

SEPTEMBER 2019

style

SPRING ISSUE



**SUBURB
SPOTLIGHT:**

Explore

EAST BRISBANE,
KANGAROO POINT,
KELVIN GROVE
& NEW FARM

girls get
away

WIN A WEEKEND AT
SANCTUARY COVE

ONE LEVEL UP

QUEENSPLAZA'S AUSTRALIAN
FASHION LABELS

check
THIS

SPRING CLEAN YOUR
MIND, BODY & SOUL

FOOD | FASHION | BEAUTY | ARTS | EVENTS | PEOPLE

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Victorian Ash

Kalbarri

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Kalbarri

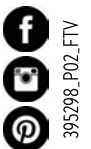
QUAD EXTENSION DINING TABLE

(W258-450 x H77 x D120cm)



EXCLUSIVE TO DOMAYNE

D O M A Y N E®



style



Camilla Dress, Scarf
David Jones Heels

12



Alice McCall Top and Skirt
David Jones Heels
Paspaley Earrings, Necklace

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ON THE COVER:

Fendi Yellow dress, logo body suit, boots, bag

Stylist: Kimberly Gardner
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Shoot Assistant: Madeline Smith
Makeup: Ellie Harvey MUA
Hair: Oscar Oscar QueensPlaza

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editor's NOTE



Scanlan Theodore
Dress, scarf, sunglasses



Sass & Bide Dress
David Jones Heels, sunglasses
Bvlgari Bag, earrings

There's no doubt QueensPlaza is a mecca of Australian fashion, providing a platform for some of our finest designers and home grown talent to grace our Brisbane streets. The collective of class-A character was more evident than ever at our stunning cover shoot featuring the striking QueensPlaza Ambassador Tess Alexander, showing off QueensPlaza's Level One luxury looks with hair and makeup by the creative team at Oscar Oscar. This truly set the tone for our Spring issue.

Click to page 22 to discover the newfound glory of Kelvin Grove, New Farm on page 56 and Kangaroo Point on page 38 and learn the hot spots only locals would know.

September also marks the month to watch our city come alight with the annual Riverfire festivities. It's a special event for us Brisbanites and we have prepped a packed round-up on page 35.

With a new season also comes an opportunity to hit the refresh button on your mind, body and soul. For a bit of inspiration, we've put together a Spring checklist on page 50 for your home, health, skin and style.

One key feature you'll also notice in this issue is all the food!

Our city really produces the goods when it comes to dining out. A favourite of mine has to be Brisbane institution, Lefkas Taverna in West End as well as the new stylish Stanton Café & Bar at QueensPlaza. So, I say get out there and fill up on the best Brisbane has to offer.



Tracy
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Corporate Functions

BRISBANE'S MOST
—ICONIC VIEW—

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WHERE AN ICONIC VIEW MEETS UNRIVALLED SERVICE



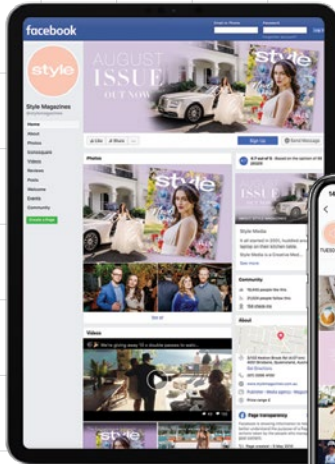
OPENING FOR LUNCH FROM SEPTEMBER 18

OPEN 7 NIGHTS
1/501 QUEEN ST, BRISBANE
3831 1400

La Vue
Waterfront Restaurant

online

STAY UP TO DATE WITH ALL THINGS TRENDING!



WIN Tickets to Festival X featuring Calvin Harris and Lil Pump.

PARLEZ VOUS FASHION? Never mispronounce a fashion label again!



GET CRUISING Time for a girls catch up? Here's what to do and where to go with your girl-gang.



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What's your fave road trip destination?

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FILLYBOO



Vehla Eyewear Vermont sunglasses \$160

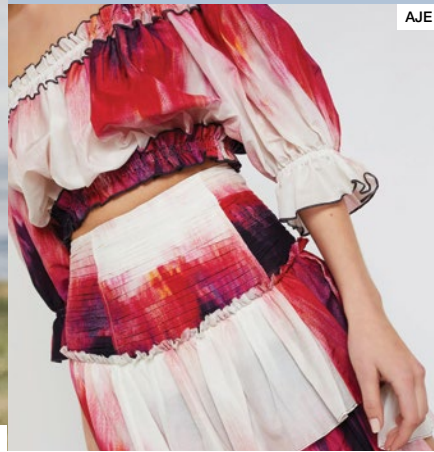
THE

HAUTE

W/ST

By Melissa Myrteza

Spring has sprung and we're all about embracing fresh fashion moments. Whether you choose fabulously tie-dyed fabrics or geometric specs, this season is all about pairing perfection. Neutrals with character are in and they're making a splash on the streets for their versatility. From park picnics to salty swims, these are the numbers you need.



AJE



POLÈNE



Cleonie Cosi fruit maillot \$220



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Jason Preston

Meet one of the leading architects behind some of the largest and most innovative developments in Brisbane and he's the Principal at the studio of multi-disciplinary design firm Hames Sharley.



COFFEE

MARCHETTI,
TATTERSALL'S
ARCADE



BOOK

RENDEZVOUS WITH
RAMA BY ARTHUR
C. CLARKE



NEXT HOLIDAY

LONGREACH,
QLD



FASHION STYLE

NEUTRALS &
HUGO BOSS



HAIR SALON

JIMMY ROD'S
BARBER

While I was born in Brisbane, most of my childhood was spent up in sunny North Queensland between Townsville, Innisfail and Cairns. I moved back to Brisbane in my early twenties and I've been northside in Windsor ever since. My career in architecture started when I was in primary school where I constantly scribbled action figures and star ships. Drawing was my religion. In high school I studied technical drawing and was top of the class without even trying, it just came so naturally to me. When I left school at seventeen, I had no idea what an

architect did but I fell into a job working for one because I could draw. My journey is as unconventional as it gets, I didn't go down the traditional pathway at university to study architecture. Instead, I got a hands-on approach and industry experience from the get-go, learning from my mentors. From my first role as a draftsman, I then went on to work for many major firms here in Brisbane.

Find out how Jason's long-term career gamble paid off for him to become one of the most unconventional architects in Brisbane at stylemagazines.com.au

READ MORE ONLINE

Minimal downtime

PLASTIC SURGERY WITH DR. RAYMOND GOH

No matter how big or small the procedure, plastic surgery involves potential risks as well as recovery. Breast and body procedures such as breast augmentation, lift or reduction and tummy tucks tend to involve at least two to four weeks of recovery time and at least six weeks before physical exercise can be resumed. Similarly, extensive facial rejuvenation surgery such as face and neck lifts must allow substantial time for discomfort, swelling, and bruising to subside.

With our ever increasingly busy lives, I'm seeing a trend toward plastic surgery procedures that deliver appreciable gain with minimal recovery or downtime. These include upper eyelid reductions (blepharoplasty), direct brow lifts, surgery to correct prominent ears, cheek (buccal) fat removal, and lip lifts. The upper lip, which tends to lengthen and thin over time, plays a vital role in facial balance and youthfulness. It has traditionally been enhanced mainly with fillers. A surgical lip lift however, can optimise the length of the upper lip, and thereby improve the lower face ratios whilst at the same time increasing display of the upper teeth and the red part of the lip.

The eye region is considered an important focal point when it comes to the effects of facial aging. It is the first area we see and appreciate when conversing with others. When our brows and upper eyelids become droopy, it portrays a tired, sad, and aged appearance. A direct brow lift, where skin is removed from just above the eye brow, and upper eyelid reduction, where excess skin and fat from the upper eyelid is removed, can effectively "open up" the eye region and deliver a fresher and more youthful persona. These procedures can generally be performed in the office setting under a local anaesthesia (numbing injection only), which saves in cost since hospital and anaesthesia fees are avoided.

VALLEY PLASTIC SURGERY
51 BALLOW ST, FORTITUDE VALLEY
P 3488 8118
VALLEYPLASTICSURGERY.COM.AU

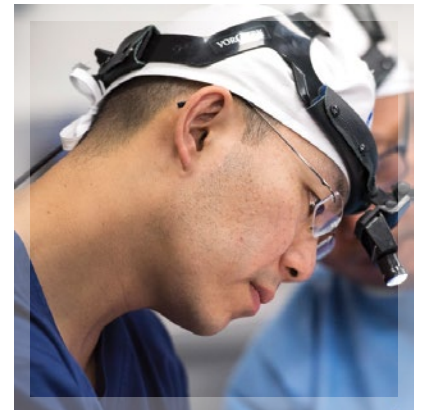


DR. RAYMOND GOH



BEFORE

AFTER



DR. RAYMOND GOH AT VALLEY PLASTIC SURGERY



Luxury on LEVEL ONE

Ever so elegantly sitting in Queen Street Mall with its pearl-like glow, QueensPlaza is Brisbane's ultimate collection of luxury fashion and stylish elegance. One step onto the escalator and you'll be whisked away to Level One, QueensPlaza's premier space for unique Australian brands. We delve into the desirable destination of unique home grown fashion in the heart of Brisbane City.



Fendi Dress, logo body suit, boots, bag

for luxury fashion, “Level One at QueensPlaza heroes a curated edit of Australia’s top designers so it made perfect sense to open our first Queensland store in the centre.”

Once you have arrived at Level One, take a moment to browse the raw beauty and effortlessly cool candour from Aje, founded by two best friends, Adrian Norris and Edwina Forrest. This cult brand pays homage to an edgy urban style whilst still keeping the quintessential coastal feel of Australia a forefront in their statement pieces. You’ll then find Alice McCALL’s eclectic and modern keepsake collections. Known for her playsuits, party dresses and separates, the playful brand was founded in 2004 by London-born Australian fashion designer Alice McCall who is notorious for her intricate detailing and bohemian style. Caress the racks of Camilla from the trademark colourful kaftans, dresses and swimwear – all inspired by the imagination of the world. Created by designer and artist Camilla Franks 14 years ago, the brand showcases vibrant and bespoke bohemian apparel and accessories as well as home and gifting. Next, take a moment to get lost on the world of Gorman, with the brand’s distinctive prints and patterns pulling you in to look a

little closer. The vintage pieces mix tribal with the modern world from founder Lisa Gorman who encourages all of us to embrace our own individual style.

From there, casually cruise into Sass & Bide, who undoubtedly lead the culture of fashion for bold and individualistic women. Founded by two best friends Sarah-Jane Clarke and Heidi Middleton in the late 90s, the fashion label is still to this day fuelled by their highly creative and distinct vision of the free spirited and confident woman. Then, step into Scanlan Theodore and embrace a brand that has been enjoyed by women for over thirty years. With a clean, simple, timeless and modern aesthetic – their designs have not changed since its inception in 1987. And of course, it wouldn’t be a quintessential Australian fashion destination without Zimmermann. With its iconic designs oozing sophisticated femininity, delicate details and stylish colour combinations, sisters Nicky and Simone Zimmermann founded their namesake brand in Sydney in 1991 and it continues to be a desirable collection of celebrity resort style today.

QUEENSPLAZA
226 QUEEN ST, BRISBANE CITY
P3234 3900 QUEENSPLAZA.COM.AU

A notable point of difference for QueensPlaza is the first and only Viktoria & Woods store in Queensland. Launched in 2004 by Margie Woods, Viktoria & Woods evolved from the idea of creating a signature superfine Merino wool piece. “The simplicity and relaxed approach to tailored style is ideal for the Queensland lifestyle. We focus on lightweight fabrications, including organic cotton, sustainably sourced bamboo and superfine Merino wool. The use of sustainable fabrications and timeless modern designs are intrinsic to the Viktoria & Woods brand and our customers appreciate this,” says Viktoria & Woods founder Margie Woods. With its beautiful international arm, Woods says QueensPlaza is Brisbane’s destination



Viktoria & Woods Jumpsuit
 Bvlgari Bag, Bracelet,
 Earrings, Ring

promotion



chic NEW dining

Stanton Café & Bar is QueensPlaza's stylish new dining experience, offering visitors the chance to sit back, relax and dine in a truly majestic food haven.



One step into Stanton Café & Bar and you're instantly transported to a boujee breakfast, a luxe lunch or decadent dinner setting. The design of the café is an instant standout where vintage finds meet modern aesthetics. Curated by award-winning interior designer Melissa Collison, the space marries strategic lighting, eclectic style and chandeliers with antiques, woven Persian rugs and bespoke wallpaper ready to grace your Instagram feed.

With lounge, sit down dining space and outdoor terrace options, a long lunch has never looked so lush. Escape the buzz of the Brisbane streets with a glass of bubbles at the bar or tuck into their menu boasting hearty and wholesome eats. The venue may lean on the side of luxury, but the menu offers bites similar to that of family dinners, comfort foods and something a little special. From their signature Stanton pie, steak frites and chipotle chicken burger, add a bit of deluxe to your dining experience and opt for the light double baked crab soufflé – something not often found on an inner-city menu.

Adding to QueensPlaza's already luxurious experience offering, the food is served on plates as pretty as the décor – with each detail carefully

considered. The breakfast menu is classic, but creative on flavour with the eggs benedict bursting with taste from the house-made hollandaise and Stanton glazed maple and five spiced leg ham. For those with an insatiable sweet tooth, the buttermilk pancakes are hard to beat. Both fluffy and fruity, these hot cakes have certainly been made with love and care in the kitchen. Pair it with the delicious Stanton coffee blend with notes of soft vanilla and juicy red berry notes, selection of teas or Stanton's signature breakfast Bloody Mary cocktail.

After breakfast, from 11.30am until late, Matthew Boyce, Kim Jarvis and Dean Blanchard (head chef) and their teams warm up the pizza oven, kitchens and bar to serve up traditional Napoli style pizzas, along with an all day menu and tapas to your table for lunch or dinner. Finish with a drink at Stanton's rounded timber bar, perfect for after work drinks or a post shopping sip and choose from a carefully curated wine list showcasing boutique brands and an extensive high-quality cocktail list. We recommend the spiced rum and ginger.

Open Mon-Tues 7.30am-5pm, Wed-Thurs 7.30am-9pm, Fri 7.30am-9.30pm, Sat 8.30am-9.30pm & Sun 8.30am-9pm.

STANTON CAFE & BAR
QUEENSPLAZA, LEVEL 1 226 QUEEN ST, BRISBANE
P 0402 054 939 @STANTONFOOD

MISHA



Weekend in

Embody Parisian chic with these cool and classic pieces. The definition of class and modernism, this trend is perfect to welcome Spring.

Paris



CHECK IT!

1. Morrison Chloe dress \$349 2. Wallace Bishop 9ct white gold created sapphire & diamond ring \$499 3. Jo Mercer Asta high sandals \$189.95 4. Witchery Pleated geo necktie \$39.95 5. Veronika Maine Gingham knit tank \$155 6. Camilla and Marc Mane skirt \$450 7. Wallace Bishop 9ct white gold created sapphire & diamond earring \$399 8. Cult Gaia Max bag \$200 9. Country Road Kylie pump \$159 10. Olga Berg Maxwell straw and mesh hat \$129.95 11. Lover Francoise blazer \$695 12. Country Road Structured crossbody bag \$79.95 13. Lover Signature tee \$95 14. Mon Purse Passport holder \$69 15. Veronika Maine Gingham knit pleated skirt \$249 16. Shevoko Monroe marina sunglasses \$99 17. Mimco Radiance sneaker \$199

SACHA DRAKE



Q&A

with Australian Fashion Designer, Sacha Drake.

Where did you draw your latest inspiration from for your Spring/Summer collection?

From the French phrase Sans Souci, which means “carefree”, so think holiday vibes, with lightweight luxury fabrics and versatile pieces that fit and flatter women’s figures. Stunning prints and vibrant colours make a beautiful statement.

What are your favourite pieces from the collection and why?

Both the Oliphe Dress (featured) and the Sans Souci Skirt, because they optimise affordable luxury, their flexible fit and flattering silhouettes make them both versatile

investment pieces you can style for multiple occasions and I personally cannot wait to wear them!

Can you explain the ‘shop by body shape’ concept?

Our aim is to embrace inclusivity, it’s about creating positive and constructive language when talking about body shapes and educating women on how to dress their best and reach their potential. Each of the five core shapes are a guide to use to find the most flattering styles for their figure. Each woman is unique and deserves to show off her best assets to feel great and look confident.

