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WHAT DOES IT MEAN WHEN YOU DREAM ABOUT SOMEONE?

THE EXPERTS
ARE HERE TO
BREAK IT DOWN

Have you ever dozed off and had a dream involving a crush, an ex, or that random coworker from five years ago? Dreaming about other people can provide insight into our own inner thoughts and subconscious. These dreams reveal what we feel and project onto these people. After all, it's our minds, spirits, and hearts that are keeping these people active in our subconscious.

Astrologer Ally Lewber says, "Dreams are like a reality show—dramatic, exaggerated, and totally unpredictable. While science nerds and psychology buffs have been pu-

lling their hair out over them for ages, the common consensus is that dreams are like messages from your unconscious self." A dream isn't random, and analyzing it can help you learn more about yourself.

Ivana Naskova, a psychic at the astrology platform Nebula, agrees that we could all stand to examine the hidden significance of our visions. "Often, our dreams—whether they involve other people or not—present lessons we need to learn, things we need to heal from, or challenges we must overcome to grow, move forward, and expand," she says. "I firmly believe

that dreams can also offer a glimpse into other dimensions or realities, such as our past lives, our future, or parallel worlds where other versions of ourselves exist."

But if you struggle to even recall your visions, Lewber suggests dream journaling. She has "a difficult time remembering [her] dreams, but when I do I make sure to dissect it and consider every potential outcome or hidden meaning! Journals are helpful so we don't forget and so we can transcribe all of the different possible outcomes."

What does it mean if I dream about someone?

If you dream about someone, it signifies the notion that they have affected your life in many ways. There is a deep connection here that transcends time and logic. Even if you're no longer in touch, the cord that finds you together cannot simply be cut off. Your connection is strong and will last a lifetime.

Does dreaming of someone mean they are thinking about you?

It can! Not only that, but it can show that they're thinking of you more than you are of them. For all you know, they could be trying to connect with you telepathically or share a secret with you. Prepare yourself for a big reveal that they could be telling you in the near future.

What does it mean if you dream about someone over and over again?

Lewber says that recurring dreams show us that the "particular person is practically your dream's VIP, they're always

on the guest list. And recurring dreams about the same person could mean your subconscious is stuck on repeat, trying to get you to pay attention to something." Lewber asks us to reflect and ask questions: "Is there a lingering issue? An unacknowledged feeling? Or is this person reflecting a part of you?" She adds, "I tend to go for the latter. Personally, I believe when we are thinking of someone we are tapping into their energy, which can ironically offer us some personal lessons."

What does it mean when you dream about a crush?

Dreams about a crush represent a failed attempt at connecting with that person and a longing to bond with them. TBH, spending a lot of time daydreaming about a crush could create an imprint of them on our psyche and subconscious.

What does it mean when you dream about an ex?

Honestly, this kind of dream can be scarier than connecting with a ghost. Unlike other

apparitions, dreaming of an ex makes us aware of the fact that we miss them or their energy on some level. Personally, when I dream about an ex, it's an intuitive warning that something good or bad is happening in their life and they're thinking about me. The same can apply to anyone else, too.

What does it mean when you dream about a partner?

Dreaming about a significant other means that we want to be closer with them at that moment in time. Maintaining a deep relationship can be hard, especially in difficult times. After all, intimacy takes time and care. If you are feeling ignored or your significant other is busy with other things (like work or family matters), you could dream about them in an effort to get the attention and affection you miss.

What does it mean when you dream about a loved one who died?

We've all had dreams like this, when a deceased loved one comes to you when you are sleeping. It could mean that



the spirits are trying to communicate with you in the astral realm. It could also reveal feelings of loneliness that you feel inside. The person who passed might have filled a void within you that no one can complete—except for them.

What does it mean when you dream about having sex with someone you know?

Weirdly enough, sex dreams aren't usually about the physical act of being sexually active. They usually represent a situation or relationship in which you feel out of control. Sex is the way to control the situation, or even yourself. These dreams can also represent the desire to tap into your creative energy or other repressed aspects of your personality. Another interpretation is that these dreams reveal a subconscious need to bond and connect with the person you're dreaming about.

What does it mean when you dream about someone you know dying?

Dreaming about the death of a loved one doesn't necessarily mean that they are dying. It usually represents a change or end of a relationship. In a dream, death signifies transformation—which is what you are doing when leaving a situation or partnership. It can also mean that the person you know is undergoing a personal evolution of sorts or that your feelings for this individual are changing.

What does it mean when you dream of someone you haven't seen in a while?

Ever heard of a spiritual link? "It could be a result of our subconscious minds being interconnected," Naskova says. "When we sleep, our conscious mind is at rest, allowing our subconscious to surface. With that in mind, the person you're dreaming about *might* just be having thoughts about you too. Naskova suggests that it could be beneficial to reach out to that individual and check on how they're doing.

What does it mean when you dream about having a fight with someone you know?

This signals unfinished or simply unaddressed business—your subconscious mind's just reacting to repressed emotions. "The presence of such dreams doesn't necessarily mean that you will engage in a physical altercation in reality," Naskova says. "Instead, they may suggest that your subconscious is grappling with unresolved conflicts or emotions during the REM phase of sleep, attempting to make sense of these feelings."

How can I stop dreaming about a particular someone?

Sometimes we want nothing more than to get somebody off the brain. In order to make this happen, all you need to do is identify and confront the out-

standing issue that might be causing your mind to drift back to them so regularly. "Your mind may be replaying experiences with this individual in an attempt to fill in gaps or find closure," Ivana notes. "Taking steps to resolve any lingering emotions or conflicts in reality can help reduce the frequency of these dreams, giving you more control over your subconscious."



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En un mundo lleno de estímulos y desafíos, el viaje hacia la salud emocional se vuelve esencial para lograr una vida plena y equilibrada. La capacidad de conocer y comprender nuestras emociones se presenta como una brújula interna, guiándonos a través de las complejidades de nuestra mente y corazón.

En este contexto, llega NOUmi, una aplicación diseñada para desbloquear el poder del autoconocimiento emocional, pues el día a día va tan rápido que "no hay tiempo" para la reflexión. NOUmi es una aplicación que se ha creado como una herramienta innovadora creando justo ese espacio necesario para la observación profunda de nuestras emociones y pensamientos.

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Ciertamente, cada vez se habla más de la salud mental y emocional con el objetivo de normalizar el autocuidado y la sanidad de nuestros vínculos, pero poco se nos han acercado herramientas innovadoras, accesibles y confiables para la transformación emocional. Esta es la razón para destacar el origen de creación de NOUmi como el resultado de la experiencia personal de Fredel Romano, quien tras vivir una fuerte depresión se dio cuenta de la importancia de la autoconciencia de sus emociones en el proceso de sanar y transformarse de manera positiva.



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Durante siglos, la gastronomía nos ha ofrecido una visión multidisciplinaria de la manera en que nos alimentamos, desde la acción más básica de supervivencia de raza, hasta el día de hoy que se ha convertido en un arte.



50 Friends



50 Friends

En su definición más pura, la gastronomía como disciplina estudia los diversos componentes que integran la relación con los alimentos desde el punto de vista cultural con su ambiente o entorno y aunque muchas veces asociamos la gastronomía únicamente con el arte culinario o con características en torno a un restaurante, hablar de esta industria no se limita exclusivamente a la preparación de platos en sí, pues se ha convertido en un sector clave en los negocios, en la generación de empleos e impacto en la economía.

Uno de estos brazos que fortalecen el mundo de la gastronomía es el marketing culinario, proceso creativo y modular que engloba una serie de técnicas y estrategias que tienen todo que ver con un restaurante, desde que el cliente potencial visite las redes sociales o página web, que se dé a conocer la experiencia que vive posteriormente en el local, la carta, la música y hasta la atención en el servicio con el objetivo de fidelizar y crecer la clientela.

Así es como hace 6 años, Paulina Cándano Laris, profesional del marketing y ampliamente experimentada en el sector alimentario y restaurantero, decide juntar sus dos pasiones, la comida y el marketing en una agencia especializada en el rubro que nace bajo el nombre de Umami.

Y ¿Qué es Umami?, pues hasta el siglo XX sólo se conocían 4 sabores: dulce, ácido, amargo y salado. En 1908 el científico japonés Kikunae Ikeda descubrió un quinto sabor: Umami, que significa "esencia de la delicia" en japonés, y el responsable de profundizar y exaltar la intensidad del sabor en el paladar.

