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PAGE 72

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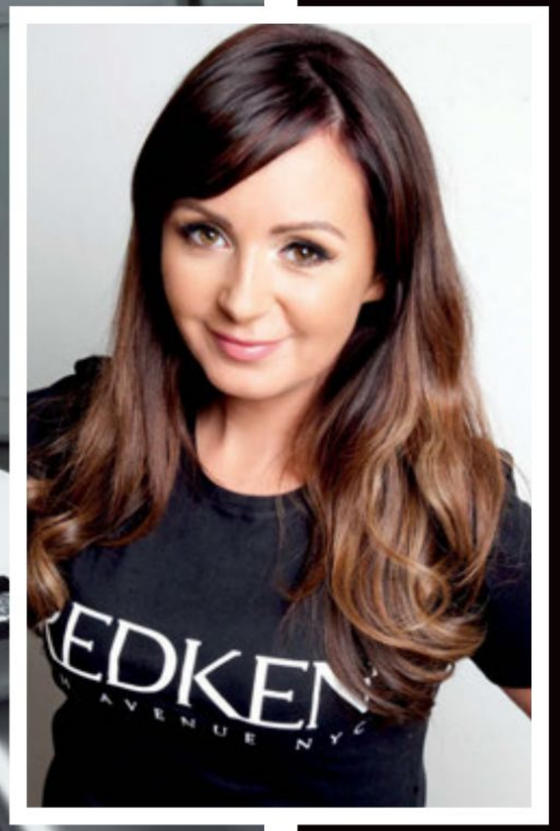


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Magazines Ireland Publisher of the Year 2012 & 2015



It's very timely for me to be guest editing the 'Influencers' issue of this magazine. It's literally this time last year that I left my full-time, 9-5 job that had health insurance, security and a guaranteed monthly pay cheque. I left, not to join another similar 9-5, but to become a full-time 'influencer', and dive into the scary, uncertain world of self-employment. I personally hate the term 'influencer'. Absolutely everyone influences each other, it's not reserved for a certain group of social media addicts. For example, I saw a toddler mashing Maltesers into her face yesterday, and as a result of seeing this glorious sight, I went to the nearest Centra to buy a packet. Does that mean that child is an influencer too? Was that child being paid to eat those chocolates? Was that child declaring said payment with #ad or #spon?! Since the emergence of influencers, which I'd define as someone pushing content through social media platforms rather than traditional blogs etc., they have, sometimes unbeknownst, caused drama, raised eyebrows and questions; what do they actually do? How do they fit into the media landscape? Is their input valid? Are they killing traditional media? In my opinion, everyone's voice matters and is valid. Now, more than ever, traditional media should be working with new media and vice versa. Especially in Ireland, new voices need to be heard and we all need to start being a bit friendlier to each other. That's why I applaud team XPOSÉ mag and this issue, for creating a melting pot for different creatives to come together, use their talents and make something gorgeous happen. And what a stunning issue it is! From the glam XPOSÉ gals on the front cover, to Tara Anderson's gorge, new beauty column, Karen Constantine's beauty run-down and to my 'A-Listings', it's jam-packed with beautiful content from all ends of the media spectrum. TV, print, traditional bloggers, influencers and stylists–everyone has a say! Turn the page, Snapchat the page–do whatever you feel!

James xo



ON THE COVER

All of our cover looks are from Arnotts this issue. For the full shoot, jump to page 16.

Karen wears: Jeans, €99.99, Selected Femme
Top, €176, BCBGMAXAZARIA

Glenda wears: Jeans, €245, J Brand
Top, €176, BCBGMAXAZARIA

Ruth wears: Jeans, €105, Levi
Top, €79, Jigsaw

Cassie wears: Jeans, €99.99, Selected Femme
Top, €190, Armani

Photographer: Lili Forberg
Stylist: Claudia Gocoul
Assisted by: Grace McGettigan
Make-up: Sue Brophy
Hair: Joe Hayes for Toni & Guy
Producer: Aisling Keenan

Check out our other titles...









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GET IN TOUCH

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General enquiries to: Editor, XPOSÉ **Magazine**, Zahra Publishing, 12 Prince of Wales Terrace, Quinsborough Road, Bray, Co Wicklow.



"Like all the best editors, I retired to the couch with some framed covers during lunch...Anna Wintour does it too."



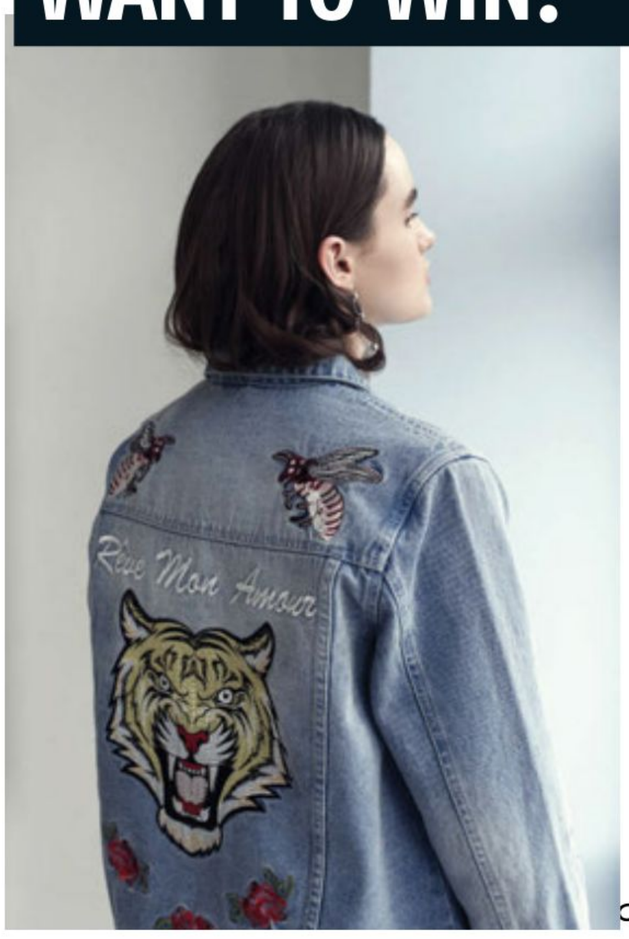


"You can't see it, but I was on Snapchat face-swapping with Kendall Jenner here. Busy day at the office."



"Here I am doing something I like to call 'work'. Note: I've got my glasses on as proof that I'm working..."

WANT TO WIN?



Want to shop this month's shoot for free? We're giving away FIVE €100 Penneys vouchers so that you can do just that...

All you have to do is answer this simple question and email your reply to comps@xposemag.ie with Penneys Denim in the subject line, or send this coupon by post to Penneys Denim, XPOSÉ Magazine, 12 Prince of Wales Terrace, Quinsborough Road, Bray, Co. Wicklow.

Question: Where are the looks in this month's shoot from?

Answer:

Name:

Address:

Email:

Daytime telephone:

Mobile:

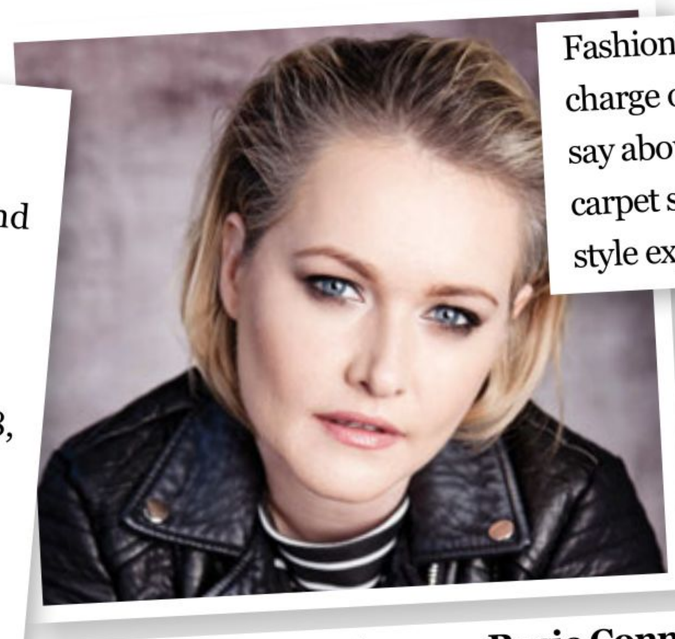
Winners will be chosen and notified by 23rd March 2017. Editor's decision is final.

Influential

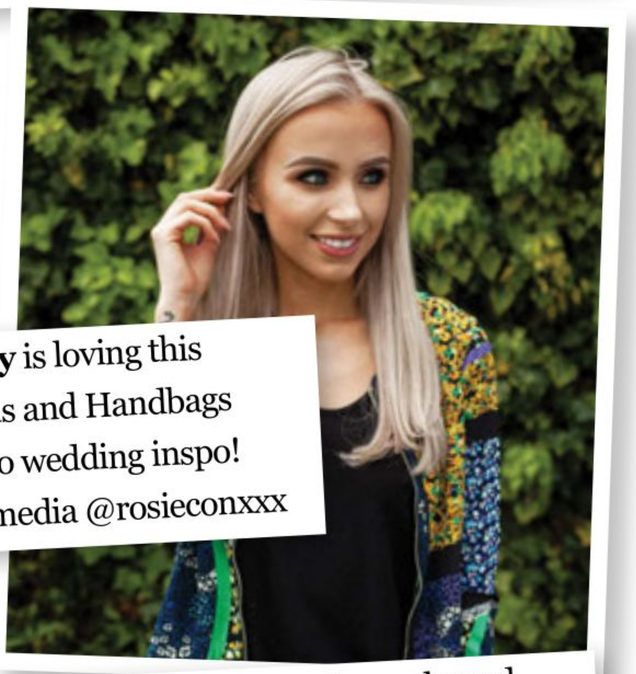
We let these guys take over the pages of the mag this month...



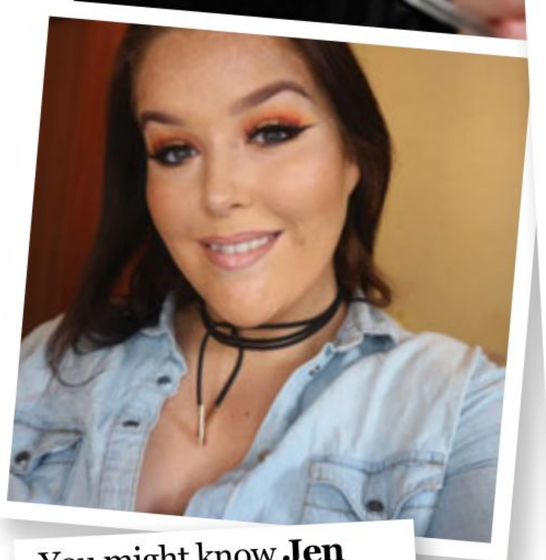
Our guest editor **James Kavanagh**, took over XPOSÉ HQ this month and shares his A-Listings over on page 10. He dishes the deets about his recent hacking scandal on page 78, and shares some delish Currabinny recipes on page 94. Can't get enough of James? Follow him on Snapchat @JamesKSnaps



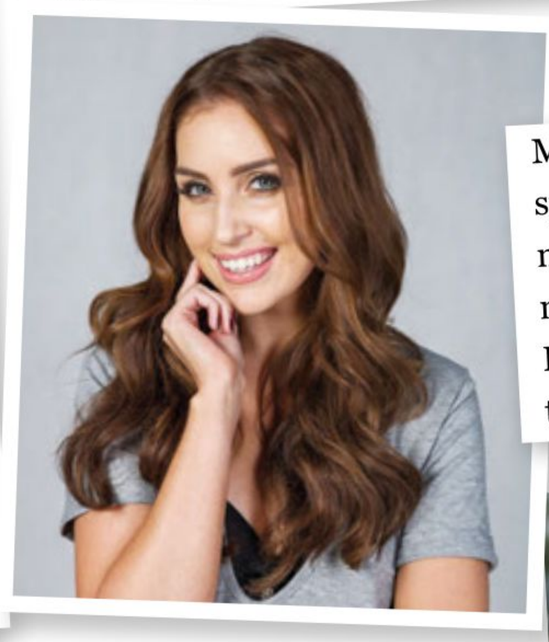
Fashionista **Lorna Claire Weightman** took charge of the Fash Off this issue, see what she has to say about Natalie Portman and Nicole Kidman's red carpet style over on page 32. For more of Lorna's style expertise, follow her on Instagram @styleisleirl



Want to know what the gorge **Rosie Connolly** is loving this month? Find out on page 28. The Hearts, Heels and Handbags blogger shares everything from skin care tips to wedding inspo! Like what you see? Check out Rosie on social media @rosieconxxx



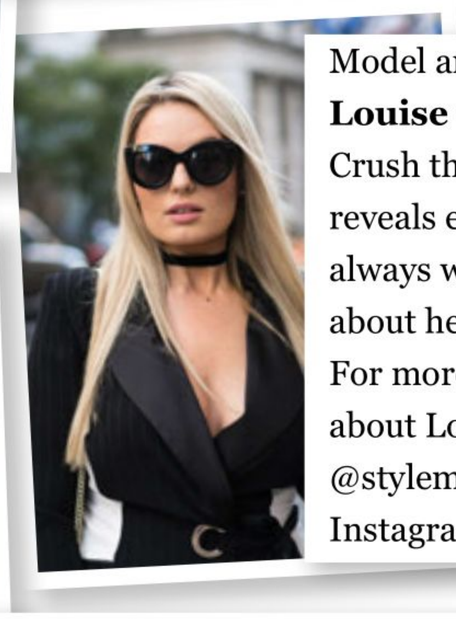
Karen Constantine is one half of beauty blog Lovely Girlie Bits, and always tests make-up under multiple factors and conditions. It's a v scientific process, so we trust her Spotlight On: Volumising Mascaras feature 100 per cent. Read it on page 67 and catch up with @lovelygirlybits over on Snapchat.



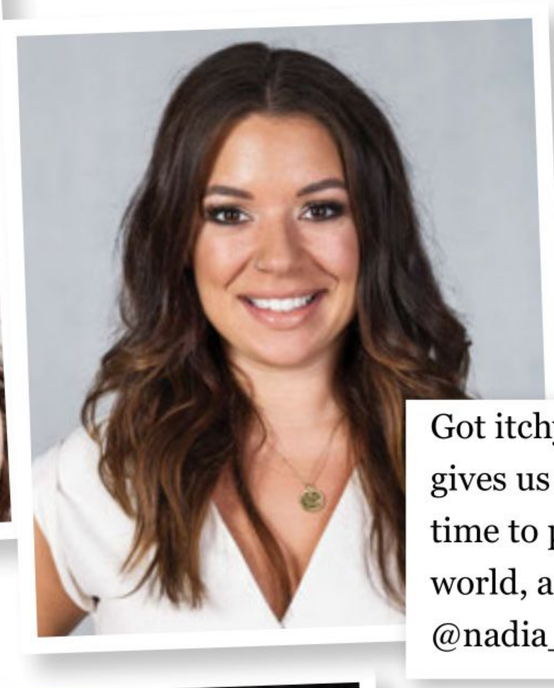
Make-up artist **Tara Anderson** is our brand spanking new columnist, and we couldn't be more excited to work with this glam gal every month. See the first installment of her Beautisphere on page 68, and see what she's up to @tara_makeup on Instagram.

You might know **Jen Morris** better as TooDollyMakeup, the beauty blogger and YouTube star with thousands of followers. Taking over our Beauty Now section on page 62, Jen shares her expertise and top picks in beauty this month. See more of Jen @toodollymakeup on Snapchat and Insta.





Model and fashion blogger **Louise O'Reilly** is our Girl Crush this month, and she reveals everything we've always wanted to know about her career on page 86. For more pics and news about Louise, follow her @stylemecurvy on Instagram and Snapchat.



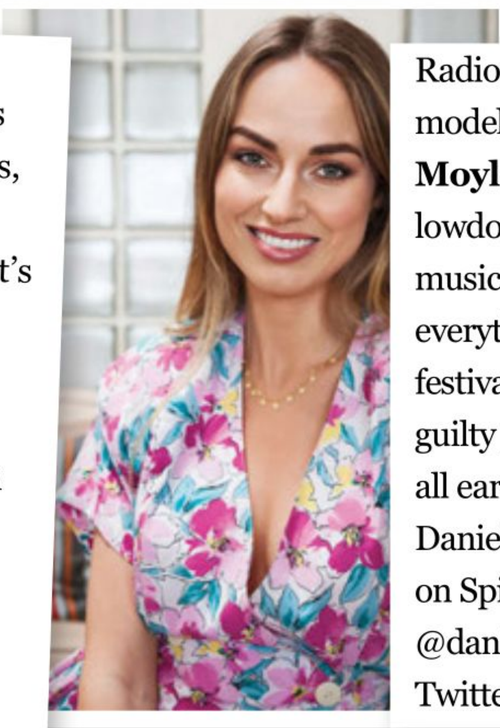
Got itchy feet? Travel blogger **Nadia El Ferdaoussi** gives us her Travel Hot List for 2017 on page 82, just in time to plan our summer hols! She's been all over the world, and documents her experiences online @nadia_dailyself. Check her out for major travel inspo.



Orla McConnon, or @TheOrlacle as you might know her as, has to be one of the gassest gals around. In this issue of XPOSÉ Mag she shares a personal Goss.ie column about trying (and failing) to budget. This is one we can all relate to, so check it out over on page 72.



YouTube sensation **Riyadh Khalaf** has over 27 million views, and with his lively, upbeat personality, it's no surprise why. In this month's issue, Riyadh is our very worthy Guy Crush on page 88. We LOVE him. So if the two pages aren't enough for you, follow him online @riyadhk.



Radio presenter and model **Daniella Moyles** gives us the lowdown on the best music to listen to. With everything from festival sounds to guilty pleasures, we're all ears! Get more of Daniella's music style on Spin1038 and at @daniellamoyles on Twitter!

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Why staying safe online has never been more important (or difficult)

Hello from the other side...

Welcome to the brand new XPOSÉ Magazine! We've changed size to suit your life a little better, and no doubt you'll have noticed, our price has dropped dramatically. We do love the drama to be fair. Also, as you will have seen, the one and only James Kavanagh is our guest editor this issue, so I can't claim to have had ANY involvement in the creation of this month's mag... Okay, maybe a little. We wanted to hop on board and welcome influencers into the pages of the mag, because as James said in his Ed's Letter, magazines should work together with 'new' media for all of our benefits. We're influencers ourselves, after all. It's amazing to see how media is changing and I'm excited about how we'll all adapt. Until next month,



Aoife x

KNIGHT & DAY

JEWELLERY



JANUARY
Garnet



FEBRUARY
Amethyst



MARCH
Aquamarine



APRIL
Crystal



MAY
Emerald



JUNE
Light Amethyst



JULY
Ruby



AUGUST
Peridot



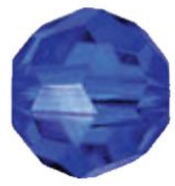
SEPTEMBER
Sapphire



OCTOBER
Rose Tourmaline



NOVEMBER
Topaz



DECEMBER
Blue Zircon



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XPOSÉ MARCH





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This month we're crushing on model and blogger Louise O'Reilly! GORGE!

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Fitness fanatic and foodie Roz Purcell shares her new fave recipes for spring

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A Listings

*What's rocking **James Kavanagh's** world this month...*



Princess Di Fever

"Anyone who even barely knows me, knows that I've an obsession with Princess Diana. This year marks the 20th anniversary of her untimely death, and there are various things happening to celebrate her life and legacy. There's a statue of her being built in Kensington Palace, as well as an exhibition being held there from the end of February, dedicated to her fashion–which I'm going to! You need to follow @Princess.Diana.Forever on Instagram–it's a visual feast of her life."



I Don't Wanna Live Forever

"I just saw *Fifty Shades Darker*, and one of the best things about it, besides Jamie's ass, was the theme song by Zayn and Taylor Swift, *I Don't Wanna Live Forever*. Once you hear it in the movie, alongside the 70,000 sex scenes, all you'll wanna do is blare it when you get home, get out some ropes, lube and random bits and ride all night with your lover."



Opel Adam

"I'm almost ready to do my driving test! 27 and still riding busses... Why do I leave everything so late? Once I pass (probably on the 4th or 5th go, knowing me), I'm getting the Opel Adam. It's such a sexy, little car and you can customise it a million different ways. I'm thinking of skinning it metallic gold and leopard print. Watch this space."



The Chef's Table @ Chapter One

"Now, this ain't something you'll be going to every week, unless Christian Grey is your lover, as it's not the cheapest. BUT, it's such a stunning experience that it's worth every cent. If, like me, you're obsessed with food and restaurants, then Chapter One will deffo be on your bucket list. If you're going, book the Chef's Table. You're basically sat in the middle of the drama of the kitchen and it's fascinating. Get the tasting menu and the chef will come out and explain each dish. It's great theatre, perfect for a birthday or anniversary."

Healthy Sex

"If you indulge in some D or V now and again, then you'll want to be getting regular STI tests. STIs, in Ireland, are RAMPANT. The reason? No one is bothering to get checked and rudely (albeit unknowingly) passing them around. It's not really people's fault, blame the awful sex education in schools. If you're too shy for a clinic, hit up LetsGetChecked.com where you can get discrete kits sent to your home for self-checks."



Spring

"I recently saw daffodils, which signals that gorge weather is finally creeping in! And that's the foreplay for summer, so all I can think of is rooftop drinks, festivals and being scantily dressed. I. CAN'T. WAIT."



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XPOSÉ RULES *of being an influencer*



"I get asked this one a lot..."
If you don't do a Q&A once a fortnight, are you even an influencer? Unless your followers want to know about your day job, your breakfast, and your childhood pet, we're afraid you don't qualify.

But not too much honesty...
Don't over-share your bathroom habits. As great as it is to be open and transparent, it's just TMI for followers trying to enjoy their lunch. Keep yo' bowel movements to yo'self.

Don't be fugly
Keep all negativity at arms length! We're all in the land of social media to have fun. Stay out of drama, avoid b*tchy arguments, and let your followers see you for the successful, positive influencer that you are.

Honesty is the best policy
You know the drill, always #ad and #spon if being paid to promote a product, or else beware the wrath of the Twitterati. Don't bother using #NotSpon and #NotAnAd, though… what a waste of precious characters.

Keep the 'social' in social media
Meet up regularly with other influencers, and post Snaps, Tweets and Insta pics of you together. Followers love that kinda thing, just like when Lena Dunham and Jane Fonda hung out...

Like an open book
Keep your Snapchat open so that followers can send you messages. Develop a bond with them so that they won't ditch you for the next hot-to-trot blogger. Sure, you might fall victim to the occasional d*ck pic, but isn't it worth it?

"I just made an exciting announcement over on Insta!"
Launch your own brand and allow those who follow you to really invest in what you stand for. We hear that make-up brushes, jeans, and false lashes are proving popular.

IMAGE COURTESY OF NEW LOOK

Gucci Goo

"I'm obsessed with everything Gucci is doing these days; it's all high-octane, 1970s glamour–YAAAAS. I don't care what anyone says, these shoes are absolutely divine. The price tag is a bit violent, though. Time to start saving..."



Just Japan

"I'm going to Japan at the end of March and I cannot wait. Since I'm going, I have been researching it loads–it's such a stunning place, and we're going during Sakura which is when all the Cherry Blossoms bloom. Google image it, it's stunning. If you're thinking about going, watch Joanna Lumley's Japan online, she'll sell it to you."





Proper Photos

"Although we're all practically photographers these days, you can't always get the highest quality shot on your iPhone. I've decided I want to start recording my life in a more high-res fashion, so I snapped up a Canon EOS which is so snazzy, throw-in-the-bag portable and takes stunning shots and videos. If you're tempted, go to Currys PC World–they've an unreal selection and expert staff."

Soy Coconut Flat Whites

"If you haven't swapped dairy milk for soy coconut milk in your coffee, are you really living your best life? Ask your barista for it next time you get a milky coffee–you won't look back. It's like having a Bounty bar flavoured coffee. Kaph and Fallon & Byrne have them on the menu."



Perrier Jouët Spring Garden afternoon tea @ Brown Thomas

"If Princess Diana is my number one obsession in life, afternoon tea is number two. Perrier-Jouët, a v gorge champagne, has created an exclusive Spring-Garden Afternoon Tea experience at The Restaurant by Johnnie Cooke at Brown Thomas Dublin–for only February and March. Full of delicious bits and bobs and from €45 per person."





Industrial Relations...

"As a hummus aficionado, I can safely say that Industry, Drury Street has the BEST hummus in the country. If you're floating around Dublin City, drop in and get a salad box with a scoop of their hummus. Your taste buds will sing and dance with delight."

The Scoop

XPOSÉ's round up of our favourite women in charge...

1 Ellen Kavanagh

She's amassed an empire with her multi award-winning brand Waxperts, but Ellen Kavanagh shows no sign of slowing down. She told us, "There's no big secret, just hard work and a positive attitude." A quick look on her Snapchat (@waxpertsellen, FYI) uncovers a treasure trove of advice (and some hair tutorials!). But what is the best advice anyone's ever given Ellen? She says, "Only worry about what's within your control, and not to get distracted with those things you have no control over. Be good to your people, do right by them and stay true to yourself. Surround yourself with like-minded, supportive, positive people."





2 Jane Swarbrigg

We're make-up addicts here (a quick glance at the XPOSÉ Beauty Bible should tell you as much) so Jane Swarbrigg, owner of Inglot Cosmetics Ireland, is a big inspiration. Since bringing the gift of Inglot to Irish shores in 2009, Jane and her family have worked tirelessly to build an empire that knows no bounds. She told us, "Every store opening is a highlight for me! Opening our flagship store in Dublin city centre was amazing, a stunning three-storey building with offices and private studio–it was a very proud day for me. The store on South Anne St has just had a re-fit and looks simply stunning, it is my pride and joy!" And it's not just team XPOSÉ who are huge fans. Jane told us, "Another highlight was our recent shop opening in Waterford when over a thousand #inglotaddicts turned up for the launch party with some queuing from six in the morning."



3 Emma Manley

Establishing a fashion empire isn't easy, unless you're Emma Manley who's been designing since the age of four. Her secret to success is loving what she does. "I hop out of bed every morning, dying to get into the Manley studio," she says, "That enthusiasm makes for a great and productive day's work and I think it really fuels those who work with me." Emma's big sis, Lou, gave her the best advice. "With every task you start, ask yourself, 'is this the best thing I could be doing for my business right now?' We all love to do the things we're good at and that are fun, but sometimes it's the other stuff that has to be done in order to keep the business going." We love how Emma takes everything in her stride, and doesn't have regrets. She told us, "As long as I'm learning on the job, I'm doing ok!" With a new Manley HQ and a growing business at your feet, you're doing better than okay, Emz!

INSIDE XPOSÉ

It's all change at XPOSÉ HQ. Let us introduce you to the brand new line-up as you've never seen them before

TEAM XPOSÉ'S DREAM INTERVIEWEES

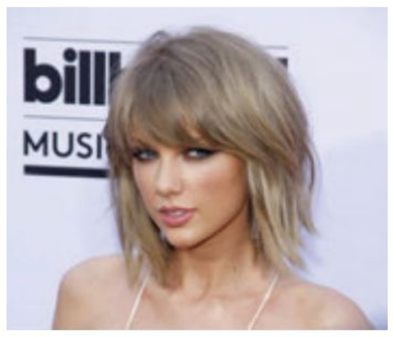
Karen would love to meet Holly



Cassie would love to chat with Amy



Ruth would love to sit down with Taylor



Glenda's dream Interviewee is Jack





KAREN KOSTER

What's your career goal for 2017?
I'm so happy to still be on XPOSÉ after 10 years, and if I weren't working on the show I'd be trying to get on it. My goal is to keep enjoying my job and to keep moving forward.

What would be your dream interview?
I would love to have a dinner party whereby I could interview Ant and Dec, Holly and Phil, Davina, and all of the people who are really at the top of their game in the UK. They're the people that I always watch, and I'd love to pick their brains and just enjoy their company because they all seem like they'd be a good laugh.

Which trait would you take from the other three presenters?
I'd take Glenda's legs and charisma, Cassie's dimples and overall chilled aura, and Ruth's perfect white teeth and throaty laugh.

What's your fave part of your job?
I love meeting different people everyday, and people who are at the height of their success, and always being so surprised that, generally, the higher up they are in whatever field their in, the nicer they are.

Top trick of the trade?
If it's all going wrong, smile and laugh and look like you're having the time of your life, and people wont realise how nervous you are.

What's your fave page of the magazine?
The editorial fashion pages! It's total escapism, a lot of it is stuff that I generally wouldn't be able to wear because it requires too much thought and I'm just not there at this life stage, but it's my little bit of fashion eye candy.



CASSIE STOKES

What's your career goal for 2017?
To interview Amy Huberman, to continue working for XPOSÉ, to keep really, really busy and not have time to worry about anything else, and laugh really hard at least once every single day...

What would be your dream interview?
Well I've been lucky enough to have the chance to interview Kristen Wiig this year; she was my dream interview last year. Tina Fey is definitely my number one for this year and then Amy Huberman, her Insta posts make me laugh every day. Thank you, Amy.

Which trait would you take from the other three presenters?
Glenda's loyalty, you're very lucky if Glenda Gilson calls you a friend because she's a great laugh! Karen's love for her family, she just adores and is so grateful for the three men in her life and I think that's just so beautiful and contagious. They're one lucky family! I would love to take Ruth's chilled attitude; she is so relaxed, and loves to laugh and is just lovely to be around.

What's your fave part of your job?
I get to talk to people for a living, I love people, so that has to be my favourite part. I also love that I never know what tomorrow holds, there's something exciting about that. I also love the team, they make the busy, tough days fun. I feel very lucky to be working in XPOSÉ, to be home in Dublin.