You’re just about to launch your fifth boutique, what can the Brisbane market expect from this new SACHA DRAKE store?

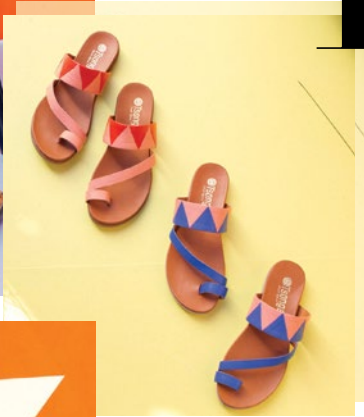
Our Indooroopilly pop up-store is a way for us to expand and offer our premium service, professional styling advice and affordable luxury garments to our west-side Brisbane clients.

While we trial this space, we get the privilege of showcasing the new Spring and Summer 2019 collection to existing loyal customers and also gain new ones alike. Our focus is offering busy women honest styling advice with bespoke solutions to their individual needs.

AVAILABLE IN-STORE AND ONLINE

WESTFIELD CARINDALE - WESTFIELD CHERMSIDE - BRISBANE CBD - PADDINGTON

SACHADRAKE.COM



Twenty years of Tsonga

Stocked by one hundred retailers across Australia, Tsonga has been making ethical footwear with its signature hand stitching for fashion forward shoe lovers for more than two decades. With the brand enduring a plethora of challenges over this time operating within Australia, their dedication to quality footwear has ensured they are able to continue to grow.

Tsonga are not perfect; they are simply on a journey to become a better business every day. But what does that mean? Well, it's simple really. Tsonga believe if they can do one thing each to help us become a more environmentally minded and socially conscious society, imagine where we would be in the next twenty years?

At Tsonga they dream big. Founded by Peter Maree, who saw an opportunity for a niche market in high quality leather footwear with a uniquely African style and the comfort that only hand-stitching could provide, Tsonga wanted to produce their product in South Africa thus creating jobs at a time when the industry was being decimated by cheap imports from the East. It was founded on John F Kennedy's words: "A rising tide lifts all boats."

Tsonga products are now sold across South Africa, Australia, the US and France. Most notably, Australia was one of Tsonga's very first expansions as a

distributor. "They believed in us, and we believed in them," says Tsonga's director Adrian Maree, son of founder Peter. This really proved that in a world based on fleeting conversations and fast fashion, there is still room for relationships, loyalty and a product that is built to last. In fact, Tsonga believe more than ever, this is the future. "We were told it couldn't be done. We were told it was a waste of time and money. Twenty years later, look where we are," says Adrian.

Taking a moment to pause and reflect at such a milestone of the brand's history, Tsonga are more passionate about their product than ever. With their leather-bound story born out of an ambition to create an international footwear and accessories brand with humble roots and a strong African heritage, Tsonga wholly embodies a collaboration of passionate people, their creativity and their talents to bring about a positive difference in society.

TSONGA
SHOP 2, 19-23 LAWSON STREET BYRON BAY
P 3369 6544 TSONGA.COM.AU

Sea you there

Just over an hour away from Brisbane, the coastal suburb of Mooloolaba is an ideal getaway go-to without leaving your backyard.

Although it's not a new must-do destination for locals and tourists alike, the coastal town has undergone a recent rejuvenation, injecting a wave of modernity to its streets and dining precincts. With that, it has also nabbed a calendar of exciting events, re-establishing itself on the social calendars of families, romantic couples and party-pals equally, from the big smoke of Brisbane and beyond. Take a trip and a dip into the salty sea and energising events happening this month.

THE VEGAS LEGENDS DINNER SHOW

7th September

A bit of razzle dazzle and a night of laughs – you can't go past the Vegas Legends Dinner Show. Promising an evening of drinks, eats and celebrity impressions, this event is ready to play host to your next social catch-up.

NAKED SKIN COCKTAIL LOUNGE LAUNCH

14th September

As if spas weren't already a welcomed indulgence, add some champagne, a celebration and a bottomless brunch! Naked Skin Day Spa is launching a cocktail lounge, and you're invited! Celebrate in style, treat yourself to that mani-pedi you've been dying for, and enjoy glasses of bubbles and bottomless brunch while you're at it.



IMAGE CREDIT: WALL ART PHOTOS

MOOLOOLABA STREET FEST

21st and 28th September

Calling all families, foodies and those after a fun weekend out! The Mooloolaba Street Fest is putting on a show with a range of live music, street food, and activities perfect for the kids (and let's be real, for you as well) on the last two Saturdays of September.

VISITSUNSHINECOAST.COM

avenue J

A
J

ANTIQUÉ & FINE JEWELLERY

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Victorian 9ct Rose Gold
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\$1,495

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Yellow Gold
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Beading Earrings.
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18ct White Gold
12mm South
Sea "Autore"
Button Pearl with
Diamond Set
Ribbon Detail.
\$10,960



Handmade in store
18ct Rose and White Gold Pink
Tourmaline & Diamond Ring.
T= 5.38ct and D=0.81ct
\$10,950



Sue has over 20 years of industry experience in sourcing, selling and discovering unique and timeless collectible treasures worldwide.

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SUNSHINE COAST
Ph: 07 5444 4422





Get the LOOK



Authentic shell and silver earrings \$45



Corsica rectangular towel \$89



With a collection of timeless and stylish pieces sourced globally, The Life and Style Traders is the perfect destination to curate your beautiful home and seasonal wardrobe. Inspired by sustainable and hand-made creations, each piece exudes both unique character and harmony.

1. Limited edition Vogue photographer Akila Berjaoui print \$2,100
2. Amalfi off-white 2.5-seater couch \$3,600
3. Handwoven tribal rectangular cushions \$110
4. Round Moroccan baskets \$62
5. Potted cactus in ceramic pot \$69
6. Pots \$129 (small) \$149 (large)
7. Large hand carved Moroccan timber cross \$69



Binny ikat print pants \$187, handmade white leather woven slides \$159

THE LIFE AND STYLE TRADERS SHOP 6, 68 RACECOURSE ROAD, HAMILTON THELIFEANDSTYLETRADERS.COM.AU

promotion

ULTIMATE. spring clean

Spring-clean your mind, body and soul with the award-winning Aquarius Health and Medispa!

The season of rebirth is here, which means it's the perfect time to shake off all the dust in your life. Give your mind, body and soul the revival it needs with 2019 World Luxury Spa Award Winner, Aquarius Health and Medispa. Let all the negativity in your mind evaporate into thin air inside Aquarius' Turkish style steam room. Relax, recharge and rejuvenate as the steam relieves your stress and eliminates the toxins you didn't even know you were harbouring. Take the time to meditate and give your mind the break it needs so it's only good thoughts from here.

Spring clean and kick your body into gear, revitalising yourself with one of their many IV Vitamin Infusions. From "Floo Fighters" to a "Detox" option, you can choose what will benefit your particular lifestyle

- they are becoming increasingly popular.

Also, consider treating yourself to their \$99 Hydrafacial special (normally \$160), a simple 30 minute treatment that improves skin health and creates an instantly noticeable improvement in skin tone and texture. 3 steps, 30 minutes - the best skin of your life! What better way to start a new season?

Treat your body with their ultimate sensory spa ritual, the Lime Caviar Escape. It includes a wonderful 30 minute body exfoliation and rehydration, and also a 30 minute Spaceuticals Power Facial. Only one hour, and you will feel fresh and invigorated, with all the dead skin of



Winter removed.

All of this, plus a heated indoor 22m swimming pool, hot and cold magnesium plunge pools, and a Zen room in which to relax and take some time out from the hustle and bustle of the outside world. Visit this 2019 World Luxury Award winning Medispa in the heart of Brisbane CBD!

AQUARIUS HEALTH AND MEDISPA
LEVEL 2, 70D MARY STREET, BRISBANE
P 3009 5111 AQUARIUSHEALTHMEDISPA.COM.AU

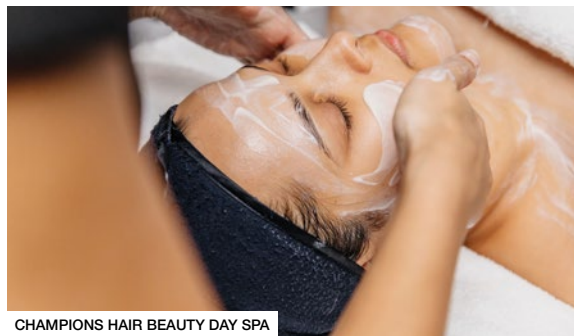


SOHO GIRL

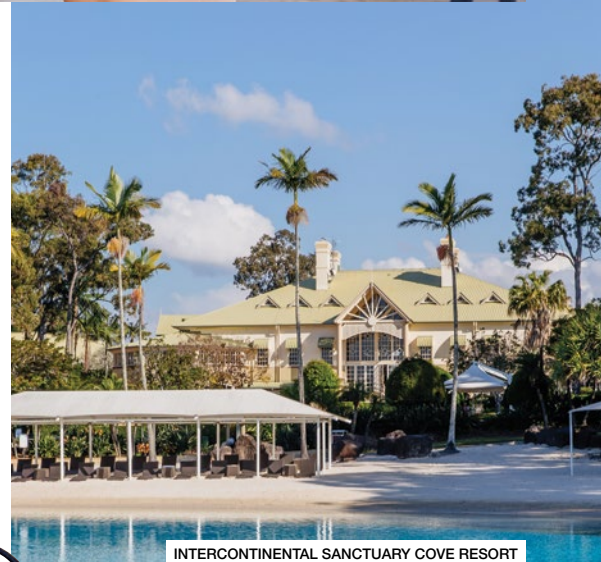
Three *Stylers* were invited to experience a perfectly packed weekend of sunshine, spa treatments, spritzers and shopping at Sanctuary Cove for the ultimate girls' weekend.



PIER B



CHAMPIONS HAIR BEAUTY DAY SPA



INTERCONTINENTAL SANCTUARY COVE RESORT



JONEZ ON FOOD



Spend \$300 in any Sanctuary Cove retail store during September and receive a complimentary limited-edition beach bag designed by the resident artist at Sanctuary Cove.



HARRY'S JEANS

SANCTUARY COVE COUNTRY CLUB



IOESCO



The escape began as soon as we arrived at the grand entrance of the InterContinental Sanctuary Cove Resort, what a way to be welcomed to a sanctuary only an hour's drive from Brisbane City with water features, lavish pools and a stunning location to boot. With a throw of the hotel key on the deluxe double bed, there was no time to waste before stepping out to hit the streets of The Marine Village. With a quick coffee at Pier B Espresso by the marina, we had set the tone for what was to unfold.

Naturally, a girls' weekend isn't complete without a spot of shopping and we were delighted at the experience of Soho Girl and Harry's Jeans, two boutiques offering something for every taste. Squeezing in a personal group styling session with Tracie at Harry's Jeans, we popped a bottle of sparkling whilst slipping into a range of designer jeans, beautiful jewellery and eclectic pieces to freshen our wardrobe. Shimming to Soho Girl a few steps down the street, we browsed the chic bohemian brands such as Spell and The Gypsy Collective, Auguste the label and Zulu & Zephyr.

Lunch was calling at Jonez on Food just around the corner (almost everything within walking distance) where culturally innovative food meets British classics set in a Hamptons-esque aesthetic; the ideal seaside setting with views of the water adding to our serene dining experience. Although the comforts of our hotel room were tempting after a long lunch of

fresh sashimi, crab linguine and chicken dumplings, there was no time to waste so a coffee (or three) were the perfect pick me up at the InterContinental's high coffee experience. Not just your average caffeine hit, it takes high tea to another tier. Post coffee, cake and smoked hot chocolate, it was the perfect time to immerse ourselves in the beautiful grounds of the hotel and even get close to the resident wildlife and kangaroos basking in the afternoon sun.

As the sun set, the thought of dinner was on the horizon and Ioesco's was on our minds, ready to tuck into their tantalising Mediterranean menu. Plunging ourselves into their welcoming Italian dining vibe, we were in supreme comfort amongst the luxurious leather seats and warm service from the staff. One could liken the restaurant to a Siena hideout only the locals would know – just no need for a passport. Over a few glasses of Montepulciano red wine, our palates were ready for the must tastes on the menu: fresh Caprese salad, beef carpaccio, garlic bread, baked gnocchi, Moreton Bay bug pasta and the spaghetti marinara – all bursting with fresh flavours of seafood, tomato and al dente pasta.

After a delicious carb coma, we could finally retire to our own private haven for a restful sleep in anticipation of the blissful morning yoga class ahead at Sanctuary Cove's Country Club. After flowing into our zen, we sat back to enjoy a buffet breakfast and continued the serenity overlooking the tranquil water feature. Completing our restful stay, we wandered down to Champions, Sanctuary Cove's most coveted day spa for a radiating

PRIZE BREAKDOWN:

- 2 x twin rooms at InterContinental Sanctuary Cove Resort for one night
- Breakfast each day
- Lunch and dinner on the first day (up to the value of \$200 for lunch and \$200 for dinner)
- Yoga class
- Facial at Champions Day Spa
- \$100 shopping voucher per person (\$400 value)
- 4 x limited edition Sanctuary Cove Beach Bags
- Prize is for 4 people in total
- Not transferrable or exchangeable, subject to availability.

TOTAL VALUE OVER \$2,000

facial like no other. Ask for Caroline for a truly unique and deeply relaxing experience.

As we departed Sanctuary Cove and left behind a memorable girls' weekend, the feeling of tranquillity continued to flow right into our working week. Make the experience your very own by having the chance to win a heavenly weekend away with your fabulous friends.

SANCTUARY COVE
4601 MASTHEAD WAY
P 5577 6500 SANCTUARYCOVE.COM

TO ENTER COMPETITIONS: Visit stylemagazines.com.au, click on the WIN tab, choose the prize you want to win and enter your details.

KELVIN GROVE 4059

Under the leaves, this buzzing suburb has it all going on with plenty of character and charm from street to street.



RELIABLE REAL ESTATE

Since 2012, the Harcourts Astute team have been bringing dream homes and the perfect properties to people in the inner city area. This is because Harcourts Astute Paddington know that companies don't succeed; people do. They have retained the same staff throughout their business since its inception and along with their intimate knowledge of the local market and current property trends, they are one of the first 100% Cloud-based and paperless property management offices in Queensland making their services both efficient and environmentally friendly.

HARCOURTS ASTUTE
P 0401 978 130
P.J.SALAMI@HARCOURTS.COM.AU
ASTUTE.HARCOURTS.COM.AU



MARTIN HAMILTON

Harcourts' Kelvin Grove expert, Martin Hamilton, is a leading agent for a reason. With over a decade of experience, he's sold in excess of \$200m worth of property, many of which are for clients that keep coming back. Being in the industry with 17 years experience, he exceeds client expectation through

his professional approach, attention to detail, high energy and unique negotiation skills. From the design to the marketing or the construction to the presentation, Martin is well versed in the 'SOLD' process so he can offer educated advice and ensure the best possible result is achieved.

HARCOURTS ASTUTE
25 NASH STREET, PADDINGTON
P 0432 566 888 MARTIN.HAMILTON@HARCOURTS.COM.AU

YOUR SATURDAY, SORTED!

Nestled in the heart of Kelvin Grove Village, you'll find Kelvin Grove Village Markets – offering a variety of organic produce, live music, clothing, accessory stalls, and much more. Aside from the diverse range of offerings, this market has been an ongoing tradition for over 14 years making it perfect for market-lovers or anyone who wants to enjoy a Saturday under the warm Queensland sun. It's also a hub for delicious international foods and exceptional coffee so come with an empty stomach as you're bound to leave stuffed and more than satisfied!

KELVIN GROVE VILLAGE MARKETS
BLAMEY ST & MUSK AVE, KELVIN GROVE
P 3870 2807 KELVINGROVEVILLAGEMARKETS.COM.AU



B+C LAB CAFÉ

Found within the heart of Kelvin Grove Village, B+C Lab Café is a unique designer Japanese dessert café serving up delicious crepe cakes, delicate chiffon cakes and delectable matcha layer cakes. Some things are better together, just like B+C's name, meaning bakery and coffee – is there anything better? With their specialty coffees such as pourovers, cold drips, filters, matcha lattes and loose-leaf teas, their stylish, minimalistic and industrial inspired space is a coffee connoisseur's dream.

