

Compliments of Jodee Harris

essential living

302

Trend Alert:
Hellenistic
Revival

Teatime Delights



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We welcome February with appreciation for the opportunity to catch our breath before kick-starting our new resolutions. Make yourself feel like royalty as you indulge in our teatime delight recipes, like zesty lemon bars and creamy cheesecake bites, all while you catch up on the latest trends for 2023. Read all about how the Hellenistic Revival is taking over home décor and how to incorporate the Ancient Greek style into your home. Don't let your house steal the show, though. Make 2023 your year to glow with the must-have beauty tools.

If learning a new hobby happens to be one of your resolutions, you're in luck! Our Macramé Starter Kit will help you cross off that goal in no time! If you're not so sure knots are your thing, master photography with our guide that has all the tips and tricks to capture moments like a pro without an expensive camera.

February is a short month, so don't wait to dive into this issue of *Essential Living* magazine!

— From the Publisher



This one will be
CONTROVERSIAL! Which
pizza style is tops, on your
plate?

Scan the QR code to cast your vote!

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The Macramé Starter Kit

*You've seen it
everywhere at this point,*

probably while shopping at a home goods store over the weekend and even in an older relative's house a few decades ago.

Yup, we're talking about the timeless art form, macramé. Although exact origins can't be pinned down, many believe it goes back to the 13th century when Arabic weavers created decorative fringe from the excess fabrics hanging from woven textiles like towels and shawls.

*W*hen the Victorian era hit, macramé became all the rage, completely embellishing **home interiors**. Even sailors got crafty with their knowledge of the square-knot. In thanks to them, macramé reached new shores as sailors sold their handmade goods when they arrived at ports around the world.

Since its early glory days, **macramé** has fallen in and out of the spotlight with its biggest comeback in the 1970s. After going stagnant again, this textile was rediscovered by millennials, bringing it back with a **minimalistic aesthetic**.

The Basics

The best part of macramé is that it requires minimal supplies and learning a few knots to make just about anything from keychains to clothes!



HELPFUL VOCAB:

Filler Cords:

The cords in the center of the knotting cords.

Sinnet:

A row of knots tied continuously that are all the same.

Knotting Cords:

The right and left cords that are used to tie knots over filler cords.

Working Cords:

All the cords in a macramé project.



Supplies

Cords

- **Macramé String:**

twisted single strand that is soft and stretches over time. Great for making small knots and fine fringe.

- **Macramé Rope:** three-strand twisted rope, durable but flexible. Has a wavy fringe which is great for adding details at the end.
- **Macramé Cord:** six-strand or more braided cord. Can be made out of nylon, polypropylene and acrylic for outdoor uses.

In addition to the style, there are also different size cords to choose from. What you choose will depend on your project. For beginners, a three-ply cotton rope between 4mm-7mm is recommended. It is easy to work with and can be used to make a variety of objects like plant hangers, small wall hangings, place mats and more!

Scissors: Make sure they're sharp enough for the cord.

Tape measure: A self-locking tape measure will make things much easier.

Comb: A wide tooth with wire bristles works best for combing out the fringes.

Support: The type of support you use will be based on your work setup (more on that next!).



Getting Set Up

Once you have all the supplies, you'll need to choose the setup for your project.

There are two ways to set up your space.

Hanging

Used for medium and large projects, especially when working with long cords. A garment rack is a great support for this setup. Curtain rods or dowel rods can be used as well.



Flat

Most commonly a table is used as a flat surface for small projects. A macramé board or clipboard will keep your cords in place.



The Knots

Now the important part. You can't get too far with macramé without knowing a few basic knots first. To start your project, you'll need to join your cords to the support using a Lark's Head Knot.



Lark's Head Knot

1. Start by folding your piece of macramé cord in half. (It will make a little loop.)
2. Fold the loop over the rod. The ends should be in the front with the loop in the back.
3. Pull the ends of the cording through that loop.
4. Pull tight to secure it in place, and you have your lark's head knot!

Repeat until all your cut cords are in place.

After your cords are attached, you can start with the decorative knots. There are countless knots you can learn as you hone your skills but here are some of the basics to help you get started.



Berry Knot

1. Make four vertical square knots, with one underneath the other.
2. Pull the row of knots through the opening above the row of knots.



Left-Facing Half Knot

These knots need at least four cords. Working from left to right, the first (cord 1) and last (cord 4) cords are the knotting cords, and the two in the middle (cord 2 and cord 3) are filler cords.

1. Move working cord 1 to the right, over cords 2 and 3.
2. Pull it under cord 4.
3. Take cord 4 and move it to the left, going under cords 2 and 3 and over cord 1.
4. Pull both ends of cords 1 and 4 to tighten, keeping the filler cords straight.



