



# NISSAN JUKE N-STYLE TWICE THE STANDOUT

**Innovation** that excites



Right when you thought a standout couldn't outdo itself, the Nissan Juke N-Style tops up with a bolder and more impressive look. The fusion in style made by two Jukes makes for one stunning new edition. It keeps your attention with its new colorways and stylish enhancements, intent on setting a brand new trend on the road.

Also available:



Black Obsidian with Yellow Accent







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(PHOTO) BEN GOLDSTEIN/STUDIO

(COCKTAIL RECIPE) COSMO US.

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COCKTAIL of the MONTH

#### **BLUSHING BUBBLES**

Pour 1 1/2 ounces rosé, 1/2 ounce lemon juice, and 1/2 ounce simple syrup in a flute. Top with sparkling wine.



# NEW SEASON

Spring/Summer 17

# MARKS & SPENCER

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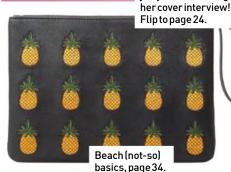
## A Piece of the Puzzle

t's a love-hate relationship," cover star Ellen Adarna confessed, when we asked her how she feels about her body. I couldn't help nodding in agreement, then feeling guilty immediately afterward because shouldn't body positivity be about, well, positivity? No hate allowed?

I've been petite all my life, and most days I'm grateful I can get away with wearing long tops as dresses, culottes as pants, bandeaus as bras (32A sisters, where you at?), and clothes from the kids' section. I joke about my tiny frame often, usually with zero bitterness. But you know what they say about wanting what you can't have—even after three decades of living with this body, I still find myself wondering what it would be like to have someone else's. Bigger boobs, at least a cup size up, so I can wear a strapless gown without tons of tape to hold it in place. Maybe longer legs, stronger arms, a bubble butt. Full disclosure: my boyfriend is the editor of a men's website, and seeing nubile bodies, tight waistlines, and bouncy breasts on their homepage definitely isn't a walk in the park for my confidence, even if I know for a fact that he likes me just the way I am.

But here's what you need to remember about body love: it's only one aspect of a bigger, more crucial goal—self-love. Because the more you cultivate other parts of yourself—mind, heart, spirit—the easier it is to accept the body you were born with. And sometimes you *will* be unhappy about your body, in the same way that sometimes you'll wish you were stronger, kinder, or braver. That's okay, because it'll make you appreciate the days when you wake up and feel incredibly close to perfect. Which you probably already are.





This first-time

Cosmo cover girl spilled so many

juicy secrets during

PHOTOS) SHAIRA LUNA, MARK NICDAO, COURTESY OF MANGO CLUTCH), HAPPY SKIN, JORDANA, KEDS.

WW.COSMO.PH



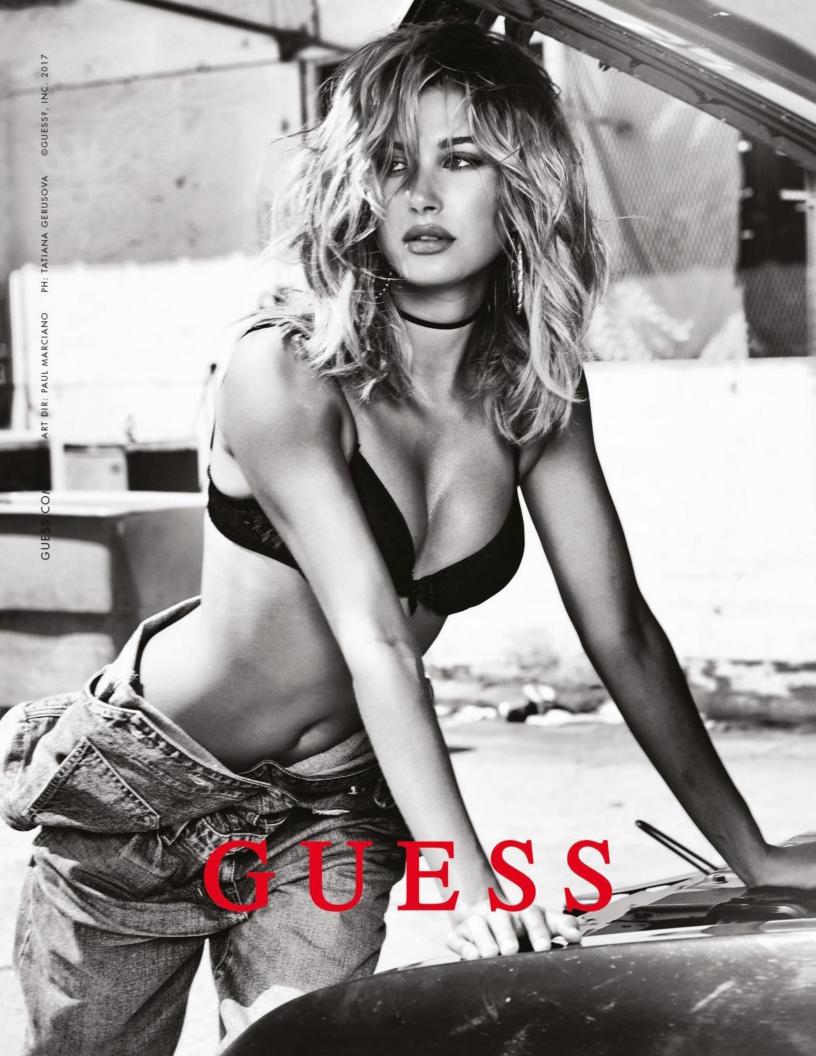




uncreen. you'll wish yo
dage 56. That's okay, h
days when yo
to perfect. W

Step into summer with these quilted leather kicks from Keds.

The fashion ed team wraps up their shoot at glamping site Nayomi Sanctuary Resort!



# CONNECT TO COSMO

#### **#YOURCOPY OFCOSMO**



Ms. Paula did a really great job on this cover of Cosmopolitan Philippines! It's perfect for the new year! P.S. Welcome to Cosmo, Ms. Marla! —KENNETH DAVE FAJILAN

You can't just put KATHRYN BERNARDO on the cover of any month less special than the start of the year. Looking at that fresh face and statuesque bod will inevitably convince you to buy the magazine. Thank you, Cosmopolitan Philippines.

-ALEXANDRO TIRADOR

Kakilig. Ang gandang cover po. Starting our 2017 with Kath, and the theme is perfect, fresh, and fierce!

-VICEL NADDEN JANE EBRIO







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(PHOTOS) COURTESY OF RESPECTIVE INSTAGRAM USERS

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**@\_TRUELOVE26 COMMITTED** is a fitting title for Kathryn Bernardo. She's a force to be reckoned with and I'm so glad #KathrynForCosmo captured that. <3



**GANAGARANDANA GOTCHA! #KATHRYNFORCOSMO** #FUNFEARLESSFRESH



WWW.COSMO.PH



# GEEK GIRLS UNITE!

If there's anything Wonder Woman, Rey, Princess Leia, Jyn Erso, and Belle have in common, it's that they're badass women who aren't afraid to be themselves—whether that means thwarting a dark lord's plans or nerding out over books. That's why we're following their lead and declaring that being a geek is totally cool. After all, part of living a fun, fearless life is embracing your passions, including your fandoms!





9. JOIN THE FELLOWSHIP OFTHERING, sit on the Iron Throne, or catch the Golden Snitch while donning these trinkets. Lord of the Rings necklace, ₱189, Game of Thrones charm bracelet, ₱399, Harry Potter bracelet, ₱89, all Fandom Trinkets.









BLIC BOX



2. RISEUP and declare your fandom with these stickers. Doctor Who sticker set, ₱130, Hamilton sticker set, ₱130, all



on your colleagues when you pull your business cards out of these adorable cases. 🗗 1,500 each, Arigatoys at Cutting Edge.





at Common Room.

















7. BEAHERO by playing finger puppets with your nieces, nephews, or little siblings. P550, The Craft Central.



#### **BUCKLE UP**

as you travel through time and space with this Doctor Who seatbelt. \$1,375, Cutting Edge.



#### **CHOOSE YOUR SIDE** OF THE FORCE

when you dine with these lightsaber chopsticks. P660, Arigatoys at Cutting Edge.











FEAST on authentic modern Thai cuisine at Nav. We especially love their Son-in-Law Eggs and Fried Sticky Rice!



12. CHILL OUT with The Ransom Collective's debut album, *Traces*, which

will be

released this month.

13. TAKE THE PERFECT SELFIE with the Vivo V5 Plus. It has the world's first-ever dual front-facing cameras, a nifty background-blurring filter, an enhanced "face beauty algorithm" that allows you to take radiant, douple tap-worthy selfies without editing, and a super cool "selfie soft-light" which makes it possible to take photos even in poor lighting conditions.



it's up to unassuming Cabinet member Tom Kirkman to lead America out of chaos.



**15. SAVOR** Pablo's delectable mini cheese tarts, which come in plain, chocolate, and matcha flavors.

#### IT'S LIT!

## THINK PIECES

Get inside your head with a good mix of drama, romance, mystery, and fantasy.

#### THE BURIED GIANT

#### By Kazuo Ishiguro

Amysterious spell has fallen over ancient Britain, causing its inhabitants to lose their most important memories. In the midst of this fog of forgetfulness, elderly Britons Axl and Beatrice set off on an arduous journey across a land overridden with bandits, ogres, and sprites to find a long-lost son they can barely remember. Kazuo Ishiguro's foray into fantasy is a meditation on love, and the unreliability and importance of memory.

THE GIRL B

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R

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ELA

Z

#### THE SUN IS ALSO A STAR

#### By Nicola Yoon

When science and faith collide, the aftermath is hardly ever pretty. But destiny plays a hand when Natasha and Daniel's paths intersect in New York City. Is this a romance for the ages, or will the universe tear them apart? Only time—and a couple hundred page turns—can tell.

#### HISTORY IS ALL YOU LEFT ME

#### By Adam Silvera

Picture this: Your ex, the love of your life, has passed away...and you're devastated. Enter his most recent boyfriend, who seems to understand your pain like nobody else. Still reeling from a breakup? Adam Silvera expertly tackles love, loss, and everything in between in his best work of fiction yet.

#### THE GIRL BEFORE

#### By J.P. Delaney

If you had the chance to live in a futuristic, architectural wonder of a house for extremely low rent—on the condition that you follow over 200 rules stipulated by its eccentric architect—would you do it? After suffering a miscarriage, Jane leaps at the chance for a fresh start at One Folgate Street. However, her life and choices begin to parallel those of Emma, a previous occupant who has mysteriously died. Will Jane meet the same grisly end?



LIGHT BETWEEN OCEANS

Σ.

STEDMA

#### THE LIGHT BETWEEN OCEANS

#### By M. L. Stedman

What do you do when you finally get the one thing you've been wishing for, only to find that it's not really yours to keep? A lighthouse keeper and his young wife, who has suffered two miscarriages and one stillbirth, face this dilemma when a boat carries a dead man and a living baby girl to their isolated island.



TEXT) ANGELICA GUTIERREZ, CHANDRA PEPINO, DYAN ZARZUELA. (PHOTO) LOUIE AGUINALDO. (DOG AND CAT PEN HOLDERS) COURTESY OF TYPO





# COMMITTO

A FASHION COLLECTION MADE WITH ECO-FRIENDLY AND RECYCLED FABRICS

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SOUND. WE'D SAY IT STRADDLES THAT LINE BETWEEN MUSIC FOR **SEXY TIME AND FOR LONELY** 

NIGHTS. I love that. I love babymaking music, that's what I call it. I've always been drawn to either baby-making music, like '90s R&B, or songs about heartbreak.

#### AND YOU'RE COMING OUT WITH MORE BABY-MAKING MUSIC

**SOON?** I'm hoping by this summer. I want to come out with something longer than How I Love, my EP with crwn (producer King Puentespina). I liked that it was just four songs, but now I'm hungry to show what else I can create. I'm working with different producers like crwn, Lustbass, Eyedress, and similar objects.

FIRST COLLAB WITH CRWN. **WAS HUGE. WITH 500K HITS** ON SOUNDCLOUD ALONE, WHAT WAS THE PROCESS BEHIND IT?

Our common friend Deei Fabian saw me perform with my old band. I would always cover a Drake song for my finale, and he said I'd sound great with this friend of his. I met them at a studio, and there was crwn making the "Under Blankets" beat as I walked in. We said hi then started working right away. We wrote that song on the spot. That was a really different process for me because I'm-a lot of people don't realize this—socially awkward so I only work with my friends. I don't like to force relationships. You're not going to get anything out of me if I don't feel comfortable.

**PROCESS?** I'm notorious for freestyling a whole song and not recording it or remembering any of the lyrics. That's why I try to put down whatever comes out of me because if I don't, it'll just slip away. Or if I sit down just to write, I'll overthink every line and hate it.

#### WE HAVE TO TALK ABOUT YOUR STREET STYLE—WE'RE BIG

FANS. I find it funny because for the longest time, I felt so insecure—I mean, I still am. I have a lot of gorgeous, skinny girl friends, and I did not get the petite Asian gene. I would always wear the tightest pair of jeans, skintight tops, and high heels, and hella count my calories. I thought that was the only way that people would find me attractive. It got

how underdressed I was. My style mostly came from just wanting to be comfortable. Like, what's wrong with wearing a t-shirt? HOW DO YOU FEEL WHEN

#### **WOMEN CALL YOU #STYLE-**GOALS NOW? I think it's cool.

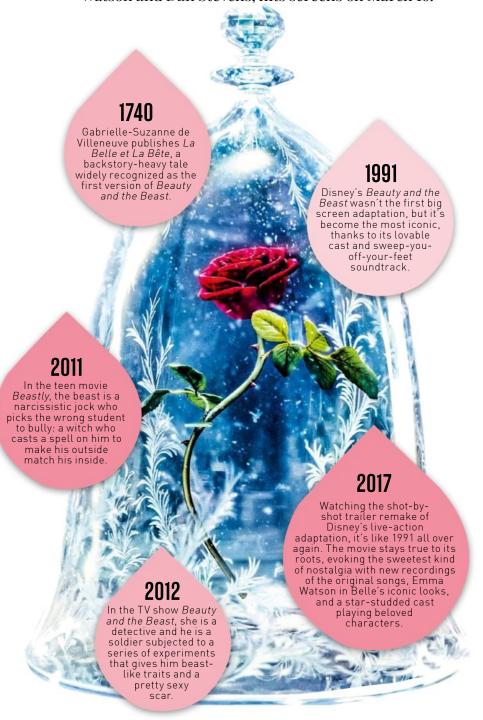
It took me a while to accept that this is part of what I do. I want to influence people for the better—"influence people for the better," t-shirt lang naman, guys (laughs), but... yeah. No More Bandage Dresses 2017. Yes to comfort. Yes to good clothes that last forever. Yes to taking pride in the clothes you feel good in and the body that you have.

STREAM "RADAR/2AM," "WAIT," AND MORE OF HER SONGS ON SOUNDCLOUD @JCON.

COSMO RADAR

# TALE AS OLD AS TIME

It's been almost three centuries since *Beauty and the Beast* first captured the world's imagination, but our love affair with the story is far from over. Take a look back at its rich history as we count the days till Disney's live-action remake, which stars Emma Watson and Dan Stevens, hits screens on March 16.





#### **BACK AT IT**

This is not a drill; we repeat, this is not a drill: Ed Sheeran's third studio album, ÷ (pronounced "divide"). drops this month!