Top trick of the trade?
Never wear too much highlighter when you're on camera because it makes you look sweaty!



RUTH O'NEILL

What's your career goal for 2017?
To cover more international events like the Cannes Film Festival and I definitely want to cover more music festivals during the summer.

What would be your dream interview?
I would love to interview Taylor Swift! I'm a big music fan and I just think she is so smart and fascinating. She seems like such a girls girl too. Then I would point blank just ask her can I join her girl squad! Lol. Just kidding, I would be totally cool and chill...

Which trait would you take from the other three presenters?
Cassie is so self deprecating and funny on Instagram. Karen always has such a positive outlook on everything and manages to look glamorous all the time despite having two young babies. Glenda tells the funniest stories, which always have the office laughing, and she also does spot on impressions.

What's your fave part of your job?
This is literally my dream job! I love the travel, being creative, that every day is different. Most of all I love meeting new people and hearing their stories.

What's the secret to banishing nerves?
I never really get that nervous. I love what I do so I'm usually just excited to be there. A little bit of nerves is good, it keeps you on your toes.

What's your fave page of the magazine?
The XPOSÉ presenter column! It keeps me up to date on what the other girls have been up to during the month. We are all so busy and never really in the same place.



GLENDA GILSON

What's your career goal for 2017?
I'd love to travel even more than I usually do.

What would be your dream interview?
That has to be Jack Nicholson. We'd talk over a bottle of red and a Cuban cigar.

Which trait would you take from the other three presenters?
They all have their own traits; traits that belong to them and make them individuals. So for that reason I wouldn't rob them.

What's your fave part of your job?
I get to meet lots of different people and I love listening to their stories.

Top trick of the trade?
Always big the person up before asking that tricky question.

What's the secret to banishing nerves?
I haven't mastered that yet, so any tips are welcome!

What's the gassest thing you've ever heard on red carpet?
Probably Bill Murray when he was on the red carpet for *The Monument's Men*–he was hilarious! He held my hand that was holding the mic, so the two of us were holding the mic together, and he moved it back and forth for one of us to speak.

What's your fave page of the magazine?
It's always the presenter spread. I love reading up on the girls.

Who are your style icons?
Kate Moss and Robin Wright Penn from *House of Cards*.

TEAM XPOSÉ'S STYLE ICONS

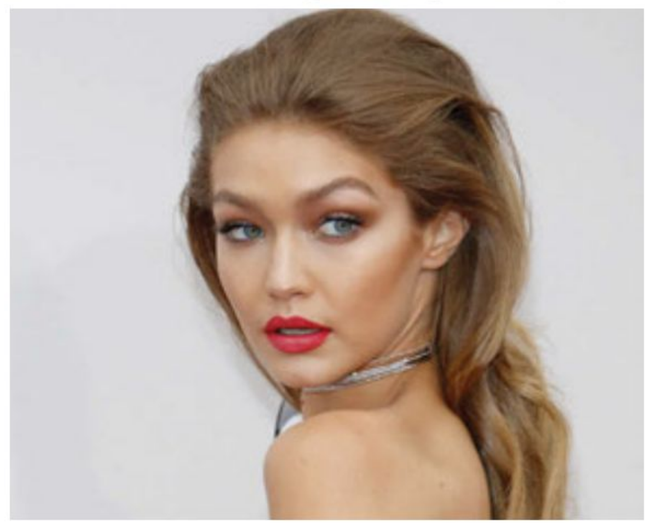
Karen loves VB



Cassie is inspired by Olivia Palerno



Ruth thinks Gigi is a stylish lady



Glenda is all about style icon Kate Moss



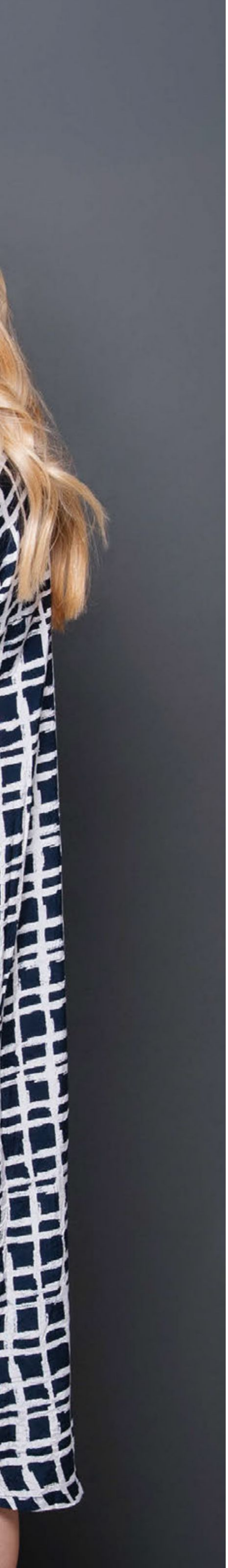
Ruth wears:
Dress, €169, Ganni

Cassie wears:
Shirt, €160, Jaeger
Trousers, €160, Whistles
Watch, €109, Olivia Burton

Glenda wears:
Jumpsuit, €599, Strenesse

Karen wears:
Dress, €95, Masai

All @ Arnotts



Back to Basics

Muted tones are huge news this season. We're bringing it back to basics with the help of Arnotts and team XPOSÉ

Stylist: Claudia Gocoul
Photographer: Lili Forberg

Jacket, €275, IKKS
Shorts, €115, IKKS
Top, €80, Suncoo
Shoes, €170, Kurt Geiger
Watch, €109, Olivia Burton

All @ Arnotts


Ruth wears:
Jumpsuit, €115, Whistles
Karen wears:
Dress, €245, Reiss
Both @ Arnotts



Slip, €114.90, Eberjey
Coat, €540, Tara Jarmon
Brogues, €170, Carvela

All @ Arnotts

Dress, €160, Jaeger
Shirt, €79.95, Selected Femme

Both @ Arnotts



Glenda wears:
Top, €149, Polo Ralph Lauren
Trousers, €199, Polo Ralph Lauren
Boots, were €280 now €155, Kurt Geiger

Cassie:
Dress, €310, Marella
Shoes, €170, Carvela

All @ Arnotts



All looks featured are available in store now at Arnotts and online at **www.arnotts.ie**

Photographer: Lili Forberg **Producer:** Aisling Keenan **Stylist:** Claudia Gocoul **Assisted by:** Grace McGettigan
Make-up: Sue Brophy **Hair:** Joe Hayes for Toni & Guy, Clarendon St, Dublin 2.

Our Rising Star

Irish actress Caitriona Balfe reveals what went on at the Golden Globes and how she felt about that Anna Kendrick name mix-up...



Irish actress and model Caitriona Balfe gave us serious #LifeGoals when she chatted with us about her night at the Golden Globes. "It was really fun," she says, "It was such a crazy experience." Caitriona was nominated for Best Performance by an Actress in a Television Series category for her role in *Outlander*, and just narrowly missed out on the prize to Claire Foy.

Golden Globe aside, she won our best-dressed award hands down, wearing a strapless navy dress with beautifully tailored red ruffles. Embellished with a flower on her waist, the actress looked elegant, beautiful and classy. It's not the glitz and glam lifestyle that the 37-year-old enjoys most, though. It's the fact that she gets to share the experience with other women from similar backgrounds to her own. She tells us, "It was so nice because I got to see Ruth Negga when I was there, another Irish woman, which was amazing." Both actresses were raised in Ireland, Caitriona in Co. Monaghan and Ruth in Co. Limerick, so it was special for

them to share in this otherworldly awards ceremony. That being said, we had to ask if Los Angeles is as dreamy a place as it's made out to be. "It rained nearly all week, which was slightly annoying," Caitriona says. Ah, so it's just like Ireland then!

This wasn't Caitriona's first time to be nominated at the Globes, though, which reinforces just how talented an actress she is. She tells us, "We work so hard on the show and to get these nights where you get to go and celebrate it is really nice." *Outlander* is filmed in Cumbernauld, Scotland, so the actress moved away from her family in Ireland to take on the role of Claire Randall. "The great thing about Scotland is it has so many similarities to Ireland, but it's new enough that it's different. You feel like you're getting to know a new place but at the same time the people have the same warmth, welcoming nature, and dirty humour! And the Scots like a drink as well, so it's good!"

One thing that hasn't been a smooth adjustment is the fact that nobody outside of Ireland can pronounce her name. Laughing alongside her Scottish co-star and on-screen husband, Sam Heughan, Caitriona gives us the deets. "Growing up with Caitriona spelt the way it is, I'm kind of used to it at this point. Sam shortened my name to 'Cat' the first week we met because he didn't know how to pronounce it!" Nobody has said her name quite as incorrectly as Anna Kendrick, however. At the Golden Globes, while calling out the names of the nominees, Anna read Caitriona's name as "Kate-ree-ona Ball-fee"... which is high up on the list of terrible pronunciations alongside John Travolta's 'Adele Dazeem'...

Never the type of person to dwell on awkward moments like that, Caitriona moves on to tell us about being honoured with an Oscar Wilde award. The ceremony is organised by the US-Ireland Alliance and recognises Irish talent in entertainment, so of course

"It was so nice because I got to see Ruth Negga when I was there, another Irish woman..."

Caitriona was a shoe-in. Taking place at JJ Abrams' Bad Robot production company in Santa Monica, honours will also be passed to singer-songwriter Glen Hansard and actor Zachary Quinto. Caitriona adds, "JJ Abrams gave me my first job, so it's quite a nice full-circle for me. I remember my first time going to it during my first year in LA, and I was so starstruck by everybody. So it's so nice to be honoured."



Roses Are Red

We sat down with the gorge Ruby Rose to get the low-down on her style, bucket list and relationship with Vin Diesel...



You wouldn't think Ruby Rose was a mega successful superstar. When she sat down with us to chat about her latest movie, *xXx Return of Xander Cage*, she was as down to earth as your best friend would be if she'd popped over for a cuppa.

Smiling and bright-eyed, the Australian actress seemed genuinely happy to have the chats–not before looking out for our safety first! Glancing at our recording equipment, Ruby says, "It's a strange looking contraption! As you were sitting down it looked as though a nail was going to come down into your head! I thought you were going to get a lobotomy for a second." Thankfully it was just an XPOSÉ microphone above our heads, God forbid

we'd get a head injury when we could be having the lolz with our Rubes.

Wearing a black round-neck jumper over a white, collared shirt, the 30-year-old looks much more casual than she did the night before on the red carpet. "I made a terrible decision to wear the most beautiful dress I've ever seen. It was made of metal, and was completely see-through, so I may as well have been naked. The metal kind of conducted the freezingness, so I was absolutely freezing! I had blue lips when I got home."

On that note, we couldn't help but wonder whether she's ever been to our chilly Emerald Isle. "No," she says, "but I'd love to go! Everyone always tells me how beautiful it is, and I'm a bit of a weird Google stalker of your whole country. I'm also obsessed with the accent." We're kind of obsessed with hers too… what is it about the Australian accent that makes everything sound so sweet?

Bucket List

At the start of the year, Ruby achieved a long-term dream of hers to appear on the *Ellen* show. When asked how she felt about it, Ruby tells us, "I had the best time ever. She's unbelievable. What a way to start 2017! As far as bucket lists are concerned, I just wanted to go to a taping of *Ellen* one time during my life, let alone actually being an invited guest!"

So what went on backstage? Ruby gives us the scoop, "We played ping-pong beforehand, and she beat me very badly! She's very good at it, evidently. She's just as cool in real life as she is on the show. She's everything, I love her."

BFFs

If you follow them on Instagram, you'll know that Ruby Rose and Vin Diesel are the best of friends. They met on the set of *xXx* and have been super close ever since. "He was pretty insistent on me playing Adele," Ruby says. "He thought I was the right fit and when I read the script, I agreed. As a scene partner, he's really easy to work off because he gives you a safe place."

"He's an exceptionally generous, giving human being," she continues. "As a friend, he's a person I can call at any time. I rang him before going on *Ellen* and said 'I'm nervous, what do I do?' and he said 'Just be you!'" He has time for everybody, and I've never met somebody so willing to go out of their way. He's a great friend." We can't wait to see what Ruby does next!





Simple Hair

As a busy Mum, I don't always have time to spend doing my hair or having it styled for work or events I may be going to. Lately I have been loving stress free, easy to do hair styles like the one I wore to a recent awards ceremony, the Gossies 2017. This look took me no more than two minutes. I parted my hair to the side, combed it into a low ponytail, sprayed with hairspray and ran out the door! So easy and yet can look super stylish and polished when needed.



Rosie Loves...



Instagram and Snapchat are her stomping grounds, but here blogger ***Rosie Connolly*** *shares with us her latest and greatest life loves...*

Laid Back Style

As most of my followers know, casual is definitely my thing and I always like to make sure I am both stylish AND comfortable when I put an outfit together. I have a massive collection of trainers in my wardrobe, in so many different colours and styles. When buying new clothes, I always try to think if it could possibly be worn with trainers too! I love to style a nice edgy look with black and white trainers and one of my favourite designer handbags to add some contrast to the relaxed look.



Leather Lover

I own copius amounts of leather, faux leather and biker style jackets, and thankfully, I don't have to wave goodbye to them for the warmer months. I am loving the lighter colours coming into stores recently, particularly this Zara one, €59.95. It would be beautiful styled over a summer dress with ankle boots.



Dress, €55, Topshop

Little Red Dress

There seems to be a trend emerging for the coming months. I have been seeing a lot of red on the catwalks and it's starting to spill into the stores already. You can wear as much or as little as you like, but I do think you can't beat a LRD (little red dress!) for a night out.

YouTube Love



I have always been a big fan of Youtube and have a long list of bloggers and fashion channels that I love to watch, but my favourite by a mile has to be Lydia Elise Millen. Her channel is so polished, so positive and oh-so-luxurious too. I find myself switching off for ten minutes while watching her videos with a cup of tea... heaven!

EXCLUSIVE First Look

I have been working hard behind the scenes for months now on launching ALUXE, my very own brand. Our first product to launch is an exclusive collection of stunning sunglasses, from classic styles, to fashion and festival styles. Get them from ALUXE.ie and from selected pharmacies. Prices from €15-€18.



XPOSÉ

FASHION

Stay one step ahead of the fash pack

IMAGE COURTESY OF NEXT

DENIM DAYS

Our go-to wardrobe staple is getting an all new look for the season ahead at Penneys

SARTORIAL SAVIOURS

Want to steal Pippa O'Connor's signature style? Don't we all. We've got the lowdown on **PAGE 30**

Getting shirty? So are we. The white shirt is back with a bang on **PAGE 34**

Style Stalked: Pippa O'Connor

As style crushes go, Pippa O'Connor is up there for team XPOSÉ. One of Ireland's most loved fashion bloggers, it's no wonder that we all want a piece of her signature style...

ACCESSORAMA

Pippa didn't become an Irish style icon by blindly following every trend to trickle through from the runway. The model-turned-entrepreneur sticks to signature pieces and incorporates trends through her accessories.

COLOURING IN

When in doubt a statement jacket will always see you through. High street stores like Zara, Next and Penneys all have some fabulous options that will inject some colour into your spring/summer wardrobe without breaking the bank.

POCO POWER

We all know the struggle of trying to find the perfect pair of jeans. Instead of complaining, Pippa got proactive and created a denim line that's become the answer to Team XPOSÉ's prayers. If we had to pick a favourite? The Off-Duty...

IN THE BAG

Pippa is an expert when it comes to mixing high street and high end. Whether she's carrying YSL or Parfois, she opts for versatile, classic handbags to finish off her looks.

DAY TO NIGHT

The secret to nailing Pippa's seemingly effortless look? It's simple. Keep the effort to a minimum. Meetings in town or a glam lunch with the girls? Simply swap those Stan Smiths for stilettos.

Steal Her Style

She's a model, mum of two and one of the most stylish people we know, and we've been trying to emulate Pippa O'Connor's style since we first met her. Whether running errands or going to an awards show, Pippa always manages to stay true to her own signature style which is no mean feat. Time and again Pippa mixes high end pieces with high street bargains to create looks that have us filling our online carts. The key to nailing unique Pippa's brand of cool is confidence. Pips, fancy swapping wardrobes?

T-shirt, €12.95, Zara

Jumper, €19.95, Zara

Jacket, €59.95, Zara

T-shirt, €14.99, H&M

Jeans, €110, Poco by Pippa O'Connor

Bag, €825, Stella McCartney @ Brown Thomas

Earrings, €14.99, H&M

Necklace, €19.99, H&M

Trainers, €99.95, Adidas @ Brown Thomas

Jeans, €90, Poco by Pippa O'Connor

iPhone 6 case, €85, Marc Jacobs @ Brown Thomas



THE FASH-*off*

What Style Isle's ***Lorna Weightman*** *doesn't know about fashion isn't worth knowing. Watch out celebs, she's got her garment gavel out...*



Claire Foy is one of my most recent girl crushes and not just for her exceptional performance in *The Crown* on Netflix, but for her style. This dress is certainly quirky with a collar, tulle overlay and appliqué flowers, but she works it. A smile wouldn't go amiss though!

Starlet Emma Stone is leading the way this year. Each red carpet dress has been totally different, and I adore the contrasting fabrics on this one by Alexander McQueen. It suits her perfectly. Keep winning those awards girl!

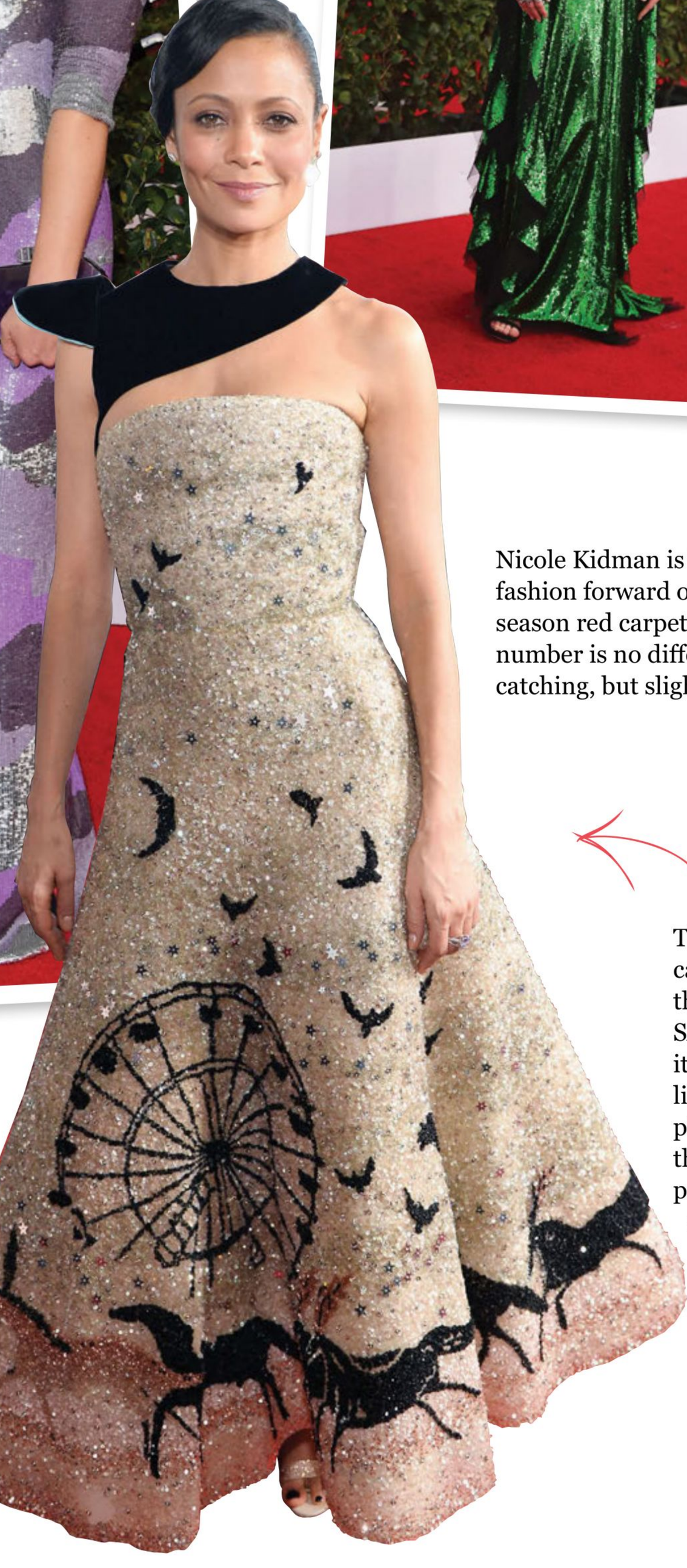
Natalie Portman is nailing pregnancy style to a T this season. Her stylist is doing an awesome job! This white Dior piece is the perfect example of how to do the ruffle sleeve for spring/summer.



Firstly, these two are BFFs and I love them for that. The looks are bold, and embrace pattern and colour and although I am not wild about the cut of the dresses, I'm giving kudos for rocking pieces that are a departure from the (sometimes boring) classic red carpet looks.



Nicole Kidman is being consistently fashion forward on the 2017 award season red carpets, and this Gucci number is no different. It's eye catching, but slightly OTT for my taste.



This dress didn't catch my eye on the night of the SAG awards. Yes, it's fun, but it looks like the shoulder piece shouldn't be there, right? I much preferred the white ensemble Thandie wore to the Golden Globes.

The White Shirt Project

It's the wardrobe staple that never goes out of fashion. Give your white shirt an update this season with Karen Millen

Team XPOSÉ are on a lifelong quest to build the ultimate capsule wardrobe, and while many of the obligatory items are invested in and securely hung in our wardrobes, the perfect classic white shirt is the ultimate prize and so far, it has evaded every single one of us. Enter the team at Karen Millen with their White Shirt Project, it's as if they read our (fashion-forward, yet fickle) minds. It's a little known fact that Karen Millen first began when the eponymous founder invested £100 in 1,000 metres of cotton to create crisp and sophisticated shirts to sell to her friends. To celebrate the timeless appeal of the closet classic that started it all, the iconic brand have created a capsule collection of white shirts re-imagined and hand-crafted in their London atelier.

The humble white shirt is huge news for spring/summer with everyone from Carolina Herrera to Dior using the key piece as a base point for adventurous, high fashion looks. While a white shirt may seem like a basic addition to any wardrobe, as always, it's all in the styling. The staple had been updated, deconstructed and completely turned on its head as of late with designers, celebs and influencers becoming more and more daring in the styling of white shirts.

Gone are the days of a shirt tucked into black trousers. In their place, shirts are being worn backwards, with cut-out shoulders, ruffles and a whole host of interesting details that'll make them the focus of an ensemble as opposed to a practical afterthought.

With volume, statement sleeves, pleats and pussybows, the White Shirt Project ticks almost every trend-driven box for the season ahead. Play with proportions, layer over and under dresses and accessorize until your arms can take no more to create your signature look.

"Play with proportions, layer over and under dresses and accessorize until your arms can take no more..."

The team at Karen Millen have teamed up with three international fashion authorities to showcase the new collection including Parisian blogger, Camille Charriere, London-based presenter and chef Laura Jackson and New York fashion and lifestyle writer Jeanne Grey. But it's not just fans in London, Paris and New York who'll benefit from this white shirt revival.

To celebrate the launch, Karen Millen will host a series of workshops across the world and our lovely XPOSÉ readers are invited. Our very own Fashion Editor, Claudia Gocoul will take the stage at Karen Millen, Dundrum on 7 March to solve your styling problems and we'd love to see you there...

WIN!

A KAREN MILLEN SHIRT WORTH OVER €100! TWEET, FACEBOOK OR INSTAGRAM US @XPOSEMAG AND @KARENMILLEN/ @KAREN_MILLEN USING THE #WHITESHIRTPROJECT



Shirt, €130, Karen Millen



Shirt, €130, Karen Millen



Shirt, €150, Karen Millen

Shirt, €140, Karen Millen





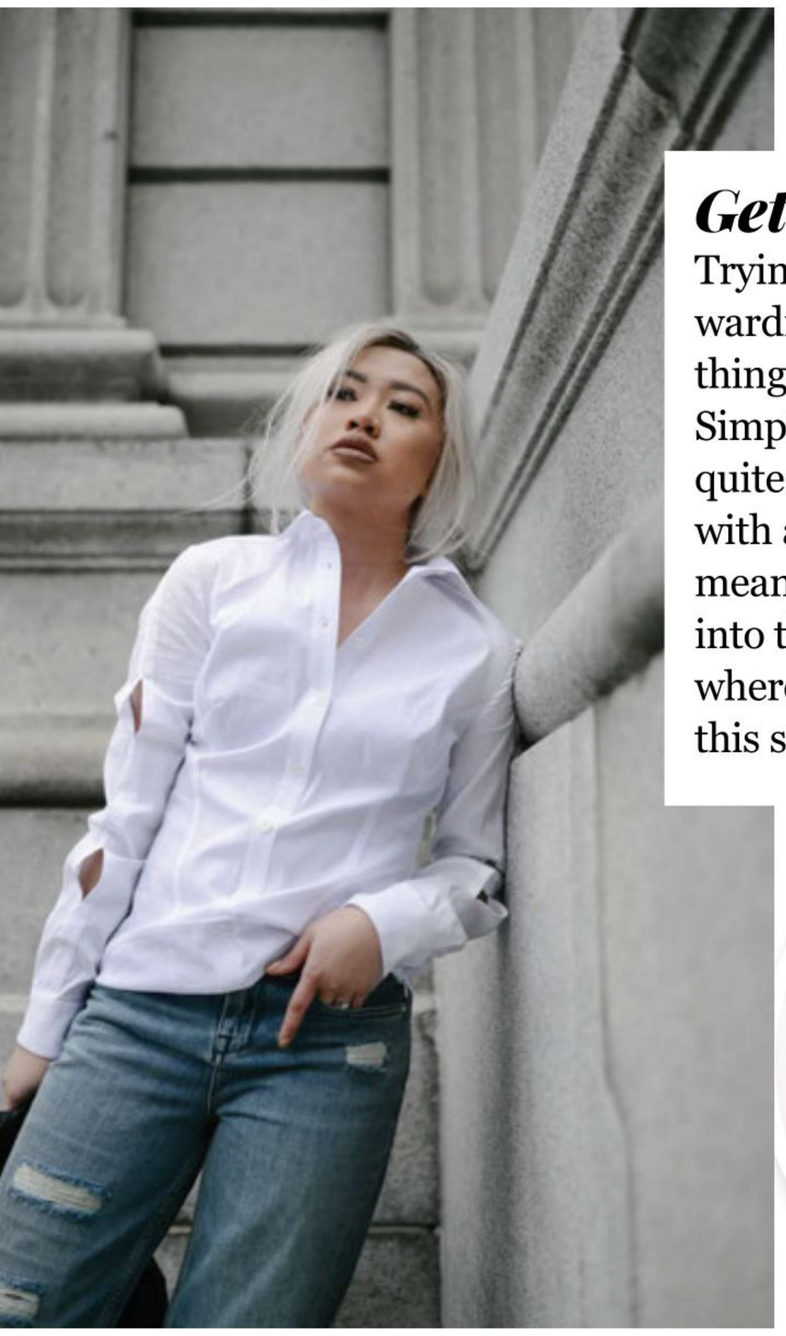
Fash Ed's **FAVE**

Come Along!

Team XPOSÉ's Claudia Gocoul will be in Karen Millen, Dundrum Town Centre on 7 March sharing her knowledge on building a capsule wardrobe and updating that crisp white shirt and she'd love you to join her for the evening.

Fashion Insider

Fashion Editor ***Claudia Gocoul*** *shares her sartorial lust list*



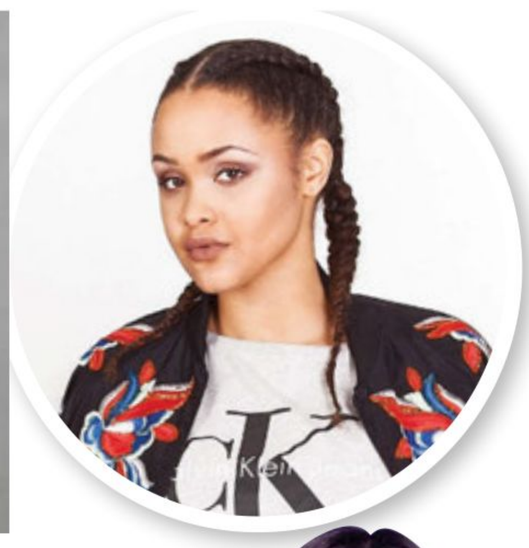
Getting Shirty

Trying to create the perfect capsule wardrobe? Aren't we all. One of the first things that is key is that classic white shirt. Simple but illusive. Karen Millen have quite literally got your back this season with a full capsule collection of white shirts meaning there's one to suit everyone. Pop into their Dundrum store on 7 March where I'll be hosting a talk on how to style this staple for your body shape.



Lip Service

I've been lusting after a Lulu Guinness clutch for as long as I can remember but let's be honest, they're pricey! This V by Very clutch, €35, offers all of the style for a fraction of the price. Winning!



Prince Charming

2016 was the year of lost legends but of all the celebs that passed away it was Prince that really got me in the feels. Sure, I loved his music but it's was his bold, ever-evolving style that made me such a fan. This isn't even nearly as out there as some of Prince's iconic outfits but it's a fitting (and wearable) tribute to a fashion and music icon. Jumper, €435, Bella Freud @ Brown Thomas.





