

...NOT IN THISDAY STYLE? THEN YOU'RE NOT IN STYLE

THIS DAY

Style



TIWA SAVAGE IN VEKEE JAMES



SALEWA OLUWOLE FOR STYLE SAKE



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CHIOMA IKOKU IN MATOPEDA ATELIER

2022 TRENDS

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COVER

The year 2021 is finally out, and we are hopeful with stars in our eyes and prayers in our hearts that 2022 will be good to us all. The fashion industry over the last two years, has been foiled with the unprecedented wave of the covid pandemic. But now that we are slowly all returning to normalcy, new fashion trends have emerged and we predict they will take hold in Nigeria's fashion industry this year!

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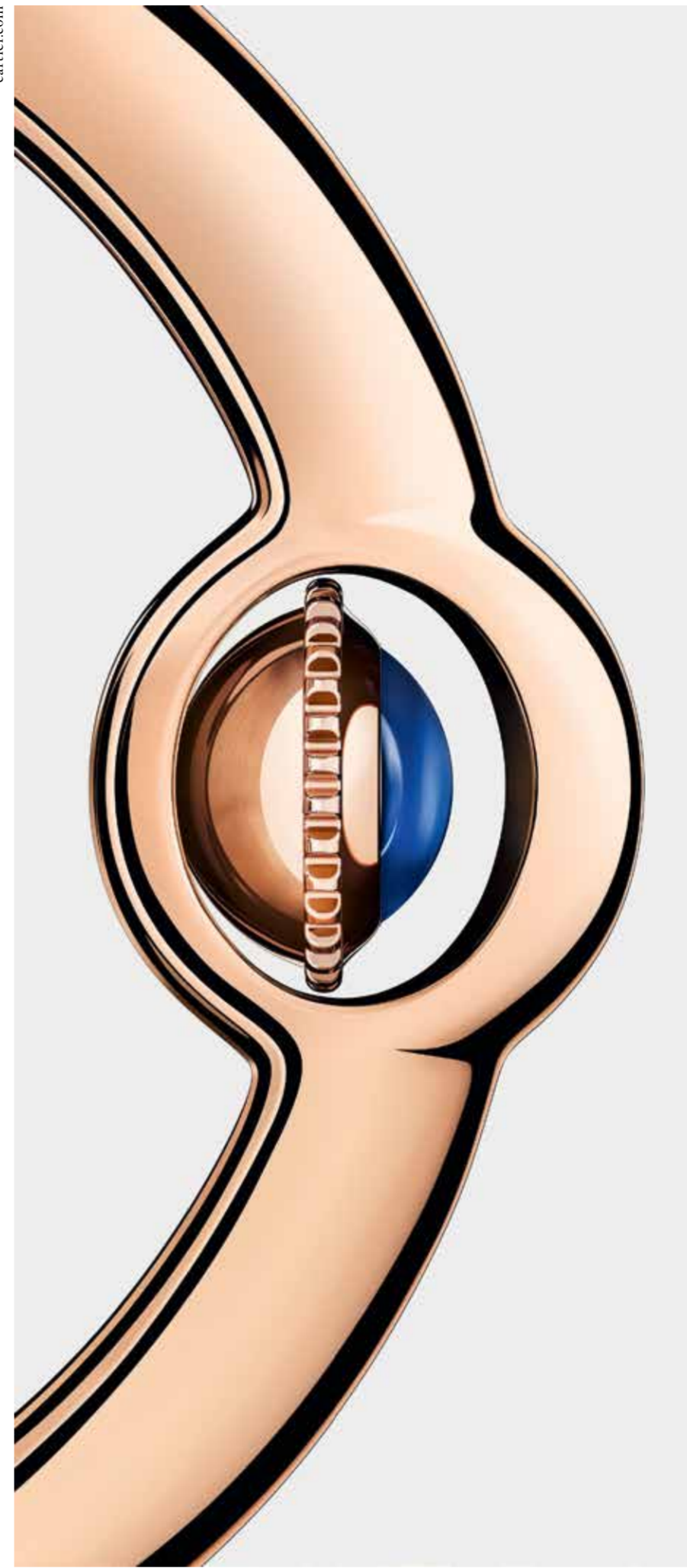
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Even though the New Year began a few weeks back, some of us are still basking in its euphoria. Some are still in the school of New Year resolutions and striving hard to stay within their new self made rules. If you are lucky, you will see them through the year. If not so lucky, you might fall off the wagon within months depending on your level of discipline. However, there are certain trends that are here to stay and most people do not need any resolutions to stay on course in their adaptation to these trends.

Some trends became more prominent with the advent of COVID and have now become a lifestyle staple. Other trends also arose from the pandemic in various sectors. Looks changed as did attitude. Things, though now back to normalcy haven't still gotten back to how they used to be. The quarantined existence of 2020 and the slightly enforced one now of 2020 have made priorities change. Serenity and seeking the oasis of life is now embraced more than ever. Nigerians are now looking within for such existence. Many trips abroad have been turned internally to trips within instead. We have chosen to seek our pleasures in the most delightful hidden treasures in our nation.

Dressing to the nines is also taking second place to creature comforts. Loungewear is a hot favourite now as you spend more time attending little soirées than the carnival like parties of just a few years back. Never used to have time to visit the spa, now you cannot go enough times because of the tranquility it provides that you have grown to love so much. Not happy with what nature has blessed you with, after the harrowing experience of the pandemic with mortality staring you in the face, people have become bolder and are now taking stringent steps to fix what they do not like about their bodies. They are living for the moment. More and more cosmetic procedures are being embraced especially at a time where working from home is fast becoming the norm, so they can heal in the creature comforts of their homes.

For those who want to feel good, there are also newer options to take to achieve this. There are avenues that provide ways to check our mental health and well being because of anxieties heightened with the pandemic. Openly discussing these issues is a trend that hopefully will stand the test of time and be here to stay. Many lives have improved with help from professionals in this field.

A lot has changed over the years and 2022 TRENDS are here for the long haul.

