

## healthy living - arts - community

## Samsara's Top Tips on Fitness, Nutrition, Beauty and Lifestyle



Samsara is a professional Bellydancer of Middle Eastern origin, brought up in London, she now lives in Essex. She performs at various venues such as festivals and corporate events including Arabian themed ones. Samsara teaches at many events, various and holiday resorts offering classes and workshops in Bellydance. Working as a judge for the World Dance Competition from Bellydance to Street Dance, she has made several guest appearances and the Bellydance Workout TV series is broadcast on various Sky TV Fitness Channels. She has been a lecturer and exercise for many years in various educational departments in colleges where she teaches a variety of subjects, including dance, fitness, health awareness, holistic and fitness therapies including massage and pilates. Teaching is something she enjoys as she finds very rewarding to enable others to acquire new knowledge and skills that can empower them to transform their lives in many ways.

## Perfect pout

Lips and the perfect pout! We all aim for those luscious full lips and pout but it is not as easy as just putting on a little bit of lipstick and think 'that should do the trick'. For some of us with full lips, that may work, but for others it most definitely will not. There are many tricks within the professional world of make-up that can help to achieve the maximum result with what you have naturally or even for those who may have had some form of enhancement like.

First of all, always make sure lips are smooth and kept moist to avoid drying out, flaking and blistering, especially in the winter and summer with extreme weather temperature change. Central heating or air conditioning can also cause a problem and dry out the lips even more.

Start by exfoliating the lips with a lip exfoliator or make your own with your cleanser and a little sugar. If you don't use cleanser, you can use thick set honey which will also work effectively. Work in small circular movements over the lip area with an exfoliating mitt or even your finger tip and then gently wipe off with warm water and pat dry with a soft



towel. To create the shape of lip you desire, you will need to use a lip liner. They can be in pencil form or those that look like a felt tip marker - these tend to last longer when applied. For day time, stick to nude colours or a colour that is close to your own lip colour tone. The liner can be slightly darker than your chosen lipstick colour but similar to that of the chosen lipstick shade.

Use your lip liner and draw around the lip, leaning slightly on the outside on the lip areas you want to make look larger and leaning on the inside of the area you want to make look a little smaller. On the cupid bow, the V of your upper lip, you can make this curved and rounded for a soft look or more pointed for a

prominent look. This is usually used for the evening look and often on the seven shades of red.

If you want to create a natural pouty look, use the liner to shade in a little of the area just inside of the line you have created so that when you apply your lipstick over this, it will have an underlying dark shade, the illusion of prominence towards the centre.

When you apply the lipstick, make sure you use a lip brush as this will ensure all the crevices of the lips are filled with colour and not just the surface. To create a fuller pout, use a lighter lipstick just for the centre only or dab a little highlighter that you would use on eyelids and blend just enough to fuse the joining line of colour. If the lipstick is a moisturising lipstick, it

will not require a lip balm or moisturising gloss. However if it is liquid lipstick, it will usually require a moisturising balm or gloss on top.

Remember the same rules will apply for the nude shades of rose pink, mocha brown or soft plum, just as it will for the more vibrant and intense colours of reds or pinks. The rules are darker shades of colour will make things look larger. So if you have smaller lips, go for the lighter shade of plum rather than the darker shade of plum, as the darker shade will make the lips look even smaller.

Whether you have chosen to go for nude colours for day and intense and vibrant colours for special occasions, you will need it to stay put for as long as possible, so before you take that glass and have a sip, lick those lips before you touch the glass and you should find that as oil and water don't mix, the glass should not be left with so much lipstick and therefore will still look great. Perfect!

Love and Sparkles,  
Samsara x

[www.samsarabellydancer.co.uk](http://www.samsarabellydancer.co.uk)

## An evening with International Business Coach Nadia Themis



Love failures is perhaps not something you hear very often, but for professional life coach Nadia Themis, this is a statement she lives by. During an exclusive networking event hosted by NEPOMAK UK, Nadia went on to explain that through her failures, she has learnt so much about herself.

Whilst discussing the struggles and hardships she has faced in her life, including anorexia, bulimia and a divorce, Nadia explained that "in life, your motivation is either desperation or inspiration."

Nadia inspired us all by her strength and willingness to overcome the bad experiences and turn them into positives, impressing upon all of us the importance of doing so in order to be both successful and happy.

At the age of 15 and becoming increasingly introverted, Nadia felt as though she was losing herself and so visited a youth foundation in Liriasol which she described as a "breakthrough" for her. She felt a sense of belonging for the first time in her life which inspired her to set up her own foundation - The Melissa Foundation - to give other less fortunate young people a place to develop themselves in a safe and social environment through workshops, lectures and team-building trips.

With regards to dealing with low self-esteem and confidence, something faced by many young people today, Nadia explained that "first of all you need to know yourself, it sounds very simple but it's not that simple. By knowing yourself and your strong points you will have confidence."

Nadia's advice was that first and foremost we must listen to our own voice and trust our instinct whilst being able to accept help and advice from those around us which, in turn, will aid our personal and professional development.