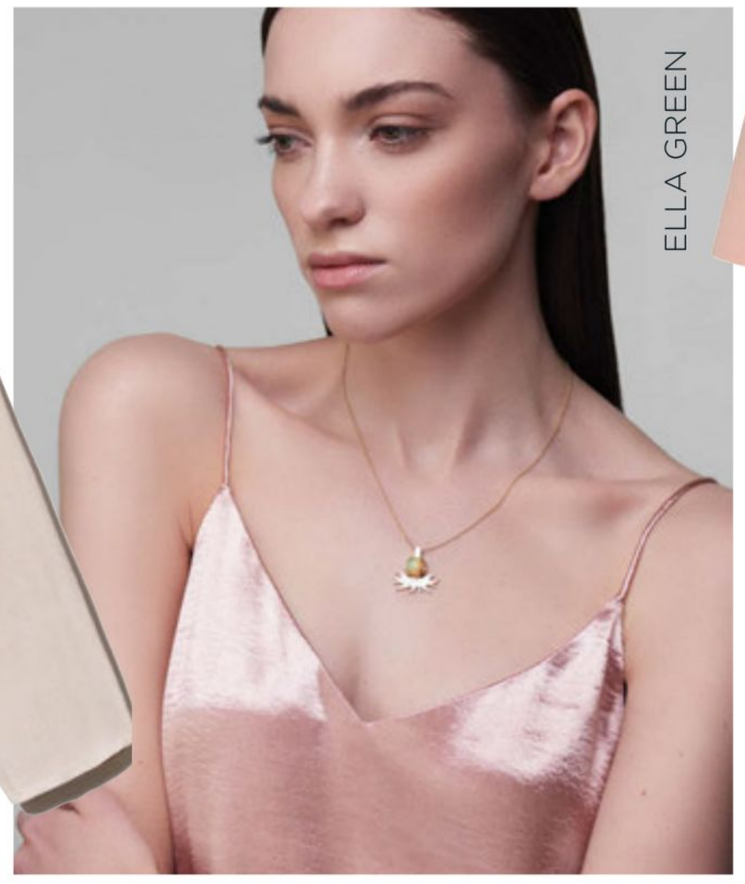
All White, All White!

White denim, it's a tricky one. Personally I've always been too messy of a pup to even attempt it. But at €19 I might just buy two pairs of these cropped dungarees from Penneys and hope for the best...

The Inbetweeners

I love nothing more than a good coat–so much so that my coat rail has fallen out of the wall from the sheer weight numerous times. That said, this season can be tricky. It's not cold enough for the statement coat you've been rocking all winter but THE RAIN... Enter this lightweight parka from Mint Velvet. At €199 it may take a chunk out of my bank account but it won't damage my coat rack and in the grand scheme of things that's all that matters, right?





Think Pink

Sometimes trends come in trickles and sometimes they come in floods. That was the case this season with spring/summer's power colour–pink. From strong fuschias at Balenciaga and cotton candy blush at Valentino, there is no escaping the hue for the season ahead. We never thought Barbie's influence would run this deep and to be honest–we were a little apprehensive, but with a little clever shopping and styling there's a pink to suit everyone. We hate to herald anything as 'the new black' but…





1. Cami, €19.99, H&M **2.** Kimono, €79, House of Fraser **3.** Skirt, €76, Topshop **4.** Top, €37, River Island **5.** Dress, €75, Littlewoods Ireland **6.** Playsuit, €60, River Island **7.** Top, €29.99, New Look **8.** Jacket, €44.99, New Look **9.** Top, €22.99, New Look **10.** T-shirt, €58, Calvin Klein @ Littlewoods Ireland



After Athleisure

Let's be real, athleisure is by no means a new trend. However, this season it's taken a much softer turn and we're obsessed. Gone are the harsh, primary colours in favour of softer pastels and even lace. 'Surely athleisure is just sports luxe?', you may say. We beg to differ. Dior were first to push this new spin on the trend with spring/summer's branded straps adding the perfect high-low feel to otherwise exquisite dresses. It's the update we've been waiting for…







1. Top, €14.99, H&M **2.** Skirt, €28, Next **3.** Top, €14.99, H&M **4.** Jumper, €48, H! by Henry Holland @ Debenhams **5.** Bag, €52.50, Red Herring @ Debenhams **6.** Trainers, €91, Biba @ House of Fraser **7.** Top, €26, Next **8.** Bomber, €42, Next **9.** Bomber, €40, V by Very @ Littlewoods Ireland **10.** Jumper, €34, V by Very @ Littlewoods Ireland



Tulle Story

Tomboys look away now... Tulle is taking over. Molly Goddard has always been a fan, and this season is bringing it back in neon yellow and pink. Sometimes big, poofy and layered, while other times light and transparent–tulle is here to stay. Rochas brought back the ballerina vibe to their catwalk but opted against the basic tutu in favour of a calf-length pleated skirt. But Dior have taken our tulle crown (can you tell we're obsessed with their S/S17 collection?), with stunning embroidered tulle in full-length gowns, in varying colours and shapes. We love it tulle infinity and beyond…





1. Top, €55, House of Fraser **2.** Skirt, €76, Topshop **3.** Skirt, stg£48, Little Mistress **4.** Dress, €69, Miss Selfridge **5.** Bralet, €32, Topshop **6.** Top, €19.99, New Look **7.** Top, €42, Miss Selfridge **8.** Dress, €72, Topshop **9.** Skirt, €40, V by Very @ Littlewoods Ireland **10.** Dress, €50, Topshop



Courtney Covets

Fashion guru ***Courtney Smith*** *picks her most wanted trends and ones to watch this month...*

H&M SPORTSWEAR

Is anyone else tired of BORING workout gear? Well spring has truly sprung at H&M with the new athleticism range at H&M Sport. The collection is seriously fun with a playful injection of prints and colour, while still pushing fitness to the maximum with functional pieces for your sporting season.





FLYING SOLO

Aer Lingus has always had a warm and fuzzy place in my heart. My grandfather was an Aer Lingus captain back in the early '50s, and fell in love with my grandmother who was also an air hostess for them, but even aside from the family connection I've always felt very patriotic about flying Aer Lingus over other international airlines.

There's many other bonuses... Like the fact that we have US Customs and Border Pre-clearance at Dublin and Shannon airport in one quick and easy procedure, making arrival into the US super speedy and queue-free. I've done customs in LA and let me tell you, over three hours of waiting in a queue is NOT fun.

I'm off to Miami (soon to be a new direct route for Aer Lingus) this month for some fun shoots so stay tuned to my Snapchat (cocosmithstyle) where I will document the whole journey and shoots.



GIRLS 4 GINGHAM

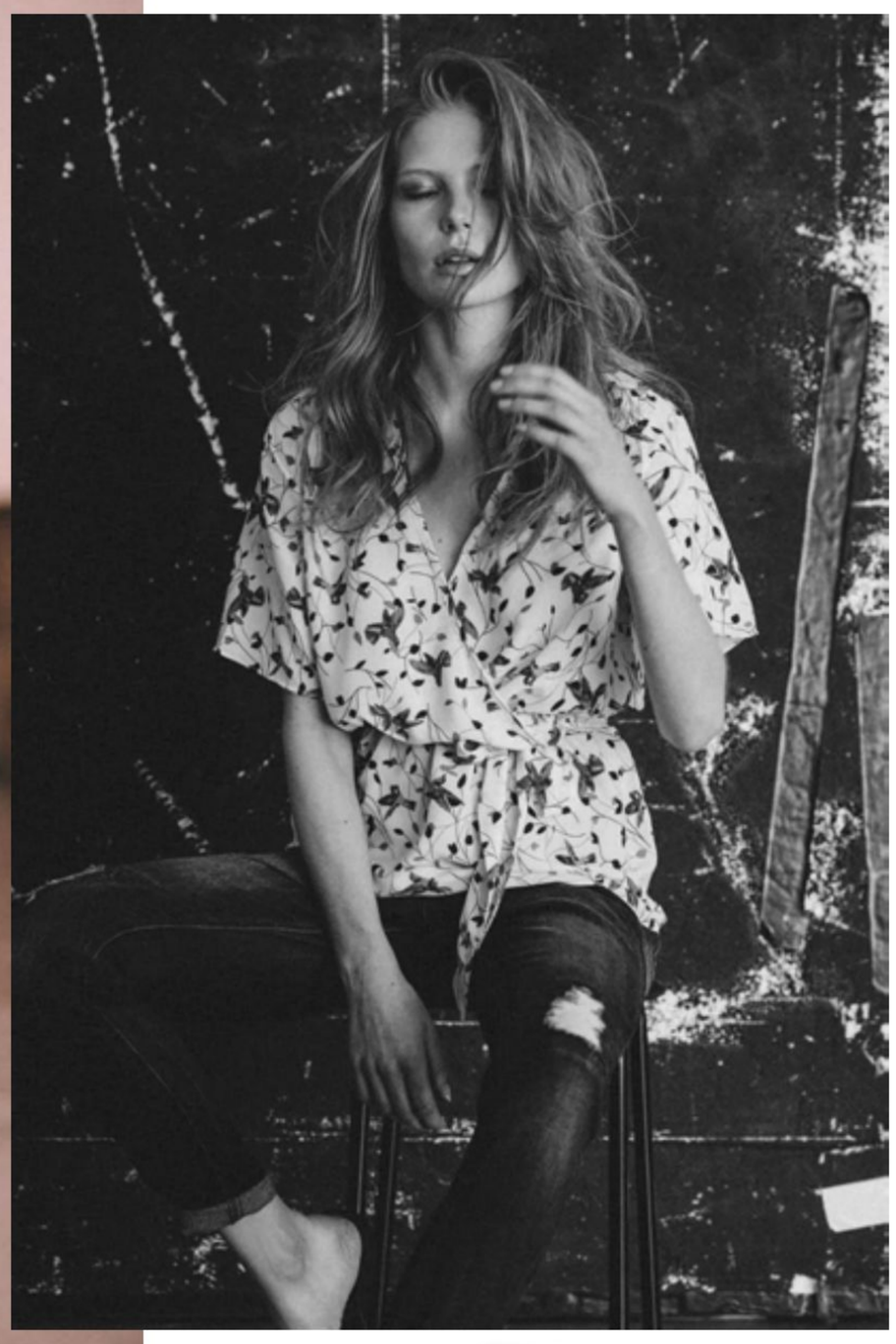
Traditional gingham has taken on a new lease of life for S/S17. What was often associated with kitchen table covers and school uniforms has since become the new 'It' print of the season. Designers like Molly Goddard, Henry Holland and Marques Almeida have brought a little nostalgia back to our summer wardrobes and thankfully the high-street has also taken note. I spotted this FAB skirt from M&S which is the ideal way to inject this look into your new wardrobe and for only €60.



SPECS APPEAL

I've always had 20/20 vision, so imagine my surprise when a routine check in Vision Express ended up with me walking away with new Tom Ford glasses!
Turns out I have something minor and very common called Stigmatism, where the muscle in one eye becomes tired and more relaxed after long days staring at a computer. Anyway, to be honest I've always secretly loved the idea of having glasses (I once even bought clear frames because I thought they looked stylish!). But what I found really interesting was the selection there is nowadays, from high street to high end it seems every designer is going into frames these days. I opted for men's glasses because I preferred the larger shape on my face but I was even advised they can use whatever frames you want... Vintage, sunglasses, mens, you name it. See www.visionexpress.ie.





RANT & RAVE

I recently styled the Rant & Rave campaign, it's an Irish brand that specializes in denim but also do really cute tops and blazers too. Think Olivia Palmero style with an Irish twist. You can buy online at www.rantandrave.eu but they also have lots of stockists nationwide.







Sprung into Spring

It may not seem like it but it's officially Spring time which means it's time to embrace colour and print and all the gorgeous new outfits that our wardrobes are pining for. I recently attended the Arnotts S/S17 press show where I got a sneak peek at the new collections coming in.

Needless to say, pink is set to be absolutely huge–AGAIN! And the return of the dress was really evident on the catwalk too, but the trend I am most excited about is the more muted colours like this gorgeous olive green combo which makes it a lot more realistic for us to wear in these colder spring months.

MANU ATELIER

When one of the world's top bloggers Margaret Zhang is a fan then you know you have become the new 'it' bag. Introducing MANU Atelier, your new arm candy crush! The company is fronted by two sisters, Beste and Merve Manastir, who grew up learning the leather artisan trade from their father and creating beautiful yet simple pieces for your wardrobe. In just two short years, the brand has been stocked on Net-a-Porter and STYLEBOP.com, as well as as Harrods, Avenue 32 and Selfridges. My favourite has to be the contrast bucket bag with animal print and wine and forest green accents (above) but they have so many different style and colour options. See www.manuatelier.com for more.

T-shirt, €8
Jeans, €19
Trainers, €15
Earrings, €3
Fishnet tights, €3
All @ Penneys

Denim
Redux

Update your denim collection with these spring/summer star buys from Penneys

Stylist: Claudia Gocoul
Photographer: Lili Forberg

T-shirt, €8
Bra, €8
Jeans, €19
Choker, €4
Sandals, €10
All @ Penneys


Earrings, €3
Jacket, €25
Both @ Penneys
Rêve Mon Amour



Crop, €13
Jeans, €19
Both @ Penneys



Earrings, €3
Bralet, €13
Dungarees, €21
Shirt, €23
All @ Penneys


Blouse, €13
Overalls, €19
Both @ Penneys



Earrings, €3
Jumper, €16
Dungarees, €21
Trainers, €15
All @ Penneys

Earrings, €3
T-shirt, €10
Jacket, €25
Skirt, €17
Trainers, €13
All @ Penneys



Stylist: Claudia Gocoul **Assisted by:** Grace McGettigan **Photographer:** Lili Forberg **Make-up:** Sue Brophy
Hair: Joe Hayes for Toni & Guy **Model:** Maria T @ Andrea Roche Model Agency

Fashion FAQs

Our panel of fashion experts clear up your sartorial confusion...



Laura Mullett



Freya Drohan



Irene O'Brien

I'm top heavy. Should I steer clear of statement shoulders?

LAURA: If you feel broad in your shoulders then your best bet is to draw the eye down. A structured shoulder with embellishment and detail can make you feel squared-out so opt for softer silhouettes. Wear a sleeve that frames your arms nicely. Opt for complexion co-ordinated tones that compliment you but aren't too safe.

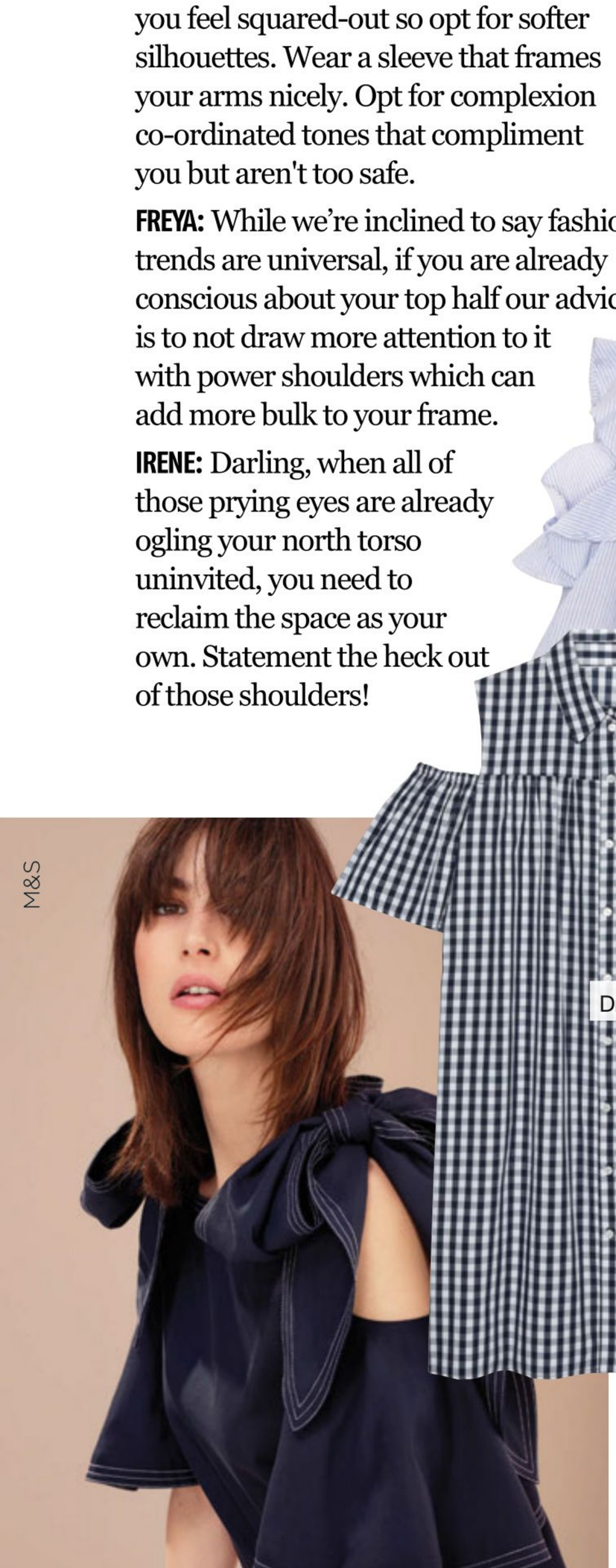
FREYA: While we're inclined to say fashion trends are universal, if you are already conscious about your top half our advice is to not draw more attention to it with power shoulders which can add more bulk to your frame.

IRENE: Darling, when all of those prying eyes are already ogling your north torso uninvited, you need to reclaim the space as your own. Statement the heck out of those shoulders!

CHLOÉ

Shirt, €30.80, Pretty Little Thing

Dress, €13, Penneys



M&S

PENNEYS



Boots, €110, Office

Dress, €45, V by Very @ Littlewoods Ireland



MICHAEL KORS

The Devil Wears Prada has ruined florals for me. Are there any styling tricks to freshen florals for spring?

LAURA: The good thing about a lot of the floral apparel across is the high street is that black is the primary base colour flecked with bright, prominent floral design. This means your florals are transeasonal and you can look summery!

FREYA: What a classic one liner. In my books, florals are always relevant. If you want to shake things up, add tougher elements like combat boots and a biker jacket.

IRENE: All-over floral print; flowers adorning your hair; fresh ones peeking out from your pockets. Make your outfit scream "you won the battle Miranda, but you didn't win the war".

This season's sheer trend is daring! Do you have to be a waif to pull it off?

LAURA: If you're aiming to wear, for example, a black sheer ruffled high neck blouse, by opting for a good bra and a minimalist blush or taupe toned supportive camisole underneath you can exude sexy sheer vibes when the look is teamed with your fave skinnies.

FREYA: Confidence here is key. If you're concerned about keeping modesty intact and only showcasing your best assets, opt for darker colors and look for garments with multiple layers of fabric which are more forgiving.

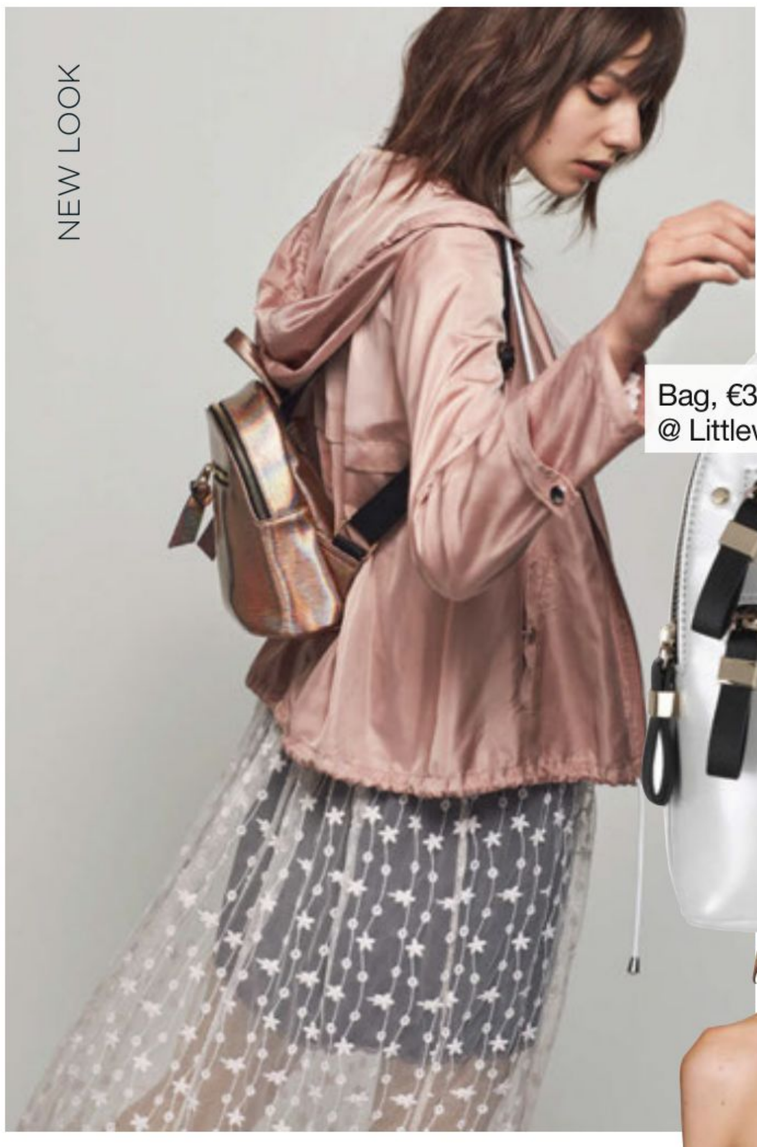
IRENE: Sheer is a risky business–if you're the type to wear it without security layering underneath then you're not going to worry about how appropriately shaped you are for the trend. More power to you!



Dress, €33, River Island



Dress, €75, V by Very @ Littlewoods Ireland



Bag, €38, V by Very @ Littlewoods Ireland

Is this season's metallic trend just for teens or could I attempt it too?

LAURA: Metallics don't have to have to be brash to be beautiful. Muted metallics in luxurious textures are striking when paired with acidic brights. Whether a silver biker or a shimmering magenta hued crushed velvet, by incorporating neutrals for layering purposes you can be sartorially savvy.

FREYA: We don't want to be ageist, but when it comes to metallics after a certain age it is imperative you pay attention to fabric and color if you don't want to end up looking like a total fashion victim.

IRENE: I was active on Bebo, have a 40-year-old husband, and I can't remember the last time I wore an outfit that didn't include metallic. Teens monopolise far too much of the good stuff. Why be matte when you can shine?





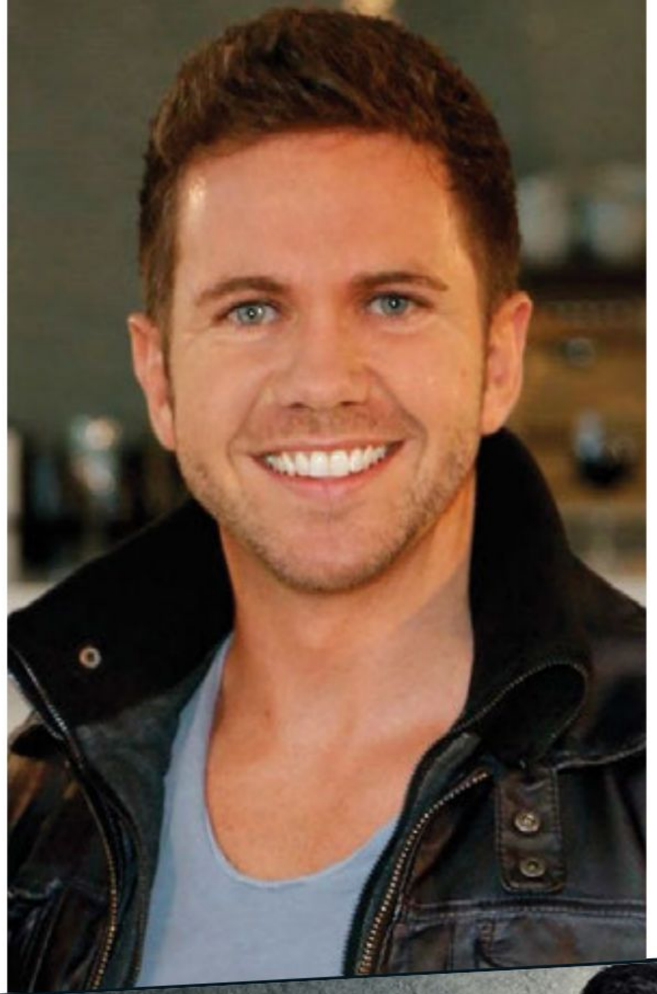
Mule, €45, V by Very @ Litteklewoods Ireland

Got a question for the panel? Email editor@xposemag.ie with 'Fashion FAQs' in the subject line.

Laura is a stylist and fashion blogger. Check her out at www.lipstickgossiplady.blogspot.ie.

Freya Drohan is the Fashion Editor of the official NYFW app, HEED Fashion. You can follow her on Instagram @freyadro.

Irene is Ireland's biggest (and we think best) vintage bloggers and stylists. Check her out at www.irene.ie.



The Guy Buy

with ***Declan Leavy***

He has notions as big as oceans, but we love him! He's your man in the know for the best beauty and grooming products and all the latest in men's styling



TIN OF FRUIT?

If you're in the market for a fancy new suit, and unlike me a €150 Zara jobbie won't suffice, it's worth heading in to the made-to-measure event at Louis Copeland from March 6-12, where you'll meet with one of Louis' master tailors and get your hands on two suits for €1,200–the equivalent of buy one suit get one half price! Book your appointment at www.louiscopeland.com



Saving Face

Ooh, I love a face mask, me! The latest in my collection is Murad's InstaMatte Oil-Control Mask. If, like me you, you suffer from jaysus oily skin, then this mask is brilliant for limiting shiny face. It also does a pretty good job at clearing away dead skin and impurities for a generally brighter complexion. €45 from www.murad.co.uk and Murad beauty salons. And if you're looking for extra oil controlling weaponry, Murad's Oil Control Mattifier, €39.50, has been a very good friend to me, especially on nights out!



FOR SALE: ZAYN MALIK'S SHOES

There no business like shoe business, like no business I know! Taking the step from showbiz to shoebiz (see what I did there?), ex-1D hottie Zayn Malik has designed a range of shoes for top footwear designer, Giuseppe Zanotti. The five-piece Giuseppe for Zayn (Zayn for Zanotti would have sounded better, IMO!) collection, which went on sale at the end of January, features options of three boots and two trainers, in a muted palette (god, I'm SO fashion!) of black, brown and olive green. Speaking about the collection, Zay-Zay said, "I really believe style comes from taking chances, being bold and not being afraid to express yourself." Watch your back, Tom Ford!

SOLID!



A couple of months back fragrancer Jo Browne got in touch with me via Instagram and suggested I give her very lovely organic beeswax solid fragrances a try. I was a bit dubious but she kindly posted a couple of fragrances over to me here in London, and I've been using them ever since. I won't lie, I don't always respond well to change, so rubbing a stick across my skin, instead of dousing myself with spray, was a bit odd at first. But do you know what? I love this new way of fragrancing! It's especially handy when you're on the go, because you can keep it in your pocket or gym bag and rub a bit on every time you fancy a refresh. Jo sent me the Oriental Note cologne, a spicy nighttime fragrance with saffron and sweet amber, as well as the Woody Note cologne, which is zingy and fresh and great for daytime. They cost €24 each. Head to www.jobrowne.com for stockist details.

LE WASH



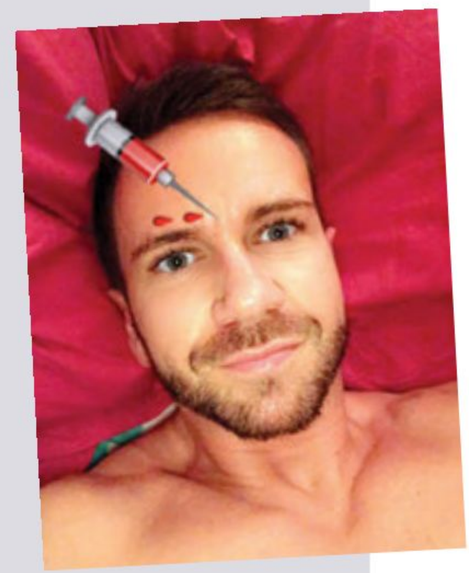
As a beauty writer–and this is probably going to make me sound like a banker with a capital W–I'm in a very fortunate position in that I rarely have to pay for grooming essentials such as moisturisers, eye creams and face washes. So when I do pay for something, especially a second time, it means that I must really like it. A few months back, I misplaced my favourite Kiehl's Ultra Facial Cleanser and was a bit poor a week before payday, so I popped in to Boots to see what was on special offer. I opted for Vichy's Purete Thermale Fresh Cleansing Gel, which was reduced to under a tenner, and I can genuinely say that it's my new favourite face wash and I'm telling everyone about it! Why? Because it's lathers up really well, it smells really fresh, and it doesn't leave skin feeling tight. Full price is €15, from Boots and most other pharmacies.



TRENDS ONLINE

Hats off to Boohoo Man for their #WhereWeWalk collection, which sees the online retailer really step up to compete with the likes of ASOS in terms of wearable and on-trend accessible fashion. The collection highlights the brand's strong outerwear and layering game and boasts some very reasonable price points. De rigueur pieces such as long-line cardigans, bombers, over-sized shirts and biker jackets make for a collection that's definitely worth a look. See www.boohoo.com.

BOTOX & ME!



Oh golly gosh! Didn't Amanda feckin' Brunker only get Botox live on *The Late Late*! Groundbreaking tele-visual social experiments aside, like The Brunker, I recently had a bit of the auld Botox myself. PSA: Botox is a brand of botulinium toxin, which is used to cosmetically remove wrinkles by temporarily paralysing muscle. This isn't my first foray into the world of wrinkle relaxing injections–I am 36 after all–and my top advice is to do your research and never, ever opt for cut-price Botox. This is your face we're talking about! I took myself down to Dr Killian Bates at Renew Aesthetic on Hatch Street in Dublin 2. The salon is as lovely and relaxing as you'd expect a high-end cosmetic clinic to be, but what I most like about it is its private setting, in a not-too-busy part of town. This is definitely the most discreet of the Botox clinics I've experienced.