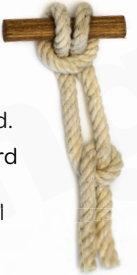
To complete a Left-Facing Square Knot:

1. Take cord 1 (now on the right) and move it to the left over the filler cords and under cord 4.
2. Move cord 4 to the right, going under the filler cords and over cord 1.
3. Keep the filler cords straight and pull cords 1 and 4 to tighten.

You can also create a Right-Facing Half and Square Knot by working right to left. Start by moving cord 4 to the left by going under the filler cords and over cord 1. Then move cord 1 to the right by going over the filler cords and under cord 4.

Half Hitch Knot (a basic knot)

1. Start with a Lark's Head Knot.
2. Make a number "4" with the cord.
3. Loop the cord through the hole and pull tight.



Spiral Knot

1. Start with a Lark's Head Knot.
2. Make a repeating pattern using a Half Hitch Knot or a Half Knot.
3. As your macramé naturally begins to twist, pay extra attention to make sure you continue the knots in the correct direction.



Wrap Knot

Secure a bundle of at least three cords together to finish off a look.

1. Cut a piece of cord to be your wrap strand and make a V-shape with it over the other cords.
2. Wrap the long end around the cords and the "V" about five times.
3. Pass the long strand through the V.
4. Pull on the shorter strand to secure the longer end underneath the knot.



Using different color cords, practice your knots so you can easily keep track of the cords and it will make for a pretty piece to show off your skills!

Once you get a few basic knots down, you'll be on your way to creating timeless textile masterpieces that will be gorgeous in any decade!

For free patterns, guides and more, check out these resources:

- www.mangoandmores.com/blogs/news/macrame-guide-patterns
- decorhint.com/macrame
- macrameforbeginners.com/



TEATIME



While teatime may not be a popular tradition in the United States, that doesn't mean you can't partake in it. Typically held between 3 and 4 pm, taking time to relax with a soothing blend of herbs is the afternoon break we all need. However, teatime is just as much about tea as it is about having tasty treats to snack on.

Our recipes will instantly elevate any cup of tea and make you look forward to teatime even more! Enjoy a burst of flavor with zesty lemon squares or chocolate-dipped Florentines. Treat yourself to a cup of chai and our cheesecake bites or if you're a morning tea drinker, we have an American scone recipe you'll love. Of course, for anyone wanting to feel like royalty, classic English scones with jam are mandatory!

English Scones With Strawberry Jam

English scones are more of a biscuit and are meant to be enjoyed with clotted cream and strawberry jam alongside a cup of tea.

INGREDIENTS

For the Scones

- 3 c. all-purpose flour
- 5 tsp. baking powder
- ¼ tsp. baking soda
- ½ tsp. salt
- 3 tbsp. sugar
- 6 tbsp. cold unsalted butter, cubed
- 1¼ c. heavy whipping cream

- 1 tsp. vanilla extract
- Small amount of heavy whipping cream to brush on top

For the Strawberry Jam

- 16 oz. strawberries, chopped
- ¾ c. sugar
- 2 tbsp. lemon juice

PREP TIME
40 MINUTES

COOK TIME
20 MINUTES

YIELD AMOUNT
10 SERVINGS



INSTRUCTIONS

For the Scones

1. Line a baking sheet with parchment paper and set aside.
2. In a large bowl, sift the flour, baking powder, baking soda, sugar and salt.
3. Add the butter to the flour mixture by using your fingertips to rub them together until it resembles coarse crumbs. There should be pea-sized butter pieces remaining.
4. In a small bowl, mix the heavy cream and vanilla together. Slowly mix it into the dry mixture, using a fork to combine. The dough should be lumpy and sticky. Do not overmix.
5. Next, place dough onto a lightly floured surface, fold the dough in half and turn, then fold in half again.
6. Shape into a disc about an inch thick. Lightly flour a circular cookie cutter to cut two-inch round scones. Gently reshape the remaining dough and cut again. For best results, clean the cutter in between each cut.
7. Place on the prepared baking sheet, about a half inch apart. Then put in the freezer for about 15 minutes and preheat the oven to 425° F.

8. Once the oven is ready, remove scones from freezer and brush only the tops with heavy cream.
9. Next, place scones in the oven and turn the temperature down to 400° F.
10. Bake for about 15 minutes, or until the scones have risen and are golden brown on top. Check scones halfway through.
11. Allow to cool down slightly and serve warm.

For the Strawberry Jam

1. In a saucepan, mix strawberries, sugar and lemon juice.
2. Stir over medium heat until the sugar is dissolved.
3. Then bring heat to medium-high until the mixture reaches a rolling boil.
4. Allow it to continue boiling. Stir frequently, mashing the strawberries until jam is thickened and bubbles cover the entire surface (about 10 minutes).
5. Transfer jam to a jar and let cool to room temperature before placing in the refrigerator.

