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THIS DAY

Style

SUNDAY, APRIL 14, 2024



PELUMI NUBI THE ROAD WARRIOR!

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COVER NOTE



From January 24th to April 7th, 2024, Pelumi Nubi, a 27-year-old travel lifestyle content creator from Nigeria, took a solo trip challenge from London to Lagos in her purple Peugeot 107, which she fondly calls Lui. Lumi took Nubi on a journey of a lifetime across Europe and Africa, covering over 6,200 miles to get to Lagos Nigeria. She arrived in Lagos unscathed to a cheerful, dancing crowd of supporters who followed her progress online.

EDITOR'S LETTER



EXECUTIVE EDITOR

Congratulations Pelumi

Have you ever come across an idea so audacious, so seemingly outlandish, that you couldn't help but dismiss it as pure madness? That's precisely how I felt when I stumbled upon Pelumi Nubi's post about her solo road trip from London to Lagos. In a time rife with security concerns and uncertainties, embarking on such an adventure seemed reckless and downright insane. The sheer thought of it was incomprehensible to me. In my mind, this feat was akin to those bizarre challenges birthed by Hilda Baci's Guinness World Record – remember the KISS-A-THON that was to take place in Ekiti State? Lol. Such events seemed more about seeking thrills than making meaningful statements.

But as I followed Pelumi's journey, something shifted within me. Her relentless progress, against all odds, drew me in. What I once viewed as reckless gradually became a powerful narrative of discipline, resilience, and determination. Pelumi was living proof of her own words that "impossible" is just a term to challenge. I found myself becoming increasingly invested in her journey, rooting for her to reach the finish line safely. In hindsight, I realised that Pelumi's journey was a testament to the human spirit—the unwavering resolve to push beyond perceived limits and achieve the seemingly unattainable. It was a lesson in perseverance and self-belief, a reminder that greatness lies not in the absence of fear but in the courage to confront it head-on. Her adventure teaches us an invaluable lesson: to redefine our limits. We all should emulate her. I am not suggesting a road trip to New York, but embracing the essence of her journey – the commitment, the resilience – is something we all can aspire to. Congratulations Pelumi. You did it!

Moving on to a different topic, April is a month dedicated to health awareness. Last week, we focused on autism; this week, we're spotlighting Adenomyosis—a relatively unknown yet significant health issue affecting women worldwide. Adenomyosis is characterised by lower abdominal pain, heavy bleeding, and sometimes infertility, yet its exact cause remains elusive. Many women suffer in silence, attributing their symptoms to extreme menstrual discomfort, unaware that they may be battling a more significant underlying issue. In Nigeria, the fight against Adenomyosis is twofold—increasing awareness and improving healthcare access. While there's still much to be done to understand and manage this condition, the growing global and local awareness marks a significant step in the right direction.

Konye

THIS DAY Style

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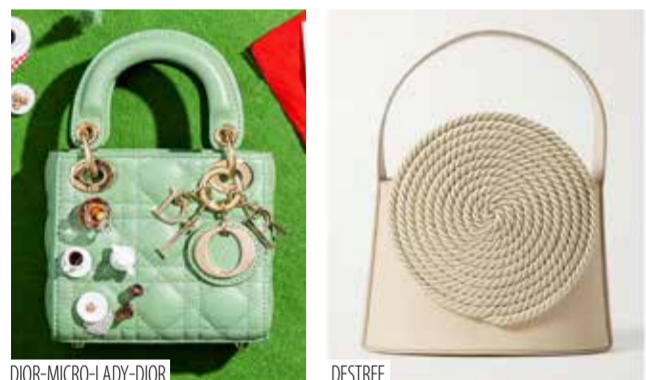
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HOW PRACTICAL IS THE MINI HANDBAG?

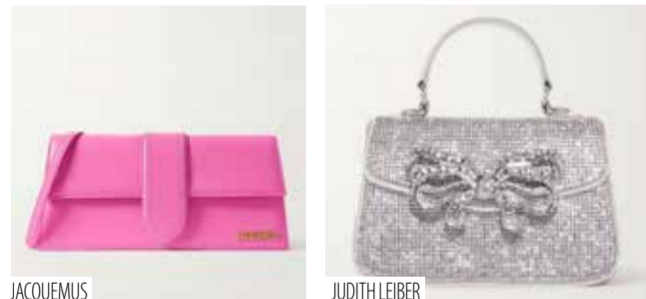


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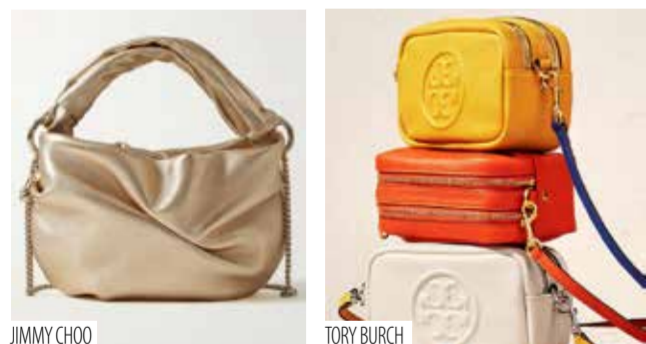
DIOR-MICRO-LADY-DIOR

DESTREE



JACQUEMUS

JUDITH LEIBER



JIMMY CHOO

TORY BURCH



SERGIO WILD BELLISSIMANI



ANGEL ANOSIKE

From street style stars to celebrities gracing red carpets, these pint-sized purses have become a staple accessory, adding a touch of chicness to any outfit.