For me, less is definitely more. I always stipulate that I do not want a frozen look and still want a tiny bit of movement in the forehead. My main area of concern is my furrowed brow–the bit between my eyebrows–but seeing as I'm no spring chicken, Dr Killian also applied some "baby Botox" to the top of my forehead and the delicate area beside my crow's feet. Warning: be very careful when asking for Botox to treat crow's feet. A trained and experienced professional like Dr Killian will know exactly how and where to apply so that you don't end up with two black eyes, but go with the wrong person and you might live to regret it.

So down to brass tacks–how much is all this going to cost? One area is €250, two areas cost €300 and three will set you back €400. And how long will it last? I tend to get three to four months out of mine, which is pretty standard. And of course the burning question for us guys who have a shite pain threshold–is it painful? In short, not really. Some people experience a bit of redness for a few minutes afterwards but other than that no one would know you've just become acquainted with your new mate Botox! Check out www.renewclinic.ie for more info, and if you go, tell them Dec sent you!

Fashion blogger and journalist Declan Leavy is currently based in London, working as a social media manager in the charity sector. Keep up with Declan on @DeclanLeavy @declanleavy.

CLOUD 10
BEAUTY

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How we wear it...

Irish blogger Rachel Farrell shows us how she styles florals...

Rachel says, "As Meryl Streep famously said in my favourite movie, *The Devil Wears Prada*, florals for spring aren't exactly a groundbreaking trend. But this season, I'm loving bright and bold flower prints. Vibrant reds, yellows, greens... no pastel roses for me! I'm all about mixing prints and shapes too–I'm obsessed with the flared sleeves on this multicoloured floral print top. If you think florals are a bit overdone or don't want to brave a full print, floral embellishments are a great way to start this season. I'm on the hunt for embroidered floral jeans this month!"

Photography: Gill Curtin



"If you think florals are a bit overdone or don't want to brave a full print, floral embellishments are a great way to start this season."

Rachel Farrell is a fashion blogger find her at www.ohheythererachel.com.

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XPOSÉ

BEAUTY

COLUMN INCHES

We'd like to introduce our brand new columnist, Tara Anderson

IMAGE COURTESY OF HOUSE OF FRASER

BEAUTY BITS

Steal blogger Chiara Ferragni's beauty look, **PAGE 63**

Oil be there for you... Our picks of the hottest new texture in beauty on **PAGE 66**



I'm a Narcissist

Or should I say, NARSissist? From their foundations, primers and concealers to the iconic Orgasm blush, there aren't many people who haven't been enchanted by at least one NARS product. I'm certainly under the spell, and even more so with the latest additions. The new primers, €34, are used backstage at fashion week, and if it works for all of those cameras, it'll definitely improve my selfies... Right? There are three formulas, each as good as the next, so I mix all three to tailor make my prime. Only on nights out, mind you, that's not something I have time for every morning. Day to day I just go for the Radiance Primer to keep me looking fresh when I'm anything but.



Beauty Insider

***Aisling Keenan's** lust list, beauty rules and insider tips, for your eyes only...*

Yeah, but *are* they real?

Lips... Ever since Kylie went from thin and crispy to actual pillows, there's been quite the trend for fillers, over-lining and anything that can give you the illusion of a fuller pout. I personally have rather tiny and thin lips but can't see myself getting fillers any time soon, and so Benefit's They're Real Double The Lip appealed to me as soon as I heard about it–the illusion of fuller lips in one swipe of the clever duo-coloured bullet. The darker versus lighter colours contour your lip in one go (quick make-up, another thing I love) and genuinely, my lips look bigger. They're €22 each and my shade is the very natural Lusty Rose.





Camo Chameleon

I keep seeing this little nugget of beauty goodness from Maybelline popping up on Instagram, in make-up tutorials online and in peoples' hands too, so I picked one up (a very reasonable €15.35) and gave it a try. The Master Camo palette in Light intimidated me. I'm no Nikkie Tutorials, you see, so I struggled with the colours at first, but after going online to find out where to place each one, and how to blend, my confidence with using it grew. If light coverage and 'no make-up' looking skin is your thing, you'll find this too much, but if you have redness, under eye bags and blemishes that need serious work, it'll please you immensely.



OUT AND ABOUT

One of Dublin's best beauty destinations just got twice as brilliant, and I for one am excited. It's not local to me, but I always try make the trip over to Burgundy Beauty salon in Blackrock when I can. And they've just opened a second salon, splitting the day-to-day beauty needs like nails, tanning and waxing and the more 'treat' based beauty like facials and HD brows. They use Waxperts wax which is always a win for me, and owner Laura McLoughlin ensures the absolute highest level of customer service too. Give them a visit! www.burgundybeauty.com



Perfection

It's not often I'd describe a collection as perfection, to be fair, but the Clarins Spring make-up range comes pretty darn close. It's all about light and shade, giving the skin dimension and accentuating facial contours. The devastation I felt when I realised the Face Contouring palette was limited edition–every beauty lover's nightmare is falling in love with a product only to have it disappear from shelves. But in the meantime I'm gonna buy two or three and make the love last. It's €45, and the Ombre Iridescente shadows pictured are €36 each and yes, also limited edition... Devo.

Eye, eye!

The thoughts of taking your eye make-up off before bed can cause genuine despair sometimes–those few precious minutes could see you snuggling up in bed–but once you pass age 22, there's no getting around it. Your eye bags will be epic the next morning, you'll feel like crap, your hangover will likely feel worse and the despair you felt the night before will pale in comparison. The easiest thing to do? Keep a bottle of Nivea's genius Double Effect Eye Make-up Remover beside your bed. It's €4.79, so no excuse to wake up panda-eyed. And it's one of the best on the market, for less than a fiver, so why wouldn't you? Back before I had laser eye surgery it was the only thing that I could handle using on my sensitive, contact-lensed eyes.



NEW VISION

Yves Saint Laurent Beauté have a new Global Beauty Director (my other dream job, in case you're wondering!), and it is the French-born master of all things creative, Tom Pecheux. Through his enviable three-decade long career, Tom's work has appeared in every one of the world's most prestigious magazine and on practically every runway ever constructed. I'm really looking forward to see what he does in terms of colour cosmetics and advertising for the brand.





BEAUTY NOW



EYES ON IT

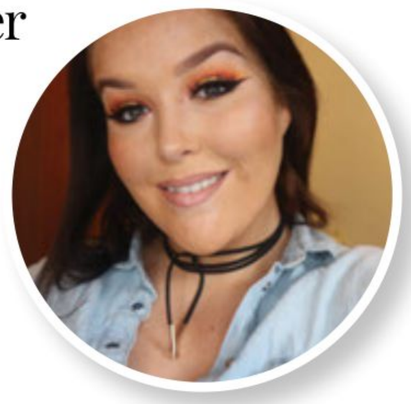
"Kendall's eyes always look crystal clear and that's because she knows a real glow starts before make-up even goes on! The Guinot Age Logic Eye Mask, €43.75 for four masks, smoothes away wrinkles and fine lines around the eye contour. It contains 56 active ingredients required for healthy skin regeneration, perfect for jetsetters."



Light It Up

"Prime-lighting is a huge trend this season. These Illuminating drops from Iconic London, €34.57, give you an effortless glow à la Kendall. Apply before foundation as a primer and after as a highlighter. The compliments on your skin will roll in!"

Jen from @TooDollyMakeup says: "This season is all about getting that Kendall Jenner glow!" Achieve the look with these picks





LIKE A PRO

"Sometimes I want to look like I have face-tuned my face in real life. For those occasions I use the Cailyn Super HD Pro Coverage foundation, €34. This is the most universally flattering foundation I have ever used. The hydrating antioxidant-rich formula instantly melts into skin and leaves your skin flawless. It has a matte finish, but somehow remains luminous."



Yes We Contour

"Kendall would be disowned from the Kardashian/Jenner clan if she didn't contour. This new Highlite 'n' Contour palette, €36, theBalm, contains two Shimmer Highlighters, two Matte Highlighters, one Bronzer, two contour shades and a blush. It's a one stop shop for highlighting and contouring"

STRAIGHT FORWARD

"A key part of Kendall's look is the poker straight hair we all love her for! The Remington Air Plates Straightener, €99.99, will give you that sleek look in half no time. The newest launch from Remington has a unique suspended-plate system that moves freely with your hair to provide maximum contact at every stroke, giving you one-pass styling, every time."



Steal her Style

SAVE



Total €33.24



CHIARA FERRAGNI

Italian businesswoman Chiara Ferragni has racked up almost eight million followers on Instagram, and it's unsurprising considering how stunning both she and her images are. The now 29-year-old kicked off her blogging career in 2009 and has since stolen the hearts of people from all over the world, from Rome, to Dublin, to LA. We love this eyeshadow on Chiara, especially the way she contrasts it against white highlighter on the inner eye. Her sexy night-time look is made even more sultry by thick, filled-in brows and black volumising mascara. To ensure all attention is drawn to her eyes, Chiara sticks to a nude lipstick, which is lightly coated in a light copper gloss, picking up the eye colour subtley. With glowing bronze skin and a dab of peach blush, this influencer is quickly becoming our latest girl crush...

SPLURGE



Total €146

We're obsessed with Chiara's shiny blonde balayage hair. Speaking to *Teen Vogue* about how she keeps her tresses so healthy, she said, "I prefer to keep my hair loose and wavy. I'm fairly low-maintenance with styling, but the best way to keep it shiny and smooth is by running Redken Diamond Oil down my lengths." We appreciate a good product plug if it leads to hair like Chiara's!



BC Brazilnut Oil Pulp Treatment, €16.45



BC Brazil Nut Oil Oil-in Shampoo, €14.20

BC Brazilnut Oil Talent, €25.25

GOING NUTS!

Keeping coloured hair looking fresh and shiny is one of life's more difficult challenges. The lovely people at Schwarzkopf Professional are making things easier for us though, with the launch of their new BC Brazilnut Oil range. Containing Amazonia's best-kept secret, Brazilnut Oil, which is extracted from the seeds of one of the largest trees in South America, its nourishing proteins, minerals and Omega 3 and 9 fill in porous gaps to smooth rough hair. It smells heavenly (think lemon and orange blossom) and as if that wasn't good enough, the oil also provides your hair with UV protection! With prices starting from €14.20, it's a very worthwhile investment! Our hair will be shinier than Shay Mitchell and Isla Fisher's in no time.



SHAY MITCHELL



ISLA FISHER



INSIDER TIP:

Kim Kimble has been styling Beyoncé's tresses for 15 years. She told *People*, "The one thing for me to really keep your hair healthy is a 100% silk pillowcase. It really keeps the hair from drying out. When I use them, my ends don't feel dry."

Hair Trends

What you need to know (and buy!) in hair right now



BALENCIAGA



VERSACE



DIOR

BANG BANG

Fringes, or 'bangs' as our American counterparts would call them, are the biggest hair trend this month. Not only have all our mates got one as part of their 'New Year, New Me' plan, but full fringes are all over the catwalk too. Designers including Versace, Dior and Balenciaga are just a few to opt for the look in their shows. If you do opt for this style, we recommend investing in a pocketsize brush and hairspray, because those babies can get messy v quickly.

SEEING DOUBLE

We tested out two similar curl brushes to see which one we preferred. The ghd Ceramic Vented Radial Brush, €17, won by a narrow margin because we prefer the feel of the handle. It's lighter but still feels more secure in our hand than the Moroccanoil Radial Brush, €12.95. Both are equally great for curling.



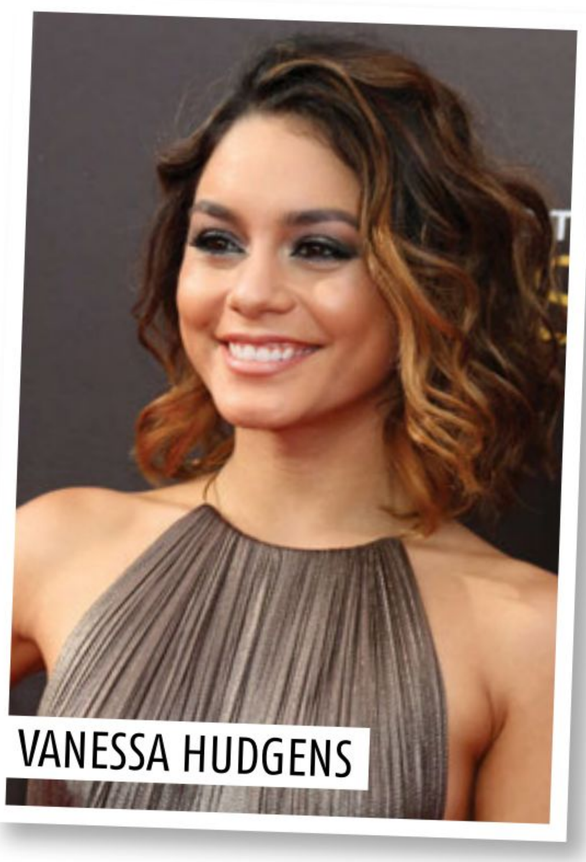
ghd Ceramic Vented Radial Brush, €17



Morrocanoil Radial Brush, €12.95

WHAT'S YOUR PROBLEM?

Q. I have the worst split ends in the world, and I'm reluctant to cut them because I'm trying to let my hair grow long (after a very, very unfortunate experience with a bob...) Is there any product I can use to help my case? I'm desperate.


VANESSA HUDGENS

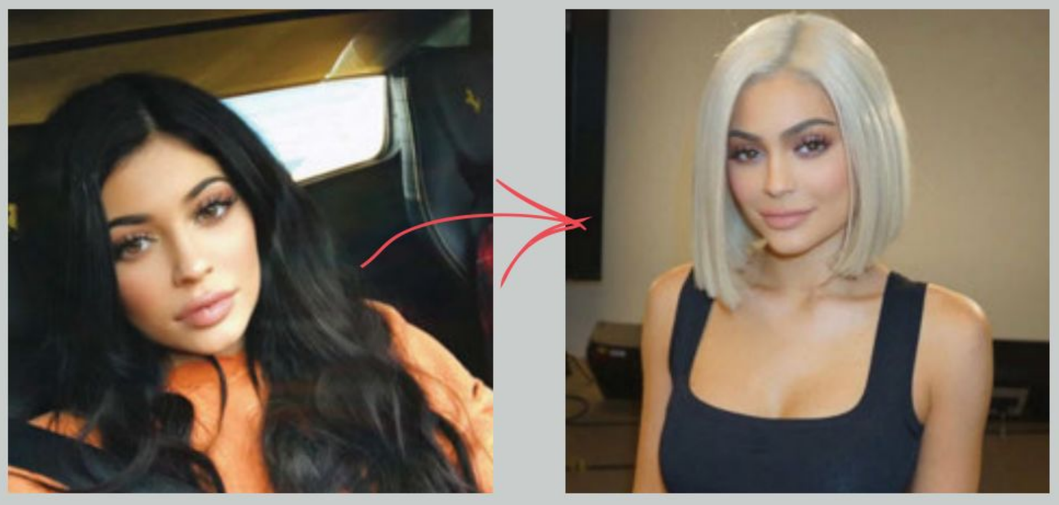
A. Fear not, everyone gets split ends! Even gorge Vanessa Hudgens gets them from time to time. Catwalk by Tigi Hairista for Split End Repair, €20.42, is great for repairing (as well as disguising) split ends. Massage it into the mid-lengths and ends of your hair while it's damp, before blow-drying. Not only is it enriched with powdered proteins to seal split ends, but it also reduces frizz. Bonus! It's not exactly a budget product, but it works, and your hair will feel healthier and smoother in no time.

CELEBRITY HAIR CH-CH-CH-CHANGES

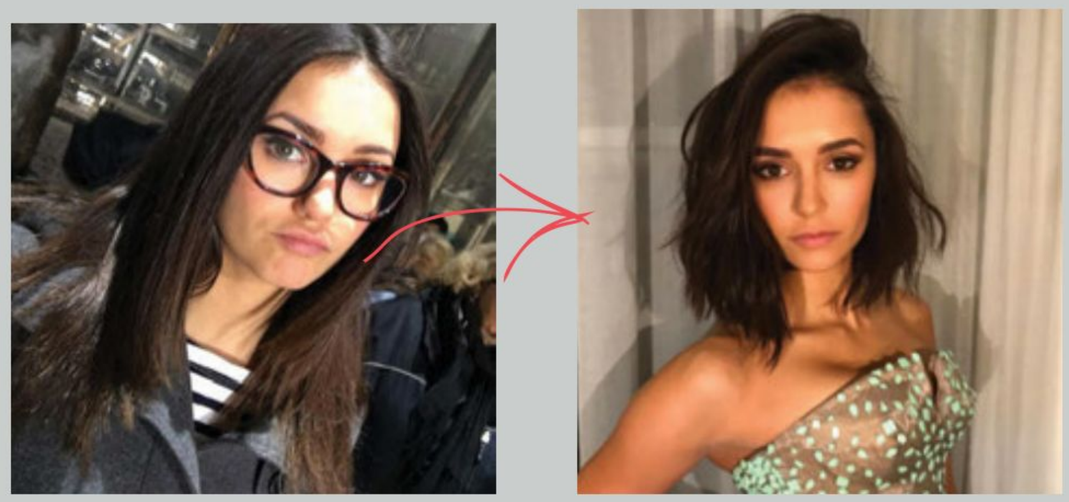
Celebrities are ditching their extensions and going short-haired this month! Here are some of our fave transformations...



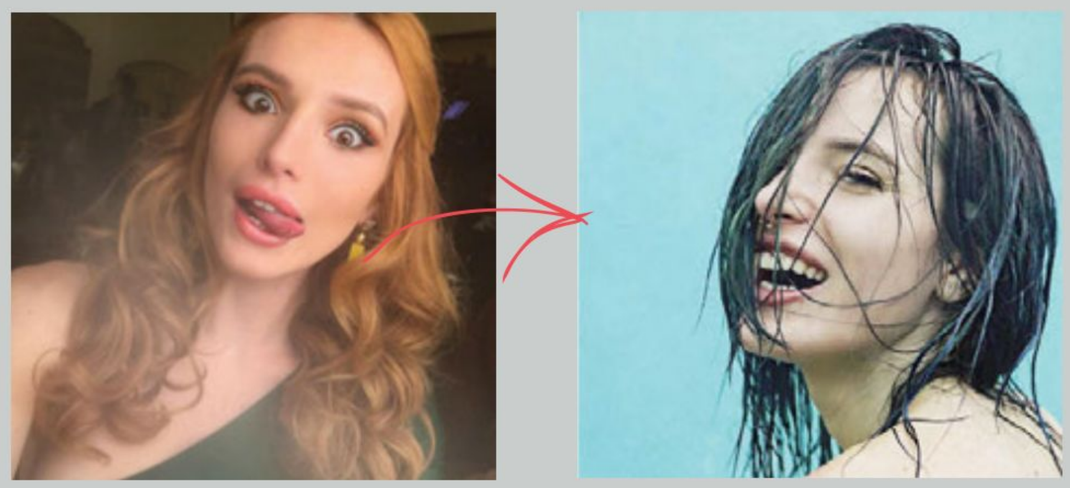
Selena Gomez



Kylie Jenner



Nina Dobrev



Bella Thorne

Oil Right

Lips, skin, hair and nails all benefit from the goodness of oil

Sisley Black Rose Precious Face Oil, €166

Clarins Blue Orchid Face Treatment Oil, €42

L'Occitane Divine Youth Oil, €88

Elizabeth Arden Eight Hour Cream Miracle Oil, €35

Kiehl's Midnight Recovery Botanical Cleansing Oil, €35

Sally Hansen Vitamin E Nail and Cuticle Oil, €8.99

MAC Prep and Prime Essential Oils, €26.50

Smashbox Photo Finish Primer Oil, €36

No7 Beautiful Skin Pampering Body Oil, €14.25

Kinvara Absolute Cleansing Oil, €22.95

YSL Volupte Tint-in-oil in Drive me Copper, €27

Isadora Nourishing Lip Oil, €10.95

SPOTLIGHT ON:
Volumising Mascaras



If there's one thing ***Karen Constantine*** *from Lovely Girlie Bits knows, it's mascara. Here are her picks for absolutely huuuuge lashes...*

"It's said that the eyes are the windows to the soul. I say the eyes are the actual worst secret keepers ever and will totally give the game away if you've had a few too many drinks the night before. They hide nothing, so you need to bring out the big guns all day every day.

As someone who has beady, villainous eyes at the best of times, I know what mascara will pack a punch. Voluminous lashes are an absolute must for me and I know I'm on to a great mascara when someone asks if I'm wearing falsies. Starting at the higher end of the budget at €26 is Clarins Supra Volume Mascara which is formulated with cassia wax, so not only are you giving your lashes a bit of extra care, it gives thick, full lashes, is blacker than my soul and is the best mascara that Clarins has ever made. The most affordable of the bunch is Catrice's Glam & Doll False Lashes mascara and for €4.50, you could give up your daily coffee once, maybe do this on a Friday, get one of these and thank me later. No matter how many layers I pack on, it refuses to clump on me.

I've also been trying out L'Oréal Paris' Volume Million Lashes Fatale mascara recently and it gives me fierce dramatic eyes. I love adding an extra coat or two to the outer lashes to give the illusion of a cat eye.

If you're ever wondering what to do with your No7 vouchers, I got you girlfriend. Get yourself one of No7's Lash Impact Mascara (I love the one in the red glittery tube) and watch your eyeballs transform as your lashes become thick, fluffy and delightfully wispy.

Finally we have possibly my favourite mascara of all time. Bourjois Volume 1 Seconde Mascara in Ultra Black has been repurchased many times because I can't be without it. It's the The Perfect Mascara (according to me) and I've yet to meet anyone who's tried it and hasn't loved it!"











Tara Anderson's BEAUTISPHERE

Make-up artist and Snapchat star Tara Anderson is our brand new make-up columnist. Here's her first installment—prepare for a beauty splurge!



BUDGET/BLOWOUT

Catrice Liquid Camouflage, €3.99

People often struggle with finding an under eye concealer that won't crease or sit in fine lines and if I'm honest most of them do. Not this one though, it is also waterproof and extremely long lasting. Once on the skin it sets to a satin finish so doesn't require a setting powder on top.

Urban Decay Naked Concealer, €22

This has become a firm favourite among make-up artists and bloggers alike. It gives complete full coverage under the eyes whilst still feeling and looking lightweight. It's very easy to blend and also won't sit in fine lines. It sets to a demi matte finish and has become an essential in my kit.







GAME CHANGER

Moxi Loves Eye Catchers, €4.50

I started using these last August and have been obsessed with them ever since. They are a pre-filled cotton bud with a click and release formula that is ideal for correcting make-up mistakes. I always have them to hand when I am doing my eyeliner and mascara. They wipe away any make-up mishaps in an instant with their kind to skin formula, which contains gentle ingredients like vitamin E and coconut extract. Each pack comes with 24 individually wrapped cotton buds, which means you can pop a few in your handbag making them handy for travelling too. The Moxi Loves brand is the brainchild of beauty expert Pamela Laird who wanted to create smart, effective products that are budget friendly too. They are the beauty essential you didn't know you needed. I've bought these clever little beauty hacks over and over again and won't be without them now. Available in Penneys, €4.50.



THE QUICK LOOK

Celebrity inspiration to copy at home

Someone who always looks perfectly effortless is Olivia Palermo. I was lucky enough to see her in the flesh when she was over in Dublin launching her collaboration with Ciaté and her skin just radiated health and natural beauty. That is the look I always opt for when doing my own make-up and also my clients'. Dewy skin is always going to look more youthful and who doesn't want that?

1 *Make sure the skin has been prepped well using whatever skincare works best for you. I usually start with Bioderma Micellar Water, €11.99, to clean the skin and then finish with Bioderma Hydrabio serum, €22, for hydration.*

2 *It's now time to prime the skin, I have oily skin so I usually use Benefit Porefessional, €34, on my t-zone. Make sure to buff your primer into the skin.*

3 *This step is what is going to help give your skin that dewy glow that everyone will compliment you on. I apply Rimmel Good to Glow, €6.99, liquid illuminator all over the skin. Even this worn alone is beautiful on the skin.*

4 *Okay, time for foundation and to achieve flawless skin I am using YSL Touche Éclat Le Teint Foundation, €42. This foundation has enough coverage in it to cover any redness or blemishes without looking too heavy on the skin.*

5 *The most important step that a lot of people seem to skip is setting your base. I always use a translucent powder like Chanel Poudre Universelle Libre, €46, as it extremely silky and lightweight on the skin.*



I LOVE... GOOD EYEBROWS!

Early last year I decided to get Embrowdery done. My brows weren't the worst, but I had seen so many amazing before and after pictures online that I really wanted to try. I booked in with Eve-Ellen, owner of For Your Eyes Only, and am so glad I did. It's a three-step process that will take a few months. It's a semi-permanent treatment, similar to tattooing but it doesn't go as deep as a tattoo and is not done with a tattoo machine. She drew hair like strokes on to the skin which give an amazingly natural result. Four weeks later I had my second session, and after four weeks I had my final one and was left with perfect brows for about a year. A quick top up once a year will keep my brows looking nice and groomed!





Skin Saviour

As someone who suffered with severe acne for years, I completely understand how down having an acne break out can make you feel. There were days in the past that I would cancel plans, as I just couldn't face anyone with my skin. Acne Out is a range that I have been singing from the rooftops about because it WILL make a difference to your skin. I have recommended to so many acne sufferers who have been sharing their skin progress pictures with me over the past few months and the results have been amazing.

The unique formula of active ingredients destroys acne-causing bacteria without being harsh on the skin. The three-step kit has been proven to show results within six weeks. I mainly use the Acne Out lotion as a great on the spot treatment; spots are literally gone within two days!
See www.biofreshskincare.ie.

shoreline leisure
GREYSTONES



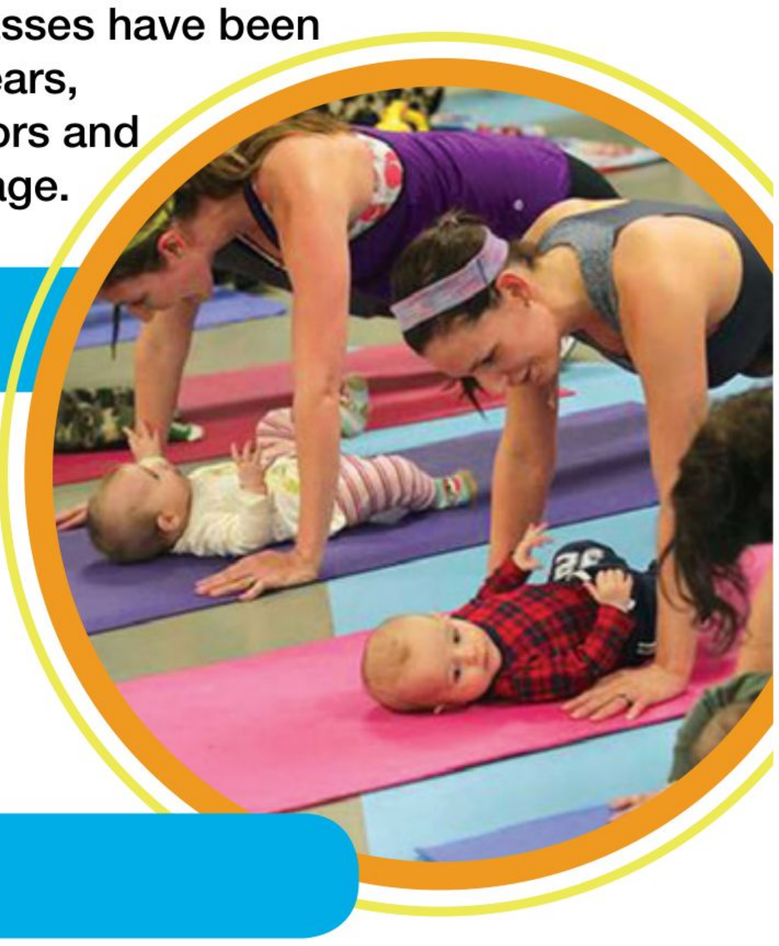


Shoreline Leisure Greystones
mother & baby activities



Buggy Buddies

A fun mum's exercise class located on our 400m running track, incorporating your baby's buggy. Our classes have been growing in popularity over the past 10 years, giving mums more reasons to get outdoors and meet new friends with babies the same age.



Mummy & Me

The indoor version of our Buggy Buddies class which is located on our large sports hall. Luckily we have 'The Happy Pear' located in our club to treat yourself after the class.



Tadpoles Swim Class

This 'baby's first' swim class is for children as young as 4 months and introduces them to the pool environment, by blowing bubbles, temporary submersion and much more.



Baby & Learner Pools

Both our Greystones & Bray clubs have shallow depth baby and toddler pools for a fun activity time with your baby. We also offer Children's Swimming Lessons from the ages of 4+.

Contact us for more information

greystones@shorelineleisure.ie www.shorelineleisure.ie 01 287 8180

XPOSÉ

LIFESTYLE

Adding that A-list edge to your life

IDENTITY THEFT

Why protecting yourself online is more vital than ever

IMAGE COURTESY OF NEXT

LIFE IN STYLE

When white lies go too far... Is it all for the greater good? **PAGE 74**

They came, they saw, they conquered... Are bloggers here to stay? **PAGE 78**

The Cost of Love



Fresh from her hit column over at Goss.ie, ***Orla McConnon*** *aka The Orlacle shares her tongue-in-cheek experiences of being Single in the City**

"I am the best. If you know me, you know that I am the best at everything. I always see people looking at me in awe on the streets. They can see how best I am. I don't blame them though. Sometimes, I catch myself in the mirror and can't look away. Here are just some of the things I am the best at.