Ruth

FASHION DIRECTOR/EXECUTIVE EDITOR

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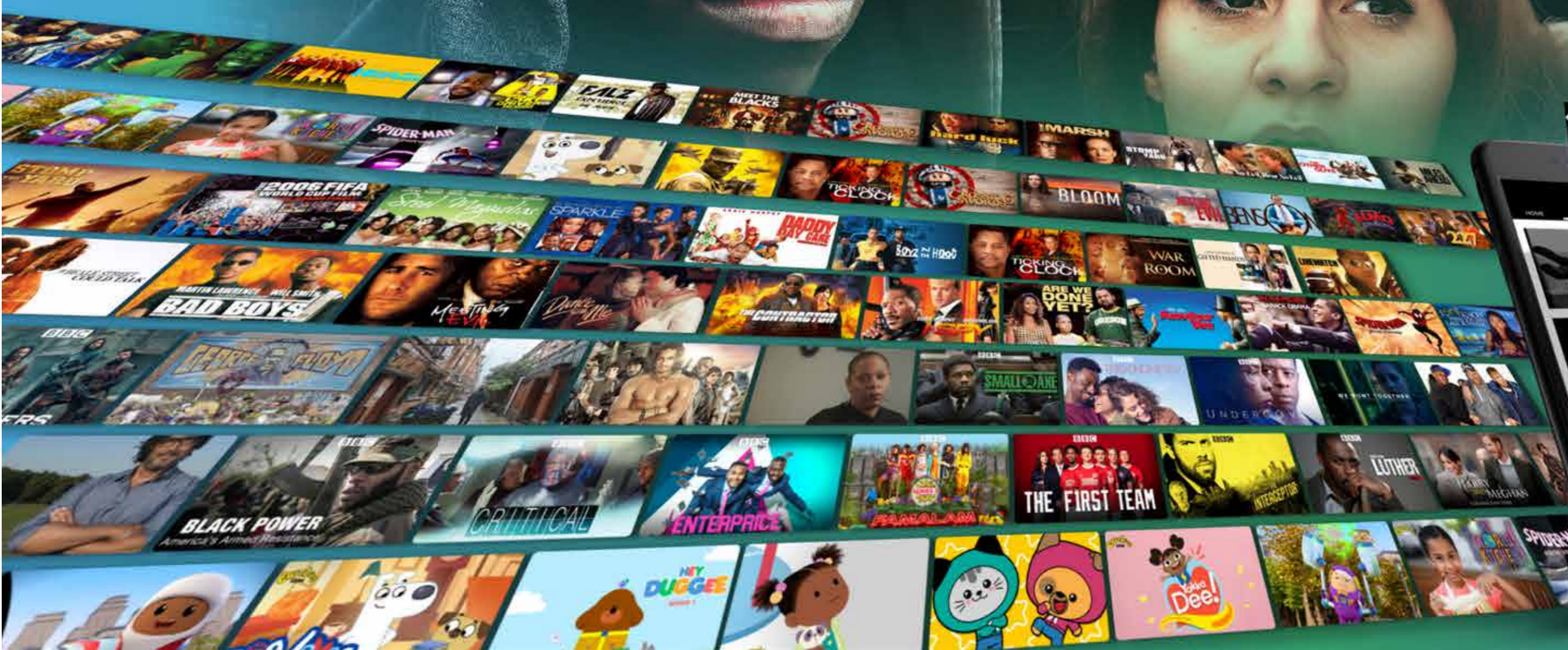
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LANRE DARAMOLA



30th Wedding Anniversary Celebration

BY FUNKE BABS-KUFEJI

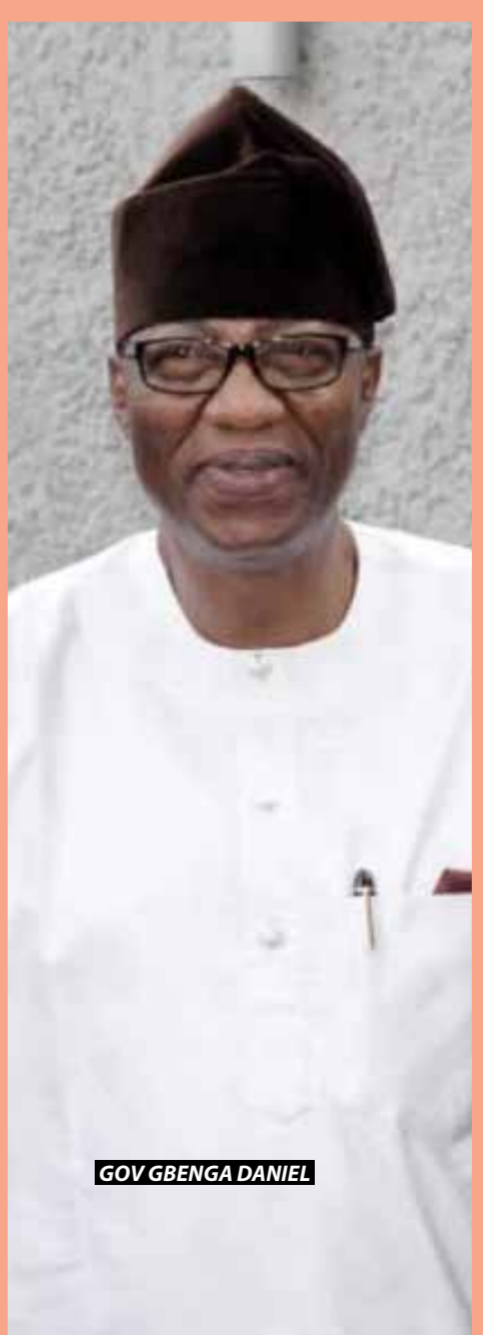
It was a double celebration recently when Bimbo and Kemi Ashiru hosted family and friends to a garden party at their resident in Ikoyi to celebrate Bimbo's Birthday and also their 30th wedding anniversary. Being the perfect host, the Ashirus treated guests to the very best of fine wines, champagne, intercontinental cuisine and good music. They were happy to see all who turned up to celebrate with them as people wine and dined till very early hours of the morning. We at STYLE, wish the happy couple a happy 30th wedding anniversary.



BIMBO & KEMI ASHIRU & GOV DAPO ABIODUN OF OGUN STATE



HE BAMIDELE ABIODUN & MOBOLAJI MOMODU



GOV GBENGA DANIEL



GBENGA OBADARA & SUPO ASHIRU

THE SURVIVORS

By Dr. Kemi DaSilva-Ibrú



Dear Reader,

Welcome to the WARIF Survivor Stories Series, a monthly feature, where stories of survivors of rape and sexual violence will be shared to motivate and encourage survivors to speak their truth without the fear of judgement or stigmatization and to educate the public on the sheer magnitude of this problem in our society. The Women at Risk International Foundation (WARIF) is a non-profit organization set up in response to the extremely high incidence of rape, sexual violence and human trafficking of young girls and women in our society. WARIF is tackling this issue through a holistic approach which covers initiatives in health, education and community service.

This is Oluwatoyin's story-

It's my delight to share my story as I believe a lot of people will learn from my experiences. More specifically, I am grateful I don't look like what I have been through. My wounds have become scars now, though I still remember them but they don't hurt as it used to.

My name is Oluwatoyin and I am 22 years now. My father met my mother when he came to set up a branch office in Kano state. My mother was serving as a Youth Corps member in the same state. This was my mother's first visit to the north and she was posted to teach in one of the schools in the capital town of Kano. My mother was an open minded individual and she was open to learning their culture, language and meeting new people.

