gmail.com) website: [www.stellasaddiction.com](http://www.stellasaddiction.com)



# Love is in the Hair!!!

There is a natural hair revolution going on among women in Lagos and this time, the revolution is being televised! On our great television shows, locks are being showcased more and more. A lot of "Naturals" are having open forums to educate women who are curious about going the natural route. As a stylist from New York I truly love the fact that black women are choosing natural hair, as opposed to chemically straightened hair or weaves. While it may sound like a throwback from the '60's Black Power era, the tenor of the current natural hair movement is decidedly different. While black hair certainly has political implications, the constant refrain of the current natural hair movement is self-acceptance, freedom, health and spiritual growth.

When I decided to open The HairWhisperer's Den, my mission was to be the first professional hair studio to cater exclusively to women with natural hair - either relaxed or unprocessed. I was told on numerous occasions that it would not work but I have fooled them all. I knew women here in Lagos would love to wear their own hair. Woo hoo!!! It has been wonderful and you are seeing more and more women happily freeing themselves from the shackles of never-ending weaves and too-tight braids.

Women are now becoming more conscious of the importance of regularly cleansing their scalps and conditioning their hair. A lot more manufacturers are catering to women with natural hair by introducing products that will naturally help the health of the hair. More and more stylists (myself included) are using more natural and organic products to encourage healthy looking hair. The movement is strong and I am happy to be a part of this change.

I always recommend to my wonderful clients that less is more. This means that if you are going to do weaves and braids it shouldn't be worn more than two weeks. I also emphasize the importance of regular visits to the salon - at least every other week at the minimum. And because they have chosen to implement these changes, they are seeing results - their hair is shiny, has great movement and most importantly, it's growing!!!

Even though my hair is relaxed, my daughter's is unprocessed and I love it. I always plead with her to embrace her natural curls, though this may change as she gets older. I have expressed to her on numerous occasions how beautiful she is. I always tell her this because I want her to love herself with the beautiful tresses that cascade down her shoulders. And this is what I wish for all of you also - love yourself and love your hair!

Happy Valentine's Day!!!!

If you have any questions concerning the above please feel free to call or book an appointment with The HairWhisperer. 07051177777



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