De lo anterior surge la inspiración de Umami, Marketing Culinario, con la misión de ser el elemento memorable y diferenciador para cualquiera de sus clientes.

"Siempre he sentido una enorme pasión tanto por la comida, como por el marketing; con Umami he logrado transmitir mi visión e ideas a distintos clientes, pero sobre todo tener un equipo de mujeres talentosas y comprometidas con quien trabajar de la mano, crecer y enriquecernos unas a otras día con día". - dice Paulina.

Umami no inició siendo estrictamente una empresa de mujeres, pero fue el resultado cuando Paulina se dio cuenta que sus mejores equipos eran los que había formado con más mujeres, y con el tiempo descubrió la pasión de empoderarlas y capacitarlas, así que actualmente es un valor de la empresa.

Hoy, Umami continúa creciendo su cartera de clientes con equipo multidisciplinario y 100% comprometido en las áreas de fotografía y video de platillos, manejo de redes sociales y campañas digitales, Relaciones Públicas (en colaboración con BELE PR), creación de eventos y experiencias culinarias.

Actualmente Umami trabaja con clientes como Yakumanka, el único restaurante del reconocido Chef peruano Gastón Acurio en México; Koya, Narú, La Cervecería de Barrio, Qi Wellness Center, Shark y Ninja, la marca internacional de electrodomésticos que fue el primer proyecto de la agencia hace 5 años.

Desde el día 1 hasta el sol de hoy, cada persona que forma parte de Umami, trabaja para lograr una identificación real de la audiencia con la marca, logrando que sus mensajes tengan un mayor impacto



Desde hace 6 años, Paulina Cándano Laris, profesional del marketing y ampliamente experimentada en el sector alimentario y restaurantero, decide juntar sus dos pasiones, la comida y el marketing en una agencia especializada en el rubro que nace bajo el nombre de Umami.

en públicos afines además de generar campañas y estrategias que privilegien a la operación.

Afortunadamente y por la confianza y recomendación de sus clientes, se encuentran ampliado las industrias con las que trabajan por lo que cualquier marca que busque comunicar su producto o servicio de una manera innovadora es un cliente perfecto.

Así como la gastronomía se mantiene en constante evolución, también lo hacen los comportamientos, necesidades y gustos de los clientes potenciales, por lo que el marketing especializado es una nueva gran apuesta enfocada a desarrollar nuevas estrategias que se adapten al consumidor.

Conoce más de Umami en @umami_mkt y descubre a qué saben las nuevas ideas que están cambiando la forma de hacer marketing culinario.

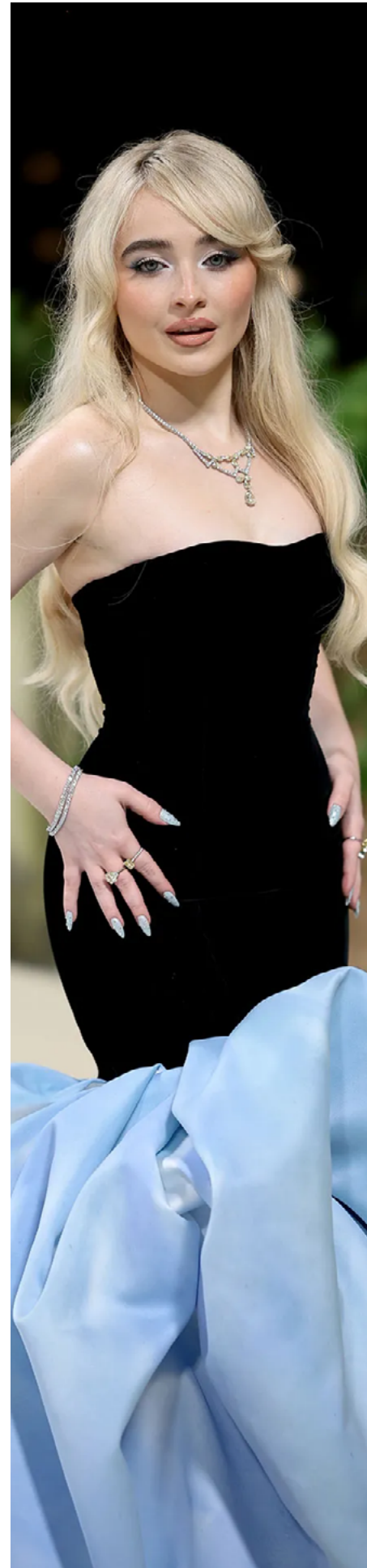
I AM PLEASED TO INFORM YOU THAT YOUR MASSIVE CRUSH ON SABRINA CARPENTER IS JUSTIFIED!....

Here's proof, in the form of a cover interview that spans everything from touring with Taylor Swift to harnessing wild ambition to why she loves her butt and what she's looking for in a partner.

orgive me for starting this story off on such a deeply woo-woo note, but there's really no other way to say it: When Sabrina Carpenter and I part ways after a two-hour breakfast at Sant Ambroeus in the West Village, her taking off into a black car in a big furry leopard-print bucket hat, my first thought is that she operates with the knowing self-awareness of someone who's been here before. It's not enough to call the 24-year-old "mature" or an "old soul"—although both of those things are true, micro-miniskirts and platform boots be damned.

It's more that she walks through the world already embodying some of the lessons that take many of us decades or even a lifetime to learn: how to trust her gut, never take herself too seriously (while still working really freaking hard), and the magic of staying present in the moment. Then there's this insight, which she dropped between bites of toast: "I feel like I have a very, very strong relationship with the universe and not even in an astrology-type or spiritual way. I think I've always just been very good at knowing the things that I want to do and that I can make them happen." You walk away from a conversation with Sabrina thinking, Damn, she's really got this figured out.

And it's a good thing she does, because with the kind of year she's had—including the fever dream of opening for one-of-her-long-time-idols-turned-friends Taylor Swift on a tour that's become a



once-in-a-generation culturally-defining moment—it would be all too easy to lose touch with your sense of reality.

Of course, Sabrina does have more than a decade of experience navigating a career in the spotlight, having landed her first role at age 11 on NBC's *Law and Order: SVU* and then, in almost rapid succession, starring in Disney's *Girl Meets World* and Netflix's *Work It*, putting out five albums with her addictively feminine, extremely layered pop sound and all too relatable relationship-centric lyrics, touring the world, and building an Instagram following that is 33-million-fans strong. And the thing is, she seems to be having fun with it all. Exhibit A: The way she custom-writes and belts out delightfully raunchy new outros to her hit song "Nonsense" throughout the Eras Tour (and during her *Emails I Can't Send Tour* too), tweaked specifically to whatever city she happens to be performing in.¹

Meanwhile, not unlike the megastar she's been opening for, parts of her personal life play out for public consumption via a self-feeding loop of lyrics and gossip and headlines and then lyrics again, sending fans into detective mode as they sing along to every verse. The latest round of headlines, in case you've somehow missed them, pertains to a certain internet-breaking rumored suitor.

Over the course of our candid heart-to-heart, we got into all of it. But first, I had to call her out on something she'd said...



Late last year, in your acceptance speech for the Variety Hitmakers Rising Artist Award, you mentioned how your mom would reference the tortoise and the hare story when you were a kid and how it helped you get comfortable with "the mindset of a slow rise." At first I was like, Oh, I totally relate to that. And then I thought, But wait. She's 24. She got her first acting job at 11. She had this major role at 15. It made me think about the ways in which ambitious women continue to move the goalposts for ourselves.

I was really nervous when I gave that speech, to be super frank. That award was such an honor, but it was one of the first speeches I've ever given, in this room of all these people I admire.

I was a kid when I saw that Miley Cyrus was 16 and touring arenas. And so my mind went, At 16, you're going to tour arenas. And then when that didn't happen, I was like, "Oh." I think if you really look at how long I've been singing and acting, it's a long time compared to the instant gratification that some people have. I never had the instant thing, which now I feel very lucky about because I have a lot of experience. Even if I'm light-years ahead, I would rather feel that I'm behind and have the ambition

to think, Oh, I can always work a little bit harder. I can always try something new. There are things I haven't done yet that I really want to do.

What kinds of things?