MILLION SPOTIFY STREAMS ON THE RELEASE DAY OF L CASTLE ON THE HILL" AND "SHAPE OF YOU"

> Song sang in Spanish: 'Barcelona"

Number of songs in the deluxe edition

YEARS HE'S BEEN WITH HIS GIRLFRIEND, CHERRY SEABORN, WHO INSPIRED THE SONG "PERFECT"

rd of March Worldwide release date of ÷

Know

COSMO BAE

**GIL CUERVA** 

From model to actor, he's a far cry from camera-shy. Meet GMA 7's newest leading man.

#### This is your first foray into mainstream television. Did you always see yourself transitioning from modeling to acting?

My plan after modeling was to go to film school—I consider myself a storyteller, so it was either I became a director, or I became an actor. While I was in Hong Kong, I got an email to audition for the lead role in My Love from the Star. I was only supposed to come back to the Philippines to fix my visa for a modeling gig in Thailand, but I decided to push through with the auditions. I didn't think I was gonna get the role. It was a total surprise. It's funny because the show revolves around destiny. I quess you could say getting this role was my destiny, too.

#### Your schedule must be hectic. Tell us about your hobbies.

I go to the gym, and I attend a lot of acting workshops. I've developed a good relationship with my acting coach both on and off set. For me, there are no off days. Even working out is related to my work. Acting is on my mind 100% of the time.

### Do you think you do better under pressure?

I am my biggest critic. I tend to be very harsh on myself. But I've learned to internalize things and set my own expectations, rather than live up to the expectations of others. You don't become a good actor overnight, and you don't become a good actor just by being there. I believe acting is a craft. And it's a craft I need to constantly improve on.

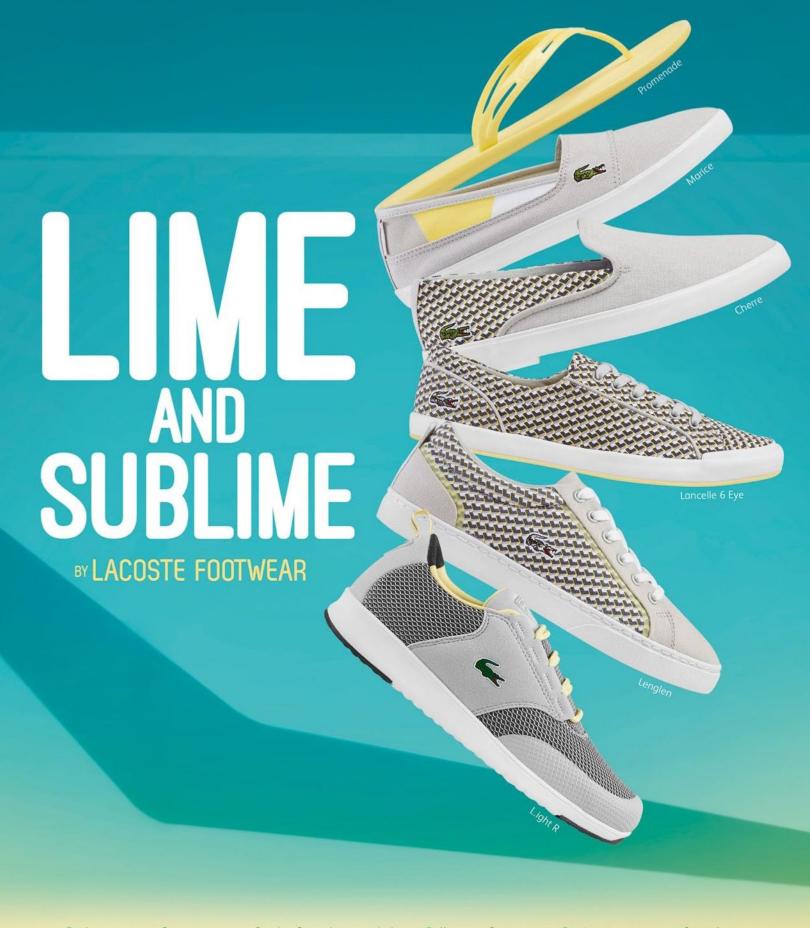
### What are the qualities you look for in a woman?

I'm a pretty individualistic person. I need someone who's willing to give me a lot of space. At the same time, I need someone whom I know I can come home to for support and encouragement at the end of the day. I'm a bit eccentric, so I'd want my girl's personality to complement mine.

#### What is it like working with Jennylyn Mercado?

As an actor, you're supposed to feed off the energy of your co-actor, and she gives me an abundance of energy. I could not ask for anyone better.





Perk up any outfit with a pop of color from Lacoste's Lime Collection for women. Sashay in uber-comfy styles, ranging from sandals to slip-ons; from sneakers to nautical kicks! Apart from the citrusy hue, what else does the **Promenade, Marice, Cherre, Lancelle 6 Eye, Lenglen,** and **L.ight R** have in common? It's the classy Lacoste finish, fused seamlessly with modern accents and patented, high-grade materials. Just grab your faves in time for summer at any Lacoste Footwear boutique!

Because sometimes, life just...blows

# CONFESSIONS

"My college org had rented out a house for a reunion party over the weekend. I had been flirting pretty heavily with this one girl, so we snuck into one of the bedrooms while everyone was downstairs. While she was going down on me, I could hear footsteps coming, so I asked her to pretend to be asleep. She did, but she forgot one little detail—she didn't take my penis out of her mouth. When the guys came in, I pretended to be asleep anyway, but we weren't fooling anyone. Nope!"

-BARRY, 25

"My siblings and I were on vacation with our parents for their 20th anniversary. When I came back to our hotel room, I was mortified to find my dad half-naked and my mom kneeling in front of him. Needless to say, I bowed out of a few family vacations after that..."

-BEN. 25

"One time when I was in high school, I took my girlfriend back to my place because classes were suspended. We rushed to the basement, and after a few minutes of making out, she offered to go down on me. It was my first time, and I guess the noises I made alarmed my yaya...who barged into the room just as soon as I came." —CHRIS, 24

"I'm a huge fan of Star Wars. One day, as my girlfriend was giving me a blowjob, she began to hum the tune of Darth Vader's Imperial March. I was weirded out at first, but I gotta admit, the vibrations felt pretty amazing."

-DAN, 21

and I had a three-hour drive ahead of us, but I was feeling frisky so we decided to stop at a street corner so I could give him oral. We were so into it that we hardly noticed the security guard shining a flashlight through the windshield. My boyfriend was so distracted, he waved him away instead of getting embarrassed. When he realized what he'd done, we quickly got dressed and drove the hell out of there!" -LEAH, 21

"My boyfriend

VIKES

UM, HELP?

WE'RE DONE
HERE

TOTALLY
HUMILIATED

SHAME! SHAME!
SHAME!
SCARRED
FOR LIFE

"I was getting blown by this girl I met at a bar. In my excitement, I accidentally pushed my penis too far down her throat. She ended up vomiting all over the backseat of my car. The worst part? She offered to keep going."

-JOSE, 24



## DOROTHY PERKINS





**YOUR LIFE AS A TELESERYE** 

This is an agreement made by A Woman Starring in the Primetime *Teleserye* That Is Her Life (hereafter referred to as The Lead).

#### 1. THE OPENING SEQUENCE

The day will start with the unmistakable, melodramatic wailing that is the theme song The Lead's alarm clock. She will pick up her phone and see the messages from her boyfriend that she ignored last night. If she's being honest with herself, she knows she wants out—she just needs time to rehearse her breakup speech.

#### 2. THE SHUTTLE RIDE

On the way to work, The Lead will find herself seated next to a guy who seems decent but is actually a Nogood, Boob-grabbing Creep. She will tear his hand away from her boob, and give him a backhanded slap that would make Amor Powers proud. She will make the driver stop the van then drag The Creep's ass outside, where the muddy street will make an excellent landing pad for his face. When it's all over, she will rise with not a hair out of place, (not so) surprised by the round of applause from the commuters that have gathered around them.

#### 3. THE LUNCH CLASH

The Lead will get to work late, but will be pardoned by the already viral video of her morning takedown. No one will want to cross her that day, except for one of The Idiots sharing their co-working space, whose latest sin is stealing her balanced, 350-calorie lunch and her Post-its. Fed up and running on adrenaline, she will finally confront The Idiot. "War? You want war? I'll give you war. Sabihin mo lang kung saan at kailan, I'll be there in my red stilettos!" Never mind that she has

never worn red stilettos, nor are they really her style.

#### 4. THE FAMILY DINNER

Any family gathering is a minefield, and tonight's is particularly loaded. The Lead will arrive just in time to see her ex holding hands with someone who looks like her long-lost twin sister with either a bad blowout or a really cheap wig. Her evil tita had apparently invited him before they broke up, and jerk that he was, he brought along her second-rate replacement. She will exchange icy hellos with them, then face another unpleasant surprise: her boyfriend's arrival. She will seize the opportunity to break things off with him, and he will take it badly, as expected. "I never...said... that I love you," she will find herself saying, cringing at her own lame-but effective-words.

#### **5. THE WIND DOWN**

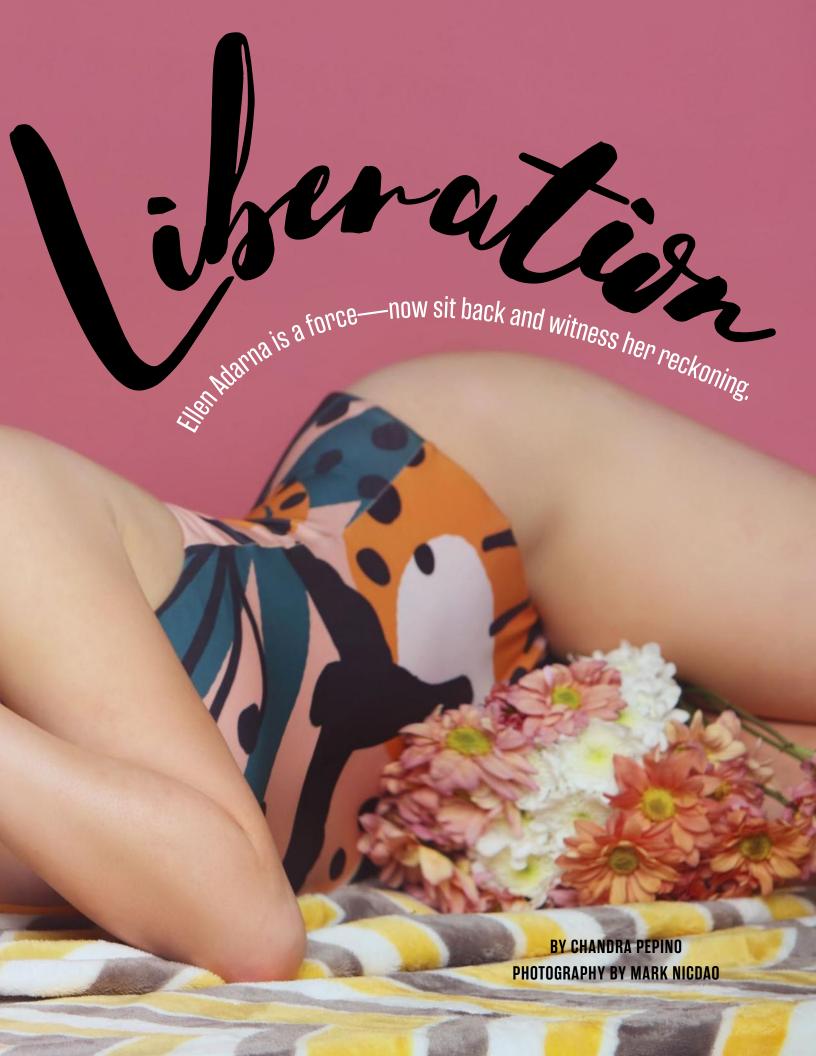
On the way home, The Lead will recapthe day's drama in her head. Half of her will wish it were a nightmare, the other half will compute the ratings spike if it were to play out on TV. Just as she is about to go down, her phone will light up—it's her best friend, begging her to meet her at the airport to help stop the love of her life from moving abroad. The drama will never end, will it?

Signed: \_\_\_\_\_(The Lead)

**COSMOPOLITAN • MARCH 2017** 







#### Know

HEN ELLEN ADARNA

walks into a room, the center of gravity shifts. She possesses a quality one could only describe as magnetic-her polarity evident in the way she pairs a sweet smirk with a Wonderwomanlike stance, her posture strong but her demeanor light and approachable. As her makeup artist scrambles to apply bronzer on her legs, she jokingly points one towards the ceiling, singing, "So now I come to you with open legs!" Her laughter bounces off the walls, seemingly defying the curvatures of space-time, livening up an otherwise dreary Thursday afternoon. Women whose reputations often precede them drown in the painted perceptions of media and public alike, but it takes one look at this girl to notice she's risen above the clout. Ladies and gentlemen, Ellen Adarna is finally free.

#### THE BIG BANG THEORY

Any girl who was born and raised in Cebu will tell you the same: The city is small and vibrant, but it's easy to fall into a routine with once your dreams grow larger and larger. Born to Allan Adarna and Meriam Go, Ellen lived with four brothers back in the Queen City, where they own a chain of motels (aptly named Queensland). Stuck in a rut, she was introduced by an old college buddy to someone who would become her very first manager—the beginning of her ascent towards, or perhaps her transformation into, the stars. "Naglayas ako n'ung 19 years old pa lang ako," she recalls, taking her first furtive drags of a well-deserved, end-of-day cigarette. "I resigned from the family business and I was doing nothing for a month until that friend called me. Wala akong planong mag-artista. Aksidente lang talaga."

Ellen went on to make a string of appearances and recurring roles in GMA7 and ABS-CBN variety shows and soaps. She showed off her natural comedic timing in *Beauty in a Bottle* 



"Wala akong
ego—that's
what directors
tell me. If may
mali ako, I don't
get offended.
It's a learning
process."

(2014) and My Illegal Wife (2014), and took a stab at more serious roles in Pasión de Amor and The Greatest Love. "Noong nagawa ko 'yung [The Greatest Love], doon ako napaisip na, 'Uy, meron pala ako nitong inner hugots!" she exclaims. Moving forward, she wants to focus on drama, mentioning three classic leading men she'd like to work with: Piolo Pascual, Jericho Rosales, and her current Home Sweetie Home costar John Lloyd Cruz. "[Because of acting], I've learned to be responsible and patient, to really work, and not to be a spoiled brat. I don't ask for anything from my parents anymore," she proudly declares. "Kung sa Cebu lang ako, I think I'd still be the same party girl, kasi life is very comfortable. Even if magloko ako doon, I still have that house, and everything is paid for. Imagine if wala ako dito sa showbiz. Lahi ra jud, lahi ra (Iba lang talaga, iba lang)."



#### **HEAVENLY BODIES**

But it wasn't the silver screen that first propelled her to household name status; in 2013, a video of her wrapping her hands in gauze, jumping rope, and practicing her punches went massively viral. Girls would share it on Facebook, typing out shocked-face emojis in rapid succession, while guys engaged in serious debates about the optimal slow-mo speed at which to play it back. The Langit Lupa actress whips herself into shape with boxing and gymnastics, but also knows when to give herself a break. "For the [Bench Body

Launch in 2014], 'yung sobrang payat ko, 'yun 'yung pinaka-fit ko, eh. Naabot ko *'yun. Grabe talaga*, abs and cuts. But it's so hard to maintain," she quips, her almond eyes equally warm and piercing. "What vou see today is my normal figure. But if there's a fashion show and I have to wear lingerie or a bikini, I prepare for that like crazy." Ellen embraces her newfound curves like a long-lost friend, accepting of the occasional fluctuations of her body. "Ganito talaga ako." A deep breath. "Mahalin mo ako for what I am."

