

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

SUNDAY, JANUARY 24, 2021

THIS  DAY

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OMOTOLA OKUPE-THOMAS

ON PARKINSON'S!

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COVER

Parkinson's disease is viewed as an ailment of the elderly, but in this interview, Omotola Thomas (née Okupe), opens our eyes to dispel that myth. She has been living with this disease for over 11 years and has become a strong advocate in creating awareness about it with her Parkinson's Africa, an NGO she runs. She has made various strides in this journey which she shares with STYLE. **ISIOMA USIADE** reports...

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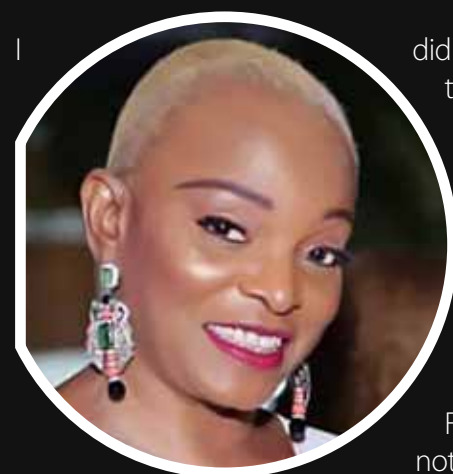
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did my first Covid test a few days ago and it was not as nerve wrecking as I thought it would be because I had mentally prepared myself for the worst. I reckoned that even if the result came out positive, it would not be that serious as I had no strong symptoms except for a lingering stubborn sore throat. I must admit I was still slightly relieved when the result came out negative! But my point here is - my mental approach before I took the test. I subconsciously prepared myself for the journey that would lay ahead because I have underlying problems. I was ready to face it head on and fight with all I have - which leads me to our Cover personality of this week, OMOTOLA THOMAS.

For the past 11 years, she has been living with Parkinson's disease. What I first noticed about Omotola when I saw her being interviewed on ARISE TV, was her bright red nail polish which was a total contrast to the struggles she discussed animatedly. I thought to myself, here is a woman going through her own challenges that one would have thought the upkeep of her appearance will be the last thing on her 'to-do' list. But here she was - red lipstick and nail polish - looking like she just stepped out of a salon! I was very impressed by what I sensed to be a strong spirit within her regardless of what was before her! I liked that and I knew I just had to feature her and tell her story. Omotola has left no stone unturned to keep creating awareness about this disease that not only affects the elderly as is widely believed, but also young people like her. She has created something positively impactful out of her struggle with her Parkinson's Africa NGO. She has made lemonade out of the lemons life has thrown at her and it is this mental approach of hers that one most admires. In the midst of adversity, you must find a purpose that will propel you to fight and forge ahead.

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Scene and be Seen



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DILLY UMENYIORA

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LIZZIE KING WALLI

JULIUS OWOTUGA

EMEKA OKONKWO

PASTOR GODMAN AKINLABI

OFFICIAL HANDOVER AND LAUNCH OF VICTORIA BAY 3 ESTATE.

Recently Dr Kennedy Okonkwo of Nedcomcoaks Ltd and his lovely wife Ichechi hosted very close family and friends to the launch and handing over ceremony of his latest housing project Victoria Bay 3.

The project marked the conclusion of the 5 Goodness campaign which was launched to promote aspirational living. The campaign saw the company deliver 587 units of houses within 2020 despite the COVID-19 pandemic.

Highlights of the event included naming Ichechi Okonkwo as CEO of Victoria Crest Homes a subsidiary of Nedcomcoaks Ltd and the presentation of two buses as gifts to the Lagos State Ministry of Physical Planning and Lagos State Real Estate Regulatory Agency.

The day closed off with the cake cutting ceremony and an electrifying performance by popular Nigerian artist Chike.

The event was held with strict adherence to the COVID safety protocol.

KENNEDY & ICHECHI OKONKWO

TOKE BENSON AWOYINKA

AYO MAKUN

HON FRIDAY OSANEBI

VICTORIA TOPE ALUKO

CUBANA CHIEF PRIEST

UBI FRANKLIN

JUDE OCHILI



Braids

With many people around the world still under lockdown orders during the global pandemic, sunny holidays by the pool seem like dreams of a distance past. In the new year, Braids are an easy and so pleasant way to forget about hair styling for months, give your hair some rest and protect it from harsh environmental factors



High Pony

High ponytails are always chic. Adding flipped ends and a deep side part instantly puts a nostalgic early spin on the classic hairstyle. Bella Hadid and Kendall Jenner can be seen rocking a variation of this simple ponytail, both on the streets and on the runway.

TRENDING HAIRSTYLES

Experiment with a new haircut or colour in the new year with some of the trendiest hairstyles of the season. With the COVID-19 pandemic still keeping many at home, planning your hairstyle may seem be the furthest thing from your thoughts. However, like death and taxes, dealing with your 'do is an inevitable task that unfortunately does not come with an automated fix. To remedy those hair days when the clippers look like the best option, check out this chic yet low-maintenance hairstyles doable at-home.