B+C LAB CAFÉ
2/31 MUSK AVE, KELVIN GROVE
P 0498 681 234 FACEBOOK.COM/BCLABCAFE

GALLERY 61 QUEENSLAND ACADEMIES CREATIVE INDUSTRIES CAMPUS

The ability to think differently has an infinite number of uses and absolutely no limit. This is why the students at the Queensland Academies Creative Industries Campus (QACI) know no bounds and are guaranteed to shine.

This Kelvin Grove selective entry independent public school for students in Years 10-12 has created a world-class learning environment to help the creative generation bloom. Offering the renowned International Baccalaureate (IB) Diploma Programme as their only curriculum, QACI learners flourish in a culture that fosters creative and critical thinking, innovation and enterprise.

QACI has its own public gallery,

Gallery 61, which showcases the phenomenal creations from the scientists of materials and authors of narratives they call students. Their current exhibition called 'exIBit' displays the contemporary works from their graduating IB Visual Arts students and includes interpretations of the complex social, historical, cultural and environmental issues faced by these young artists. Behind each piece is a journey to pursue originality, uniqueness and the always sought after 'happy accident' of artistry. It's also just the beginning of the pathway towards innovative outcomes and sustainable futures QACI has created.

exIBit can be viewed at Gallery 61 on weekdays from 10am-2pm from August 26 until October 30.

QUEENSLAND ACADEMIES CREATIVE INDUSTRIES CAMPUS
61 MUSK AVENUE, KELVIN GROVE
P 3552 9333 QACI.EQ.EDU.AU



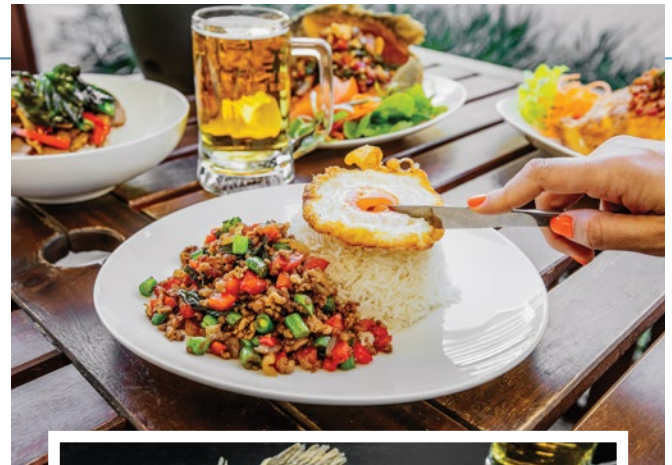
KELVIN GROVE'S TASTE OF THAI

From pad Thai, gang dang, chicken satay and tom yum, Thai cuisine caters to even the most difficult to please taste buds. But finding a place that will take you to Thailand in a single dish can be a hard task to beat for even the most committed foodies, which is why Siam Spice is here for your Thai craving taste buds. Hailing from Kelvin Grove's Village Centre, Siam Spice boasts an exotic menu that spends more on flavour than it does your back account. Hungry bellies need not wait long to be pampered with delicious and authentic Thai delicacies that pack a punch. Crowd favourites include stewed beef with holy basil, a full bodied Panang curry, the deep fried

whole barramundi with garlic and herbs in a tamarind sauce and of course a classic pad Thai with sweet tangy sauce, tofu, bean sprouts and crushed peanut. Each dish is distinctive and has its own point to make, so you can enjoy all the tastes of the country across their extensive range of offerings.

If even Kelvin Grove seems too faraway, you can bring Thailand to your door as Siam Spice also offers delivery and pickup services to let you indulge on the same delectable food from the comfort of your home. Siam Spice believes that life without Thai food is like no life at all, so live your best life at this excellent restaurant.

SIAM SPICE
23/8 CARRAWAY ST, KELVIN GROVE
P 3194 7289 SIAMSPICEKG.COM.AU



URBAN DENTAL

Dr Tony Hughes has been caring for the Kelvin Grove community for over 22 years. He and Dr Isabel Leong and the team at Urban Dental welcome generations of local families and new patients alike. Urban Dental provides state of the art treatments across a comprehensive range of dental services including general, cosmetic, implant and family dentistry. They look forward to meeting you. Remember, wisdom teeth consultations are free and preventive care for children is half price or rebate only.

URBAN DENTAL
5/44 MUSK AVE, KELVIN GROVE
P 3839 9488 URBANDENTAL.COM.AU

CAFE ARTEASE

Touted as the best bubble tea café in Brisbane, Cafe Artease and Gallery bring sweets, drinks and Asian eats to life at their colourful Kelvin Grove space. With a range of creative teas, coffees and pastries, you'll find matcha a main stay on the menu as well as seasonal fruit drinks made fresh. Whether you're craving a late-night treat or you're a student with a deadline and an insatiable sweet tooth, Cafe Artease is open Sunday-Thursday 9am til midnight and Friday-Saturday 9am-1am.

CAFE ARTEASE
1/31 MUSK AVE, KELVIN GROVE
P 0431 859 727 @CAFEARTEASE





WORLD-CLASS DANCERS

& sporting excellence dreams made possible

The schooling years provide much more than education and the tools to calculate Pythagoras Theorem. It's a playground for students to form social values and create community connections, on top of personal development and thriving futures. At Kelvin Grove State College, they've found the equilibrium where academic excellence flourishes and individual pathways are supported and encouraged.

This refreshing balance has been made possible and will continue to prosper with the additions of two new facilities – a state-of-the-art Ballet Academy and multi-purpose sports centre.

The Ballet Academy will enable students to complete their academic and dance studies all at the College campus, reducing their travel time to off-site programs and construction is well underway. The academy will comprise six large dance studios as well as a range of supports spaces and will be ready for students of years 10 – 12 to enjoy in 2020.

The Department of Education, through

Kelvin Grove SC, has had a 30 year partnership with Queensland Ballet and this new facility will allow it to continue to attract elite dance students from across the state and elsewhere to train at the academy.

The multi-purpose sports centre will be a fantastic new addition to the College and will enhance their well established sporting excellence programs. With three full sized courts, gymnasium, cardio room and physio room, the centre will be equipped with Fiba Level 2 equipment along with two 3m x 3m video panels, plus live streaming equipment. A number of classrooms will also occupy the centre.

"The programs use the latest sports science technology that are used by some of the top sporting clubs globally and our Excellence Coordinators engage with industry specialists that are leaders in their field, enabling our students to perform at an elite level," says Jodie O'Sullivan, Kelvin Grove State College's Marketing and PR Manager.

Sporting programs thrive at Kelvin

Grove State College with excellence programs in football (soccer), golf, tennis and volleyball as well as extra-curricular opportunities.

"Kelvin Grove State College is now Queensland's largest school and is a strong contender within the inner-city school landscape," says Jodie.

The academic, excellence and university programs and futures-focused industry partners sets-up students for the best possible future while in the classroom and beyond year 12. "The college's goal is to foster and encourage talent through collaboration with industry experts, peak industry bodies, universities and community connectivity. Offering rich, diverse, real-world education and training experiences for our students," says Jodie'.

To learn more about Kelvin Grove State College's innovative offerings, visit their website.

KELVIN GROVE STATE COLLEGE
L'ESTRANGE TERRACE, KELVIN GROVE
P 3552 7333 KELVINGROVESC.EQ.EDU.AU





6.9.19 - 28.9.19
BRISBANE FESTIVAL

The city is about to be abuzz with fun thanks to the annual Brisbane Festival. With a packed program of comedy shows, theatre, music, art exhibitions and installations, the city will become a wildfire of fun. Don't miss seeing the complimentary sights such as the Fire Gardens and King Street's 'Connecting with Local Stories', plus ticketed events like Kate Miller-Heidke and The Amity Affliction.

brisbanefestival.com.au

25-9.19 - 16.10.19

**LAVAZZA ITALIAN
FILM FESTIVAL**

Celebrating 20 years of the festival, sit back, relax and watch the latest and greatest films exported from Italy.

Italianfilmfestival.com.au



13.9.19-15.9.19

BRISBANE ECO EXPO

Australia's sustainability expo returns to Brisbane, bringing with it a host of new environmentally conscious products and services.

savetheworldexpo.com.au

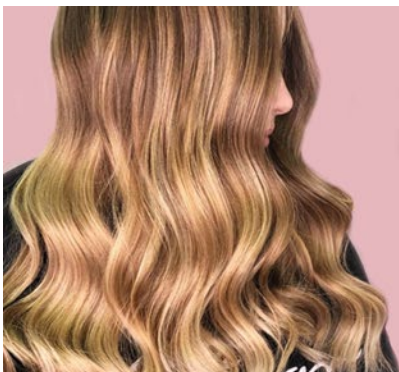


28.9.19

BREWTFUL BRUNCH

Do brunch differently and swap the espresso for an espresso martini at The Society BNE's latest event.

brc.com.au



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15.9.19

**BRISBANE TO GOLD COAST
CYCLE CHALLENGE**

Support the Heart Foundation in this free charity challenge with money raised donated to helping Australian hearts.

doitforheart.com.au



7.9.19

JACARANDA GIN FESTIVAL

Taste the best distillers from Australia and the globe and explore interactive stalls, tastings, food trucks and workshops at Newstead House.

jacarandaginfest.com.au



28.9.19

**STORY BRIDGE HOTEL
2019 AFL GRAND FINAL**

Whether you're an AFL fan or not, this is the ultimate street party kicking-off with the bounce of the Sherrin.

storybridgehotel.com.au

14.9.19 - 15.9.19
SWEET AS DESSERT FESTIVAL

The World Food Markets is presenting Sweet As at Musgrave Park for all things delicious and decadent. Here's your chance to have dessert for breakfast.

facebook.com/sweetasdessertfestival



1.9.19

PARMY PARTY

Little Big House is hosting their second Parmy Party with live music, trivia, giveaways and of course a plethora of parmys!

littlebighouse.com.au

CHAMPAGNE



MAISON FONDEE
1812

EDEN'S TABLE PRESENTS

Champagne Long Lunch

Experience a new sharing-style Champagne Long Lunch including fresh Queensland seafood, premium steaks cooked on the Parilla Grill and a spring-themed decadent dessert trolley paired with Laurent Perrier La Cuvée Champagne.

Available every Sunday from **\$90** per person.

Located at Eden's Table, Level 1, The Westin Brisbane.
For more information, please email edenstable.brisbane@westinhotels.com or call **07.3557.8888**.



OCEAN • PADDOCK • VINE



ARTS



THE THUNDAMENTALS



BEER INCIDER EXPERIENCE

GETTING MENTAL WITH THE THUNDAMENTALS

Is there anything better than enjoying a rocking band with a beer in hand? The good people at Beer InCider know the answer, which is why they're bringing Brisbane a tasting festival with the best Aussie acts, including The Thundamentals. We caught up with emcee Jeswon to discuss!

What was your favourite song to write?

Probably 'I Miss You'. I remember the song coming together super easily, from the initial piano riff to the song concept to the lyrics. It's a real joy when you write a song that's seamless in its creation. 'I Miss You' was one of those joints.

What are your top three favourite songs to play and why?

'Sally', '21 Grams' and 'Smiles Don't Lie'. 'Sally' is mad fun to play live because it feels like everyone in the crowd lets their hair down and dances, sometimes very badly, like nobody's watching!

'21 Grams' is a banger of a track that people get pumped to and 'Smiles Don't Lie' is great to play live as it's a heartfelt tune that seems to mean a lot to our fans. It's beautiful to hear people singing along.

Who inspires you?

People who aren't afraid to have a crack at making their dreams come true and my family.

What are your green room necessities?

Water, towels, kettle, honey, ginger, whiskey and the rest of my bandmates!

THE BEER INCIDER EXPERIENCE WILL BE COMING TO BRISBANE SHOWGROUNDS ON FRIDAY SEPTEMBER 20. FIND OUT MORE AT BEERINCIDER.COM



“

OUR ROOM NECESSITIES ARE WATER, TOWEL, A KETTLE, HONEY, GINGER, WHISKEY AND OUR BAND MATES ”



WIN

A NEW SPRING WARDROBE WITH KABANA



If a holiday to Morocco, Africa, India or Indonesia isn't in the schedule this Spring, turn your day into a bohemian break with Kabana's dreamy range of resort wear and home treasures! They have wandered the souks, bazaars and small villages across the globe to bring an authentic touch of diverse culture into your everyday world.

Kabana has bottled up the experience of global and local travel in their apparel, homewares, art and organic beauty products created by skilled artisans, talented craftsmen in Australia and developing countries around the world. By bringing their beautiful and unique products to a wider audience, Kabana is helping to sustain traditional methods that celebrate the beauty held in the imperfections

of hand-made items.

To help you transform your home and wardrobe while celebrating the change in season, Kabana is offering one lucky reader a shopping spree valued at \$1,500! With stores in Graceville, Burleigh and online, you can fill your humble abode with vibrant patterns, colours and splashes of boho vibes or indulge in fashion that is made to be lived in. Kabana is the flagship destination for your most loved Australian brands Rubyyya, Lulasoul, Lulalife and more. The resort wear will compliment your journey through life with effortless elegance to transcend the season.

KABANA
318 OXLEY ROAD, GRACEVILLE
SHOP 3/15 JAMES STREET, BURLEIGH HEADS
KABANASHOP.COM

PRIZE BREAKDOWN:

Kabana shopping voucher to be spent in-store or online

TOTAL VALUE: \$1,500

- Queensland residents only
- Not transferrable for cash

TO ENTER COMPETITIONS: Visit stylemagazines.com.au, click on the WIN tab, choose the prize you want to win and enter your details.

If it's a new restaurant, bar or venue in Brisbane, you'll see it here.



HAKATAYA RAMEN WESTFIELD CHERMSIDE

48-hour simmer time and a secret recipe make Hakataya Ramen a cut above the rest. Specialising in Tonkotsu soup, all pork is locally sourced, cooked for hours with a generous amount of soy sauce and mirin to create that “melt in your mouth” flavour.

@hakataya_ramen_australia



MISS MONEYPENNY'S

Noosa-favourite Miss Moneypenny's is opening on the Gold Coast to serve their range of iconic international cocktails and drool-worthy Mediterranean and Middle Eastern inspired eats. Headlining Broadbeach's new dining precinct, it can indulge 200 hungry mouths around a gorgeous fireplace.

@missmoneypennysgc



YAKINIKU HACHI

Yakiniku is a Japanese term meaning “grilled meat” and ranges from casual to high-end style dining. Hachi houses an offering of high-quality meats to enjoy bite-sized over a flame of wood charcoal – talk about flavour!

@hachiyakiniku

MOTTO MOTTO JAPANESE KITCHEN

Translating to “more, more”, that's what you'll be saying after you take a bite at this west side eatery. The Japanese kitchen is expanding its ramen reign to Indooroopilly so it can continue to deliver fine dining quality at fast food prices.

@mottomotto_japanese



GNOCCHI GNOCCHI BROTHERS

Australia's first gnoccheria is serving up mouth-watering gnocchi that will pack a punch for your tastebuds at South Bank. Made with mushrooms, pork, truffle, fennel, basil and plenty of love, be welcomed to the gnocchi family one bite at a time.

@gnocchignocchibrothers

SOULFOOD



SIGNATURE DISHES



JOHN AND ANGELA THEOHARIS



LEFKAS SIGNATURE COCKTAIL

In Brisbane we are often spoilt for choice when it comes to choosing the perfect meal to dine on. But to feel part of a close-knit family, taste full-on flavour with every bite and immerse yourself in tradition, that culinary collection is hard to find within a single experience. There's no doubt that with one visit to Lefkas Taverna in West End you'll be filled with more Greek goodness than yiayia could possibly feed you and if you happen to catch restaurant owners John and Angela Theoharis buzzing around the bistro, you'll practically feel like family.

"Our restaurant is fun there's no doubt about it. People come here and it's not pretentious, it's warming. Lefkas is just like a local Greek village and we want people to feel like family with authentic Greek ambience, it's comforting – with comfort food," says John. As if that's not enough to feel heavenly Hellenic, Lefkas bring out the authentic Greek music every Friday night and first Saturday of each month with live bouzouki and violinist – a duo who often get booked for many of the restaurant's functions and private parties. The venue holds up to 190 people and can cater for weddings, christenings and Christmas parties with big bookings able to enjoy the

traditional set menu. "The banquet menus can be customised to suit any budget or requirement," says John.

From platters to puddings, Lefkas Taverna has a Mediterranean menu that's both delicious and authentic - a duo that can be hard to match. "People try to modernise Greek food and really, it is what it is. We serve all village style food and it's great value," says John.