Well, I feel so grateful that I've been able to tour an album that I really care about for almost two years and that my fans have given it a life longer than I ever could have asked for. I put two and a half years into making this album, and it's a shitty feeling when you put so much time into something and people want something new in two months. So I'm trying to really take this experience in before moving on to the next thing...but I've been working on the next thing for a minute. I'm starting to feel like I've outgrown the songs I'm singing, which is always an exciting feeling because I think that means the next chapter is right around the corner.

Does a next chapter look like more music or a return to acting or...?

I go to the movies and I get really jealous of the people in the movies. I'm like, "Oh, I want to be in a movie." And then I go to concerts and I get jealous of people onstage. I'm like, "Oh, I want to be onstage." I think that's a good sign. The hardest thing for me to do sometimes is to stop and take a moment to recognize how much I grew in the last year. I didn't think 24 was going to be special at all. When I turned 24, I was like, "What is this year even made for?" Because 21 is always very pronounced, 25 is always very pronounced. But the middle ages, oof. Even with songs, there's "Nobody likes you when you're 23." But shit about 24.

"THE ERAS TOUR FEELS LIKE BROADWAY. THAT'S AN ART. IT'S HARD TO TEACH. IT'S HARD TO LEARN."

So has 24 been different than you expected?

You still feel very youthful, you can still wear very short skirts, but you also feel more insightful and have a bit more knowledge and experience. You're better able to know the people that you want to invite into your life, whereas before you are just nice to everybody and want to be everyone's friend. I think that's what's happened to me in the last year and a half. Instead of being like, "Do people like me?" it's "Oh, do I actually like you?" Not in a mean way, but in a sense of, do I want this energy around me all the time? Is this someone who adds to my life?

What are those things that you look for to determine whether somebody's additive to your life?

People who stimulate me and don't just agree with everything I say. And people who are funny. When I meet people that feel very genuine and pure, I hope to keep them in my life. Because that's the only way that I'm going to stay close to the ground in any capacity. But also, part of learning is keeping the wrong people in your life for a period of time. I've learned that lesson the hard way a couple of times, for sure.

Tell me about the day-to-day of life on the road with Taylor Swift for the Eras Tour.

What's been so fun about this tour is getting to perform in places I haven't before. And I'm quite jetlagged because we're all over the world. So sleep is super important. The hardest thing is turning your brain off and getting everything to quiet down. But I'm grateful for my inability to turn my brain off at times because that's when I come up with ideas. I feel creative. I feel excited. After a show, I think a lot about what I want to do differently the next time and what I want to do with my own show in two years.

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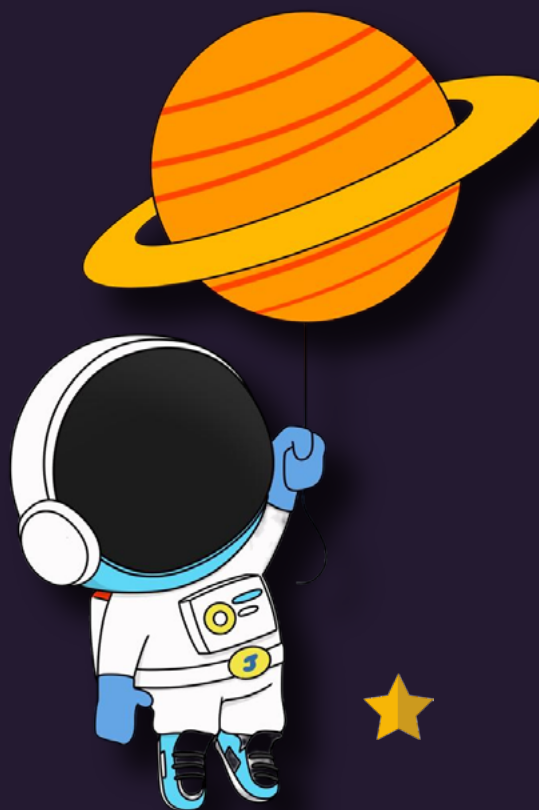
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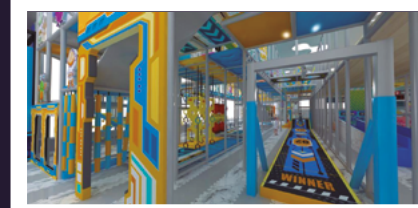
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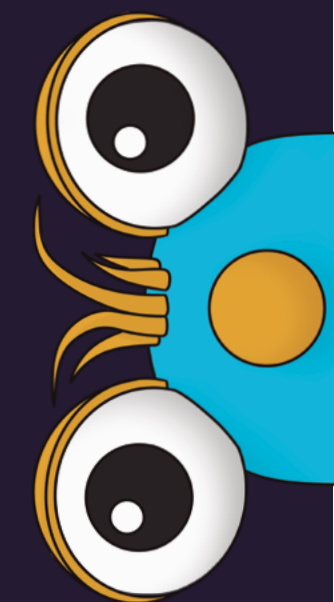
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KAMALA HARRIS WON'T APOLOGIZE FOR DOING WHAT'S RIGHT ON ABORTION

THE VICE PRESIDENT IS PUTTING THE FULL FORCE OF HER OFFICE BEHIND THE FIGHT FOR REPRODUCTIVE FREEDOM.



This Sunday, President Joe Biden announced he's exiting the presidential race and endorsing Vice President Kamala Harris as the new Democratic nominee.

Back in January, ELLE interviewed Harris as she launched her nationwide Fight for Reproductive Freedoms tour in response to the overturning of Roe v. Wade and the ongoing battle for abortion rights in the U.S. Revisit the piece from ELLE's 2024 Women of Impact issue, below:

On what should have been the 51st anniversary of Roe v. Wade in late January, the press pool gathered near the wing of Air Force Two at Joint Base Andrews, awaiting the arrival of Vice President Kamala Harris on a marine helicopter. The pool was almost all women that day—a rarity, I was told, though not a surprise given the subject matter of the trip.

The VP would soon take off for Waukesha County, Wisconsin, where she would launch her Fight for Reproductive Freedoms, a nationwide tour in response to the Supreme Court's landmark decision in Dobbs v. Jackson Women's Health Organization, which overturned the long-held right to abortion in America.

After a nearly two-hour flight

and some decent breakfast burritos (the other reporters told me the food on Air Force One is better), we landed on an icy runway and traveled by motorcade to the headquarters of the local painters' union in Big Bend, a village of around 1,483 people about 30 minutes outside of Milwaukee. The location may seem a bit obscure, but it's a place like this, and suburban

voters like these, who could decide the outcome in this pivotal swing state in the November elections.

As a few cries of "MVP! MVP!" rang out, Harris took the stage, launching into a condemnation of draconian abortion restrictions: "In the last 19 months, in states across our nation, extremists have proposed and passed laws that criminalize doctors and punish women; laws that threaten doctors and nurses with prison time, even for life, simply for providing health care; laws that, in some states, make no exception, even for rape and incest." She told a story about when she was in high school and took in one of her best friends to live with her after learning her friend was being molested by her stepfather. With passion in her voice, Harris added, "So the idea that someone who survives a crime that is a violation to their body, and then would not have the authority to decide what happens to their body next? That's immoral. It's immoral."

Harris has put the full force of her office behind the fight for abortion rights. Since the overturn of Roe, she has held more than 60 events in 20 states and brought together 250-plus legislators from 28 states—and this was before she went on tour.

Seeing the vice president of the United States onstage speaking powerfully about the lack of abortion access as a health-care crisis, of women being turned away from emergency rooms by petrified doctors, of developing



sepsis because they were denied basic health care, is a scene that would have been hard to imagine even a decade ago. "Look, I remember politicians who, 10 years ago, would run away from abortion," says Planned Parenthood Action Fund president and CEO Alexis McGill Johnson. "They would say, 'Oh, just get me elected; I can't talk about it now. It's politically unsafe.'" Now abortion is at the center of a major party campaign platform, and the incumbent VP is leading the charge without shame or apology. In March, she became the first president or vice president to visit an abortion clinic.