My father was a young intelligent guy who graduated with a first class in Computer Engineering and proceeded to do his masters in the United Kingdom. My dad worked for 4 years to gain relevant experience after his master's degree and acquired other certifications relevant to his field of studies, as his parents wanted him to come back to Nigeria and my dad honored their request. Upon his return, my dad got employed in one of the world-class I.T firms to set up offices in major cities across the federation. He headed a team of 20 individuals from various fields of expertise.

The first official assignment my dad did after his transfer to Kano was to the school my mother was teaching as a Corp member. The second time my dad came to the school where my mom was serving was to finalize the deal of computerizing the school. On the D-day, my mother stood up to present their findings as directed and my dad was smitten by her beauty and eloquence.

He could hardly concentrate throughout the duration of the meeting in my mom's school. "Have gotten to my final bus-top" my dad thought to himself. My mother was a total package of what any man would desire in a woman and more. After the presentation, he went to my mother and invited her on a tour to his office to get a chance to talk with her personally. My mom accepted his invitation to visit his office and my father made his intentions known to her. My dad told my mom "You are the one, I have been searching for all my life". He did everything within his capability to get my mother to marry him and she agreed to be his wife. The rest as is history now.

After my parents got married, they moved to Abuja where my dad was assigned to set up another branch office. My mother had my elder brother and I in quick succession. We were just 1 year and 3 months apart in age. This was planned in order for my mother to follow my dad in the next transfer to another city. My parents were worried about getting access to good medical facility in the new location and this was readily available in their current resident of abode. For helpers, we had a maid and a nanny employed by my mother's parents. One was elderly while the other was a teenager.

My mother always visits her parents thrice a year. On one of such visits, we were scheduled to stay for 2 weeks as usual but my mom cut it short so she can surprise my dad with the news of her pregnancy. My mother found out she missed her period. She did the home test kit and confirmed her status.

she wanted to surprise my dad with the pleasant news in person. Moreso, it's been 3 years my parents had been trying for another baby. My mother called the ticket office and re-scheduled our flight tickets a week earlier than expected. Upon our arrival late in the evening, my mom ordered a cab home. You can imagine, how amazed our gateman was when he opened the gate. She told him to keep mute as we used our spare keys to gain access into our house.

We still maintained the "Hush Hush" so the surprise wouldn't be spilled as my mother climbed the stairs up to the room she shares with my dad. As mom opened the door, what she saw made her screamed out in pain "My God help me" she shouted aloud. My brother and I ran as fast as we could upstairs. Guess what? My mother met my dad having sex with our younger maid on her matrimonial bed. My mother blanked out and we rushed her to the hospital. There was pandemonium in our house. The doctors tried their best, my dad was shaken briskly but at last, she lost the baby. On top of that she remained in the hospitalized for two months because she broke her legs when she landed on the floor. Needless to say, my mother was traumatized. Family members came visiting, prayers were made daily for her quick recovery and restoration. Finally, the doctors, told us she could go home and continue treatment at home. She was discharged and placed on a wheel chair until the cast on her legs was removed. My dad and her parents came to the hospital to take her home. She cried through the night for several days that she can no longer live in same house again else she will take her life. My mom's parents asked for permission to take her to their residence until she felt better. Unfortunately for me and my elderly brother that was the end of the marriage.

My father bemoaned his lost for a while and moved on. Although, my mother sought legal help to allow custody of her children, she was denied. My daddy insisted she return back to her marriage. My mother was however granted access to come to see us occasionally but she didn't because she can't stand being with my dad again. Some years later, my father remarried and my gloomy years began. The woman gave birth in quick succession to 3 children probably in a bid to outdo my mom and stamp her authority in the home, I cannot say.

When I graduated from secondary school and wrote my WAEC. My results came out and I passed with distinction. My father decided to surprise me and took me on a one-week trip abroad. At the hotel, I was so happy to travel abroad for the first time and he paid for family suite. We rested on our first night of our arrival. The second day, we visited historical sites in the city but postponed our shopping till the third day but the unforeseen happened. My daddy came to my room after we had said our goodnights and woke me up. He ordered me to remove my night gown and he removed his. I saw him naked and I opened my mouth wide in shock. My father told me that he needed to dis-virgin me else I wouldn't be able to bear children when I get married in future. I was just 16 years old for crying out loud and still a child. He said never mind, I will be gentle with you. He parted my legs and inserted his penis in my vagina and raped me. I was crying in pain and sobered silently until he was done. "What a beast" I thought to myself. When he finished, he told me it was a taboo to tell anyone that if I did, I will die. He went further to say it was a tradition that runs in the family. How disappointed I was that I would not be able to tell anyone my ordeal. I hated myself and my dad's sight disgusted me. I withdrew into my shell, irritated and felt worthless. I also began to have nightmares and flashbacks. The rest of the trip was unmemorable for me, I lost interest in everything. He shopped a lot for me to compensate for his actions. To me that didn't make a difference and finally, we returned home. Maybe my dad noticed I changed towards him or not. I cared less! Lest I forgot he gave me contraceptives so as not to get pregnant.

Fortunately for me, my dad did not have sex with my for another one years plus that I stayed at home. On top of this, I was elated when I gained admission to study Architecture

in the University. By this time, my brother was already in 200 hundred level in another University in Nigeria.

At the end of the semester, my daddy came to pick me up which was unusual and told me he missed my presence at home. Moreso, he was already a top-management staff at his work place and I knew he was busy man and wondered what he was up to! He told me he wanted to take me to his new site in Abuja but I refused. He assured me that I was safe with him and we went together and had to sleep overnight before inspection of the site the next day. He came to my room and we discussed into the night. I was happy, my dad had changed until he turned and told me, he wanted to have sex with me. I turned to see if there was someone else in the room but it was actually my dad. I reminded him of his promises and he told he was helpless. He forcefully ripped my dress and I closed my eyes and felt his penis as he raped me a second time.

This time around, he did not stop, he had sex with me every day for the next three days. He threatened me, I was going to die if I told anyone and I kept it to myself. I hated my dad the more. This became my regular ordeal until I graduated from school. I became a sex slave to my dad whenever I was on holidays. My grades dropped and my friends were worried but I refused to open up. In my final year, my mother visited my school on my invitation and she noticed I was a bit unstable emotionally. She told me she was going to pick me up when I finished my last paper that I needed to inform my dad of shift in my exam schedules. I agreed because I had longed for her comfort and succor.

At my mother's house, I felt peace and happiness and I did not want to return to my dad. My mother sensed something was wrong. She kept on begging me to tell her that she can tell I was hiding something. I was adamant because I did not want to die young but my mother persisted and showered me with lots of attention and love. I felt if I needed to die, I did rather die in her house.

The final day I was going to leave, I summoned courage and told my mother that I was ready to talk. She hugged me and cried and asked what was threatening my life. She assured me; I was free to tell her anything without being judged. I knew she was ignorant of the real issue and I burst into tears and said Mummy, "daddy is having sex with me". My mother stood up confused and asked me to repeat myself and I did. She paced around the entire room and kept on asking why my daughter? She returned, hugged and kissed me for opening up as I narrated my entire ordeal. At this point, my mother called her lawyer and also reported the case to the police.