The combination platters are a popular menu go-to for regulars, groups and those new to Lefkas, alike, featuring all the tastes and delights Greek food is known for such as souvlaki, haloumi, tzatziki, pita, calamari and char-grilled baby octopus. Wash it down with a watermelon tippie (Lefkas signature cocktail) or a hit of authentic Ouzo.

Passing on most of her home-made recipes, John's yiayia is behind the inspiration of Lefkas Taverna. From this the team have continued

to be inspired and create dishes such as the Youvetsi (slow cooked lamb with tomato, fresh herbs served with rizoni pasta), Horta (boiled silverbeet with olive oil, lemon and salt), Horiatiki (traditional Greek salad with all the good stuff),

but nothing beats the grilled eggplant, explains Angela.

"It's one of the best dishes on our menu.

With a garlic smear, grated feta, olive oil and lemon you won't find anything like it anywhere else!" she says.

Just as famous for their savoury feasts, the authentic Greek sweets make a big appearance on the Lefkas menu to complete the experience. The standout to

get your spoon into is the Tourta, but don't leave without devouring the Rizigalo – a classic creamy rice pudding with cinnamon and the perfect amount of sweetness.

LEFKAS TAVERNA
170 HARDGRAVE ST, WEST END
P 3844 1163 LEFKAS.COM.AU



YOUVETSI

FIND YOUR INSPIRATION AT SKYGATE
with a 24/7 Woolworths, DFO Brisbane, more than 160 retail outlets and a brand new homemaker centre all in the one place.

Shredded Chicken Tinga Tacos

Recipe courtesy of Alejandra Utrera, winner on the Chef's Line 2018 via Skygate.

Prep 45 mins | Serves 4

FOR THE CHICKEN

- 1 pack of tortillas
- 500g chicken breasts
- ½ onion
- 2 bay leaves
- 1 garlic clove, peeled

Method

Place the chicken in a large pot filled with just enough water to cover the chicken. Add the onion, bay leaves, garlic and bring to the boil. Cover and simmer for 25 mins or until the chicken is cooked through. Remove from the pot (keep the stock to the side) and let cool. Shred the chicken.

FOR THE TINGA SAUCE

- 1 tin of diced tomatoes
- 1 tbsp canola oil
- 1 cup diced onion
- 1 garlic clove, minced
- 2 chillies
- ½ tsp oregano
- ¼ cup homemade chicken stock (set aside from the cooked chicken)

Method

In a large frypan, heat the oil over medium heat. When hot add the onion and cook until soft and translucent (about three minutes). Add the garlic, chillies and tomatoes and cook for five minutes. Stir in the shredded chicken, oregano and ¼ cup of the homemade chicken stock. Salt to your taste. To serve, place in the tortilla accompanied with queso fresco (feta cheese), pickled red onion, sexy guacamole, pico de gallo, salsa verde and lime wedges.

Accompaniments

PICKLED RED ONION Prep: 5 mins

- 1 cup fresh lime juice
- 1 Habanero chilli
- 1 red onion, thinly sliced
- Salt

Method

Mix lime juice and salt together and pour over the onion in a non-metallic bowl. Let stand for at least 30 mins before serving. Garnish with chopped Habanero chilli.

PICO DE GALLO Prep: 10 mins | Chill: 30 mins

- 2 fresh tomatoes, diced
- ½ red onion, chopped
- 1 tbsp coriander
- ¼ cup fresh lime juice
- Salt to taste

Method

Place all the ingredients in a bowl. Pour in the lime juice and mix well. Season with salt to taste.

SALSA VERDE Prep: 5 mins

- ½ onion
- ½ green capsicum
- 1 clove garlic
- ½ bunch of coriander
- 1 avocado
- ½ cup olive oil
- ¼ cup vinegar
- Salt

Method

Add all the ingredients into a blender and blend well.

SEXY GUACAMOLE Prep: 10 mins

- 2 ripe avocados
- ½ onion
- 1 green chilli
- 2 tbsp chopped coriander
- 1 tbsp fresh lime juice
- Salt
- 1 tbsp pomegranate seeds
- 1 tbsp black sesame seeds

Method

Cut the avocados, remove seed and scoop flesh out into a mixing bowl. Mash the avocado with a fork. Add lime juice, onion, chilli and coriander. Season with salt. Garnish with pomegranate and sesame seeds and serve with fresh crusty bread or tortilla chips.



ALL INGREDIENTS AVAILABLE AT SKYGATE

Visit today via the Skygate exit on Airport Drive, Brisbane Airport
skygate.com.au

SPRING INTO FRESH FLAVOUR



Spring has sprung, and with it comes an array of new and fresh flavours. Work up your hunger shopping the latest spring trends in centre, and then pop out to the outdoor dining precinct to discover Westfield Chermshire's food trail of feasts and beverages fit for the season.

Immerse yourself in Italy at CASA CIBO



Eat the: Crab Linguine – delicate flaked crab meat in a buttery anchovy and chilli emulsion tossed in a house made egg pasta finished with a light drizzle of freshly squeezed lemon and chopped parsley.



Drink: La Villa pinot grigio – a crisp, delicate and pleasantly fruity palate that finishes light and dry, with a subtle and mellow aroma which perfectly complements any seafood dish.



Something sweet at BROOKLYN DONUT AND COFFEE CO



Eat the: New York or strawberry cheesecake donut – a fluffy light weight donut freshly baked in the morning, a thick layer of house made cheesecake through the centre then for extra creaminess.



Drink: A fresh Campos coffee, the perfect donut duo.



Nourish from the inside out at COCOBLISS



Eat the: Probiotic Bowl – a smooth mango and acai base perfect for warmer weather. Topped with pineapple, orange, coconut yoghurt, hemp seeds, your choice of granola and a probiotic star this bowl is light, refreshing and chock full of whole food goodness.



Drink: Signature green smoothie - a blend of mango, banana, coconut water, spinach and kale.

Grab a blissful breakfast at CAFÉ 63



Eat the: IVO – halloumi, green leaves, tomato, mashed avocado, creamy parmesan dressing with a side of fries and salad.



Drink: Screw the Scrum Juice - freshly squeezed watermelon, pineapple and mint.



Enjoy a leisurely lunch at TAPWORKS BAR & GRILL



Eat the: Pork belly – twice cooked crispy skin pork belly served with creamy mash, seasonal panache vegetables and an apple plum dressing.



Drink: The signature Lychee Martini, as fresh as spring itself.



BRISBANE

BRISBANE'S BIGGEST PARTY
RETURNS THIS SEPTEMBER!

5 - 28
SEPT

BLANC DE BLANC ENCORE



TREASURY
BRISBANE

Courier Mail



South Bank
Partlands



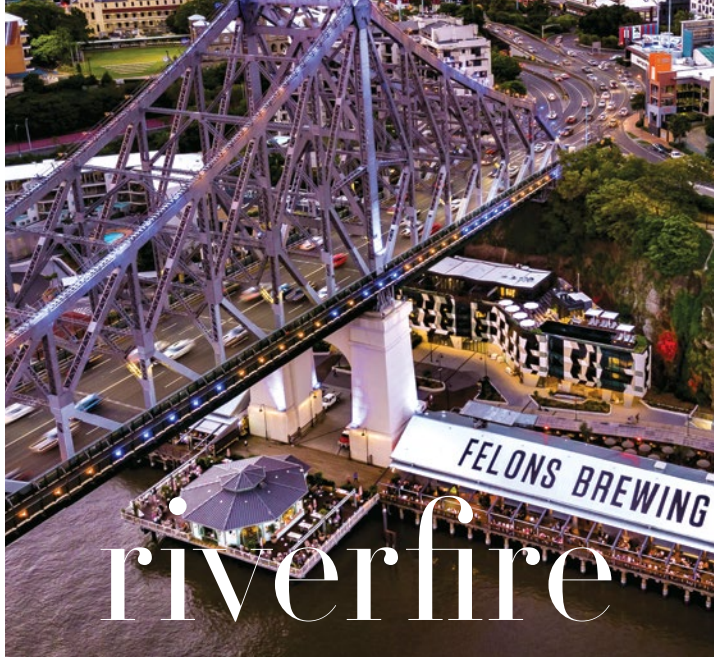
Emporium
HOTELS
South Bank

ROBERT WALTERS



BOOK NOW AT BRISBANEFESTIVAL.COM.AU

FESTIVAL 2019



Riverfire is set to ignite on Saturday 28 September. A night of nights on Brisbane's social calendar, we've rounded up where to go and what to know to ensure your Riverfire burns. Rally the troops and get ready for a night of welcomed antics.

HOWARD SMITH WHARVES

RIVER LUXURY PACKAGE

Relax in style in a reserved beanbag chair on the banks of the Brisbane River on the riverfront stairs with a bottle of Chandon on arrival.

**ENTRY FROM 3PM.
PRICE: \$250 PAIR (2 X ADULTS 18+ ONLY)**

FELONS BREWING CO.

Felons Brewing Co. will be open to the public from 11am. Try the limited release Red Ale, grab a bite to eat including wood-fired pizzas and delicious shared plates or stake your claim on the Felons Lawn with fresh fish and chips from the Fish n' Chip kiosk.

PRICE: FREE

MR PERCIVAL'S

Secure your spot on Mr Percival's disco decks with a three-hour food and beverage package. Mr Percival's is closing out the Brisbane Festival with unlocked views and DJ's spinning tracks to get you in the groove.

**PACKAGE STARTS FROM 6PM. 18+ ONLY.
PRICE: \$199 PER PERSON.**

RIVERFIRE PARKLANDS PACK

Perfect for families and groups, tickets include a main meal or kids' meal and a gelato which can be redeemed at one of the delicious HSW food outlets.

**ENTRY FROM 3PM.
PRICE: TEENS (13+) & ADULTS \$89.
CHILDREN (3-12 YEARS) \$35**

ARC DINING

Start the night with a glass of Champagne Ruinart Blanc de Blancs on arrival while you delight in the delicious shared Chef's Menu specially curated by Head Chef Alanna Sapwell.

BOOKINGS AVAILABLE FOR 5:30PM, 6:00PM AND 6:30PM ARRIVAL. PRICE: \$180 PP | \$250 PP WITH WINE PAIRINGS

CIAO PAPI

With views from the riverfront deck, Ciao Papi's shared Italian Feast features a selection of antipasti, pasta and dessert. Sit back and enjoy the inclusive beverage package offering Papi's Plonk, Prosecco, Spritz and Felons Session Ale.

**PACKAGE STARTS FROM 6PM. 18+ ONLY.
PRICE: \$140 PER PERSON**

HOWARD SMITH WHARVES 5 BOUNDARY ST, BRISBANE CITY P 3188 9090 HOWARDSMITHWHARVES.COM

THE FOX HOTEL

Spend Riverfire with a bang at an exclusive cocktail party that is sure to pop off! The Fox will be setting the evening alight on Dandy's Rooftop with nibbles, drinks and a night full of entertainment at Brisbane's best rooftop bar. Feel the burn as the sky transforms into an array of colours from one of the best views of the skyline. DJs will be hitting the decks all night long and a two-hour beverage and canapés package will have you glowing. Tickets available via website.

**THE FOX HOTEL
71-73 MELBOURNE STREET, SOUTH BRISBANE
P 3844 2883 THEFOX.COM.AU**



TREASURY BRISBANE

Enjoy prime views of the firework extravaganza and watch the city light up while you and newfound friends enjoy Moët & Chandon champagne as well as wine, beer, cocktails and mouth-watering culinary stations, before dancing your night away to the tunes by live DJ entertainment. Kicking off at 5:30pm, the rooftop also provides a great vantage point to watch the sunset as the evening's antics warm-up in the heart of the city. From there, you're in prime position to kick on at one of Treasury Brisbane's other bars or enjoy a night of fun at the casino. Tickets are limited, so don't miss out!

**TREASURY HOTEL
130 WILLIAM ST, BRISBANE CITY
P 3306 8888 TREASURYBRISBANE.COM.AU**



EMPORIUM HOTEL SOUTH BANK

SIGNATURE, EMPORIUM

Experience a gourmet take on Riverfire at Signature. Following champagne and oysters on arrival, guests are treated to a five course degustation of modern Australian culinary creations, perfectly matched with wines from 'The Library' - Signature's collection of over 6,000 bottles. For the final course guests are escorted to the rooftop private dining room to enjoy the fireworks spectacle while indulging in an Alex Norman created dessert, complimented by infamous dessert wine Chateau d'Yquem. Tickets are \$350pp and are extremely limited.

THE TERRACE, EMPORIUM

21 floors up, and arguably the best view in Brisbane, enjoy the luxe open-air rooftop of The Terrace, overlooking Brisbane city with panoramic views from the Brisbane River to Kangaroo Point and everything in between. The venue is known for its elegant, lush sub-tropical vibe. Celebrate with four-hours of bottomless champagne, canapes, grazing stations and live music, for \$299 per person - what more could you ask for?

EMPORIUM HOTEL SOUTH BANK
LEVEL 21/267 GREY ST, SOUTH BRISBANE
P 3556 3333 EMPORIUMHOTELS.COM.AU/EAT-AND-DRINK



EMPORIUM ROOFTOP



EMPORIUM SIGNATURE



RIVERBAR & KITCHEN

Bathe in the views of the Bridge as the sky acts as a canvas to the fireworks while enjoying the river breeze under the fairy lights and buzzing atmosphere Riverbar & Kitchen is known for. Guests can indulge in a three-hour beverage package with roving canapés and food stations while live music turns up the heat. Tickets are \$99 plus a booking fee and kicks-off at 6pm with doors opening from 5pm, so don't miss out on front-row seats to the night of nights!

RIVERBAR & KITCHEN
71 EAGLE ST, BRISBANE CITY
P 3211 9020 RIVERBARANDKITCHEN.COM.AU

THE PLOUGH INN

The Plough Inn offers an ideal 'laxed but lively evening with the outdoor beer garden and spacious bar area. The best part? You don't need a ticket to enjoy your Riverfire night at The Plough Inn and be rest assured they know how to handle the big night; they've been serving Brisbanites since 1864 so considering the amount of Riverfires they've seen in their time, they have the good time formula down to a T!

THE PLOUGH INN
29 STANLEY ST PLAZA, SOUTH BRISBANE
P 3844 7777 THEPLOUGHINN.COM.AU



FRIDAY'S RIVERSIDE

With a view so good you can practically feel the burn, you can't do much better than Friday's Riverside for your Riverfire night! Snag your \$35 ticket and enjoy a drink on arrival as you soak in the 180-degree views of the Brisbane River and Story Bridge. Waterfront dining doesn't get better than this and you can take your pick from the best in modern Australian cuisine at Waterline or premium chargrilled cuts from the Terrace Grill.

FRIDAY'S RIVERSIDE
RIVERSIDE CENTRE, 123 EAGLE ST, BRISBANE CITY
P 3051 7622 FRIDAYS.COM.AU



KINGSLEYS BRISBANE

With stunning views of the Brisbane River, you can bring the whole family along for a night of festivities and delicious dining. Their Riverfire package includes a three course set menu and three-hour beverage package for \$150 per person. If you're all about the eats and can live without the vino, tickets are \$100 per person. Otherwise, enjoy a night out with the kids too for a two-course meal and soft drink for \$40 per person.

KINGSLEYS BRISBANE
71 EAGLE ST, BRISBANE CITY
P 3051 7650 KINGSLEYSBRISBANE.COM.AU

RIVERLAND BRISBANE

Known for laid back vibes, street food and sundowners, Riverland is the one-stop-shop for a night to get around all that is Riverfire. The view is one of the best you'll get of Brisbane River (and that bridge that no-one's allowed to mention), so it's a no brainer when it comes to front row seats for the famous fireworks. They'll be pouring those signature cocktails right throughout Footy Finals and taking you through to the evening with those sweet tunes.

RIVERLAND BRISBANE
167 EAGLE ST, BRISBANE CITY
P 3051 7655 RIVERLANDBRISBANE.COM.AU



EAGLE ST PIER
3221 2888

SHADOW  LOUNGE

WWW.BRISBANETICKETS.COM.AU

RIVERFIRE

Saturday, 28th September

\$119 PER PERSON | 3 HOUR FOOD & BEVERAGE PACKAGE | 5PM – 8PM

KANGAROO POINT & East Brisbane 4169

Hop on over to 4169 for a wholesome time out where you can nourish your body and flourish in the fun, all in the one hood.

MEDLEY TAKES ON THE WORLD

The world has given us many wonderful things, but arguably the most spectacular is the food. To taste it all would be a worthwhile feat, but there's no need to hop on a plane to accomplish it. All you have to do is head to Medley Café and Restaurant in Kangaroo Point!