American Scones

PREP TIME
15 MINUTES

COOK TIME
18 MINUTES

YIELD AMOUNT
8 SERVINGS



INSTRUCTIONS

For the Scones

1. Preheat the oven to 400° F and line a large baking sheet with parchment paper. Set aside.
2. In a large bowl, whisk the flour, sugar, baking powder and salt together.
3. Cut frozen butter into the mixture with a pastry cutter. Then use your fingers to rub them together until the mixture becomes pea-sized crumbs.
4. In a small bowl, whisk 1/2 c. heavy cream, egg and vanilla extract together. Slowly combine into flour mixture.
5. Fold in mix-ins if using.
6. Place dough on a floured surface and work into a ball, being careful not to overwork it. If it is too sticky,

American scones are much denser and often have dried fruit or even chocolate mixed in. It's also common to have a sugary glaze on top for an extra sweet bite.

INGREDIENTS

Scones

- 2 c. all-purpose flour
- 1/2 c. sugar
- 3 tsp. baking powder
- 1/4 tsp. salt
- 1/4 tsp. baking soda
- 1/2 c. unsalted butter, frozen and cubed
- 1/2 c. + 2 tbsp. heavy cream
- 1 large egg

Optional Mix-Ins

Orange Cranberry Scones

- 2 tsp. lemon juice
- 2 tsp. orange zest
- 1 c. frozen cranberries
- 1 1/2 tsp. vanilla extract

Orange Glaze

- 1 c. powdered sugar
- 2 tbsp. orange juice

Lemon Blueberry Scones

- 1 lemon, zested
- 1 c. blueberries, fresh or frozen

- 2 tsp. lemon juice

Lemon Glaze

- 1 c. powdered sugar
- 2-3 tbsp. lemon juice

Chocolate Chip & Pecan Scones

- 1 tsp. cinnamon
- 1/2 c. dark chocolate chips
- 1 c. chopped pecans
- 1 1/2 tsp. vanilla extract

add a little more flour. Divide in half and form two 6" circles about an inch thick. Slice each round into four wedges.

7. Brush scones with the remaining heavy cream.
8. Place scones on prepared baking sheet about 2-3 inches apart and refrigerate for at least 15 minutes.
9. Bake for 18-20 minutes or until golden brown on top and around edges.
10. Remove from the oven and let cool.

For the Glaze

1. Whisk ingredients together until smooth. Add more powdered sugar or more liquid until you reach your desired consistency. Drizzle over scones once they are cooled.

Chocolate-Dipped Florentines

PREP TIME
45 MINUTES

COOK TIME
10 MINUTES

YIELD AMOUNT
12 SERVINGS

INGREDIENTS

- $\frac{2}{3}$ c. sugar
- $\frac{1}{4}$ c. honey
- $\frac{1}{4}$ c. heavy cream
- $1\frac{1}{4}$ c. sliced almonds
- $\frac{1}{2}$ c. dark chocolate chips
- $\frac{1}{3}$ c. raisins



INSTRUCTIONS

1. Preheat the oven to 350° F.
2. In a small saucepan, heat sugar, honey and cream over low to medium heat until the temperature reaches 245° F. Do not let the mixture turn brown.
3. Next, remove from heat and add the raisins and almonds.
4. Spoon roughly two teaspoons of the mixture into silicone muffin cups or a nonstick muffin pan.
5. Bake for 5-8 minutes or until golden.
6. Remove from the oven and set aside to cool.
7. In a double boiler, melt the chocolate until smooth.
8. Dip the bottom of each florentine in the chocolate. Place florentine bottom side up on a sheet of parchment paper to allow the chocolate to set.

A crisp and delicious treat fit for royalty.

Lemon Bars With Shortbread Crust

INGREDIENTS

For the Crust

- 1 stick unsalted butter, melted
- 2 tsp. vanilla extract
- ¼ c. white sugar
- 2 c. flour
- ¼ tsp. salt

For the Filling

- 4 eggs
- 6 tbsp. flour
- 1¼ c. sugar
- ⅔ c. lemon juice
- Zest of half a lemon

INSTRUCTIONS

For the Crust

1. Preheat the oven to 350° F. Lightly grease an 8x8 inch baking dish.
2. In a medium bowl, mix together the melted butter, sugar, vanilla extract and salt. Then add flour and stir to combine. The dough should be thick.
3. Evenly press dough into the prepared baking dish.
4. Bake for 12-15 minutes or until the edges are lightly brown.
5. Use a fork to poke holes about halfway through all over the top of the crust. Set aside.

For the Filling

1. In a large bowl, sift the flour and sugar together.
2. Next, whisk in the eggs, then the lemon juice until combined.
3. Pour filling over the crust.
4. Bake for 20 minutes or until the center no longer jiggles.
5. Allow to cool completely, about two hours. Refrigerate until ready to serve.
6. Before serving, dust with desired amount of powdered sugar and cut into squares.



PREP TIME
10 MINUTES

COOK TIME
35 MINUTES

YIELD AMOUNT
9 SERVINGS

These lemon bars are perfect for adding some zest to your teatime!