BY ISIOMA USIADE



Above-the-shoulder Bob

The cropped cut is a chic, low-maintenance style that frames the face with its not-quite-shoulder-length look. The versatile 'do can be shaped with gentle waves or pin straight for a dramatic effect.



Blonde Low Cut

One of the most daring shapes to emerge for 2020, the blonde low-cut is the trend style that will define 2021. It's a hair style that goes simply with every outfit. Model for YUTEE RONE



Fat SHAMING!



BATTLE OF THE BULGE

PARTS 40
(Week 41)

Recap and vital statistics:

I am 5 feet and 10 inches tall and 61 years old. I was an effortlessly super-slim 70kg till my late 40s, then the weight started to pile on. By my early 50s, I was 85kg. But I didn't become obese till my mid-50s.

I started this battle of the bulge on March 16th last year, when I weighed a whopping 120kg and measured 49-47-51 (chest-waist-hips) inches. And I've been struggling to shed excess lard since then.

I was at my happiest and most elegant when I was 70kg and a size 10 (UK sizing). But a woman of my current advanced age might look haggard – ill and starved even – in a totally fat-free body and face zone, so I'm taking the view that a bit of genteel padding does a sexagenarian no harm. And since I didn't feel/look too bad when I was 85kg and a size 14, that's the compromise I am aiming for.

It's been a yo-yo ride.

My weight has, alas, fluctuated wildly since I started this journey. I've had weeks when I've lost a couple of kilos, weeks when I've regained every lost kilo and weeks when I haven't gained or lost an ounce.

Last summer, my weight dropped to 106kg – my lowest point on this journey that started in Abuja last spring. And I won't bore you with all of the ups and downs my weight has been through since then.

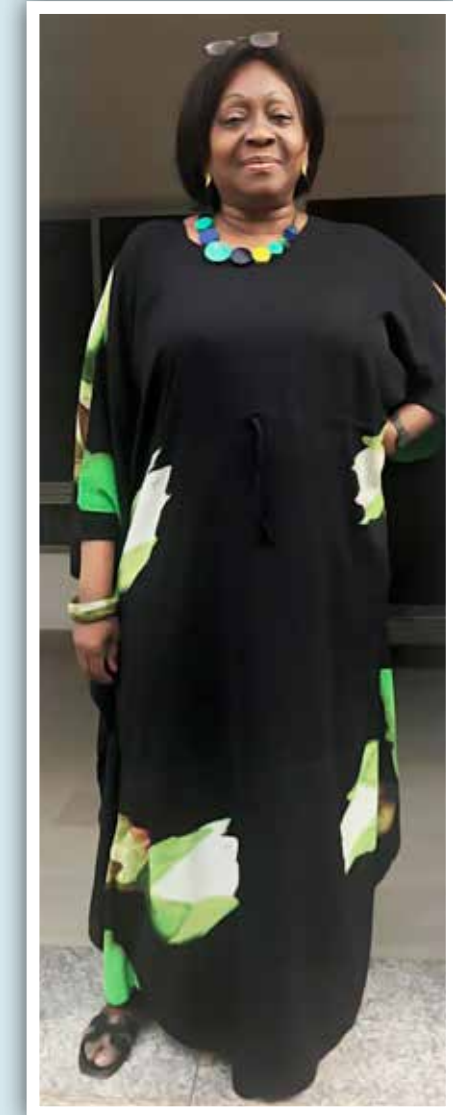
Suffice it to say that after a particularly unrestrained Christmas food-and-drink binge while taking a break in London, I had reached a heinous 123kg by early January – my highest point on this journey.

I felt like such a stupid failure for starting 2021 3 kilos heavier than I was at the beginning of 2020, especially since the whole point of this column was that discussing my weight problem in a public space every week was (in addition to encouraging other fatties to shed lard that can trigger off heart disease, diabetes etc) supposed to shame me into solving my weight problem in a steady and disciplined way.

But we are all human; and some of us are so addicted to food and drink that dieting is a herculean effort. Fortunately, I've been able to force myself to cut down on high-calorie solids and liquids; and my weight has been falling. Last Sunday, I was 121kg. Today, I'm 119.5kg.

Incentives to lose weight are numerous:

Slim folks look better in clothes and have more sartorial choices and more self-confidence. Slim folks rarely suffer from knee pain and are less likely to require hip replacement surgery.



Slim folks are more energetic and tend to be in better shape medically. Slim folks usually attract more positive impressions within professional and social contexts (in the Western world in particular, there is a widespread belief that fat people are less reliable and less worthy of respect because they clearly lack self-control.

Even in Nigeria, where fatness has been traditionally acceptable and even desirable, more and more people would rather be slim than fat.

I myself am prejudiced against fat people. The American actress, Kirsty Alley has put on so much weight since her heyday; and I feel queasy whenever I look at her bloated body and puffy face.

Slim folks also do not struggle to squeeze themselves into narrow seats on planes (one of the most humiliating experiences I have endured in recent years was when a seat belt refused to fully stretch across my huge stomach, so the air hostess had to provide me with an extension that was designed for pregnant women).

