

...NOT IN THISDAY STYLE? THEN YOU'RE NOT IN STYLE

THISDAY Style

SUNDAY, MARCH 24, 2024

BIMPE ONAKOYA @ 50 THE MAKE UP IMPRESSIARIO!

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COVER NOTE



When talking about the Nigerian Makeup Industry, one name that invariably comes to the forefront is Bimpe Onakoya. With over two decades of experience, she has not only carved a niche for herself but has also become synonymous with excellence and innovation

Lifestyle & Fashion

- Ten Things 6
- For K-Drama Lovers Only: 5 Captivating Series To Get Hooked 8
- Meal Prep for Beginners - How to Cook Ahead for Busy Days 9
- Does Intermittent Fasting Work For Weight Loss? 10
- Let's Talk About Food with Eka Obaigbena 11
- What's In A Status Watch? 17
- 5 Scientifically Proven Ways to Live a Happier Life 18
- The Benefits Of A Not-So-Basic Skincare Routine 19
- A-Gen Z with Ayo Lawal 20
- Let's Create a Capsule Jewellery Collection That's all About You! 22
- Introducing "The Forever Collection" By Olode And Thread 23



THIS DAY Style

EXECUTIVE EDITOR
KONYENWABOGOR 08111847087

DEPUTY EXECUTIVE EDITOR
OLUFUNKE BABS-KUFEJI 08111847086

SENIOR DESIGNER
MATHIAS ARCHIBONG 07054965500

GUEST CORRESPONDENT
YOMI OWOPE

CONTRIBUTORS
AZUKA OGUJUBA
DIDEE ETA
AYO LAWAL
BUKOLA AMOBOYE
RUKY SALAKO
KEJUO LEKAN

PHOTOGRAPHER
TY BELLO

DIRECTOR, PRINT PRODUCTION
CHUKS ONWUDINJO 08077092196

EDITOR'S LETTER



EXECUTIVE EDITOR

In Pursuit of Happiness

The article "5 Scientifically Proven Ways to Live a Happier Life" is a gentle reminder that we must be more intentional about our happiness.

We are currently living in times of unprecedented chaos, where the pressure of life's demands can leave us feeling empty, and this right here is one of many reasons why happiness should not be a luxury but a necessity for maintaining our sanity.

You know, it's sometimes all too easy to slip into autopilot mode, merely going through the motions of life without truly experiencing its richness. I have often heard people complain about this feeling of emptiness despite ticking off all the boxes society tells us will bring contentment. And yes, that's another thing we don't talk about enough - how societal pressure contributes to our state of mind.

We've been conditioned to believe that making others happy will somehow fill the void within us or that meeting external demands will lead to inner satisfaction. But isn't this an illusion? Society, with its critical eyes. Hmmmm

The truth is that it's an impossible feat trying to please everyone, and attempting to do so only leads to inner turmoil and dissatisfaction. When we recognise that the opinions of others are beyond our control, that becomes our first step towards liberation.

So, instead of expending precious energy trying to meet external expectations, let's focus on being true to ourselves and prioritising our happiness and well-being.

Let me share with you a tip.

When next life presents you with choices, no matter how trivial, pause and ponder and deliver your decisions with conviction, let your 'no' be as genuine as your 'yes.' Don't rush. Don't succumb to what doesn't resonate with your spirit. Trust your gut instinct and give yourself permission to prioritise yourself.

The article I mentioned earlier offers invaluable tips, but the journey begins with you.

Always remember that you are in control of your thoughts and emotions. Choose positivity over negativity, surround yourself with uplifting individuals, and cultivate an attitude of gratitude for even the smallest blessings in life.

Embrace intentional living, where every decision is made with purpose and authenticity. Find joy in pursuing what truly brings you fulfilment, and don't be afraid to carve out your own path, regardless of societal expectations. Happiness is not a destination but a journey, and it's up to you to navigate it with intentionality and grace.

So that's it. Thanks for coming to my TED talk. Lol. I hope you got something out of this.

May this week unfold as a beautiful reminder that happiness is a path you pave by choice.

Love,
Konye

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An inside look at global movies creating the most buzz in the run-up to awards season



NYAD
SOCIETY *of the* SNOW

Saliburn

THE
CROWN
THE FINAL SEASON

MAY
DECEMBER

LAWMEN
BASS REEVES

RUSTIN

Ten Things



IDRIS ELBA AND MO ABUDU COLLABORATE ON NIGERIAN SHORT FILM 'DUST TO DREAMS'

Idris Elba and Mo Abudu are teaming up to direct a short film set in Lagos titled "Dust To Dreams." The film explores the complex relationship between a mother and her teenage daughter, meeting her father for the first time. The star-studded cast includes British-Nigerian music sensation Seal and Nollywood stars Nse Ikpe-Etim, Eku Edewor, Atlanta Bridget Johnson, and former Nigerian Idol contestant Constance Olatunde.

This collaboration marks the first significant production from the co-production deal between Abudu's EbonyLife Films and Elba's Green Door Pictures, signed in 2023.

STEPHANIE COKER PREMIERES DOCUMENTARY "WHERE THE HECK IS MY PERIOD?"

Renowned TV host and actress Stephanie Coker-Aderinokun makes her mark on Prime Video with her latest documentary, "Where The Heck Is My Period?" The documentary sheds light on Polycystic Ovary Syndrome (PCOS) and advocates for women's health through her nonprofit organization, The Future Is Her. Through intimate interviews and personal narratives, Coker-Aderinokun and other African women share their experiences with PCOS, aiming to empower women and raise awareness about the condition's challenges.



FOLAKE OWODUNNI WINS THE 2024 GLOBAL AURORA TECH AWARD.

Nigerian IT expert Folake Owodunni wins the prestigious Global Aurora Tech Award 2024 for her groundbreaking startup, Emergency Response Africa. Recognized for her innovation and impact, Owodunni's achievement highlights the pivotal role of women in driving change and innovation in the tech industry.



ZENITH BANK APPOINTS ADAORA UMEOJI AS FIRST FEMALE GMD/CEO

In a groundbreaking move, Zenith Bank appoints Adaora Umeoji as its first female Group Managing Director/Chief Executive Officer, effective June 1, 2024. Umeoji, previously the bank's Deputy Managing Director, brings over 30 years of banking experience, with a focus on Zenith Bank for 26 of those years.

DANGOTE BEGINS DISTRIBUTION OF 13 BILLION NAIRA RICE TO VULNERABLE NIGERIANS.



Africa's richest man, Aliko Dangote, through his Humanitarian Foundation, has initiated the distribution of rice worth over N13 billion to vulnerable groups across Nigeria and provided meals to Muslims observing Ramadan in Kano State. The foundation's efforts aim to alleviate suffering and address food insecurity, complementing ongoing initiatives such as bread distribution in Kano and Lagos since 2020.

KUNLE ADERINOKUN JOINS ACCESS CORP AS HEAD OF MEDIA/PUBLIC RELATIONS.

Access Corporation has announced the appointment of Kunle Aderinokun as Head of Media and Public Relations. He is bringing his extensive experience in journalism and communications to the banking conglomerate. Before Kunle's recent appointment, he was an editor for Arise News Channel.



