

WAVE



DIY BEACH WAVY HAIR

*Make your own
Surf Spray*

ALEXIS REN &
JAY ALVAREZ
*Fall in love with this
adventurous couple*

SUMMERTIME RECIPE

*Healthy Smoothie
Bowl*

BETHANY HAMILTON

*Inspiring us with her
stories of Motherhood*

GET BIKINI BODY READY

8 *Yoga Poses*

EASY BEACH HOUSE DECOR

*Bring the beach to
your home*

May 2016



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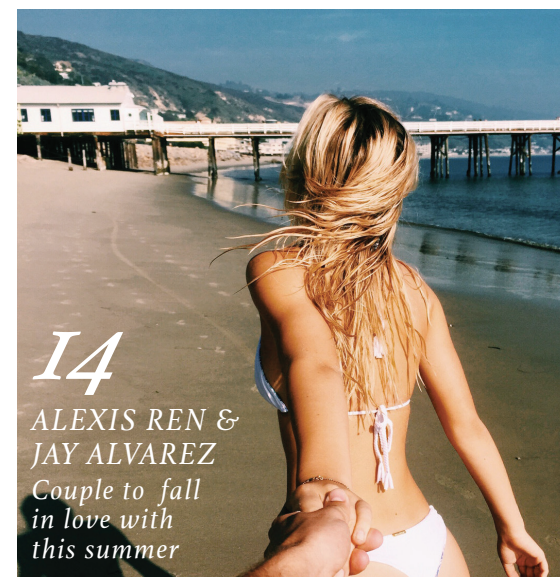
WAVE

MAY



EASY BEACH
HOUSE DECOR
*Bring the beach
to your home*

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ALEXIS REN &
JAY ALVAREZ
*Couple to fall
in love with
this summer*

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DIY
DO IT YOURSELF

BEACH WAVY HAIR

While most of us would love to spend every hour of this summer oceanside, duty calls. Still, that doesn't mean that we can't recreate our favorite beauty side effect of a day well spent at the beach: that perfectly effortless, salt-water-sculpted wavy hair. There's no need to spend a dime on sea salt spray, because chances are, you have all of the ingredients to do it yourself lying around. The secret to our recipe? Rather than gel, which most recreations call for, we went with a pomade—you'll evade any crunch, leaving your locks to flow in the summer breeze.

Ingredients

Clean plastic spray bottle (check the beauty aisle of your local drugstore)
1 Tbsp hair gel
1 Tbsp coconut oil, melted
2 Tbsp sea salt or Epsom salt
1.5 Cups warm water

Instructions

Combine all ingredients in the plastic bottle and shake well to dissolve. Note that the coconut oil may separate over times, if this happens, just warm the bottle under hot water and shake it up. Spray until you have the look you want.



Panacea Multi-strand beaded Necklace
\$48



Women's Halogen Fedora \$28

Alex and Ani Set of 3 Bangle Vincatge Set
\$38



Free People Galloon Wrap Bralette
\$38

GET THE LOOK

Bohemian Goddess

Dress up any outfit with bright jewelry and glamorous metallics. These sexy accessories are a "must have" this summer



Michael Kors Slim Runway Wrap Watch
\$195



\$18 Lokai Bracelet



Apricot Long Sleeve Lace Chiffon Loose Kimono \$27



Flash Tattoos Illia Tattoo Set \$25



Shi Brown Gladiator Sandals
\$50

Rebecca Minkoff Mini 5-Zip Burgundy
\$130

TOP TRENDS

FROM

NEW YORK

FASHION WEEK

— SUMMER 2016 —

Once upon a time, New York Fashion Week was synonymous with Bryant Park, only the upper echelon of the industry got invited, and the rest found out about the trends inside the tents from the pages of magazines.

But that was then. In the past five years, Fashion Week has moved uptown to Lincoln Center, many designers have expanded their lists of who gets past the velvet ropes to include influencers in the digital media realm, and off-shoots of Fashion Week have cropped up across New York City.