OK, so I'm keeping all of the above advantages of slimness in mind and keeping cheerleading readers like Uloma Jide-Afonja in mind.

Uloma wrote to me last week to say:

"I must tell you that I was disappointed to read that you succumbed to guilty pleasures, lol. I also know from my personal experience that losing weight is a struggle. I am glad you are determined to adopt healthier options this 2021. Please, many of us are motivated by you. Please don't let us down. Good luck."

By the way, I'll be in London for another couple of weeks and one advantage of being here is that the only people who can afford full-time domestic help in the UK are rich; and I'm certainly not rich.

I hire a Jamaican lady once a week to help with chores like ironing. But I'm on my own the rest of the time; and you'll be amazed how many calories you burn when you have to run up and down shopping for groceries, carrying heavy bags, cooking, tidying up, making beds, stacking and unstacking dishwashers, getting up to trudge to the kitchen every time you need a glass of water or whatever; and so on.

In Nigeria, househelps are affordable by every Tom Dick and Tunde; and their support can be very useful. But, Boy! Do they keep us lazy.

DONU KOGBARA IS A VANGUARD NEWSPAPER COLUMNIST. Please feel free to share your thoughts about her weight loss journey on 0805 404 6887 or donzul2002@yahoo.co.uk

STYLE RESOLUTION

FOR 2021

2021 hasn't been a normal New Year so your resolutions will likely be a little different, too. Forget dieting and Dry January — we've rounded up five fashion commandments to follow this year...

BY FUNKE BABS-KUFEJI

#1:

Upgrade your footwear

If you're hoping to put your best foot forward into 2021, then you had better make sure it's laced or strapped into a good pair of shoes. The firm-footed foundation of any good outfit, a pair of dependable, reliable shoes will put a spring in your step and a smile on your face.

TOAST PYJAMAS

VENESSA COLE

MODEL FOR
DEOLA SAGOE

MODEL FOR LULU

#2:

Invest in quality not quantity

Don't spend a whole load on seasonal, fast-fashion pieces, but perhaps spend on two or three more expensive investment pieces that will never go out of style.

#4:

Get the basics right

As with pyjamas above, your basics and essentials will take on a new importance in 2021. These are the simply-made, plainly-coloured pieces with which you build outfits — the trusty cami, slips and girdles that help you build up the perfect looking

#3:

Don't skimp on night wear

We've not all got great nighties or Pyjamas(PJ)stuffed under our pillows. And, with working-from-home now the new norm, we're all spending more time in our nighties than we are buttoned, laced or strapped into anything else. (If you say you're not, you're lying). So, for the first time in our style resolution history, we're making the case for good night wear. Whether it's an evening Zoom catch-up with a friend, or simply a day lounging around your locked-down home, nothing will make you feel as luxurious as a pair of a good PJs or silky nightie. And that goes for the full nocturnal outfit; slippers, dressing gown and all

TOP DESIGNER WATCHES

For Women

Whatever the season, one accessory that'll always be appropriate is a well-made, luxury wristwatch but buying a watch is no simple task. Although there are plenty of timepieces on the market, finding one that is stylish, high quality, that suits your tastes can be challenging. As such, narrowing down your field of search can be extremely helpful. From the ultimate luxury brands to the must-have modern labels, each of these designer watchmakers is adept at creating fashionable watch designs.

BY FUNKE BABS-KUFEJI



VACHERON CONSTANTIN

Vacheron Constantin is the oldest manufacturer of Swiss luxury watches. They have been making women's watches since the 19th century. However, the designs are far from old fashioned. While carrying on the watchmaking heritage, Vacheron Constantin timepieces are contemporary and modern, with an elegant and understated feel. It is the perfect watch if your style is luxurious, tailored, and classic.



GUCCI

When it comes to accessories, Gucci certainly knows what it's doing. It isn't just the label's fur loafers or iconic Dionysus bag that we love, though. Gucci's range of watches is also impeccable with many chic and fashion-forward designs.



CARTIER

While Cartier is perhaps best known for its latest love bracelets and Panthère jewelry, the French luxury house has also produced many iconic timepieces. The unusual rectangular Tank watch, introduced in 1917, became an instant classic and has been worn by generations of A-listers. The Ballon Bleu and Panthère de Cartier styles have also found their way onto the wrist of some of the world's most elegant women. Slender and light, with sophisticated styling, a Cartier watch will lend a touch of class to any outfit.



CHAUMET

As one of the most high-end jewelers in Paris, Chaumet is the height of luxury. Having made watches for more than 200 years of its history, the house of Chaumet combines its French sensibilities with Swiss quality to create wearable works of art. If you are investing in a Chaumet timepiece, the ideal choice is a model from their jewelry-inspired ranges.



VERSACE

If you want a real piece of luxury on your wrist, look no further than Versace's range of watches. The Italian label's timepieces are just as glamorous and irresistible as its stunning fashion designs.