Cheesecake Bites

PREP TIME
20 MINUTES

COOK TIME
35 MINUTES

YIELD AMOUNT
24 SERVINGS

INACTIVE TIME
4 HOURS

It wouldn't be tea without a sweet treat! Fruit and scented teas are perfect for desserts, cakes or, in our case, cheesecake bites.



INGREDIENTS

For the Crust

- $\frac{2}{3}$ c. graham cracker crumbs
- 2 tbsp. unsalted butter, melted and cooled
- 2 tbsp. brown sugar
- $\frac{1}{4}$ tsp. salt

For the Filling

- 8 oz. cream cheese, room temperature
- $\frac{1}{4}$ c. unsalted butter, room temperature
- $\frac{1}{4}$ c. white sugar
- 1 large egg, room temperature
- 1 tbsp. vanilla extract

INSTRUCTIONS

For the Crust

1. Preheat the oven to 350° F and line two 12-count muffin tins.
2. In a food processor, combine the graham cracker crumbs, cooled and melted butter, brown sugar and salt.
3. Pulse to combine, then add a little more than a teaspoon to each greased muffin tin.
4. Use the back of the spoon to press the crust into the bottom of the tin and against the sides.
5. Place in the oven for roughly seven minutes, then remove and cool for 15 minutes.

For the Filling

1. In a large bowl, add the room temperature cream cheese and butter.
2. Use an electric mixer to cream together, roughly one minute.
3. Then, add the egg, sugar and vanilla extract.
4. Beat again to combine.
5. Add a tablespoon of the filling on top of each cooled graham cracker crust.
6. Bake for 20 minutes, then allow to cool outside the oven for one hour.
7. Once it reaches room temperature, place in the refrigerator for three hours.



Trend Alert:

Hellenistic Revival

For those who can't get enough of the throwback trends, you're in luck because future interior trends are rewinding all the way back to Ancient Greece. This mass revival of Hellenistic design has everyone longing for luxurious, cozy details that will transform any home into a fantastical escape.

Here's everything you need to know about the reemerging Ancient Greek aesthetic and how to pull it off in your space.



What is Hellenistic design?

Ancient Greece, mythology and classicism have long influenced architecture and design. Hellenistic interiors take inspiration from the years that spanned between the death of Alexander the Great in 323 BC and the emergence of the Roman Empire in 27 BC. This period is known for Greece's conquests across Egypt, Asia and Persia, leading to a melting pot of different styles and cultures.

As a result, Hellenistic design is defined by characteristics of Greco-Roman art, sculpture and statue art and mythical representations. Hellenistic design seamlessly blends a luxe space and a wanderlust environment.

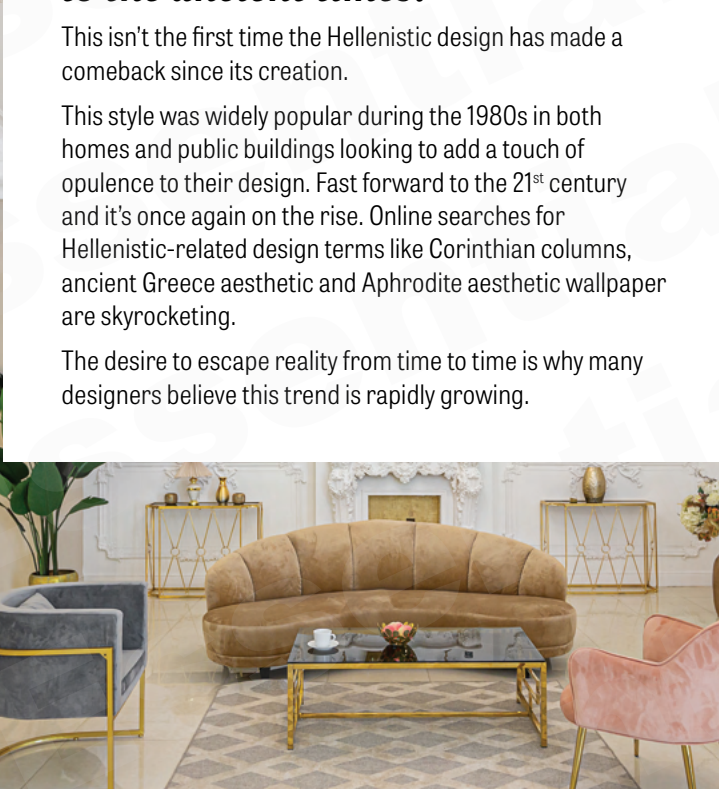
Timeless marble and unique pieces of stone, along with beveled details on kitchen cabinet fronts, dramatic feature lighting and neoclassical-inspired wallpapers, all can find their place in this style.

Why are interiors going back to the ancient times?

This isn't the first time the Hellenistic design has made a comeback since its creation.

This style was widely popular during the 1980s in both homes and public buildings looking to add a touch of opulence to their design. Fast forward to the 21st century and it's once again on the rise. Online searches for Hellenistic-related design terms like Corinthian columns, ancient Greece aesthetic and Aphrodite aesthetic wallpaper are skyrocketing.