NIGERIA RANKED 2ND IN GLOBAL SOFTWARE DEVELOPER GROWTH IN 2023

GitHub, a global software development hub, has released a report that highlighted Nigeria and Egypt among the world's fastest-growing countries for software developers in 2023, underscoring Africa's rising prominence in the tech industry. This trend aligns with the continent's vibrant startup ecosystem and increasing investment in technology and innovation. Nigeria is ranked as the world's second-fastest-growing country for producing developer talent, while Egypt is ranked seventh.



ACCESS BANK ACQUIRES NATIONAL BANK OF KENYA IN LANDMARK EAST AFRICAN DEAL

Access Bank has acquired National Bank of Kenya (NBK) from KCB Group PLC, marking a significant expansion in the East African banking sector.

Access Bank, in a statement, noted that the parties signed a binding agreement to acquire 100 per cent of NBK. This acquisition is expected to solidify Access Bank as a regional banking giant with a significant presence across Kenya and beyond.

The acquisition is subject to regulatory approvals.



AFC JOINS ECOBANK AND SOTO GALLERY TO HOST +234ART INTERNATIONAL ART EXHIBITION TO ELEVATE AFRICAN ART AND EMPOWER ARTISTS

Africa Finance Corporation (AFC), in collaboration with Ecobank Nigeria and Soto Gallery, is hosting the +234 Art Fair. The fair will showcase over a thousand works from emerging artists and promote Africa's artistic heritage. The exhibition, curated by Soto Gallery, emphasizes the creative sector's economic potential and offers workshops and discussions to enhance artists' skills and connectivity within the global art community.

PRESIDENT TINUBU PLACES A THREE-MONTH BAN ON FOREIGN TRIPS FOR MINISTERS AND OTHERS.

President Bola Tinubu has implemented a three-month ban on public-funded foreign trips for government officials aimed at reducing governance costs. Effective April 1, 2024, the directive requires officials to seek presidential approval for essential trips, reflecting efforts to streamline government expenditures while maintaining essential functions.





FOR K-DRAMA LOVERS ONLY: 5 CAPTIVATING SERIES TO GET YOU HOOKED

In recent years, the global phenomenon of Korean drama (K-Drama) has captured the hearts of audiences worldwide with its compelling storytelling, captivating characters, and stunning cinematography. If you're still on the fence about jumping aboard the K-drama chain, we've got just the thing for you! If you are already onboard, then this is a very familiar space. Here are five series that will get you hooked and leave you craving more.

By **Bukola Amoboye**

1. Crash Landing on You

Prepare to be swept off your feet by this heartwarming romantic comedy that follows the unexpected love story between a South Korean heiress and a North Korean army officer. When Yoon Se-ri, played by the talented Son Ye-jin, crash-lands in North Korea during a paragliding accident, she crosses paths with Ri Jeong-hyeok, portrayed by the charismatic Hyun Bin. As they navigate the complexities of love and politics, "Crash Landing on You" delivers a perfect blend of humour, romance, and suspense that will keep you glued to the screen until the very end.

2. Itaewon Class

Get ready for a rollercoaster of emotions with "Itaewon Class," a gripping drama that follows the journey of Park Sae-ro-yi, played by Park Seo-joon, as he seeks justice and redemption after facing injustice in his youth. Set in the vibrant neighbourhood of Itaewon, this series explores themes of ambition, friendship, and societal change as Sae-ro-yi builds his own restaurant empire from the ground up. With its compelling storyline and powerful performances, "Itaewon Class" is a must-watch for anyone craving a thought-provoking drama with a strong message.

3. Descendants of the Sun

Step into the world of action-packed romance with "Descendants of the Sun," a thrilling drama that follows the love story between a Special Forces captain and a doctor working in a war-torn country. Starring Song Joong-ki and Song Hye-Kyo in the lead roles, this series takes viewers on a gripping adventure filled with danger, sacrifice, and unbreakable bonds. As the characters navigate the challenges of their respective professions and the complexities of love, "Descendants of the Sun" delivers a compelling

narrative that will keep you on the edge of your seat until the very end.

4. Vincenzo

Are you in need of some action, comedy, drama, and a sprinkle of romantic chemistry? Get all of this and more in "Vincenzo."

Starring the charismatic Song Joong-Ki and Jeon Yeo-been in the lead roles, the series tells the thrilling story of a former Italian mafia lawyer, "Vincenzo Cassano" who returns to South Korea and becomes involved in a complex battle against a powerful conglomerate. As Vincenzo navigates the ruthless world of law and organised crime, he forms unexpected alliances and seeks justice through unconventional means. With its captivating storyline filled with shocking plot twists, thrilling action sequences and unforgettable characters, "Vincenzo" offers a unique viewing experience that will leave you entranced from start to finish. For many, this was their entrance into the Kdrama world.

5. What's Wrong With Secretary Kim

Starring Park Seo-joon and Park Min-Young, this heartwarming series is one of the many Kdrama series with a very high re-watch value. A young and staunch CEO is taken by surprise and subsequently distressed when his most trustworthy secretary decides to quit. Meanwhile, underneath all that hard exterior was a man who, although he had been secretly nursing childhood trauma, was also in love. Comedy, romance and drama come together so beautifully in this drama. With its brilliant cinematography, exaggerated comedy, cheeky romance and hilarious characters, "What's Wrong With Secretary Kim" is a mesmerising journey that will leave you spell-bound from beginning to end.



INTRODUCING "THE FOREVER COLLECTION" BY OLODE AND THREAD

By **Oroma Jumbo**

Olode and Thread's latest collection, "The Forever Collection," is a tribute to the timeless charm of love. It draws inspiration from the deep emotions associated with love and the cultural wealth found in traditional wedding ceremonies.

The collection presents a blend of grace and variety and upholds the belief that attire can play a recurring role in people's romantic narratives, especially on their wedding day.



DOES INTERMITTENT FASTING WORK FOR WEIGHT LOSS?

Intermittent fasting (IF) has recently gained popularity as a weight loss strategy, but does it really work? This approach to eating involves cycling between periods of eating and fasting, and it's not just about what you eat but when you eat.



Understanding Intermittent Fasting

At its core, intermittent fasting isn't a diet in the traditional sense but rather a pattern of eating. It doesn't specify which foods you should eat but rather when you should eat them. The most popular methods include the 16/8 method, where you fast for 16 hours a day and eat during an 8-hour window, or the 5:2 method, where you eat normally for five days a week and limit calorie intake to about 500–600 calories on the other two days.

How Does Intermittent Fasting Aid Weight Loss? Caloric Reduction

The primary way IF aids weight loss is by reducing overall calorie intake. If you're eating only during a set period, you're likely to eat fewer calories than if you were eating throughout the day.

Hormonal and Metabolic Changes

Fasting affects hormone levels, which facilitate weight loss. For instance, it increases levels of norepinephrine, a hormone that boosts your metabolism and fat burning. Also, insulin levels drop significantly, which aids in fat burning.

Cellular Repair Processes

IF triggers autophagy, a process where cells repair themselves and remove waste material. This process is beneficial for overall health and can support weight management.

What Does Research Say?

Various studies have been conducted to assess the efficacy of intermittent



fasting. A 2014 review found that IF can cause 3–8% weight loss over 3–24 weeks, which is a significant amount compared to other methods. The same study found that people also lost 4–7% of their waist circumference, indicating a significant loss of harmful belly fat that builds up around organs and causes disease.

However, it's important to note that most of the weight loss studies on IF compared it to no intervention at all and not against other weight loss methods. Also, more long-term research is needed to determine if IF is a sustainable, long-term weight loss strategy.