When asked about young people in the UK and specifically what stops them from achieving their potential, Nadia highlighted the need to find inner motivation and to identify the reason why they are doing what they are doing. In an increasingly competitive world in which we live, her best advice to young people when trying to break into a new career was to "be humble, be open and be ready to learn" and not to feel discouraged by rejection, but instead to

break from the negative thinking, reflect on the experience and work on playing to their strengths.

Starting out - just graduated and looking for a job, how do you keep yourself occupied and productive? When posed with this question, Nadia replied "you just need to start somewhere. It may not be the dream job, but you are gaining experience and focusing on your final goal. Be open minded."

Nadia emphasised the importance of being ambitious but also setting realistic and attainable goals. A further point was raised about dealing with criticism to which Nadia responded with "if we learn not to take things personally, it's a good step to controlling our emotions."

To deal with her own emotions, Nadia explained her process which involves what she calls an imaginary 'wall of doubt'. In the past, when she hasn't liked what others were saying to her, she would stick an imaginary post-it note on the wall which worked to distance herself from the anger and frustration she felt, giving her time to calm down and think more clearly, as she said that we "need to be able to separate our own voice from the voices of others" and learn to love ourselves despite criticism we may receive.

Self-awareness and self-reflection were two of the most prominent themes of the evening's discussion and Nadia explained that "we need to be honest with ourselves. Most of the time we are trying to be perfect and feel the need to satisfy the demands of our family, friends and society but by doing this, we lose track of who we are."

This was perhaps the most impactful moment of the evening as it was a reminder to those present that despite living in a pressurised society, we must take time to pause, listen to our own voice, be brave, never compromise our values and learn to be comfortable with ourselves. This, according to Nadia Themis, is the key to success.

To find out more about Nadia Themis and the services she provides, visit [www.nadiathemis.com/](http://www.nadiathemis.com/). Alternatively, subscribe to her YouTube channel: [www.youtube.com/watch?v=yuOKAqBQRU](http://www.youtube.com/watch?v=yuOKAqBQRU)

Elle Zacharia

## with Katerina

If you fancy injecting a little culture in your week, be sure to visit British born Cypriot artist Kerry Zacharia's debut solo exhibition. A unique and inspiring gaze on our beautiful capital city of London.

Artist Kerry Zacharia is proud to present her first central London solo art exhibition near St Paul's Cathedral, opening on 20th March for three weeks through Easter. The theme for this show is 'London in Different Dimensions'.

This exhibition will be hosted by The Salvation Army at their International Headquarters within their Gallery 101 space. A Private View will be held from 5.30pm to 8.30pm on 21st March. The



show will close on Friday 6th April.

In this exhibition, Kerry aims to engage her audience in a very decisive way with her expressive and highly individual graphic line style, taking them on a journey through familiar urban scenes of this great City of London. They will experience how her everyday life, inspired by simple and uplifting sometimes spiritual moments, has been turned into a unique collection of paintings. Her London art is deeper than the instant connection it forms, especially when closely observed her audience will be guided via the energy of her lines, allowing for any mysteries to unfold and connections to be formed thus making the whole experience of viewing her art 'different'.

Kerry was born and raised in North London and is of Greek-Cypriot ethnic origin. Creative talent was present in her as a child, however, her career took her on a different path. Her passion for art long remained and at the age of 53 she has managed to establish quite a following.

As a self-taught artist, Kerry has not been influenced by any art training and relies on her own inspirations and inner vision to guide and develop her art practice. Her art is largely received as "different", "emerging" and "mysterious" and as her having a unique and recognisable style. Someone once went on to describe it as "Van Gogh from another dimension".

In conjunction with this exhibition, Kerry will be running a fundraising event to raise awareness and money to help support the great work of The Salvation Army. People engaging in her fundrais-

ing event will not only be entitled to a generous discount on buying her original art, but will be helping Kerry raise even more money as her employer, Telerail Trilium, will be helping Kerry through 'Charity Match' her donations.

Venue details: Gallery 101, The Salvation Army International Headquarters, 101 Queen Victoria Street, London, EC4V 4EH. Open Monday to Friday 8.30am to 4.30pm (closed Good Friday/Easter Monday). Nearest Stations: Blackfriars, Mansion House and St Paul's. Kerry will be available most days at the show, contact Kerry to arrange an appointment. Contact details: mobile 07976 742692; for all enquiries and to RSVP for Private View email: [kz@kzart.co.uk](mailto:kz@kzart.co.uk)

or [kz@kzart.co.uk](mailto:kz@kzart.co.uk) to learn more about Kerry Zacharia and her art practice visit [www.artbykerryzacharia.com](http://www.artbykerryzacharia.com)



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or [kz@kzart.co.uk](mailto:kz@kzart.co.uk) to learn more about Kerry Zacharia and her art practice visit [www.artbykerryzacharia.com](http://www.artbykerryzacharia.com)

EXCLUSIVE!