My daddy was arrested. My utmost shock to discover that, all the tales of family tradition were all lies. I started my healing journey through the medical assessment and therapy sessions. Through therapy, I have been able to find the courage to share my story. It hasn't been easy, as I am still on my healing journey; so many bottled up emotions to uncover and deal with. Most importantly, I have learnt that it wasn't my fault but that of the perpetrator. At the Centre, I met an amazing set of people, who exhibited high professionalism. I am still seeing a counseling psychologist at WARIF and the therapy has helped me greatly.

Dear survivor, please know that you are not alone and it is not your fault. Help is available.

If you have been raped or you know someone who has, please visit us at The WARIF Centre - 6, Turton Street, off Thorburn Avenue, Sabo, Yaba or call our 24-hour confidential toll-free helpline on 08092100009. For questions or more information please contact: info@warifng.org

*Real name of survivor changed for confidentiality

BE TRANSFORMED

with The Catalyst,
Lanre Olusola

WHY DO I NEED A LIFE VISION?

Why do you need a vision for your life and how can you create a powerful life vision for yourself?

First let's answer the following questions;

- What is a vision?
- Do you have a life vision?
- Why do you really need a life vision?
- Do you have your life vision written down somewhere?
- Do you visualize, meditate upon and affirm your life vision daily?
- Do you live your life based on that life vision?
- Does your life vision cover your life holistically?

These are some of the most important questions you can ask yourself if you want to live a fulfilled, satisfied, happy, prosperous, successful, joyful and peaceful life.

A vision is a picture of your desired future. Having vision is having the ability to think, imagine about or plan for a desired future.

A life vision is therefore a picture of the dream life that you would love to live today and every day.

A vision statement entails writing down the kind of dream life you would like to live with a plan, in a way that is S.M.A.R.T (Specific; Measureable; Achievable; Realistic and within a specific Timeline).

I believe that the best way to predict the future is to intentionally create it. You can't create and live a life that you haven't envisioned, written down and planned for.

For you to live your life to the fullest, you must live life on your own terms, to live your life on your own terms, you have to know what you want from life, where you are going, how to get there and what is required of you. Following this, you must believe in your vision, commit to the action steps required to deliver and finally stay focused and consistent until you arrive at your desired dream vision.

Life presents endless possibilities for everyone. If you are looking to make something great of yourself then you

will need to set your priorities right, set goals for yourself, and they must be in line with your dream future which is your life vision. With this process set in place you are well on your way to a better and bigger future.

When you are looking for something to keep you motivated, you need to first think about; What you are doing for your own life; What are the most important things to you; Whether you are satisfied with everything that you are currently doing? and if you are ready for a change in your life.

If you are answering these questions truthfully, you will soon realize that perhaps you are not living life to your full potential and maybe there is something better out there for you.

So, how do I create my life vision? I'm sure you're now asking. Here's how.....

Take responsibility right now, sit down, close your eyes and imagine the life you want.

Yes, it can be that simple to start the process.

Creating a vision is about imagining things that don't yet exist; So, do just that — Close your eyes right now and begin to imagine.

When imagining, don't worry whether what you're seeing is achievable or not. Just let go, free your mind to dream and see where your mind takes you; It's easier to come back later and narrow down rather than to open up. Make sure that you are dreaming about your dream life. You need to visualize what you want to do in your future. Imagine all the 12 critical areas of your life; Imagine the kind of health, career/business, finances, spiritual life, intimate relationship, home/family life, personal power, fun/recreation/rest, overall achievement, contentment and satisfaction, friendship/network and self-worth/confidence you desire.

Following your visualization exercise must be a real goal setting exercise, if not those dreams will only remain in the land of dreams.

Setting short, medium and long-



For you to live your life to the fullest, you must live life on your own terms, to live your life on your own terms, you have to know what you want from life, where you are going, how to get there and what is required of you.



term goals is a very technical scientific process, and you probably need a good trained coach to help take you through this process.

Many people try to do the goal setting process all by themselves at the end and beginning of each year but research has revealed that only 8% of people achieve all their goals, year in year out, meaning that 92% of people fail to achieve all their goals, simply because they don't know the goal setting process and they don't do the needful.

The first step to setting goals is to first envision the life that you want to live.

A vision matched with great goals will motivate you to never give up on the life that you really want. If you have goals set for yourself you will want to make sure that you are doing everything possible that you can so that you can feel good about who you are.

When you set goals the right way, you prepare yourself to do the hard work towards your goals.

The goal setting process also helps identify the things that will stand in your way.

Your goals must be within your own control and you need to accept the responsibility to take control of your own life.

When you have a vision, there are different options or ways to arrive there.

The goal setting process should help you create several options and choices that will help you deliver on your goal and ultimately your vision.

A vision also keeps you motivated irrespective of the challenges you may face along the way.

You need a life coach to help you create your holistic vision, setting your next 10 year goals, identifying your options and realities, then creating a plan and road map that will take you from where you currently are to where you desire, deserve and are designed to be.

There are so many great ideas that will flood into your mind about how to create the future of your dreams and live your best life.

There is nothing out there that should stop you from being who you want to become in life

There is nothing else in the world that you should want more and think about more than where your life is going to end up.

Success, fulfillment, satisfaction, happiness, joy, prosperity, peace can be guaranteed if you know what to do.

You've got to desire all these, believe that you deserve them and do the needful to manifest them.

Make sure you also look out for my new eplaybooks, when we release them on all my social media platforms @lanreolusola and website www.the-catalystng.com.

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Shalom

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2022 Trends

Trends as you know, come and go. While some are a flash in the pan, some have staying power and continue year in, year out while others, because of circumstances, become more prominent as time goes on. Whatever the case may be, trends are meant to be followed especially if they do more good than harm and more so, if they add value to your well being.

BY STYLE TEAM

Fashion

The year 2021 is finally out, and we are hopeful with stars in our eyes and prayers in our hearts that 2022 will be good to us all. The fashion industry over the last two years, has been foiled with the unprecedented wave of the covid pandemic. But now that we are slowly all returning to normalcy, new fashion trends have emerged and we predict they will take hold in Nigeria's fashion industry this year!

'MADE IN NIGERIA' IS HERE TO STAY

The Made in Nigeria brand has gone the full circle and now become a trend. With the recent pandemic, traveling out of Nigeria went straight to the back burner and people began to look more inwards than ever before. More so with a shortfall on foreign currency and travel restrictions constantly changing from strict to relaxed, and right back to the latter, more and more people are looking inwards. Made in Nigeria designs are now a popular trend in the fashion industry. Way gone are the days when people purchased 90% of their clothes abroad or buy ready-to-wear clothes from international big and small labels. Nigerian designers have upped their ante and can stand shoulder to shoulder with their foreign contemporaries.