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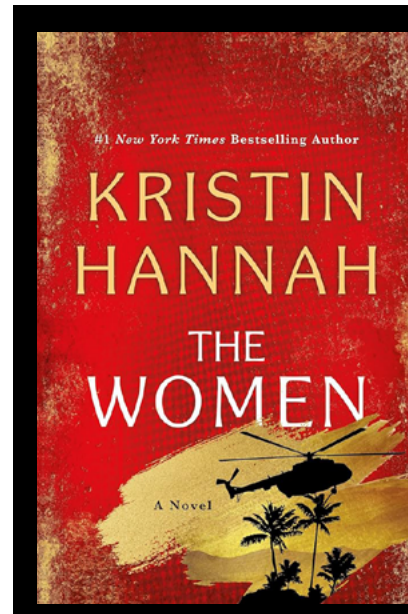
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KRISTIN HANNAH WANTED TO WRITE ABOUT VIETNAM FOR YEARS.



Why 'The Women' was her way in Hannah, known for her historical epics, turns her focus to the 11,000 women who served in Vietnam.

Kristin Hannah's latest novel is called "The Women," but the title rings true for all of her novels. From "The Nightingale" to "The Four Winds," a Read With Jenna pick, Hannah has become known for writing epics focused on women characters caught up in the swell of history.

"What I've learned is what I should have known, and what I should have been taught: Women are incredibly resilient, courageous and daring," Hannah tells TODAY.com. "They've done amazing things throughout history to keep their children alive and against forces trying to take things away from them or hurt them."

"The Women" is different in that its character signs up for difficulty, rather than having those situations thrust on her.

Whereas past characters have found themselves in turmoil through circumstances such as cancer diagnoses ("Firefly Lane") or abrupt moves to Alaska ("The Great Alone"), Francesca "Frankie" McGrath walks — or, rather, flies — directly there.

Frankie is a 20-year-old girl raised to believe that nursing school is a holding period between her real task: Getting married and starting a family. But it's the 1960s, and all the men she knows are being drafted to fight in Vietnam, including her brother.

Soon, due to a surprising twist that happens early in the story, Frankie feels compelled to go to Vietnam herself. She becomes one of Army's women nurses, who have been largely forgotten from the narrative of the Vietnam War. More than 265,000 women served in the military during Vietnam, and 11,000 actually served in Vietnam, per the VA. Of those 11,000 women, 90% were nurses like Frankie.

Nothing can prepare Frankie for the brutality she finds in Vietnam, far from the glory of the battlefield her father spoke about.

As a writer, Hannah says she's driven by asking: "What would I do in this instance? How would I rise to this challenge?" In the case of "The Women," Hannah doubts that she would have been able to handle what her characters did.

"I would not have been tough enough and strong enough to do this. That's what I admire so much about them," she says. "But history is full of women who don't think they're tough enough and resilient enough, until they're placed in that environment."

"I would not have been tough enough and strong enough to do this. That's what I admire so much about them."

The novel is split into two parts: During the war and after. The segments in Vietnam are grisly and raw, where the "life or death" is skewed, often, to the latter — and the paradigm also applies to the people doing the operating.

"It's intense reading it and it's intense writing it," she says. "In my head I sometimes think I'm a doctor because I've watch 'Grey's Anatomy' for so long. But this was different because this I had to actually describe them in a way that the reader felt they were there. They were some really difficult bloody, horrific moments."

A doctor and surgical nurses read through the sequences and helped take them to the "next level" of accuracy, she says.

Like other veterans, Frankie returns to the United States and finds that people don't want to acknowledge what she saw and did abroad. While she's become an excellent nurse, she doesn't have the proper professional experience to get a hospital job.

Frankie's experiences are directly informed by conversation that Hannah had with some women who served in Vietnam. There aren't many left. Hannah says many have since died from cancer, believed to be linked to Agent Orange exposure.

Hannah was invited to the Vietnam Women's Memorial on

Veterans Day for the 30th anniversary of the memorial. She says meeting them, face-to-face, is when "everything changed" for her, and she realized the impact of her book.

"These women were so inspirational, powerful and honest. They had accomplished so much and survived so much. That's when I understood that before, the book had been important for me to write, because I wanted to tell this story. But I really began to understand, when I met them, how important this story was from their perspective," she says.

The book, and the real women's experiences, has made her passionate about care for veterans.

"If we are going to ask men and women to sacrifice on our behalf and serve their country, we really have to take care of them when they come home," she says.

"The Women" rounds out of a two-book exploration of the 1970s. Born in the 1960s, Hannah had long wanted to write about Vietnam, since her own formative memories are of the era. She remembered how her friend's father had been shot down and never returned. They wore a POW bracelet with his name for "years and years," she says. "It was always a reminder."

Her previous book, "The Great Alone," followed an addled Vietnam veteran who moves his family to remote Alaska. But "The Women" addresses the topic more directly, which she only felt ready to do now.

"I think I finally got old enough to feel confident enough to take on such such a big, complex issue," she says.

She hasn't started writing her next book, but she is reflecting on the "seven-year phases" her

career has had so far, and says one is coming to a close.

Hannah began writing her first published book, a work of contemporary fiction, while she was on maternity leave from her law firm. Seven years after that was "Firefly Lane," and seven years after was "The Nightingale," a historical epic. That's when Hannah went from writing about the "resilient women she was surrounded with" to women in history.

"I was so surprised — and angry — to realize how much of our place in the historical landscape had been diminished, forgotten, marginalized," she says. "There were amazing stories of women who had done remarkable things. Shown great courage at great personal expense. And had many ways changed the way history unfolded."

These books, like "The Women", were written so women could "feel the collective power of all of us and reach for more, and demand more."

Still, while her characters are admirable, they're not meant to be one-note heroes. With all her questionable decisions, Frankie, she says, is an example of that.

"I don't intend my characters to be role models. I intend them to be full-blooded humans that maybe teach you something and entertain you. The point of being someone to emulate is that you are the kind of person who doesn't give up. No matter what mistakes you make, you do your very best to rectify them and to get back on the right path," she says.

As for what's next? Her next chapter is unwritten, literally. "I'm in search of that magic idea at the moment," she says.

El fascinante mundo del Pilates tiene un nuevo spot en la Colonia Roma.



Zanna, es un nuevo espacio fundado por Frida Maluy, y que ha sido pensado como un lugar para la sanación y el bienestar personal, donde cada sesión de Pilates es una invitación a conectarse consigo mismo y cultivar un estilo de vida más saludable.

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Es la máxima de esta disciplina y la cita más famosa de su creador Joseph Pilates, un artista circense alemán y boxeador que introdujo su método por primera vez hace más de 100 años.

Zanna estará abierto al público desde el 2 de mayo, con horarios desde las 7am hasta las 12pm y de 4:30pm a 9:00pm.

Para celebrar su apertura, Zanna ofrece una clase de prueba gratuita.

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Más tarde su pasión por moléculas de origen marino la llevaron a sus estudios posdoctorales en Innovación Biomédica un centro Conacyt en Ensenada (CICESE), Baja California. Ahí fue donde ella propuso evaluar los efectos contra el daño producido por luz UV con ayuda de una toxina del venenoso caracol *Conus marinus*, el cual tiene amplia actividad farmacológica reportada en numerosos estudios científicos.

Ese fue el momento donde pudo combinar dos grandes pasiones (moléculas de origen marino y cuidado de la piel) en un mismo proyecto. **“Disfruté al máximo la lectura de artículos científicos que hablaban de cómo reparar a la piel después de ser sometida a agresiones como el estrés, la contaminación y los rayos UV y de los procesos moleculares de síntesis de colágeno y prevención de que este se degrade dentro de la matriz extracelular de la piel”.**


El consenso del secreto de cuidar la piel es hidratarla y protegerla de los oxidantes y los rayos UV. Esto sólo se puede lograr con filtros solares, antioxidantes y compuestos que hidraten la piel a profundidad restableciendo la barrera cutánea, pero sin dejar sensación grasosa. Pero está demostrado que si ya existe un daño también se puede revertir con los cuidados adecuados y continuar con la prevención.

Unos años después del posdoctorado, continuando con el estudio de antioxidantes de origen natural y con fines de obtener un profundo conocimiento del rejuvenecimiento y cuidado de la piel, llegaron a mis manos ingredientes innovadores de mucho interés para desarrollar una línea de skincare para la piel del hombre con resultados observables en menos de dos semanas.