At first glance, the mini handbag exudes an undeniable charm. Its petite size and sleek design make it a fashion-forward statement piece. Whether adorned with intricate embroidery, luxurious hardware, or bold prints, these tiny treasures pack a punch when it comes to style. They effortlessly elevate any ensemble, from casual daytime looks to glamorous evening attire.

However, beneath its fashionable facade lies a practical dilemma. The limited storage space of mini handbags poses a challenge for those accustomed to carrying their entire lives in their purses. No longer can one stash an oversized wallet, makeup essentials, and an assortment of snacks with ease. Instead, one must carefully curate the contents of their mini bag, opting for only the essentials.

This constraint has sparked a revolution in minimalist living. With the rise of Marie Kondo's philosophy of decluttering and embracing only the things that spark joy, the mini handbag aligns perfectly with this ethos. It encourages individuals to streamline their belongings, prioritising quality over quantity.

Moreover, the compact size of mini handbags offers a sense of liberation. No longer weighed down by the burden of a bulky tote, one can move freely and gracefully through the world. It's a lesson in restraint, teaching us to appreciate the beauty of lightness and mobility. Whether dancing the night away at a party or navigating crowded city streets, the mini handbag proves to be a faithful companion, never hindering our movements.

Yet, practicality extends beyond storage space to functionality. Can a mini handbag truly meet the demands of everyday life? Admittedly, it may not be suitable for every occasion. A day of running errands or travelling requires a larger tote to accommodate essentials such as water bottles, snacks, and documents. However, for moments when less is more, the mini handbag shines.

Furthermore, the mini handbag encourages creativity in styling. Its diminutive size invites experimentation, prompting individuals to think outside the box when it comes to accessorising. From wearing it crossbody to draping it elegantly over the shoulder or even styling it as a belt bag, the possibilities are endless. It screams versatility of fashion and the power of personal expression.

When it comes to sustainability, the mini handbag also makes a compelling case. Its smaller footprint means less material usage and reduced environmental impact. With consumers increasingly conscious of the ethical and ecological implications of their purchasing decisions, the mini handbag offers a guilt-free indulgence in the world of luxury accessories.

On the flip side, the practicality of the mini handbag can be contentious when considering its price point. These bags, especially designer variants, can come with hefty price tags, making one ponder the value proposition. Is it reasonable to invest a significant sum in a bag that holds less than a paperback book? For those who view fashion as an investment or a collector's journey, the answer might be a resounding yes. For others, the functionality versus cost equation might not balance out.

Despite varying opinions, the mini handbag continues to hold a significant place in the fashion world. It challenges us to redefine what we consider essential, embrace minimalism, and make bold fashion statements. Its practicality may vary from person to person, but its impact is unquestionable.

ARE Situationships THE NEW Relationships?



Ever heard of the word **Situationship**? It's a label that represents a relationship status that's not quite definable, not entirely committal, yet unmistakably significant in its own right. It's the grey area of modern dating – neither here nor there but undeniably somewhere.

By **Konye Nwabogor**

A 2022 study by the dating app Tinder illuminated this phenomenon, revealing that young singles were not only embracing the concept of situationships but also considering it a valid relationship status.

But what exactly defines a situationship? It's that peculiar state where neither party acknowledges the relationship as such. There are no grand declarations of being in a situationship, no introductions like, "This is my situationship, Tony." "Instead, it's a subtle dance of intimacy and ambiguity. Picture this: You're seeing someone. You text all day, share inside jokes, and maybe even meet each other's friends. Yet, there's no label to what you have. You're not "together," but you're definitely not just friends. It's a delicate balance that neither resembles a committed relationship nor a casual fling. Welcome to the world of situationships.

One of the defining characteristics of a situationship is the public portrayal of oneself as single despite ongoing interactions with a particular individual. It's a paradoxical scenario where both parties enjoy the benefits of companionship without the burden of official commitment.

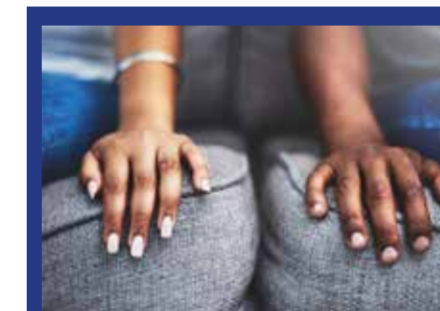
But why are situationships increasingly appealing? For many, it's the liberation from the pressures of defining a relationship. Some view it as an opportunity to explore other romantic avenues while retaining the freedom of singlehood. Jennifer, 24, describes her situationship experience as follows: "It's like we're together when we're together, and when we're not, it's like an unspoken don't ask, don't tell policy. It's liberating yet perplexing at times." In a situationship, there's room to



breathe, explore, and grow without the binding commitments of a traditional relationship. It offers a taste of companionship minus the weighty expectations. In essence, it's relationship-lite – the benefits of connection without the heavy labelling.

