

CREATIVE LIFESTYLE JOURNAL

FOCUS

— by fetts —



Autumn / Winter 2017

SOMETHING IS IN THE AIR... THE CHANGING OF THE SEASONS

Winter wardrobes can be tricky
... sometimes bulky, sometimes
uncomfortable and sometimes boring.

Survive Winter by layering and being cosy
without sacrificing your personal style.
Wrap yourself in layers with strong clean
silhouettes, choose a range of textures...
cashmere blends, pure fine merino, velvet
or leather...and imagine the perfect

Winter colour palette...all shades of
grey as well as navy, camel, fresh winter
white...with pops of red, soft sky blue
and pink. Add spots, stripes or sequins.
For more decoration and interest choose a
generously sized scarf.

Winter 2017 is all about versatile pieces that
are chic yet comfy creating daytime looks
that can both travel and move to evening.



Lush
Layers



Versatile & Chic

MELA VERSAILLES BLOUSE



MELA LOUIS SHIRT



MELA FLORAL SOFT SHIRT



VERGE LASLETT TOP WITH CYNTHIA CARDI



VERGE CAIRO TEE



MELA VELVET



VERGE CONFETTI SWEATER

Go anywhere



VERGE CASTELLO JACKET



FOIL IN CHECK COAT

BEAUTY BOX

BY PHAEDRA FULLER

Your Beauty Questions Answered

Tom Ford

Brow Sculptor

Sparse brows? The larger head and beautiful waxy consistency of this brow pencil will make filling in brows a breeze. Go for a shade slightly darker than your own brow colour and use little strokes for the most natural effect. Set with a clear brow gel.



Becca

Backlight Priming Filter

Foundation not lasting? This primer acts as a double sided tape between your skin and foundation. Makeup will glide on effortlessly and stay put while creating a healthy glow.



Dr Dennis Gross

C + Collagen

Dull, tired-looking skin? Fake the facial and create luminous skin with this luxurious serum. Packed with nutrients, it's a wonder for bringing life back to skin in the cooler months ahead.



Urban Decay

Eyeshadow Primer Potion

Does your eyeshadow crease? Make it last with this game changer by priming clean eyelids, letting them set, then applying your favourite eyeshadow.



Nars

Pure Matte Lipstick 'Vesuvio'

Not sure if you can wear red lipstick? Create a lip stain by patting this beautiful full-bodied red from the bullet onto your lips using your finger instead. The result will be a softer version of the colour. Give it a go!



BODY AND SOUL

BY NICK LE LIEVRE



About 80% of the adult population will experience lower back pain at some point in their lives. That doesn't mean it should restrict you from enjoyable activities such as skiing or snow boarding! Because the majority of us don't have the time to adequately prepare for our snow holiday I have listed, in order of importance, four categories relating to skiing/snow boarding with lower back pain which you should consider before you get to the slopes.

Your answers to my questions will affect your active time on the slopes and how you recover the next day.

PELVIC POSTURE AND ALIGNMENT...Do you constantly stand on one leg? Are you seated most of the day at work or driving? Muscular tightness can pull the pelvis out of position. This can then affect the movement in you hips, your core strength and control plus the amount of strength you can produce.

LACK OF HIP MOBILITY...With your feet together are you able to turn the same amount both

ways through your hips? Mobility is not flexibility. It is the amount of 'range' you can control. Once those ski boots are binded your hips need to be able to move otherwise the all too common knee and back injuries appear compensating for those lazy hips.

POOR CORE CONTROL...Can you hop forward, backwards and sideways on one leg? Core control is not strength and you already have enough 'ab strength' if you are a skier/snowboarder. Core control is the coordination of those muscles and using them correctly.

ISOMETRIC STRENGTH...Are you able to hover just above the arm rest on your couch? This is a good way to test if you have enough strength to support your joints and the loading you receive while skiing/snowboarding.

This is a guide only and it is recommended you seek personal advice from your chiropractor, physiotherapist or GP. If you want more information I'd be happy to help...and let's get ready to hit the slopes!

IN RESIDENCE

BY IMOGEN NAYLOR

Warm Indulgence

Getting your home ready for the Winter chill is no different from the way you prepare yourself for the cold. Just like this Winter's fashion interior styling is drawing from all shades of grey...deep charcoals to light silvers. To complement, toss in a touch of dusty pink, blush hues and muted apricots creating a beautiful colour accent.

For warmth indulge in layering cosy textures. At the same time keep the feeling airy and fresh by juxtaposing soft and hard surfaces using chunky raw timbers and exposing natural elements...a touch of glass will add sophistication and glamour.



1.