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CONOCE MÁS

Daniel Espinosa

1. I am a lover of my city, Taxco, and my state in general, where handmade craftsmanship is done with passion and love. Silversmithing has been part of my DNA since I was born, and as time passed, I realized that after college, I wanted to pursue a master's degree in Design, so I decided to go to Los Angeles to study at GIA (the Harvard of Jewelry), then to Italy, Holland, and NYC to complete my knowledge of the fashion world. I returned to Mexico and launched my first collection in 1997



2. As a creative in the jewelry industry, I realized that accessories were a very important part to complement my collection, which started as jewelry and has now diversified into various complements.

3. I plan to aggressively expand my brand by opening boutiques in Mexico's top tourist destinations, including Cabo and Merida. Additionally, I will continue to collaborate with artisans of Mexican Folk Art, elevating their craft to new heights through my design work.

4. My favorite dish is Mole Verde de Pipian, it evokes memories of hood, reminiscent of my grandparents' house.

5. We have international boutiques in Colombia and the Dominican Republic, and our online store serves customers in the USA, Canada, Latin America, and Spain, allowing us to reach customers across Europe as well.

6. When it comes to influencers, I appreciate content creators who share positive and intelligent content, and who have a deep understanding of a brand's identity. Nevertheless, I believe that while they have significant influence, they also have a responsibility to educate themselves and share content thoughtfully, recognizing the impact that comes with being a specialized communicator in their field.

7. I like @yayisvc for having consistent and highly stylized content, and I also enjoy @juanpazurita's content for being both current and entertaining.

8. I think that brands are once again seeing the value in print media, as it's regaining its position as a leader in terms of credibility, experience, and content, and investment in this area is on the rise.

9. The pandemic marked a significant turning point for us, as we had to rapidly adapt and become a highly active and effective online boutique, capable of serving over 50,000 loyal customers who were looking for seamless online experiences.

10. I'm a travel enthusiast who loves exploring new places, from museums and buildings to cities, countries, and horizons. These experiences spark my creativity, and I transform them into ideas that eventually become tangible jewelry pieces, crafted with gems and metals. I document my inspirations through photos, videos, and sketches, and every six months, I embark on a creative retreat in Taxco to develop my next jewelry collection.

11. I make it a point to meditate daily, focusing my mind and seeking serenity and strength from the universe to accomplish my daily objectives, always taking things "one step at a time".

12. In my opinion, you don't need money to start a business. I firmly believe that creativity, intention, critical thinking, and intelligence are the essential building blocks that will enable you to bring your vision to life.

13. I have a strong faith and gratitude towards God every day, I am deeply devoted and trust in His power and strength.

14. Besides Mexico, I have a special fascination with Thailand - it's a truly amazing country.

15. Piracy is absolutely appalling in every way. I see it not only as theft but also as unacceptable behavior from those involved in the business, as well as those who openly encourage its use and consumption. I think it's essential to be mindful of what you can afford to buy, and to recognize that personal style isn't about money, but about self-confidence, self-awareness, and respecting creativity.

16. I fully grasp that communication methods are constantly evolving. At 50, I've had the privilege of witnessing this evolution



17. I have Venezuelan friends who have had to leave their homeland in search of opportunities, I have people who work with me in Colombia who are originally from Venezuela and have had to migrate. It's heartbreaking to see people have to leave behind their loved ones, their homeland, and their cultural traditions to start anew in a different place.

18. I've had the privilege of living in Mexico and Spain for over 25 years, and I feel fortunate to have been able to experience and enjoy these beautiful places, surrounded by dear friends and people I deeply respect and care for.

19. In my view, happiness is about cultivating a daily sense of gratitude for the blessings you have, the journey you're on, and the joy of sharing smiles with those you love.

20. My goal is to continue personal growth, learning, and devoting more time to Niños en Alegría, with the ultimate aim of becoming a dedicated philanthropist. One of my remaining aspirations is to visit India, which I plan to do in the near future.

21. The plans for FALL are the launches of my Pret a Porter (Ready-to-Wear) clothing line in select boutiques.

22. Cherish every moment as the most precious and valuable. Love unconditionally, travel extensively, read voraciously, and learn with reckless abandon!

23. I think my lifestyle is characterized by simplicity, directness, and kindness.





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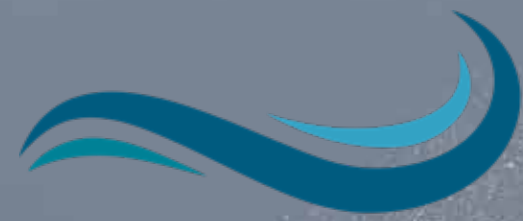


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Mini rose quartz leather Gardenia boutonniere by Fleur'd Pins

Price: US \$ 95



Red leather Dahlia boutonniere by Fleur'd Pins

Price: US \$ 100

Fleur'd Pins

The boutonniere, that brooch or pin that is placed on the lapel, is perfect accessory to complement a man's look; Fleur'd Pins are handcrafted in collection in New York from fine fabrics and skins and are available in different sizes and colors. It goes perfectly with a linen jacket as well as with a more formal one. You will look your best at any occasion. The question remains, which one should I pick?

www.fleurdpins.com



Price: US \$ 26

Magnetic Lip Balm by Full Ritúal

Something women cannot live without at any time of the year! Full Ritúal has developed this vegan lip balm, made in Italy, with a unique mix of natural ingredients that will keep your lips looking their best –glossy and kiss-ready at all times

www.fullritual.com



Body Butter from High on Love

A buttery, non-greasy, creamy texture to keep your skin velvety smooth and deeply nourished, Body Butter from High on Love is infused with the sweet and captivating aroma of pure vanilla and will envelop your body with its irresistible fragrance. It is formulated for dry or sensitive skin and provides instant replenishment and long-lasting care and it's made in small batches to ensure the highest quality.

www.highonlove.com



Price: US \$ 60



Price: US \$ 48

Anti-Pollution Bio-Polymer Serum from Snowfox Skincare

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www.snowfoxskincare.com

Ligne St. Barth – Vanille West Indies Eau de Parfum

Princess Charlene of Monaco loves the intoxicating, indulgent scent of vanilla orchid flowers so exquisitely expressed in Ligne St Barth's Eau de Parfum, Vanille West Indies. This delicious, sophisticated reminder of relaxing times in St Barth is made on the Island from a recipe passed down for generations. The fragrance creates a sensory rapture as the vanilla essence of the orchid flowers entices, leading to the scent of scattered vanilla seeds, caramelized in softness. This luxe parfum has all the charm and the enveloping warmth of vanilla yet its creamy caramel accord is balanced by the seductive scent of delicate exotic orchids. Homage to Caribbean vanilla, treasured in Creole culture, Ligne St Barth's romantic fragrance, Vanille West Indies, invites us all to enjoy life's full sweetness. Pair with the Vanilla Body Lotion.

www.beautyhabit.com



Eau de Parfum
Price: US \$ 190



Body Lotion
Price: US \$ 64

Jasmine Leather from Eau D'Italie Le Sirenuse Positano

For the man who wants to wants to be unforgettable, Eau d'Italie has concocted the perfect fragrance – Jasmine Leather. Deeply sensual, it pairs jasmine and leather for a match made in heaven. Inspired by the Renaissance fashion, a craze in fact, for scenting leather accessories - gloves, belts, vests - with rare, exotic Jasmine, this fragrance balances floral tenderness with a warm heart of aromatic leather. Firmly masculine, these two thoroughly Italian ingredients merge with cedar wood, saffron, and a touch of patchouli. Simply yet elegantly presented, Jasmine Leather is sleek, its stealth style absolutely captivating as it draws on tradition to make a most alluring modern scent statement.

www.beautyhabit.com



Price: US \$ 190



Price: US \$ 230

Atacama Eau de Parfum

This fragrance by Altaia was inspired by the Atacama desert, located in the north of Chile, beyond the Northwest Argentine border, a majestic extension of salt and sands which changes color according to the seasons. Rain is scarce, and --Atacama is said to be the driest place on earth-- but it just takes a few drops to awaken the seeds which patiently await underground and turn it pink with flowers. Your skin will feel sand-kissed and touched by a flowery summer breeze

www.beautyhabit.com



Price: US \$ 75

Eau d'Italie Signature Scented Candle and Diffuser

A beautiful scented candle or an exquisitely fragrant diffuser that will take you straight back to Le Sirenuse with the Eau d'Italie signature fragrance. Unforgettable memories of romantic summer evenings overlooking the bay of Positano, with notes of bergamot, incense and blackcurrant buds warmed by a mineral note of terracotta heated by the sun. These products are meticulously handmade in Italy.

www.beautyhabit.com



Price: US \$ 110

Chill Out Heat Relief Kit by Be Smart Get Prepared

The Chill Out Heat Relief Kit by Be Smart Get Prepared is designed to help you stay cool and overcome the symptoms of heat stress. This first aid kit provides treatment for heat exhaustion, dehydration, bruises, and muscle cramps. Included are U. S. Coast Guard-approved emergency water, electrolytes, a thermometer, and multiple cooling solutions to reduce the heat. The soft nylon material allows this kit to fit easily inside of a larger backpack.

www.walmart.com



Price: US \$ 40.99



Price: US \$ 7

Bug, Plz by Be Smart Get Prepared

This 12-piece Repel & Relief Kit is your go-to solution for preventing and treating insect bites and stings. Whether you're camping, hiking, fishing, or traveling, Bug, Plz™ ensures you stay itch-free and comfortable with insect repellents and sting relief wipes, all in a compact kit that fits right into your backpack.