This spirit of innovation and imagination is what the industry is craving to keep New York Fashion Week engaging — both for insiders and those on the outside watching it all unfold on blogs, live Web streams and social media, says lifestyle reporter Patty Hughes. She's a style contributor behind the scenes at New York Fashion Week.

Last season alone, Ralph Lauren and Opening Ceremony transformed their presentations into a "4D" spectacle projected against a fountain on a lake in Central Park and a play at the Metropolitan Opera House, respectively. Or maybe New York Fashion Week even has potential to be televised someday, Mr. Hagan says.



Lauren
Conrad
Collection



Adam
Paris
Collection

Let your HAIR down



Abbey
Glass
Collection



Gypsy
Pastel
Collection



Modeva
Swim
Collection



Roberto
Cavali
Collection

Show off those LEGS



BCBG
Max Azria
Collection



Alexander
Wang
Collection



Helmut
Lang
Collection



Kate
Spade
Collection

It's a NUDES summer

With a POP of color

BEACH HOME DECOR

GET THIS LOOK



Gracie Sofa by Zipcode Design
\$344.99

Decorative
Toss
Pillow by
Overstock
\$23.49



Turquoise Coral III
Framed Graphic Art by
Mirror Image Home
\$289.99



Jute Kilimanjaro Area Rug
by Anji Mountain
\$175.99

Rectangular
Serving Tray
by Cyan
Design
\$117.50



Coastal Living™ Piecrust
Wall Mirror by Stanley
Furniture
\$725.00



Mum with Bud Vase
Silk Flower Arrangement by Nearly
Natural
\$37.99



Coral Lamp
by Pier1
Imports
Coastal
Collection
\$125.00

Massimo
Coffee
Table by
TFG
\$579.99



3 Piece Rose Murex and
Spindle Shell Sculpture
Set by Dekorasyon
\$39.99

JOIN THE SUMMER WAVE

— FASHION —



TRIANGI SWIMWEAR

This is the bikini to rock this summer. With bright colors and great support, this neoprene set is perfect for summertime.

BAMBI - SUGAR PLUM
\$79 USD - SET (TOP & BOTTOM) NEOPRENE BIKINI
IN NEON MINT, ORANGE MESH +
NEON PURPLE

BETHANY HAMILTON

Pro surfer and shark attack survivor continues to inspire as a new mother.

At only 25 years old, pro surfer Bethany Hamilton already has several life-times of experience and adventure under her belt. This year, she and her husband, Adam, just had their first son. Last year, they almost won CBS' "Amazing Race" and she also released her fourth book, "Body and Soul: A Girl's Guide to a Fit, Fun and Fabulous Life." Add that to a 2011 feature biography that gave an in-depth look to her journey back to competition after she lost her left arm from a shark attack on Halloween in 2003. Hamilton was also recently awarded a wildcard entry to the Swatch Women's Pro last month at Lower Trestles in California where she made it to Round 3 before being eliminated.

We caught up with Hamilton to talk about her return to competitive surfing, motherhood and the future of her career.

What was it like putting on the contest jersey again at the Swatch Women's Pro last month?

Bethany Hamilton: I was super excited when I received the wildcard to compete at that event and I was really nervous. I felt good going into the event and positive towards it. I've been phasing out of competition the last two to three years and mainly just because I was losing my passion for competition. I've been doing a lot more surf trips so it's actually been a lot of fun to go surf and travel the world for really good waves versus travel tjworld for competing in bad waves, because most contests are in really [lousy waves and subpar conditions]. It's been a change in my career, but an awesome one.

After the "Amazing Race" did you continue to call your husband "Honey Buns" when you got home from the CBS show?

Yeah, I still call him that (laughs). I kind of call him it a little less lately, but I definitely still call him "Honey Buns" and I always have some sort of nickname going for him. It's usually not very masculine, which he is not stoked about, but he can't help it. I think it was definitely a bonding experience, and it was a fun adventure and challenge where we really had to work together and encourage each other. We came out

of it very still in love and I think it will be fun memories looking back in the years to come.