Who Should Be Cautious?

While IF can be a powerful tool for weight loss, it's not for everyone. People with a history of eating disorders should avoid IF, as it could trigger unhealthy behaviours. Pregnant or breastfeeding women, individuals with diabetes, and those with a history of blood sugar problems should consult a healthcare professional before trying IF.

Making Intermittent Fasting Work for You

If you're considering intermittent fasting, here are some tips to make it work:

Start Slow: If you're new to IF, start with a shorter fasting window and gradually increase it.

Stay Hydrated: Drink plenty of water and calorie-free drinks like herbal teas during the fasting period.

Eat Nutrient-Dense Foods: When you eat, focus on nutritious foods like fruits, vegetables, lean proteins, and whole grains to ensure you get the vitamins and minerals your body needs.

Listen to Your Body: Pay attention to how your body responds to IF. If you feel weak or ill, consult a healthcare professional.

Combine with Other Healthy Habits: Combine IF with other healthy lifestyle choices, such as regular exercise, to maximize its effectiveness.



Let's Talk About
Food
with Eka Obaigbena | food.column@biscuitboneblog.com

Staying Profitable in Challenging Times

1. Optimise Supply Chain Management

Supply chain management involves streamlining processes, reducing waste, and improving sourcing, production, and distribution efficiency.

There's no time like the present to look at ways to negotiate better prices and payment terms with your suppliers. You'd be surprised how understanding they can be. If high costs are negatively impacting your operations, meet with your suppliers to explore ways those costs can be brought down. Don't be afraid to diversify that supplier base, either, to help with exploring your options.

Additionally, reducing lead times and improving inventory management can lower costs and improve your bottom line. If you manufacture a product, how long does it take your business to fulfil an order, from the start of production to the time it gets to your customers? How do you manage stock replenishment and just-in-time (JIT) strategies to boost your productivity and reduce the likelihood of tying up cash?

Take, for instance, a restaurant business. It can reduce costs by sourcing ingredients locally and in bulk from farmers and wholesalers, which in turn reduces its dependence on imported produce. By establishing long-term partnerships with suppliers and monitoring market prices, the restaurant can secure better deals and reduce the impact of inflation on their costs. Carefully monitoring stock replenishment to avoid sitting on too much inventory (which ties up cash and can lead to losses through spoilage or discount sales) or too little stock (which leads to loss in sales due to a lack of product availability), will help to keep costs low.

2. Reduce Energy Consumption

Energy costs can make up a significant portion of a business's overhead expenses, so finding ways to conserve energy can lead to substantial cost savings. With the cost of diesel, petrol, and gas reaching new heights recently, it is essential for businesses to review and adjust their consumption patterns.

From converting to energy-efficient equipment, such as air conditioners, refrigerators, ovens, and

Dear readers,

It's no secret that we are living in challenging times. According to the National Bureau of Statistics (NBS), Nigeria's inflation rate rose to 29.9% in January 2024, with food inflation hitting 35.41%—up 11.1% since January 2023.

In the face of macroeconomic inflation, food businesses in Nigeria are facing significant challenges in managing their costs. Rising prices of raw materials, transportation, and energy have put a strain on profit margins, making it essential for businesses to find ways to lower costs without compromising on quality – although many have found this challenging.

As a business owner in the food space, I have had to review prices more frequently during this period than at any other point over the last eight years. Our most consistent long-time suppliers now review prices weekly or at the time of each supply.

How does one stay alive during times of inflation? What strategies can food businesses implement to survive these challenging times? Let's explore three strategies you can implement to maintain profitability in a challenging economic environment, particularly in the small and medium enterprise (SME) space.



lighting, to implementing practices such as turning off equipment when not in use and optimising heating and cooling systems, your business will be well on its way to cost savings.

Take for instance a catering business that is located in an area that receives more consistent power from the grid than another. If the rate of its electrical consumption is lower than the rate for gas, it might make more sense to invest in electronically powered equipment as opposed to gas-powered equipment. Similarly, if the power usage of your equipment is high but your store is typically not busy, it may make sense to trade said piece of equipment for one with a lower rate of power usage.

Training staff on energy-saving practices can also be a valuable practice for reducing energy con-

sumption to lower operating costs.

3. Leverage Technology

Many SMEs still rely on manual processes to manage their operations. There's this notion that automated processes and productivity software are only reserved for large corporations with extensive budgets. However, this shouldn't be the case. Software exists for many different stages of a business's lifecycle.

Technology can be a powerful tool for businesses looking to lower costs and improve efficiency. By investing in digital solutions such as inventory management systems, online ordering platforms, payroll processing, and automation tools, businesses can streamline operations, reduce human error, and cut labour costs. Technology can also help businesses analyse data, track performance, and make informed decisions to optimise their processes and reduce waste.

For example, a food delivery service can lower costs by implementing a mobile app or website for online orders, route optimisation software for delivery drivers, and a customer relationship management system for targeted marketing campaigns. By leveraging Technology, the delivery service can improve its operational efficiency, reduce costs, and enhance the customer experience, ultimately boosting sales.

Conclusion

There are many more ways to lower costs in a challenging macroeconomic environment, including using targeted cost-effective marketing strategies, portion control tactics and extensive staff training. It's important to do your research and learn which strategies will work best for your type of food business. If you run a food business, let me know how you are navigating the present economic times. I'd love to hear from you!

If you have any food-related questions you would like me to answer or stories you would like shared in this column, please send them to food.column@biscuitboneblog.com.

Delightfully,
Eka Obaigbena Food Columnist,
ThisDay Style





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COVER



BIMPE ONAKOYA @ 50

THE MAKE UP IMPRESSIARIO!

When talking about the Nigerian Makeup Industry, one name that invariably comes to the forefront is Bimpe Onakoya. With over two decades of experience, she has not only carved a niche for herself but has also become synonymous with excellence and innovation. Her journey began over 20 years ago, and she has consistently remained in high demand. As a testament to her prowess, she served as the Artistic Director of Maybelline New York Nigeria, a position that speaks volumes about her skill and influence in the industry. Her portfolio boasts an impressive array of work spanning television, print, editorial shoots, advertising campaigns, bridal beauty, fashion shows, and events. Whether creating striking looks for magazine covers or transforming faces for high-profile events, Bimpe's artistry knows no bounds.

Her contributions extend beyond the confines of Nigeria, as she has also made waves internationally. Bimpe has keyed major shows both in Nigeria and at New York Fashion Week, showcasing her talent on a global stage and cementing her status as a powerhouse in the makeup world. Recently, she turned 50, and we caught up with her. The conversation was centred on her first love - makeup, how far the industry has gone from when she started and her plans for the future.

Happy birthday, Bimpe. Turning 50 is a significant milestone. What are your reflections on reaching this point in your life and career?

I am so grateful to God. You know, I have always worked behind the scenes. I have always been a creator. Making people look good on their special days. Initially, I didn't want to celebrate, but my friends and family insisted, saying it was time to celebrate myself - to be the Queen. Instead of my usual role of getting queens ready. And it's been a beautiful experience so far. I'm going to celebrate with a few friends and family; I'm a quiet person, so even now that I've decided to celebrate, I still want to do it quietly in my own way.