One cursory Google search of her name gets you up to speed: Ellen

Adarna has no qualms with showing skin. From fantasy photo shoots to titillating TV scenes, she's a magnet that has been known to attract and repel. Public opinion on Ellen has been highly divisive, spurring heated online arguments that call terms like modesty or female sexuality into question—but there's no shot in hell she'll turn things down a notch. "The bashers don't affect me at all. Bata pa lang ako, sa bahay pa lang, I really didn't care," she says without hesitance before diving into memories of waltzing around her childhood home in just her underwear. Every object persists in its uniform state unless it is compelled to change by external forces, reads Newton's Third Law of Motion, an axiom Ellen is more than happy to defy.



#### LAWS OF ATTRACTION

Phenomenon though she is, Ellen's laid her heart out on the line, an incident we're all too familiar with. Reports surfaced early last year that she had been involved with the First Bachelor, a romance so highly publicized the President himself released a few statements. The are-they-or-aren't-they couple indirectly laid the rumors to rest when a snapshot of them locking lips made the rounds in November. Two months later, Ellen sent an Instagram comment to a fan, confirming the end of the relationship, though it's unclear

exactly how long it had lasted. Her voice breaks as she reminisces on the could-have-beens, tears lining her eyes but never falling. "We broke up several times, and then 'yung final straw—'yung final breakup talaga na hindi kami nagusap for maybe a month—ang dami kong realizations. Kung babalikan ko siya, makakatulog ba ako sa gabi nang maayos? I don't want that. And I don't deserve that kasi binibigay ko naman lahat 'pag nagmahal ako."

When a woman is hurting, it's said she smiles the widest. Like attracts like, but sometimes, people meet once only to eventually drift apart. In spite of this, "My life is an open book. And if I have a love life, hindi ko naman itatago 'yun. It's something that should be celebrated. Love is a good thing."

Ellen's quick to rush to her own defense when it comes to love. "[The biggest misconception about me is that I'm promiscuous. I'm very free-spirited. People think that I just give it to random guys, but it's something I only do with someone I have feelings for. When I date someone, sinasabi ko, if I'm drunk, we will not have sex. Only when we're sober." She presses two fingers meaningfully on the table, as if to signal for us to take special note. "If you respect me, and you want to date me, eto 'yung rules. If you're with me while I'm wasted, trial *'yun sa* principles and judgment mo. And I don't wanna have sex on the first date."

As for the future? She's in no hurry. "Marami akong ex-boyfriends na may iba-ibang qualities na gusto ko, na kung pwede lang sana i-combine, 'yun na pakakasalan ko. Pero mahirap. But I have standards and I will not settle." She cuts through the tension with a fit of nearboisterous laughter. Her healing heart will do just fine.

The Filipino epic *Ibong Adarna* is high school required reading, and Ellen Adarna is a wistful reminder of the eponymous bird. At the foot of the tree, princes wait to capture the creature, just as many have tried to grab hold of her heart. The bird sings a melody, as mesmerizing as her camera gaze, that puts any man to sleep. To resist, you must slice open your arm and squeeze lime juice into your flesh, in the same way her every move commands your complete attention. Ellen is a mystical being whose melodies enrapture all, and her song is far from over.



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#### Know

COSMO QUIZ

# Ellen Meriam Go Adarna

Im-En, Len Len, Leng Leng

04/02/1988

One new thing I want to try this summer:

Sky diving

In my squad, I'm the:

CRAZY one

Water Water Water E xercise Sleep

ex & Smirts Collection LOL

Favorite workout moves:

cart wheels, Jumprope, Handstards



If I could, I'd trade bodies with:

Cardice Swangood



On my cheat days, I binge on:

I oblibe, Shakuys, Mcdo Atogether! Buffet PASABOG



(Selt worth)



"Know thy self"

What I want to tell the Cosmo Girls:

in the end EVERY HING will be ok, if it not OF... Its not therend





#### THE NEW THURSDAY NIGHT



MARS MIRANDA MADNESS MARCH O2









#### WITH SPECIAL GUESTS

AARON ATAYDE, MECHA, MJ COLLARGA, MARGA ON THE MIC, NAVAL BROTHERS, TSUBASA, ALEX WONG, VICTOR PRING, SUPMERMAN, KNOXVILLE, MVRXX, JOHN SEDANO, MC PAOLO AND MANY MORE

#### MARCH - JUNE 2017

VALKYRIE NIGHTCLUB



#### SUMMER SPECIAL

# **DESTINATION DRESSING**

Explore the breathtaking islands of the Philippines in perfect summer









#### Wear

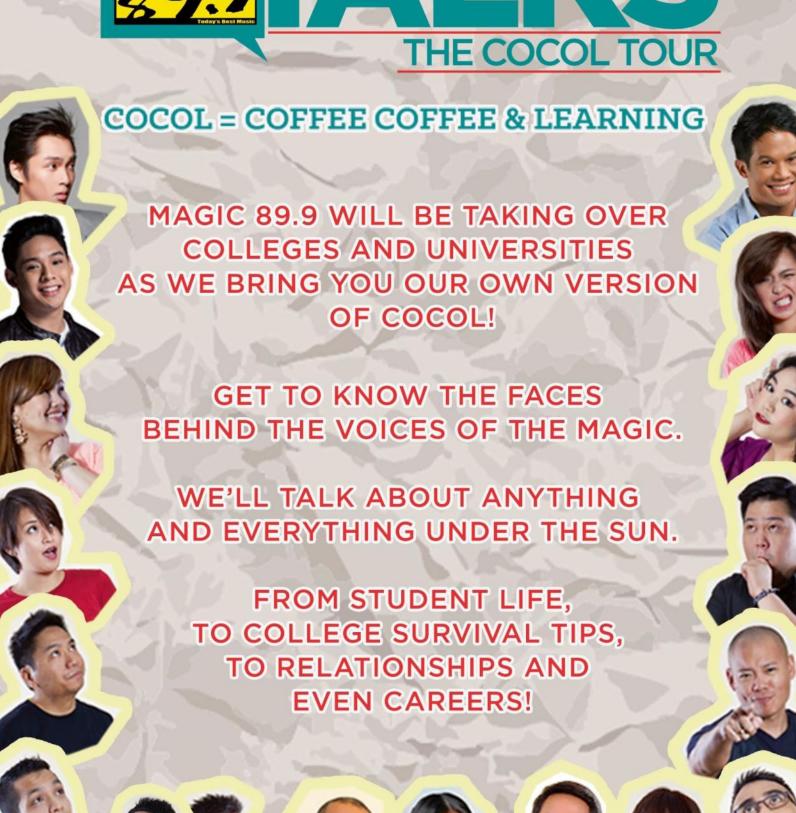


## Lasts Even Longer

Than expensive fine fragrances on fabric









































(TEXT AND STILLING) DIAINCA MASCENON. (FILOTO) EGGIE AGGINAEDO.

#### Rloom



#### Klaam





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L'Oreal Serie Expert is a range of need-specific systems that combine in-salon treatments with maintenance products to expertly treat frizz, chemical damage, oxidative stress, or fragility. Visit a L'Oreal partner like Azta Urban Salon for a tailor-fit treatment.





## **BEAUTY** QUICKIES

The beauty world's biggest news broken down into bite-sized portions.

#### I WANT TO START **GOING VEGAN WITH** MY BEAUTY ROUTINE. WHERE DO I START?

Go vegan with your brushes. The Body Shop just released a set that's super soft (like a squirrel's tail!), 100% vegan, and чоня лас 100% cruelty free.



**BOOSTER SHOTS** 

These potent, super concentrated formulas (mix a few drops into your moisturizer for skin that looks and feels extra) will energize, repair, and detoxify, making your skin 10/10, 24/7.

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# HOW TO NOT DAMAGE YOUR HAIR



#### 1 THOU SHALT GO EASY WITH THE FRICTION

Rough towel drying will cause your ends to split from friction—so stop doing it. Take an old pillowcase and assign it as your hair towel (read: hang one in your bathroom beside your bath towel and label it if you must). While we're on the subject, why not try switching to silk pillowcases? It will do wonders for those who love to toss and turn at night.

## 2 THOU SHALT INVEST IN A GOOD HAIR DRYER

When hair is exposed to temperatures of about 150°C, hair gets damaged at its very cortex, making it rough, dry, porous, and prone to breakage. You need heat to style your hair—we get it. The good news is, you still can. Invest in a dryer that doesn't overheat and can maintain a safe temperature throughout. New hair technology, such as the Dyson Supersonic hair dryer whose thermistor measures the temperature 20 times a second, can intelligently control and maintain the level of heat, ensuring that no extra damage will be caused while using the dryer.

#### 3 THOU SHALT USE PROTECTION

Spray on heat protectant before using hot tools, preferably when your hair is still damp and it's easier to spread the product evenly. Now that the summer sun is scorching, make spraying on hair SPF part of your routine since the sun can fry your hair just as much as any curling iron.

## 4 THOU SHALT SHORTEN THE TIME HAIR IS EXPOSED TO HEAT

The longer you take blasting your hair with a dryer, the higher your chances are of permanently damaging your hair. The Dyson Supersonic has a strong, controlled airflow, significantly shortening your drying time.

### 5 THOU SHALT COOL DOWN AFTER THE HEAT

Thailand's top hairstylist, Krit Jirakietwattana, says you can use heat to dry and style your hair, but to never forget to blast it with the cool setting right after. The cold air seals down and closes the cuticles, making your hair shinier and your hairstyle last longer.

## 6 THOU SHALT BABY YOUR HAIR

In an ideal world, we wouldn't be washing our hair every day, but since our country is so conveniently hot and humid, we usually don't have much choice. Give your hair a break without having to deal with greasy second day hair by subbing your go-to shampoo and conditioner combo for one that was made to be gentle enough for babies. Hello, clean, healthy, hair!



eb)ever bilena

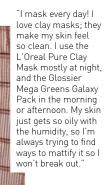
FOR MAX COLLINS, JELY BUSENIO FOR ARCI MINOZ, JUSTINE DEL ROSARIO FOR ANDREA BRILLANTES, AND MARTIN OROSA FOR DENICE SY, (HARIŞ SIONY ALCANTARA FOR SUNSHINE CRUZ ANGEL, ANGEL JAMEL ARIN FOR LOISA ANDALIO, DONNA ESMILLANTES, FOR DAJANA MENEZES, PATRICK DOMINGO FOR DIANNE MEDINA AND ANGELINA MONTANO, MANILYN MOSTER FOR JANGALLE FOR JANGALLA FOR DAJANE ARIA FOR SILLIMAN SY. (GROOMING) KUSSIE HO FOR CHRISTIAN BALITISTA AND DEREK MONASTERIO, ANNALZA ABANZA FOR DIOCELDO SY, AND JANE ARRA FOR SILLIMAN SY. MAKELIP) TON ANIES FOR SUNSHINE CRUZ, RB CHANCO FOR LOISA ANDALLO; DOWNA ESMILLIO FOR DALANA MENEZES, MORIEL DE DIOS LIM FOR DIANNE MEDINA AND ANGELINA MONTANO; GRACE TRIAS FOR JANELLE OLAFSON, RICK CALDERON

From L-R) Angelina Montano, Janelle Olafson, Max Collins, Arci Muñoz, Christian Bautista, Derice Sy, Dioceldo Sy, Silliman Sy, Sunshine Cruz, Derrick Monasterio, Andrea Brillantes, Daiana Menezes, Dianne Medina, and Loisa Andalio

GET READY WITH ME

## MASKING WITH MARTINE

Artist and stylist Martine Velasco on face masks, her newest obsessions, and the artistic aspect of makeup.



helpful—it's about knowing what colors

neutral toned, so the products I use are

mostly neutral as well.

look good in my work and on my skin. I'm



"I got lash extensions and they kept falling out, taking my real lashes with them! I still got them again though, but they really need to be cared for. I used to do cat eyes, but it's kind of hard with extensions. It made me experiment more with shadows, which I wouldn't have done otherwise. I'm glad because I actually like the look!"



#### **SO OBSESSED WITH:**

1. GLOSSIER SERUMS. "My problem right now is redness, and their serums make my skin look nice on days when it feels not so great."

2. NARS AND KAT VON D CONCEALERS. "I use them both: Kat Von D under the eyes and NARS for when I have pigment problems on the sides of my face. Kat Von D holds better, but I like the texture of NARS more."

3. QUICK MAKEUP TUTORIALS. "I just love watching those pand up appear. That "a whose I sow the good winds and the same than the sam

sped up ones. That's where I saw the red-pink eye shadow look, which I love now."

4. MY BROWS. "I used to want to pluck my brows and make them really thin because everyone else had those brows. It wasn't till I saw how much brow products my friends used that I truly appreciated what I had."



order. It's always serums, sunblock, tinted moisturizer, concealer, then whatever else on top. People in the US, where I study, wear a lot of makeup daily but I'm still not into having a full face on every day. I love the feeling that I'm just in my skin."

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**BEAUTY NOTES** 

## KEEPING UP APPEARANCES

BARING YOUR SOUL BARE-FACED ISN'T AS EASY AS IT SOUNDS,

I'VE NEVER HAD TROUBLE WITH MY

**SKIN.** Like most girls, I'd get the occasional breakout here and there, but nothing a little dab of concealer couldn't fix. When I fell in love with makeup back in college, I was more enamored with collecting rather than covering. I enjoyed stacking up my eyeshadow palettes, meticulously arranging my lipsticks by color, and putting up Snapchat makeup tutorials for my friends. Makeup was a delightful little hobby-that is, until I went off birth control early last year. Four months later, my face was covered in angry, red, pus-filled bumps. My jawline had the silhouette of a cauliflower and burned to the touch. One trip to the OB-GYN confirmed my worst fears: Because of the shift in my hormonal balance, I was suffering from severe cystic acne break-

outs. It was like being

betrayed by my own skin: no matter how confident and beautiful I felt on the inside. my face presented the complete opposite. I was embarrassed to go on dates or hang out with friends, terrified they'd make a comment about my pimples. As my insecurities sunk deeper and deeper, I became completely reliant on makeup. I rushed through my morning routine, armed with spot treatments, green concealer, and full-coverage foundation. At the end of the day, it almost physically hurt to have to remove my makeup; I knew I'd have to revert to my real, "ugly" self again. This went on for months until my prescription acne meds finally kicked into gear. But in the interim, I felt absolutely helpless. I was at the mercy of my hormones, and makeup was the knight in shining armor that gave me the confidence to walk out the door without wanting to weep at the sight of

my own reflection. The makeup industry has been lambasted time and again for reinforcing unattainable standards of beauty. We're told that makeup should be an enhancer, not a security blanket. But when faced with acne, vitiligo, burn scars, or even minor issues like hyperpigmentation and oily skin, makeup becomes an invaluable tool

empowerment. Yes, I used makeup as a mask. But without it, I would have never appreciated the clear skin I worked hard to gain back. Asking every single woman why they choose to wear (or avoid) makeup is pointless because it is, to put it simply, none of our business. If you like bold, defined brows and a show-stopping purple lip, then by all means, show them how it's done. If you can live off lip and cheek stain and nothing else, well and good. If you'd never

be caught dead wear-

ing a stitch of makeup,

fantastic. There is

for confidence and

"At the end of the day, it almost physically hurt to remove my makeup."

room in the world for every woman to feel beautiful. What you put on your face is your choice and your choice alone. Now that my skin has completely healed, my traumatized self religiously follows an 11-step Korean skincare routine. But that's a story for another day.