Inspired by the iconic grounds of Yungaba, which provided shelter to countless immigrants

since 1887, Medley pays homage to its location by providing a renewed place for cultural exchange, this time through food. Peruse the Medley menu featuring signature exotic dishes utilising the abundance of fresh, quality, local ingredients made right here in Queensland to provide you with a world of flavour. Open Monday 7am-3pm, Tuesday to Saturday 7am-10pm and Sunday from 7am to sunset.

MEDLEY CAFE & RESTAURANT
62 WHARF ST, KANGAROO POINT
P 3162 4492 MEDLEYKP.COM.AU



PORCH LIGHT INTERIORS

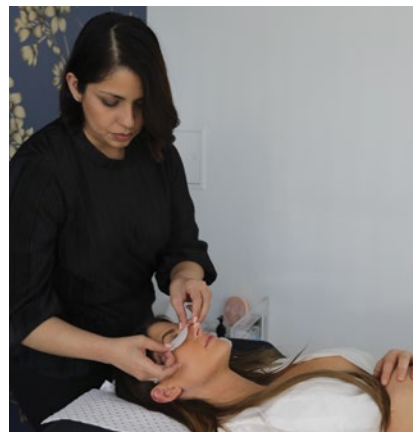
Known for their fresh take on classic design by incorporating traditional pieces with modern elements, interior designers and sisters Hayley Hayes and Tracey Leeson established their Brisbane based business in 2007. With a love of textiles, they bring a unique and inspiring look to each space they work on – mixing patterns and colours with natural furniture bases. They're a design duo with a discerning eye and take great pride in their work to achieve the best results for each and every client.

PORCH LIGHT INTERIORS
2/904 STANLEY ST, EAST BRISBANE
P 3391 0648 PORCHLIGHTINTERIORS.COM.AU

PRO LASH SOCIETY

Say goodbye to strip lashes and be welcomed to a world of pristine natural eyelash extension, health and beauty. Located in East Brisbane, Pro Lash Society is a boutique studio specialising in Russian volume and classic eyelash extensions performed by internationally awarded resident master lash artist, Katya. A leader in the industry, Katya has taken her experience at one of Brisbane's most sought after lash salons, and opened her own exclusive one-on-one studio providing clients with the highest quality products and utmost care and service.

PRO LASH SOCIETY
935 STANLEY ST, EAST BRISBANE
P 0401 267 879 PROLASHSOCIETY.AS.ME



THE SHAFSTON HOTEL

This iconic East Brisbane pub is renowned as one of Brisbane's leading venues for its delicious food and accessibility located just five minutes from the CBD and a short walk from Mowbray Park ferry terminal. Known for the home of 2-4-1 (Wed-Thurs) they're bound to satisfy your mid-week meal. The relaxed environment is perfect for drinks with friends or the whole family, choose from their lip smacking ribs, classic parmies, range of succulent steaks and of course, their finger licking wings. Sure to be streaming your favourite sporting event so you can enjoy the game on Brisbane's largest screen and drinks, the Shafston is also ideal for functions with one of the biggest fully private venue rooms available. Their balcony offering city light views makes the hotel perfect for cocktail style parties, Christmas parties and pre-planned events. The Shafston have everything to offer when it comes to good food, a great atmosphere and even better company, they even have their own drive-thru bottleshop making it your go-to East Brisbane pub. Open



Monday-Thursday 11.30am-2.30pm for lunch and 5.30-9pm for dinner, Friday 11.30am-9pm and Saturday-Sunday 12noon-9pm.

THE SHAFSTON HOTEL
3 LYTTON RD, EAST BRISBANE
P 3391 5772 SHAFSTONHOTEL.COM.AU



We chatted with Loan Market's Andrew Timms to talk all things dollars and dream homes.

ANDREW TIMMS LOAN MARKET

How did you get into finance?

I've always loved the industry and was presented with an opportunity whilst working in London to join a finance company. When I returned to Australia, a good friend who is an elite broker with Loan Market agreed to mentor me. It was a fantastic opportunity to learn from one of the best and helped me grow into the broker that I am today.

You have a perfect 5 star rating on Google, what's your secret? Communication, industry knowledge and transparency are the keys to a successful customer relationship and loan application.

What puts a spring in your step going to work every day? Assisting my clients in purchasing their dream home and being an integral

part of this journey is very fulfilling. There can be a lot of unforeseen hurdles in this process and a big part of what I do is taking the stress out of the process for my clients.

What makes you stand out against other brokers? I have a natural competitive streak, which enables me to push as hard as I can for the best outcome for my customers.

What does Loan Market offer that other mortgage broker aggregators don't? The integration between Ray White and Loan Market is unique and unmatched. Loan Market also offer constant up-skilling for brokers to ensure we're at the forefront of the finance industry, whilst state-of-the-art technology enables us to offer clients a comprehensive, user friendly loan experience.

LOAN MARKET
5/125 WELLINGTON RD, EAST BRISBANE
P 0488 029 908 LOANMARKET.COM.AU



EYE TO EYE

At Madonna Rigney Optometry, optimal eyecare, an eclectic frame collection and exceptional service will ensure you see and look your best. Led by Madonna, the team will ensure that your personal style and vision needs are met and then exceeded.

In line with the Madonna Rigney ideals, the Blake Kuwahara range of frames shown embody a similar ethos. Innovation in design, state of the art fabrication and uniqueness of personality are inherent in each piece. Multi-award winning, the Kuwahara range is a celebrity favourite, worn by Brad Pitt, Robert Downey Junior, Catherine Zeta-Jones and many others.

For style lovers that like to see perfectly and express their point of difference, Madonna Rigney Optometry sees eye to eye.

MADONNA RIGNEY OPTOMETRY
SHOP 3, 11-17 LYTTON ROAD EAST BRISBANE
P 07 3844 4648 MADONNARIGNEYOPTOMETRY.COM.AU

THE SUITE LIFE

Skin freedom could be all yours, and the gateway is waiting in East Brisbane. The Skin Suite wants to get under your skin in the best kind of way, to make sure you're feeling fabulous whenever you want to be your #nofilter self.

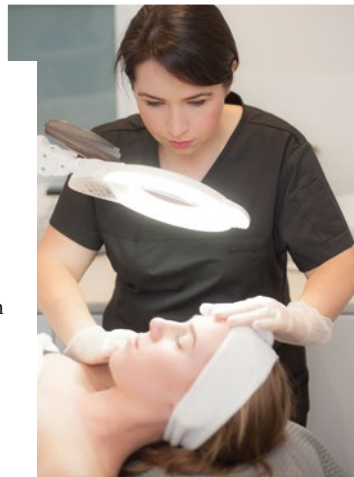
Skin correction starts from within, and The Skin Suite understands that everything presenting itself on the surface of the skin is a direct reflection of what's happening underneath. For every bump, blemish and breakout there is a dysfunction causing the skin to appear that way and The Skin Suite will do whatever it takes to get to the bottom of it.

The Suite's road to skin freedom involves restoring the protective barrier of your skin, balancing the oils and

water levels, correcting the conditions you don't like with clinical treatment, protecting your new skin from damaging factors and maintaining your healthy skin with home support products. This will be achieved with a personalized and in depth consultation, a prescribed home care regime and a professional treatment plan all done in their gorgeous new clinic.

Their holistic approach to skin correction (which you can follow via @theskinsuite) is tailored for you to suit your needs, lifestyle and budget so you can take control and face every day with skin confidence. With the help of their clinical skin treatments, you'll reinvigorate your skin to be its absolute best and kick all your skin goals.

THE SKIN SUITE
1007 STANLEY STREET EAST, EAST BRISBANE
P 0417 777 160 THESKINSUITE.COM.AU





ACHIEVING SUCCESS IN 45 MINUTES

A lot can be done in 45 minutes. You could take a nap, catch up on an episode of *Suits* or take part in a high-intensity, circuit training workout class that has fitness fanatics obsessed. Instagram may lead you to believe that F45 is only for people whose profile consists of a gym selfie every second post, but F45 Kangaroo Point manager Aran Hayes wants people to know that F45 is for everyone.

Standing for functional training and running for a total of 45 minutes, Hayes wants to break the stigma that F45 is the fitness brand of Instagram models. “We train regular people,” he says. “We cater to anyone.”

Workouts are created from a database

of over 3,000 exercises so no one gets the same workout twice. F45 Kangaroo Point operates all week on a flexible timetable that offers 45 workouts a week. It’s efficient training for all shapes and sizes, especially if your most-used excuse is “I don’t have time to exercise”. There are not a lot of reasons why F45 isn’t for you, and one Kangaroo Point client proves why.

As if beating breast cancer wasn’t enough of a challenge, Sofi Leota says she feels incredible since using the training to stop battling her body. After seeing a photo of herself left her unhappy and seeking recommendations from close family, Leota joined in April this year to be the transformation she saw on social media.

“I was diagnosed with breast cancer last year and was nervous about how intense F45 would be,” she said. “I did the 8-week challenge and lost most of the weight I gained over the last year. It completely changed my idea of exercise. I was concerned how I looked and really hesitant but Aran reassured me and now I feel the fittest I ever have.”

She has since lost 10kg and seeing the physical changes F45 helps to keep her motivated. She encourages everyone to make use of Kangaroo Point’s 10-day free trial and throw themselves into it. “I went into it super unfit but it’s designed for all fitness levels,” she said. “It’s a whole community and it’s fun!”

+F45 TRAINING KANGAROO POINT
1/468 VULTURE STREET, KANGAROO POINT
0433 761 245 F45TRAINING.COM.AU/KANGAROOPOINT



CLINICAL PSYCHOLOGY
with Dr John Barletta



STYLING TIPS
with Mark Ferguson



SPECIALTY COFFEE
with Penny Wolff



Developing resilience

Life provides us endless opportunities and also infinite challenges. Some people seem to routinely struggle with the tests, whilst others clearly have the resilience and grit to turn lemons into lemonade.

The key ingredients to enhancing your ability to deal with crises include maintaining good relationships with family, friends and colleagues, and regularly showing appreciation and gratitude. See stressful events as hurdles not roadblocks, but accept some circumstances cannot be changed. Failures are inevitable, but learn from them and reflect on your management style for self-growth. Develop realistic goals and work on them but keep an eye on the long game and broader context. Take care of yourself, your mind and body, and pay attention to your needs and feelings. Taking action whilst maintaining an optimistic outlook will help you bounce back from anything.

As you learn more and strengthen your competencies, you'll enhance your resilience.

DR JOHN BARLETTA, CLINICAL PSYCHOLOGIST
LEVEL 1, SUITE 2, 3 DAYS RD, GRANGE
P 3356 4400 JOHNBARLETTA.COM



Seasonal trends

Fashion trends are a lot like the oceans, always moving and adjusting with the ebbs and flows of life. With the change of season heading into spring, there are many wardrobe options to ponder.

Consider shorts with a pleat or two this season along with a wider leg, a more comfortable fit and sits slightly higher on the waist. Full fitting bowling shirts are the way to go in the upstairs department. Pleated trousers are now stylish so pair it with on-trend chunky shoes to add some spring to your step. Consider trying a full fitting double-breasted suit with a longer jacket length. For a cool yet casual take, have only one button to close.

Prominent pinstriped suits have made a nonchalant comeback this season and to keep your suits fresh, pair with crisp white sneakers. Crank up the volume with the latest take on the texture trend in quilted lapel dinner jackets and add some extra spice with a male brooch. These are 80s and 90s fashion trends sprung forward into the modern era.

WIL VALOR
300 GEORGE ST BRISBANE QUARTER, CBD
P 1300 309 272 WILVALOR.COM.AU



From cherry to cup

The coffee cherry comes a long way from plantation to the barista. Nearly 40% of coffee is grown in Brazil, followed by Vietnam, Colombia, Indonesia, Honduras and Africa. However, over-production in Brazil, coupled with currency devaluation, the Brazilian Real is 60% less valuable than it was in 2011, resulting in cheap coffee prices.

Today these low coffee prices are having a negative impact on our coffee farmers, who are unable to cover their expenses. Farms are disappearing and demand for our much-loved bean will be unable to be supplied. As an industry we need to consider this ethical dilemma and ensure we pay our farmers fairly to ensure they can sustain viable farming practices. Having recently hosted Boyce Harries a 6th generation Coffee Farmer from Kenya, we heard first-hand the impact how low-priced coffee is devaluing the margin chain and hurting those on the land the most by not being paid a fair and equitable price.

WOLFF COFFEE ROASTERS, COFFEE WORKSHOPS
140A GERLER RD, HENDRA
P 3267 5551 WOLFFCOFFEEROASTERS.COM.AU



**SKIN HEALTH
with Maree Andersen**



**WHOLESOME DENTISTRY
with Dr Anne-Maree Cole**



**VARICOSE VEINS
with Dr Nicholas Kemp**



Removing stubborn fat

Spring is a reminder that there isn't a lot of time left to tone up for summer. For many of us, diet and exercise is not enough to achieve a firm and toned beach body with hormones, lifestyle and genetics all playing a part in designing our figure. Removing stubborn pockets of fat with skin tightening Radio Frequency and fat melting Fat Cavitation is an art we, at Soho Skin Rejuvenation, have come to master.

So what is RF Fat Cavitation? Basically this treatment melts localized fat deposits and destroys a measure of fat cells in the process. The treatment also stimulates collagen and elastin production to firm and tighten the skin. A course of treatments is best to achieve optimal results and when performed weekly or bi-weekly you will see a reduction in measurements with every session. Popular treatment areas are hips, thighs, arms, back and the bottom.

RF Fat Cavitation is ideal for any healthy person who is frustrated with love handles, back rolls and saddlebags that just won't shift!

SOHO SKIN REJUVENATION
SHOP 2605, LEVEL 2 WESTFIELD CHERMSIDE
P 1300 217 646 SOHOSKINMANAGEMENT.COM.AU



Toothbrush clarity

It's a common sight to see shoppers standing in the oral health aisle, glaring at the bright packaging and trying to work out what they should buy! Toothbrushes vary in size, shape, bristle firmness, density, handle thickness, eco-friendliness and whether or not it's electric or manual. After taking the appearance, cost, marketing, comfort and environmental factors into consideration, what's actually the most effective at removing dental plaque?

As a general rule, choose a toothbrush with dense, soft bristles that are tapered, has a small head and a handle that's easy to hold. Soft bristles tend to be more flexible, bend around corners and when tapered, are more effective at sliding under the gum to reach hidden plaque. A smaller head is easier to manoeuvre around the tighter areas near the back teeth.

If using the correct brushing technique, both electric and manual toothbrushing are equally effective. Flossing, tongue scraping and a low sugar diet are also important.

JAMES STREET DENTISTS
151 ROBERTSON ST, FORTITUDE VALLEY
P 3257 1577 JAMESSTREETDENTISTS.COM.AU



What is a clot?

A blood clot is a mass formed by platelets held together by fibrin, a protein that acts like glue. Varicose veins mean the superficial venous system is not functioning as it should and blood starts to pool and can therefore flow the wrong way.

Severe varicose veins can affect flow in the deep system. For example, if leg muscles squeeze a clot out of the vein, there's a chance it can travel elsewhere within the body and can lead to serious complications such as Deep Vein Thrombosis (DVT), heart attacks, stroke or a potential fatal Pulmonary Embolism (PE).

A study published in the Journal of the American Medical Association shows that people with varicose veins are five times more likely to develop a DVT. To reduce your risk, avoid sitting or lying down for long periods without walking, know your family history and talk to your GP if you are concerned. Stop smoking, reduce high blood pressure and maintain a healthy weight. Consider consulting a phlebologist for treatment.

THE LEG VEIN DOCTOR
465 MILTON RD, AUCHENFLOWER
P 3720 9912 THELEGVEINDOCTOR.COM



LIFESTYLE HACKS
with John Smits



MEDICAL AESTHETICS
with Dr Emma Swan



RELATIONSHIP ADVICE
with Paul Baker



Spring your space

Spring is a time to freshen up your surroundings and a great excuse to make over your living areas. We are so lucky in Queensland, in that we live in sunlight most of the year; we are able to play with colour in daring, eye-catching ways. This season we are loving natural, earthy tones with playful pops of colour to lift and brighten.

Adding colour with textiles is the easiest way to change up a space and we are loving Melbourne based Bonnie and Neil cushions and throws as well as talented local designer Cassandra Harper. Go for interesting shapes in the form of ceramics and curios to add character and personality to a room – perhaps you find joy in a brass elephant, a colourful vase, Carla Dinnage jug or bowl. Find beauty in the ordinary utility items we use daily – it might be a bottle opener in an interesting design or an ostrich feather duster to add some drama.