✓ Singing
✓ Dancing
✓ Acting
✓ Playing the violin
✓ Tinder
✓ Roller-blading
✓ Anger management
✓ Writing

But I will admit, my only flaw, is my budgeting. You see, 'stable' isn't really a word that people would use to describe me–emotionally or financially. I really feel the pinch of my purse strings when I'm breathing. All day, everyday. I just have zero discipline and live my life with a 'treat yo'self' attitude. For me, September to February is where I really struggle as all of my family's birthdays fall within those months, and then to top it all off, there's Christmas. You'd think I'd be prepared because, oh I dunno, it happens every single year? But no. Not me.

I decided that in 2016 I was going to turn my life around, and this time it would last longer than five days. This wasn't a resolution, this was a change in my lifestyle that needed to happen. These are the examples of what I did, and I really think there's some sound advice in here for you all.

I decided to put €20 aside per week so that I could have a small little savings nest. Want that dress in Zara? Saved for it. Wanna go on a weekend away with the girls? Saved for it. Wanna head on a spa day? You can't cos you didn't f*****g save for it. Some people like to save their money, I like to eat mine. It's like, 'Oh I thought you were planning on going to Abu Dhabi to visit the girls?' And I'm all, 'Yeah I was, but I went to Eddie's four times in one week instead'.

Once I realised saving the income I already had wasn't going anywhere, I decided I needed to find another source of income. I could make a joke about selling my body, but LOL apparently no one wants my body in that way. Instead I have been approached by two friends

asking if I would be their surrogate. I am being 100 per cent genuine and listen, I'm ruling nothing out.

I decided to do a lash extension course so I could make some money on the side. It's been going really well, except for the fact that my main clients are my sister and my best friends and I don't charge them. So, with a minus profit, I decided to buy more equipment and now have a big, expensive, f**k off massage table in my front room, and zero time to do anyone's lashes. That's me, business savvy to the core.

In April we went off to Coachella. We had gone the year before, so we knew what to expect and what we could cut corners on. The year before we spent an absolute fortune on clothes and general travel bits that we 100 per cent didn't need. So this year I decided to recycle some old outfits and just bring the bare minimum toiletries, and I'd buy them over there. Well, if ever a plan was to fail. Not only did I not recycle an outfit to save money, I also TOOK OUT A LOAN. Oh yeah, big time. Because that just makes total sense.

In keeping with our savings theme, we decided it would probably be best to look up everywhere the Kardashians eat in LA and Vegas, and only eat there. This resulted in us eating some of the best food I have ever had. It also meant that we were spending $150 in one sitting. The Malbec is $75? I'll take two. Do I regret it? No. Did I pack on the weight? Absolutely.

When I came home, I knew something had to give. So I cancelled my health insurance. And then my phone insurance. If there was another form of insurance I had that I could cancel, I'd get rid of that too. Pension? Sure I'm only fresh out of the womb. I won't be needing that anytime soon.

In the summer, I had a feeling my 'new me' plan wasn't working. So I had a brainwave. And just like that, I left my job. I was sick of having a steady income and a chance to potentially save. I needed something more–the chase. And there is nothing more thrilling and addictive than the chase of an invoice. That feeling of checking your online banking and seeing the money still isn't there–divine.

September to December was an absolute blur, partly because it went by so quick, and partly because I spent all of my money on wine. I did manage to grasp the idea that if I was going to spend my money on food and drink, I might as well try out some BYOBs in Dublin. I probably went a bit extreme, in that I literally tried them all out, but listen, I was dedicated to the cause.

So how am I shaping up this side of 2017 you ask? Well, funny that. You see, it seemed I replaced Tinder with the Just Eat and Dominos apps, so, eh I'm not doing great. One would think I'd be feeling the pinch in the purse strings and the jeans, and I tell ya, you'd be on to something there.

Thankfully, I learned my lesson, and unfortunately I'm not going to Coachella this year. No. Instead it's off to Abu Dhabi and Dubai, because, with the Euro against the Dirham at an all time high, it would only be right that I go on vacation at the most expensive time of the year. I'm gonna be pretty savvy though, and only get the one bottle of the Malbec this time.

So what are my top tips for you all to start saving? Take out a loan. Live like a Kardashian and deal with the repercussions after. Once you have the loan secured, quit that job.

A course on the side is a great way to make some extra cash. If you ever start charging. As sound as an investment you think it is at the time, Eddie Rocket's is not who you should be throwing your money away at. Unless it's between the hours of 00:00 and 23:59. If you couldn't save in 2016, then what's another year?

I'm so glad this has been so helpful to you all, and hopefully, you'll all be as poor as me someday.

Until next time,

Orla x

This (gas!) excerpt was originally taken from Orla's **Single in the City column on Goss.ie.*

Pretty LITTLE LIARS

America's new president has been known to share the odd 'alternative fact', but he's not the only one. We spoke to psychologist Dee McKiernan about why we're all, in fact, pretty little liars...



You're a liar. Don't deny it, we know (and you know!) it's true. We lie too, don't get us wrong. Every member of team XPOSÉ Mag has lied in the very recent past. In fact, Chartered Counseling Psychologist Dee McKiernan at the Oscailt Integrative Health Centre in Dublin says, "Most people will tell a lie once or twice a day." So it seems that we've all got a bit of the America's new president in us. *shudders*

However, the reasons why we stretch the truth are complex. "Generally people tell lies to themselves or others in an attempt to look or feel better than they do," Dee explains, "And sometimes this can be linked to low self-esteem." She adds, "Some lies are told to respond to social norms or expectations. For instance, someone may lie about how they're feeling, and say 'all good' or 'I'm grand'; 'no you don't look fat in that', or to get out of an event or commitment, saying 'something has come up'." Dee reminds us that these lies are harmless, and "often come from a place whereby the individual may not want to hurt another's feelings". So you're off the hook for those ones...

But lying takes such physical effort that you'd wonder why we bother at all. Dee explains, "In general, lying takes more cognitive effort than telling the truth. It requires more effort to keep your story straight. Cognitively we work harder as the brain tries to remember details of the so-called 'story'. In addition, it's telling the body to behave in a way that looks like it's telling the truth." Sounds exhausting, yet 80 per cent of us do it on a regular basis, according to a new survey carried out by 888Poker.

So if you're not the one who's bluffing, you're probably the one being lied to, and on that note, we asked Dee what key indicators to look out for to determine if someone is having us on. The first thing to be wary of is a vague response. "The longer, more detailed a story is the more likely it is to be true," Dee says. "Details regarding the story, such as time, weather, and context, are generally left out of a lie. If the individual seems nervous, or fidgets, the body betrays the lie."

Some of you may have studied Freud in college, and if so, you might remember this quote, "He that has eyes to see and ears to hear may convince himself that no mortal can keep a secret. If his lips are silent, he chatters with his fingertips; betrayal oozes out of him at every pore." What he means is that body language often betrays the liar. Dee says, "Their body language may not match the story being told. For instance, they might physically nod 'yes' when saying the word 'no'."

Dee adds, "Recent research suggests that the upper body freezes, and the person may use more eye contact than is necessary in order to trick the receiver of the lie. A fake smile is a common indicator, where the smile only happens on the lower half of the face, and the eyes aren't smiling as it were." On a creepy note, Dee tells us that, "in some more sinister cases, the person lying may even display delight or a wry smile in getting away with the lie." We'll be wary of all smiling people from now on...

53%

of you have admitted to falsely admiring someone's ugly outfit in an effort to spare their feelings... It's not a sin if it's for good intentions, right?

62% of people admitted to saying they were somewhere they weren't. It's easier to say you're en route than admit you've only one eyebrow drawn on and haven't shaved your legs yet.

45% of people tell the occasional fib about how much they're spending. "It was on sale!" Yeah, sure it was, and that receipt for a €120 dress just fell out of the sky...

30% **of female fibbers have used the line, "Not tonight, I'm really tired" to get out of sexy time with their other half.**

53% **of us use traffic as an excuse for being late, even if we've really just slept through our alarm. They can't get mad at us if it's out of our control, afterall.**

58% **of us have said, "I'll be ready in a second" when we weren't even close. How important is time-keeping anyway?**

36% **of people surveyed said they'd lied about how much they've had to drink, despite being jelly-legged and carried out of the pub.**

44% of us have lied about having no signal–when really we just didn't want to pick up the phone. That's what "bssshh going through a tunnel bssshhh" was made for.

17% of men have told their partner, "That was a virus, I don't know how it ended up on my laptop..." Make of that what you will.

32% **of us have "boosted" our CV a little bit. So what if we're not actually fluent in Spanish? It sounds far more impressive than 'master of the monkey emoji', doesn't it?**

44% of people said they occasionally pull a sickie to get off work, when the truth is that they simply don't want to be there.

40% of lads will lower the number of people they've slept with to impress a new woman, as opposed to a quarter of women.

84% **of women said they believed it was OK to tell the occasional white lie, compared to 77% of men.**

20% of people would stick to their lie even if they were caught out. "No I haven't seen your red top," texts the sister who's currently wearing it...

SOURCES FOR STATISTICS: 888Poker, Irish Mirror, entertainment.ie, evoke.ie

Change Your Life

Dream of creating a change in your life but feel stuck or unsure where to start? Start making them happen now and 2017 could be the best year of your life

Andrea Hayes is the bestselling author, TV presenter and wellness expert who has just published *My Life Goals Journal*, a book that aims to help people improve themselves and their lives. She says: "A journal is the perfect place to manifest change and is an excellent place to begin. I'm a big believer in setting goals, so first, set your intentions for the year ahead. Making changes in life is not about one-off actions, it is about forming new habits to transform your life. If you set yourself a goal, I promise you can make it happen.

Here's some advice, in the form of an extract, from *My Life Goals Journal* to get you started.

Over the course of twelve months your journaling and monthly exercises should establish a secure foundation for a new and stronger you. Now is the time to focus on your life's purpose and what success means to you. The first step is to acknowledge and understand your worth and value.

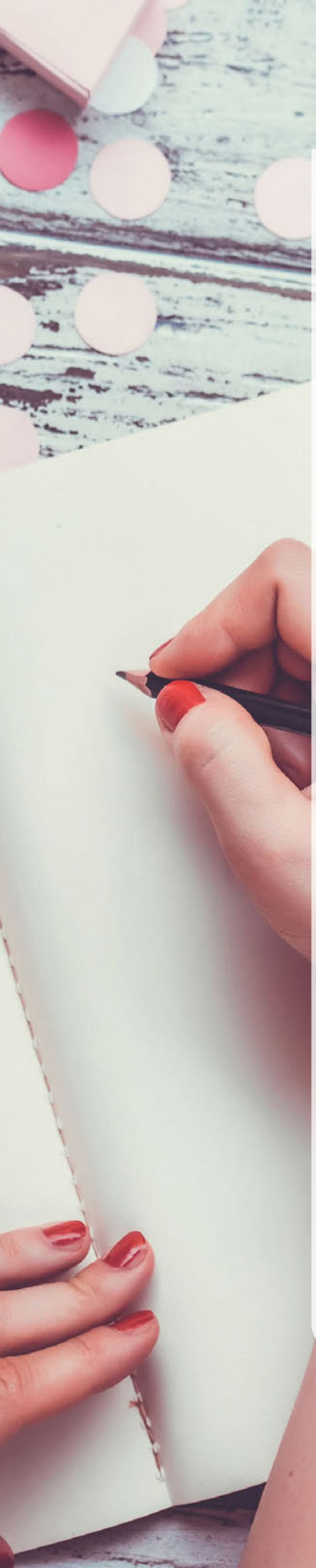
This wellness journey has brought you on a road of self-discovery and it is time to really appreciate yourself as a true blessing to the universe. This month, try using the following affirmation: *'Embrace and love your body–it is the most amazing thing you will ever own.'*

Be mindful to stay focused on the positives. In your journal, get into the habit of writing down three things that went well each day, things you are grateful and happy for.

If you have been following the journal, you will by now have simplified many areas in your life and things should be flowing more easily. Even if you do not realise it, you are more centred in your sacred space. This is a good time to stretch yourself a little more and look to the future.

It is always a good exercise to take a moment to appreciate what brings you joy in every area of your life. On the next page you will find a useful chart that I use often to re-evaluate many different areas in my life. You can use this as a guide to write down what you are grateful for in each category and what you would like to attract too in that area of your life.

Take some time to consider all the



wonderful blessings in your life as you think of them, and the feeling of gratitude will grow. You'll be amazed at how uplifting it is to turn your attention to the positive aspects of your life.

When you have a list completed of all the things you are thankful for, then dream big and imagine how you could sparkle even more and evoke even greater success into all areas of your life. In the column next to your list, detail what you want to attract or how you want to grow and develop in the coming months or year ahead.

Dare Of The Day

Say 'Thank you' often and with feeling today to as many people as you can. Sometimes it is the people closest to us that we forget to say those two simple words to–so make a point to go out of your way to say thank you! If you want to expand on this, you can choose to write a thank you letter to someone who has done something nice for you in the past. Make sure to write the letter or card from the heart. Perhaps give someone you love in your life a little gift or present for no other reason than that you appreciate them and want to let them know.

Dare Of The Week

You can increase your long-term happiness by almost 10 per cent with this simple daily habit from a study by Dr Martin Seligman. In the original study participants were asked to follow the instructions below. This week, try them for yourself.

- Every night for the next week, in your life goals journal, write down three things that went well today and why they went well. It is important that you have a physical record of your thoughts.
- The three things can be insignificant events, e.g. I ate my favourite dinner tonight, or significant events such as, my friend got a new job today!
- Next to each positive event, answer the question: 'Why did this happen?'

For example, 'I took time to go shopping for all the ingredients to my favourite recipe' or 'My friend is talented and excellent at what she does and her talents have been recognised and she was the perfect person for the job.' Writing about why the positive events in your life happened may seem awkward at first, but please stick with it for one week. It will get easier.

Some things that went well today:
1.

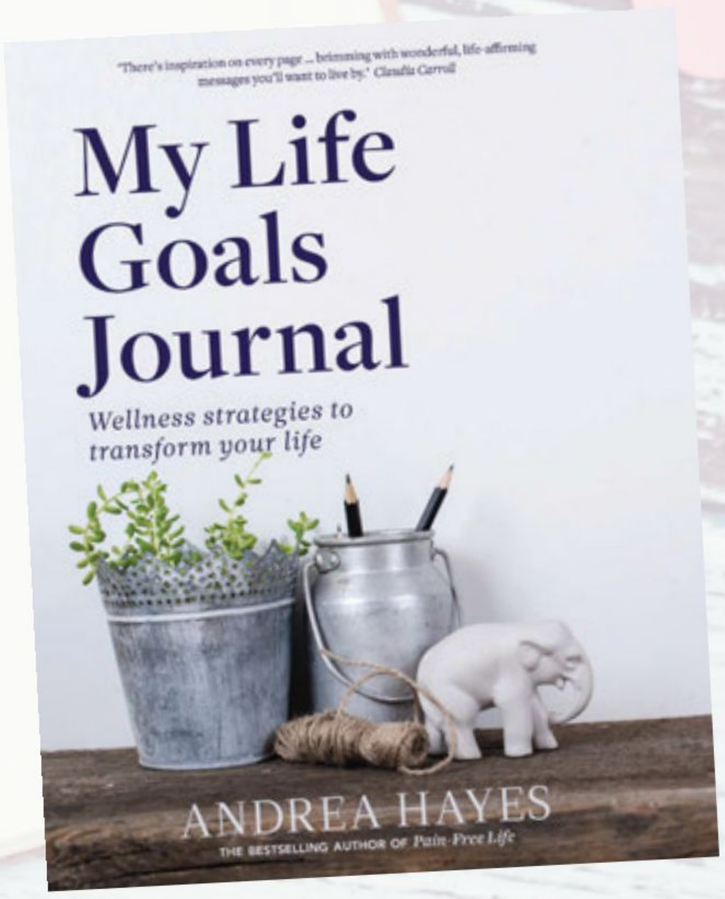
2.

3.

Why did this happen?
1.

2.

3.



This is an extract from My Life Goals Journal by Andrea Hayes, which is out now, priced at €16.99.



The rise and rise of influencers

There's no escaping the fact, influencers are a part of our day-to-day lives. **Grace McGettigan** asks, are they here to stay?

Social media has changed a tonne since the good ol' Bebo days. No longer just a place for people to share pics of their nights out and funny memes, social platforms have become a landscape for advertisers to target customers. They do this by recruiting 'influencers', the term used to describe people with a large social media presence and following. We spoke to influencer Rosemary MacCabe and model/influencer agent Andrea Roche about what they think of the rise of social media influencers in Ireland. Andrea told XPOSÉ, "What people want from a good influencer is one of five things; to be taught, entertained, inspired, motivated or encouraged. Most share information we probably already know, but what makes us more interested is how they tell their stories, in their voice which makes the content come to life. People really relate to the influencers that they follow online, and I think the more honest and open the influencer is the more connected to the person the follower feels." Snapchat has allowed influencers to connect with their followers on a more intimate level, and it's been so successful that Instagram and Facebook have since incorporated Snapchat's format into their own apps.

Rosemary tells us, "I guess the attraction for the public is that influencers are so accessible–with Snapchat, you can watch their every move. There's a voyeuristic aspect to it that appeals to the curious side of human nature, I think." People get



"I think that people will end up branching off, like Pippa O'Connor and Suzanne Jackson, who are business women selling their own name products."

hooked on the influencer, and begin to follow them so religiously that it's comparable to celebrity culture.

This constant need to take in everything an influencer does quickly resonated with advertisers. Andrea explains, "Advertisers want to work with influencers who they feel represent their brand. Consumers, and millennials in particular, cannot be lured in by traditional marketing jargon and are getting harder for brands to reach. Influencers can add authenticity to advertising by adding their own flair or style to whatever brands they're alking about."

From an influencer's perspective, Rosemary adds that, "Influencers have massive audiences of people who are highly engaged with them; I have people I would talk to every day, who message me and ask me advice, or just tell me about their day or their lives. So you get that trust aspect; it's like a friendship, in a way. I think that a recommendation from an influencer–if you trust them–can be a lot more powerful than having a product included in a beauty spread."

In addition to trust, other factors need to be accounted for too. "A good influencer should not think too much on the technical aspects of writing or the information they're providing," Andrea says, "What you put out there needs to be relaxed and in your own voice to be authentic. That's why after we've read a good blog, Snapchat or Insta story we feel like we've just had a cup of coffee and a chat with a good friend."

Influencers are certainly reigning in the marketplace, but where does that leave traditional advertising? Rosemary worked as a print journalist before venturing into the influencing world, so she has insight into both sides of the coin. She tells XPOSÉ, "I think the rise of online is, at this stage, inexorable and print media is going to have to get with that. Everyone needs to have a social media presence. We're not selling products or even writing any more–we're selling ourselves. And if the print media doesn't deal with that reality, it's going to suffer. Everything is changing so quickly, it's hard to know where we'll be in 10 or even five years' time."

#SPON

This type of influencer marketing poses problems, for both the influencer and the consumer. We've all seen the hashtags (#ad, #spon) but how do we know if the posts that aren't hashtagged are genuine reviews or an undisclosed, paid-for advertisement? Rosemary tells us that the rules around declarations are strong enough, but the enforcement isn't. "And I don't see how it can be," she says, "Do I call the Gardaí if I see an influencer not disclosing a paid collaboration? Do they call up to his or her door and give them a rap of the baton? Ideally, I'd like to see brands enforcing it, by stating that influencers won't be paid unless they fully disclose in each and every post across every channel. That'd soon have everyone hashtagging like crazy!"

The Public Relations Institute of Ireland stress that it's illegal for advertisements to be passed off as editorial content, with a penalty of up to six months in prison or a €3,000 fine. But it's a tough thing to prove, and Rosemary suggests that it's not being enforced properly at all.

With that scepticism and mistrust in the air, are influencers here to stay? Andrea thinks so, "Influencer marketing is really big business and it's only going to grow in my opinion. I'm sure that the apps we use will change but we'll still be following influencers. I really feel that our phones are slowly replacing the TV–remember when people thought that TV would never replace radio?!"

Rosemary reckons the landscape will keep changing. She says: "I think that people will end up branching off, like Pippa O'Connor and Suzanne Jackson, who are business women selling their own name products, or someone like James Kavanagh, who's using his fame to promote his burgeoning food brand, Currabinny. In a few years, James won't be an influencer; he'll be a cafe owner. Pippa won't be known as a blogger; she'll be a fashion designer. I think, at the moment, being an influencer can be seen as a quick way of making a few quid–that definitely won't last, but people with talent, who are creating decent stuff, they will."

Who's That Girl?

***Aisling Keenan**'s personal images were used to set up a fake Tinder account. Here's why online safety, identity theft and hacking is something to wake up to...*

My phone beeped, a Whatsapp message from a close male friend of mine. "Just so you know, you're on Tinder!" followed by a heap of laughing emojis, was the caption. The screengrab was of several pictures of me, under the name 'Melanie, 29', on a Tinder account.

Initially I was confused... Then I was annoyed. I'm not on Tinder–I'm happily engaged and getting married this year. My friend had been scrolling through and saw 'my' profile and told me so I could get it taken down.

So I tried. I mailed Tinder support and Facebook, but without more 'evidence', I was told there was essentially nothing they could do. Tinder couldn't even find the profile based on just the screengrabs.

Fuming, I considered putting all my online profiles on private. But with my job, being slightly public in the online sphere is necessary and almost required. I couldn't believe my images were being used like that. I told my fiancé, who was equally annoyed–'how could someone imitate you like that and get away with it?' was his question.

Ben Munnings is a Privacy Advisor at Paul Hastings LLP, and he says that persevering is necessary to have your identity theft issue resolved.

"For photos generally, and Facebook or other social media sites specifically, there is a growing problem with identity theft," he says. "Thankfully they can deal with photos much more quickly than they can with financial issues; closing down the offending profile is an easy job for them, tracing financial transactions isn't. In short, stamp your feet and shout at those that run the website using their complaints procedures, and don't stop until you're satisfied."

The same thing that happened to me happened to Dale McDermott, originally from Ireland but now living in Toronto. His images were used not once but three times on fake online profiles.

"When it first happened, my friends said that I should be flattered as it's a compliment that someone would want to use your image to attract other people. But the fact that it's happened three times now is a little disconcerting, as I wonder what these people are saying to those who match them on Tinder. While it's no skin off my back, it can happen to people who might find this incredibly invasive to their personal space and the damage that can do mentally and psychologically might be massive."

Like me, and I'm sure countless others who've experienced this, Dale considered shutting down his online profiles to avoid it happening again.

"I don't feel that I should have to shut down my online presence just because some people feel it necessary to use my images. There is nothing that can be done about it and to be honest, there are worse online things such as credit card fraud that can happen to people so I suppose I'm lucky. If you shut down they win, right?"

Nick Viney is Head of Consumer and Mobile Security at Intel. He told me that identity theft isn't something people think will happen to them, and that keeping ourselves aware of potential scams is important.

"Worryingly, this is a scam which many people remain oblivious to. Over two thirds of people admit that they had never wondered if someone is not who they say they are on LinkedIn for example. As we continue to rely on social media platforms both in and out of the



office, everyone needs to take these risks more seriously."

Jennifer, 22, also had her images and identity used online without her permission, and says that it's a common trend among her friends.

"I found it funny at first, but when I saw the cover photo they used of me and my friends, that got to me, because now all my friends were dragged into it too. My page is mostly private. If you're not friends with me you can't see much on my page. But you can see my cover photo's album and profile pictures, so that's where they stole my photos from," says Jennifer.

"When I asked people to report it, everyone said it was really freaky and who the hell would do that? So I got a bit freaked wondering who was actually behind it. Was it someone I knew?"

While I wasn't able to get any joy in getting the profile on Tinder taken down, as Ben Munnings advised, keep on at the site to look into any issue you have, as it's their responsibility to protect their users. Where possible, keep your profiles as private as you are comfortable with, and remember: There's always someone watching when you're online.

HACKERS PARADISE

Our glorious guest editor this issue, the incomparable James Kavanagh, built his current career (co-founder of Currabinny and social media superstar) through posting hilarious, relatable and completely one-of-a-kind content to Snapchat. Like so many of us, he had an easy-to-hack password. His Snapchat empire was pulled out from under him in what, he says, was "the blink of an eye."

"I got hacked while I was in the back of a taxi. I started to get emails from my social platforms asking me to confirm if I wanted to change my password. In my head I was like "eh, no, I don't". Someone had logged themselves into my accounts and to ensure I wouldn't get back in, they were changing all the passwords. They dissolved my Snapchat completely–I lost thousands of followers in the blink of an eye."

Our idea of hell, right? But who would do such a thing and why? James says: "Probably a bored computer nerd who likes to cause digital havoc. That's what I've been told; there are people out there who do stuff like this just for kicks."

For those among us who use their phones and computers on the very surface level to keep in contact with our social community and make our lives easier, the thought of hacking someone's anything seems too difficult to comprehend. But there are people out there who can and will hack a profile just for fun. So how did James recover, and what has he changed?

"I have been talking to my tech peeps and they said you really need to be changing your passwords monthly. Yes, that sounds outrageous, but hacking is at an all time high, so it's necessary, especially for anyone who considers social media their bread and butter. Also, I downloaded Dashlane for free for my laptop and phone. It's a fab password manager that works from a master password. Give it a whirl."

Pack Up and Go





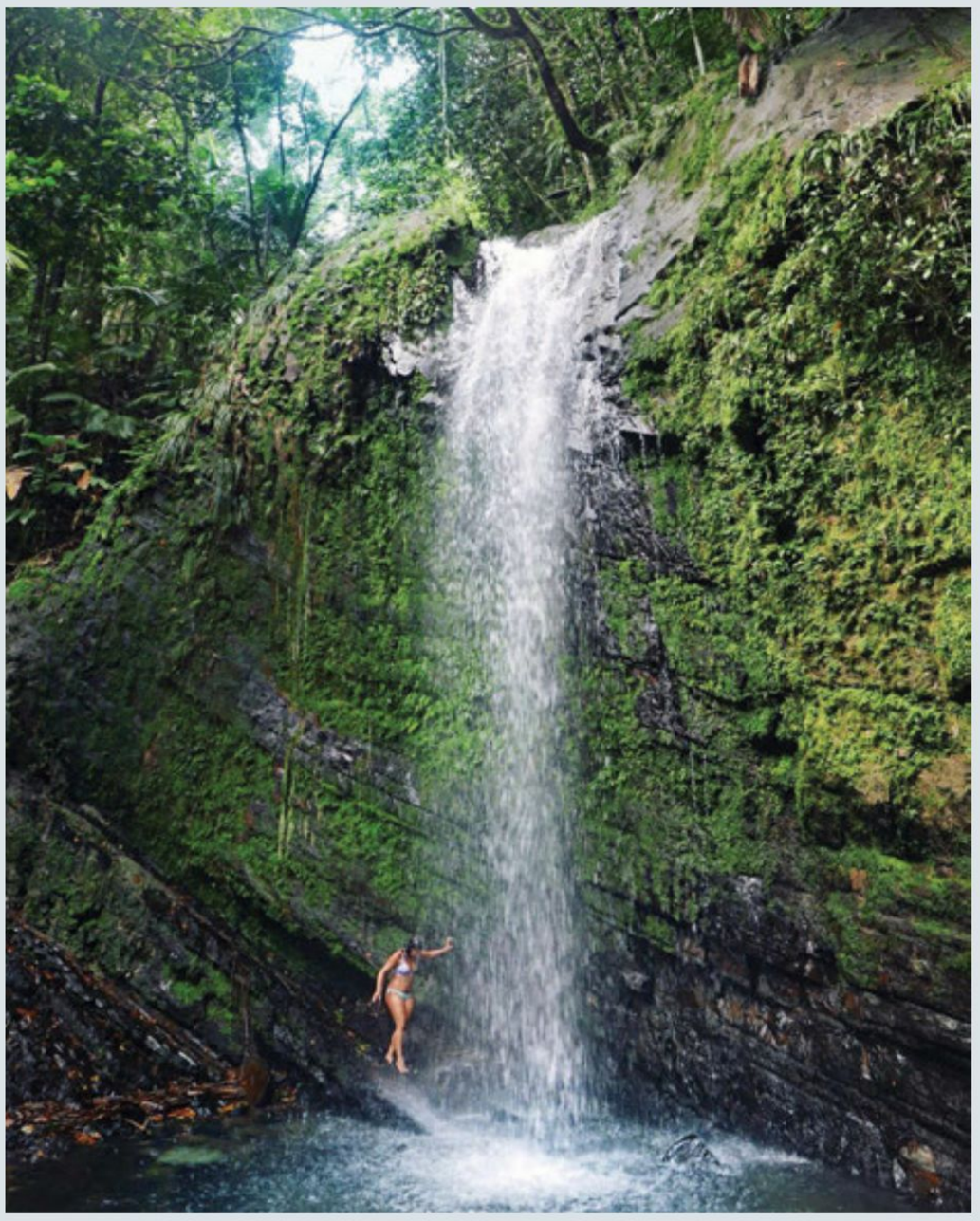
*When it comes to exploring the world, there aren't many places travel blogger **Nadia El Ferdaoussi** hasn't visited. She shares her 2017 travel hotlist...*

Cape Town, South Africa

Number one on my list of places to revisit; I fell in love with Cape Town immediately after leaving the airport. The mix of nature, city, amazing food and wine, gorgeous people, stunning weather. I'm not into wildlife, so if safari isn't your thing, then don't let it put you off South Africa. With new flights from Dublin to Amsterdam with KLM, connecting is even easier and the exchange rate means a glass of bubbly will set you back less than €4–what's not to love?