We're having beauty for breakfast today.















### Feel

A FEW YEARS AGO, TMI on Facebook meant vou saw too many pics of someone's avocado toast. If only! Now your news feed is rife with emotional land mines, big and small: mass shootings, Senate hearings, envy-inducing promotion announcements. "New norms have arisen about weighing in. People may feel like they're missing out if they stay quiet," says Susan Krauss Whitbourne, PhD, author of The Search for Fulfillment. Yet the more time millennials spend on social media, a University of Pittsburgh School of Medicine study has found, the more likely they are to be depressed. Sad. Deleting all your accounts is probably not an option, so use these hacks to keep Snapping and double-tapping and not feel like crap afterward.



Jumping between Snapchat, Instagram, Facebook, Pinterest. LinkedIn. and Reddit? No wonder vou're exhausted. "Each platform has its own distinct set of unwritten rules, cultural assumptions, and idiosyncrasies," says Brian Primack, MD, PhD, director of the University of Pittsburgh's Center for Research on Media, Technology, and Health. Focus vour attention on a couple that you check daily. If you have the willpower to check the others only once a week, you can keep them; otherwise, delete. One you may want to retain: Snapchat. There are no comments or Likes, notes social-media strategist Meg Adams, so you're not tallying how you scored.



### AVOID THE HATE FOLLOW

"Don't follow people who make you obsess or feel bad, like exes or friends who brag nonstop," says Whitbourne. "Ask yourself, Does this account inspire me?" says Adams. Then hide or block energy suckers—they won't even notice.



### CHIME IN WITH FRIENDS

Lurking but not posting or commenting isn't benefiting you. "People feel closer to their friends and better about themselves when they directly interact with others," says Jessica Vitak, PhD, assistant professor at the University of Maryland's iSchool. Think that puppy pic is adorbs? Like it, or better yet, regram it.



### **BUT IGNORE TROLLS**

"Cyberbullying and harassment are more common on pseudonymous sites, like Twitter and Reddit, but found all over the web," says Vitak. "Block the haters. Don't dignify them with a response." Report truly bad actors to the site's administrators.



### FEELING Meh? Stay offline

You're bored, a bit lonely, so you grab your phone—but flicking through Snaps or Insta Stories only exacerbates FOMO. "Social media presents highly curated versions of reality. Poring over

idealized photos and achievements can lead to negative self-comparisons, especially if you're feeling vulnerable," says Dr. Primack. Instead of posting to the crowd, reach out to someone specific.



### REALLY UPSET? GO ONLINE

In the wake of an event that makes you pissed or sad (an anti-trans law, a typhoon), it makes sense to self-soothe online. "Social media is an outlet to express how we feel and receive support, even from thousands of miles away," says Vitak, who studied Twitter responses to the













### SCROLL AT SET TIMES

Try not to pick up your phone at every moment of downtime. A person spending a specific amount of time on social media will likely feel more satisfied, says Dr. Primack: "Rechecking may derail you from your own goals, thoughts, and tasks." Schedule a time to check feeds-say, for half an hour at lunch. Never look before bed; posts could rev your emotions. Sleep makes you happier!



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# Sunblock



## HOW TO GIVE **ADVICE** YOUR **FRIENDS ACTUALLY TAKF**

YOU KNOW HOW FRIENDS
SOMETIMES GIVE THE WORST
ADVICE? READ
THIS AND YOU'LL
NEVER BE THAT
PERSON.

here's a reason why I text my friend Erin on the daily: She is the gueen of advice...like Taylor Swift, but without the model squad and pop stardom. A fight with my mom? A job I'm not sure I should take? Whether to insist my husband come to the three parties on the calendar? Erin is guaranteed to tell me exactly what I need to hear. I save her wise texts to reread, I quote her to other friends, and I have actually copied her one-liners onto Post-its I stick on my computer like she's my personal meme generator.

We all deserve a friend (or five) like Erin. And because

doling out and receiving honest advice separates true emotional friends from superficial acquaintances, we want to get good at giving it too, explains Andrea Bonior, PhD, an adjunct professor of psychology at Georgetown University and author of *The Friendship Fix*.

The trouble is, most of us are not IRL Tita Wittys. Half the time when we're asked for advice, we make it up as we go along, and the other half, we play to our biases or spout off a prettied-up version of The Rules. It's not surprising, then, to see a rise in apps or emerging inviteonly Facebook girls' groups that crowdsource dating and life advice for members who may not trust (or want) their friends' suggestions. "Advice is inherently difficult, and we're pretty terrible at giving and receiving it," says Silvia Bonaccio, PhD, associate professor of organizational behavior at the University of Ottawa, who researches how people give their two cents. "Advice means taking someone else's perspective, which can be challenging."

Plus, there can be major consequences when it doesn't go well, like the time Zoe, a 32-year-old lawyer, was comforting a friend who'd found out her boyfriend had cheated. "I told her that she should break up with him and that he was bad news—and she went on to marry him," Zoe remembers. "It was super awkward. Anytime we discuss him, it's still the elephant in the room, even seven years later."

You may not be able to avoid the occasional

boyfriend-advice bomb gone wrong, but tweaking your advice style can turn you into a go-to confidante with self-help book-level wisdom.

### LISTEN BETTER

"Half of giving advice is listening and understanding what your friend is asking for, and those are skills that can be learned," Bonior says.

**SEE WHAT SHE NEEDS** The first step to good advice is knowing when not to give it. "I've learned to ask friends first whether they're just venting or if they want feedback," says Jane, a 32-year-old teacher. Before you weigh in, try, "Do you want my opinion or do you just want me to hear you out?"

**SHOW YOUR INTEREST** Giving your friend the space and time to unload is its own kind of help, Bonaccio says: "She's working through the problem and trying to define it in words." Prove you're paying attention by paraphrasing what you hear her saying.

**LOOK FOR "ACTION" CLUES** TO know when to offer suggestions, tune in for cues that she's ready to do something. Phrases like "I feel so stuck" and "I don't know where to go from here" signal she's searching for next steps, Bonior says. And when she starts repeating herself, "she is spinning her wheels and is probably ready to go into action mode," says Bonaccio. That action may just be changing the subject—distracting her with a hilarious story about your landlady or suggesting you take a walk could be what she needs to figure out her sitch.



### **WORK YOUR WISDOM**

Whether you're weighing in or lending support, you can do it better with these strategies.

**CHECK YOUR BAGGAGE** Before you open your mouth, make sure your own history isn't overshadowing the issue at hand. For example, if you quit your job in a blaze of glory and happily never looked back, keep in mind that outcome could have been a fluke...and your friend might feel differently. "Also, don't be afraid to be honest about your possible bias and let your friend figure it out," Bonior says. Try, "I'd give my two weeks, but I'm far from impartial."

**PLAY TO HER STRENGTHS** Advising an introvert to tell off her coworker because that's what you'd do only guarantees she won't ask your opinion again. **FOCUS ON THE PRESENT** "You'll embarrass her if you make her feel like she's always making the same mistake," Bonior says. So talk about just this one lame boyfriend, not the whole string of 'em.

**GIVE OPTIONS, NOT DIRECTIVES** When dishing out insights, frame them as FYIs. Suggest an option your friend hasn't considered, or highlight details that shed light on her prob. This type of subtle advice may go over better. In a set of studies. Bonaccio found people on the receiving end prefer FYIs to "do this" or "don't do that" directives. **BE HONEST** Give your real-talk opinion, but only once. Trust your friend to take it from there. Close pals will prize your no-BS take, Bonior says, but that's not an invitation to

be super blunt all the time.



"In most relationships, one person is more sensitive, and if you cross a line, there can be lasting damage," she adds.

SOFTEN THE BLOW Throwing in a bunch of conditions ("maybe it's just me, but what do you think of...") won't get you heard at work, but cushioning truth-bomb advice makes

it less likely to backfire. **GO SLOW** Instead of dumping your opinion in a 10-minute soliloquy, take breaks. That allows your friend to jump in...or lets you change course if she's not taking it well.

FOLLOW UP "Keeping a dialogue going shows that you care, you're invested in the outcome, and you're rooting for her," Bonior says. An open-ended text or call invites her to continue the convo: "I've been thinking about you. How are things with your BF?"

### SIDESTEP GRACEFULLY

Sometimes, you may not feel qualified to give a friend advice. Other times, you know she'll do the opposite of what you say. Either way, you're allowed a pass. Instead of ignoring her texts, try these phrases to bow out carefully.

"I don't think my advice will help much, but want to talk it through?" Focusing the blame on yourself, not on your friend's messed-up situation, keeps her from feeling judged.

"No wonder you're frustrated! I'd be ready to nail his ass to the wall too."



Emotional support can be just as helpful as "you should"-type advice, especially for women, according to Bonaccio's research.

"That sounds tough. My friend has an amazing therapist. Want her number?" Passing the buck to someone better equipped to weigh in is more responsible than giving half-baked advice and makes you seem like a queen of emotional maturity.

"What would you say if I came to you with the same problem?" Flipping the question back to her is a sneaky way of deflecting...and it's flattering, since it shows you think her opinion's worth just as much as yours.

### HOW TO DEAL WITH "ASKHOLES"

THE REPEAT OFFENDER She wants your take on her boss from hell every time

### you grab a drink—but continues to lick the B's boots 9 to 5. CALL HER OUT WITH AN "!" STATEMENT.

"I'm confused because I've told you my opinion, but nothing changes. How can I help you better?"

THE DEFENDER She becomes outraged by your suggestions.

MAKE HER FEEL MORE SECURE. "I'm the last person to tell you what to do, but I'd tell him how I felt. What would you say?" ("She's more likely to take your advice if she feels you collaborated," Bonior says.)

THE ARGUER She finds a reason why every one of your suggestions is doomed and thinks everyone is against her.
HELP HER EXPRESS WHAT SHE'S OBVIOUSLY ALREADY PLANNING. "It sounds like you've made up your mind. What are you thinking?"

THE HUMBLE-BRAGGER "Ugh, every guy I swipe right on is into me too! How am I supposed to choose?"
USE HUMOR TO SLAP HER BACK TO REALITY. "You poor thing. What can I do to help in this difficult time?"

### KABOOM GOES YOUR ADVICE!

So your friend followed your brilliant nugget of wisdom, and it promptly blew up in her face. "You might feel so quilty and embarrassed that vou want to disappear, but don't!" Bonior says. 'You'd just be 'failing' her another time." Instead, put out those flames and save the friendship.

### OWN UP AND APOLOGIZE

If you were insistent that your strategy was the way for her to go and she followed it and something went wrong, apologize for missing the mark.

### CLARIFY YOUR INTENTIONS

Say, "I only had your best interests in mind, and I never dreamed I'd steer you so wrong." Then be careful not to blame her. Saying, "I can't believe you didn't get the raise. What exactly did you say?" implies she screwed up by not nailing your advice.

### **SET THINGS RIGHT**

Try, "You probably never want my advice again, but what can I do now to help?" Hint: Spring for a round of drinks, a mani. or brunch.



# DOYOU LOVE YOURSELF TOO MUCH? Google reported uploaded selfies alone. Just image there are floating there are floating to the content of the

Spoiler alert: it's possible. But self-love might not be so bad after all.

### THE WORLD LOVES TO HATE ON MILLEN-

NALS. Because we're entitled, they say. Impatient, with attention spans shorter than a goldfish's. Lazy, with almost nonexistent work ethics. And, let's not forget, self-absorbed and incredibly vain—taking selfie after selfie, no matter the location (Looking at you, inappropriate Holocaust Memorial tourists). So many selfies, in fact, that

Google reported more than 24 billion uploaded selfies on their Photos app alone. Just imagine how many more there are floating around on Snapchat, Facebook, Instagram, or just sitting in our camera rolls.

Research states the average age for selfie-takers is around 23. It's also been noted that selfies make up between 16 to 30 percent of photos taken by people aged 18 to 24, and that Millennials spend an hour a week taking them. Oh, and in case you're wondering, there's a 68 percent chance that selfie you just double-tapped has been edited. Just sayin'.

Given these numbers, it's easy for older generations to claim that we're much more narcissistic than the X-ers and the Boomers who came before us. More than just being vain,

we've also been saddled with the idea of the "personal brand": that we can now make names for ourselves as celebrities/influencers/personalities/whatever by just being...us. However, this also means that we need to create, curate, and sell our images—that we are what we post.

### **ME > YOU**

But how accurate is this read, really? Is there merit to the belief that, to paraphrase Al Pacino in *The Devil's Advocate*, vanity is definitely our favorite sin?

Turns out, the answer lies in somewhat of a gray area. "It can be argued that though Millennials are perceived to be self-obsessed and narcissistic, it might not be so extreme," says Raphael Inocencio, psychologist and (FILT) GABY IGNACIO. (PHOTO) GETTY IMAGES. (FILT



founding partner of Better Steps Psychology (BetterSteps.org). "From a psychological standpoint, narcissism as a personality disorder is not necessarily associated with Millennials. Although older generations may perceive Millennials as having a sense of entitlement, or having a higher sense of self-worth or self-importance, these don't necessarily fit the criteria of narcissistic personality disorder (NPD)."

So, we're vain, but not as selfinvolved or actually narcissistic as The Olds say we are. It must also be said that although the compulsion to share (or in some cases, overshare) on social media is prevalent among our generation, Inocencio clarifies that a significant number are just as happy keeping their lives private, without needing to shine

the spotlight on themselves. Nor does every Millennial think the creation of a public persona is essential to their development as people. In a hashtag: #NotAllMillennials.

### WE > ME

More than debunking the myth that we're just a generation of preening narcissists, Inocencio explains that some self-involvement might not be so bad. In fact, it might even be a good thing. Talk about a plot twist.

"Narcissism by itself, as a trait, can be good in terms of maintaining one's self-esteem, but too much can make vou difficult to deal with and may predispose you to mental disorders," shares Inocencio, adding, "When one is consumed by the 'me' culture, then their capacity to empathize with others is diminished. On the other hand, a healthy level of self-involvement can also lead to improved self-esteem, and improved self-efficacy."

Basically, unless we're narcissists in the clinical sense, or if our self-love and self-involvement are getting in the way of developing deep, meaningful relationships IRL, hurting other people, and hindering our development as human beings, we're doing fine. In fact, this knowledge of who we are and what we can achieve could be viewed as a gateway to self-improvement.

"Millennials tend to set goals that not only lead to their sense of personal success but also to finding meaning in their pursuits," says Inocencio. "They are no longer simply satisfied with earning money, but require that their jobs have some meaning to them or makes some impact on other people."

It sounds like a stretch, but if we manage to transcend simple selfglorification and turn more than the front-facing camera lenses on our phones to look at ourselves, reflecting deeper on what we can actually do for the greater good, our "narcissism" (because, really, it isn't that), could well foster our contributions to the world.

# Are You a Narcissist?

You could be, if many (or all) of these traits apply to you.

- A lack of empathy
- A sense of entitlement
- Feelings of superiority
- The constant need for praise
- An obsession with the things you deserve
- Having fantasies of brilliance and importance
- Having an exaggerated sense of your self-importance, achievements, and talents
- Arrogance
- Monopolizing conversations and directing them towards yourself
- Envy of others and feeling that others envy you
- Taking advantage of others to get what you want
- Feeling that only superior people can relate with you

"If your self-involvement prevents you from having meaningful relationships with your friends and family, it may be too much," says Inocencio. "Selfinvolvement is difficult to critically examine, so it might be beneficial to receive help from a psychologist.