CHRISTIAN DIOR

If you're the type of lady who likes a little bit of luxury on her arm, you can't go past a Dior timepiece. As glamorous as they are luxurious, the label's selection of watches for women is filled with impeccable and unforgettable designs.



FENDI

Boldly fashion yet easily wearable, Fendi's collection of watches contains an excellent selection of modern designs. What else would you expect from this iconic Italian fashion house?



PIAGET

Famous for their ultra-slim watches, Piaget is all about timeless elegance and comfort. While the classic Piaget look is minimalist — made most famous by the Altiplano model — the brand has a much more extensive range for women. Choose from the diamond-encrusted curves of the Limelight Gala or the unusual oval shape of the Possession collection.



HUBLOT

While Hublot is a Swiss watch brand, it has Italian heritage: its founder, Carlo Crocco, was Italian. As a result, its watches have a more sporty and energetic feel, and bold designs untied to the traditional style. Associated with motor racing, many of Hublot's most popular models — like the Big Bang range — take inspiration from cars and machinery. Gear-like elements and visible screws, as well as brushed steel finishing, give these timepieces a style unlike any other. Hublot is the choice if you love Formula 1 and want a luxury watch that can keep up with you.

TROPICAL PRINTS

THE NEW FLORAL

If florals are no longer ground-breaking, then it's time to welcome tropical prints as a way of enlivening your wardrobe. Though this trend has been around for a couple years, it seems like it's here to stay. Almost everyone from models, stylists, to trendsetters are wearing tropical print garments. The vibrant prints and colours give a feel of freshness and brightness. These prints are ideal for grabbing a quick coffee or a leisurely beachside brunching, sun bathing by the poolside chilling, working hours, as well as seaside weddings.

BY ISIOMA USIADE

Layer on Your Tropical

To add some summer fun to your look without putting a tropical print front and center, find a tropical kimono or lightweight jacket to toss on when the weather gets breezy.

Tropical Printed Set

When it comes to tropical prints, two really is better than one. Find a matching printed set that you can wear from the office to the weekend and everywhere in-between.

Stun in a Must-Have Tropical Pants

Add a blazer and heels to make this pants office-ready, or toss on strappy sandals and statement necklace for a casual date night look.

Elevate Your Tropical Shirt

Take your tropical shirt up a notch with a nice mini skirt and sandals.

Rock the Tropical Ankara Set

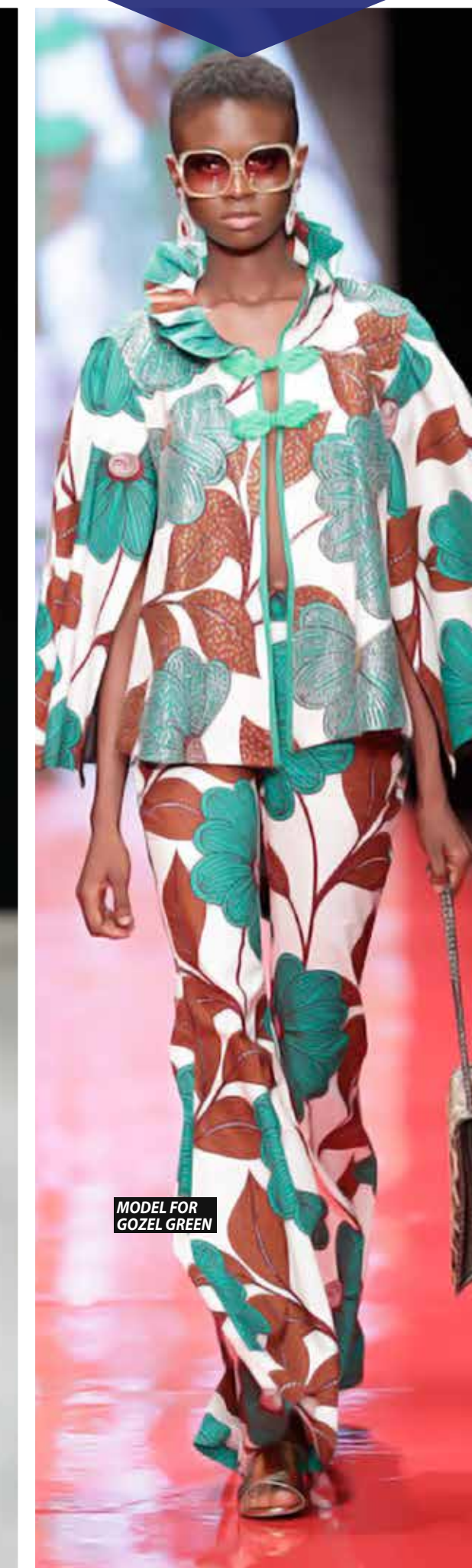
Casual Friday called, and it's telling you that a tropical Ankara set is exactly what you need to wear to the office this week. The pieces can be worn separately, but it makes a statement when worn together.

Dress up a Printed Dress

More prints please! This print dress gives you a subtle way into the tropical trend.