However, like any relationship stage, situationships come with their own set of challenges. The vagueness inherent in these arrangements can lead to confusion and frustration, especially when one party desires more clarity or commitment. The dreaded "What are we?" question looms overhead, casting a shadow of uncertainty over the otherwise casual affair. "The hardest part," admits Ayo, 27, "was realising we weren't on the same page. I wanted more, but she was content with how things were. It was like being stuck in limbo." This imbalance can transform an easygoing situationship into a tangle of unmet expectations and emotional turmoil.

On the other hand, some situationships do evolve into full-fledged relationships. Real-life examples abound of couples who transitioned from casual situationships to committed relationships, defying the odds and expectations. Jasmine, a 25-year-old mar-



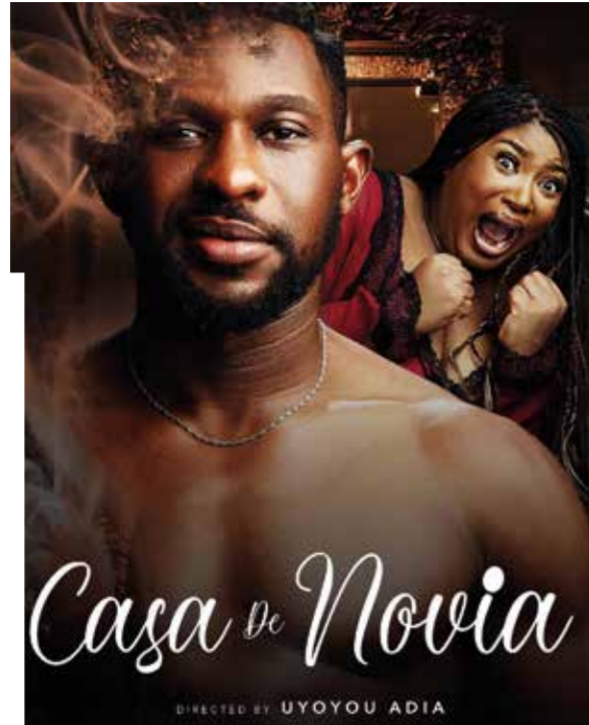
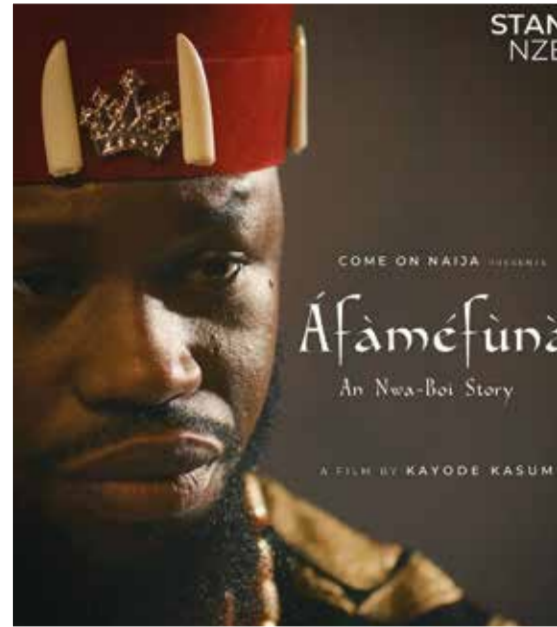
Picture this: You're seeing someone. You text all day, share inside jokes, and maybe even meet each other's friends. Yet, there's no label to what you have. You're not "together," but you're definitely not just friends. It's a delicate balance that neither resembles a committed relationship nor a casual fling.

keting executive, shares her experience: "What started as a casual situationship with Tunde eventually blossomed into a deep, committed relationship. We both entered it with no expectations, but over time, we realised that we wanted more from each other. It took open communication and a willingness to embrace vulnerability, but it was worth it."

However, this is a transition that should never be assumed or expected. A situationship is its own entity, with its own unspoken rules and uncharted territory. It's a reminder that relationships, in all their forms, are as diverse as the people in them.

Situationships aren't for everyone. Navigating the grey area can be daunting for those who find themselves in undefined territory. The key lies in honest communication and self-reflection. If a situationship brings comfort and fulfillment, it's essential to communicate those feelings with your partner. Conversely, if uncertainty breeds anxiety and dissatisfaction, it's crucial to voice those concerns and seek clarity.

Understand what you want, respect what the other person wants, find a middle ground, or gracefully walk away if none exists.



5 NIGERIAN MOVIES THAT SHOULD BE ON YOUR RADAR NOW

By Bukola Amoboye

ately, Nollywood has experienced a remarkable transformation. This evolution has not only elevated the quality of storytelling but also seen a significant enhancement in production design. With the rise of global streaming giants like Netflix and Amazon Prime, more of these movies are now readily accessible to audiences worldwide. If you haven't yet dipped your toes into the colourful world of Nollywood, it's time to dive in headfirst. Here, we've handpicked five Nollywood movies that should be on your must-see list this season.

1. CASA DE NOVIA

This paranormal comedy, produced by Anthill Studios and directed by Uyoyou Adia, is available on Amazon Prime and explores a Nigerian twist on the classic cliché of American horror stories. A journalist moves into a new home that is unknowingly haunted by a man declared missing three years ago and has to help him with an unfinished business before either can find rest.