#REALTALK

# THE FUTURE OF FEMINISM LOOKS BRIGHT

...As more and more Filipinas empower themselves. (P.S.: You don't have to be a man-hating, bra-burning, picket-wielding prude to advance the cause.)



### FOR THE PAST FEW YEARS, I'VE BEEN DOING THIS THING WHENEVER I **GET CATCALLED.** I turn to

the sound of the voice, lock eyes with him, and raise my middle finger. I keep that finger raised until he looks away in shame. Ten times out of 10, he looks away first.

I'll be the first to admit that it's an immature reaction, never mind a politically incorrect one. But he disrespected me first, and someone who does that to an unwitting stranger doesn't deserve my sweet,

smiling politeness. And vou know what? I feel pretty good after I do it, because I've shown that I will not take his harassment lying down.

Fifteen years ago, I would never have dared to do that. Not just because I was younger and meeker and more fearful for my safety, but because I didn't know then how much support from peers and strangers I'd get.

Fifteen years ago, at 17 years old, I was groped by a stranger inside a jeepney. Five years after that incident, I was kissed and groped while passed out after drinking with friends. It took 10 years before I finally opened up about that.

But just 15 years after that unfortunate jeepney fondle, the landscape is looking different. Today, we see Filipinas not just standing up to harassers, but also publicly calling out gender inequality in the media, in politics, in school, and in the workplace. We see Filipinas sticking up for one another against misogvnv and sexism, from celebs who clap back at

body-shamers to your own girlfriends who rally behind you when an asshole treats you like a piece of meat. And you can see this female empowerment in other areas of Philippine society, too, as women snatch up seats in government and break the glass ceiling in various industries.

For these things we Filipinas now enjoy, we owe a debt to feminism, which has slowly yet steadily gained ground since the 19th and early 20th centuries. The feminist movement itself has

grown—from fighting for the right to vote, to work, to gain education, and to own property; to the criticism of cultural, social, and political inequalities as the second wave hit in the West in the 1960s; to the continuation of second wave principles and the inclusion of different female identities in the third wave of the 1990s and beyond. While we still have a lot to do in eliminating injustice against women, it's clear we've come a long way, ladies.

As we now reap the benefits that so many brave women have fought for, we can do our part to advance the cause without being the manhating, bra-burning, picket-wielding prudes

naysayers have painted all feminists to be. There are countless ways misogyny and sexism have taken root in our lives over centuries of male supremacy, and as such, countless ways we can subvert them, too. We can do it by choosing the path that will bring us the most satisfaction-whether it's kicking ass at work, enjoying a domesticated life, or juggling both. We can do it by taking control of our bodies-from how we experience sex and intimacy to how we approach our reproductive health. We can do it by wearing anything we damn well please and not choosing (or rejecting) outfits based primarily on what we think

"There are countless ways misogyny and sexism have taken root...and as such. countless ways we can subvert them."

men find hot. We can do it by believing our voices matter just as much as men's do, and by speaking up—whether in the boardroom, in our communities, or on social media. In short, we can do it by rebelling against the outdated roles the patriarchy has slapped on us: that we are the meeker, weaker sex, with less choices and opportunities for advancement, with bodies that exist solely to satisfy men's irrepressible desires.

But—and this is important-our feminist efforts won't be as effective if we alienate men from our cause. Men, too, suffer from gender stereotypes set in place by centuries of patriarchy: They've internalized all their lives that they have to be the aggressive, dominant ones; that they have to keep their emotions hidden; that they can't wear pink; that they can't enjoy brightly colored cocktails adorned with little umbrellas. When we work to free ourselves from gender stereotypes, we show men that

they, too, can be liberated. As Emma Watson said in her now-iconic speech promoting the United Nations' HeFor-She campaign, "How can we effect change in the world when only half of it is invited or feel welcome to participate in the conversation?"

Whenever I get to talking about women's concerns online or offline, well-intentioned men end up asking me how women want to be treated, and we discuss it without me calling them pigs or going off on a saliva-spitting rant that blames them for a system that has been in place far longer than they've been on earth. The more we get men to understand where we're coming from, the more we as feminists gather support for our cause. So when a man attempts to understand your views, help him. Engage him in discourse. A lot of them are listening, and now more than ever. (Although I have to add that if the only discourse they offer me is a catcall, a middle finger is all they're getting until we have the chance to really sit down, man-to-woman, and hash these things out. I'm a busy girl, you know.)

Lately, I've been looking back on all those moments I was groped by men. I feel less angry and ashamed about them, and more certain that if they ever happen again, I'll no longer cower like a silenced, powerless victim.

I'm excited for these changes. Aren't you?



### THERE'S NO TWO WAYS ABOUT IT: THE PRESSURE IS

**ON.** For 20- and 30-somethings, the situation looks bleak—especially when you compare our generation to the one before us.

But time has shifted the proverbial goal posts—and the sooner you accept that success isn't standardized, the sooner you'll believe that, actually, you're kicking ass.

### OLD SUCCESS

Settling down by your mid-20s.

### **NEW SUCCESS**

We're figuring ourselves out, and having fun doing it. Millennials aren't shunning the idea of marriage, but most of us in LTRs opt to test the waters by shacking up before diving in. Singles are keeping the party going by living with roommates while waiting for their careers to take off. We're not lonely—but these days marriage isn't the highly regarded institution it once was.

### **OLD SUCCESS**

Earning enough money right away to buy property, raise a family, and live hella comfortably.

### **NEW SUCCESS**

If you can't figure out how your parents' first salary was large enough to buy a house and get your butt through school, it's because today that's pretty

### STOP WORRYING: YOU'RE WINNING!

So, you think your life is in shambles because you don't have the job, the house, or the husband the world promised you? Think again!



much unheard of. Most monthly paychecks barely cover rent, let alone property costs. If you're living away from your folks' home, you're a lucky girl. Even if you're currently saving up for the big move, you should be damn proud of yourself.

### **SOLD SUCCESS**

Earning a living by going to a nine-to-five. Every. Day.

### **NEW SUCCESS**

Money-making means have grown in a big way. When the previous generation finished studying, virtually the only option was to walk into an office...and never leave. Now, there are limitless ways to make a buck, and not all of them operate between the hours of 9 a.m. and 5 p.m. You could be an entrepreneur and put your

billion-peso idea to the test, start a blog and have advertisers beating down your door, become a social media superstar and make money through a perfectly curated Insta. You don't have to be confined to anything. You're armed with tools to help you think bigger than ever—and make it happen.

### **QUALITY** OLD SUCCESS

Taking a job that allows you to have the house, the kids, the car, and the creature comforts.

### **NEW SUCCESS**

It's been documented that Millennials seek contentment over cash, and experiences over things. We've seen how the old way of living made the previous generation stressed, tired, overworked—but drowning in stuff. We don't want that for ourselves. We want to work for a purpose, not a paycheck. There's been a shift in the priorities of our generation, with *Forbes* magazine saying happiness is the new success. If we have jobs, we want these jobs to bring meaning to our lives. We want to work for ourselves, or we want to work for a cause. It doesn't matter how much money it makes us because we care way more about how we feel than what we have. Do you feel happy right now? Are you surrounded by people and experiences that make you smile? If you can honestly say "yes," then you've already found what an entire generation is searching for. And you've pretty much won at life.

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"I teach hot yoga and lately it's been hard to keep my skin hydrated. I noticed in the past year that my skin was changing — I had more dryness, fine lines, and a less smooth texture overall. I tried a dozen different high—end products and nothing was really impressive. On a whim I decided to grab some Bio—Oil and try it on a scar... it had such a beautiful consistency and delicate, natural fragrance that I decided to try it on my face. I've been using it for a few weeks now and I can't rave about it enough. My only regret with Bio—Oil is that I didn't start using it at birth! For me, its perfect!" Erin Moraghan

Bio-Oil® is a specialist skincare product formulated to help improve the appearance of scars, stretch marks and uneven skin tone. Its unique formulation, which contains the breakthrough ingredient PurCellin Oil™, is also highly effective for ageing and dehydrated skin. For comprehensive product information and results of clinical trials, please visit bio-oil.com. Bio-Oil® is available at pharmacies and selected retailers at the suggested retail price of P495.00 (60ml). Individual results may vary.



COSMO FICTION

# BEFORE AND AFTER YOU



he first thing to go is your appetite.
Everything sinks to the bottom of your stomach like a paper-weight. Water won't help; neither will crying. You default to the saddest songs for company, but they feel odd, like wearing the clothes of a distant relative. Close your eyes and reboot. Normal functions should resume momentarily.

Your friends will be persistent and take you out for coffee, mac and cheese, and three-day sales. Come along and smile only once—they will understand. For the love of God, go to work. Drown yourself in responsibility. And when the thought of Lesley surfaces, do not shut it out. Let her stay awhile. Your mind is her bedroom, and she will leave the sheets unkempt, the light on, the water running.

"I've hurt people in the past. I refuse to hurt you," she once said in between kisses, a promise thrown to the wolves.

The next thing to go is emotion. You expect to be devastated for months, but it'll only be a week before you begin to feel nothing. This is the part nobody warns you about. Imagine walking into a room and not knowing whether to go left or right. You'll take a breath and swear to God you smelled her perfume. You'll take another desperate breath and find nothing.

"I live in New York freaking City and you're still the highlight of my day," were the words that lit up your phone. Sent 10:27 PM, 7th September. Received 11:27 AM, 8th September. She is in your past; you, her future. It's the time zones that'll get you, many have cautioned. Thirteen hours must have been enough to change her mind.

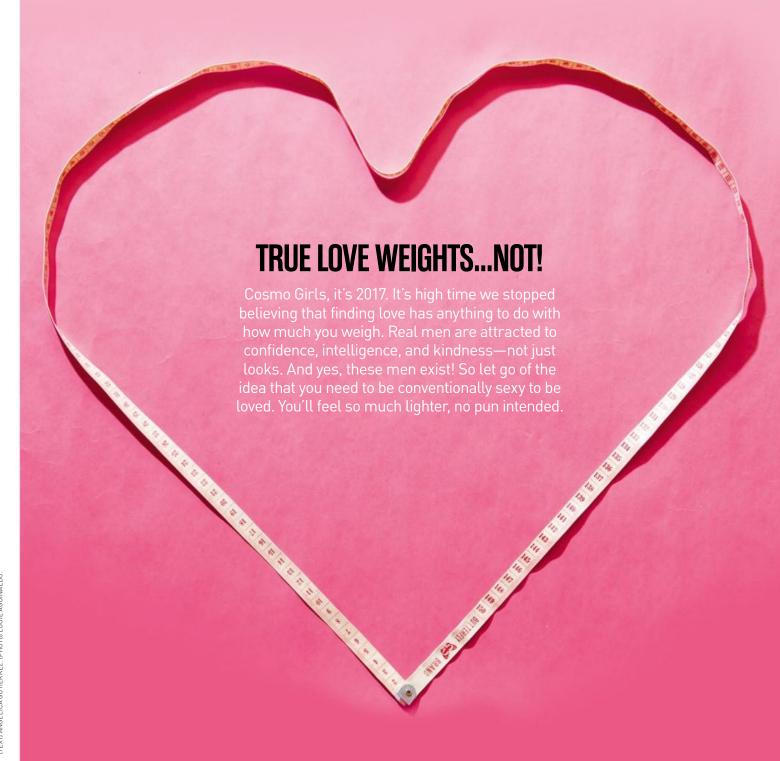
When the pain does return, there will be no warning signals. 1) It will find you while your friends throw their heads back in laughter. You miss the joke. 2) It will find you at the dinner table on Christmas Eve. You turn down a second glass of wine. 3) It will find you in the shower. You nick yourself with a razor. 4) It will find you just as your wounds are about to heal. like gravity, like the current. You don't sleep a wink. Sleep is the third thing to go.

"Never forget Kara. Single most beautiful girl you've ever met," she once scribbled on a piece of paper, a cruel immortalization of an untruth.

Three months later, you pretend to replace her. An old friend will want to meet up for drinks. You kiss her and she kisses you. She pulls away, and you recognize the look in her eyes. Two years, she'll say, shaking her head, and she's still my magic. Your hands find each other in the deafening silence. Love has ruined you both.

The last thing to go will be words. Hers did, and so will yours. You'll think you know exactly what you want to say. You won't. You'll wish her disappearing act were an elaborate ruse. It isn't. More than anything, you will wish she'd just told you the truth. Don't count on it.

To be continued (part 2 of 4).



## SEE YA NEVER, BODY BASHER!

Body image warrior Danah Gutierrez talks about why you don't want to be with someone who body shames others.

### AS A SINGLE WOMAN ADVOCATING BODY POSITIVITY, I've set

high standards for choosing a partner. I'm not ashamed of it. My work is my passion, and I want to be with someone who understands what I stand for. That's what truly matters in my book.

Sometime ago, I met a man I thought was a good candidate. I told him about my advocacy, and butterflies fluttered in my stomach as he locked his gaze on me and nodded in serious agreement to every word I said. Wow. This man gets it. Or so I thought.

At a party, he poked fun at my friend's zaftig figure. His jokes were pathetic and condescending; I really felt embarrassed. That's when I realized I could never be with someone who makes fun of other people's bodies. Sure, he complimented mine, but it was automatically invalidated when I saw how he found shaming someone else for their

physique amusing.

It puzzles me when girls put up with a guy's body shaming remarks, whether towards them or others. Isn't this indicative of an alarming character? A man who ridicules someone else's body may believe that:

I. Women's bodies are created for their

are created for their viewing pleasure, and they have the right to comment on them.

- 2. Women dress and wear makeup for men.
- 3. A woman's physique determines her value.
- 4. There is a beauty standard people should adhere to.
- 5. Beauty isn't diverse.

I'm not saying all men who body shame think this way. Maybe they're just used to this kind of humor since it's deeply embedded in our culture. However, it's our duty to correct them and raise awareness on this issue. Because if we don't, everyone in the picture suffers. Men should be part of this dialogue, too.

I hope more women get to see that putting others down doesn't make one macho. It's unacceptable. I want women to realize they deserve men who love them for their shape and for who they are, and who see their bodies as beautiful masterpieces that are meant to be adored.

Be with a man who chooses to see the splendor of diversity—someone who respects others the way he respects you. A man who will love you for you, just as you are, in all your glory and beauty.

# WHY GUYS THINK BIG IS BEAUTIFUL

"Plus-size women seem to have a special confidence and goddess-like aspect to their being." —ANDREW, 28

"I'm a fan of plus-size girls who are comfy in their own skin and body image. It takes effort and creativity to pull it off, and that shows the level of intelligence and aesthetic sense a girl has."—JJ. 25

"I never saw my wife as plus-size. But I love her because she does't have pretensions—she's real and her heart and intentions are genuine."—MIGHAEL 28

"I married a plussize woman because of her intelligence, faith, and zest for life." —MARK 31





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# TEACH HIM HOW TO PLEASE YOU

Whether you're trying to undo the tragic moves he's picked up from porn (may the jackhammer R.I.P.) or take his skills from good to OMG-great, here's what to do to get what you want.