I've been thinking a lot lately about my career journey and initial goals. I will say today I'm a complete woman, complete because I have my children and my family, and I have a career that I'm very proud of from when I started to being the Creative Director of a Global beauty brand to working with some of the world's biggest models and designers. Career-wise, I'm complete, and family-wise, I'm complete. I will say I'm in a good place, and it's just the beginning for me.

Your journey in the beauty industry spans well over two decades. I still very much remember the Bayo Hastrup days. What initially drew you to the world of makeup artistry?

It all started when my best friend went on a vacation to Paris and came back with different makeup palettes. We went to work painting

our faces!!! She also came with different magazines, ebony, vogues, etc.; it was such a beautiful moment to discover all the black beauties, Nia Long, Halle Berry, Toni Braxton!! I looked at their faces and makeup, which ignited a fire within me. I felt they were so beautiful, and I had a burning desire to recreate those looks; even now, that fire is still burning!! I wanted people to look their best ever but in a classy way. I wanted to make Nigerian women look that beautiful too. And I believe I have done that.

So, what has it been like so far? How have you seen the beauty and makeup industry evolve over the years, and where do you see it heading?

I'm so glad to be part of the past and present of the Nigerian makeup industry because sometimes, as a pioneer, you need to evolve.

It's been over twenty years for me, and I tell you, Nigeria has changed so much in that time. I still remember when scrambling to buy makeup products, waiting for someone to travel to come back with products, or even people only liking a specific type of makeup. But over the years, so much has evolved - there are so many people I have even trained and worked with. When we first started, there weren't so many of us. Just myself and other pioneers within the industry, and we helped evolve and create this industry. Nowadays, most women can't go out without makeup; back then, it was only for celebrities and



I wanted people to look their best ever but in a classy way. I wanted to make Nigerian women look that beautiful too. And I believe I have done that.

PHOTOGRAPHY - KELECHI AMAOI OBI
STYLING - YUMME OGBEBO

photoshoots. Not many brides were concerned with having professional makeup on their big day.

A lot of things have changed, and I'm so happy to be part of it! From the type of fashion shows we did then to now, everybody wants a makeup artist. Even the international exposures that I've had. Having to do Naomi Campbell's makeup and traveling around with her. Yes, a lot has changed. A lot of young people are creating their own brands. I am also working on my brand. I've been working on it for years, but I will speak about it when the time comes.

The biggest when it comes to makeup Africa was South Africa, but Nigeria is taking over. I see more expansion. I also see more international brands coming to Nigeria. It's going to keep getting bigger.

You've had the experience of working both locally in Nigeria and internationally. I remember your New York Fashion Week days. How does the makeup industry differ across these environments?

When I did New York Fashion Week, the Nigerian makeup industry was still in its infancy stage. Trying to play catch up to an international industry that has been doing it for decades and has mastered its artistry. So, there was literally no basis for comparison. I remember doing a lot of masterclasses when I got back to share my knowledge and educate aspiring makeup artists. Things have changed now. We have makeup artists who are going global and indigenous makeup brands which can compete with foreign brands. Yes, we have not fully levelled up yet, but we are definitely in the same room now.

The beauty industry is becoming increasingly saturated. Almost everyone is now a makeup artist. How have you managed to stand out in such a competitive market? And what exactly is the competition doing for the industry?

To be fair, I wouldn't say that it's saturated. There are about two hundred and twenty million people in Nigeria, with the figures for women taking the lead. So we are still enough to go around!!

One thing that keeps me going is my hunger for knowledge. I want to always be better than I was yesterday and build relationships. I also try to learn from my environment and my clients. I'm not too old or too big to learn, so that has kept me fresh.

Now, that doesn't mean I'm not badass. It just means I'm badass enough to know that I know my shit, but I don't have to be arrogant about it. Humility takes you a long way, and opens doors to places you won't normally have access to.

Let's go personal. You were very open about your struggles with childbearing. How did the journey influence your perspective towards life?

Hmmm. As a young woman, you assume you will get pregnant in a couple of months after getting married. It didn't happen for me like that; I tried so many different ways, but once that didn't work, we decided on the best way to do it. So my husband and I decided to go the IVF route, and I'm so happy we have our triplets; they are seven now, and I am so happy and grateful to God. I was an older mom, and I was very comfortable with that.

So how's it going now? The joy of welcoming triplets must have been very immense. How do you balance motherhood



One thing that keeps me going is my hunger for knowledge. I want to always be better than I was yesterday and build relationships. I also try to learn from my environment and my clients. I'm not too old or too big to learn, so that has kept me fresh.

with the demands of your career?

The truth is that it's not easy, but one of the good things is that I'm freelance. I own and run my own business, so it's more flexible for me. I think, like any woman or any mother, it's never easy, but it's what we do, and it's something I love; I love my children as much as I love my career, and I also have a great support system that makes it easier.

What does 50 feel like? Would you say you are fulfilled?

50 is just a number. How can I feel 50 when I still feel like a teenager with more responsibilities? The only thing is that my body reminds me sometimes with the unexplained back pain and knee pain.

Fulfillment is a state of mind, and it is not permanent. It's like a river that flows. I am content and grateful for everything that I have achieved so far. Appreciating life is one of the most important life lessons!! Breathe, Love, peace of mind,

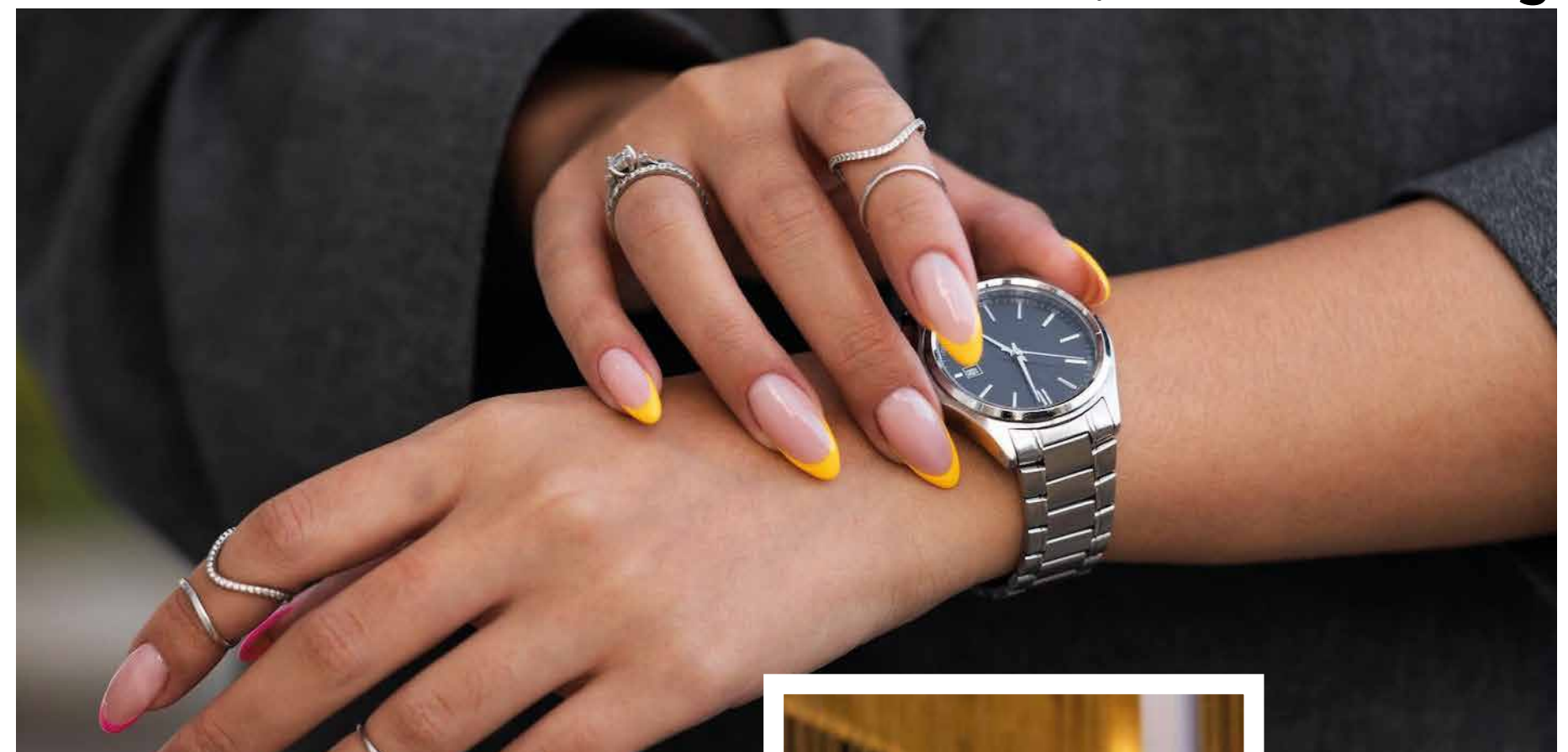
Can you share a moment in your career that you consider a turning point or milestone?