Wear Statement Maxi skirt

Swap your pencil skirt for some printed statement maxi skirt. Keep the top and shoes neutral so the skirt can do all the talking.



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OMOTOLA OKUPE-THOMAS

ON PARKINSON'S!

Most women at the age of 29 have just started entering the realm of adulthood and starting their own nuclear family. There are usually newly married, blessed with a kid or two and living happily with their spouse behind a white picket fence. They are not usually worried about illnesses that plague the elderly and as such, are living their lives to the fullest with so many opportunities ahead of them to explore.

Omotola Thomas (née Okupe), was one of such women. She was an Engineer and lived with her husband and two kids in South Africa. At 29, she felt tremors on her hands but like most young people, shrugged it off as stress of work. But the tremors remained and got worse over time. Many years and several tests later, she finally got her diagnosis - and it was what she suspected, she had Parkinson's disease. Surprising to many as it was viewed as an ailment of the elderly, in this interview, Omotola opens our eyes to dispel that myth. She has been living with this disease for over 11 years and has become a strong advocate in creating awareness about it with her Parkinson's Africa, an NGO she runs. She has made various strides in this journey which she shares with STYLE. ISIOA USIADE reports...

What was your first symptom of Parkinson's disease and why did you ignore it at the time?

It was a twitch in the forefinger on my right hand and it started somewhere between 2009 and 2010. I was 29 at the time and, in addition to being a wife and mother to two young children, I was also working as an engineer in a fast-paced environment - I assumed the twitch was stress related and that I simply needed to take it easy.

When did your symptoms become more noticeable and how long did it take to get the correct diagnosis?

It took a number of months for the twitch to progress into noticeable hand tremors. In the beginning, whenever I noticed the tremors, I could mentally make it stop. Gradually, I lost that ability and, over time, started to notice additional symptoms - muscle weakness and stiffness, primarily in my hands.

I went to see several doctors, underwent several scans, had blood drawn numerous times, and got tested for many different ailments - all of which came back negative. Finally, almost six years later, after being tested for what seemed like "everything under the sun", a South African doctor (I was living in South Africa at the time) looked at me and said, "I think you've got Parkinson's disease". I was 35 years old.

You suspected from the beginning what your ailment might be? Who sprung to mind that gave you reason to suspect this?

Perhaps due to heightened anxiety (anxiety is a symptom of Parkinson's), one of the first things I thought of when I started experiencing hand tremors was Parkinson's disease. The late Muhammed Ali (may his soul rest in peace) came to mind and I remembered watching the video of him carrying the torch at the 1996 Atlanta Olympics; I remembered his hands were shaking quite visibly; I remembered marveling at his courage; and, of course, I also remembered he had Parkinson's disease; I worried that I had it, too.

For years, I kept this fear to myself - I was too afraid that speaking about Parkinson's disease would make it become my reality. Little did I know that it already was.

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For years, I kept this fear to myself - I was too afraid that speaking about Parkinson's disease would make it become my reality. Little did I know that it already was.

In the sixth year of your symptoms, you said you came across a quote before your diagnosis was confirmed. What was the quote and what myriad of emotions went through your mind when you finally got your diagnosis?

It was the night before I got diagnosed - June 16, 2016. From the results of the scan I had done earlier in the day, it seemed clear to me that I was going to be diagnosed with PD. I didn't want to dwell on negativity, so I searched online for "faith". My life was about to change, and I needed to find something that would counter the despair that was threatening to surround me. And I did. I found a quote that is attributed to man called Patrick Overton, and it read:

"When you walk to the edge of all the light that you have and take that first step into the darkness of the unknown; faith is knowing that one of two things will happen. There will be something solid to stand upon, or you will be taught to fly".

In that moment, somehow, I found enough grace to shift my perspective about the impending diagnosis - I certainly did not welcome the thought of a Parkinson's disease diagnosis, but I was no longer afraid of it. I felt at peace, and that peace remained with me as I sat calmly across the doctor the next day as he confirmed what I already knew; and it remains with me till this day, five years later.

Of course, the presence of peace does not necessarily

mean the absence of trouble.

Let me be clear, my journey with Parkinson's has been very challenging and difficult; but through it, I have come to understand that adversity also comes with; opportunities to grow, to fly, to soar, opportunities to lift, encourage, and inspire others, and to find purpose.

How did your immediate family react to the news and how long did it take you to tell them?

My husband was calm - we both were, actually. We were both grateful to have finally come to the end of the 5+ year journey of searching for a diagnosis. My children were too young to understand the implications, but we talked to them about it without going into too many details. As for my parents, I knew they would be upset, so I waited a few weeks before telling them. They were distraught.

What made you decide to become an advocate for PD?

I knew that if I kept quiet about my diagnosis, it would affect me adversely. For me, silence equaled subjugation, and speaking out equaled empowerment. I chose empowerment.

What are the key things required to make it easier to live with PD?