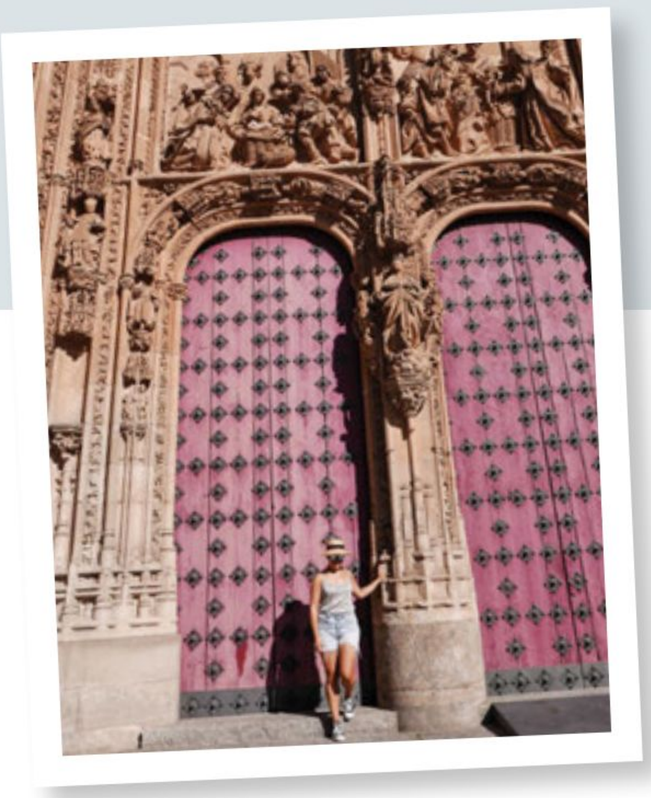
Havana, Cuba

This country has been so high on my list of places to visit for years and 2017 is the time, because no one knows how the island is going to change in the near future. Hopefully, by the time you're reading this, I'll have finally made it there. Driving around in vintage cars and sipping classic mojitos in their birthplace. So keep an eye on my Instagram @nadia_dailyself.



Puerto Rico, Caribbean

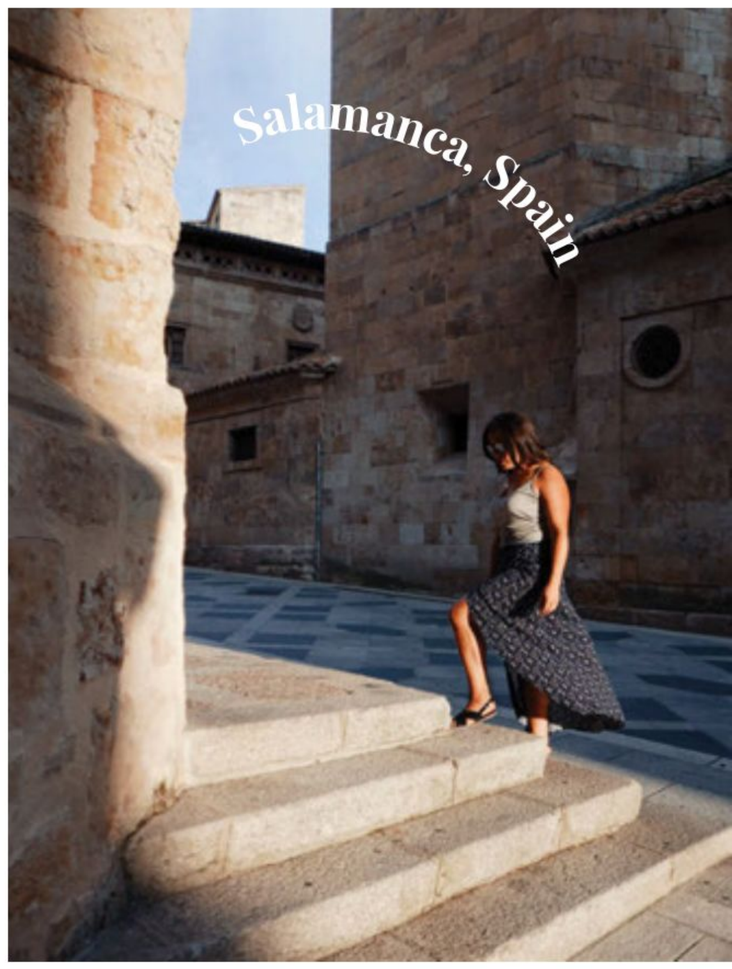
This US island is often overlooked by Irish holidaymakers, but with the introduction of low cost long haul flights by Norwegian Air Shuttle direct to London, it's cheaper and easier to get there than ever before. Visit La Factoria in Old San Juan for mojitos and live salsa music and Ricky Martin's favourite waterfall in El Yunque National Park.





Salamanca, Spain

One of my favourite trips last year was to Salamanca where I attended a Spanish college, lived off the cheapest tapas and wine, visited the gazillion leather shoe shops and walked around in awe at the unbelievable buildings. Go during summer when the university students are out of town for fab weather and a little more peace. FYI, there are very few English speaking tourists around despite being only two hours from popular Madrid.





Tennessee, USA

When everyone is flying to the East Coast of America from Ireland, I decided to give the South a try and it was an interesting experience to say the least. Highlights were definitely finding cool Airbnb cabins in the countryside and Smoky Mountains during road trips around the state. And most unique? Camping in the backwoods at Land Between the Lakes, waking up with an icicle in my hair. The weather is so weird there, -5 celsius one day and +20 the next week, so pack wisely.



Fixer Upper

Restyling your home for spring? Or just giving your bedroom a once-over? The gals from GAFF.ie, **Jo Linehan and Caroline Foran**, are here to give you interior inspo...



Rack 'em up

There's really no excuse for messiness. With a magazine rack this beautiful, you can make a small start on changing untidy ways. This is one of our favourite investment pieces for any home. It stands as a piece of art and looks even better packed full of your back issues of XPOSÉ Magazine... Magazine rack, €40, Oliver Bonas.

On the mark

We love Penneys for affordable, on point interiors pieces. This season, we're excited about their Hawaiian Noir collection, featuring black (yes, black) and printed accessories. Fern and plant prints are a massive trend right now and just one patterned cushion can lift a tired interior. As for black, we're all about it. Try a dark vase in your bathroom to ease yourself into the trend, and we guarantee you'll be embracing the dark side in no time.



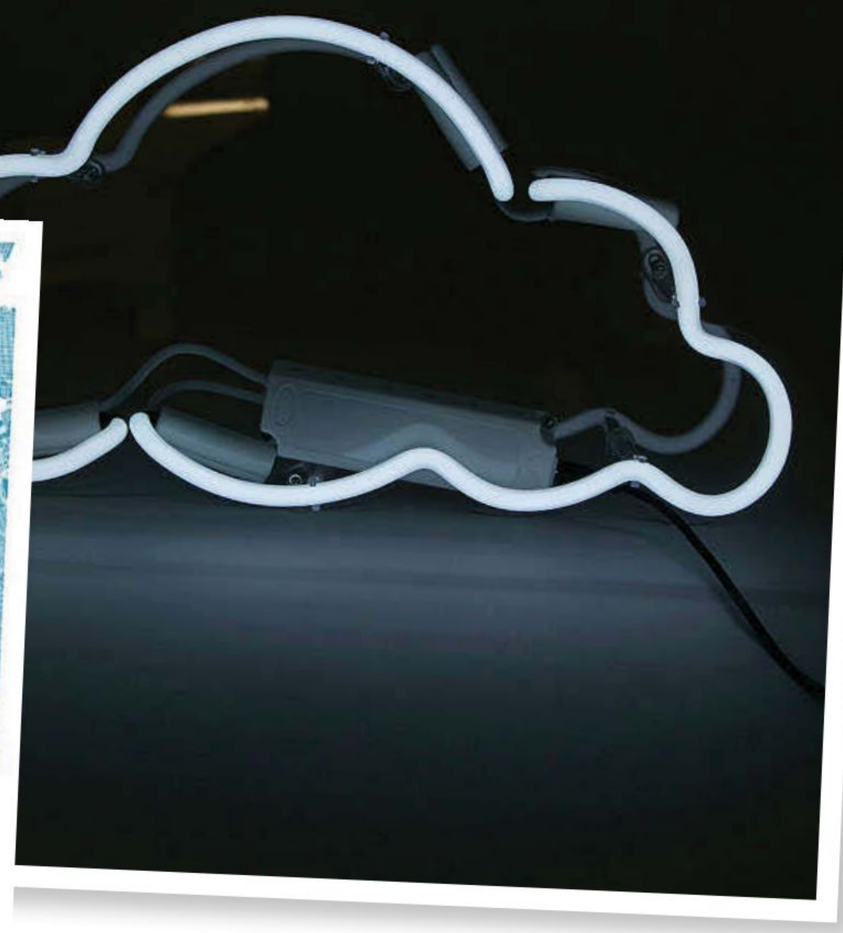


Consider this

The Dunnes Stores interior offering is sublime. We're particularly partial to the Helen James collection which is, quite honestly, a GAFF dream; everything is beautifully made and reasonably priced. Jo has a thing for cool chairs, and this wooden Tribeca piece, €195, is a great home addition that doesn't cost the earth. Add a blush pink cushion or a marl grey throw and you've got yourself the perfect reading spot.

Let there be (neon) light

Suckers for a home quirk or two, Urban Outfitters' cute and affordable neon lights are top of our interior recommendations. Caroline just invested in a 'hello' light (check us out on Instagram for a look @gaffinteriors). Try this cloud over your bed for an instant Insta-worthy update. €80 at urbanoutfitters.com.





Spread the love

A new bed spread is an easy way to refresh your bedroom for a new season. We love H&M's frilled set, €69.99.



Print perfect

The power of a beautiful talking-point print cannot be underestimated. Caroline is a print obsessive–her home's walls are slowly starting to ache under her growing collection–and next on her list of must-haves is one of these Mujumaps. Choose your favourite place in the world and have it recreated into a print you'll love forever. From €50, mujumaps.com.



Take 3

Bang on trend finishing touches...



Throw it down
Woven throw, €70, House of Fraser



Minimal magic
Loft Leaning Tripod Lamp, €95, M&S



GAFF Essential
Le Coin Lecture candle, €19, & Other Stories



GIRL CRUSH:

Louise O'Reilly

One of Ireland's most successful modeling exports, Louise O'Reilly is curvy, confident and this month's influential girl crush

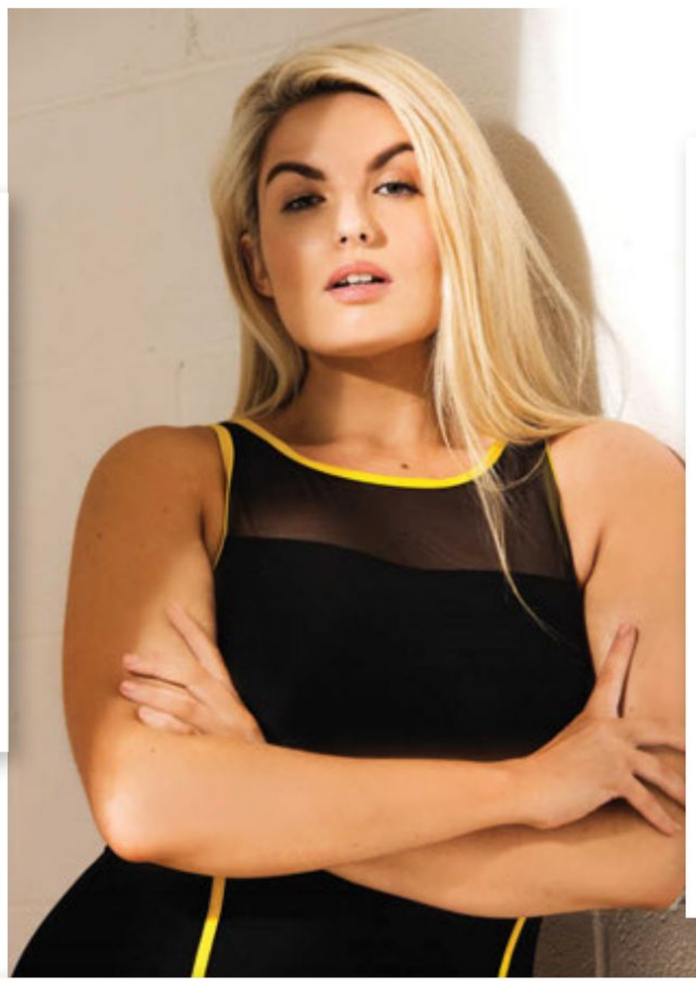
"I started modeling around 7 years ago, back when modeling as a size 16 wasn't a popular as it is now. In between travelling with work, I decided to set up a blog on a whim five years ago called Style Me Curvy, which has grown dramatically over the last few years," says Louise. And grown it definitely has, as Louise took home two gongs from the *Cosmopolitan* UK blog awards including Best International Fashion Blog–an incredible achievement in a totally packed blogosphere. Louise says, "I've also won the Irish Bloggers Association Most Influential Blogger of 2016 award, and I was utterly shocked to be presented with Model of the Year award from *Goss.ie*! It's been a whirlwind few years."

"I decided to set up a blog on a whim five years ago called Style Me Curvy, which has grown dramatically over the last few years."



CAREER PEAK

"Walking in Madrid Fashion Week as definitely a career highlight for last year, it was quite overwhelming. The room was filled with everyone from *Vogue Espana* to *Grazia*."



PASSION FOR MORE

"My passion in life is to help people. In school I never really knew what I wanted to do and that's what I always wrote down on my career guidance forms. In a roundabout way with my blog I'm lucky I get to help a lot of women who contact me, be it body image issues or fashion dilemmas, it's something I'm very conscious about to ensure I get back to everyone or help where I can."

TWO SIDES TO THE STORY

"I love my job, absolutely. Don't get me wrong it's not as glamorous as it appears and there are lots of 4am starts to 18-hour days, but I love the variety. I juggle my time between both modeling and blogging so I get to have a balance of working with creative people all the time. I don't take any of it for granted and I appreciate absolutely everything."

TAKING TIME OUT

"The blogger in me tends to find it hard to shut off sometimes. I'm a secret car addict which not many people know about so watching car shows or going to the movies and turning off my phone are two good ones for me."



CAREER GOALS

"It would probably be to model/walk in New York Fashion Week. There has been a brilliant diversity movement on the catwalks in New York over the last few seasons with designers such as Chromat, Christian Siriano and Sophie Theallet featuring plus size and curvy models, which has been incredible to see. That buzz from walking on a designer catwalk is really hard to put into words so New York would definitely be on my list, along with an editorial in *Vogue*, of course!"



FUTURE PLAN

"To keep pushing diversity in fashion where possible will always be on the cards for me. Aside from that I'd love to delve into more presenting roles in the UK as it's something I really enjoy."

CAREER ADVICE

"Get as much experience in your field as possible, perhaps it might mean interning for a few months and working a part time job at the weekends but experience is so vital. If you are currently in a job, try to show your true potential where possible. Show real interest, multitask, offer to put in those extra hours or assist someone in a more senior role than you to gain valuable experience that will stand to you later on and on your CV. I meet lots of international brands and businesses in various roles through my own job and those in senior positions all seem to share a common factor–ambition and reliability."



GUY CRUSH

Riyadh Khalaf

Breaking with tradition, we're featuring the YouTube sensation that is Riyadh Khalaf this issue as our guy crush, and believe us, he deserves the title...

Riyadh Khalaf is well on his way to becoming an Irish icon. He's just turned 26 (which upsets us greatly–all that talent and achievement so young?) and he's already got over 270,000 subscribers to his hilarious YouTube channel. His amazing videos have appeared on the likes of *BuzzFeed*, *Vanity Fair*, *E! News*, *Cosmopolitan*, *Huffington Post* and more, AND he's just finished his own documentary series with BBC. No small feat, and we're completely in awe. He's also one of the nicest, most open and warm people we've had the pleasure to meet.

Self-styled as, "An Irish/Iraqi 26-year-old chancer from Dublin", Riyadh started his career by setting up his own radio station from his bedroom, when he was still a teenager. A sign of the ambition to come, for sure.

"Since I can remember media has always been a passion of mine," he says. "I set up my own pirate radio station in my bedroom at 15 and from there I've worked my way up through local, internet and commercial radio stations including Spin 1038 and 98FM in Dublin. Last year I decided to take the plunge and move to London in pursuit of the dream–to work in TV in the UK and make documentaries. Thankfully it's all working out so far!"

We're obsessed with so many of his YouTube videos we couldn't list them all, but some faves of team XPOSÉ are the one where his mother reads his Grindr messages, the one where he talks to both of his parents about how his coming out as gay affected them, and on a lighter note, the one where he challenges his American friend to decipher Irish slang phrases.

"I loved knowing that people were watching me. I would be lying if I didn't say I loved/love the attention!"



PROUDLY SEEKING

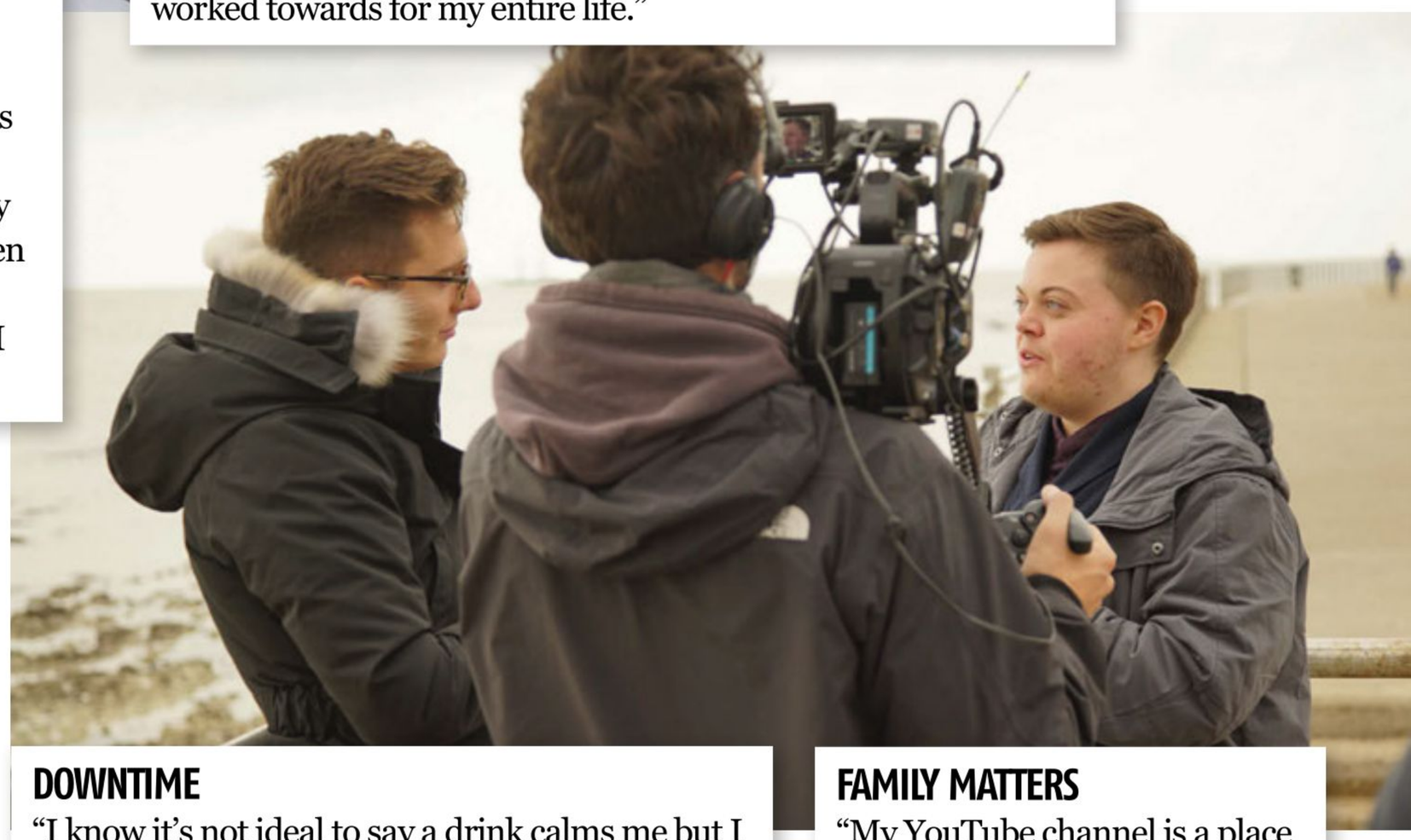
"Being a natural-born attention seeker is instantly seen as a negative trait in a person. I reject that ideology with every fibre of my being. Think of all the incredible talents in this world who are the epitome of attention seeking but have used that to change the world and create amazing works. Oprah, Beyonce, Meryl Streep and pretty much any entertainer on the planet."

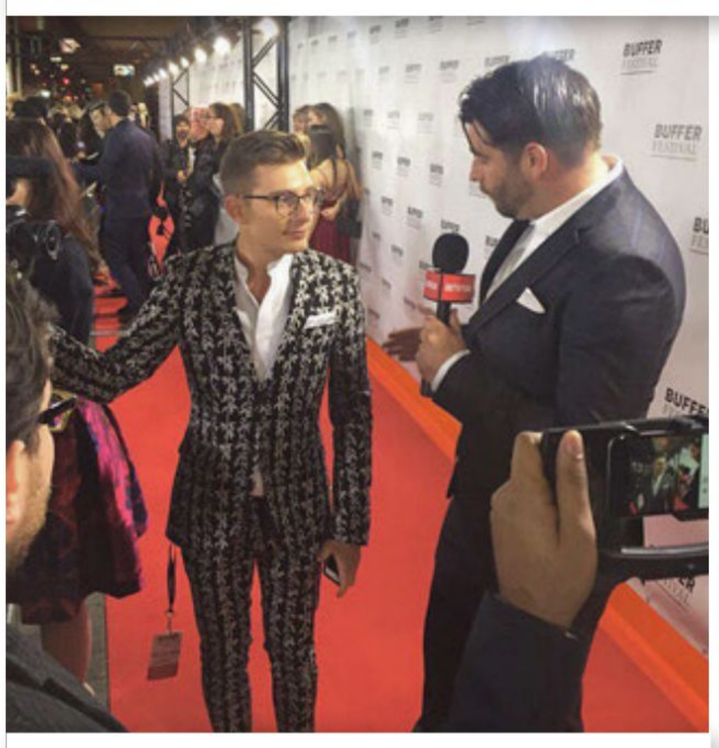
LIVING THE DREAM

"Being able to say I make online videos and TV documentaries for a living still gives me a thrill and a 'pinch me' moment every time I say it. What I am doing now is something I have dreamt of and worked towards for my entire life."

GETTING COMMISSIONED

"I was sitting in my flat in London feeling pretty deflated. I had just left my job at a media company that had been making me creatively drained and very unhappy. It was in that moment that my phone rang and it was my agent. After 10 years of working my ass off trying to get into TV, I had been given my own six-part documentary series. Without doubt this is my career highlight. I called my parents straight away."





FUTURE PLANS

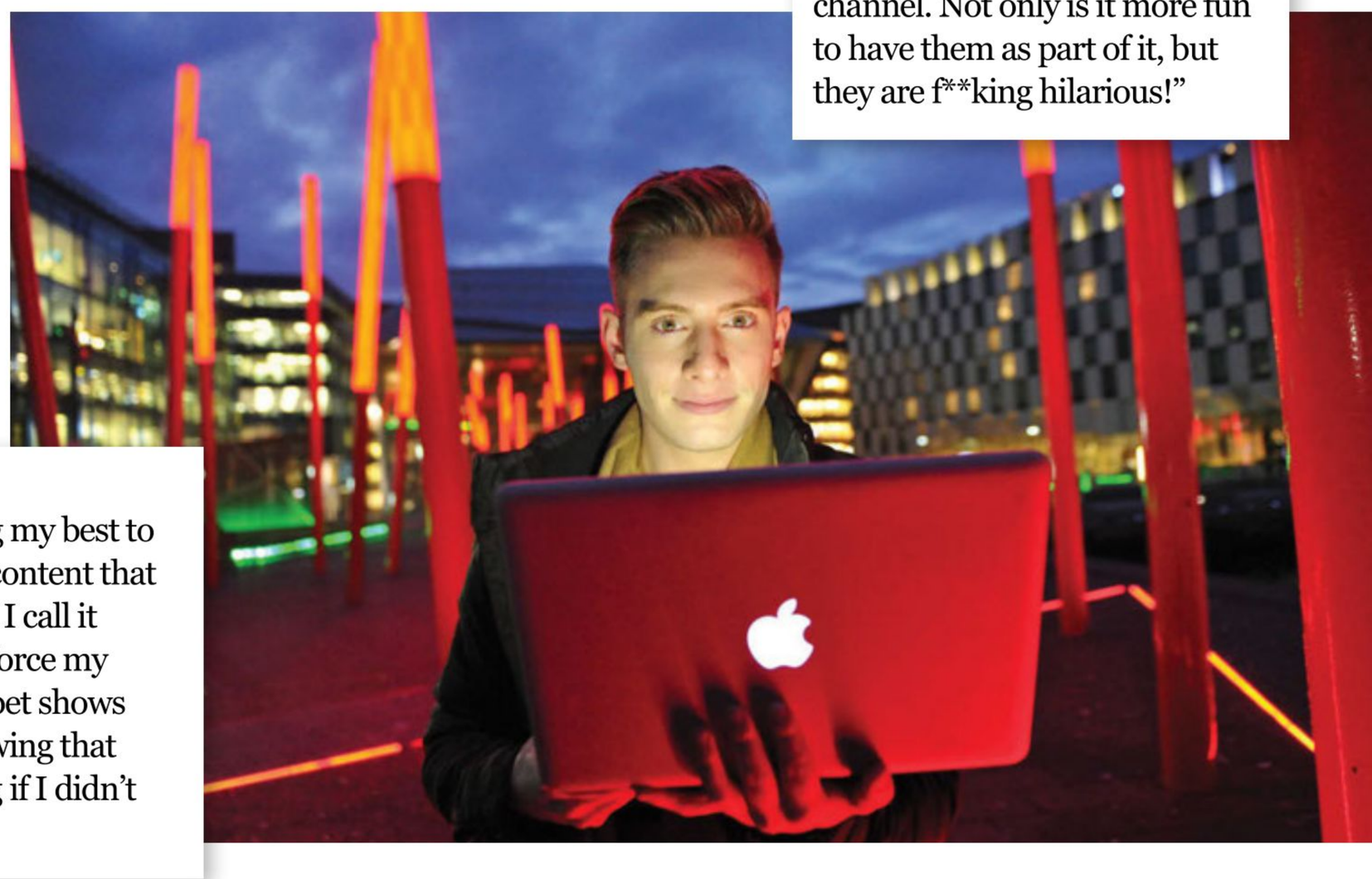
"I want to make programmes that are known and loved by a massive global audience. Continuing into the world of documentaries really excites me but overall what I would love is my own talk show one day. Graham Norton and Oprah have been my inspirations for years. If I could have a fraction of their influence and success I would be a very happy man."

DOWNTIME

"I know it's not ideal to say a drink calms me but I do love a big glass of merlot, a Dark Amber and Ginger Lily Jo Malone candle lit in the corner and an episode of *House of Cards*. Throw in cuddles from a gorgeous fella and this my idea of relaxation HEAVEN."

FAMILY MATTERS

"My YouTube channel is a place where anything goes. The channel has brought me so many incredible experiences and such happiness over the past two years. I always try and include my parents in my channel. Not only is it more fun to have them as part of it, but they are f**king hilarious!"



ENTERTAIN, EDUCATE

"My biggest passion is story-telling. Trying my best to captivate people's minds with videos and content that educates and entertains in equal measure. I call it 'Edutainment'. When I was a kid I would force my family to sit and watch my hour-long puppet shows which were undoubtedly shit. I loved knowing that people were watching me. I would be lying if I didn't say I loved/love the attention!"

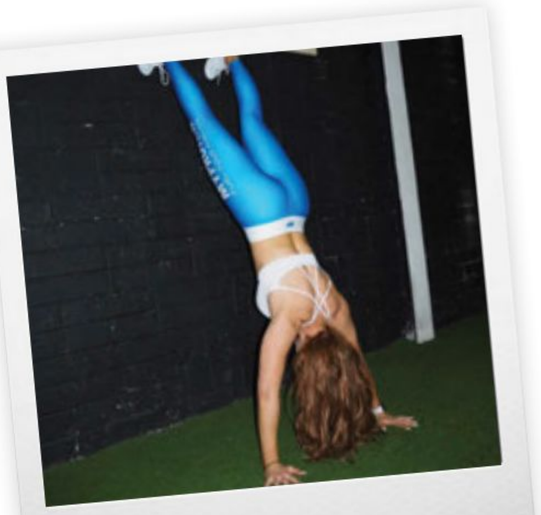
Fit-luential

The top Irish fitness fanatics you have to follow online

Vogue Williams @voguewilliams

DJ and presenter Vogue Williams is a self-confessed gym bunny. If you follow her on Snapchat, Instagram or Facebook you'll know that she's always training in The Gym in Howth, as well as many other gyms, to maintain that sexy model bod. Never one to take a shortcut, Vogue pushes herself to exercise in the most unlikely of places. While on a recent ski trip with friends, the 31-year-old got exercising on the slopes, as well as working out back at her hotel. If that's not dedication, we don't know what is.