2. AFAMEFUNA: An Nwa Boi Story

Now available on Netflix, AFAMEFUNA was first released to Nigerian cinemas in 2023. Thanks to its gripping plot, enthralling performances, and costume and set design, the story has since become the talk of movie lovers nationwide. The movie follows the story of Afamefuna, who is accused of killing a former friend and business partner and has to journey through the past to reveal his truth.

3. HEAD OVER BILLS

In need of chaotic comedy? Then this is the one to watch! Starring favourites including Bimbo Ademoye and Shaffy Bello, amongst others, Head over Bill tells the story of three privileged young women challenged by their mother to live more acceptable lifestyles to protect the family's reputation. This movie is one of the latest releases of Prime Video.

4. AJAKAJU (Beast of Two Worlds)

Raking in over a hundred million naira within five days of its release, this movie is a must-watch. It is Eniola Ajao's cinema debut starring fan favourites including Odunlade Adekola, Lateef Adedimeji, Eniola Ajao, Sola Sobowale, Bimbo Akintola, Femi Adebayo, Faithia Balogun, Mercy Aigbe, Yinka Quadri, and many others. It was released to the cinemas on the 29th of March and has since got everyone talking!

5. SAVING ONOME

Starring Nancy Isime, Olumide Oworu, Femi Jacobs, Kelechi Udegbe, Kepky Ekpeyong and many others, 'Saving Onome' tells the heartfelt tale of two parents of a chronically ill child trying all to see that their daughter gets a chance at a healthy life. The movie premiered on the 5th and is now showing in cinemas nationwide.

RECOGNISING BURNOUT: SIGNS AND STRATEGIES FOR SELF-CARE

With all the craziness in the world, it's all too easy to feel overwhelmed and overworked, leading to a phenomenon known as burnout. Burnout isn't just feeling tired or stressed; it's a state of physical, emotional, and mental exhaustion caused by prolonged stress. Recognising the warning signs of burnout and knowing how to handle them is crucial for maintaining our well-being and productivity. You never know; you just might be experiencing this without knowing it, so keep reading to find common burnout warning signs and effective strategies to address them.

Warning Signs

Chronic Fatigue: Feeling tired all the time, even after a full night's sleep, is a common sign of burnout. This fatigue can be both physical and mental, making it difficult to concentrate or muster enthusiasm for activities you once enjoyed.

Decreased Performance: Burnout can manifest as a decline in job performance or academic achievement. You may find it challenging to meet deadlines, complete tasks, or maintain the same level of productivity as before.

Cynicism and Detachment: A sense of disillusionment and detachment from work or other responsibilities can indicate burnout. You might feel emotionally drained, apathetic, or cynical about your job, relationships, or life in general.

Physical Symptoms: Burnout can take a toll on your physical health, leading to symptoms such as headaches, stomachaches, muscle tension, and insomnia. These physical ailments are often a result of prolonged stress and can exacerbate feelings of exhaustion and frustration.

Isolation: Withdrawal from social activities and a desire to avoid interactions with others are common signs of burnout. You might feel disconnected from friends, family, and colleagues, preferring to spend time alone rather than engaging in social gatherings or outings.

Lack of Satisfaction: Burnout can rob you of joy and satisfaction in both professional and personal pursuits. Tasks that once brought fulfillment may now feel mundane or overwhelming, leading to a sense of emptiness or dissatisfaction.

Strategies for Self-Care

Set Boundaries: Establishing clear boundaries between work and

personal life is essential for preventing burnout. Set realistic expectations for yourself and learn to say no to additional responsibilities or commitments when necessary.

Prioritise Self-Care: Prioritise self-care by incorporating activities that promote relaxation and well-being into your daily routine. These could include exercise, meditation, hobbies, or spending time with loved ones.

Take Regular Breaks: Breaks are crucial for maintaining focus and productivity, so don't hesitate to step away from your work periodically throughout the day. Even short breaks can help reduce stress and prevent burnout.

Seek Support: Don't hesitate to reach out to friends, family, or a mental health professional for support if you're struggling with burnout. Talking about your feelings and experiences can help alleviate stress and



provide perspective on your situation.

Practice Mindfulness: Mindfulness techniques, such as deep breathing exercises or guided meditation, can help reduce stress and promote a sense of calm. Incorporate mindfulness practices into your daily routine to cultivate greater resilience to burnout.

Engage in Positive Activities: Make time for activities that bring you joy and fulfilment, whether pursuing a hobby, spending time

outdoors, or volunteering. Engaging in positive activities can help counteract the effects of burnout and restore a sense of purpose and meaning to your life.

Seek Professional Help: If burnout symptoms persist despite self-care efforts, don't hesitate to seek professional help from a therapist or counsellor. A mental health professional can provide personalised strategies and support to help you overcome burnout and regain a sense of balance and well-being.