Glamour



Greys



1. 'L HOUSE'. FOUND ON TALISPACE 2. HORGANS, GREY RABBIT FUR RUG 3. CUTIPOL, 'MOON' 24 PIECE SETTING 4. HORGANS, GREY HEMP CUSHION 5. BOMMA, 'TIM' GLASS PENDANT 6. HORGANS, 'ELLA' 4 SEAT SOFA

ON THE MENU

BY TONGUE TEASERS

Lemon Meringue Roulade



1. **HONEST POP Organic Popcorn with Coconut Oil**
2. **NEW ENGLAND LARDER Lemon Butter**
3. **PARIYA Persian Nougat**
4. **LINDSAY & EDMUNDS Fig and Hazelnut Chocolate**
5. **TAR 10 Sticky Fig for cheese**
6. **TAR 10 Brandy Toffee Sauce**
7. **TAR 10 Apple Sauce**

INGREDIENTS

- 5 large egg whites
- 275g caster sugar
- 50g flaked almonds
- icing sugar for dusting

For the filling

- 400ml double or whipping cream, or greek yoghurt.
- Grated zest of 1 lemon
- 4 tbsp lemon curd



METHOD

Preheat oven to 200C, fan 180C

In a large clean bowl whisk the egg whites, using an electric whisk on full speed, until stiff. Gradually add the sugar, 1 tablespoon at a time, whisking well at full speed, between each addition. Continue whisking until all the sugar is blended and the mixture is stiff and glossy.

Grease a 23 x 33cm Swiss roll tin and line with non stick baking paper. Spread the meringue mixture evenly over the base of the tin and sprinkle with the almonds. Bake for 12 minutes or until golden. Lower the temperature to 160C, fan 140C and bake for a further 20 minutes until firm to touch. Remove from the oven and turn out, onto a sheet of non stick baking paper, almond side down. Leave the meringue to cool for about 10 minutes.

Lightly whip the cream/yoghurt, add the lemon zest and fold in the lemon curd. Spread the lemon mixture evenly over the cooled meringue. Roll up the meringue starting from one of the shorter sides to form a roulade. Finish with a light dusting of icing sugar. Serve with fresh berries.

To make rolling easier use a sharp knife and gently score an indentation about 1cm in from the edge of one of the shorter sides. Start rolling from this side.

The finished roulade can be chilled for a few hours before serving.

NO FIXED ADDRESS

BY TRAVEL ASSOCIATES

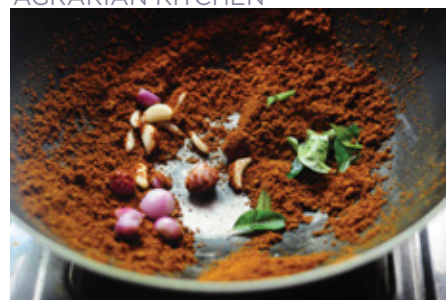


The language of food.

TWO BORDELAIS



AGRARIAN KITCHEN



PHILIPKUTTY'S FARM



PIZZA CONSULTING

There is no better way to discover local or foreign culture than through the language of food. While on holiday cooking schools and classes can offer you the opportunity to delve into the colloquial essence of your destination.

Visit PIZZA CONSULTING (Naples, Italy) and learn the sacred Italian art of preparing the flavours and textures of pizza in a way their much loved dish deserves.

TWO BORDELAIS (Bordeaux, France) classes are set in a 17th century barn where you celebrate the local delicacies, participating hands-on. Your adventure includes market tours, cellar door tastings and visits to medieval villages. Step onto a traditional vallam boat for a short

ride to an oasis named PHILIPKUTTY'S FARM (Kerala, India). Situated on an utterly captivating island coconut farm cooking class is part demo and part participation. The common inclusion is meat and fish with interesting home grown spices and produce speaking of years of inherited knowledge...a unique treasure trove.

Thinking paddock-to-plate? Then visit AGRARIAN KITCHEN (Tasmania, Australia) a cooking school committed to re-establishing the bond between kitchen and land. Fabulous classes include Cooking With Truffles, Cooking With Fire, Vintage Baking, Mutton Dressed As Lamb. Set in a 19th century school house the 'Kitchen' is only a 40 minute drive from Hobart.

FOR FURTHER INFO



FETTS

shop@fetts.com.au
9489 2066
www.fetts.com.au

BEAUTY BOX

Phaedra Makeup
phaedra.fuller@gmail.com
instagram @phaedramakeup

BODY & SOUL

Nicholas Le Lievre
Chiropractor at Chirotherapy
info@chirotherapy.com.au
9499 3930
www.chirotherapy.com.au

IN RESIDENCE

Imogen Naylor
www.imogennaylor.com

ON THE MENU

Tongue Teasers: 22 Railway Ave., Wahroonga
tongueteaserswahroonga@yahoo.com.au
9487 4631

NO FIXED ADDRESS

Peter Sherwood
Travel Associates Turrumurra
9488 8388
www.travel-associates.com.au/wye

GRAPHIC DESIGN

Elsie Houston
www.elsieinvents.com