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Purify Me Scalp Scrub by Curl Daddy

Pamper yourself with the fantastic Purify Me Scalp Scrub – Detox Shampoo Treatment that is like a head-to-toe spa treatment for scalp, hair and body, and is great for all hair textures. This deep cleansing scalp treatment is made with sea salt and seaweed to remove dead skin, product build-up for healthier scalp. Its foaming effect causes the product to spread deeper into the roots for extra cleansing; it exfoliates the scalp while stimulating blood flow and promoting hair growth. Designed to help maintain the overall health of hair and scalp. It is free of sulfates, parabens & phthalates, and safe for colored, straightened and chemically treated hair –and it also works as a delightful body scrub.

www.curldaddy.com



Price: US \$ 30



Price: US \$ 22

Lay Me Down Conditioner by Curl Daddy

This ultra creamy conditioner contains eleven botanical extracts to provide maximum hydration and glide for easy combing of curly hair; its vegan formula contains avocado oil, grapefruit and lemongrass. Lay Me Down Conditioner boosts curls and reduces frizz; it is great for all curly hair textures, and safe for colored, straightened and chemically-treated hair. Does not contain parabens or sodium chloride.

www.curldaddy.com



FAB sunglasses by Portrait Eyewear

FAB, shown here in the Blue Gradient version, is a tribute to the analog world of cassettes and the urban fashion of the 80s, inspired by the hard-hitting grooves of 80s hip-hop icons like Run DMC and Grandmaster Flash. These oversized square frames take you back to the days of the boom box and like most retro audio devices from that era, FAB has a solid, durable design

www.portraiteyewear.com



Price: US \$ 524

LUCIEN sunglasses by Portrait Eyewear

Few historical eras radiate as much coolness as the space age. LUCIEN (shown here in the Blonde Tortoise version), with its sleek lines and avant-garde design, captures the essence of the golden era of space exploration, taking your style to places no one has visited before. If you want to experience the thrill of cosmic travel without ever leaving the ground, LUCIEN is the PORTRAIT piece you're looking for.

www.portraiteyewear.com



Price: US \$ 524



Price: Pomade US \$ 8.99, Shampoo US \$ 7.99, Conditioner US \$ 5.99

Fiji Collection by Old Spice

Old Spice, a brand that everyone knows and trusts, has launched the Fiji Collection that will keep your hair healthy and in peak condition. The shampoo's awesome cleansing power combined with the conditioner leaves your hair feeling fresh and clean. To complete the process, apply the pomade for that perfect low-shine finish to give your hair a natural, handsome look.

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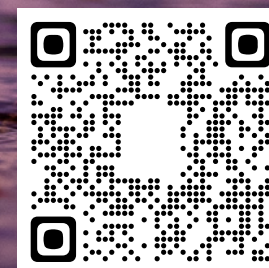
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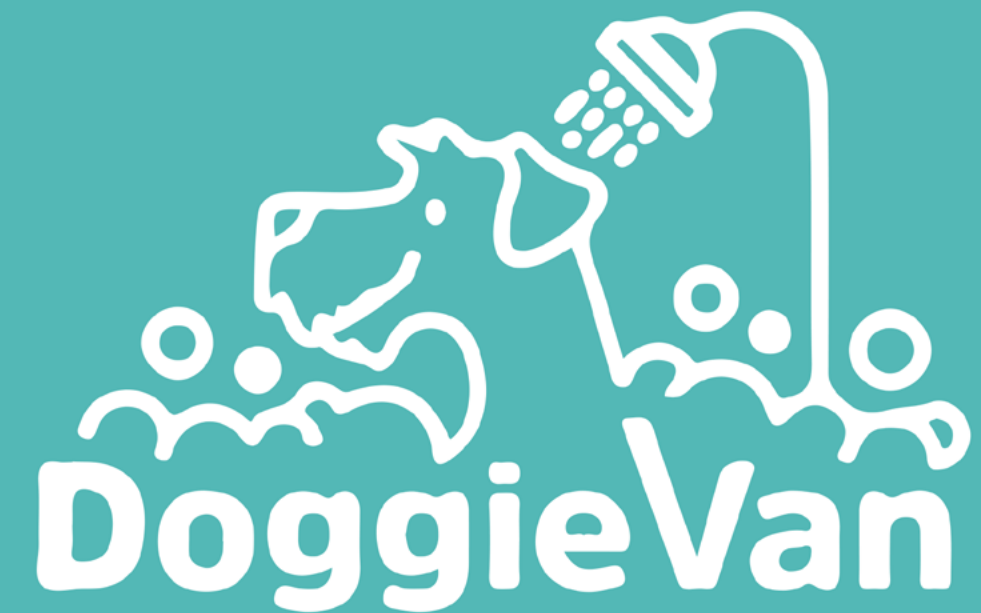


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A woman with long brown hair and blue eyes is shown in a close-up, looking slightly to the side. She is wearing a silver mesh top and a necklace with circular links. Her hand is raised to her chin, showing two rings: one with a rectangular clear stone and another with a round red stone. She is also wearing a small stud earring.

Daniel Espinosa

JEWELRY


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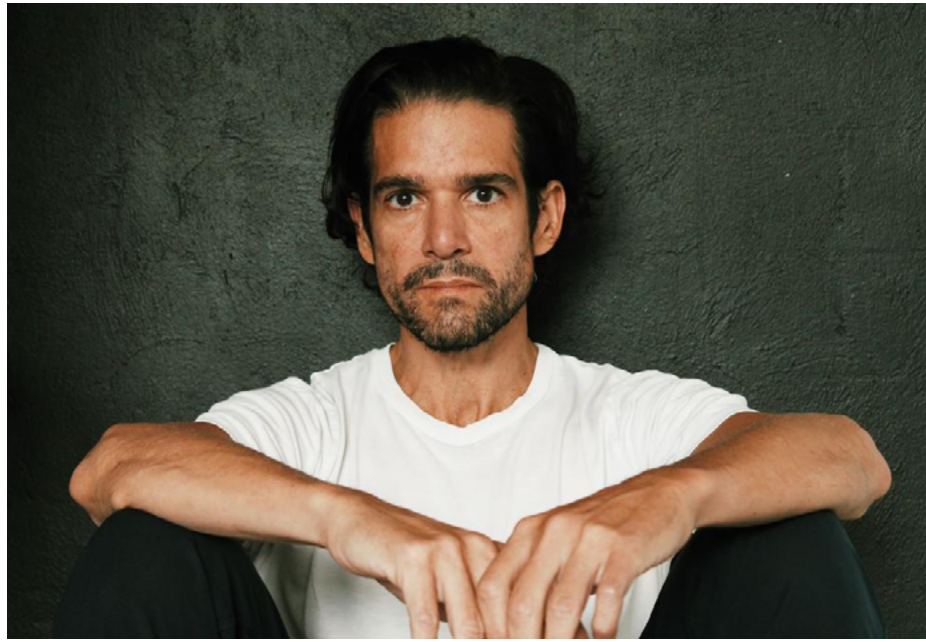
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TILA:

INNOVATION AND TECHNOLOGY FOR MENTAL WELL-BEING

By Christian Rojas
Founder and CEO of TILA



In a world where well-being has become a priority, TILA emerges as an indispensable tool for those seeking emotional balance and better sleep quality.