Every time a man helps you orgasm, he secretly does the Carlton dance from Fresh Prince in his mind. So why is he fingering you like your cervix owes him money? Or rushing through foreplay? Or drilling into you like he's fracking for oil? Because nobody teaches guys how to stroke your C-spot or give good oral. Their main resource (other than equally clueless buddies or ex-girlfriends who may have had different preferences) is porn—and unfortunately, *Game of Bones* just doesn't cut it as an educational tool.

"Men are expected to be solely responsible for the pleasure aspect of sex. Women are given the idea that they should just lie there and the guy is supposed to know what to do," says sex educator Carlin Ross, author of *How to Make a Girl Come*. But that's how bad sex happens! It's time to take control of your pleasure. The best part is that communicating your desires can actually make sex steamier. Follow our lead.

### YOU WANT...

### HIM TO STOP JACKHAMMERING ALREADY

Ahhh, the jackhammer. An oldie, but a terrible-y. For some reason (porn... porn is the reason), so many young guys are convinced that if they drill into you, you'll climax. Yeah...no. Sexpert Ross reminisces: "In my 20s and 30s, I found that so many guys went too hard and fast, so I changed my strategy. When I would start having sex with someone new, it would be with me on top so I could teach him the rhythm that I liked." If your dude is being way too aggressive with your lotus flower, either switch positions or physically slow him down with your hands, she says. "Put your hands on his hips and guide him to the

speed and pressure that feel best for you." He won't mind, we promise!

### YOU WANT...

### HIM TO COMPLIMENT YOUR BODY DURING SEX

There's nothing that greases the girdle like getting some sexy compliments on your dope-ass bod. Ashley, 31, a journalist, says when she wants validation, she straight up asks for it with questions like "Do you like my ass?" or "How does my body look?" You might worry that you're fishing for compliments, but who cares? It makes vou feel good, and vour partner is already thinking it anyway. You're actually doing him a service because you're teaching him how to be



more expressive. If it feels too intimidating to ask for praise point-blank, try a more roundabout approach. Buy some sexy lingerie and put it on under your work clothes. Then when it's time to get frisky, slowly undress down to your undies. It's guaranteed vour partner will comment on what he likes. If he's too tongue-tied by your hotness to say anything, get the ball rolling with a simple "So...what do you think of my new work outfit?"

### YOU WANT...

### HIM TO TOUCH YOU IN JUST THE RIGHT WAY

Alexandra, 32, a filmmaker and intuitive coach, remembers the first time she asked a guy for what she wanted: "I was in my early 20s, and I had never had an orgasm with another person before. I knew that in order to, I needed a lot of clitoral stimulation, but I was scared to ask for it. Then one time my boyfriend and I were taking a bath together, and I worked up the nerve to tell him. T've never had an orgasm with a lover, and I really want to have one with you." She gave him specific directions about what felt good for her and...voilà: That night, Alexandra had her first orgasm with a partner.

### TAKE CHARGE-GUYS LOVE IT!

Men reveal why they dig it when you hand them a roadmap to your pleasure-or just take the wheel.

"Once, I was struggling to get her off. She said cowgirl was the only position that worked, then rolled me over on my back. rode me like a derby horse for a few minutes. and bam!" -JESSE M., 26

"A girl told me to slowly curl my fingers inside her while I was going down on her. I loved it when she started to lose control." -BRETT K., 23

"Once, a woman tore my clothes off, got on top of me. and told me to wrap her hair around my fist. I'm glad I listenedit was hot!" -**BLAKE L.. 23** 

If your guy is already trying but not applying enough-or the right kind of-pressure, take matters into your own hands. Ross suggests putting your fingers on top of his to guide him on the motion and speed that you like. Say something dirty while vou're teaching him, like "It makes me crazy when you touch my [insert your preferred term for your lady flower here] like this." It will make the lesson feel more fun and less critical.

PhD also suggests touching vourself in front of your partner so he can see exactly what gets you off. Just remember to tell him to silence his phone before the performance begins.

### YOU WANT...

### **HIM TO SPEND MORE TIME ON** YOUR BOOBS

If the eyes are the windows to the soul, then the nipples are the windows to feeling really effing good.



### THREE GET-WHAT-YOU-WANT STRATEGIES

### **DESCRIBE A HOT DREAM**

Sex therapist Ian Kerner, PhD, suggests telling your partner that you had a sexy dream...starring him! Describe what he supposedly did in your subconscious (this could be what you want him to do later that night). He'll be flattered, and now you're both sharing in your fantasy.

### TURN A COMPLAINT INTO A RAUNCHY REQUEST

Instead of focusing on what you're not getting, Kerner proposes expressing it in a way that gets your lovah excited. "I'd really love it if you'd slowly stroke my clit." That sort of specific, X-rated invitation will clue him in on what you need.

### TRY A POST-GAME REPLAY

McDevitt suggests that after sex, when you're lying next to each other, give him a highlights recap of the experience. That look he gave you, that way he swirled his hips...he'll be stoked to hear what turns you on. Then ask him to share his highlights reel too.



### THE SEXIEST THINGS HE CAN SAY IN BED

We asked
Cosmo readers
for the phrases
that make them
quiver. Feel
free to hand
him this page
as a cheat
sheet.

"Come here, you sexy little thing."

"I can't wait to go down on you."

"I want to take you home and do bad things to you."

"You are perfect down there."

"I want to f\*ck you so bad."

> "You're like magic."

Want your man to book a layover in boob-town? Give him positive reinforcement when he's there. Any time he caresses or sucks your nips, moan or make noises to show him you're enjoying it, breathe hard...or just be direct and tell him, "Stay there, keep doing that."

### YOU WANT...

### TO BE DOMINATED

The trick to asking for anything kinky or rough is to be super specific, since your idea of what this entails may not sync with his at first. For one woman, domination might mean a light slap on the butt: for another, it might be getting hooked up to electrodes while her boyfriend screams at her in German. (#NeinDanke.) So tell him exactly what you want him to do. Or if vou're bashful about verbalizing it, Ross suggests watching a scene together with the kind of scenario you might enjoy. Movies like Secretary or Fifty Shades Darker are good sources for edgy, power-play moves. Just be sure to establish a safe word with your partner before things get hot and heavy. Ideally, you want to negotiate BDSM details outside the bedroom when vou're both clearheaded and sober.

### YOU WANT...

### HIM TO WELCOME YOUR VIBRATOR IN BED

Next time you're making out with your guy, tell him you have a fantasy you want to share. Then describe exactly how you want to have sex with him using a toy. You could say something like "I want you to kiss and bite my neck while I use a vibrator on myself." Or whatever scenario vou want. Describing the kind of sex you want to have to your partner will be a guaranteed turn-on for him (um, and vou). If he's insecure or offended by the idea of your using a vibrator, keep the toy and replace the lover.

### UPGRADE HIS ORAL SKILLS

The incredibly convenient thing about being on the receiving end of oral sex is that your mouth, hands, and hips are free to express themselves. Don't let this opportunity go to waste! Take some advice from women who have effective ways of getting amazing downtown action.

### 

"Up. To the left. Higher. Down. To the right." Men don't like asking for directions, so just give him unsolicited guidance.

### Apply Pressure

"Put your hand on his head, and when he's doing something really great, squeeze harder, pull his hair—anything to show that you like that thing he's doing right now." If words aren't your thing, don't use any!

### 3 Help His Tongue Technique

"Wide and flat
feels different than when
it's pointy. Figuring
out what you like better
and communicating it can
help you tell him
specifically what
you want." This is like Oral
Sex 2.0—but seriously,
the tongue is a
crazy-amazing muscle.
Make the most of that

sucker by knowing what you like it to do.

### 4 Play Oral Roulette

"If he's switching things up a lot, wait till the guy's in a good spot. then affirm that it feels good." Something we know about men: They like to change the TV channels often, and sometimes, this seeps into their oral-sex behaviors. Make him stop when he lands on a channel you like, then keep him there until the credits roll, so to speak.

### 5 Move Your Own Hips Around

"Do this until his mouth lands somewhere perfect, then say something to make him realize he's hit the bull'seye, like 'Yes, right there." If you pull this off, your partner will think they found this magical spot all on their own.

-HANNAH SMOTHERS



### Your Guide to the Male Brain manthropology



### **HOW I MET MY GIRLFRIEND**

Four guys dish on how they met their current significant others.

"Tercy and I were classmates in high school and dated for a while, but broke up. When I moved to the States, I realized I missed her so much, so I messaged her to reignite our spark."—Ben, 21 **OUR TAKE:** His willingness to give it a second go, and longdistance at that, is indicative of serious intentions.

"I really wasn't interested in dating, but my officemate was insistent on setting me up with

her friend's teammate, Amy. She kept saying, 'Pramis, baby boy, hindi kita ipapahamak.' Our blind date was kind of awkward, but the girl was cute, so I kept in touch and asked her out again after a couple of weeks." --- Mike, 24 **OURTAKE:** This proves that not all blind dates go awry! If you stay open-minded, you just might hit the jackpot.

"I was 15 when Ada dropped her handkerchief in the hallway of our high school. My best friend

happened to pick it up, and I offered to give it to her. We've been dating for seven years now."

**OURTAKE:** This movie-worthy first encounter is the perfect beginning to a long-haul commitment.

"Being an active cyclist, I signed up to train for a race. Pat was assigned as my partner, and I remember jokingly teasing her that she was biking too slowly. She was visibly annoyed! Fastforward to a year later, and we're both head over heels." --- Bryan, 19 **OURTAKE:** Relationships that start off rocky might surprise you; the initial tension can simmer down and actually breed intimate feelings!



SOURCE: GLOBALWEBINDEX.NET

ARE YOU KIDDING ME?

### **OVERLY HONEST TINDER COME-ONS**

Forget memes—hit up Tinder when you need a good laugh.

Thanks, Brad. Hey girl Let me guess. From heaven? Nah, cause your face looks DTF?



### S M S

HUNK OF THE MONTH:

**MANOEL ORFANAKI** 

Stalk him on Instagram: @manu.ofk

"Ideal
relationships
change through
time. Sometimes
you want one
thing, sometimes
you want another.
But I want
someone who's
honest, who'll help
me be better."







# OF LOVE AND (WEIGHT) LOSS

Romance and selfworth need to kiss and make up.

**2016 WAS A TERRIBLE YEAR FOR ME** (and for

nearly everyone else, if the New Year's posts were any indication)—and I mean three-breakups terrible. As a 21-year-old struggling to navigate the complexities of young love, I've always been the type to worry about my weight. I was in a 3.5-year relationship with a boy whom I'll refer to as the unofficially crowned King of Pointing Out New Insecurities™. His underhanded comments about my arms, legs, and stomach sent me down a spiral I have yet to fully recover from. He'd spew out little gems like, "Babe, you shouldn't have worn that top to your audition. Your arm fat is showing." Many times throughout the relationship, I set out to prove him wrong, but when you live with a slob, vou inherit their qualities. I'd lose maybe five or seven pounds before once again succumbing to our fast food lunches and pizza breakfasts.

By March, the next boy who came to my rescue was a sweet guy with



washboard abs and an unforgiving gym routine. When we held hands at the mall. I felt like a sack of potatoes next to his dreamboat physique, and a few bullies from my past insinuated that I didn't deserve to be with him (They called me "oinky." I had to cry it out). It wasn't long before he invited me to the gym, and we would go five times a week without fail. He kept me on track and watched over my diet like a hawk. Our relationship blossomed as we looked into each other's eyes while holding planks. I lost 14 pounds and was in the best shape of my life. Then one day, he stopped saying "I love you" back, and I began to hit a little harder during my boxing sessions.

But it was the third guy who *really* did a number on me. We shared intelligent conversations over indulgent Japanese dinners. He thought I was beautiful and jumped at every chance to say it. My religious trips

to the gym were a thing of the past, and I truly believed I had finally found somebody worth putting my heart on the line for again. The affair was over in a month, and I turned to food for comfort. The 14 pounds I worked so hard to lose came inching back. When I found out he would be coming home after six months abroad, I launched myself into starvation, afraid he'd take one look at me, notice the weight difference, and not find me beautiful anymore. I was unsuccessful, and in the end, none of it mattered anyway. His second departure marked my third and final heartbreak of the year.

Looking back, the real issue wasn't that these relationships didn't work out. It was that every single time, I felt that I needed to change in order to be loved. Love should be simple—and the man worthy of my heart will accept me for every pound. Love handles? Muffin tops? Thunder thighs? How are these insults? Love is love, muffins are delicious, and thunder is a literal act of God. The person who needs to love vou most is vou.



### **SQUAD GOALS**

Having trouble at work? Here's some good news: the idea that your work and personal lives can't mix is now considered totally old-fashioned. So, if something career-related is bothering you, your friends—who know your strengths and weaknesses—are in the best position to help you sort it out. Looking for a new job? Ask your friends to proofread your CV, help you plan your interview outfits, or even give you an awesome reference or referral. Remember, you're all in this together.

ON THE JOB

# GET IN YOUR FRIENDS' BUSINESS

Sure, you could keep your head down and forge ahead alone...but doesn't that sound dreary? Doing this with friends is going to be a lot more fun.



Because if you can't lean on your friends when times are uncertain, your career probably isn't the only thing that's unfulfilling.

### STOP THINKING THAT NEEDING HELP IS GROSS

"The default ideals of friendship are different for men and women," says law professor Joan C. Williams, coauthor of *What Works for Women at Work*. She says women tend to see friends as people with whom they have a selfless emotional connection—so asking for a leg up feels obnoxious—while men often feel

zero self-consciousness about hitting up buddies. If you're feeling like the less successful friend, asking for help doesn't make you a garbage person. "Don't whine or guilt-trip the other person," Williams advises. Say, "I value your friendship, and I'm looking to go farther in my career. Are you open to a conversation about it?"

### GIVE YOUR FRIEND SPACE

Don't slam pals with a list of demands, cautions Rachel Kim, a career strategist at online lender SoFi. Ask, "What are you comfortable with?" If they don't suggest something that you had in mind, Williams suggests following up with: "Those are all fantastic ideas. I appreciate it. I was hoping you could also do X, although you may not feel comfortable with that. If so, I will never mention it again." Be direct about what vou want, but stav attuned to other people's limits.

USE TEAMWORK TO MAKE THE DREAM

**WORK** Chances are, at least one of your friends is also trying to make a career move, so do it together. "SoFi members come to me because I'm a coach, but I tell them to also use their friends because there's more investment in that relationship," Kim says. If writing cover letters feels like a drag, make it a drag for two. Some of Kim's clients meet once a week to discuss strategies or share contacts. She says it helps them stay accountable.

### DON'T JUST TAKE ADVICE—GIVE IT

"If you're in job-search mode, you're probably meeting interesting people," Kim says. So even if you asked for support from a friend who is more senior than you, you can

# HOW TO BUILD NEW RELATIONSHIPS

Networking can get you a useless stack of business cards...or an army of allies. Here's how to do it right.





**CHANGE YOUR VIEW OF COMPETITION** 

When women are scarce at work, it's easy to fall into competition. "It doesn't occur to you that you're competing with every person at your job, not just the only other woman who looks like you," says Aminatou Sow, founder of Tech Lady Mafia, a group that supports women in the tech

field, and cohost of the Call Your Girlfriend podcast. If there's a woman you don't click with, get to know her-maybe you could work with her and bolster both your careers. Sow calls it "shine theory": "I don't shine if you don't shine."

### **STRAY FROM YOUR LANE**

Sow met journalist Ann Friedman, her cohost on Call Your Girlfriend, through a personal friend. "We didn't work in the same industry then and don't now, which is something I have really valued," Friedman says. "I've learned a lot from how she negotiates for herself in her corner of the world, and I try to take cues from that, rather than fall into the default from my industry."