It was when I made up my mind to leave banking to follow my passion. At that time, I didn't know where my next paycheck was coming from!! But I knew I would do everything possible to make it work.

What are some common misconceptions about working as a professional makeup artist?

Low-level entry: People consider it a hobby, not a career; they believe just anyone can do it!! You are undermined, undervalued, and underpaid.

When I started, some people used to ask me what else I did apart from makeup because they thought it was not a sustainable career.



WHAT'S IN A STATUS WATCH?

The sight of a man cruising by in a sleek Mercedes may catch your attention, but it's the glint of a luxury watch adorning his wrist that truly signals his status.

For decades, luxury watches have served as silent ambassadors of taste and wealth, making strong statements about their wearers with every tick of the clock. From boardrooms to ballrooms, these watches have become synonymous with prestige and refinement.

A luxury watch is not just a timekeeping device; it's a symbol of accomplishment, sophistication, and discernment. Whether it's a classic Rolex, an avant-garde Hublot, or a heritage-inspired Omega, the choice of timepiece speaks volumes

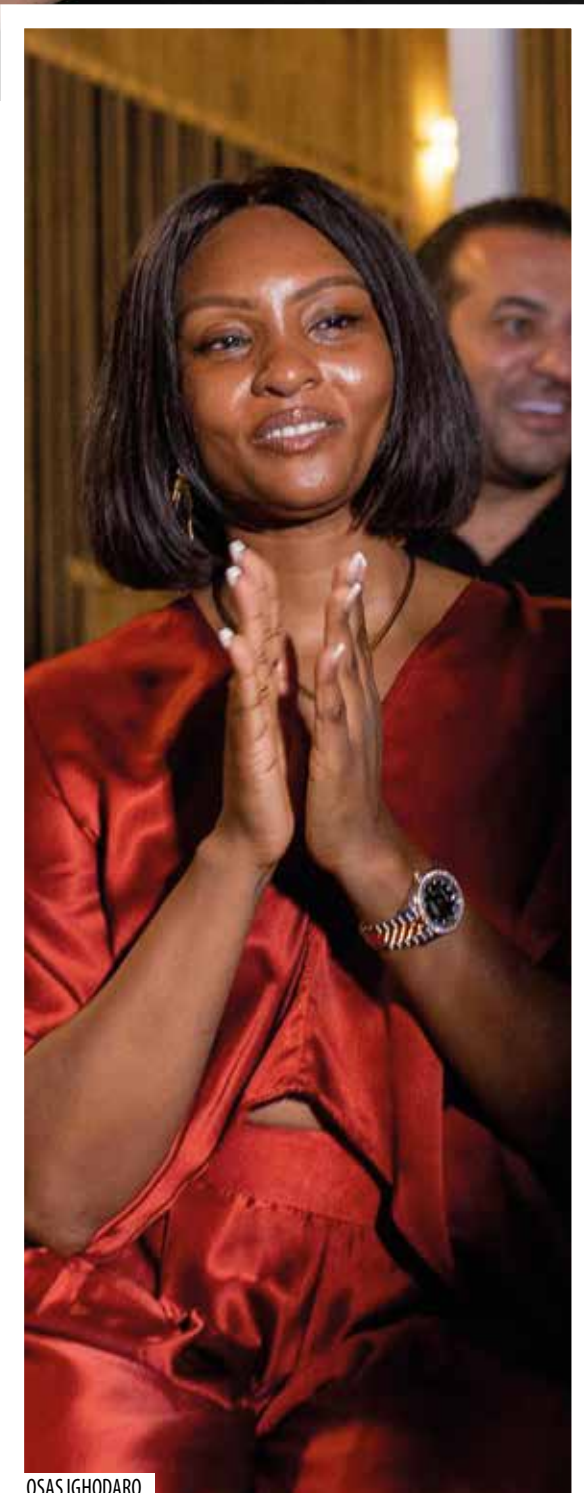
about the individual wearing it. According to a renowned watch salesperson, "A luxury watch is not just a timepiece; it's a reflection of one's journey and achievements. It's an investment in quality, craftsmanship, and style." The allure of luxury watches lies not only in their exquisite design and precision engineering but also in the stories they tell. Many men mark significant milestones in their lives with the purchase of a watch—be it landing that dream job, sealing a lucrative deal, or celebrating a milestone occasion like marriage or parenthood. The price tag attached to these timepieces reflects not only their material worth but also the memories and emotions they encapsulate.

These watches come with a hefty price tag, and for good reason. Crafted from the finest materials, adorned with rare gemstones, and meticulously assembled by master artisans, they are the epitome of opulence and exclusivity. From the iconic Rolex Submariner to the avant-garde Audemars Piguet Royal Oak, luxury watches command attention and admiration wherever they go. However, in today's rapidly evolving social landscape, the concept of status is undergoing a profound transformation. What was once defined by material possessions and outward displays of wealth is now being redefined by individuality, authenticity, and personal style. The notion of what constitutes 'cool' or 'desirable' is constantly evolving, blurring the lines between traditional markers of status and emerging cultural trends.

Yet, despite these shifting paradigms, luxury watches continue to hold sway as coveted status symbols. Whether it's the prestigious heritage of a Patek Philippe or the cutting-edge innovation of a Richard Mille, these timepieces remain timeless icons of wealth, taste, and refinement.

The prices of luxury watches can vary widely, ranging from a few thousand dollars to several million for rare, limited-edition pieces. For instance, a classic Rolex Daytona can set you back around \$13,000, while a diamond-encrusted Audemars Piguet Royal Oak Offshore can fetch upwards of \$500,000.

But regardless of the price tag, what truly matters is the satisfaction that comes from owning a piece of horological excellence. Whether you're a seasoned collector or a first-time buyer, the joy of acquiring a luxury watch is unparalleled. It's not just about keeping time; it's about making a statement—a statement of taste, success, and individuality.