This app not only democratizes access to meditation and restorative rest but is also designed to be a comprehensive support in the daily lives of its users. I was born in Costa Rica and 14 years ago I chose Mexico as my home. Here, with a dedicated team, I brought TILA to life, an application that reflects my passion for well-being and technology. The app was born out of the need for an accessible tool, as mental health was affected during the COVID-19 pandemic. The most popular search terms on the internet were: insomnia, better sleep, anxiety, and stress. Additionally, my experience as CEO of the public relations agency Lithiumpr Mexico has given me the opportunity to closely observe the needs and challenges people face in their daily lives.

Our users log in at night, so we include more content for sleep... We offer over 350 meditation options, bedtime stories narrated by beloved actor Edgar Vivar, and a collection of relaxing sounds that help create an atmosphere of peace and tranquility. Our goal is clear: to make wellness practices accessible and effective, regardless of the user's level of experience.

As we all know, every October 10th, the world comes together to celebrate World Mental Health Day, a crucial date to reflect on the importance of caring for our emotional well-being. At TILA, we firmly believe that mental health deserves the same attention as physical health. Meditation and good rest are fundamental to maintaining a healthy mental state, which is why we have created a tool that supports our users on this journey.

Our Psychiatry specialist, Dr. Gina Chapa, emphasizes the im-

portance of recognizing and addressing mental health issues in a timely manner. Symptoms such as persistent sadness, anxiety, behavioral changes, or social isolation are warning signs that we should not ignore. At TILA, we have designed each tool with the thought of how we can support our users in difficult moments, providing them with the relief and calm they need.

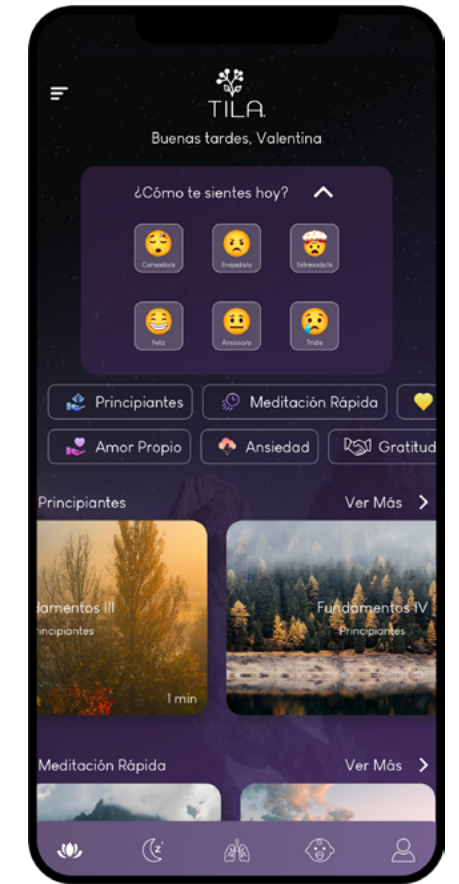
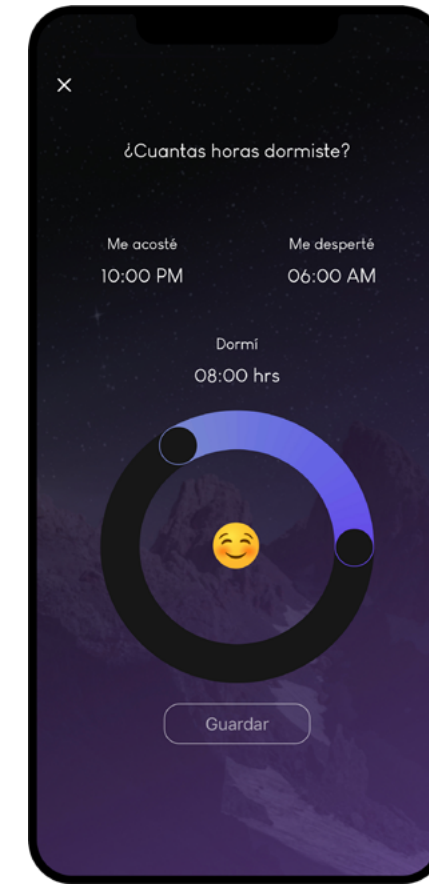
The causes of mental health issues are varied: from daily stress to traumatic experiences, genetic factors, or physical health problems. However, it is important to remember that you are not alone. We have created a safe and accessible space where you can find support and tools to face these challenges.

Within the app, we offer guided meditations by experts, breathing exercises designed to reduce stress and improve mental health, and nature sounds that help create an environment conducive

to rest. We want every person using TILA to feel that they are taking a valuable step toward a more balanced and happy life.

On Mental Health Day, and every day, we invite you to prioritize your emotional well-being. Identifying signs of mental health issues and seeking help is an act of courage. TILA is here to accompany you in this process, offering tools that facilitate the journey toward calm and emotional balance.

Remember, taking care of your mental health is a gift you give yourself. Don't wait any longer to start living with greater tranquility and satisfaction.



More from Christian:

His studies include a Master's in International Marketing Management from Regents College and a Master's in Business Administration from Webster Graduate School in London, which have provided him with the necessary tools to develop and position TILA as a leader in digital well-being. "However, beyond academic or professional achievements, my greatest motivation is to help more people find the serenity and balance they seek in their lives."

 **mr.sushi**

**SUSHI
TIME**



@mrsushimex



mrsushi.mx/

DREAM GETAWAYS:

DISCOVER THE BEST HOTELS AND RESORTS IN EUROPE

If you're looking for a luxurious and tranquil experience in Europe, these hotels and resorts offer a unique combination of comfort, nature, and culture. From the sunny beaches of Ibiza to the alpine landscapes of Switzerland, these destinations promise unforgettable vacations.

Delphina Hotels & Resorts Sardinia

Address: Località Valle dell'Erica,
07028 Santa Teresa Gallura OT, Italy
Instagram: @delphinahotels



Located on the stunning island of Sardinia, Delphina hotels and resorts offer a blend of luxury, nature, and Mediterranean culture. These hotels stand out for their commitment to sustainability, using green energy and offering local products. Delphina properties, such as Valle dell'Erica and Hotel Capo d'Orso, are sanctuaries of serenity with private beaches, saltwater pools, and gourmet restaurants.



Hotel Le Jardins de Deauville, France

Address: D677, 14130 Saint-Martin-aux-Chartrains, France
Instagram: @lejardinsdedeauville

Situated in the heart of Normandy, Hotel Le Jardins de Deauville is a charming retreat offering an authentic and relaxing experience. Surrounded by lush gardens, this boutique hotel is ideal for a romantic getaway or a peaceful family stay. The cozy rooms are decorated in a classic style and offer panoramic views of the Norman landscape.

Hotel Petunia Ibiza, Spain

Address: Carrer de Sa Pala Marina,
s/n, 07830 Sant Josep de sa Talaia,
Ibiza, Spain
Instagram: @hotelpetuniaibiza



Located on the magical island of Ibiza, Hotel Petunia is an oasis of tranquility with spectacular views of the famous rock of Es Vedrà. This boutique hotel combines traditional Ibizan architecture with modern luxury touches. The rooms are designed for maximum comfort, many featuring private terraces and sea views.



Hôtel de Charme Garenne, France

Address: 710 rue Van Gogh, Livron-Sur-Drôme, Rhone-Alpes
Instagram: @garennelivron

Situated in the charming town of Livron-sur-Drôme, Hôtel de Charme Garenne offers a distinctive sensory and wellness experience. Each room is tastefully decorated with noble materials, ensuring comfort and tranquility for every guest. Surrounded by picturesque vineyards, this hotel is the perfect sanctuary for those looking to disconnect and unwind. Discover the gourmet restaurant, featuring a glass ceiling with panoramic views flooded with shimmering, changing light. Enjoy a magical dining experience overlooking the stunning landscapes of the Ardèche valley and the Vercors massif. In this privileged region of Drôme, known as Biovallée, Chef Teddy Bidaux is dedicated to enhancing exceptional products from local producers, artisans, farmers, and fishermen. His cuisine is intuitive, precise, and refined, showcasing primarily local and seasonal ingredients, all beautifully complemented by cherished flowers and plants.

Hotel Prince de Galles

Instagram: @princidegallesparis
Address: 33 Avenue George V,
 75008 Paris, France.