Whatever you do, do something to freshen up this season and refresh, redesign and reinvigorate your space!

PARADE
87 KEDRON BROOK RD, WILSTON
P 3356 0148 PARADESTORE.COM.AU



The AquaGold facial

The latest trend to hit the facial market is as good as gold. The AquaGold facial is a revolutionary new skin treatment being offered only at MEDACO by our doctor and nurse practitioners. It is well known in America and made popular by Kim Kardashian, who many have seen undergo the treatment. AquaGold utilises micro-channelling technologies to administer a tailor made facial delivered by 24 carat gold technology. The gold aids in minimising irritation to the skin whilst having the added benefit of antimicrobial properties. The facial is custom made for clients to address their specific skin problems giving them a glass like complexion and can incorporate fillers, anti-wrinkle and vitamin complexes.

The overall result of the pain-free treatment is pore size reduction, skin tightening and general rejuvenation. With no downtime needed after the treatment, it is the latest facial to hit the market and as such MEDACO is the only in Brisbane offer the service.

MEDACO MEDICAL AESTHETICS
LEVEL 4/190 EDWARD ST, BRISBANE CITY
P 3211 4785 MEDACO.COM.AU



Relationship spring clean

Spring has sprung and now comes the time to spring-clean everything, including your relationships. Check the cobweb corners, delve under the rugs and unearth the issues and conflict you've hidden away. Now is the time to step back, breathe in the dust-free air and focus on the state of your relationships.

Recognise the issues and any unresolved conflicts you've been avoiding. Have you any unexpressed resentments? Do you find yourself fighting about the same things? Always bringing up the same problems? Having the same conversations? Leaving these things alone does more harm than good.

By keeping these resentments to yourself, you stop the best parts of you and your relationship from flourishing. The dust of your relationship is weighing it down. It's time to reduce the clutter, upturn the figurative furniture and rugs, and give your relationship a deep clean. If you would like to learn practical skills in de-cluttering your relationship conflicts, make an appointment.

PBR COACHING
8 HURST ST, GORDON PARK
P 0432 071 005 PBRCOACHING.COM.AU

It's time to swap your winter scent with a light and fresh spritz of spring. With fresh dewy notes, find your next seasonal signature scent.

Fan So Good



1. **Libertine Parfumerie** Cherry blossom by Floris 100ml \$249 2. **Mecca** Maison Francis Kurkdjian L'eau à La Rose 75ml \$244 3. **L'Occitane** Cherry Blossom roll-on 10ml \$31 4. **Libertine Parfumerie** Rosewater by Santa Maria Novella 250ml \$48 5. **L'Occitane** Terre de Lumiere 90ml \$120 6. **L'Occitane** Burst of cheerfulness rose fragranced water 50ml \$49 7. **Libertine Parfumerie** Honour woman by Amouge 100ml \$399 8. **Calexico** Beso Beach Beso Canalla 100ml \$264

Beyond Beauty

Mary Dickinson is one of the most stylish women in Brisbane. We had a chat with her over a manicure and a cocktail at Brooklyn Beauty Bar in James Street.



MARY DICKINSON

You're a busy lady Mary, we thought you'd retired, but obviously not from life – you're everywhere!

I'm so grateful for the invitations I receive for beautiful events. I love socialising and am curious about everything. My friends tease me saying I'd go to the opening of an envelope, but I love being out and meeting interesting people.

Is it hard work keeping yourself looking so great for all these fab events?

I'm not one to try hard. I refuse to succumb

to injectables, but I find a professional facial every month great for my skin. Apart from that, I massage my face every night with the gorgeous organic range of products they have at Brooklyn Beauty Bar. I love the Dr Spiller Collagen Cream, which I also get from here.

Do you do your own make-up?

Yes. I just wear a cheap BB cream with SPF. I've a range of vibrant lipsticks and use Booki Brows for everything else – with one tiny compact I have brow definition, eyeliner, shadow and highlighter.

We hear you're off to Italy soon. What are your travel tips for a stylish holiday?

Being fit is a must, so I do pilates and yoga every day. Being informed is also stylish, so I upload heaps of books and read two books a week. To get holiday-ready I get a spray tan at Brooklyn Beauty Bar and my brows and nails done. The gel they use is amazing – it stays on for weeks.

BROOKLYN BEAUTY BAR
5/15 JAMES ST, FORTITUDE VALLEY
& 61 PETRIE TCE, THE BARRACKS
P 0421 202 447 BROOKLYNBEAUTYBAR.COM.AU

Bespoke beauty



Blink goodbye to expensive volume mascara and be wide-eyed with flawless natural looking lashes all day, every day.

Brazilian Beauty's team of technicians are at the ready to give you a head turning look in the blink of an eye. Eyelash extensions have become a popular, non-invasive and simple way to elevate your aesthetic. Lasting up to 4-6 weeks per set, Brazilian Beauty will customise your extensions treatment to suit your individual eye shape and enhance your natural lashes. Easily choose the number of lashes, length and curl to suit your style, and let the team at Brazilian Beauty do the rest for you.

If you've got a flair for the dramatic, try their rich Russian volume lash extensions. With a fan of fine lashes placed on each

of your own, your lash-line will be the envy of any event you choose to attend. Wanna go for a more "I woke up like this" look? Their popular range of silk eyelash extensions are perfect for creating that natural glam look. Their lightest and softest extensions yet, you won't even realise how naturally beautiful you're looking until the compliments start rolling in. With limited maintenance and a post treatment plan set to help your lashes last indefinitely, these long-lasting eyelash extensions are the perfect way to treat yourself with a little self-confidence this spring.

BRAZILIAN BEAUTY
P 3357 4081 BRAZILIANBEAUTY.COM.AU



All eyes on you

Valley Eye Specialists (VES) is the newest group Ophthalmology practice in Brisbane, having been established by six Ophthalmologists - Dr Jayne Camuglia, Associate Professor Shuan Dai, Professor Glen Gole, Dr Richa Sharma, Dr Juanita Pappalardo and Dr Jaclyn White.

The dynamic and collegiate group at Valley Eye Specialists have worked together, and more importantly, inspired one another endlessly for over a decade. Through this, VES was brought to fruition as a result of the team's collective passion for improving vision and improving the lives of each and every one of their patients.

Drawing on a wealth of clinical experience and expertise that is recognised both locally and internationally, the team at VES pride themselves on providing personalised and highly specialised care from birth right through to all stages of adulthood.

Setting themselves apart within the industry, VES incorporates QPOSS (Queensland Paediatric

Ophthalmology and Strabismus Surgeons). They are the only group paediatric Ophthalmology practice servicing Queensland and Northern New South Wales and all VES Ophthalmologists have substantial public hospital commitments. The team are all actively involved in passing on their expertise to medical students, junior doctors, optometrists and other medical practitioners. Every patient under the care of Valley Eye Specialists can rest assured knowing they are in safe hands. The practice is committed to delivering the best service to each client and are able to go the extra step by accommodating urgent appointments for children and adults.

VALLEY EYE SPECIALISTS
51 BALLOW ST, FORTITUDE VALLEY
P 3144 1655 VALLEYEYE.COM.AU

VALLEY EYE SPECIALISTS SERVICES

PAEDIATRIC: AMBLYOPIA AND MYOPIA MANAGEMENT, BLOCKED TEAR DUCTS, PAEDIATRIC CATARACT AND STRABISMUS.
ADULT: CATARACT, PTERYGIUM, GLAUCOMA, COMPLICATIONS FROM DIABETES, MACULAR DEGENERATION AND STRABISMUS.

promotion

Is skincare fatigue a thing?

WITH MICHELE SQUIRE

Hands up if your bathroom resembles a Sephora store? Is your elaborate, multi-step skincare routine exhausting (or bankrupting!) you? Do you react to products so regularly that you describe your skin as 'sensitive'? Are you still getting lacklustre results?

Here's some real talk... you might have skincare fatigue. If you're an inveterate skincare junkie who lives for the thrill of opening a new jar of face cream, then move along - this advice isn't for you. But if you're like me, a little older (I'm 50) and yearning for simplicity plus results (I blame Marie Kondo), then keep reading.

In truth, modern skincare relies heavily on marketing and the rise of the 'self-care' movement, rather than delivering proven results. And it's working: the global skincare products market will reach \$USD180 billion by 2024. Social media influencers urge us to buy

the latest releases, paraded on unbelievably flawless skin, #gifted to them by companies because of their global reach directly into our bathrooms. We are encouraged to #selfcaresunday by multi-masking, because just one mask is for amateurs. Exhausted yet? Me too. It's time to take the pressure off. With skincare, less is more. Skin can only tolerate so much before it turns against you. The redness, dehydration, irritation and sensitive skin you're treating with multiple products and layers – it could simply be a sign you're doing too much. Here's my minimalist, but science-backed, suggestions for great skin:



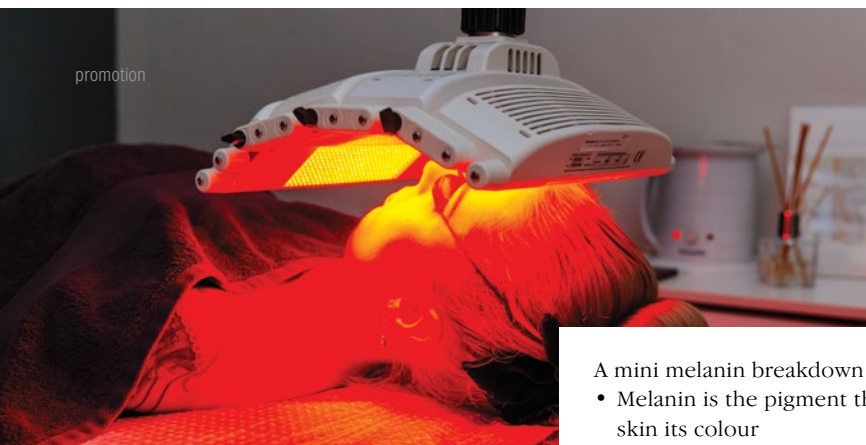
MICHELE SQUIRE

- Wear sunscreen – most skin ageing is caused by UV damage.
- Cleanse less – leave your skin barrier and skin microbes to do their job.
- Understand what you're putting on your skin and why.

Dr Michele Squire is a PhD-qualified scientist, and the owner of Qr8 – Australia's only beauty science advisory service for men and women aged 40+.

QR8LIST.COM @QR8_CURATE

promotion



Anyone who has ever experienced pigmentation knows how difficult it can be to treat. One minute it's under control and then wham, back it comes. Pigmentation is a perplexing condition and what you see on the surface is only 40 per cent of what is actually there, the other 60 per cent is what lies beneath the surface and what can lay ahead for the future. To understand how and why it occurs in some people and not others we first need to know the mechanisms that can trigger pigmentation, the steps to treat it and finally the solution to prevent it recurring.

A mini melanin breakdown:

- Melanin is the pigment that gives skin its colour
- Melanocytes are cells responsible for melanin production, they are found in the surface layer of our skin
- Melanocytes produce granules called melanosomes that when filled with melanin create the pigmentation

With Cosmelan, a treatment which addresses not only the pigmentation but the underlying cause, it decreases and regulates the overproduction of melanin. There are unfortunately many band aid remedies with many products only bleaching the pigmentation instead of treating it. Cosmelan, originating in Spain, is the world's leading professional

THE PERFECT pigmentation treatment

skin depigmentation method, and at The Brow and Skin Studio, Cosmelan is the go-to choice for clients who have exhausted all other avenues and are serious about tackling this condition once and for all. It is a one-off treatment that surpasses all expectations. Simply put, it acts by inhibiting tyrosinase activation, a trigger for pigmentation, blocking and reducing the amount of melanin formed, reducing the intensity of dark spots, stimulating epidermal renewal and intensively combating the build-up of melanin. In conjunction with Cosmelan, The Brow & Skin Studio also uses Divine PRO and LED Therapy which also addresses pigmentation concerns.

THE BROW AND SKIN STUDIO
469 WATERWORKS RD, ASHGROVE
P 3366 0002 BROWANDSKINSTUDIO.COM.AU



PASSION TO PRACTICE

When vision and ambition are combined, they have the power to create a reality far from the ordinary.

A humble and holistic medi spa dream and a passionate plastic surgeon are the minds behind the accredited aesthetics clinic, Esteem Medi Spa.



Winning the title of Best Aesthetic Practice three years in a row (and inducted into the Hall of Fame), this luxurious aesthetic clinic offers state-of-the-art anti-ageing treatments at four locations across South East Queensland.

Advanced techniques have led the specialists at Esteem Medi Spa into the unrivalled ranks of one of the best aesthetic clinics in Queensland. Founders Maria Gambaro and Dr Terrence Scamp began this business that took beauty complacency and replaced it with unparalleled results.

Twenty five years of international experience and recognition follows Dr Scamp, one of Australia's leading cosmetic plastic surgeons. From local articles to international publications, his qualifications and accreditations alike speak volumes.

Dr Scamp travels the world attending conferences, symposiums, and seminars giving talks and keeping up-to-date with the most advanced techniques in this field and brings all this knowledge back to Esteem Medi Spa. This high standard of practice has been passed onto Esteem Medi Spa's qualified Registered Nurses, specialist Laser Technicians and Skin Specialists,

with Dr Scamp himself leading their internal training. Dr Scamp's expertise has become renowned when it comes to several treatments including injectables, breast surgery, abdominoplasty, breast lifts, implant removal, brow lifts and eyelid surgery. Practicing at Esteem Medi Spa on the Gold Coast, Dr Scamp has well and truly cemented his position in the industry for his natural work. With clinically proven results defining the business, their medical approach is guaranteed to repair skin damage and prevent premature ageing.

ESTEEM MEDI SPA
P 3358 1884 ESTEEMMEDISPA.COM.AU

promotion

MOVE WELL, FEEL GREAT

Get your body moving and feeling great with an appointment at Barefoot Physiotherapy, one of Brisbane's best physiotherapy clinics. Their Physiotherapists are movement and body experts. Whether you need to address pain, or want to enhance your performance, Barefoot Physiotherapy can help.

BAREFOOT PHYSIOTHERAPY
28 CURZON STREET
P 1300 842 850 BAREFOOTPHYSIOTHERAPY.COM.AU



WIPE YOUR BROW

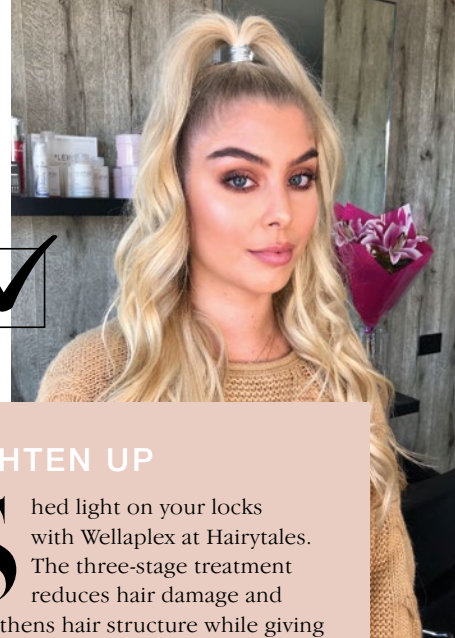
The arrival of spring means it's only getting hotter, so how about sweat proofing your brows at Browskii?

Their cosmetic tattooing only uses the highest-grade tools, and all products are vegan friendly. Browskii offers natural, feather touch, ombré or mist brows and through afterpay you can brow now, pay later!

BROWSKII
86B JULIETTE STREET, GREENSLOPES
0432 150 456 BROWSKII.COM.AU



CHECK LIST TO SPRING CLEAN YOUR MIND, BODY & SOUL



LIGHTEN UP

Shed light on your locks with Wellaplex at Hairytales. The three-stage treatment reduces hair damage and strengthens hair structure while giving you a light new look perfect for the season of new beginnings. It's the spring clean your hair needs!

HAIRYTALES SALON
2/156 HAMILTON RD, WAVELL HEIGHTS
P 3266 8879 HAIRYTALESBRISBANE.COM

YOUR HAPPY HEALING PLACE

This out of the box rejuvenating space respects your body's natural healing ability with chiropractic services, acupuncture, dry needling, massage, naturopathy, Breath and Brrrrr class, Yin and Meditation or Bend and Breathe classes. Take your pick at their weekly experiences bringing some serious zen into your life.