How does the "Amazing Race" compare to the adventure of being a new parent?

I think being a mom and dad is harder in a sense, but the joy and beauty in it is so amazing. We are loving being parents and we love our little son. It's pretty exciting and I think [parenthood] will be a lot more rewarding in the long run. I always looked forward to having kids ... and I knew I would like being a mom. But, I like it even more than I thought I would. There are definitely challenges, but those challenges are so well worth it. I see [parenthood] as such a joy and children are such a gift from God.

Besides the new bundle of joy, we saw that you have a new sponsor. Why did you want to be a brand ambassador for Jamba Juice?

I'm very health conscious and last year I wrote a book for teen girls to encourage them in their health journey in a really positive and uplifting way, a more realistic way of approaching health. Nowadays, so many young girls struggle with their body image and health so it's really something I'm passionate about.

You've already got several books published, a feature biography film and a reality TV show under your belt. Where do you want to take your career in the future?

Well, I'm really passionate about surfing right now and have some goals of improving my surfing. I have a new film project, documenting my surfing career and where my surfing is at nowadays so that is my passion project over the next year or two. My husband and I are doing a bit of public speaking: motivational speaking all over the U.S. and other than that just being mom and dad and husband and wife, too.



Prep time: 10 mins
 Serves: 2
 Serving size:
 (1/2 of recipe)
 Calories: 310 Fat: 15.6g
 Saturated fat: 1.9g
 Carbohydrates: 41.5g



SUMMERTIME RECIPE

Super Green Smoothie Bowl

Simple SUPER green smoothie bowls packed with tons of greens and customizable toppings! The healthiest and easiest way to turn a smoothie into a meal.

Smoothie

1/4 ripe avocado
 2 medium ripe bananas (slices and frozen)
 1 cup fresh or frozen mixed berries
 2 large handfuls spinach (organic if possible)
 1 small handful kale (stems removed)
 1 1/2 cups unsweetened non-dairy milk
 1 tbsp flax seed meal
 Optional: 2 tbsp salted creamy almond or peanut butter

Toppings

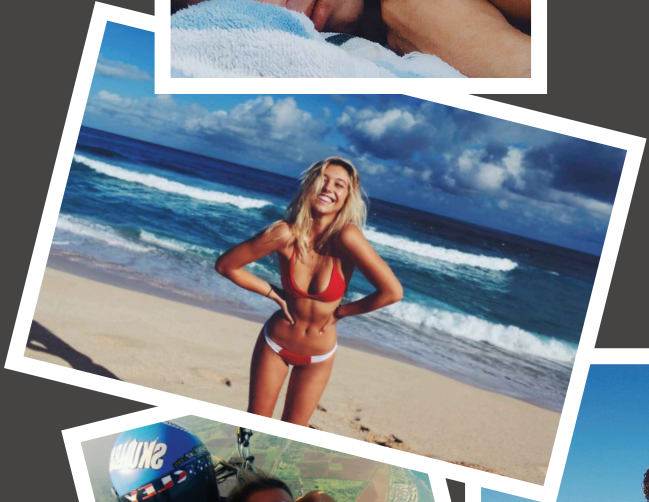
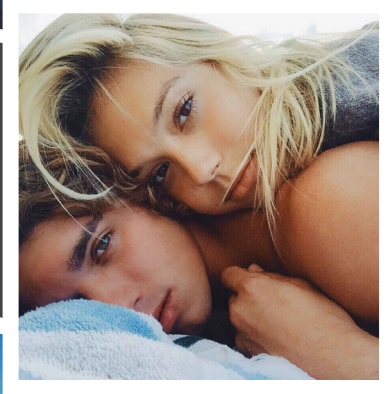
Roasted unsalted sunflower seeds
 Granola
 Raw or roasted nuts (almonds, pecans, walnuts, etc.)
 Shredded unsweetened coconut
 Fresh berries
 Sliced Bananas (optional)
 Hemp seeds or flax seeds



Instructions

1. Add all smoothie ingredients to a blender and blend until creamy and smooth. Add almond milk.
2. Taste and adjust flavor as needed, adding more ripe banana (or maple syrup) for added sweetness, more spinach for a green hue, or almond milk for creaminess.
3. Divide between 2 serving bowls and top with desired toppings





“Dreams
Come True;
So Keep
Dreaming.”