The desire to escape reality from time to time is why many designers believe this trend is rapidly growing.



How to bring the Hellenistic revival into your home

You don't have to completely re-do your home to take advantage of the regal elements this style is known for. Use these design references and tips to fully reawaken the Hellenistic look in your home.

Corinthian Columns

Classical flair in a modern world

Corinthian-inspired columns can instantly bring a Hellenistic feel to your home. This architectural style is characterized by slender, fluted columns and elaborate decorations of acanthus leaves and scrolls. Shorter columns can serve as side tables for decor or pedestals for potted plants. You can also install larger columns in entryways or backyard spaces to obtain ultimate Ancient Grecian vibes.

Statue Art

Set in stone

Your home deserves a little more personality, and Greek-inspired sculptures are just the way to do it. The design will still celebrate the human form but in an elevated and timeless way. If classic statue art is a bit too much, look for fun pop art versions of the classics to add more personality to the space. Just get ready to spend a few hours scrolling through creative works on Etsy.

Organic Accents

A refined twist on bohemia

This time around, the Hellenistic design has seen a more playful take on classicism, with whimsical references that return to minimalism. Instead of relying on ironically literal interpretations of traditional busts, modern decor is leaning toward organic forms that take inspiration from the natural curves and outlines of the body. This is perhaps most obviously displayed through the current popularity of line drawings as wall art and handmade ceramics, which simultaneously enhance a traditionally minimalist aesthetic and pay tribute to authentic Greek flavor.



Intricate Moldings and Trim

A modern Parthenon palace

The architects of ancient Greece were the first to use stylized moldings as structural accents. It helped to visually divide rooms into smaller areas, serving both a practical and aesthetic purpose. So, you're in good company if you're thinking of adding decorative, intricate moldings throughout your home. Wall moldings and window trim will echo the character and elegance of centuries-old historical homes.

Neoclassical-Inspired Wallpaper

A moment for a Greek goddess

For many, wallpaper brings up images of your grandmother's home. But modern wallpaper designs are drawing on the past while truly expanding into the future. Try one that embodies Aphrodite, the Greek goddess of love, beauty and passion. Her symbols include roses, doves, sparrows and myrtle, so look for options with floral patterns, songbird motifs and soft hues against dark backgrounds. This moody, romantic take will add all the whimsical feels to your space.

Fruit Bowls

Functional and delicious design

A simple and affordable way to bring Hellenistic design into your space is with fruit bowls. Many Ancient Greek paintings feature large bowls of fruit on tabletops, filled with crisp apples and juicy grapes. Try adding a sophisticated bowl to your kitchen countertop and fill it with some delicious fruit. This is also a great way to incorporate Grecian-inspired painted pottery for a warmer, more artistic appeal.

Greek Architecture to Thank

Ancient Greek buildings have influenced thousands of years of architecture and are still doing so today. The designs prioritized perfection over innovation, creating lasting and inspirational structures for generations to come. So, what are these important examples of Greek architecture? They range from the Acropolis in Athens to temples spread throughout Italy.

Whichever elements you decide to add to your space, have fun with bringing back this ancient style. Embrace the fantasy side and play up the luxurious elements to create a relaxing and fascinating space as timeless as its influence.



6 WAYS TO UPGRADE YOUR PHOTOGRAPHY

no \$6,000 camera needed

You don't need to be a professional photographer to capture the best moments happening around you. These tips and tricks will elevate your photography skills — just be ready to become the new in-house photographer for all your family events.

1 USE THE RULE OF THIRDS

The rule of thirds is a great starting point for upping your photography skills and is the secret to all well composed photos.

Before taking a photo, imagine that the scene is laid out on a 3x3 grid with two equally spaced vertical lines that intersect with two equally spaced horizontal lines. Focus on arranging the point of interest at one of the four intersecting points or on the right or left side within the gridlines.

Many digital cameras have a grid function that you can see through the viewfinder; check the user manual of your camera model to learn how to turn it on. Smartphones also have a grid option you can turn on.

iPhone

- Go to “Settings”
- Tap the camera icon
- Scroll down to “Composition”
- Turn the “Grid” option on
- Return to your camera

Samsung Galaxy

- Launch the camera app
- Go to “Settings”
- Scroll down and switch the “grid lines” option to “on”

2

FIND BALANCE

If you're using the manual setting on a digital camera, you may notice how still you have to be to get a clear shot. A tripod will soon become your best friend, saving you from the frustration of trying to keep steady. There are a variety of tripods to fit your needs. The most common you will come across is an all-in-one which comes with the legs and head permanently attached. This type is perfect for beginners since it's easily portable and quick to set up. Travel tripods are also worth looking into if you plan on taking a tripod on your adventures afar. The downside, however, is that you lose some functions and a good bit of height.