IMAGE COURTESY OF LIPSY



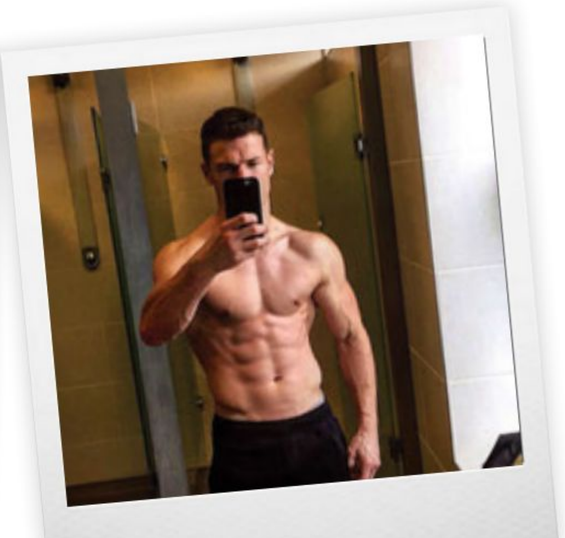
Siobhan O'Hagan @ohfitness

Personal trainer Siobhan O'Hagan uses social media to coach others on how to get in shape. She struggled with her weight growing up, and tried every diet under the sun. When she found what worked for her, she set up OH Fitness to help other people going through the same thing. Siobhan dedicated her time to improving her own health and fitness, and is passionate about educating others based on what she's learned. She's also a maths genius, but personal training is where her heart lies.



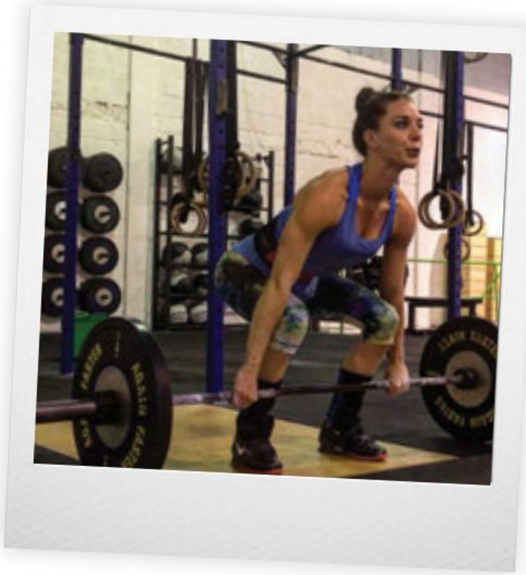
Leanne Moore @leannemoorefitness

There are few people as talented as Limerick's Leanne Moore. She won RTÉ's *You're A Star* and her debut single *On Wings* went straight to number one. She then became a successful personal trainer, and she promotes health and fitness through her Facebook page. She recently posted, "Sometimes the biggest transformations are the ones we feel as opposed to the ones we see. I initially trained to look better, but the greatest result has been on the inside, it's been the real game changer for me." #Preach



Brian 'Bruce' Lee @brianbrucelee

Body builder, MMA fanatic, and entrepreneur Brian 'Bruce' Lee is a real go-getter. In 2012, his obsession with health and wellbeing led him to launch FIT Studios in Fairview, and he also co-owns the healthy fast-food chain Chopped (a team XPOSÉ fave). Now a new dad to baby Logan, Brian seems to have it all. His Instagram, Twitter and Facebook pages will give you all the motivation you need to get started on your health and fitness journey. Just look at that flawless bod!



Michelle Massey @michelle_kettlebelle.ie

Entrepreneur Michelle Massey might look familiar to you as she appeared on (and won!) TV3's *The Apprentice*. Since then, she's fallen in love with CrossFit, and says that coaching is her biggest passion. As a CrossFit coach for adults and children, she hopes to help people be happier by becoming the best version of themselves. Michelle loves building her own strength, and always uses the hashtag #SmallButMighty. Ais, our editor, follows her every fit move with fascination.



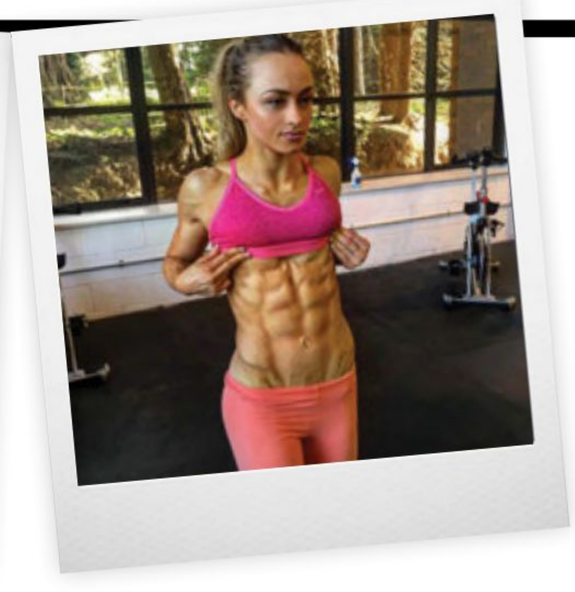
Stephanie O'Quigley @stephanieoquigley

This fitness fanatic recently moved to New York City, but she took her love of training with her. Stephanie documents her gym sessions via Snapchat, taking her followers along with her. We love how nothing gets in her way, not even a snowstorm or the flu! Stephanie shares what she eats with her followers too, and often blogs about her fave high-protein snacks to eat on the go. After a five-stone weight-loss, this girl is the definition of inspiring.



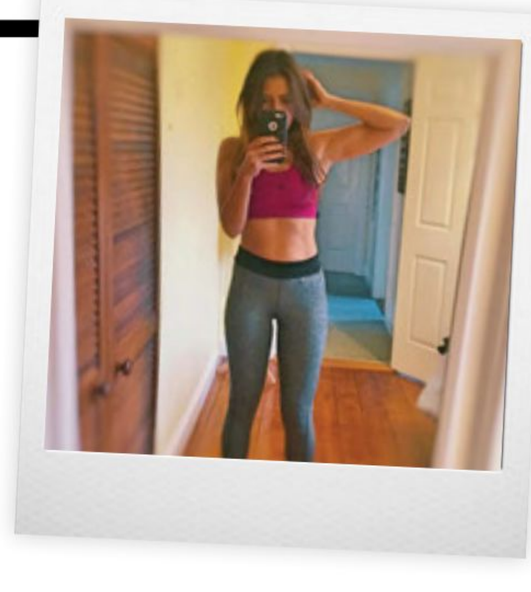
Sonny Hunt @sonnyhuntfitness

This is our go-to guy for fitness motivation when our schedules are jam-packed busy. Sonny Hunt is a personal trainer but his focus is on merging health and fitness with busy lifestyles. On Snapchat, he teaches his followers that exercise and healthy eating can be done no matter who you are or where you're at in life. If you need inspiration for high-intensity gym sessions, his Twitter and Facebook pages are full of ideas. Get following!



Jessica Gresty @jessicagresty

Irish bodybuilder Jessica Gresty has the hardest abs we've ever seen. While building that level of muscle isn't for everyone, she's one to follow if you want a kick-start to join the gym. On her website she says, "My brother, Adam, designed a plan for me that introduced me to weight training. I transformed my body, mindset and outlook on life." Jessica provides online coaching and nutrition advice on her website and social media platforms.



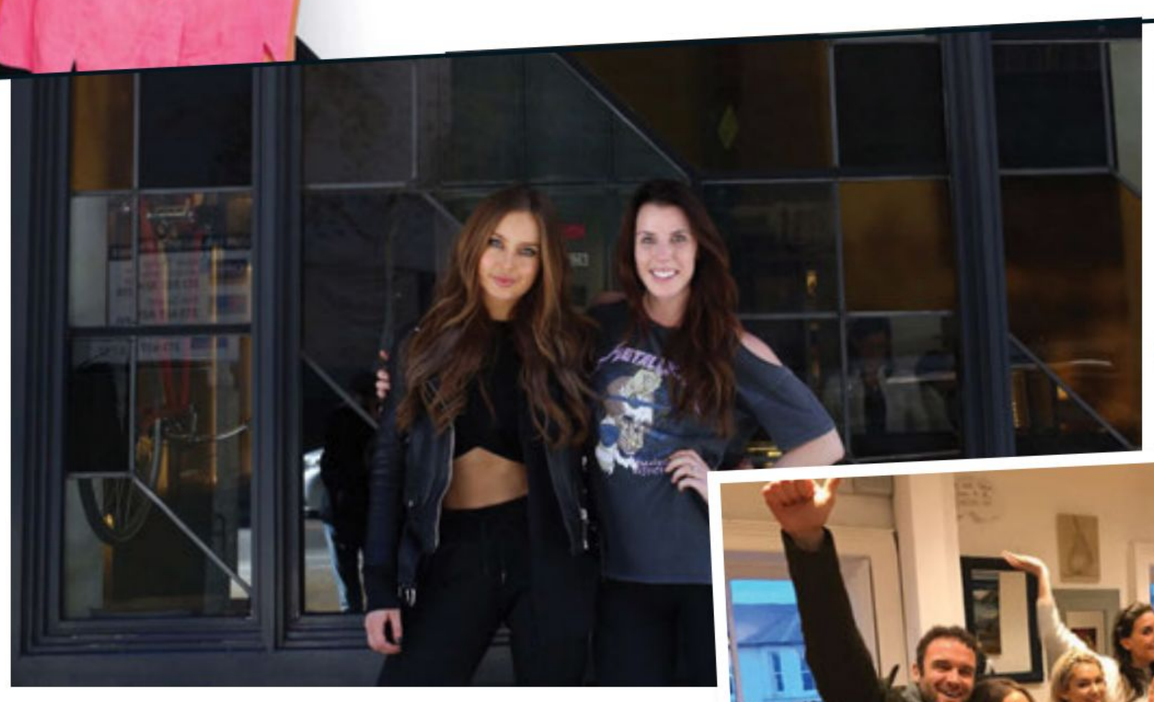
Ursula Walsh @momfitnessdiary

More commonly known by her blog and Snapchat name, Mom Fitness Diary, Ursula Walsh is giving us major life goals. Every day on Snapchat, she takes us along on her fitness journey. Having lost five stone after having two children, she's been through the weight-loss struggle that many of us are trying to deal with now. She'll motivate you to eat well, and take up light exercise. Ursula's Instagram is full of healthy meal and snack ideas, which are perfect if you're feeding tiny mouths!



Natural Born Feeder

Foodie ***Roz Purcell*** *opens her recipe book (and her diary!)*







I spent a few more days in LA again recently, this time with Asics. I joined some of the top fitness vloggers in Europe and USA to try out the new Asics range and take part in some fitness challenges. In my last column I talked about how much I love LA and their amazing fitness and foodie scene.

During the trip I met up with Donal Skehan to try out EggSlut, a new food joint we both heard great things about and it did not disappoint. The food was insane and it was yolk porn overload. If you're visiting LA make sure to add this spot to your list of places to try.

I just shared two posts on naturalbornfeeder.com with all my favourite places to go in London for food and fitness so check it out if London is on your list of places to visit this year. London is so big and there's so many more places I need to try so I'll keep adding to the list.



I joined the Happy Pear for an early morning yoga session and breakfast during the week (I decided to skip the morning swim though...) it was so much fun and great way to start the day! I'd definitely recommend joining the guys for an early morning swim and breakfast some morning–you'll be energised for the rest of the day!

Over the next few weeks I'll be keeping indoors to work on my next book, there's been endless recipe testing happening in my kitchen the last while perfecting all the recipes to go in my next book. I'm so excited for this book to come and it's all focused on making easy healthy meals in a short time. With my busy schedule, meals that I can prepare and make quickly are key. And lots of people I've chatted to find this is the one thing they struggle with–healthy meals in minutes for breakfast, lunch, dinner, snacks and desserts. There's nothing worse than when you come home after a long day and you have to cook a meal that takes ages to make and while it's cooking you end up snacking on all the other food in your press–we've all been there. So my focus in this book is trying to make meal time easy and quick for everyone and offer lots of variety. I've used all the key staples you have in the kitchen and ingredients people have told me they love and would like used in recipes.

I've just finished making some delicious new breakfast recipes that will soon be on naturalbornfeeder.com to kick start your day so keep an eye out for them!

Tips for a more healthy immune system

It's important to boost your immune system with whole foods and supplements. These are just my tips and there are thousands of other suggestions and supplements across the internet, plus fantastic people to follow such as Patrick Holford and Dale Pinnock!

Probiotics

Taking a good probiotic that will help with your digestive health. Your gut is

the largest immune organ in your body! It has eight strains of good bacteria which help promote immune function, aids the build-up of beneficial bacteria after taking antibiotics and supports general health. You can pick these up in any good health stores.

Fermented Food

Try to add some fermented food into your diet to aid digestions also like kimchi, umeboshi and kefir. By adding food like kimchi, it helps promotes beneficial bacteria to support your gut. I use Irish brand Cultured Kitchen.

Apple Cider Vinegar

I sometimes think this is a miracle product. As soon as I feel a sore throat coming on I mix 1/4 cup apple cider vinegar with 1/4 cup warm water and gargle every hour or so and for me, it helps keep any infection brewing at bay. It's also good if you have a cold as it's full of potassium which can thin mucus. If you have a cold, mix a teaspoon of apple cider vinegar in a glass of warm or cold water and drink.

Hydration

It's so important to stay hydrated all the time but especially when you have a cold. I always try drink lots of water at least 2.5 to three litres a day. As well as drinking lots of water, I love sipping on something a bit warmer. In the mornings I usually make lemon, hot water and ginger. The major benefit of ginger and lemon tea is its ability to strengthen your immunity. Lemon is a great source of vitamin C and ginger is full of antioxidants all vital for optimum health. When you feel a cold and flu coming on, ginger and lemon tea can act as an effective antibiotic.

I'm also addicted to green tea–I try to have at least two cups a day! It's full of antibiotics. Add a spoonful of honey and a squeeze of lemon to soothe a sore throat.

Rest

I'm always on the go and sometimes have to force myself to stop and relax. When your body is run down, taking a break and relaxing can do it the world of good! It's easy to underestimate the power of an extra few hours in bed or a relaxing day at the spa. Sometimes you just have to treat yo'self!

Just Good Food

Here are some of my favourite recipes to shift a cold...

Sweet cherry blast

80g sweet potato steamed or roasted
1/2 tsp tumeric
1 tsp cinnamon
1/2" ginger
Handful pitted cherries fresh or frozen
350 ml almond milk
Tbsp milled flaxseed
1-2 tsp manuka honey

METHOD:

Blend all ingredients in a nutribullet until smooth.

Cashew dip with veggie croutons

INGREDIENTS

1 ripe avocado
50g feta
30g raw cashew nuts
Juice of 1 lemon
1 tbsp. chopped parsley
2 tbsp. chopped coriander

METHOD

1. Place the avocado, feta, lemon, herbs and half the cashews in a food processor and blend into a smooth thick paste.
1. Add in the rest of the cashews and blend for 20 seconds to break them up but still leave a little crunch.





Simple Veggie Stew

INGREDIENTS

1 tbsp. coconut oil
2 red onions chopped
2 cloves garlic diced finely
2 large sticks of celery sliced
1 large butternut squash cut into 2cm pieces
Tbsp. cumin seeds or ground cumin
1 courgette sliced and quartered
500ml vegetable stock (opt for low sodium)
5 large tomatoes (on the vine if possible)
150g frozen peas
10g parsley leaves to garnish

METHOD

1. First prep the tomatoes, dice 2 into 1" chunks, with the other 3 tomatoes placed in a food processor or nutribullet and puree into a smooth liquid (it may turn pinkish in color, that's ok).
2. Place the coconut oil into a large pot over medium heat, once melted add in the onion giving a quick stir, place the lid on and sweat the onion for 6 minutes until almost tender.
3. Toss in the garlic, cumin, celery and cook for a moment or two.
4. Next add the butternut, cook for 3 minutes stirring occasionally.
5. Pour in the stock, adding the courgette, chopped tomato and tomato puree. Turning the heat up and bring to boil for 4-5 minutes before turning the heat low and allowing the stew to simmer with the lid on for 15 minutes.
5. Finally, season with some freshly chopped parsley.

Currabinny Cuisine

Can't get enough of guest editor James Kavanagh? The Snapchat superstar has made the leap into the food industry with his (easily scared!) partner William Murray and we've rounded up our favourites...

WHOLEMEAL SPELT AND CARROT LOAF WITH ORANGE MASCARPONE ICING

This carrot loaf uses wholemeal spelt flour, which adds a moreish, nutritious nuttiness to the taste. Some carrot cakes, in our opinion, are often on the sickly-sweet side of things. Our version, while sweet, has a less eye-watering amount of sugar.

For the Loaf:

100g wholemeal spelt flour
110g soft brown sugar
2 free range eggs
75ml of rapeseed oil
175g of carrots, finely grated
1 teaspoon of baking powder
1 ½ teaspoon of bread soda
50g desiccated coconut
1 teaspoon of ground cinnamon
½ teaspoon of ground nutmeg

For the icing:

250g mascarpone
2 tablespoons of icing sugar
The juice and grated rind of 1 orange
Chopped walnuts for decoration

Method:

1. Preheat the oven to 190°C.
2. Grease and line a square 7" tin.
3. Grate the carrots finely, whisk the eggs and sugar into a thick creamy batter. Slowly pour the oil in while you whisk until the batter is well combined.
4. In a bowl, gently whisk the dry ingredients except for the carrots. Add the dry ingredients in 3 batches folding into the batter and then add the grated carrots, stirring to combine.
5. Pour into the lined loaf tin, place into oven and bake for 25 minutes.
6. Meanwhile, combine the ingredients for the icing firmly in a bowl.
7. When the cake is done, cool on a wire rack and then using a spatula cover the cake with the icing and sprinkle over a little of the chopped walnut.

RYE SPRING ONION PANCAKES WITH LIME AND CHILLI BUTTER

Rye flour works extremely well with spinach and spring onion, is full of fibre and lower in gluten than regular flour. These pancakes are nutritious, moreish and packed with flavour–especially when paired with the zingy lime and chilli butter.

Pancakes

100g Rye Flour
2 tablespoons of baking powder
2 organic eggs
50g Kerrygold butter, melted
1 teaspoon of ground coriander
8 spring onions, finely sliced
200g baby spinach
A handful of chopped chives
75ml of whole milk
A pinch of salt and pepper

Lime and Chilli Butter

100g Kerrygold butter
The juice of 1 lime
A pinch of salt
1 tablespoon of coriander leaves, chopped
1 small garlic clove, crushed
1 inch of a small, red chilli, finely diced

Method

1. To make the butter, put all the ingredients in a bowl and mash together with a fork or wooden spoon. When well combined, roll the butter in brown parchment paper and refrigerate until firm.

2. To make the pancakes, cook the baby spinach on a medium heat, with a splash of water, in a small pan until completely wilted. Drain the excess water by pressing into wads of kitchen paper. Chop the wilted spinach and add with the rest of the ingredients into a large bowl. Mix the ingredients well with a wooden spoon.

3. Heat oil in a frying pan on medium high heat. Use a ladle to transfer the mixture to the pan, you should be able to cook three at a time. Cook each side for around 3 minutes. Stack 3 (or however many you want) and crown with a half inch circle of lime & chilli butter, which will gorgeously melt over.

TABLE the motion

Searching for the dream bedside table? Fashion and function need to make friends, and we've picked our faves...





Geometric table, stg£42.99, TK Maxx



Farringdon nest of tables, stg£129, Dunelm



Erika table, €279, Harvey Norman



Lamp table, €299, Furniture Village

Black table, €65, Harvey Norman



Freya table, stg£335, Broste Copenhagen



Side table, €1195, Sweet Pea and Willow



Coffee table, €260, Cuckooland



WIN!
WE'RE GIVING AWAY A MAKE-UP ARTISTRY COURSE WORTH OVER €1,000!

GET YOUR MUA ON

Want to brush up your skills? FX Make-up Academy are on hand to help...

Have you ever wished for more skills in the make-up department? Not quite sure how to contour or achieve that perfect smoky eye? XPOSÉ Mag has teamed up with FX Make-up Academy to give one lucky reader a place on their ITEC part-time make-up course! The course will start in May, is worth a whopping €1,050 and takes place in Balbriggan, Malahide or Blanchardstown. FX Make-up Academy was set up by MUA and tutor Emma Smith, who has since developed bespoke brush and lash ranges, FXBrushes and FXLashes. With over 19 years of experience in the industry, her team of tutors are highly skilled and some of the best in the industry. On completion, the lucky winner will be a fully qualified make-up artist with a renowned international qualification.

WIN

Want to become a Make-up Artist thanks to FX Make-up Academy? All you have to do is answer this simple question and email your reply to comps@xposemag.ie with FX Make-up Academy in the subject line, or send this coupon by post to Comp FX Make-up Academy, XPOSÉ Magazine, 12 Prince of Wales Terrace, Quinsborough Road, Bray, Co. Wicklow.

Question: Who set up FX Make-up Academy?

Answer: Name:

Address:

Email:

Daytime telephone: Mobile:

Winners will be chosen and notified by 23rd March 2017. Editor's decision is final.

FXMA
FX MAKEUP ACADEMY

XPOSÉ *fashion & beauty stockists*

Seen it, love it, gotta have it? Here's where you'll find it...



ARNOTTS
www.arnotts.ie

BROWN THOMAS
www.brownthomas.com

CLOUD10 BEAUTY
www.cloud10beauty.com

DEBENHAMS
www.debenhams.ie

DOROTHY PERKINS
www.dorothyperkins.com

HARVEY NORMAN
www.harveynorman.ie

H&M
23-27 College Green,
Dublin 2
Tel: (01) 247 4120
www.hm.com/ie

HOUSE OF FRASER
Dundrum Town Centre,
Sandyford Road,
Dublin 16
Tel: (01) 299 1400
www.houseoffraser.co.uk

LITTLEWOODS
www.littlewoodsireland.ie

MISS SELFRIDGE
Tel: (01) 873 5390
www.missselfridge.com

MINT VELVET
www.mintvelvet.co.uk

NEW LOOK
www.newlook.com

NEXT
Ie.nextdirect.com

OLIVER BONAS
www.oliverbonas.com

PENNEYS
www.primark.ie

POCO BY PIPPA
www.
pocobypippa.
com

RIVER ISLAND
www.riverisland.
com

TOPSHOP
www.topshop.
com

ZARA
www.zara.com



Horoscopes

*Astrologer **Margaret May Reeves** lets you know what's in store for you in life and love this month*



Capricorn

(22 December-19 January)

Embrace your family more than ever this month, Capricorn. With big changes on the horizon, you'll need to hold them close–for your sake, and for theirs. Your parents will play a large part in your life over the next few weeks, and though you might not always get along, this month you'll realise their worth. Arrange a dinner or simply drop by for a visit.



Aquarius

(20 January-18 February)

Valentine's Day is over and done with now, but your love life is only set to improve. Someone new is about to enter your world and set your heart aflutter! You'll see them as a friend at first, but that will quickly change. Be it a new colleague at work or a neighbour who's just moved in, prepare for many a date night.



Pisces

(19 February-20 March)

Last month was a stressful one for you, Pisces, in all aspects of your life. To prevent this from continuing through March, unwind your mind by connecting with nature. Head outdoors, go for a walk or hit the seaside. Breathe in the fresh air, exhale, and declutter your thoughts. If you're not the outdoorsy type, bring some greenery indoors. A bouquet of flowers or a green house plant will work wonders on your mental health.



Aries

(21 March-19 April)

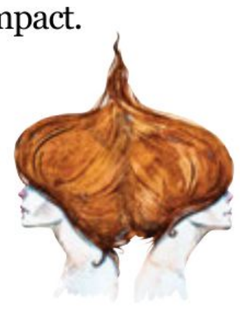
You may have been feeling underappreciated in work recently, Aries, but that's all about to change. Exciting and life changing things are about to happen in your career, but you must be willing to take the leap. Stay alert, keep your eyes peeled for even the tiniest opportunity. That small change will lead to bigger things really quickly. Your bravery to take these steps will lead to money in your near future, so don't hold back!



Taurus

(20 April-20 May)

There's nothing worse than feeling like you're stuck in a rut, and that's probably how you'll feel this month, Taurus. The planets are out of alignment right now, and it's having a negative impact on your mind. Counteract this by freshening up your environment. A fresh coat of paint in your bedroom, or a new set of cushions in your living room will brighten your mood. Opt for happy colours for maximum impact.



Gemini

(21 May-20 June)

This is a busy month in your work and family life, Gemini. Remember to make time for yourself away from all the madness. Treat yourself to a cup of coffee, a slice of cake, and a good book in your favourite café. Or if you're feeling indulgent, go for a manicure or facial in your local spa. With everything you do for other people, you definitely deserve some 'me time'.



Cancer

(21 June-22 July)

You've let your health slip recently, and you're really starting to feel it. This March, as the days get longer, make time to go for a walk in the evenings. Pair up with a friend if you need some motivation, and catch up on each other's news while getting fit. Ditch that bag of crisps in favour of some fruit. You'll feel like your healthy old self in no time.



Leo

(23 July- 22 August)

Your friends will play a big part in your life this month, Leo, and your upbeat mood will catch on. Somebody close to you may need help, advice or a shoulder to cry on in the next couple of weeks, and you'll be the person they turn to. Don't let their sadness infringe on your life, but rather cheer them up by reflecting on happy times you've shared throughout your friendship. Nothing beats a good 'remember when…'



Virgo

(23 August-22 September)

Trust is something you need to work on this March. Stop questioning who your other half is texting, and trust that they're telling you the truth. If they have faith in you, you need to return the favour. Relationships are nothing without trust, so it's vital you build on this. Finding it hard to let the past go? Sit down and speak to your other half.



Libra

(23 September-22 October)

Reinvent yourself with a new wardrobe, Libra. Your time is now! Dump that old coat you've been wearing for the past two years and invest in some statement spring/summer pieces. Need help deciding what suits your shape? A visit to a personal shopper will be an afternoon well-spent, and the advice they share with you will stick. Go on, you know you want to.



Scorpio

(23 October-21 November)

You certainly have itchy feet, Scorpio, and what better time to take a trip away than the present? Satisfy that urge to travel, indulge in the culture of other cities and dip your toes into the sea. Remember that travel is temporary, though. Don't forget that you've responsibilites at home, and as much as you might want to stay abroad, you must come home and face reality.



Sagittarius

(22 November- 21 December)

You may not have seen yourself with children in the past, but an encounter with a friend's child this month will change all that. You've always been naturally independent and someone who likes to do things alone, but your sense of nurturing will be ignited by the innocence of this little one, so much so that you'll soon want a baby of your own. This is an exciting revelation, Sagittarius, make the most of it.

IN THE APRIL ISSUE OF

XPOSÉ MAGAZINE



TREND REPORT
WHAT'S NEW FOR SPRING/SUMMER?

NAILED IT
MATCH YOUR NAILS TO YOUR STAR SIGN. NO, SERIOUSLY...

PLUS...
TRAVEL, HEALTH, FITNESS, INTERIORS AND LOTS MORE

ON SALE FRIDAY 24 MARCH

IMAGE COURTESY OF HOUSE OF FRASER

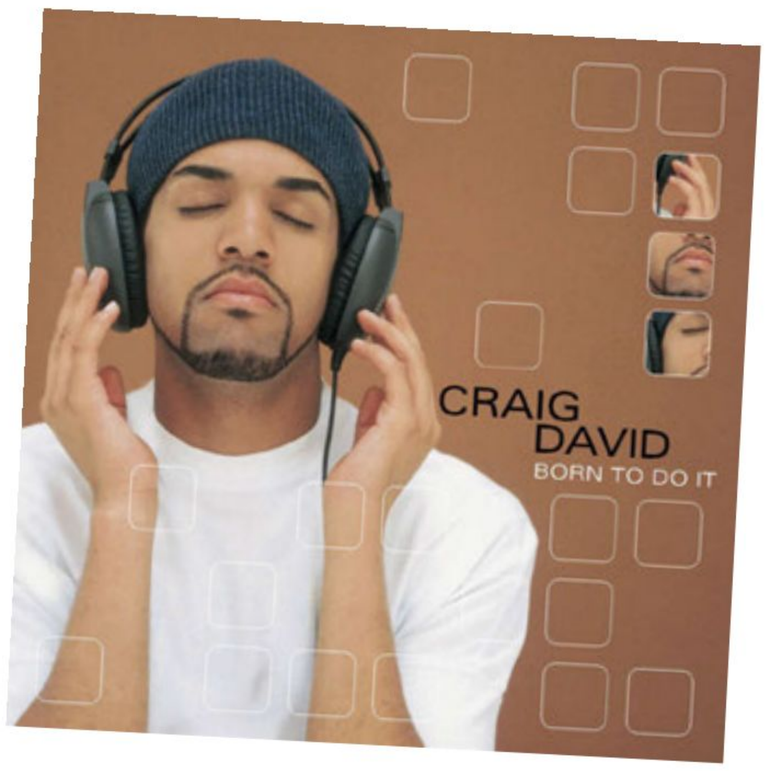


Upcoming Artist

Without a doubt, Irish duo Apella are my favourite new artists of 2017. Keep an eye out for them!

Star Sounds

My favourite album of all time is Craig David's *Born To Do It*. I'm not even joking, it's an instant mood lifter.



For The Record



DJ and model ***Daniella Moyles*** *shares her musical opinions*



Desert Albums

My desert albums would be Bonobo, *The North Borders* and *Black Sands*. He is the perfect mix of chill, electronica and soul for a lonely desert.



First Time

The first album I ever bought was Spice Girls Spice. I completely idolized them growing up.



Guilty Pleasures

I've shared a few already with my Craig David love affair and desires for James Blunt but the cherry on top would be Daniel Bedingfield–I kind of like some of his songs!