VERONICA ODEKA
IN PERIDOT RTW



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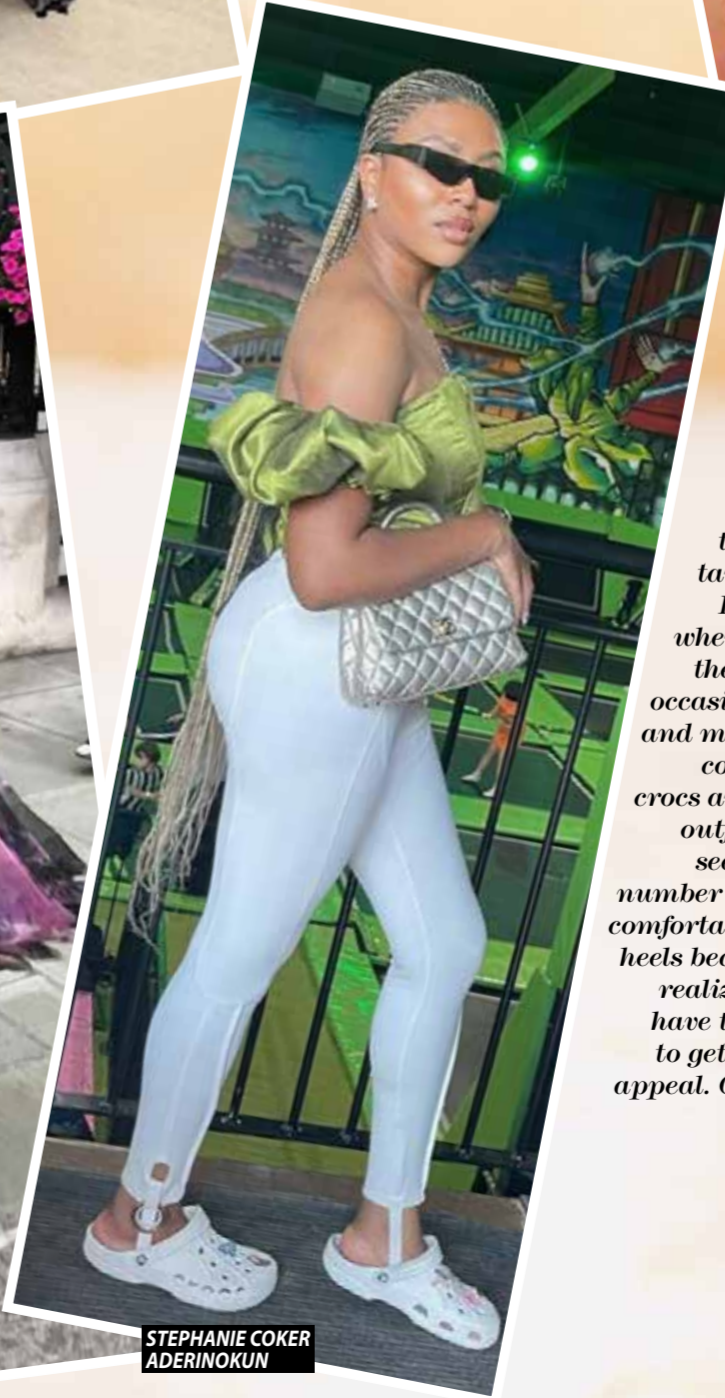
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JENNIFER
OBAYUWANA



STEPHANIE COKER
ADERINOKUN



KIKA OSUNDE

If the pandemic has taught anything, it has taught us comfort is key. Long gone are the days where only high heels were the accepted footwear for occasions and outings. More and more people are pairing comfy flats like trainers, crocs and the likes with fancy outfits. 2022 will certainly see an increase in the number of people trading comfortable shoes for high heels because people now realize that you do not have to wear skyscrapers to get the desired dose of sex appeal. COVID put paid to that myth.

COMFORT SHOES

EMERGING DESIGNERS WILL TAKE CENTRE STAGE



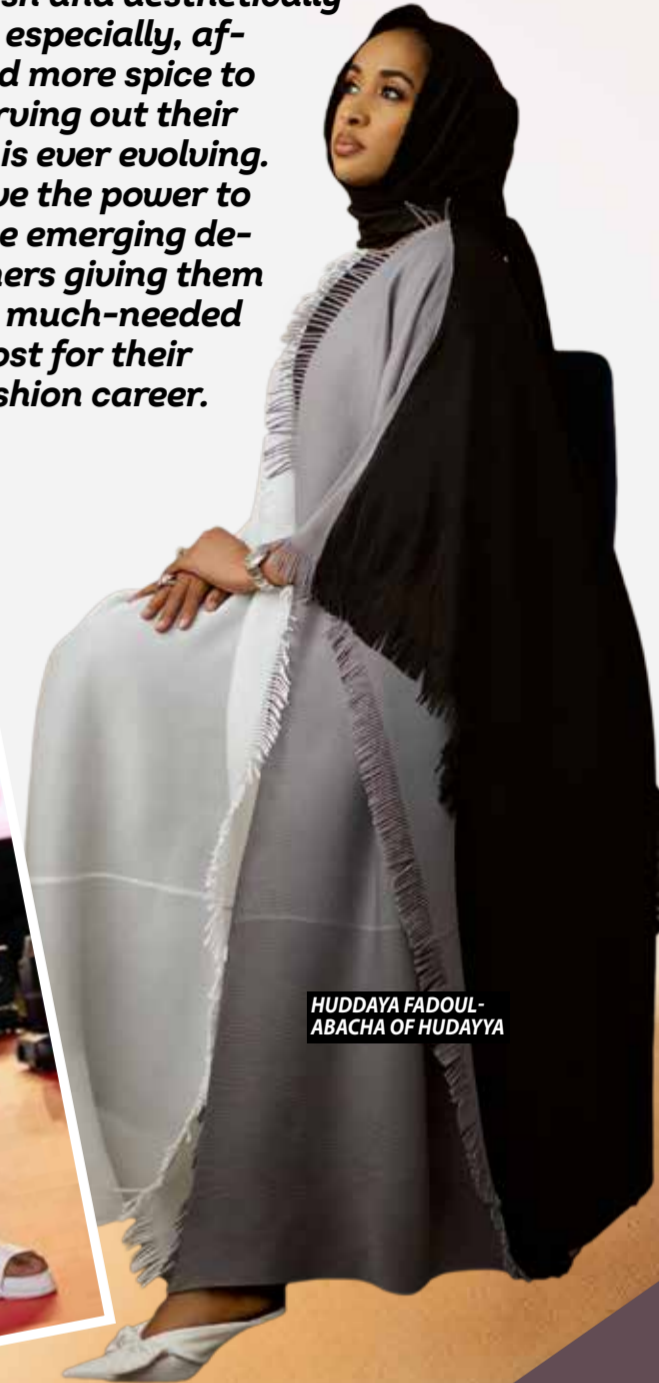
SANDRA TUBOBERENI



TANIA OMOTAYO
OF ZIVA LAGOS



WEIZ DHURM-
FRANKLYN



HUDDAYA FADOUL-
ABACHA OF HUDAYYA

Just like the Made in Nigeria fashion brands will be a mega hot trend in 2022, there will also be many more emerging designers to watch. Banke Kuku, Weiz Dhurm Franklyn, Hundayya, Ziva Lagos, Tubo, Fruche, Tubo and many more are brands that have considerably impacted their young careers. Their designs are anything but bland. They are young, fresh and aesthetically pleasing to the eyes and most especially, affordable. They have also added more spice to the creative space and are carving out their own niche in an industry that is ever evolving. More and more people will have the power to purchase from these emerging designers giving them the much-needed boost for their fashion career.