OSAS IGHODARO

5 SCIENTIFICALLY PROVEN WAYS TO LIVE A HAPPIER LIFE

Happiness – that elusive state we all chase, yet often feels like it is out of reach. What if the secret to a more joyful existence was hidden in plain sight, backed by science? After scouring the vast expanse of psychological research, we've distilled five proven strategies to lead a happier life.



Today I am grateful for



1. Cultivate Gratitude

At the forefront of happiness research is the practice of Gratitude. It's more than just saying 'thank you'. A study by several renowned found that individuals who wrote about things they were grateful for every week were more optimistic and felt better about their lives than those who recorded hassles or neutral life events.

Action Tip: Start a gratitude journal. Each night, jot down three things you're thankful for. The catch? They must be different each day. This simple act can significantly enhance your well-being.

2. Savor Life's Joys

The importance of savouring is very important – the act of stepping outside of an experience to review and appreciate it. Whether it's relishing a delicious meal or basking in a beautiful sunset, savouring amplifies positive emotions.

Action Tip: Try the "1-2-3 Stop!" method. Several times a day, stop whatever you're doing and focus on one positive experience for one minute. Observe it with all your senses, reflect on it for two minutes, and discuss or write about it for three minutes.

3. Foster Connections

Good relationships keep us happier and healthier. Social connections, more than money or fame, are what keep people happy throughout their lives.

Action Tip: Prioritise relationships. This doesn't mean you need a vast social network. Foster deeper connections with a few people. Schedule regular catch-ups, be it a weekly call with a friend or family dinners.

4. Embrace Kindness

Performing acts of Kindness can boost happiness. When we do good for others, we feel good about ourselves – it's a boomerang effect.

Action Tip: Commit to a "Kindness Day" once a week. It could be something as simple as paying for buying lunch for someone or volunteering at a local charity. The key is to do it with no expectation of return.

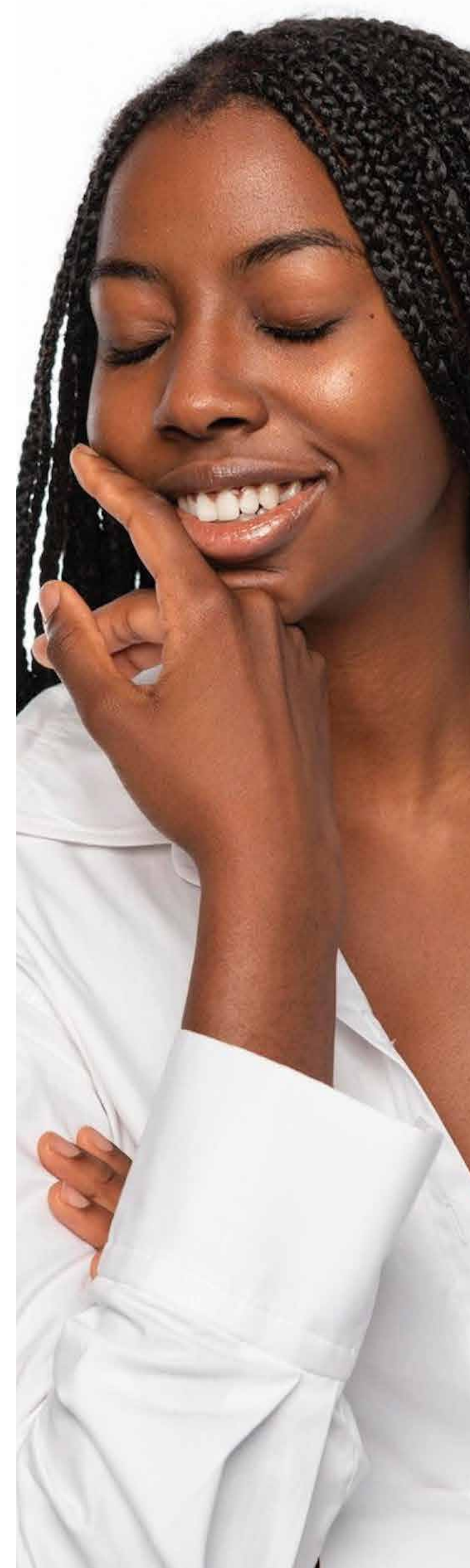
5. Nurture a Growth Mindset

Individuals with a 'growth mindset' – those who believe their abilities can be developed – tend to be happier. They view challenges as learning opportunities which lead to a more fulfilling life.

Action Tip: Whenever you face a setback, reframe it as a growth opportunity. Ask yourself, "What can I learn from this?" Adopting this mindset can transform your approach to life's hurdles.

THE BENEFITS OF A NOT-SO-BASIC SKINCARE ROUTINE

Gone are the days of a basic three-step routine; now, it's all about embracing the avant-garde practices that promise to take our skin to new heights of luminosity and vitality. Whether through adopting a Korean beauty regimen, indulging in sensory experiences, or making ethical choices, a whole universe of skincare practices is waiting to be explored. So, why be basic when you can be extraordinary?



J-Beauty and K-Beauty Fusion

Drawing inspiration from Japanese and Korean skincare philosophies, this fusion approach combines the best of both worlds to achieve radiant, porcelain-like skin. From double cleansing with oil-based and water-based cleansers to layering multiple essences and serums for maximum hydration, J-Beauty and K-Beauty practices emphasise gentle yet effective techniques that promote a healthy skin barrier and a lit-from-within glow.



Innovative Ingredients

From snail mucin and bee venom to fermented extracts and caviar, the skincare industry is buzzing with unconventional yet highly effective ingredients that promise transformative results. These innovative formulations harness the power of nature to nourish, repair, and rejuvenate the skin, leaving it radiant and resilient.



Gua Sha and Facial Rollers

Inspired by ancient Chinese medicine, gua sha, and facial rollers have become the latest must-have tools in the skincare arsenal. These handheld devices, typically made from jade or rose quartz, are used to massage the face, promote lymphatic drainage, reduce puffiness, and enhance product absorption.



DIY Skincare Cocktailing

Why settle for off-the-shelf skincare when you can play mixologist and concoct your custom formulations? DIY skincare cocktail involves blending serums, oils, and other skincare products to create personalised elixirs tailored to your skin's unique needs. Whether you're targeting hyperpigmentation, fine lines, or acne, experimenting with different combinations allows for endless possibilities and empowers you to take control of your skincare journey.



High-Tech Treatments

From LED light therapy and microcurrent facials to laser resurfacing and ultrasound skin tightening, these high-tech solutions offer advanced solutions for addressing a wide range of skin concerns. While they may come with a higher price tag, the investment in your skin's health and appearance is priceless.

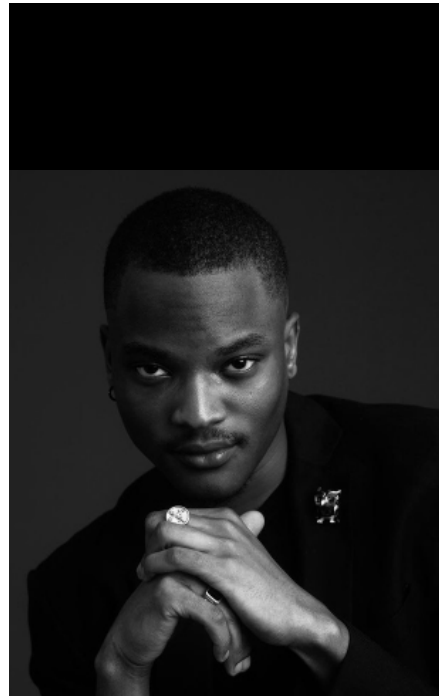


Mindful Skincare

Skincare is not just about the physical benefits; it's a sensory journey. Brands are now infusing products with aromatherapy oils and creating textures that turn routine into relaxation. This shift towards mindful skincare encourages you to slow down, savour the moment, and truly connect with your senses. It's not just about looking good; it's about feeling good too.