I think one of the most important factors is a good support system. Parkinson's is a multifaceted illness that impacts several functions of the body and, in turn, several aspects (mental, emotional, and physical) of a person's life; this makes it very difficult to handle alone. I have been extremely blessed in this regard as my family (immediate and extended) and friends, remain incredibly supportive.

As with any illness, it is important to adhere to a healthy lifestyle, but regular exercise is particularly important in Parkinson's. Studies have shown that even 2.5 hours of moderate exercise per week is beneficial in reducing symptoms and possibly slowing down the progression of the disease.

Medication is also important, particularly as the disease progresses and performing daily tasks (like putting on clothes and handling objects) become more difficult.



CHANEL HIGHTOPS

HIGH TOP SNEAKER

While men have no problem embracing high top sneakers, women have been more reserved about the style. This season, however, the style is a favorite amongst female fashionistas. They have proven that high tops can work, and now it's your turn to try the style. There's no need to feel unsure or afraid of this sneaker, as long as you know the look that you are after. CHANEL HIGHTOPS



GUCCI

CHUNKY SPORT SNEAKER

The fashion elite are loving chunky sports-style sneakers. The padded shoes, which feature grooved, high-grip soles and athletic details are perfect, putting the spring back into your step. While they may remind you of the '80s or even take you back to your old days of playing netball, we promise that when styled right, chunky sports sneakers can be totally chic.



GUCCI CHUNKY SNEAKERS



STEVE MADDEN

STATEMENT SNEAKER

Fashion loves a statement, and the current sneaker trend is no exception to this rule. While the seas of white sneakers prove the undeniable popularity of the simple and clean shade, there's always room for a pop of colour in the wardrobes of the fashion elite. Whether you're a fan of red, blue, now's your time to make a statement with your shoes. Not a fan of bold colours? No problem. How about just some coloured laces? There's a sneaker style to suit everyone this season.



TOMMY HILFINGER PLATFORMS

PLATFORM SNEAKER

If you're looking for something a bit edgier than your regular sneaker, why not try a pair of platform sneakers? Platform (flat+platform) sneakers are regular sneakers that feature a flat sole that is thicker than average (usually about an inch or so). The unique look has a heavy and somewhat masculine appeal that is perfect for creating an outfit with attitude.

METALLIC SNEAKER

While the world's best athletes have been going for gold in Rio, the world's top street style stars have been going for gold on their feet. High shine, metallic sneakers have popped up as one of the top shoe trends of the season with all our favorite fashion girls sporting them. While gold is undoubtedly a winning colour, silver and rose gold are also top picks for these fashionable pieces of footwear. Pick up your own metallic sneakers now to add an injection of "look at me" style into your everyday wardrobe.



VERSACE SNEAKERS METALLIC

SNEAKERS TREND for 2021

The humble sneaker has been elevated beyond the gym floor and on to the runways. Give your ensembles a luxe finish with some box-fresh, fashion-approved trainers. Here are the sneaker trends to know

BY FUNKE BABS-KUFEJI



LAURA IKEJI-KANU



VONNE NWOSU



ORIRE OMATSOLA

5 MUST-HAVE

HAIR STYLING TOOLS

Get the wavy effect, perfect smoothing, and volume curls with these essential new hair styling tools. If the key to a killer outfit is its accessories, then styling tools are essential to producing the perfect hairstyle for whatever your day holds. From voluminous curls to pin straight lengths, achieving the ultimate hairdo for all your 2021 activities either in-person or via Zoom meetings require top tier tools. Grab your pen and paper as STYLE rounds up a list of this year's ultimate hair accessories.

BY ISIOMA USIADE



All-in-One Tool

Want flawless styling without busting out every hair tool in your arsenal? Try the all-in-one accessory that can dry, curl, smooth, or wave your hair depending on the look you're trying to achieve.



Waver

Craving sexy waves? Opt for the latest hair waver, that will effortlessly give your any styling waves of your choice for all occasion.



Hot Rollers

For XXL volume muse curls, there's nothing like old school curlers to get the job done. These hot rollers give you the bodacious locks of icons past.



Flat Iron

When achieving a smooth 'do with mirror shine, there's nothing like the GHD Platinum Styler: a technological gem whose heat automatically adjusts for perfect results in fewer passes.



Hair Brush

To preserve the hair fibre and stimulate blood circulation which improves hair growth, use handcrafted brush made from 100 percent wood and boar bristle for better results.



Joy Baccarat Pure Parfum, Limited Edition
Jean Patou's Joy, created in 1930, has always been notoriously pricey. It was, for most of the 20th century, considered the costliest perfume you could buy due to the sheer extravagance of its floral content an astonishing 10,600 jasmine flowers and 28 dozen or roses per bottle. This limited-edition marvel ups the ante even more with a keepsake Baccarat bottle an expression of Joy that isn't fleeting.

Les Royales Exclusives Jardin d'Amalfi Fragrance
British perfumery Creed, creator of fragrances beloved by Audrey Hepburn and Grace Kelly, introduced this Royal Exclusive scent in 2011 to celebrate the house's 250th anniversary. The notes are an olfactory evocation of an Italian garden effervescent, sunlit citrus, soft rose and apple, woody cedar, vetiver, and cinnamon and the hand-blown Pochet bottle features an open-neck pour, to facilitate lavish slathering.