FAST FASHION

As we continue to look inward, more fast fashion stores are cropping up and becoming popular, thanks to the power of social media. The likes of Zephans and Co, Templa8e, Ziva Lagos, For Style Sake, DT Clothings provide people inexpensive, quick designs off the runway. This year, like the last two years, fashionable ones will hit local fast-fashion stores for their quick runway fix.



DERIN ODUGBESAN FOR AYABA WOMAN DRESS TOP & PEG PANT TRW



SALEWA OLUWOLE FOR STYLE SAKE BUBBLE DRESS



MODEL FOR ZEPHANS AND CO AERIN SET



KAYLAH ONIWO IN THE TEMPLA8E CATURAH DRESS

Beauty

Beauty consumers now understand that good skin has the power to make any makeup product look well applied, and hence the shifted focus more on upping their skincare games and routines. Also, we see a lot of clinical enhancement and predict more people will be open to the idea of altering, sculpting, pumping in areas where, as and when necessary.

BRAZILIANS BUTT LIFTS (BBLs) AND LIPOSUCTIONS

Heavily driven and influenced by the Kardashians and social media, the fat transfer butt surgery has become one of the world's fastest-growing cosmetic surgeries despite the high mortality concerns. Celebrities and social influencers constantly flaunt their hourglass figures on their timelines, promoting the beauty of both procedures influencing more women to take the plunge. Going back five years, plastic surgery was spoken about in hushed tones, but now with the emergence of more plastic surgeons in Nigeria, this trend is openly discussed. 2022 will be no different. Seeing the number of successful procedures in Nigeria, more women will do this surgery locally to get back the body they lost during childbirth, depression, hormones, etc



LAURA IKEJI-KANU GETTING FILLERS



LAURA WIITH FILLERS

BOTOX AND FILLERS

The demand for Botox injection, fillers and other minimal invasive procedures is also on a high. Though these beauty trends are a thing in the western world, Nigeria women never really cared much for these procedures, before but with the introduction of these procedures locally, more women are latching on to the opportunity to look their best with the help of fillings to fade out wrinkles and laugh lines, jawline sculpting, plump pouts and more. Last year, people openly spoke about adjusting their looks with these invasive surgeries, and this year will be no different. We expect that more women will join the bandwagon to give themselves the needed self-esteem boost they need.



MODEL GETTING BOTOX INJECTION



BOTOX-INJECTIONS



MODEL GETTING LIP FILLER

RED CARPET TRENDS

Celebrities turned out some fantastic red-carpet outfits in 2021 with the help of a new set of bespoke designers making waves on social media. These occasion designers who are fast becoming pros are designing heavily embellished statement gowns for brides, award ceremonies, movie premieres, galas, dinner parties, etc. We have the likes of Veekee James, who designed Tiwa Savage's reception dress for her father's burial, Xtra brides, dressing the likes of Toke Makinwa, Kiki Osinbanjo in show-stopping gowns for red carpet appearances and more, Matopeda Atelier dressing the likes of Chioma Ikokwu, Lilian Aje for similar occasions and many more. 2022 will be no different; celebrities will seek similar designers to dress them on the red carpet for awards shows and events of the sort instead of going to international brands as they did in the past.



CHIOMA IKOKWU IN MATOPEDA ATELIER



SHAFFY BELLO IN XTRA BRIDES



TIWA SAVAGE IN VEEKEE JAMES



FIFI UMEYIORA BEFORE HER BBL



FIFI AFTER HER BBL

SKINCARE

Acne, hyperpigmentation, melasma are common skin conditions that many people tackle daily. Before, it was common for women to cover all these flaws with makeup, but with the introduction of affordable skincare products, people have gotten into the habit of treating all these conditions from the comfort of their homes. They realise that good skin is the beginning of getting that perfect makeup trend you love. Also, when the pandemic hit, people had more time on their hands to try different skin routines and products to know which helped achieve the best results. That trend is here to stay as more skin brands were launched and reintroduced in the last two years. It's common to hear words like Hyaluronic Acids, Vitamin serums, sunscreen, retinol etc.



KATE HENSHAW



DODO ITEBOJE



KEHINDE SMITH BEAUTY INFLUENCER



CHIOMA IKOKWU GETTING HER VITAMIN INFUSION AT REVIV

VITAMIN C IV INJECTIONS

While the IV vitamin C drip might not be new to the beauty and wellness scene, with the pandemic, we have seen an increase in demand for IV Vitamin C drips. It helps boost immune systems, treat deficiency of Vitamin C, for glowing skin, and more; the use is endless. More people got into the habit of weekly Vitamin C drips in 2021. This year, the use of these drips will skyrocket and so will a cocktail of other vitamins.

Travel

If the pandemic has taught us anything, it's that we need to seize life's opportunities when we can and savour every moment of it. 2022 seems to be the year people will go all-out and say yes to every travel opportunity that arises, as long as it fits their budget and they get a chance to be away from home.

RESORTS



OMU RESORT LAGOS

The search for the best all-inclusive resorts will be doubled this year, especially within our environment and nearby Africa countries with less travel stress and restrictions.



NOBLE IGWE AT ABINI EBONYI STATE (COMMUNITY TOURISM)

The pandemic has forced us to be in touch with our local roots more than ever, many have turned to support local based tourist attractions, spending weekends with loved ones and friends. Instead of traveling abroad, people have embraced more, the home away from home ideal settings of these havens of nature.

COMMUNITY-BASED TOURISM

Self Care

A poll was conducted and 76% of people agree that covid-19 has impacted the importance they place on wellness. Self-care and wellness goes beyond just the physical, it also includes social, mental, and emotional well-being which have become a daily routine for many.

KEEPING FIT

In 2022, taking care of yourself through exercise won't be just a thing you do when you have time rather it will become a part of who you are. People have found ways to count in the 'steps' on a daily basis. Some do it by running, others by walking and surprisingly for those who hate both, you can do it by dancing! Yes...dance all you can because the movement is what counts.