There are also tripods for smartphones (not to be confused with the selfie stick) which are perfect for when you don't want to lug around the extra camera equipment during your travels.





3

CHANGE YOUR PERSPECTIVE

Have fun shooting from different and unexpected angles. Taking a shot looking straight up or down adds depth to a photo and makes it more interesting. If your subject is able to change positions and locations, take advantage of all the new perspectives that will bring to the shoot. Just make sure you put safety first!



4

TAKE ADVANTAGE OF NATURAL LIGHTING

Lighting is one of the key elements to a good photo. Golden hour happens during the hour after sunrise and before sunset. This peak hour for photography gives images a warm, rich glow that magically enhances the subject. Blue hour happens before sunrise and after sunset. Shooting during this time will give your images a dark, moody feel. This time of day is perfect for capturing cityscapes and lakes. Using this natural lighting for your photographs could be the game changer you've been looking for.

AUTO MODE IS OVERRATED

5

Whether you're using your smartphone or a digital camera, being familiar with all of its functions and capabilities will not only make it easier to use but will lead to better photos. The first function to learn is switching from auto to manual mode.

Using your digital camera on manual may be a bit more challenging, but you'll be much happier with the results once you master the technique. Here are the important settings you'll want to learn for the best photos.

ISO: This setting handles the brightness in your photos and can change regularly, especially when shooting outside. A higher number will make your photos brighter but will also cause them to be grainy. A lower number darkens your images. It can take a few tries to find the perfect balance but once you do, your photos will be stunning.

Shutter speed: This is your camera's exposure time. A faster shutter speed is ideal for capturing moving objects or wildlife. A slower shutter speed is perfect if you want to capture a motion blur or are shooting in dim light.

Aperture: This setting affects light exposure and depth of field. Portrait photographers often use a large aperture for a crisp central image against a busier background. Landscape photos may require a small aperture if there is no one area of focus.

Newer phone models also offer the user control over the ISO and other settings. To find instructions for your phone, use your camera to scan the QR codes.

Apple



Samsung



Google





6

PICTURE PERFECT

Even when you take a beautiful shot, you'll probably notice it didn't quite capture the moment or the colors as you saw them. Thankfully, in today's digital world there are countless editing tools to make it picture perfect. Once in the editor you can get to work on cropping and straightening your photo, cleaning up any dust spots and adjusting settings like the exposure, contrast and saturation. Making sure the editing looks as natural as possible is key to pulling off the final flawless touches.

Before you rush off to spend big bucks on top-of-the-line editing software, check out free apps and online tools or cheap editing software that can help get you started. Depending on your needs, you may discover these free or affordable options offer everything you're looking for.

- **Snapspeed:** A free app that allows you to fine tune with pro-level editing tools
- **x.photoscape.org:** Free software that gives beginners everything they need to edit their photos
- **www.darktable.org:** Free online software offering an expansive set of tools to really enhance photos. Its in-depth functions are comparable to Adobe's Lightroom, making it great for beginners who are serious about taking their photography and editing to the next level.

Whether you have a digital camera or a smartphone, you're just a few tips and tricks away from gorgeous photos. Like any skill, the best way to improve is through practice. Bring your camera wherever you go and make sure it's on manual mode so you can really put your skills and knowledge to the test.

Women's POWER- LIFTING

Previously, powerlifting was only associated with men. Over the past few years, however, women have made their way into this area of exercise, showcasing incredible endurance, strength and dedication that surpasses everyday gender stereotypes.

POWERLIFTING TESTS the body's maximum strength with the goal of lifting as much weight as possible in a **deadlift**, **bench press** and **squat**. The goal is to always be increasing the weight while maintaining good form. Although challenging, the satisfaction and pride you'll have from achieving these goals will make you want to keep going!

One of the most empowering parts of powerlifting is that there are **no requirements for body size, allowing anyone who wants to join in on the fun**. The only time that weight is taken into consideration is to create categories in a competition, in order to **encourage fairness**.

Essential Living does not provide medical advice, diagnosis or treatment. Any information in this publication is not intended as a substitute for medical advice, and you should not take any action before consulting with a healthcare professional.

The MOVES

Before you start, make sure to always have a workout buddy around to spot you as injuries happen to even the most experienced lifters.



The DEADLIFT

The deadlift engages multiple muscle groups, including your lower back, hamstrings and glutes, as well as your calves, quads and abs.

▶ TRY IT OUT

With the barbell on the ground, stand above it with your hips above your knees. Flatten your back, and use an overhand grip and straight arms as you slowly pull the barbell up towards you. Tighten your glutes when the barbell is at your thighs. Then, exhale and slowly lower the barbell back down towards the ground.