Love is in the Air Limited Edition
You could do worse than gifting a perfume lover or just a lover with this ode to amore. Sensuous white musk, delicate jasmine, and fleshy plum characterize the romantic juice, but it's the bottle that puts it over the top: gemstone-encrusted glass, topped with two silver lovebirds.



Roja Haute Luxe
Roja Dove is a lavish, flamboyant perfumer, a man who isn't afraid of even the most decadent overdose of exquisite ingredients. Haute Luxe is a chypre oriental that practically drips money. Stuffed to the brim with rose, jasmine, and ylang ylang, and grounded with earthy, spicy, ever-evolving base notes of ginger, cinnamon, clove, patchouli, woods, resins, and ambergris, a fresh batch of Haute Luxe is whipped up every year, and limited to 500 bottles.



Original Collection No. 1 Feminine
Clive Christian's No. 1 Imperial Majesty, created in 2006 and issued in a limited-edition run (as in, 10 bottles) of diamond-studded Baccarat crystal flacons, was named the World's Most Expensive Perfume by the Guinness Book of World Records. That elite juice is no longer available, but you can snag this one, Original Collection No. 1 Feminine, for \$850, a bargain by compare. Prepare to be bowled over by a complex, lush composition of white peach, plum, jasmine, rose, and spicy carnation.



TOP 10 Most EXPENSIVE PERFUMES IN THE WORLD

From rich ouds to luxurious florals, these perfumes cost a pretty penny. Fine fragrance doesn't have to cost a fortune. But it can. Clive Christian's No. 1 Imperial Majesty, which was named the World's Most Expensive Perfume by the Guinness Book of World Records in 2006, was priced at \$2,355 per ounce a splurge that included delivery in a Bentley. A bottle of DKNY's Golden Delicious, designed by jeweller Martin Katz and featuring nearly 3,000 precious stones including 2,700 diamonds sold at a charity auction in 2011 for \$1 million. The price of a perfume typically reflects the scarcity or quality of the natural materials you'll find in the bottle, the ornaments you'll find on the bottle, and/or the craftsmanship of the master perfumer who concocted the scent. Here, 10 of the priciest perfumes in the world, unquestionably desirable to a certain set. The more you pay, the less likely you are to come across someone else wearing the same spray.



Gardenia Les Exclusifs de Chanel - Parfum Grand Extrait
Talk about a showstopper. The Les Exclusifs de Chanel Parfums represent the house's most haute fragrance creations and Grand Extrait Gardenia is no exception. A voluptuous, creamy gardenia envisaged as an homage to Coco's beloved camellia, housed in a magnificently over-sized iconic faceted bottle. (True devotees can watch for Chanel's lavish, extremely limited-edition Grand Extrait holiday coffrets, which move the investment needle up to about \$30,000).



Amorem Rose Parfum presented in a Lalique Crystal Flacon
An opulent, smoky rose, crafted by master perfumer Maurice Roucel with notes of Bulgarian Rose, Saffron flowers, Baltic Amber and Mahogany wood, Amorem Rose is housed in a Lalique crystal flacon, "Les Hirondelles," representing the flight of love. Could there be a more suitable vessel for this spectacularly OTT tribute to the Queen of Flowers?



MAISON FRANCIS KURKDJIAN PARIS À La Rose Eau de Parfum
Another almost inconceivably petal-packed eau containing 250 Grasse centifolia roses per bottle. And for those not yet willing to pony up for the celebrated perfumer's bespoke services, which start at \$35,000, a way to own a Kurkdjian masterpiece for a relative steal.



Fabulous Eau de Parfum Decanter
If you're going to go Fucking Fabulous, go big. This 8.4-ounce decanter is outré is all the best ways from the label to the scent it contains: A decadent, spicy explosion of herbaceous lavender and sage, deepened with bitter almond and sweet vanilla, grounded in earthy, leathery orris, amber, and wood.



ELEGANTER SCHWAN 06 - Limited Edition perfume
Albert Krigler was inspired by Bavaria's Neuschwanstein Castle (the model for Disneyland's iconic Sleeping Beauty Castle) when creating this warm, romantic rose-and-sandalwood eau, and named it after the historic site's famous swans. An early 20th century favourite, it was recently re-introduced by the storied fragrance house as a covetable limited-edition.



Nigerian designer Freshbydotun is making a grand entry into the New Year with the unveiling of his collection aptly titled Forever Young. Featuring the iconic Richard Mofe Damijo, the brand worked with the richest and finest fabrics to create pieces that are timeless and ooze extravagance. The collection embodies creativity, quality and excellence with proper attention to details. It is created for every stylish man regardless of age.