STAYCATION

Another trend that set to pick up pace is "Staycations". The lockdown restrictions forced so many to set up offices and work stations at home but this year 'staycations' will become so popular as people are seen leaving their homes and spending quality relaxing time in hotels/apartments away from home strictly for leisure and not work. The good thing about 'staycations' is that you don't have to board a plane to get one!



NANCY ISIME

Whether it's a bubble bath or a facial at the spas, self-care is an important part of taking care of your body and mind. And more often will be a hugely popular form of self-care. Many a massage will become a ritual for most as an avenue for tension release.

SPA



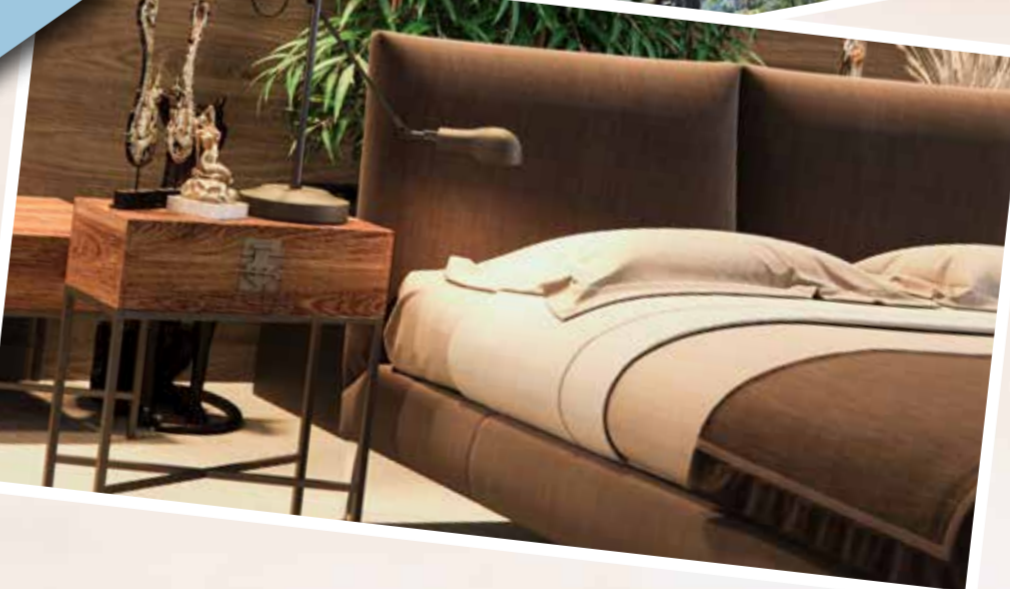
SPA

MENTAL HEALTH

Mental health is a key element in self-care and wellbeing, it has helped many people learn the health risks of their life. With the level of daily challenges faced in our daily existence, mental health is an ailment that one ignored, is now being given the full attention it requires and deserves. Many platforms are being out in place to accommodate and educate people on how best to deal with this prevailing issue.

Interior Design

BIOPHILIC DESIGN



Considering we have spent a lot of time indoors in the past two years due to the pandemic, it's no surprise that the biophilic design tops the interior décor predictions for 2022. The biophilic design concept is centred on bringing nature indoors. While this trend has been around for a while now, we are seeing more and more home furnishings and decor items around the concept lately. People will experience the therapeutic benefits of mother nature at home with it. They will also experiment with indirect natural elements by incorporating natural shapes, materials, and textures into their spaces or bringing the greenery in with planters and vases.

MODERN MAXIMALISM



Minimalism always seems to be on-trend, but maximalism has been rising to the top in recent times. With the embrace of art and luxury, more and more people will opt for a tastefully furnished and luxurious space. We will see more spaces with bold colours, eye-catching artwork, pretty patterns and geometric shapes, etc. - anything to make our eyes dance around and be happy as we continue to embrace spending time indoors.

Social Media

VIDEO REMAINS AS POPULAR AS EVER



Following the decision of Instagram to prioritise moving images, we will see a significant difference in the quantity and quality of video content shared on the social media space, particularly amongst younger users. Platforms like TikTok or Instagram Reels will be prioritised going forward and become extremely popular. According to an individual study by Cisco, in 2022, 82% of all online content will be video content. This clearly shows how important it is to start utilising video content to stay relevant in social media. If you're not currently creating videos, it's time that you include them in your content.

In 2022 82% of all online content will be video content

Influencer marketing isn't a new trend, but it will stay for a while and become even more prominent in 2022. This year we will see brands now opting for actors, sports stars, musicians and mega influencers to use the strength of their following to cut through the noise and create impactful moments. This year it will be all about numbers and, more importantly, engagement.



CELEBRITIES WILL TOP INFLUENCER LISTS



Alero Adallo
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CAPSULES

We really need to think deep and think hard as we start this new year because we seem to have many cobwebs hanging in our logic.

We cannot wake up every morning and wander around like lost sheep, we need to chin up and face life in all of its facets challenging our challenges by eyeballing our limitations without flinching not with inertia but with a determination to act.

We may have been born into a country in which we feel that our voices are muted and when we try to take our destinies in our hands and effect changes our environment frustrates us, we must not give up. Living feels cruel despite our strivings when we were told that the race is not to the swift nor the battle to the strong, what power do we then have over time and chance, when our sweat and brawn does not seem to count we muse...we cannot give up fellow pilgrims, we must fight our way through the muck.

We must reconsider the concept of seedtime and harvest because we truly reap what we sow because karma no be yam, maybe a daily consideration of action and reaction will make us pause before we act.

Many are determined to throw the baby out with the bath water, others even drown the baby in the bath water muttering "catch me if you can" under their breath challenging providence to a duel of wits, they have lost the ability to empathise having sold their souls to hate.

People cause others pain, many feed their neighbours hurt, many are comfortable flirting with darkness and bleeding lives into the soil to feed their souls with money and power, when did the lives of others become so unimportant that trading these lives to renew yours has become a "shrug-able" offence What is wrong with us? Can we not see that we get away with nothing? Why are we so mean and uncaring, so withdrawn from reality and indifferent to the plight of others, why do we stroll by unconcerned as many writhe in pain wondering who they offended when we actually can help clothe their faces with endearing smiles. Why are we like this, somebody should kindly educate me, if na greed na we, na pepper dem na we, na sadism na we, why is it so difficult for us to actually be human and carry others on our backs when they are bent double in pain hobbling along life's lonely road?