KULA HEALTH
LEVEL 1, 81 DOGGETT STREET, NEWSTEAD
P 0432 561 229 KULAHEALTH.COM.AU

FAMILY MATTERS

Spring-cleaning can be a drag! So how about trying a boutique agency that pairs you with cleaners and housekeepers who respect your home, family and fur-babies as much as you do? Family Clean is dedicated to helping your home spark joy with a choice of regular cleaning, a once-off general clean or detailed spring-cleaning. Using eco-friendly products, Pinterest-worthy organisation and a familial touch, their attention to detail creates domestic bliss!

FAMILY CLEAN
3/768 BRUNSWICK STREET, NEW FARM
P 3254 2400 FAMILYCLEAN.COM.AU



Enhance your complexion with a 24-hour anti-wrinkle Dermal Face Lift Mask from Australian Skin Institute \$54.95

COCO LUXE

Coco Luxe Life are excited to have developed a world first: coconut water with marine collagen. Their unique formulation using the best sustainably sourced collagen peptides and super food, Acai, giving you function and flavour without blending, potions or pills. Coco Luxe Glow is for lovers of all things beauty. For stockists head to their website.

COCOLUXE LIFE
@COCOLUXELIFE
COCOLUXELIFE.COM



NEW KICKS

Spring is here and so is our motivation! As the weather warms up we're getting pumped up to start getting our body summer ready. A fresh pair of kicks is the perfect new addition to get you moving and grooving for the new season. These guys from Brooks at DFO are our personal faves!

DFO BRISBANE
18TH AVENUE, BRISBANE AIRPORT
DFO.COM.AU/BRISBANE



THE SKIN SUITE

Break up with your make up this spring and breathe new life into your skin at The Skin Suite!

Treat yourself to a customised facial to deeply cleanse, exfoliate, hydrate and restore the natural balance of your skin, while a skin therapist gets on a first-name basis with your skin to create a skin health program that will have your face buzzing. It's maintenance you'll actually look forward to and the self-care time you know you need (and deserve)!

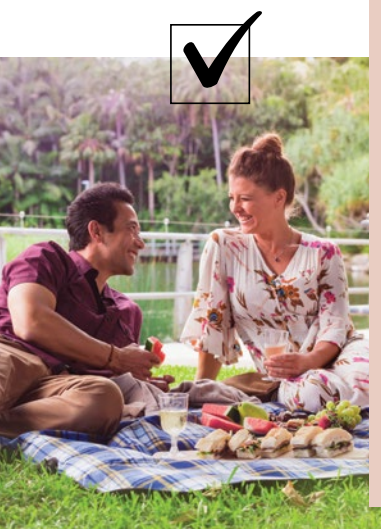
THE SKIN SUITE
1007 STANLEY STREET EAST, EAST BRISBANE
P 0417 777 160 THEKINSUITE.COM.AU



SPLASH OF COLOUR

Step into spring with a fresh new look that doesn't compromise your hair condition or integrity! Mikki Auld Hairdressing understands that hair colour is meant to be lived-in, and that's what you'll get in their plant-filled, creativity-fuelled, sustainably-focused and cruelty-free studio.

MIKKI AULD HAIRDRESSING
2D HUBERT STREET, WOOLLOONGABBA
P 0415 070 498 MIKKIAULHAIRDRESSING.COM



ROAM ABOUT OUTSIDE

Roma Street Parkland's heart beats year-round but it's springtime when the gorgeous gardens really blossom. Stop and smell the flowers at the Spectacle Garden, enjoy a picnic with friends in the lush grounds or escape the bustle of the CBD and discover your new favourite lunch spot.

ROMA STREET PARKLAND
1 PARKLAND BLVD, BRISBANE
@ROMASTREETPARKLAND



BROWS ON FLEEK

Face your commitment fears by trying a Bespoke Henna Brow Sculpt at Bespoke Brows!

Your brows will be shaped to correct proportions, sculpted with a precision trim, waxed, tweezed and topped off with a nourishing, customized henna stain. Henna lasts up to seven weeks on the hair and two weeks on the skin, and Bespoke will touch you up with a finishing conceal using mineral makeup to hide any redness so you can walk out fully on fleek!

BESPOKE BROWS
FIG TREE POCKET, BRISBANE
0412 302 772 BESPOKEBROWSBRISBANE.COM.AU

UNFILTERED

UN FILTERED

Relationships

Brisbane readers share their stories about the good, the complicated and everything in between. **This month, we discuss: relationships.**

Got a topic you'd like us to talk about? Email us at courtney@stylemagazines.com.au

THE COMMITTED

On our wedding day, one of my friends said to me: “Being married is the best thing ever. It’s crazy how nothing changes but everything is different”. He was exactly right! The reasons why we had fallen in love and decided to make this commitment to each other would always be there, however, there was something extra that pulled that all together. I’m of the opinion that true, unconditional love can only come when two people can trust each other unconditionally with their well-being and emotions. The commitment we made to each other on our wedding day solidified that unconditional trust, it provides this kind of safety net for us to fall back on when things are getting tough. To me, that is what makes our marriage special. It’s knowing that we can live our lives to the fullest and no matter what the result, always having that one person who will be there to share in the triumphs and the tribulations.

THE LOVER

“I’M A TOTAL SUCKER FOR LOVE.”

I love love and tend to fall reasonably hard – I’m a sensitive sucker. Amongst my family and friends, I’m considered to have ‘dating disasters’ – I either do or say something that’s completely left of field or inappropriate. I have also been known not to follow the general ‘dating rules’, i.e. I’ve eaten messy burgers on a first date, rather than a salad and high-fived instead of hugged when saying goodbye. Despite my no-rules track record and after two long-term relationships I have now found myself in a new love predicament – being ‘together’, but not exclusively with the potential love of my life. Oh, and he also lives 30,000 kms away. With a long-distance relationship not being an option, I’m back to square one – loving love, but not being in-love.

“INDEPENDENCE IS CRUCIAL TO THE SUCCESS OF MY RELATIONSHIP.”

THE DISTANT

The day my boyfriend met my parents (and subsequently made them fall almost as much in love with him as I am), I had to say see ya later for an unknown amount of time as I moved far away for work. I can’t imagine my life without him, but I suppose all relationships feel that way – even the ones that break. Long distance was never up for debate because we were both determined to make it work. It’s not like I’ll be getting on a first-name basis with the postman as

I wait to hear from him. The Internet was built for love!

We watch the same movie on our laptops while we commentate on the phone, message each other dumb little anecdotes throughout the day that no one else would care about and FaceTime each other until we go to sleep. Physically we’re far apart but we’re trying to find ways to be side-by-side. Of course, it’s not quite the same. You’d be surprised how cold a bed can get at night.

THE CHILDHOOD SWEETHEARTS

I met my husband in the last few months of year 12. The first time we spoke was when he asked me to the school formal. I said yes and that was basically the extent of our first conversation. There was an immediate attraction and we’ve been together ever since.

In 2010, after ten years together, we bought our first house. It was a renovators delight to say the least! We spent two years of literal blood, sweat and tears gutting and restoring it. I thought at the time if we can get through this, then we can get through anything! And in the end, the

experience bought us closer together as a couple.

Since then, we’ve lived and travelled overseas, sold our first home, got married and bought a second home. I think the key to our success is that we respect each other’s opinions, feelings and values (even if they differ), and support each other’s goals. We’re closely connected while maintaining our individuality and independence within the relationship and we haven’t rushed into anything.

“WE DIDN’T MOVE IN TOGETHER TILL AFTER 10 YEARS OF DATING.”

THE SLOW MOVER

My partner and I have been happily together for four years now and we credit our success to our independence. So many modern couples jump headfirst into the freedoms of adult life, throwing their individual lives out the window and replacing them with their newly found plus-one. This merging of perspectives, routines and interests are things we believe should be

made gradually over time rather than jumping into the novelties of relationships like statuses, sleepovers and moving in before you’re both truly ready. Giving your relationship the chance to grow naturally rather than being blinded by the ‘couple life’ is my ultimate tip for success. Don’t be afraid of travel, temporary separation or difference in opinions if it means both of you are living your fullest life, together. With calendars of anniversaries yet to come (if it’s right), why rush?

full bloom

Wife to NRL star Ben Hunt and mamma to two busy boys, wellness warrior Bridget Hunt takes us into her motherhood journey for a hot minute and shares her ultimate health tips.

Tell us about your journey from wife to mamma with two beautiful boys...

Starting a family so young wasn't quite part of the plan that early on. Ben and I were young and although we knew we were secure, it was all so scary. I had to defer university and delay the plans I had for that stage of my life. I was nervous throughout my pregnancy and I wondered; will I be a good parent? Can I do this? Once Brady was born, it was like I never knew any different. Sometimes fate gives us exactly what we need at exactly the right time. If it's taught me anything, it's that if you are passionate about something, you can still pursue your dreams, even if it is a few years later. After all, what's the rush?

What made you decide to study nutrition?

My passion for nutrition wasn't always quite as complex as it is now. Initially, my focus on healthy eating always stemmed from body image struggles. When I began my studies, I didn't quite know what I was in for, but the more I learnt, the more I fell in love with the functional aspect of nutrition and biochemistry behind how we think, feel and live.



@bridgethunt_ bridget-hunt.com

What designers did you love wearing whilst pregnant?

Bassike, C&M Camilla and Marc, and some nice maternity brands that I have found very versatile like Bae The Label, and Legoe Heritage.

What hard times have you faced?

Letting go has been a huge one for me. Understanding that this time is so precious, and that my career can be put on hold. I know that I'll look back on these days and be grateful I slowed down and learned to be more present with my kids.

Post pregnancy strategy?

I put in a lot of effort to ensure I am getting a big variety of nutrients into my diet. Eating loads of colours, legumes, grains, nuts, seeds, fish and some meat to ensure I am covering all bases. I've also taken time to allow my body to heal and recover in its own time. We put a lot of pressure on ourselves to get back to our pre-baby bods, but sometimes pushing yourself can be doing more harm than good. It takes our bodies nearly two years to fully recover from pregnancy and child birth.

Foods your obsessed with right now?

Savoury oats! Miso, oats and perfectly boiled eggs. Don't knock it till you try it!

Best gift to get someone for a baby shower?

Bath thermometer, baby seat rear view mirror, personalised bath towel or blanket or a voucher for a newborn shoot.

Things not to say to a pregnant woman?

You're looking big! Why do people think that is a compliment?

STYLEMAGAZINES.COM.AU @STYLEMAGAZINES

Spring Sweet Potato Soup

- 2 white potatoes
- ¼ jap pumpkin
- 1 brown onion
- 4 cloves of garlic
- 2 carrots
- 1 sweet potato
- 1 bunch of mixed herbs (sage, thyme & parsley)
- Salt and pepper for seasoning
- 2 ½ cups water
- 1 cup coconut milk
- 1 tsp vegetable stock (I have home-made stock)

Preheat the oven to 180C. Line a large baking tray with parchment paper. Roughly chop vegetables with the skin on and place in the baking tray, add a generous lug of olive oil then place tray in the oven for 25 minutes. Take them out, give them a toss and then return to the oven for a further 15 minutes. Once cooked, add roast vegetables, coconut milk and water to a high-powered blender and blitz until completely smooth and a creamy texture is reached. Serve with toasted sourdough, a dollop of Greek yoghurt and fresh parsley!





CRUSH

Jilly Marsden



"I love Jilly's designs - they're truly unique and eye-catching."

Style Editor, Tracy Sinclair

Creating luxurious and bold statement jewellery for the past 16 years, Jilly Marsden has been making the women of Brisbane look and feel amazing with her expertise in bespoke hand-crafted jewellery and beautiful hair.

@JILLYMARSDENDESIGNS



What's your occupation?

Hair and jewellery designer.

Describe Jilly Marsden Designs in three words?

Timeless, unique and bespoke.

How did you get into jewellery making?

My niece was making beaded necklaces and she got me started. I couldn't find the silver pieces I wanted so I went on to learn silver and gold smithing. I am constantly doing masterclasses wherever I can.

What were you doing before jewellery?

Hairdressing, which I still do. I love it too. Creating and chatting is a favourite pastime.

Favourite pieces of your latest collection?

Claudette, Talia and Guggenheim.

Who would you want to see wearing your designs?

Margot Robbie.

One fashion brand to wear for the rest of your life?

Chanel if I was able to afford it. Ralph Lauren is a favourite too!

Something people wouldn't know about you?

I'm in preparation for the NYC Half Marathon in 2020.

What would you say makes your brand special?

Each piece is individually hand made. This makes no two pieces the same. The gold foil is hand pressed by moi! There really is something special about having my fingers covered in gold.

What inspires you to get out of bed in the mornings?

Being creative! I feel very blessed as I am lucky enough to spend my days doing what I truly love. I often feel that I don't actually work!

Who is your style icon?

Diane Keaton and Meg Ryan in her earlier days.

Can't stop watching?

The Graham Norton Show.

What are you working on now?

Building and expanding the jewellery brand, offering smaller statements in everyday wear, but keeping the same aesthetic.

NEW YORK CITY



NEW FARM 4005

Brisbane's original bricks and mortar has created a contemporary playground for the cool, calm and cultured.

Nahrita is back

"In order to be irreplaceable one must always be different." - Coco Chanel



Nahrita Machin has been playing the fashion game for over 25 years so it's no wonder her latest venture in New Farm is firing out high scores. Contributing to the cool community of Merthyr Village, her past fashion endeavours have taken her across the prominent hoods of Brisbane but it's now in the thriving inner-city haven where her boutique has really taken shape. The fourth boutique in her lineup of businesses established from scratch, Differente, is not concerned about size but rather finding the perfect shape to compliment each individual client, and what a location to do so. "If we all thought more about the shapes of clothing and how it fits on the body it would make the experience of buying clothes much easier," she says.

At Differente, racks of clothes oozing character are sourced from handpicked labels across Australia, Europe and the USA including Johnny Was, Desigual, Paula Ryan, Annette Gortz, Faber, Morrison, Alquema, Monari, Paige and NYDJ denim. The elaborate range helps Differente to find their



clients clothing that embraces their unique personality so everyone who walks out of the store can take their new purchases to the streets with confidence. Fashion is not about following trends, but instead it's about finding a style that suits every client so they can feel comfortable wearing it. Just as fashion icon Coco Chanel says, "Fashion changes, but style endures", Differente by name has become a refreshing addition to the fashion field of New Farm.

DIFFERENTE BOUTIQUE
MERTHYR VILLAGE SHOPPING CENTRE, 85 MERTHYR RD, NEW FARM
P 33586466 DIFFERENTE.NET

NEW FARM'S AWESOME FOURSOME

No one knows your home like you do so when it comes time to move on, you want to be assured that it's sold in safe hands. That's when Aaron Woolard and his passionate team step in, to exceed client expectations and deliver excellent results.

New Farm specialists in every sense of the phrase, Aaron and his team are not only colleagues, but are also lifelong and trusted friends outside of the office walls. New Farm isn't just a statistic to them; it's their home, too. When Aaron is not walking his dog through the leafy streets of the hood, he relishes in the booming café and restaurant scene. It's with this that his unique insider perspective has been formed to help

flourish his success.

Through honesty, diligence and natural charisma, Aaron has secured a spot as the top salesperson for Place New Farm and has even gained national recognition in the industry. His hands-on approach allows him to understand the ins and outs of your property and combined with his superior market knowledge and effortless communication skills, he is able to go above and beyond. But what really sets him apart is his highly approachable nature and undeniable integrity, so you can actually enjoy the selling process and give a hard pass to all the nerves.

PLACE NEW FARM
5/572 BRUNSWICK ST, NEW FARM
P 0421 145 386 AARONWOOLARD@EPLACE.COM.AU



MYLK + KO

From freshly blended acai bowls (complete with delicious home-made granola) to beef cheek eggs benedict, there is something to satisfy any palate at this New Farm brunch space. MYLK + KO pride themselves on providing you with the perfect brunch, no matter your preference or intolerance. Find each item made in-house using fresh and wholesome ingredients, MYLK + KO also support local, using Rayners' meats and Bakeologists' bread. With a dog friendly atmosphere (yes, they even serve puppy ice cream) there is also a kids' menu guaranteed to please! Open 7am-2pm weekdays and 7.30am-2pm weekends.