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Bagetti - The First Lady of Jonzing World

Tiwa Savage, Ayra Starr, Nicki Minaj—what do these three successful music stars have in common? At some point (even now), they were the First Ladies of their respective record labels. Now, amidst this legacy of powerhouse women emerges Bagetti, who comes under a record label where names like Rema and Ruger have already left indelible marks - Jonzing World Family.

Now joining their ranks is Bagetti, a trailblazing talent whose signing announcement and debut EP release have captivated audiences worldwide.

Just as the aforementioned super ladies have shaped the industry with their boldness and creativity, Bagetti brings her own distinct flair to the forefront. With her genre-defying sound and socially conscious lyrics, she represents a new chapter in Afrobeat and a seismic shift in the global music scene. As the newest First Lady of Jonzing World, Bagetti is poised to break barriers with every note.

True to my commitment to spotlighting the brightest talents among Gen Z, I'm thrilled to bring you this engaging conversation with an emerging star making waves.

Congratulations on the release of your debut EP and song! Can you share the inspiration behind the music and what it means to you to have it out in the world finally?

I believe my inspiration is mostly not earthly-based because I usually get out-of-body experiences. However, there are definitely times when I'm in the know, and those times, I get inspired by life experiences. It could be mine or someone else's, as well as conversations with people I know or people that I don't even know exist. Trust me, I have a very creative imagination.

Being the first female artist to be signed to a major label in your country is remarkable. How do you feel now that your music is officially out there for the world

to hear?

Honestly, it was a prayer answered because a long time ago, I prayed to be the first female in a Big Label, although I forgot about it until it happened.

So this is quite special for me. Apart from achieving this prayer, being signed to a label like Jonzing World makes me feel like God's favourite child because I get to learn from D'prince. If you are opportune to know him closely, you would know what I'm talking about. D'prince is a great mentor with a genius mind. He is also very hardworking, and I'm super grateful and elated that he has helped me get my story out to people unfiltered and undiluted. I am also excited that the feedback I have been getting is impressive because everyone seems to be loving it, and I feel truly blessed and grateful



because I know how rare that is.

Your music has been described as genre-defying, blending soulful melodies with infectious rhythms. What drove you to experiment with different sounds, and how do you think your audience will react to this musical journey?

Music is an art, and art is without form, fluid and boundless. As a young girl, I listened to many different genres, from RnB to jazz to Afro classics, Apala, country, hip hop, and dancehall. I can go on and on. And so, I believe that's what concocted all these things that I am and how I create music.

Speaking of my audience reaction to my musical journey, I would say they should be rest assured, because y'all are in for a good time with me, trust me.

Your lyrics are known for their socially conscious themes. Can you talk about some of the messages you explore in your songs and why they're important to you?

My song centres on different life experiences, both mental and emotional. This is because I know myself and my power, and knowing myself means I can help people around me and in society. You learn that the more we ma-

ture, the more we find ourselves missing something as simple as a birthday chant, "Go Getti," we used to hear at birthday parties as kids.

I also feel we lose too much of ourselves on the way to adulthood, hence the importance of finding yourself so you'll find your people...you see, music is so beautiful; it is a powerful tool. I say this because it could be you using music to ginger your guy to talk to the girl he likes or using it even to help you remember to pray, or perhaps heal from a situation.

Where I come from, we understand this assignment of music and I see the art in it hence my lyrics and message are mostly constructed to my artistic view of life at the time which I pass across in my music.

Growing up in Lagos, Nigeria, has undoubtedly influenced your music. How do you incorporate your cultural background into your artistic expression, and what aspects of Lagos inspire you the most?

Growing up in Lagos is absolutely one of the best things about my life, tbh! Lagos is fun, tbh, and during my childhood days, I always had one interesting event or the other and my childhood was music-filled; I owe that to my dad, who is a huge music lover and was very instrumental when it came to me falling in love with music, as a child, I loved to sing and dance just like him. He introduced me to Dolly Parton, Lagbaja, Michael Jackson, Haruna Ishola, The Cars, Onyeka Onwenu, Whitney Houston, Paul Play, Mo Hits, and Styl Plus, just to mention a few.

Apart from my father's influence, just taking one small stroll in Lasgidi, you would definitely hear music, so you can't help but love music if you're a Lagosian or should we even start talking about the diversity of music playing in lasgidi! I mean, Stop playing!

Every part of Lagos has something different to give you and it's so special when you can soak it all in and make something beautiful with it, Lagos basically tells you everything is possible and that's still the best thing about this city!

Honestly, it was a prayer answered because a long time ago, I prayed to be the first female in a Big Label, although I forgot about it until it happened.

Your vision is to inspire positive change and unity through your music. How do you see your EP contributing to this vision, and what impact do you hope it will have on listeners?

The goal has always been to connect to people through music (especially when it's not working in real life), But first, connecting with one's self because that is very important. Know yourself first, understand who you are to better connect with others genuinely and create new tribes with the purest of vibes. That is the beauty of my EP.

My EP, New Dawn, is a gateway to self-awareness, and it's really interesting to see the many different ways it resonates with people—ways I never even thought about myself.

As a young artist, what challenges did you encounter from starting your music journey in 2015 up until this moment? How do you think these challenges can be addressed so that other upcoming artists don't have to face the same obstacles?

I'm a big ball of "Try it first" Don't say it can't be done when you haven't tried; even after it fails, come back at it with another style. That's what has been constantly birthing civilisation over and over. I can't stress enough how we need to believe in ourselves. It's not enough that someone else believes in you because you have to believe, too; having believers around is a huge plus. Why? Because it gets you on the road to getting there, I started my music journey in 2019.

Imagine not going through obstacles, and imagine gold, silver, and diamonds not going through fire. That being said, every obstacle I faced shaped me and my art... I always had people believe in me and my sound from the beginning, so I would say I've been blessed in that aspect and I chose to focus on that and not the other side. I'm not saying there weren't times that I felt like, 'What am I even doing?' there were, but the belief and support always surpassed it.

So whenever there's either a producer telling me I can't do this



something else, and it took me by surprise. To be honest, I love it when I'm surprised, especially by myself. Now, to see that many people connect to it and also went through that experience the exact way I did is mind-blowing.

Each song on your EP likely holds its own story or theme. Can you give us a glimpse into the creative process behind the tracks and what inspired their creation?

I just pour myself into my music and watch it become whole. Having people tell me how genuinely it speaks to them and connects to them is unbelievably satisfying because each track is like a different stage in my life.

While creating this body of work together, I and Wizad knew that it was different, yet, we dared to do it anyway, and I can't thank Dprince enough because only very few persons are willing to take the risk with you.

Looking ahead, what are your goals and aspirations as an artist, and how do you hope this debut EP will shape your journey in the music industry?

The aim is to start a movement, a religion, starting with this generation and then the next, and to increase the acceptance of diversity in our many genres.