Situated on the prestigious Avenue George V in the 8th district of Paris, the Hotel Prince de Galles is a luxurious five-star hotel opened in 1928. With its Art Deco architecture and rich history, the hotel offers 159 elegant rooms and suites, a gourmet restaurant, a sophisticated bar, an outdoor dining patio, and a luxury spa. Additionally, it features first-class concierge services, a gym, and event spaces. Its location allows easy access to attractions such as the Champs-Élysées and the Eiffel Tower.



Hotel Palacio del Retiro, Autograph Collection

Instagram: @palaciodelretiro
Address: Calle Alfonso XII, 14,
 28014 Madrid, Spain.

Adjacent to Retiro Park in Madrid, this hotel combines the historic charm of a 20th-century palace with modern amenities. It offers elegant rooms and suites, a gourmet restaurant, a bar, a spa, a gym, and event spaces. Its location allows easy access to attractions such as the Prado Museum and the Salamanca neighborhood.

Each of these hotels and resorts offers a unique and memorable experience, combining luxury, comfort, and an intimate connection with their natural and cultural surroundings. These destinations promise a dream vacation for any traveler seeking the perfect getaway.

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SONIA TAWIL DE FASJA:

BUILDING CHOSEN AND AUTHENTIC IDENTITIES FOR EMOTIONAL WELL-BEING

We had the opportunity to speak with Sonia, a passionate professional dedicated to the emotional well-being and personal growth of her patients.

Sonia has not only focused her career on psychology; she also emphasizes psychotherapy, neuroscience, writing, facilitating workshops, and giving lectures. Her work is based on creating spaces where dialogue and self-exploration are fundamental pillars for healing and personal development.

Excitedly, she tells us about the launch of her book, “The Rebellion of the Self,” which offers a guide for those seeking to build their own identity—something the author considers essential for emotional well-being. Inspired by her personal and professional experiences, the book proposes practical tools for each reader to discover who they truly are and live an authentic life.

This book speaks to the most human aspects of being human: the need for belonging and the fear of being alone.

“My purpose focuses on creating spaces where dialogue and self-exploration are fundamental pillars for growth and healing,” Tawil De Fasja expresses, reflecting her therapeutic approach based on the belief that each individual is unique and that individuality has been diluted by social demands. Losing individuality is a personal disaster.

Inspiration Behind Her Book

The psychotherapist’s work stems from her clinical and teaching experience. “What motivated me most to write this book was the number of patients and students who tell me, ‘I feel stuck. I feel stagnant.’ Again and again, that word resonates in my office, in my classroom. They have everything in life, but they feel empty,” the author comments, emphasizing how the lack of a personal identity, and thus purpose, can lead to a life of dissatisfaction and stagnation.

She shares that this struggle is something she has lived through herself: “I experienced what it is like to lack a personal identity, and it’s very difficult. For a long time, I didn’t feel valuable, I didn’t know who I was, I didn’t know what I wanted in life, and because of that, I couldn’t set boundaries with others.” This book then becomes a tool for others to build their own identity, a “set of tools” guiding them on that path.



Defining Identity

For the writer, identity is defined simply yet profoundly. “I can tell if you have a personal identity if you can answer certain questions: Who are you? What do you like? What do you want in life? How do you see yourself in the future? People who lack a personal identity live by simulating the lives of others; they feel stuck, empty, anxious, and depressed,” she explains.

Furthermore, one of the greatest challenges in the search for identity, according to the expert, is the social pressure to conform. She illustrates this point with a personal experience related to her book: “My book has no cover, and that has enormous significance. I wanted people to dare to be different, to be criticized without feeling bad. This book without a cover strengthened my identity and made me feel that, with or without a cover, I am still the same person.”

The Impact of “The Rebellion of the Self”

In her book, Tawil De Fasja encourages readers to become “architects of their being.” “Just as architects build spaces, you must build yourself step by step. This is done by getting to know yourself, reflecting, and seeking the big whys,” she advises. She emphasizes that self-knowledge and reflection are fundamental to beginning the process of building a solid identity.

“Questions are always the best



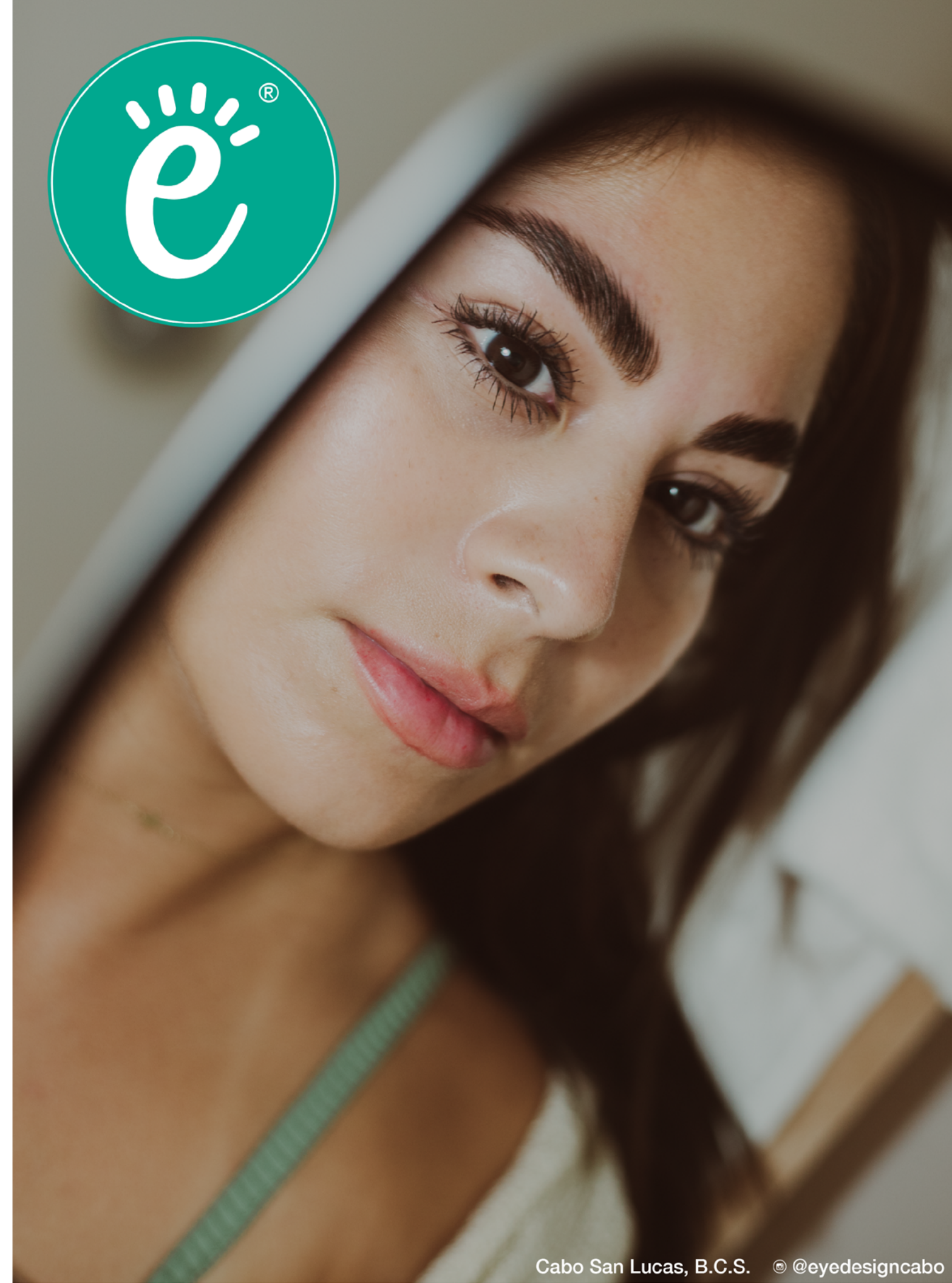
companions. They help you know if you’re being congruent, if you’re living according to your values and priorities,” she states, highlighting the importance of self-inquiry to confront emotional difficulties and build a personal identity.

The author hopes that her book inspires readers to take control of their own minds and, consequently, their lives. “For me, mental health equals having a personal identity. Creating your own identity is the most important concept for a person to have the freedom they deserve. When you take charge of your own mind, no one else can control you,” she concludes.

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