-Alexis Ren & Jay Alvarez



Instagram:
@alexisalvarres
Twitter:
@alvarrezgang

ALEXIS REN & JAY ALVARREZ

We are falling in love with Jay Alvarez, a 22-year-old model from Hawaii and his 18-year-old model girlfriend, Alexis Ren. Together, combined with the spectacular and luxurious travel lifestyle they embody make for one epic adventure of a young rich couple enjoying the high life. Both individuals are not rich kids freeloading off their parents' money but are successful commercial models with more than 1.5 million Instagram followers combined.

First thing you do when you wake up?

Jay: I always wake up before Alexis. I have way too much energy so I end up usually squeezing her and kissing her and just trying to wake her up haha (unless she does like 6 am Pilates class then it's the other way around)

Alexis: If I'm not up early for my workout I usually wake up to him rubbing my back or kissing me. I always wake up feeling like the prettiest girl in the world with him.

Lingerie or old t shirt?

Jay: I like Alexis in my shirts. It's insanely cute to see your girl in your stuff.

Alexis: I love lingerie. SKIVVIES are my fave, but a lot of the nights I end up in a

t-shirt. Usually Jay's shirt. They're just so comfortable.

What does your man/girl find sexy in your sunday loungewear?

Jay: Sweats, messy hair & sleepy eyes... she's always a cute one when she's wakes up.

Alexis: Like he said, sweats are my go to, preferably HIS sweats ;)

Morning hike or sleep in?

Jay: Sleep in and if not I usually try get a surf in or a couple of skydives. not a normal wakeup for most ;)

Alexis: In Hawaii, we're up at 6 am & at the beach till lunch. In LA, I'm usually up for morning yoga or Pilates and then I sometimes surprise him with breakfast when he wakes.

Favorite tunes to wake up to?

Jay: Soft music usually. Anything on Alexis' playlist. I let her DJ usually.

Alexis: We have very similar taste in music. We love sharing our new tunes to eachother.

What do you do to relax?

Jay: Laying under the sun with my girl or as weird as t sounds...Skydiving!

Alexis: The warm sun with Jay is always my most relaxed state. I also love yoga.

Who does most of the chores?

Jay: Alexis does. she's really sweet about it. I promise I notice it too!

Alexis: He helps a lot & he's not messy.

8 YOGA POSES

FOR A STRONG & SEXY BIKINI BODY

The benefits of yoga provide both instant gratification and lasting transformation. In the fitness world, both are extremely important. Too much time with too few results can be incredibly discouraging, and monotonous routines week after week can lead to stagnation. Yoga can change your physical and mental capacity quickly, while preparing the mind and body for long-term health.

Yoga is for everyone. Most yoga studios and local gyms offer yoga classes that are open to all generations and fitness levels. It's exciting to enter a room full of young teens, athletes, middle-aged moms, older gentlemen and even fitness buffs and body builders. Everyone can feel accepted and

and, unlike other sports or classes that focus on niche clients, yoga tends to have open arms. Whether you like to say "Om" or you can't stand the word "yogi," whether you are 92, 53, or even 12, yoga can help you.

Yoga is not just about working out, it's about a healthy lifestyle. The practice of yoga allows students to be still in a world consumed with chaos. Peace and tranquility achieved through focused training appeals to everyone.

One of the benefits of yoga is that you can choose a yoga style that is tailored to your lifestyle, such as hot yoga, power yoga, relaxation yoga, prenatal yoga, etc. Whether you

prefer you're at home, in a private session, watching a DVD or at a studio or gym, there are a huge variety of options available to suit your goals and needs.