We need to tell one another the truth as we err when we pussyfoot around salient issues instead of attacking them head on and treating the root causes. How can we not know that as a people we have dropped the ball, why are we determined to play the ostrich game by bouncing imaginary circlespray tell, how do we sleep at night without our minds darting back and forth in discomfort when the cry of hunger permeates the land..... one day, the strength to challenge our overfed souls will make lions out of doves and it will not be funny.....does it not then make sense for us to be proactive by stopping the nonsense by rebooting to reset, it's not too late in the day to be your brother's keeper pilgrim, your journey becomes less cumbersome when you help others along their way after all "he" is not supposed to be heavy, he is your brother...



with Koko Kalango

Juggling Tasks And Time

One of the most uncomfortable questions anyone can ask me is "What do you do?" On more than one occasion, when I sense the million-naira question coming, I have actually prayed that I would be spared. I wish I could tell you this prayer always gets answered. It seldom does. I once sat on a panel where we were given guidelines to introduce ourselves by and again this question came up - "What do you do?" This time I decided to go on the offensive, so I retorted "What do I not do?"

I also face this dilemma when I need to fill my 'occupation' in a form. When I had to register my national ID card, I looked through the various categories provided and after I could not settle down for any one out of the six areas I had narrowed into, I opted for "Manager". I felt that was an appropriate title to summarise my many duties since I manage my home, my children, my husband, at least one fellowship group periodically, and a few projects at any given time.

When you are multi-talented you will often find it challenging to juggle the different caps you wear. That was my struggle when one day, exasperated, I asked the Lord, "Why do bright ideas love to settle in my head? And how on earth can I actualise all of them?" The answer has come to me over time in different ways: some "spiritual" and some "not-so-spiritual". Let me share them with you.

Let's begin with the "spiritual" one. It is hidden in the parable of the talents found in Matthew 25. Here we understand that God has made investments in all of us, and good businessman that He is, He expects returns on His investment. We must put our lives to use because we will one day be required to give account of our stewardship. So, to answer my first question, the ideas that come to us are to enable us use our talents. In John 15, Jesus tells us how best to do so. He says "I am the true vine, and my father is the husbandman. Every branch in me that does not bear fruit he takes away and every branch that bears fruit, he purges it that it may bear more fruit... Abide in me and I in you. As the branch cannot bear fruit of itself, unless it abides in me. I am the vine, you are the branches. He who abides in me, and I in him, bears much fruit for without me you can do nothing".

Three quick take aways here: first, if God gives you an assignment and you deliver, He will give you more to do. Second, to fulfil your God-given tasks, you must remain in close fellowship with God. Third, attempting to accomplish anything without divine input may turn out to be a futile exercise.

Now here comes the "not-so-spiritual" bit.

I once attended a conference where I listened to Dr Myles Munroe and Dr Mensah Otabil talk on Purpose and Time Management respectively. Dr Munroe brought us his famous message: that we "Die Empty". He said God has deposited, in every one of us, the seed of greatness. God wants us to put our potential to full use before we bow out of the stage of life.

Mensah Otabil provided the "how-to" for this call to action. Dr. Otabil is a Senior Pastor of a church; he oversees over a hundred churches. He is a Chancellor of a University, a board member of several companies and a popular conference speaker. Amidst all these, he says he spends quality time with his wife, he supervises his children's homework, he exercises for an hour every day, he travels frequently, and he reads his Bible and prays daily. Now, when someone with this kind of portfolio talks about time management, you had better listen!

Otabil's counsel to us is that we prioritise. In his case, he said he has since decided that the most important thing to him is first, his relationship with God, second his relationship with his wife, third, his relationship with his children, and fourth, the ministry. For those of us with a "save the world" mentality, Dr Otabil had an advice, "Take it easy, you are not God."

So, while we pursue our multiple tasks and endeavour to accomplish all that life requires of us, we must get our priorities right: relationships come first - our relationship with God and then our relationship with people. If we get too busy for God and too busy for people, then we are too busy for our own good. If we reach a point where we have to choose between work and relationships, the latter should take priority. As we work, we must maintain a close walk with God. And, as our responsibilities increase, so also must our grip on God tighten. As an overflow from close association with God, we will be available to others and able to fulfil other duties. That is the way to successfully juggle time and tasks.

For daily devotionals follow us @ coloursoflifeministry. We can be reached at contact@coloursoflife.org.

COLOURS OF LIFE SHOW

Our Colours of Life show airs on YouTube @coloursoflifetv. We have new episodes on Sundays at 5pm. Last week, Ngozi Princewill-Utchay interrogated the way clothing communicates who we are. Today, Sultan Aladaba, Michael Sasu and Olamide Ogundiran of Gospel Force make a case for the place of rock music in worship. Next week Yewande Zacchaeus is our guest as we discuss 'Waiting'.

Technology

MORE FEMALES TO SHINE IN THE MALE-DOMINATED WORLD OF TECH.

2021 was when we got the news that US Digital Giant Equinix was acquiring Funke Opeke's MainOne for a whopping \$320M. It was the largest acquisition of a tech company in Nigeria and the first landmark deal made by an African woman tech CEO. It was also the year that Honey Ogundeyi's free learning app Edukoya raised \$3.6m pre-seed funding. These are not the only women in tech who made an impact in the past year, and from all indications, there will be a lot more of these amazing success stories in 2022. In the world of technology over the years, female participation and access have been overwhelmingly slow, revealing a gap in a supposed gender-equal world. However, this year, the tech world will record several fast-rising female technology entrepreneurs breaking through the barriers of gender inequality in the tech space. They will introduce innovative ideas that create a better world and inspire more participation of women in technology.



FUNKE OPEKE



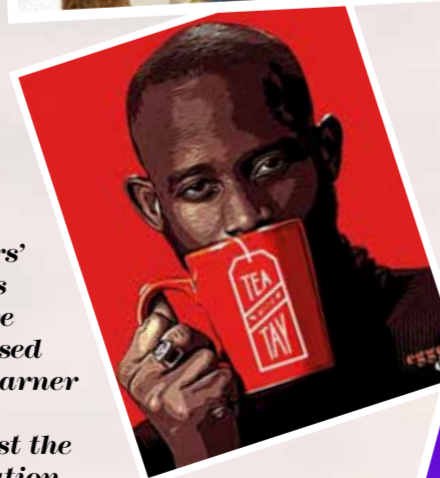
HONEY OGUNDEYI

THE RISE AND RISE OF THE PODCAST

Within months of launching his Podcast, Tea with Tay pod, Temisan Emmanuel has racked up over twelve thousand listeners and counting. That is how popular the Podcast has become lately. From millennial experience to comedy, inspirational talks, lifestyle and religion, Nigerian podcast listeners' preferred topics and themes have extensively focused on issues that garner more and more interest amongst the younger generation. Even though it has been around for a while, podcasts have become mainstream and influential to global pop culture. In 2022 everyone will either have a podcast or be listening to one.



TAY



around

EVER HEARD OF NFTS?

Non-fungible tokens, popularly known as NFTs, were among the most searched terms of 2021. NFTs are transforming art, music and sports and enabling the monetisation of digital assets. They've become a part of popular culture, with brands like Pepsi and Adidas also joining in. While NFTs are in their early phase, they're likely to attract a much larger audience this year.



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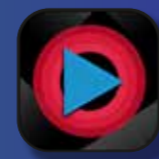
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