MYLK + KO
1/148 MERTHYR RD, NEW FARM
P 0412 214 647 MYLKKO.COM.AU



IMAGE BY KATE PENBERTHY



ARC + FAMILY

No green-thumb needed here to refresh plant-life at your place. Bring the outside in while adding some colour, character and charm with interiors by Arc + Family. Gone are the days of boring terracotta pot-plants and outdated aesthetics, thanks to this groovy haven. One walk through the welcoming boutique will trigger your inspiration with bright colours, unique prints and refreshing interpretations of home interiors. High school sweethearts Ash and Ben are the creatives behind the cool, and have recently opened 'El'Rosa' an extension of Arc + Family for those seeking some pink-spiration in a plant paradise.

ARC + FAMILY
85 JAMES ST, FORTITUDE VALLEY
P 0409 098 830 ARCANDFAMILY.COM.AU

CASA

well rounded

Voluptuous rounded shapes gives this retro-inspired trend an ode to the 1970s.

There's no doubt about it, curves are in and making a shapely statement. Currently doing the rounds is curved furniture; think bends that hug the floors, chairs begging to be sat in and lamps and consoles with a curl that will make you look twice.



This statement lamp features a heavy marble base with unique variations from the natural stone, with no two being identical.

Horgans Aphra table lamp \$715

ANACA STUDIO



Create a point of difference in your décor. The velvet adds a touch of luxe and a charming alternative to traditional square and rectangular cushions.

Aura Home Luxury velvet round cushion \$69.95ea



A fresh décor piece with white marble top and antique brass finished base. The simplified profile makes it ideal for smaller spaces.

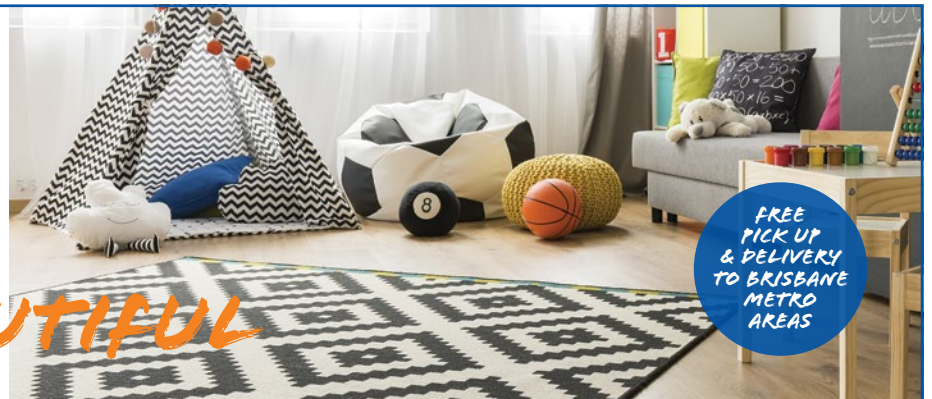
Pottery Barn Round coffee table \$399

CALL US ON 3375 9896

RugWash

WWW.RUGWASHQUEENSLAND.COM.AU

CLEAN & BEAUTIFUL



FREE PICK UP & DELIVERY TO BRISBANE METRO AREAS

KIMM3588

12.



1.



2.



3.

SPRING LIVING

Freshen up your home with these light and bright seasonal trends.

9.



10.

11.



7.



6.



4.



5.



8.

- 1. **Desenio** Beach Treasures poster from \$19.95
- 2. **Adairs** Home Republic Malmo linen throw \$119.99
- 3. **Parade** Bonnie and Neil Coast Blue cushion \$165
- 4. **Adairs** Tivoli basket \$39.99
- 5. **The Vignette Room** The Luxuriate natural onyx vessel \$99
- 6. **White Havana** Woodcraft resin lamp \$199.99
- 7. **Oz Design Furniture** Parchment 3 seater sofa \$3,299
- 8. **West Elm** Natural rattan lanterns from \$79.9
- 9. **White Havana** Dari oversized lighting \$389.99
- 10. **White Havana** Bambu basket \$159.99
- 11. **Oz Design Furniture** Tamar dining table \$999
- 12. **Langdon Ltd** Fringe rug from \$297



Little By Little

Out with the old and in with the new may be refreshing but can leave your favourite space feeling sparse. Once your treasured junk has been thinned-out, fill in the gaps with some key statement pieces from DFO Brisbane. Stop by Bed Bath N' Table, Sheridan, Wheel & Barrow, Royal Doulton, Minimax and more today!

Bathroom

Don't lose your marbles with these gorgeous stone adornments that transform the mundane into the most-loved.



Kitchen

Gone are the days of the harsh kitchen metalware. Add soft touches of pastels and wood grain to create a homely warmth amongst the heat of the kitchen.

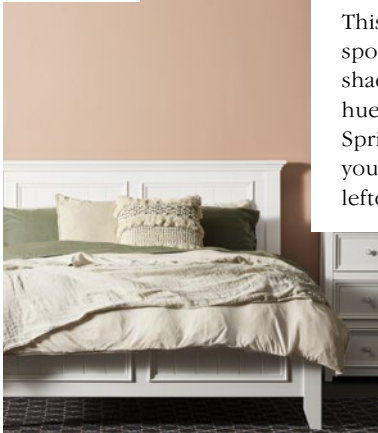


Living Room

Bring life back into your home with small plants that have big personalities. While you wait to nourish your green thumb, fake it 'till you make it with some aesthetically-pleasing artificial plants.

1. Bed Bath N' Table Aberdeen toilet brush \$24.95
2. Bed Bath N' Table Lumiere wrapped soap \$9.95
3. Sheridan Belford bath towel \$49.95 each
4. Bed Bath N' Table Geo succulent single cement pot \$16.95
5. Bed Bath N' Table Moore tumbler & soap dish \$12.95 each
6. Royal Doulton Aromatherapy candle \$49.95
7. Bed Bath N' Table Moore soap dispenser \$19.95
8. Wheel & Barrow Aloe pot \$69.95, Jute round basket \$24.95
9. Bed Bath N' Table Chalky Drop vase \$24.95
10. Sheridan Houston cushion \$69.95
11. Sheridan Warrick throw \$149.95
12. Wheel & Barrow Hurricane vase \$24.95, Pillar candle \$9.95
13. Wheel & Barrow Rubber tree pot \$25
14. Wheel & Barrow Holga natural basket \$19.95
15. Bed Bath N' Table Ceramic frame \$24.95
16. Royal Doulton Pastels set of 4 plates \$59.95
17. Wheel & Barrow Beechwood spoon \$7.95
18. Wheel & Barrow Acacia salt & pepper set \$54.95
19. Royal Doulton Pastels set of 4 bowls \$49.95
20. Wheel & Barrow Acacia paddle board \$59.95
21. Minimax Full circle the ring veggie brush \$9.95
22. Sheridan Arlington tea towels \$19.95
23. Minimax Maxwell & Williams tint teapot \$19.95
24. Minimax Maxwell & Williams tint snug mug \$7.95

SLEEPING GIANT



Tread Softly

This season, create a soft spot in your home with shades of pastels! The light hues will compliment the Spring sunsets and refresh your space, kicking out any leftover winter blues.

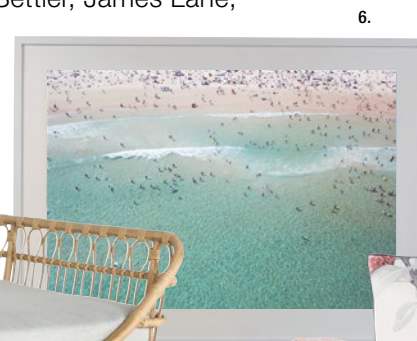


It's Only Natural

Bring the outside indoors this Spring with a range of organic colours and textures available at Skygate Home & Life. Embrace the natural feel with products from Early Settler, James Lane, Sleeping Giant, Oz Design Furniture, Pillow Talk, TK Maxx and more!

Put It In Print

As the flowers flourish outside, share the blooming love in your home with floral prints. A pop of subtle colour will keep your home modern while adding a lovely natural warmth.



1. Oz Design Furniture Robert side table \$149 2. James Lane Como 2.5 seater sofa from \$1,399 3. James Lane Amisha cane basket \$129 4. James Lane Somara dining bench \$279 5. TK Maxx 9 bottle wine rack \$59.95 6. James Lane A sea of people \$300 7. Early Settler Aruba pin flower outdoor cushion \$39 8. Early Settler Aruba tropical outdoor cushion \$29 9. Pillow Talk Oliver planter from \$14.95 10. Early Settler Byron sun day bed \$1,299 11. James Lane Amisha cane dry pot \$79 12. Oz Design Furniture Bermuda magazine rack \$199 13. Early Settler Byron occasional chair \$499

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promotion

Putting the luxe in laundry

Make washing an elegant affair with The Laundress products from Parade.

It's not often that your clothes come out of the wash ten times fancier, but when The Laundress is treating your garbs, that's certainly the case. For this month's Style Trial, we gave our regular detergent a hard pass and instead opted for a more deluxe hand to do the rinse.

The eco-friendly line of detergent, fabric care and home cleaning products lets you wash with confidence. Due to its highly concentrated formula, the products use less per load and therefore require less packaging, energy, and water to make your laundry clean and green. The Laundress uses plant-derived ingredients and says a big no to animal by-

products. They're also free of everything nasty such as artificial colours, dyes, allergens, sodium lauryl sulfate, petroleum, phthalates, phosphate, parabens and chlorine beach.

Washing your delicates can be a terrifying trust fall, but you can rest assured knowing that The Laundress will catch you. Everything can be washed with these products from everyday wear to your wools and cashmere – an achievement regular detergent can only dream of. Even 90% of clothes labeled as 'Dry Clean Only' are washable with The Laundress. It's gentle on clothes to help them last longer and smell absolutely divine.

If you can't catch a flight to New York to pick up the products from their home base, or you want to skip the shipping fee, you can pick up The Laundress range right here in Brisbane at Parade!

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*Furniture featured in outdoor photography is for interior use only.



promotion

TRAVEL

Rise and Glide in Japan

It's all downhill from here at these fabulous skiing destinations!



One of the hottest destinations on the planet and the chilliest to hit the slopes, Japan has been on a roll for a few years now. Offering an affordable, safe, clean and easily navigated destination, it's the place to get your ski on.

Super popular ski resorts Hakuba, Nozawa Onsen, Niseko, Shiga Kogen and Myoko Kogen are heavily booked, but there are great offers at the lesser-known resorts of Appi Kogen and Shizukuishi. Both are situated in the north of Japan's main island and easily accessible from Tokyo by the crazy-fast Shinkansen trains. With over 20 runs, Appi Kogen has a

number of exclusive 'skier only' runs plus a 5.5km beginner run that offers a rest-stop with refreshments halfway down. The village has many cafes and restaurants along with onsens (Japanese hot springs) to rejuvenate tired muscles after a day on the slopes.

Shizukuishi hosted the Alpine World Ski Championships in 1993 and boasts very similar powder conditions to the Hokkaido resorts. Ski schools, great restaurants and onsens will ensure a fantastic Japanese ski experience only 2.5 hrs from Tokyo. Experience it yourself with fabulous

deals from Sno'n'Ski available exclusively through Savenio's Independent Travel Designer Tracy-Ann O'Sullivan:

- **Shizukuishi:** 7 nights' accommodation and 5-day lift passes for A\$1,083 per person twin share.
- **Appi Kogen:** A\$1076 per person quad share for 7 nights with a 5-day lift pass plus a free night staying in Morioka.

Be quick, as these early bird prices must be booked by 30 September.

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KICKIN' IT IN CAM RANH

Dubbed as the emerging 'it' destination of Vietnam, Cam Ranh is the Hoi An of 12 years ago as discovered by Style's Paul Johnston.



VILLA WITH POOL

Flying into Cam Ranh, all I saw were resorts on the dunes under construction. This city in the South Central Coast region of Vietnam is starting to really take shape. The resort of our choice, The Anam, is one of the few completed resorts in the area, opening in 2017 and in true Vietnamese style we were greeted with a warm smile and extensive service. Further exploring our surrounds, the resort immediately strikes a perfect balance between modern luxury and cosy Indochinese charm.

We were met by resort manager, Norbert Meyer as he outlined our itinerary for the next couple of days and invited us to dinner at the resort's elegant fine-dining grill, The Colonial, followed by tea at Saigon Bar which we were eager to experience.

Walking into The Colonial is a treat for all the senses, from the opulent interior touches to the aromas of the food where the menu is inspired from a fusion of global cultures. We opted for the finest French and modern European dishes from butter-soft steaks to rich caviar.

Ranging in size, the villas, rooms and suites boast unencumbered views of the ocean, towering headlands, lush gardens and the resort's numerous swimming pools. For those wanting to experience an extra touch

of elegance, twenty-seven of the villas have separate living rooms with their own private swimming pools.

Throughout the resort, old world elegance meets oriental aesthetics forming a fusion of East and West. Forests cultivated for sustainable harvests supplied the hardwood while local artisans designed floor tiles, which reference the colonial era.

When guests aren't taking advantage of the luxurious pools or indulging at The Anam Spa (with ten treatment rooms and outdoor granite Jacuzzis), the resort transforms into an oasis of activity. All included in the stay, beach volleyball, badminton, snorkelling, kayaking, sunrise yoga and South East Asia's sepak takraw (a kicking version of volleyball) are all on offer. Our choice of activity, however, was slightly more on the relaxing side of things, taking a cooking class at Lang Viet Restaurant. The cooking school is an open aired restaurant overlooking the beachfront, where we learnt how to create traditional dishes including spring rolls, satay chicken and clay pot dishes.

As our stay concluded, we were onto the next, leaving The Anam with fond memories and an unforgettable experience.

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OCEAN VIEWS



THE ANAM BEACH



THE ANAM_LOBBY TO THE SEA



SOFT SHELL CRAB

Jetstar 

Jetstar flies direct Australia-Vietnam with the launch of non-stop services from Sydney and Melbourne to Ho Chi Minh City. Brisbane to Sydney 6 flights daily from AU\$711[^] one way. Sydney to Ho Chi Minh City 3 direct flights per week from AU\$279[^] one way. [^]One way, checked baggage not included. Other conditions apply, visit jetstar.com. Domestic flights within Vietnam are operated by Jetstar Pacific. Visit jetstar.com to find the lowest fare, guaranteed. Conditions apply.



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Jo Churchill and
Bernadette Zerba

SOCIALS



Maral Uysal and Sam Lebib



Mara Grams,
Mikayla Grimwade
and Shauna Smith



Yann Sinclair and Naomi Sinclair



THE BODIA BALL

The Bodia Group Lightspace

The Brisbane community came together and celebrated the power of education, raising \$25k for university scholarships and trades in Cambodia.



Georgia Rankin and
Melissa Myrteza



Regan Clarke, Charlotte Lovejoy and Annabel Edgecombe



Josh Kleinschmidt, Matt Kleinschmidt,
Thomas Maccheroni and Tom Kleinschmidt



Georgia Fairbairn, Georgie O'Hare and Emily Poole

Pamper, play and a royal stay



What do two Stylers, a couple of golf clubs, an afternoon at One Spa and an executive room have in common? A stay at RACV Royal Pines Resort, Gold Coast. Just shy of one hour south of Brisbane, Stylers Fiona Williams and Georgie Murray arrived for a weekend away for the ultimate five-star stay and play experience.

Immediately welcomed by the personable staff and hive of activity, we effortlessly eased through check in and arrived at our room twenty-two floors up. The view and finer touches featured throughout the spacious room give any executive guests the royal treatment – but let's cut to the chase just as we did. Whisked away on buggys, we were greeted by the lush greenery and friendly banter by our golf instructor Neil at the prestigious

driving range. We'll tell you upfront right now, one of us has a great golfing future ahead of her and the other is unlikely to show face at the PGA Tournament (you need to actually hit a ball for that). After tap, tap, tapping it in with expert guidance, we swapped the tees for tea at the onsite retreat. One Spa has all details considered and had us hooked from the first glance of the tranquil space. Treated to a steam room like no other with essential oils, mood lighting and rain feature, we

experienced a decadent massage complete with champagne and sorbet whilst we slowly returned to reality in the lakeside lounge. Our overnight stay was concluded with dinner at Trattoria Amici and a buffet breakfast with views of the truly golden coast. Our conclusion? Fiona may have been the better golfer, but Georgie really excelled in the spa department.

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Chimu

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Learn more about this amazing destination including how to get there, the many species of penguins you will encounter, what to pack, and all our fantastic offers on Antarctica voyages.

Who: Helloworld Travel Milton and Chimu Adventures

When: Thursday 26 September – 5:30pm to 7:00pm

Where: Helloworld Travel Milton
Centro Shopping Centre, 12 Baroona Rd, Milton

For more information, or to RSVP, contact Helloworld Travel Milton

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