Yoga's focus on strength training and flexibility is an incredible benefit to your body. The postures are meant to strengthen your body from the inside-out, so you don't just look good, you feel good too. Each of the yoga poses is built to reinforce the muscles around the spine, the very center of your body, which is the core from which everything else operates. Another benefit of yoga is that stretching and holding of postures also causes muscles to lengthen, which gives the body a longer, leaner look.



WAVE FITNESS

GODDESS



1. From standing straddle, lift your torso all the way up. Point your heels in, bend your knees, and squat down so your quads are parallel with the floor. Tuck your tailbone in, keeping your shoulders stacked over your hips.
2. Raise your arms in the air, bending your elbows so they are at 90-degree angles, opening your palms away from you.
3. Keeping weight back in your heels, hold Goddess pose for five breaths.

KNEE-UP PLANK



1. From Balancing Star, lower your right hand and right foot to the mat, coming into a plank (top of a push-up) position with straight arms and legs. Make sure your shoulders are stacked over your wrists.
2. Bend your right knee, and squeeze it into your chest. Keep all the weight in your legs, resisting the urge to lean into your hands.
3. Hold here in Knee-Up Plank for five breaths.

REVERSE WARRIOR



1. From Warrior 3, step your left leg toward the back of your mat, rising up into Warrior 1. Then open your hips, arms, and chest, coming into Warrior 2.
2. From here, gently arch your back, resting your left hand on the back of your left leg. Raise your right arm overhead, feeling the stretch through the right side of the body. Make sure you continue to lower your hips so it's directly over your right ankle.
3. Remain in Reverse Warrior for five complete breaths.

STANDING STRADDLE



1. From Side Fierce, rotate your torso back to the center, and stand up. Take a step open to the right so your feet are parallel and about three to four feet apart.
2. Inhale to extend your arms straight above you. With strong legs, exhale as you hinge at your hips, holding your torso parallel to the floor. Focus on drawing your belly in, and shift weight forward toward your toes.
3. Stay in Standing Straddle for five breaths.

BURNING LOW LUNGE



1. From Knee-Up Plank, step your right foot all the way forward between your hands, coming into a low lunge.
2. Lower your torso, and reach your right arm underneath your bent right knee. Interlace both hands in front of your right ankle. Keep all the weight in your legs, resisting the urge to lean into your hands. If this is too intense for your thigh muscle to hold (it's a killer move!), rest one or both hands on the floor.
3. Breathe deeply in this Burning Low Lunge for five breaths.

SIDE FIERCE



1. From Burning Low Lunge pose, lower your hands to the floor, step your right foot back, and take a Vinyasa (to Down Dog). Inhale to step or hop both feet forward between the hands, and exhale to fold over straight legs.
2. Make sure your feet are together, and as you inhale, bend the knees and squat down, raising the arms into the air. Lift and rotate your chest up, increasing the twist.
3. Stay in Side Fierce for five breaths.

CROW



1. From Reverse Warrior, lower your hands to the floor, step your right foot back, and take a Vinyasa (Four-Limbed Staff to Up Dog to Down Dog). Inhale to step or hop both feet forward between your hands.
2. Bend your knees, squat, and place your hands shoulder-width distance apart on the mat.
3. Straighten your legs slightly, placing your knees as high up onto your triceps as possible. Slowly shift weight into your palms and lift your feet off the floor.
4. Stay in Crow pose for five breaths.

WARRIOR 3



1. From Goddess, straighten your legs, and step your right foot to the front of your mat so the feet are together.
2. Shift weight into your right foot, and extend your arms overhead. As you lift your left leg behind you, lower your chest so your torso and left leg are parallel to the floor. Draw your belly in to protect your lower back. If your lower back hurts, place your hands on your hips.
3. Balance in Warrior 3 for five deep breaths.



YVES SAINT LAURENT