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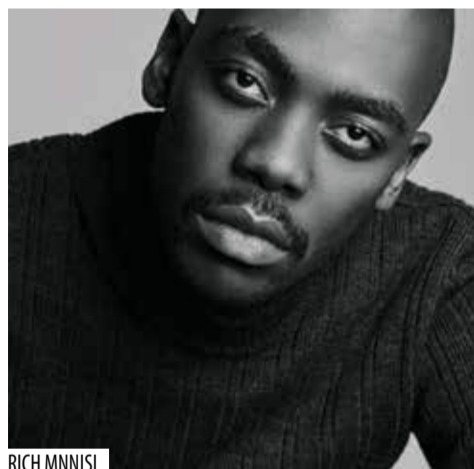
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THE AFRICAN LUXURY BRANDS YOU SHOULD KNOW ABOUT.

By Funke Babs-Kufeji

The influence of Africa on the global fashion scene has, over time, become more apparent, as the continent is rich in artistic talents, culture, and history. As a result, more and more African luxury designers are being launched onto the global fashion stage with unique designs that are a testament to their heritage and culture. While we celebrate all of these brands, there are a few you should look out for this year.



RICH MNISI

RICH MNISI (South Africa)

Rich Mnisi, crowned the 2014 African Designer of the Year and a proud LISOF alumni, launched his brand in 2014, headquartered in South Africa. Mnisi's designs are a harmonious blend of bold and subtle, a reflection of his unique artistic vision. Drawing inspiration from components like music, art, and cinema, Mnisi's creations are not just fashion pieces; they're luxury stories appealing to a discerning global clientele.



AISHA AYENSU

CHRISTIE BROWN (Ghana)

At the helm of Christie Brown is Ghana's own Aisha Ayensu, a creative force and entrepreneur. This premium brand fuses the richness of Ghanaian culture with contemporary design. Named after Ayensu's grandmother, a seamstress, the brand captivates with its pristine lines and original designs, winning hearts worldwide.



SARAH DIOUF

TONGORO STUDIO (Senegal)

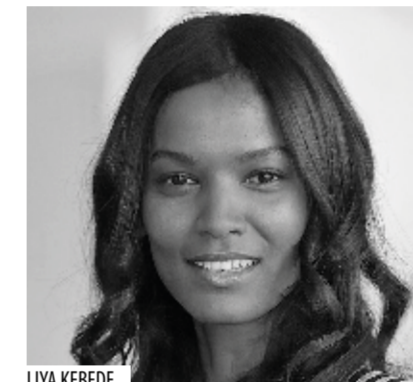
The brainchild of Sarah Diouf, Tongoro Studio is a gem from Senegal that's rapidly becoming a cult favourite in fashion circles. Celebrated for its playful yet sophisticated designs, the brand is a testament to Senegalese craftsmanship. Sarah's passion for uplifting African artistry has not only made Tongoro a local hero but also a global sensation.



ADEBAYO OKE LAWAL

ORANGE CULTURE (Nigeria)

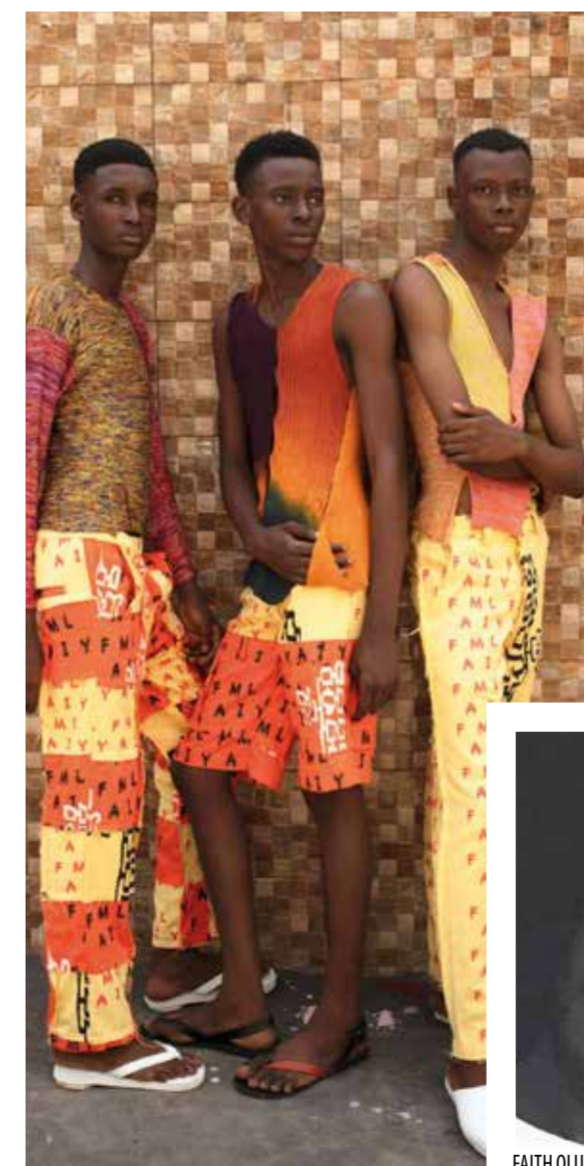
Nigerian fashion power Orange Culture emerged in 2011 under the visionary Adebayo Oke Lawal. More than a clothing line, it's a revolution that marries African lavishness with global standards. The brand's rich, vibrant palette attracts a creative cohort of both men and women who see dressing as a form of storytelling. Hailed by the likes of Vogue and The New York Times, this Lagos-based label is renowned for its meticulous attention to detail, blending the finest local and international fabrics.