### **KEEP IN TOUCH—REALLY**

You meet someone cool and say you'll e-mail, but after weeks of silence, it gets awkward. "Weaker relationships matter too, especially when you're looking at a job search," Kim says. Hit former colleagues up on LinkedIn, and check in when they do something cool. "Build in semiregular happy hours or dinners," Kim says. "You don't want to have to keep rebuilding your network each time you change jobs."

### **DON'T FORGET THE GUYS**

We'll never achieve equality at work without looping in men. Says Sow: "One of the best tips a friend gave me when I was negotiating a salary was 'Stop asking other women what they make and ask the men in your industry what they make.' That was mind-blowing!" She also added a men's auxiliary to Tech LadyMafia—they plan the annual picnic.



### **HOW TO MANAGE WORK FRIENDSHIPS**

They're a little tricky...and a whole lot important for your success (and sanity).

### **DON'T BE CLIQUISH**

If you find yourself in a tight-knit group, make sure everyone would feel comfortable approaching vou. "You don't want to shut vour doors to other relationships that could play a big role in your life," Kim

says. Her tip: "Invite somebody vou've never talked to out for coffee. It doesn't have to lead to a friendship, but you can build bridges."

**KNOW HOW YOU COME** 

ACROSS "I don't think I am intimidating, but I know that the word intimidating has been used to describe me," says Courtney A. Kemp, creator of the series Power. "Be aware of what the perception of you is." She suggests doing recon by going out with a coworker and a nonwork pal. "Ask your friend to listen to how you interact. Or say, 'When I go to the bathroom, ask them something about me at work."

### **LET SOMEONE KNOW HOW** THEY'RE DOING Just the

word feedback can strike fear in your heart, but giving and receiving it can be bonding. Sow tells how in a previous job at Google there was "literally one other black woman at the time," a more senior manager she looked up to. "After we worked on a project together, she stopped by my desk to give me very specific feedback. It made my day, and she is very important to my career now."

### **PENCIL IN TIME TO SOCIALIZE**

We're obsessed with being productive. "People think, I don't have time for the social stuff," says Kemp. But research shows when you're ready to take your career up a notch, it is going to be social relationships that help you get ahead. Hey, if Hermione Granger took breaks, so can you.

### Work



# 6 SNEAKY WAYS TO SAVE MORE CASH

It's hard to force yourself to sock away money when it's much more fun to spend it right friggin' now. Train your brain to boost that bank account with these effortless tips.

### **ENLIST A PICKPOCKET**

If hoarding money feels boring, save it before you see it (or spend it) by sending part of your pay to savings. "You won't feel the loss of a smaller paycheck, because you never had it to begin with," says Douglas Hough, PhD, an economist at the Johns Hopkins Bloomberg School of Public Health. If you are paid in cash, set a monthly auto-transfer to your savings. Or download Digit, an app that notes your spending habits and then siphons small amounts of money into the app's savings account.

### **CARRY A SAVINGS CHARM**

Ads, e-mail promos, store signs: You're bombarded by cues to spend but rarely to save. Try creating your own savings prompt. When participants in a Duke University study kept a gold coin as a reminder to save, they put away more than twice as much as those who didn't. In another study, specific goal reminders (like "P10,000 for tuition by April") were twice as effective as generic ones. Write down a goal and carry it in your wallet to keep it in mind.

### PAY FOR SMALL STUFF IN CASH

Pay with cash and you'll spend less. Swipe a card and you'll indulge more. Tap your phone and you may be most likely to go wild. Electronic payments erase the pain of paying, says Dan Ariely, PhD, a professor of psychology and behavioral economics at Duke University. "When we pay with cash, we can see the money leaving and are fully aware that we'll have less to spend on other things." Going all-cash might help, but it's inconvenient. So pay the old-fashioned way when your purchase is less than \$\mathbf{P}\_1,000.

### **CLEAR YOUR WALLET**

You're less likely to break a big bill, a study in the Journal of Consumer Research found. Fatten up your savings by feeding coins and P20 bills into a piggy bank each night. Then keep P500s on hand to slow your spending.

### MAKE SHOPPING HARDER

Storing your payment info online makes checkout a breeze, which is the problem. "Anything that creates more friction gives you time to second-guess a purchase," says Grant Donnelly, who researches financial decision making at Harvard Business School. To curb a bad online habit, delete your cards from your favorite sites so you have to type in the numbers manually when you shop.

### **LOWER THOSE EXPECTATIONS**

Falling short of your monthly savings goal? Cut it in half. "People get overly ambitious at the start of the month, then nibble away at their savings and end up with nothing," says Katie Waters, the founder of Stable Waters Financial. Ease up on yourself, then step away from the stash.

# WTFUNGUS?!



Help stop it from spreading with EMTRIX. Visible improvement in 2-4 weeks.



### Work

SHE STARTED IT

### MIA CRESPO AND L.A. FERRIOLS

Founders, SXY

Their passion for, yes, fashion drove these talented, stylish young entrepreneurs to build a swimwear brand that celebrates womanhood in all its forms.

ON THE START OF SXY: It was pure accident that we found each other. In the summer of 2013, we were both taking courses in fashion styling and image consultancy at the Fashion Institute of Technology in New York. Our shared enthusiasm for fashion turned coffee dates into brainstorming sessions and, somehow, we managed to build the brand.

### ON INTRODUCING A PLUS-SIZE LINE:

Why not? Sexy is a state of mind which means it's for anyone and everyone. We felt the brand needed to send a stronger body positivity message, and what better way to do that than by making sure SXY caters to all shapes and sizes?

### ON WHAT MAKES THE SXY WOMAN:

Our clients are very diverse—it's what makes the brand so exciting. Some are unapologetic and bold while others want to experiment, to see how the designs make them feel. We're constantly working on becoming the go-to brand for smart, sartorially savvy women who have an eye for quality fabrics and sculpted designs.

ON THE BEST LESSON THEY'VE LEARNED FROM STARTING

A BUSINESS: You need to bet on yourself and your brand. From the time we started, we've faced a lot of challenges. But we never lost sight nor doubted our passion towards women empowerment and body positivity. We have learned to become one with SXY, and to become true to the brand's advocacy.

"Sexy is a state of mind which means it's for anyone and everyone... SXY caters to all shapes and sizes."

ON THE CHALLENGES THEY
FACE—AND WHAT MAKES IT ALL
WORTHWHILE: We value high
quality and service in all
aspects so we make sure
the pieces are in the best
shape before launching any
collection. Unsurprisingly,
our biggest reward is the

enormous appreciation of our clients.

ON THE MYTHS ABOUT WORKING IN FASHION: [The biggest misconception is it's all]

misconception is it's all glitz and glam! No one really sees all the "dirty" work.

ON ALWAYS KEEPING AN OPEN MIND: We though

OPEN MIND: We thought we needed to do things all on our own as girlbosses. It's good to ask help every now and then. There's a lot to learn from other people, especially those who are tenured in this industry. It's also best to surround yourself with peers who share the same passion, as they will empower you to succeed.





# BODY POSITIVE AT THE BEACH

Self-love advocate Stacy Gutierrez talks about how to nix the negative self-talk.

f there's one place that sparks excitement and anxiety in women at the same time, it's the beach. After all, we can get caught up in what seems to be an unspoken prerequisite to having fun under the sun: getting that muchcoveted "bikini body."

I totally understand the predicament and mixed emotions. I've been there: Losing sleep over the excitement of flying to a pristine island, only to get anxious about how people might look at me if I bare my skin, especially as a plus-size woman.

Thankfully, since I've committed to my body love journey, I've learned more than a few tricks to silence the voices of shame in my head. Here are my tips on how to remain confident and be keber enough to create your own sunshine wherever, whenever!

A FEW WEEKS BEFORE THE **BEACH TRIP:** Unlearn what society and the media have taught you. You need to realize you've been programmed to hate your body. The first step is questioning the rules, then forgetting what



vou've been told. Who savs curvy girls need to hide their bodies? Oftentimes, it's really just corporations who want to profit from our insecurities. Once it clicks in

vour head once and for all that you can totally unsubscribe from these impossible standards, vou're already halfway to winning the battle with your negative self-image.

A FEW DAYS BEFORE THE **BEACH TRIP:** Remind vourself not to compare your body with anyone else's. I believe in the saying, "Comparison is the thief of joy." Sometimes, we're happy with where we are in terms of accepting and loving our bodies, but the moment we see a conventionally sexy woman, envy creeps in because we start comparing. Truth is, we don't know anything about another woman's fitness and health based on appearance alone. Let's focus on the grandness of our own physiques and learn to be grateful for them.

**AT THE BEACH:** Have a body positive mantra. Words are powerful and they can influence your life. Look for a mantra that resonates within your soul. It must be something you can relate to and something that sparks positivity when vou sav it to vourself. It's going to come in handy when you feel like people are giving you mean stares. Repeat it over and over to vourself until you've deflected the negativity. Remember, people only have the power to get to us when we allow them to.

"Don't underestimate the huge middle finger you give the world when you make peace with your -FRANCES LOCKIE

'Say goodbye to feeling bad about your looks. Are you ready to stop colluding with a culture that makes so many of us feel physically inadequate? Say goodbye to your inner critic, and take this pledge to be kinder to yourselfand others." — OPRAH

'Our bodies can hear about them. Are we choosing words that will make us our own best friends? Or are we becoming our own worst enemies? It's time to stop waging this war to fully embrace our bodies." -STAC\

"I am beautifully unique. I wasn't made to look or be like anybody else on loving my body and avoid comparing it to other bodies I know nothing about."—STACY

**HEALTHY BITES** 

# WHAT DIET?

Take the "junk" out of junk food (seriously!) with these guilt-free indulgences.

### SOUR CREAM & CHIVE, VEGAN CHEEZE, MARGHERITA PIZZA, AND ROSEMARY PEPPERCORN KALE CHIPS

(P220 per pack), Take Root Nacho pizza chips are the bomb dot com, but they bomb your metabolism, too. Opt for these crispy alternatives next time you plop down on the couch for a Netflix session. The Sour Cream & Chive is a Cosmo team favorite!

### VANILLA BROWNIE CRUMBLE Premium Vegan ICE Cream

(P380 per pint), SuperScoops
Nasty breakup? SuperScoops has
got you covered. If you're looking for
something more adventurous than
vanilla, they've got matcha, dark
chocolate wine, and strawberries
and cream, among many others.
Hey, save some for tomorrow!

### MALUNGGAY, GREEN TEA, CINNAMON, AND COCO CHIA ZOOPER COOKIES

(P85 per 100g), Honest Junk
These gluten-free, dairy-free
cookies are perfect to stash in
your purse as an on-the-go
treat. Dip them in almond milk
or skim milk to make Diet Santa
extra proud!

### MANGOSTEEN, CALAMANSI, MANDARIN, AND PINK GUAVA STRAWBERRY SUPER GUMMIES

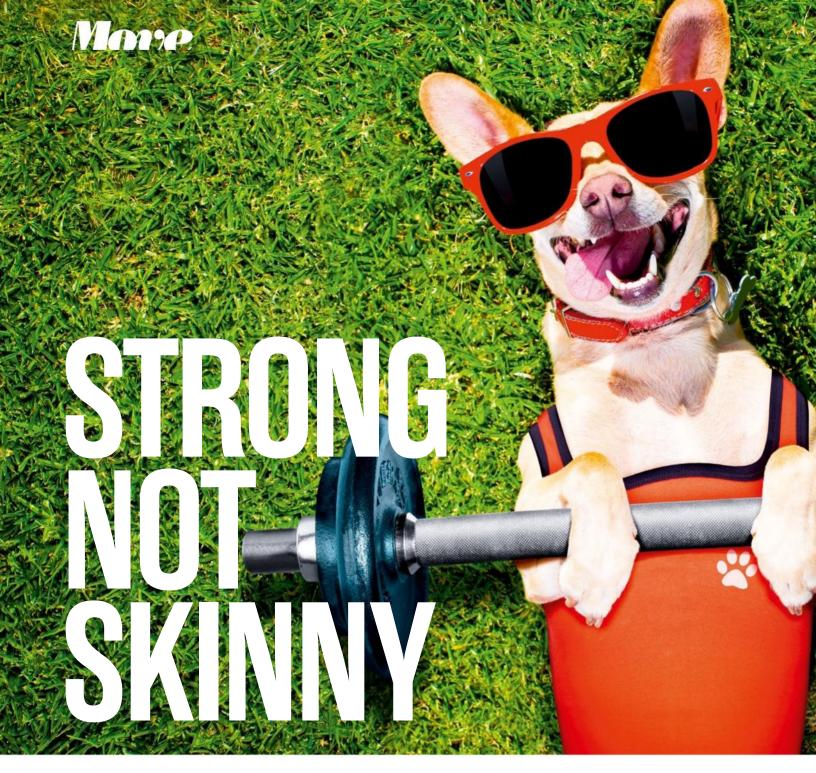
(P65 per 100g), Honest Junk Getting your daily dose of veggies has never been this sweet (and adorable!). Trust us, there's virtually no difference between these and the sugary convenience store kind.

### CHICHASHROOM AND SEACHARON CRISPY SNACKS

(₱185 per pack), Earth Origins

(TEXT) CHANDRA PEPINO. (PHOTO) DAIRY DARILAG.

We're not even kidding—once you've tried these, you'll never go back to sinful regular chicharon again. These babies are the stuff of dreams, and the best part is you can have as many. As. You. Want.



Are you working out for the right reasons? Fun, fearless, fit gals Maureen Schrijvers, Lala Dy Buncio, and Rona Tai talk about why you should stop looking at #fitspo and focus on fitness instead of thinness.

### WHAT IS THE DIFFERENCE BETWEEN EXERCISING TO BE STRONG AND WORKING OUT TO GET SKINNY?

RONA: For me, training to be strong has a more lasting and fulfilling impact on my life rather than aiming to be skinny. It's that mindset of accomplishing things that you and others think you can't achieve because of your size. Facing your fears, experiencing new things, and knowing who you

truly are throughout the journey because of your aim to become stronger are much more meaningful than simply being skinny.

MAUREEN: I think it's the amount of food I eat. When I train for a competition or run every morning, I eat whatever I want the rest of the day, because I know I trained hard enough not to worry about my calories. Unlike if you work out to be skinny, you follow a strict diet and you don't



really exercise—all you do is strengthen your core (for abs) and stuff your trainer makes you do at the gym, but it's more focused on counting your calories and starving yourself. LALA: Being skinny doesn't automatically mean you're healthy. Gone are the days when beauty was only about being skinny. Thanks to Cross-Fit or HIIT exercises, people are starting to think long term

about their health and train to be strong and healthy.

### WAS THERE EVER A TIME WHEN YOUR GOAL WAS TO LOSE WEIGHT? HOW DID IT MAKE YOU FEEL?

RONA: When I was younger, people would always comment "Magpapayat ka! Ang ganda mo pa naman!" And I allowed that to get to me. It made me become desperate to be somebody I'm not. I tried pills as a quick fix and almost starved myself, thinking it was the fastest way. It didn't make me happy, it made me fall into depression because I wasn't achieving that skinny body. I didn't realize my body wasn't built that way.

LALA: I was 165 lbs when I was in high school! Transitioning to college, of course I wanted to be skinny. But I did all the wrong things! Yuck. Crash or fad diets that weren't sustainable, diet pills, voodoo tea, everything! I looked sick. Skinny but sick. That wasn't sustainable either. I'm glad I was able to find something that I can sustain and that fits my lifestyle. No more shortcuts for me.