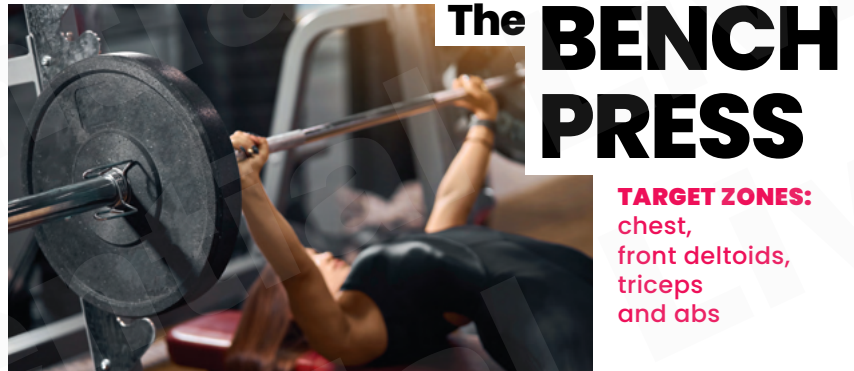
The SQUAT

TARGET ZONES: glutes, hamstrings, hip flexors and quads

This workout is the foundation of powerlifting, as it strengthens tons of muscles needed for other exercises.

▶ TRY IT OUT

First, place your feet at shoulder width, and then place the barbell on your traps. Bend at the knees and lower your body until your thighs are parallel to the ground. As you stand back up, contract your glutes. It's especially important to keep your form during this exercise to avoid injury.



The BENCH PRESS

TARGET ZONES: chest, front deltoids, triceps and abs

▶ TRY IT OUT

Lie down on a bench, with your feet flat on the ground. Place your hands on the barbell just outside of shoulder width. Lift the barbell up, with a focus on your chest, and then lower it back down towards your chest. Momentarily pause at the bottom, then push the barbell back up.

Although competitive powerlifting is focused only on these three exercises, you can add in other moves to help reach your goal or substitute if one of the three are causing pain. The incline press, rack pulls and front squats are some alternatives you can add to your workout routine.

Check out these apps to keep track of your progress and learn new exercises:

Fitness Point

Free or \$5/month for premium

Sweat

\$120 annually or \$20 month-to-month

Tone It Up

\$96 annually or \$15 month-to-month



Glowing skin is always fashionable

Year after year, the one thing that never goes out of style is radiant and healthy skin. From high tech to the bare minimum, these beauty tools will help you look and feel your best.

Beauty tools

F O R 2 0 2 3



Not only will you save time from not having to fill in your brows every day, but you can do it yourself from the comfort of your own home.

{ At-Home }

BROW LIFT KITS

Brow lifting or what's commonly called brow lamination uses chemical lotions to put the hairs into the desired shape before they are fixed into place with a water-soluble adhesive. (Are you having flashbacks to perms?) This technique creates a very natural, fuller look and lasts around six weeks for those who don't like committing to beauty trends.

PRODUCT TO TRY
Elevate The Beauty Eyebrow and Lash Lamination Kit

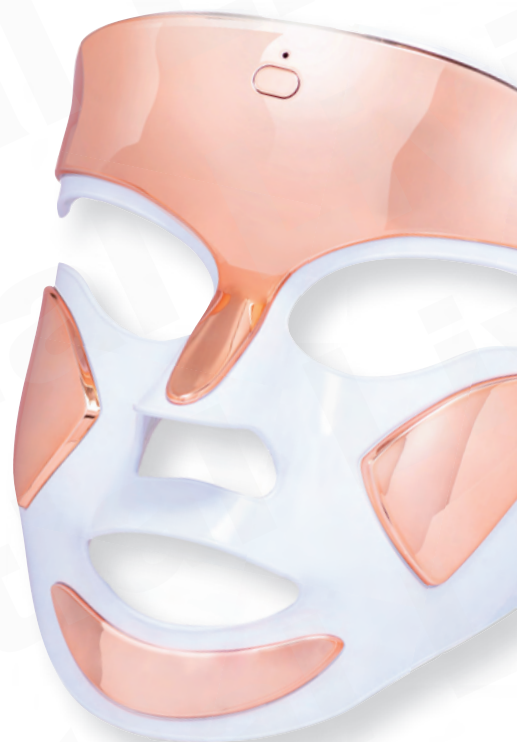
LED LIGHT MASK



This treatment can help rid the signs of aging, tighten skin and stimulate collagen. Although not the cheapest beauty tool, the promising results and ease of use make the masks an attractive sell.

LED light therapy uses low-level, skin-safe lights that target common skin issues. While LED lights aren't anything new, using them for skincare is a fairly recent development. With an increase in popularity and people taking note of the results from treatments at the doctor's office, at-home light therapy masks have made their way to the market and look like they came directly from the future.

PRODUCT TO TRY
CurrentBody Skin
LED Mask



GUA SHA



We aren't saying you have to throw your jade roller away, but you do have to add a gua sha to your collection. The facial technique of gua sha has evolved over centuries from a full-body treatment to a scraping motion along the face and eventually to a soft gliding motion across the face which is how most people use this technique today. The gua sha method offers many benefits, which include decreasing inflammation and puffiness, reducing dark circles, stimulating circulation and brightening complexion.