LIYA KEBEDE

LEMLEM (Ethiopia)

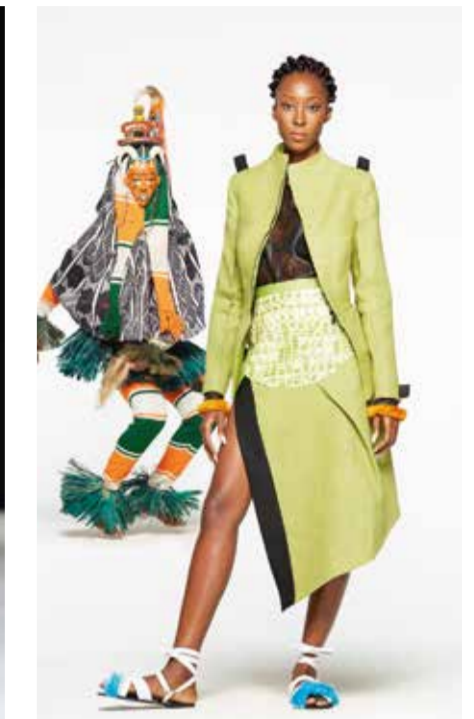
Lemlem, a sustainable luxury brand from Ethiopia, springs from the visionary mind of former supermodel Liya Kebede. Catering to men, women, and children, Lemlem is renowned for its handwoven cotton creations crafted by Ethiopian artisans. The brand epitomises style and comfort, perfect for urban strolls or leisurely vacations.



FAITH OLUWAJIMI

BLOKE (Nigeria)

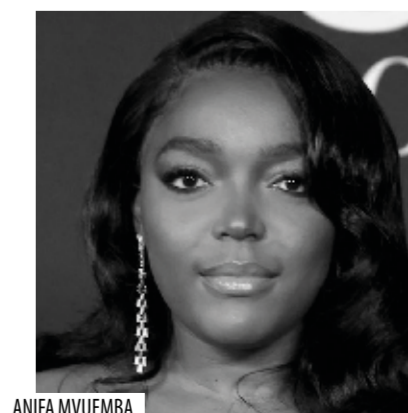
Faith Oluwajimi, hailing from Nigeria, is the driving force behind BLOKE. This brand is a testament to the harmonious blend of traditional handcraft and contemporary design. Oluwajimi's commitment to sourcing local materials and collaborating with Nigerian artisans results in androgynous, meticulously crafted garments that have captivated the international fashion scene.