Also, to communicate every message, unlocking the purest of vibes without compromising quality. It's already evident I'll be an unstoppable force and, most importantly, the voice that births a NEW DAWN in the industry.

style or genre or getting invited to shows and they'll still forget to call you to perform to some music Execs saying that I have to do drugs if I'm going to join their label, it was an instant no thank you... yeah, I found out that some people put their artists on drugs. I don't know the math behind it, so please don't ask me, but I had belief, and people in my corner were cheering for me, which kept me going. I want young artists to embrace it, whatever obstacles you encounter, use it, face it head on, don't turn your back and quit seeing it as a springboard instead. It will help you grow as a person and directly impact your art positively.

Now that your music is out in the world, can you share a memorable moment from the creative process or a special experience you had while recording the EP?

The most memorable moment would be watching DAWN create itself because that track was made when I was transitioning into



Let's Create a Capsule Jewellery Collection That's all About You!

Get ready to sparkle and shine with your very own capsule jewellery collection! Like your go-to capsule wardrobe, which keeps you fabulously dressed with a few key pieces, a capsule jewellery collection brings that same ease and style to your accessories. But here's the twist – it will be as unique as you are! Whether you're all about understated elegance or love a bit of bling, this guide is your treasure map to creating a jewellery box filled with timeless gems that are oh-so-you!

Start with the Basics

The foundation of any capsule jewellery wardrobe is a set of basics. These are timeless, versatile pieces that can be worn with almost anything. For most, this includes a pair of simple stud earrings, a classic watch, a delicate necklace, and a few rings. When choosing these items, consider your personal style and daily routine.

Quality Over Quantity

When building your capsule collection, quality should always trump quantity. Opt for pieces made from durable materials like gold, silver, or platinum. These materials not only last longer but also maintain their appearance over time. In addition, investing in higher quality pieces ensures that they can become heirlooms passed down through generations.

Know Your Metals and Stones

Understanding different metals and stones is key to building a capsule jewellery wardrobe. Each metal has its own hue and character. Gold, for instance, offers warmth and classic elegance, while silver is known for its relaxed, modern feel. When it comes to gemstones, consider their aesthetic appeal and symbolic meaning.

Personalisation is Key

The beauty of a capsule jewellery wardrobe is in its ability to reflect your personal style and story. Engravings, birthstones, or custom de-



DAISY HANDFIELD, FRANCES THEODORE, SANCHAN ELEGUSHI



AKUNWA NWALA- AKANO AND EZINNE CHINKATA

signs add a personal touch, making each piece uniquely yours.

Versatility

Versatility should be a cornerstone of your capsule jewellery collection. Each piece should be able to transition seamlessly from day to night and from casual to formal. A simple pendant necklace, for instance, can be perfect for a day at the office and equally fitting for a night out.

Seasonal Updates

While the capsule jewellery wardrobe is about timeless pieces, adding one or two seasonal items can keep your collection feeling fresh and current. This could be a trendy piece like a chunky chain necklace or a colourful beaded bracelet. Remember, these are not meant to be long-term investments but rather fun additions that can be switched out as trends evolve.

Maintenance and Care

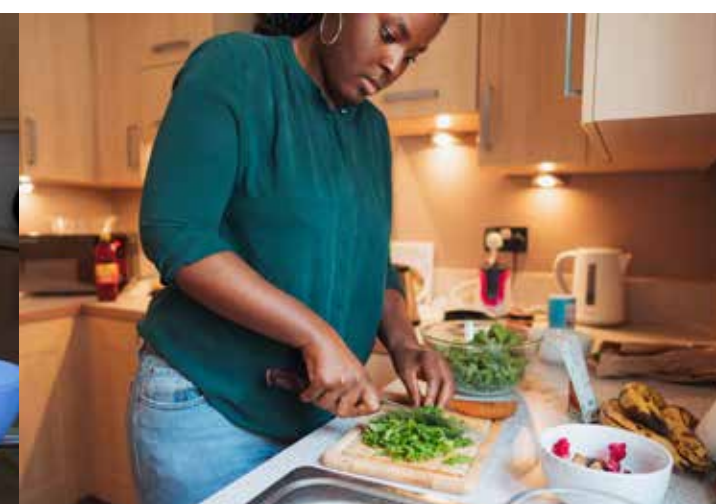
Maintaining your jewellery is crucial to ensuring its longevity. Regular cleaning, proper storage, and professional check-ups for pieces with stones or intricate designs will keep your collection in pristine condition.

Shopping with Intention

When adding to your capsule jewellery wardrobe, shopping with intention is essential. Avoid impulse buys and instead focus on filling gaps in your collection or replacing pieces that no longer fit your style.

Capsule Wardrobe for Every Budget

It's a common misconception that building a capsule jewellery wardrobe requires a hefty investment. While it's true that quality often comes with a higher price tag, there are options for every budget. Look for smaller, independent jewellers who offer quality pieces at more affordable prices or consider purchasing pre-owned pieces that have been well-maintained.



MEAL PREP FOR BEGINNERS HOW TO COOK AHEAD FOR BUSY DAYS.

Meal prep, the art of preparing meals in advance, is a game-changer for anyone with a busy lifestyle. It's a simple concept: dedicate a few hours during the weekend to cook and store a variety of meals that will last throughout the week. This strategy not only saves time but also ensures that you have healthy, home-cooked meals on hand when life gets hectic. If you're new to meal prepping, here's a beginner's guide to help you cook ahead for those busy days.

1. Start with a Plan

Begin by deciding which meals you'll need for the week ahead. Will you prep for just lunches, or do you want to cover dinners too? Consider your schedule and plan accordingly.

2. Make a Shopping List

Create a shopping list. This step is essential to ensure you don't forget any ingredients and to avoid impulse buys. Group your list by category (produce, dairy, meats, etc.) to make your shopping trip more efficient.

3. Keep It Simple

As a beginner, it's important not to overwhelm yourself. Start by prepping one type of meal, like lunches, before you advance to preparing multiple meals for the day. Choose recipes that are simple and don't require too many steps or ingredients. One-pot dishes and stir fries are great options.

4. Batch Cook

Batch cooking is a cornerstone of meal prepping. It involves cooking large quantities of a particular ingredient or meal that can be used in different ways throughout the week. For instance, roast a large batch of chicken that can be used in salads, wraps, or paired with vegetables. Similarly, cook a big pot of rice or quinoa to serve as a base for different dishes.

5. Add Variety

Eating the same meal every day can get monotonous. To keep things interesting, prepare a couple of different meals and rotate them throughout the week. You can also create variations by changing up simple things like sauces, spices, or side veggies.

6. Proper Storage Is Key

How you store your prepped meals can make a big difference in how they taste and how long they last. Let cooked food cool down before refrigerating. Use airtight containers to keep food fresh and prevent flavours from mingling in the fridge. Label your containers with the date of preparation to keep track of their freshness.

7. Embrace Freezing

Not all meals need to be eaten in the same week they're prepared. Many dishes, like soups, stews, and baked pasta, freeze well. Freezing meals is a great way to add variety to your meal prep routine and reduce waste. Just remember to thaw safely in the refrigerator before reheating.

8. Stay Flexible

While it's good to have a plan, sometimes life gets in the way. Be flexible with your meal prep schedule. If something unexpected comes up, it's okay to adjust your plan. The goal is to make life easier, not to add more stress.



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