### WHAT IS IT LIKE NOW THAT YOU EXERCISE TO **GROW STRONG?**

RONA: It motivates me even

more. It has made me become more adventurous by trying out new activities. It has molded me into a more confident woman because I've accomplished things I didn't think I could do before. MAUREEN: It's really nice 'cause I feel healthier in the sense that I'm fit and don't look lanky like other models. Growing up as a model, I was always insecure about my figure because I'm not a size zero, my thighs are big because of running, and my muscles are firm. Seeing all these skinny girls around me made me feel super fat. I perceived myself as fat because I couldn't fit into a size zero for a fashion show or shoot. But looking back now, I'd rather be strong and live a healthy life because that's what makes me happy.

LALA: I love that I'm in control of my body. It takes a lot of discipline to keep showing up. There are good days and bad days 'cause sometimes you're just too lazy to work out. But when I don't go to the gym, I make sure to make up for it by jogging with my baby in his stroller or doing a quick body weight workout at home.

### IS THERE ANYTHING YOU **WOULD LIKE TO TELL** GIRLS WHO ARE STILL EXERCISING TO GET THE IDEAL "BIKINI BODY?"

RONA: If you think it will make you happy, by all means do it. Do it because you love yourself and your body, and not because you hate it. But know that self-acceptance and confidence are far more beautiful than a bikini body. If you haven't accepted and loved yourself, nothing will ever be enough. You will always look at yourself in a negative light, in spite of your true beauty and essence.

MAUREEN: Honestly, anyone who dreams of having a bikini body can achieve it as long as they put their minds and hearts into it. Our bodies are all built differently, so you shouldn't be looking at bikini photos of other girls on Instagram and saying you want that body. Instead, use that as inspiration to be healthy and work out regularly to achieve your own type of bikini body. LALA: You can never outexercise a bad diet. Work out and eat right because you want to be healthy. I promise feeling good and looking good will follow. If you feel good about yourself, you can wear anything because confidence shines the brightest!

# SOCOSIO



### **AS SEEN ON**

Skycable and Destiny digital Ch. 57 Cablelink Ch. 32 & Cignal Ch. 61



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AT YOUR PLACE

# SPACE FOR GROWTH



(TEXT AND PHOTOS) JOANNE ENRIQUEZ BOHOL

# **KITCHEN HACK**

# **BOWLED OVER**

Poke bowls are all the rage for a reason. They're hearty and refreshing—and so easy, you can assemble six kinds at home.

# TUNA POKI

Tuna chunks in soy sesame dressing + red cabbage + carrots + cucumbers + singkamas + furikake + white quinoa

# BACON AND BURGER POKE

Crumbled bacon and burger in balsamic dressing + tomatoes + bell peppers + croutons + mushrooms

# SPAM POK

Cubed Spam in creamy miso dressing + sweet kernel corn + green peas + red, green, and yellow bell peppers + white rice

# TOFU POK

Fried tofu cubes in peanut dressing + broccoli florets + pumpkin + red rice

# FEELING EXTRA CREATIVE IN THE KITCHEN? CUSTOMIZE YOUR OWN BOWL.

RECIPES AND STYLING) ROSELLE

CHOOSE YOUR BASE: rice, quinoa, barley, oats, potatoes, salad greens, chips, etc. CHOOSE YOUR VEGGIES: cucumbers,

CHOOSE YOUR VEGGIES: cucumbers, cabbage, avocados, carrots, peas, singkamas, etc.
CHOOSE YOUR PROTEINS: salmon,

CHOUSE YOUR PROTEINS: salmon, tuna, tofu, beef, chicken, fish, nuts, etc. CHOOSE YOUR DRESSING: peanut,

**CHOOSE YOUR DRESSING:** peanut, sesame, soy, yogurt, garlic, aioli, etc.

# CHOOSE YOUR TOPPINGS/SIDES:

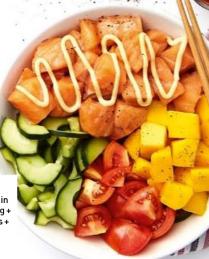
jalapeños, sesame seeds, furikake, togarashi, masago, nori flakes, pickled ginger, etc.

# FRIED CHICKEN POKE

Fried chicken chunks in mayo-garlic dressing + green peas + carrots + togarashi + white rice

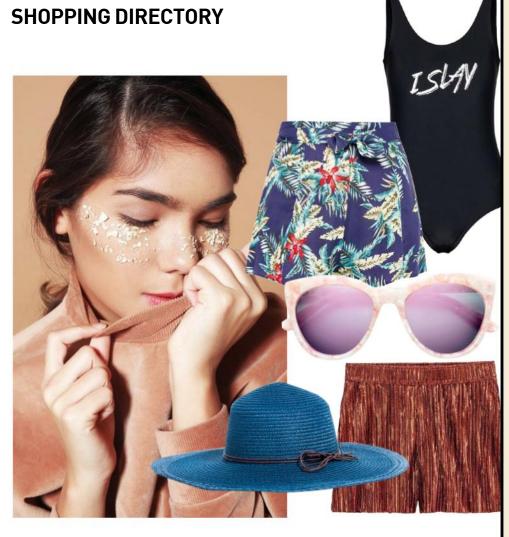
# **SALMON POKE**

Fresh salmon chunks in honey sesame dressing + cucumbers + mangoes + tomatoes



# Play





# BEAUTY

Belo Beauty At major department

Benefit Greenbelt 5, SM Megamall **Bobbie** At major department stores Celeteque At major department

Chic At major department stores Clarins Rustan's The Beauty Source Clinique SM Makati

Cure shop.beautybar.com.ph Doll Face shop.beautybar.com.ph Dyson Supersonic Greenbelt 5 Elizabeth Arden At Rustan's

department stores Estee Lauder At Rustan's

department stores Juice shop.beautybar.com.ph Kiehl's facebook.com/

KiehlsPhilippines Kojie-San At major department

**L'Oréal** At major department stores

and supermarkets MAC maccosmetics.com.ph

**Olay** At major department stores Origins At SM Beauty in SM stores **Philosophy** shop.beautybar.com.ph **Pixi** facebook.com/PixiBeautyPH Revlon At major department stores Simple At select supermarkets SCO Strip Manila branches

 $\textbf{Supergoop} \ \text{shop.beautybar.com.ph}$ The Body Shop thebodyshop.com.ph TheFaceShop facebook.com/ ThefaceshopPhilippines

Yadah shop.beautybar.com.ph

# FASHION

A'postrophe Glorietta 4

Aldo facebook.com/AldoPhilippines Banana Peel TriNoma, Eastwood Bershka bershka.com/ph Beyond the Beach

beyondthebeachph.com **Burton** SM Mega Fashion Hall Call It Spring SM Aura Premier Cathy's Bags cathysbags.com Cesa cesaph.com

Charles & Keith Greenbelt 5, Power Plant Mall

Ever New The Podium

Exztra facebook.com/Exztraplus Eye Society (Prada) SM Aura Premier

Float Swimwear floatswimwear.com Fly Shades Robinsons Galleria Forever 21 SM Makati, SM Megamall

Fringed fringedmnl.com Georgina Sasha georginasasha.com

H&M SM Mega Fashion Hall Havaianas shophavaianas.ph Keds facebook.com/kedsphilippines

L'Indochine SM Aura Premier La Playa Filipinas

laplayafilipinas.com

Mango Shangri-La Plaza Naked Sun facebook.com/

NSSwimwear Neon Island

neonislandclothing.com

Owndays Estancia, Capitol Commons

Parfois facebook.com/ ParfoisPhilippines

Primadonna facebook.com/ primadonnashoesofficial Private Storey instagram.com/

privatestorey Promod Trinoma, Greenbelt 5 Sandy Cheeks facebook.com/

wearsandycheeks

Sfera SM Makati, SM Megamall SM Department Store (SM Woman, What Women Want) thesmstore.com Stradivarius stradivarius.com.ph Topshop Power Plant Mall True Religion At Shangri-La Plaza and S'Maison, Conrad Hotel Manila

Uniqlo SM Mega Fashion Hall

**Vagari** instagram.com/vagari.ph **Vero Moda** SM Mega Fashion Hall Zalora (Aquaholic, Atsui, Borrowed, Coco Cabana, Headware, I Love Koi, Melissa, Myriad Print Concepts, Nose, Shapes & Curves, South Beach, Vintage Paris) zalora.com.ph

Zara SM Mall of Asia

# LIFESTYLE

Craft Central Greenbelt 5 Cutting Edge Greenbelt 5 Earth Origins

earthoriginsmarketplace.com Fandom Feels instagram.com/ fandomfeelsph

Filbar's SM Megamall, Glorietta 5 Honest Junk facebook.com/ honestjunk77

National Book Store

nationalbookstore.com Nav SM Mega Food Hall

PABLO mini Bonifacio High Street, Bonifacio Global City

Superscoops

thesuperfoodgrocer.com **Take Root** takeroot.ph

The Craft Central thecraftcentral.com

The Stockroom facebook.com/

thestockrm **Tickles** instagram.com/tickles\_ph

Tokyobike Hobbes and Landes, Bonifacio High Street

Typo Greenbelt 5

# Appeal

Need extra motivation to keep your fitness goals in check? Try breaking a sweat in stylish tights.

Does your exercise outfit consist of oversized shirts and baggy gym shorts? No wonder you're not excited to get physical! Staying on track to achieve your fitness goals takes more than following the right program, workout schedule, and having the right equipment. Sometimes, exercise inspiration is found in breaking in new clothes, in this case, the Nike Zonal Strength Tights.

# FIND THE RIGHT FIT

Tights are a huge part of any athlete's uniform, but different bodies have different needs. So do different sports. Nike's newest tights are fit with compression zones built into the fabric, which make for a more efficient workoutwhatever it is—without restricting movement.

# **RUN WITH IT**

Prefer pounding pavement? These tights are made to support you on your regular run. It reduces muscle vibration where runners need it most. It comes with a Flyvent waistband that makes it breathable, and fourway stretch fabric that enhances mobility in the hips and knees.

# **TRAIN WITH IT**

Prefer hitting the weights room or studio? These tights provide all the support your core, glutes, guads, and hamstrings need. Its high-rise waistband provides additional core awareness for training activities like lowimpact like yoga and high impact cross training.



Venus, the planet of love, money, and beauty, spins into retrograde on March 4th, making the first half of the month an ideal time to consider making changes in your romantic and professional worlds!



# 3.21 - 4.20

It is game time, girl! Venus's retrograde hits you on the 4th, forcing your hand with financial decisions you've been postponing. You have all the necessary facts, so make vour move!

YOU NEED: To trust vour aut.

ARIES GUY: He has a lot on his mind, so give him space as he sorts through his stuff.



# 4.21 - 5.21

Take a break from running on that hamster wheel vou've been on. After the 4th, you'll have clarity on heart and work matters. Stav calm, and have the courage to press ahead when Mars enters Taurus on the 9th. YOU NEED: To get real about things. TAURUS GUY: He may seem all over the place right now, but if you carve out some alone time, he'll open up.



5.22 - 6.20You love getting caught up in a social swirl, but pay attention to people you meet around the 6th: They could be very important to your career. After the 11th, it's time for fun with new friends and potential beaus. YOU NEED: A smile for the spotlight coming your way. GEMINI GUY: Work is front and center for him now. If he invites you to an office party, say yes.



Still waters run deep, as you often prove. Say bye to anyone holding you back around the 24th. By the 30th, you'll be feeling great about future possibilities. YOU NEED: To clear the decks. CANCER GUY: Boy is on a mission this month! Go along for the ride and you'll enjoy the benefits of his excess energy.



You're usually an act-first-thinklater type, but near the 9th, if you slow down and pay attention to what your partnerwants and needs, you'll get sizzling results. After the 20th, you'll be on the go, but watch out for travel snafus. YOU NEED: To stop rushing and start listening. LEO GUY: You've been waiting for

things to get

month, he's finally there too.

deeper, and this



# 8.23 - 9.22

This month, you're a fool for love. If your romance feels rocky, chill. You'll get some clues near the full moon in your sign on the 12th. Single? An ex might come back for round two. Look before you leap into his lap again. YOU NEED: To get out of your head and go with your heart. VIRGO GUY: If his hot and cold swings are making you nuts. tell him! He'll be receptive and get his act together.



Bad news: With Venus going retrograde from March 4th to April 15th, everything that can go wrong might. Good news: By the 18th, you'll have the facts to fixthingsso they're better than ever... but only if vou're honest. YOU NEED: To put your health first. LIBRA GUY: With so much on his plate now, the smallest gesturesare guaranteed to please. Drop by with takeout and you might get quite the...tip!



## 10.23-11.2

Your job's a booty buzzkill at the moment, but on the bright side, it's paying off! You'll get a fab offer to start a fun project on the 9th. If those around you seem out of sorts, you may need to jump in as a peacemaker. YOU NEED: To be open to change.

These days, the boy is super stressed. Get him outdoors to blow off steam, then enjoy some steamy indoor activity á deux.

SCORPIO GUY:



## 11.22-12.21

All you want to do now is stay close to home and kick it with the people who know you best. If there are unreasonable demands made of you near the 17th, speak your truth and keep on stepping.

YOU NEED: To say no sometimes. SAGITTARIUS GUY:

Spring is making him frisky! Plan a getaway or a whole weekend dedicated to Netflix and chill.



## 12 22\_1 10

March will indeed be madness for you, but you'll get all your ish done, especially near the 9th when Mars will be on your side. Don't let family feuds derail you. Get everyone talking and all will be resolved.

YOU NEED: So much patience. CAPRICORN GUY:

He'll need you to help him keep his cool when those around him go a little cray. His thank-you will be hella hot.



# 1.20-2.18

Sort your life into What's Working and What Isn't lists and prioritize accordingly! Your social life will be popping with new peeps by the end of the month. Enjoy!

YOU NEED: A fresh perspective.

# AQUARIUS GUY:

While he might be all business the first half of the month, he'll be so ready for downand-dirty fun the second half.



# **PISCES** 2.19-3.20

STELLAR GIFTS: Your sublime creative talents and boundless imagination help you stand out.

BLIND SPOTS: You feel the littlest things on the deepest level, so drama of any kind totally drains you.

YOUR MONTH: The first half of March is pure bliss. You feel more creative than ever, and there's a special someone curling your toes, especially near the 12th. Don't float off on cloud nine just yet! Venus is in retrograde all month, meaning some restraint is in order.

YOUR YEAR: Enjoy the clarity that now propels you forward. Trust your instincts and make changes in April for a fresh start in May. Travel in July to charge your imagination, and revel in September and November—your steamiest months.

YOU NEED: To not hold back!



# PISCES BEAUTY TIP

Give your vanity table the Midas touch with some metallic makeup brushes.

# **BEST MATCHES**

**VIRGO:** He makes you feel like a queen, and you bring out his whimsical side.

**SCORPIO:** You two have the right chemistry to forge a bond that runs deep.

# PISCES GUY

**LOVES:** Considerate partners who encourage him without being suffocating.

HATES: Pushiness and aggressive behavior.

**DREAM DATE:** A blissful staycation at a hotel where he can splurge on room service and test out the hot tub.

WIN HIM OVER: By moving at a slower pace and gradually building trust.

# SAGITTARIUS SCORPIO

# AQUARIUS CAPRICORN