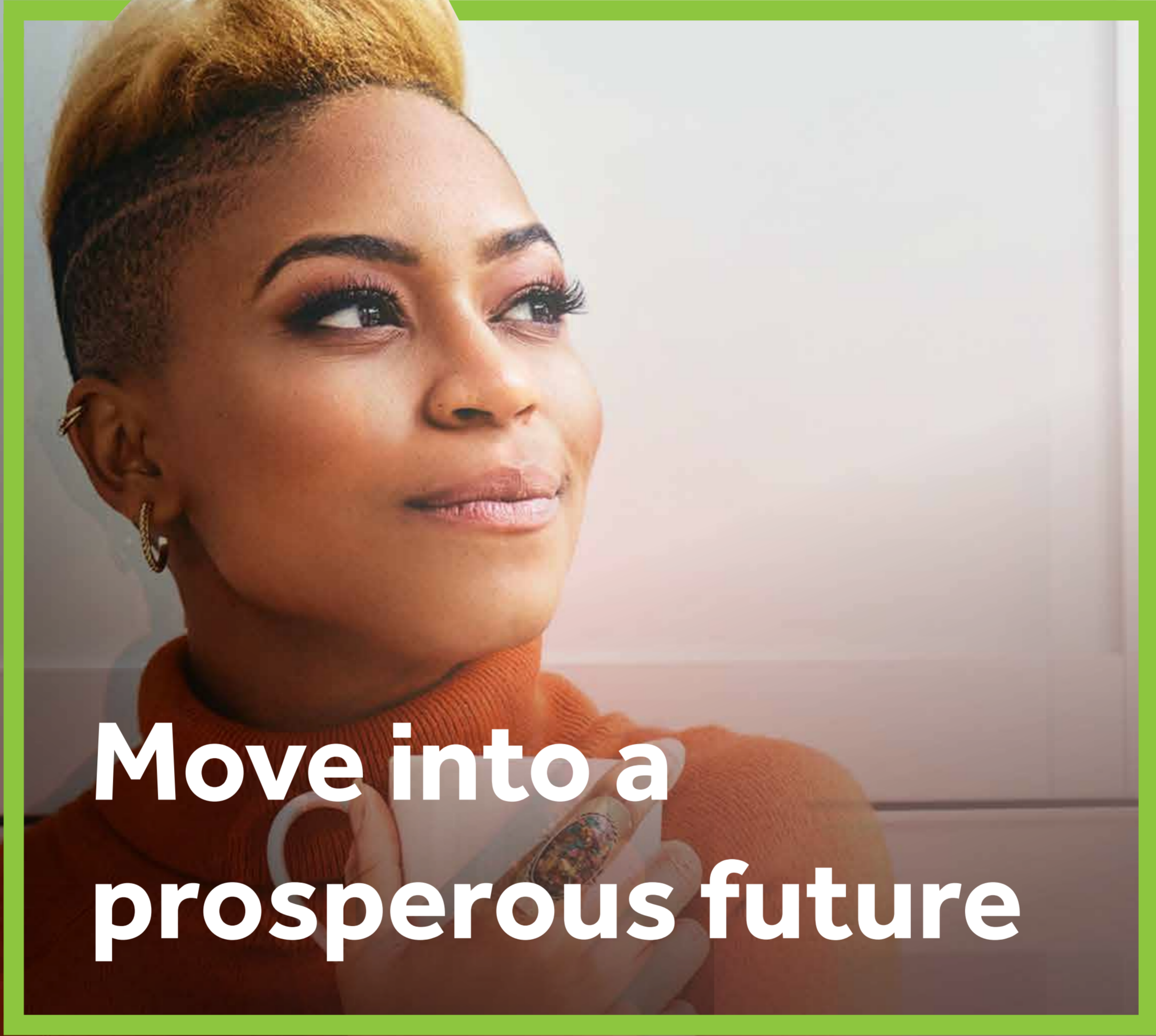
LOZA-MALEOMBHO

HANIFA (Congo)

Anifa Mvuemba's Hanifa brand stands out with its striking colour palettes and silky fabrics that celebrate the feminine form. The brand is not just about fashion; it's a platform that showcases young African talent to the world. Hanifa is known for innovative ideas, such as the first virtual runway with 3D models, setting new trends in the fashion industry.



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PELUMI NUBI

THE ROAD WARRIOR!

From January 24th to April 7th, 2024, Pelumi Nubi, a 27-year-old travel lifestyle content creator from Nigeria, took a solo trip challenge from London to Lagos in her purple Peugeot 107, which she fondly calls Lui. Lumi took Nubi on a journey of a lifetime across Europe and Africa, covering over 6,200 miles to get to Lagos Nigeria. She arrived in Lagos unscathed to a cheerful, dancing crowd of supporters who followed her progress online. She drove all day and, sleeping at night, hauled up in her car to achieve this feat as the first black woman to drive from London to Lagos. It took her a total of 68 days.

Though the journey was hard and laced with many ups and downs, Nubi's resolve was worth the while. It earned her a brand new car, a Lagos state tourism brand ambassadorship, a new house, and more.

Bafunke Babs-Kufeji caught up with the brave young woman three days after she arrived in Lagos and spoke to her about her adventurous journey and everything in between.

You have been warmly received in Lagos after 68 grueling days on the road, travelling by road from London to Lagos. Tell us what inspired this trip. What gave you the conviction that it was something you could do?

The inspiration for this journey came from a deep-seated desire to connect with different cultures and landscapes in a way that only road travel can offer. The conviction stemmed from a blend of adventurous spirit and wanting to chase adventure, coupled with the belief that such an endeavour while challenging, was an extraordinary opportunity for personal growth and exploration. I did not see enough people who looked like me doing overland travel, and I know the importance of representation.

Knowing fully well that this wasn't something that was going to be easy, how did you prepare for the journey ahead?

Preparation involved extensive research on the routes, securing necessary visas, understanding the geopolitical landscape of the countries to be traversed, and getting mentally fit for the challenge ahead. I spoke to people who had done similar trips to get direct advice from them. Additionally, preparing the vehicle for the long haul and learning basic mechanical repairs were crucial steps I took.

Let's talk about your car, Lumi. Why did you choose a Peugeot 107 for this trip, and did you for a second doubt the car's capability to take you on this journey?

I chose a Peugeot 107 for its reliability, fuel efficiency, and

compact size, which is advantageous for navigating varied terrains. Yes, I knew it was not made for such a trip, and a four-wheel drive was most likely the preferred and best option, but I had to make do with what I had. I simply used the tool (the car) that I had. I already owned her before the trip, and it was one less cost for me. Despite its small size, I had confidence in its capabilities, having thoroughly researched and prepared it for the journey.

Tell us what the journey was like through Europe. Did you face any setbacks or challenges?

Travelling through Europe was nearly straightforward; I was able to quickly adapt to the right-side driving, which was different from the UK. My only complaint was the cost of the toll, which was super high in France. But having previously explored most of Europe, I was pretty confident driving through it. It was easy going through Europe.

Also, tell us what the journey was like through Africa. What country did you face the most pushbacks and setbacks?

The African leg of the journey was intense and enriching, with each country offering unique challenges and rewards. The most pushback came from Liberia. From navigating bureaucratic hurdles at borders and adapting to the vastly different road, bad road conditions in Guinea. The journey led me from the historical depth and natural beauty of The Gambia and Guinea-Bissau, with their inviting beaches and rich cultural tapestries, to the vibrant life in Guinea and the resilience of Sierra Leone, each country



The inspiration for this journey came from a deep-seated desire to connect with different cultures and landscapes in a way that only road travel can offer



Photo Credits
 Makeup artist - Maryjoanne
 Fashion designer - Ejiro Amos-Tafiri
 Photographer - Emmanuel Oyeleke
 Stylist - Mimzbee



GOV SANWO OLU PRESENTS NUBI BRAND NEW CAR

offering a unique glimpse into the heart of West Africa. The serene beaches, bustling markets, and warm welcome of local communities were constants along the way, painting a picture of a region rich in tradition and natural beauty.