Comeback Kids

Weirdly I've always wished James Blunt would make a comeback, so I was pretty delighted to hear he's releasing new music in 2017 and I heard he may also be touring with Ed Sheeran. Delighted.

Dream Festival

My dream festival would feature Bonobo, Missy Elliott, Craig David, James Blake (and Blunt if his new stuff is any use!), Tove Lo, I could go on and on...

Party Starter ?

It's Maniac 2000, every time!

Social Scene

If there's a Champagne cork being popped or an envelope being opened, rest assured XPOSÉ will be there scoping out the style...



Alan Amsby and Andrea Hayes



Ger Dillon and Sharon Hennessey

BOOK WORMS

These are just some of the familiar faces that attended the launch of Andrea Hayes' new book *My Life Goals Journal* at Farrier and Draper in Dublin. Kate Kelly, AJ Fitzsimons, and Brendan Courtney turned up in style to celebrate the launch. The book is all about finding clarity and peace in a busy world which sounds right up our street... We've an extract on page 76 for you to check out!

Photos by Brian McEvoy



Aisling Holly and Maria Scanlan



Grace Kate Campion and Shane Burke



Etain Gonzales and James Gonzales



Andrea Hayes



Kate Kelly and Kellie Masterson



Sinead Moriarty and Claudia Carroll



Robbie Kane and Aine Tobin



Brian Redmond and Frances Kavanagh



Brendan Courtney



Calum Watson and Jayne Watson



AJ Fitzsimons



Ali Coughlan and Amy Gilsenan



John Compton and Marlon Jimenez



Keira Smyth and Lisa Thompson



Ciamh McCrory



Niamh Wade and Sherine King



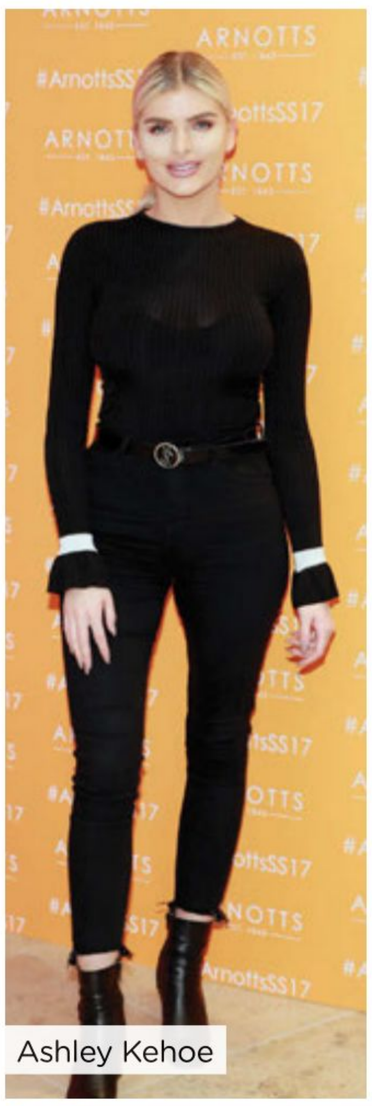
Ali McKeever and PJ Gibbons



Faye McGillicuddy and Jen Stevens



Leslie Ann Horgan and Vicki Notaro



Ashley Kehoe



Courtney Smith

THE FASH PACK

Ruth O'Neill, Rosemary MacCabe and Hollie White appeared at the launch of Arnotts spring/summer 2017 womenswear collections in the accessories hall at Arnotts in Dublin recently. The collections are as stunning as we expected them to be, and everyone had a brilliant morning. Guests sampled healthy breakfast bites including carrot juice, beetroot juice and mango smoothies, as well as mini-protein balls, pancetta crisps and granola tarts.

Photos by Kieran Harnett



Roxanne Parker



Sinead Kelly



Catherine Condell and Aisling Farinella



Rosemary MacCabe and Aoibhinn Mc Bride



Rebecca O'Byrne



Grace Cahill and Brian Conway



Ingrid Hoey and Clodagh Edwards



Ruth O'Neill



Elaine Prendeville and Triona McCarthy



Natalie Burke



Clyde Carroll and Jess Glynn



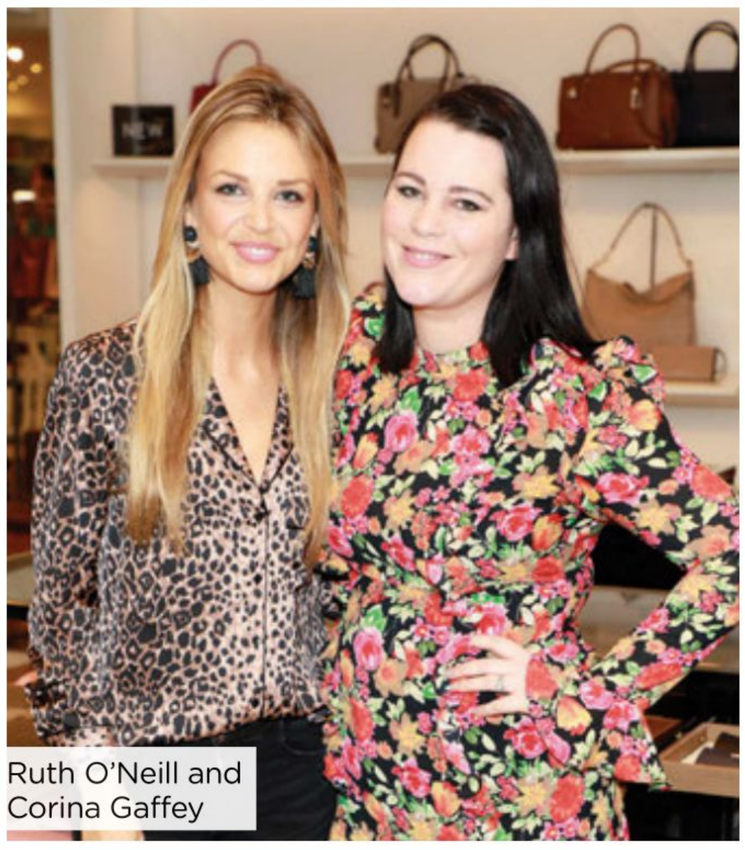
Holly White



Laura Toner and Sarah Williams



Cathy O'Connor and Clara Halpin



Ruth O'Neill and Corina Gaffey



Maya Olsen



Cathy Donohue



Ciara O'Doherty and Louise Cooney



Rosemary McMeel and Marie Kelly



Michelle McKeown and Fionnuala Moran



Triona McCarthy and Will White



Aine Casey and Maura Campbell



Olivia Hogan



Catriona O Connor

MOVIE NIGHT

How good did these special guests look at the Irish premiere screening of Ben Affleck's new film *Live by Night*? Held at the Savoy Cinema, Dublin, the speakeasy themed event was a huge hit. VIPs on the red carpet included Rosemary Walsh, Katie Brady and Gary Clarke. The violent period thriller was a hit with everyone on the night–but with Ben Affleck in the director's seat, that's no surprise.

Photos by Brian McEvoy



Nelly Herbut, Tomas Simonis and Ellen Mijeda



Losie Osborne and Belle Osborne



Miriam Devitt and Natasha Waugh



Giovana Marques and Hanna Yuri



Carmel Breheny



Cathy O Connor



Marlis Kerins and Tony Kerins



Kevin J Ryan



Eileen Sutton



Keva Doyle and Anna Doyle



Klara McDonnell and Danni Masterson



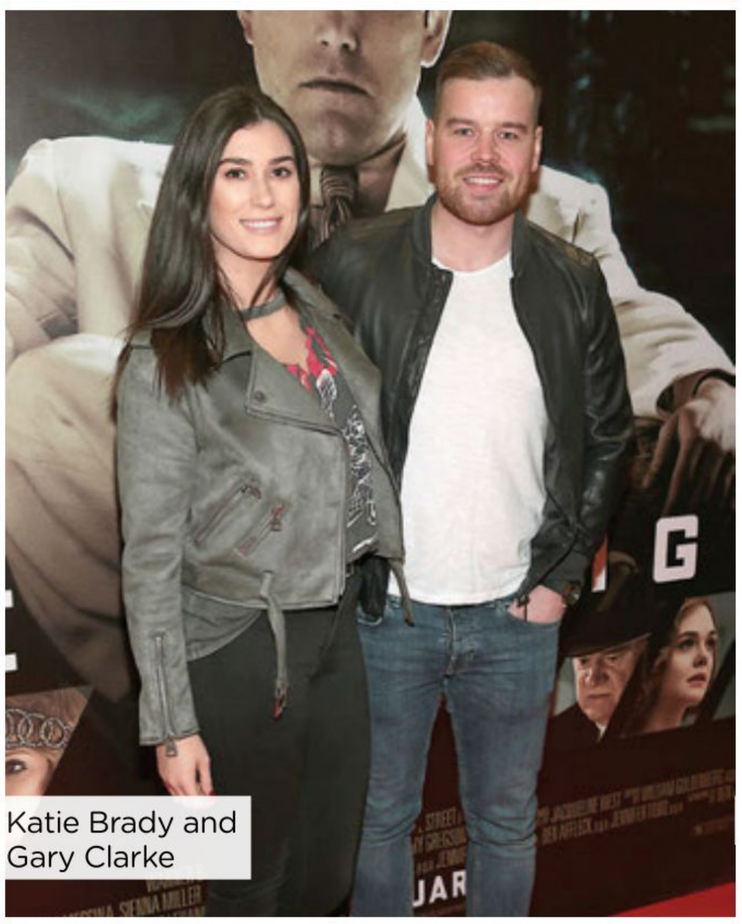
Molly Price and Sophie Agnew



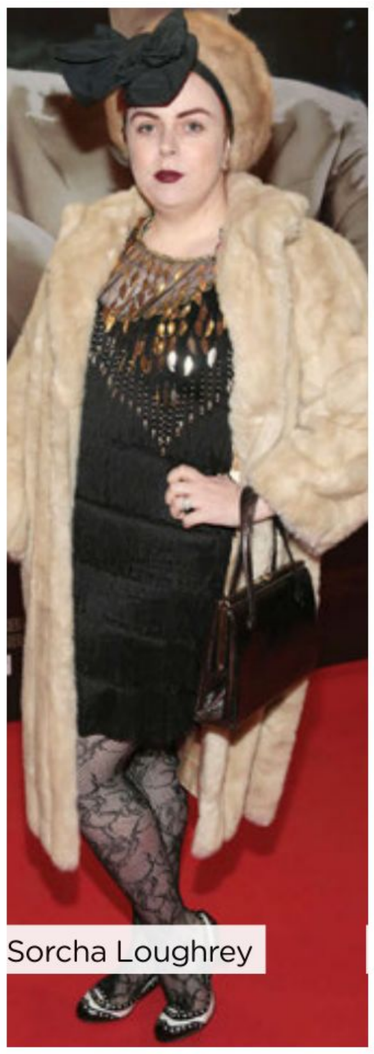
Gail Kaneswaran



January Winters



Katie Brady and Gary Clarke



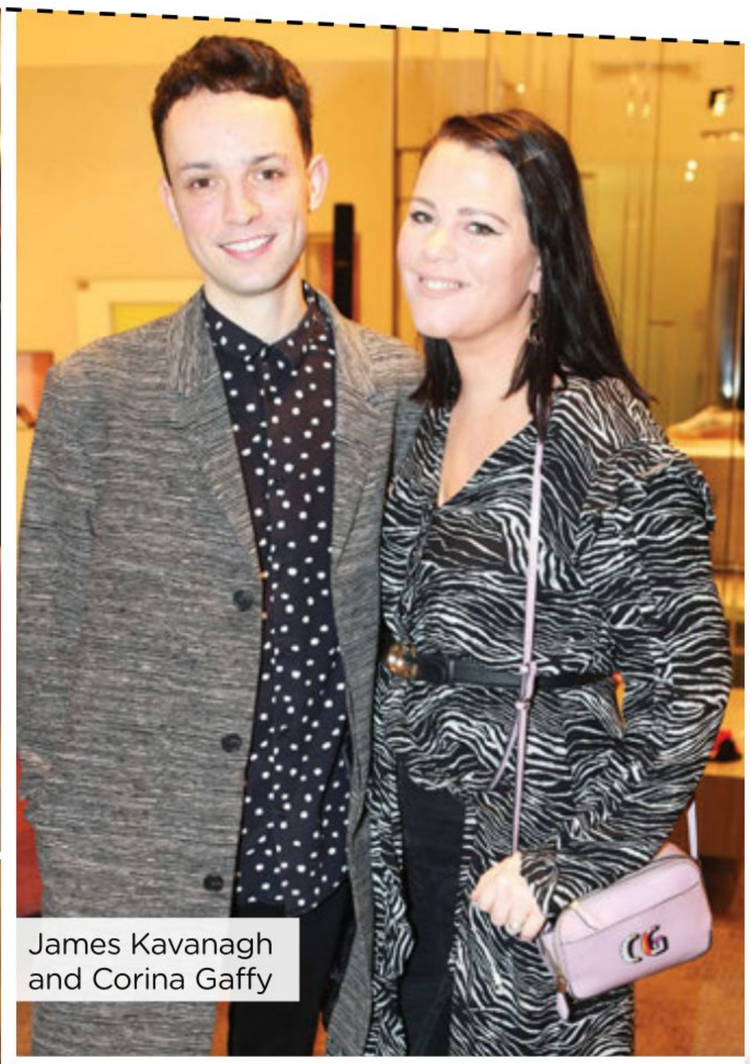
Sorcha Loughrey



Rosemary Walsh



Amy Heffernan and Sarah O Hegarty



James Kavanagh and Corina Gaffy



Marie Kelly and Olivia Keating



Annmarie O'Connor



Courtney Smith

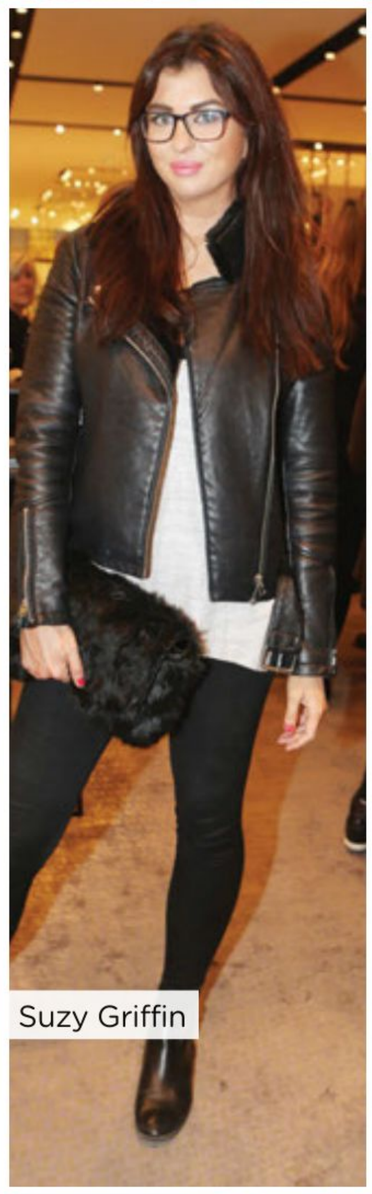
DESIGNER BREAKFAST

VIPs enjoyed the launch of international designer collections for spring/summer 2017 at Brown Thomas. Familiar faces included James Kavanagh, Glenda Gilson and our own Claudia Gocoul and Aisling Keenan. After the show, guests enjoyed breakfast in The Restaurant by Johnnie Cooke, with everything from granola pots to poached eggs with avocado.

Photos by Leon Farrell



Cathy O'Connor



Suzy Griffin



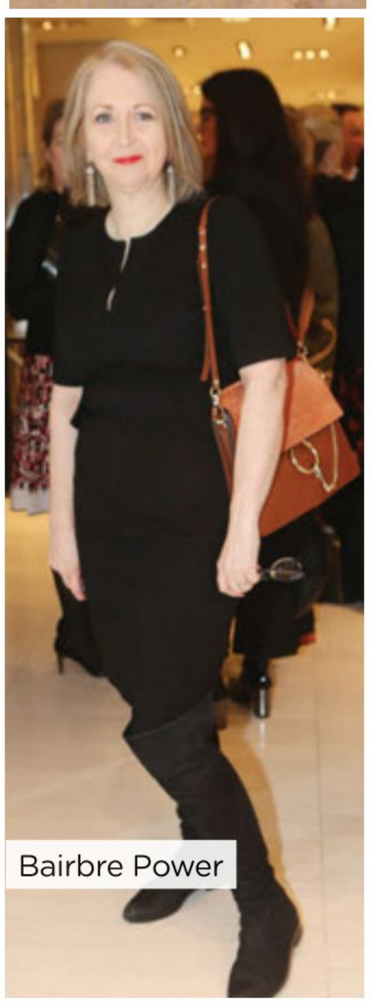
Holly White and Ciara O'Doherty



Glenda Gilson and Darren Kennedy



Celia Holman Lee



Bairbre Power

Salamanca
Tapas Bar & Restaurant



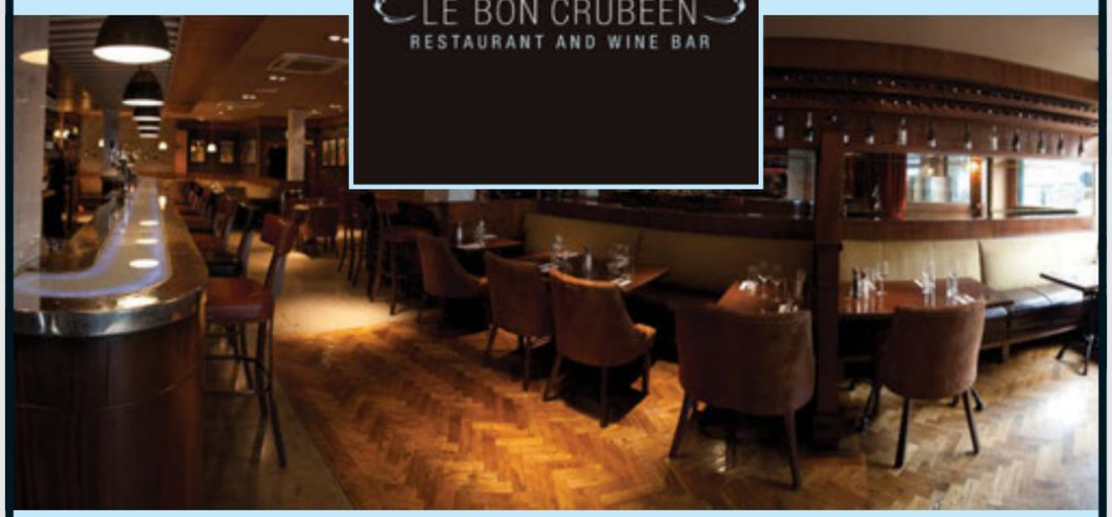
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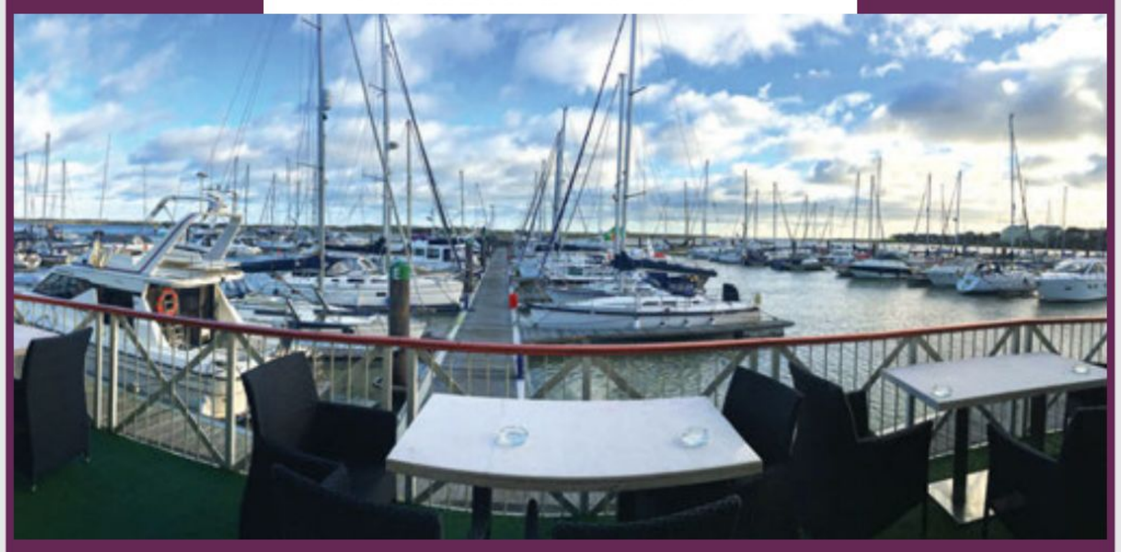



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Jess Glynn and Claire Ryan



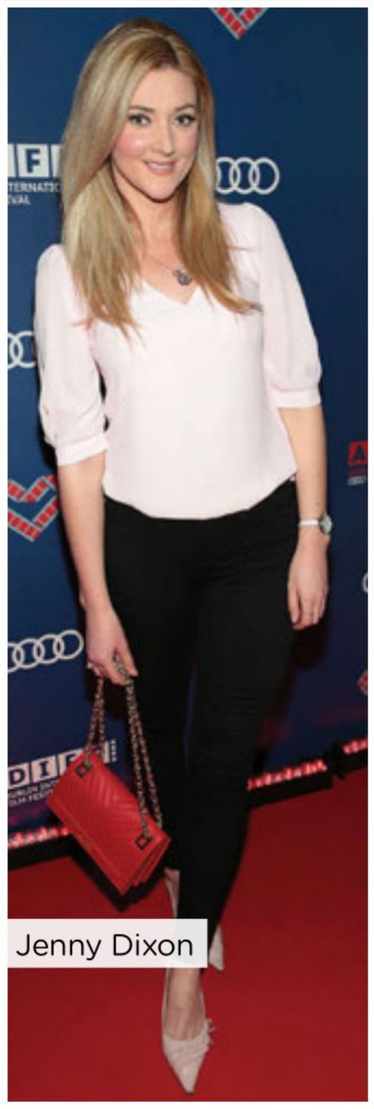
Anne Marie Naughton and Aisling Collins



Niamh Looney, Aine McPartlan and Sarah Neil



Leah McNamara



Jenny Dixon

FILM STARS, FANCY CARS

Jenny Dixon, Elenora Neil and Patrick Stewart attended the launch of the Audi Dublin International Film Festival 2017 at the Laughter Lounge in Dublin. Festival Director, Grainne Humphreys, took to the stage to reveal what films will be screened during the event. We can't wait!

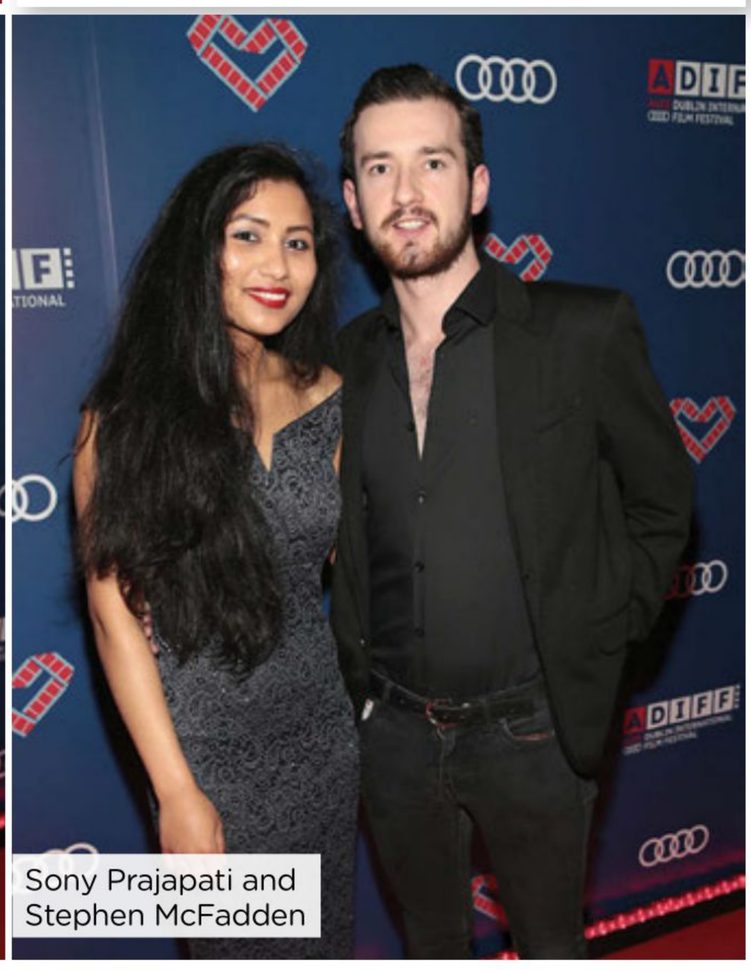
Photos by Brian McEvoy



Elenora Neil and Patrick Stewart



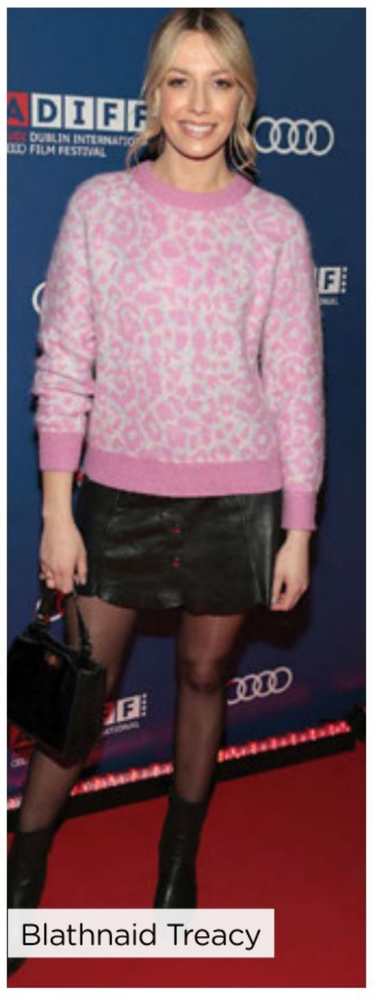
Emma Costello and Sarah Gordon



Sony Prajapati and Stephen McFadden



Stephen Byrne



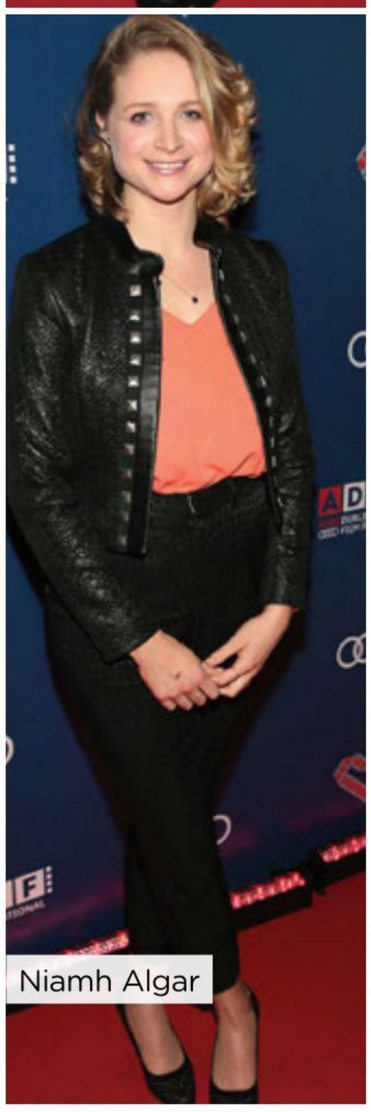
Blathnaid Treacy



Anita Nikolaison



Pauraig MacConaloig and Linda Dagge



Niamh Algar



Jordan Kenna and Leslie Walsh

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4* boutique hotel in the heart of Galway City

Something Sweet

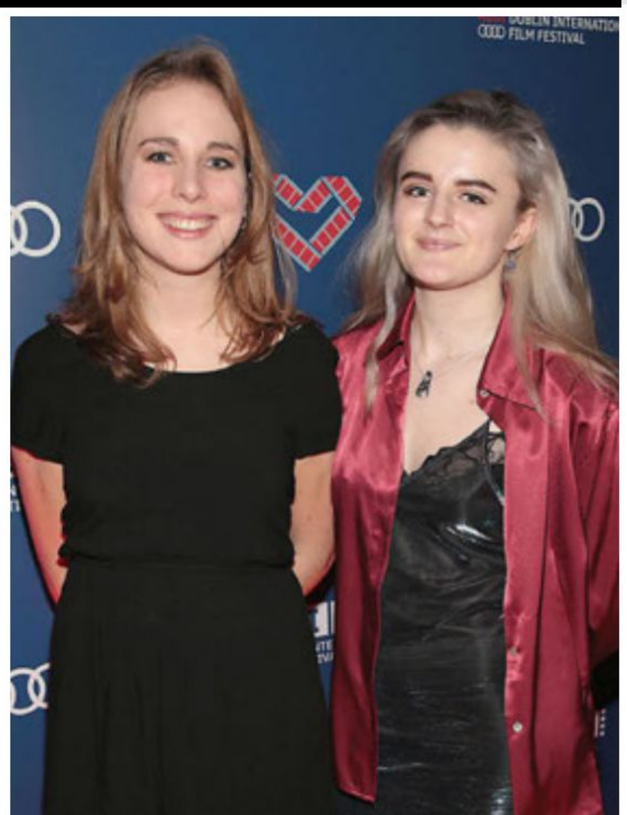
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Darren Cahill and Mo Dunford



Marie Boyer and Sorcha Fitzgerald



Sarah Moloney and Elaine Moloney



Richard Molloy and Shireen McDonagh

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