PRODUCT TO TRY

Herbivore Rose
Quartz Gua Sha

{ Microcurrent }

FACIAL DEVICE

Microcurrent devices are having a moment that isn't going away anytime soon. Using low-grade electrical currents, these devices give your face muscles a workout to help them appear more lifted and toned.

PRODUCT TO TRY

NuFACE FIX Line
Smoothing Device



PRODUCT TO TRY
Emma Hardie Protect
& Prime SPF 30



This tool was originally used in the 1980s to treat muscle paralysis, and once people saw its effects, it quickly became a game changer in the anti-aging world. It has since been adapted into at-home devices.

If you haven't
tried it yet, now's
the time.

SKINIMALISM

While not a tool, this beauty trend is having a heavy influence on beauty tools and products.

Skinimalism is fighting back against the multistep skin regimens that not only require an entire drawer of products but also require so much time you have to schedule them into your routine. Skinimalism is the exact opposite of all that. Focused on quality over quantity when it comes to a skincare routine, it embraces the minimalist movement to do more with less. Products are packed with active ingredients that are multitasking, making your day and night regime quick and easy. Although they may cost more than other products, the results and time saved will be well worth it.

**NOW THAT YOU HAVE EVERYTHING YOU NEED FOR FLAWLESS SKIN,
GET OUT THERE AND SHINE!**



VISUAL GUIDE TO

Pizza

Pizza – it's nostalgic, it's delicious and it has the ability to evoke passionate opinions on what belongs and doesn't belong on the doughy base. Don't worry, we aren't getting into the pineapple debate (you can take that up with Canada, where it was created). We are, however, slicing up the essential styles and taking a bite to find out what makes them unique.

Neapolitan

Known for: Being the true original

Crust: Thin with raised edges, slightly charred

Certified Toppings*: Lightly topped with San Marzano tomatoes or Pomodorino del Piennolo del Vesuvio tomatoes, olive oil and slices of buffalo mozzarella

*The Associazione Verace Pizza Napoletana (AVPN) was founded to protect the traditions and methods of true Neapolitan pizza as outlined in the 13 pages of the International Regulations, including the specific regional toppings that can be used. The art of making Neapolitan 'Pizzaiuolo' is UNESCO's list of intangible cultural heritage.



California

Known for: A focus on adventurous, flavorful and fresh ingredients

Crust: Thin

Traditional Toppings: Various combinations of fresh produce, meats, cheeses, smoked salmon, eggs... you get the idea.

Chicago Deep Dish

Known for: Toppings that are layered in reverse to avoid burnt cheese

Crust: Baked in an oiled, high-sided pan, the 2-3 inch thick crust has a fried-like texture

Traditional Toppings: Cheese, sausage, onion, mushrooms, bell peppers, all covered in chunky tomato sauce and with Parmesan cheese sprinkled on top



Detroit

Known for: Being baked in a rectangular steel pan, resulting in a caramelized cheese-edged crust

Crust: Crispy exterior with light and fluffy interior

Traditional Toppings: Thick tomato sauce, Wisconsin brick cheese and pepperoni that go all the way to the edge.

This style didn't become nationally popular until 2012 when creator, Shawn Randazzo, won Champion Pizza Maker of the Year at the International Pizza Expo.

New Haven

Known for: Being locally called apizza (pronounced as "ah-beetz")

Crust: Thin and crunchy

Traditional Toppings: Simple tomato sauce and a little bit of pecorino romano cheese. Mozzarella is considered an extra topping, so don't forget to ask for it

Fan Favorite: White clam pizza – grated cheese, garlic, oregano, olive oil and clams



New York

Known for: Perfect, foldable slices

Crust: Thin with a chewy center and crispy edges

Traditional Toppings: A little bit of sauce that doesn't hold back on flavor and lots of grated mozzarella

St. Louis

Known for: Square slices loaded with flavors and toppings

Crust: Made with unleavened dough for an ultra-thin, crispy base

Traditional Toppings: Processed Provel cheese layered on top of a sweet tomato sauce packed with oregano and all the toppings you want



Sicilian

Known for: Having lots of rich and herby sauce

Crust: Thick with an airy interior and crunchy base or round similar to Neapolitan style

Traditional toppings: Herbs, onion, strong cheese, anchovies and tomato sauce on top to prevent a soggy crust.

Though we may all have a different opinion on which style is best, with Americans ordering up some three billion pizzas each year, we can all agree that dough + sauce + cheese equals a pretty great combination.

PRIORITIZE YOUR BRAIN!

THE BEST TIME TO START A HEALTHY LIFESTYLE IS TODAY



Mental health is just as important as physical health. These two typically go hand in hand! Maintain your mental health by eating healthy, being active and staying social.



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Ready for a change? I can help!

Give me a call to
talk about where you
are now and where
you'd like to be!



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