FOREVER YOUNG

5 NATURAL WAYS To Speed Up Hair Growth

Long hair is a classic, and for good reason. Whether tied up in a sleek ponytail or messy bun, in boho braids, or even left natural, the versatility that comes with long locks lets you change your look with ease. Unfortunately, as hair grows about half an inch per month on average, getting the length you crave also requires a bit of maintenance and a lot of patience. Whether you're struggling with brittle ends, thinning all over, or had a hairstylist that was a little too happy with the scissors, here are 5 natural ways to speed up hair growth for long, healthy hair:



Have Regular Trims

It's no secret that in order for hair to grow faster, it must first be trimmed. This may seem paradoxical, but delaying a trip to the hairstylist will result in brittle split ends that grow less quickly. Shedding the dead weight allows hair to regain its health and strength, allowing it to grow faster. Get into the habit of getting a trim every 8-12 weeks. The more regularly you trim split ends, the less will need to be cut each time, as hair will be less damaged.

Fuel Growth from Within

It's been said before: a healthy and balanced diet is necessary for beautiful skin and healthy hair. To promote their regrowth, we mainly turn to foods rich in iron, zinc, proteins, vitamins, and essential fatty acids such as legumes, green vegetables, eggs, seeds, nuts, and oily fish. A good tip is to supplement your meals with brewer's yeast or nutritional yeast, which are rich in vitamins B1, B5, B8 and B9, trace elements and minerals.

Scrub the Scalp



Like the skin on the face, the scalp needs to be rid of particles of pollution, excess sebum, dead cells, dandruff, and product build-up in order to regenerate. Once per week, add a scalp scrub into your shower routine to remove impurities and get rid of excess hair product. You can make your own using coarse salt or raw sugar mixed with olive or coconut oil. Apply to the roots and massage with fingertips in circular movements for a few minutes before shampooing. At the end of a shower, finish by rinsing the hair with a shot of cold water, which helps close the cuticles and results in shinier, more

moisturized locks.



Massage Your Scalp

A scalp massage stimulates the hair follicles, producing thicker hair and encouraging hair regrowth. At least twice a week, for 5 to 10 minutes, allow yourself a little moment of softness by massaging the entire skull with your fingertips, using circular movements. We start at the nape of the neck before moving up to the top of the skull and ending at the temples. The massage can be done without product or using a mixture of invigorating essential oils such as pine, lemon, ylang-ylang or thyme. In addition to being good for your hair, this practice also helps you relax and re-center.

Mask Regularly

Nourishing air masks are an incredible asset for accelerating hair growth. Try one of these natural recipes once per week.

Oil Bath

Castor oil is known to promote hair growth. Rich in vitamin E, it helps to strengthen the lengths by hydrating and nourishing them. Just be sure to mix it with another, lighter oil such as olive oil or argan oil. Combine a tablespoon of castor oil with 3 tablespoons of olive oil. Apply the mixture to the entire scalp and lengths, gently massage for a few minutes, and leave for 30 minutes minimum before washing with a mild shampoo.

Onion Mask

Many beauty enthusiasts praise the merits of the onion on the hair, and for good reason. Onion promotes blood circulation and allows the hair follicles to be better nourished, better oxygenated and therefore better regenerate. Rich in sulfur, this



ingredient also allows the hair to produce more collagen and thus to be in better shape. First, blend an onion to extract its juice, then mix 3 tablespoons of onion juice with 1 tablespoon of coconut oil and 1 tablespoon of olive oil. Apply all over the hair, concentrating on the roots, and leave on for 1 hour before shampooing. This recipe can be miraculous so long as you can stand the smell of it!

Coconut Milk Mask

Known for its protective properties, coconut milk helps repair damaged hair, rehydrate dry locks, and promote regrowth. Simply mix 6 tablespoons of more than 90% condensed coconut milk (remember to mix the coconut milk well with a spoon before pouring it into a bowl) with 3 tablespoons of castor oil. Apply the mask to all of the hair and leave on for at least 30 minutes before shampooing. You can also add a few drops of basil essential oil to the mixture, which will improve scalp circulation.



Ginger Mask

In addition, to its energizing and anti-inflammatory powers, ginger is also very good for the hair. By increasing blood circulation to the scalp, it can accelerate hair growth. The best option is to use fresh ginger juice, but you can just as easily use powdered ginger. Mix 2 tablespoons of ginger with 1

tablespoon of olive oil or castor oil. As ginger can be irritating to the scalp, it is advisable to mix it with a neutral oil. Mix everything well, then apply to the scalp, massaging for a few minutes. Leave on for at least 30 minutes before shampooing.



Egg Mask

Rich in proteins, egg nourishes the hair and accelerates its growth by boosting its cellular metabolism. To take advantage of its benefits, mix an egg with 1 tablespoon of castor oil and 1 tablespoon of honey. Apply the mixture all over the hair, from roots to ends. Leave on for a good 30 minutes and then shampoo.



Avoid washing your hair too often by spacing out shampoos as much as possible. Brush your hair delicately, always starting by untangling the ends then moving up to the roots. Opt for sulfate-free shampoo and minimize the use of hot tools, which seriously damage the hair fiber.

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