You travelled by day and slept in your car at night; weren't you afraid, as a woman, of being robbed or harmed? What were the safety measures you took to make sure you were safe at night in your car when you slept?

There were moments of doubt, particularly when facing unexpected challenges, but I had done a year of research to help with this. And after travelling to over 80 countries, you get some practice. However, the overarching goal of completing this journey and the support from the global travel community kept me going.

For safety measures, I chose well-lit, secure parking areas, often in designated camping spots or places known for their safety. Before settling in for the night, I'd ensure all doors were locked, and I kept valuables hidden or carried them with me to avoid attracting attention. I also had curtains or sunshades for privacy and to prevent anyone from seeing inside. Staying aware of my surroundings and trusting my instincts were crucial; if a location felt unsafe, I'd move on. I had an Air Tag for family members to know my exact location. Communication was key too; I kept a charged phone and shared my location with trusted contacts. By taking these precautions, I could rest more comfortably, maintaining a balance between adventure and safety.

Was there any point in time when you felt like or thought of giving up the whole journey, and what happened to make you feel or think this?

No, giving up was never an option. This was a personal journey, and I was determined to finish it, despite my car accident. When people thought it would be over, I had to dig in. I took all the necessary steps to restore the car to being on the road and pressed on with my journey.

You must have gone through a lot, both mentally and physically, during this trip. What was the one thing that kept you motivated?

My faith in God was unwavering, and I knew he would see me through it all. My family constantly cheered me on; my friends spoke encouraging words to me; and my e-family and online followers who have been part of the journey. All the support I got from them did not let me feel like I was on a solo trip.

What inspired you to start travelling?

My parents encouraged us to explore and took us on trips abroad at a young age, and I just fell in love with it. I loved travel novels growing up; they opened my mind to possibilities, which then fueled my curiosity to keep seeking new adventures.

So far, how many countries have you visited? Which has been your favourite and least favourite?

I have been to over 80 countries. It will be hard to say which one was or is my favourite because every country has its own unique sights and sounds that are to be appreciated, but Nige-

ria will always be home, and home is where the heart is.

For someone who travels a lot, how are you able to afford it, and how much will you traditionally need to support this lifestyle?

Funding travel involves a mix of savings, working remotely, and sometimes engaging in local jobs. The amount needed varies greatly depending on the travel style, destinations, and level of comfort desired. Yes, travelling is expensive, but if you are determined, there is nothing you can't do if you have a plan.



For someone who enjoys travelling, what aspect of it don't you like?

While travel is immensely rewarding, aspects like the transient nature of relationships and the occasional feeling of loneliness can be challenging. Having to wear multiple roles during this trip and feeling the impact of quick hellos and even faster goodbyes is what I didn't like.

What do you think are the positive things to be gained from travelling?

Travelling offers numerous positives, including broadened perspectives, increased adaptability, personal growth, and a deeper appreciation for diverse cultures and humanity.

You are also an entrepreneur; you co-founded Oremi Travels. Tell us more about these businesses and how you are able to manage them since you travel a lot.

Also, will you say they have been instrumental in funding your travels?

Oremi Travels venture aligns with my passion for travel, offering a service that enhances travel experiences for people who want to travel and celebrate milestones. Balancing these businesses while travelling requires effective remote management and leveraging technology to stay connected and productive. I am grateful for the team I have built to help keep the companies going while I do more travelling to fulfil my passion and help expand the business.

You have talked about living with dyslexia, and travelling is where you find your voice. Tell us more about this and how travel has impacted your condition positively.

Travel has been a transformative experience in dealing with dyslexia, providing a platform for practical learning and boosting confidence. The dynamic and interactive nature of travel has helped manage and embrace dyslexia in positive ways.

Can you provide a few of your best travel tips?

This advice is especially for solo female travellers; safety, preparation, and immersion are key. First, thoroughly research your destination, focusing on safe areas to stay, local customs, and travel advisories, while ensuring you have a reliable means of communication. Secondly, embrace the art of blending in; dress according to local norms; and learn a few phrases in the local language to navigate your surroundings more confidently and respectfully. Finally, trust your intuition; always listen to your inner voice when making decisions about where to go, who to trust, and when to say no, ensuring your travel experience is not only enriching but also secure.



Travel has been a transformative experience in dealing with dyslexia, providing a platform for practical learning and boosting confidence. The dynamic and interactive nature of travel has helped manage and embrace dyslexia in positive ways.

12 SURPRISING REASONS YOU'RE NOT LOSING WEIGHT DESPITE DIET AND EXERCISE

You've been religiously following your diet plan and sweating it out at the gym, yet the scale refuses to budge. Frustrating, right? Well, you're not alone. Many people face this baffling situation. Let's uncover 12 surprising reasons why your weight loss efforts might not be yielding the expected results.



BEVERAGES LIKE SODAS, COFFEE WITH CREAM AND SUGAR, AND ALCOHOLIC DRINKS CONTRIBUTE SIGNIFICANTLY TO YOUR DAILY CALORIE INTAKE.



LACK OF QUALITY SLEEP CAN HINDER WEIGHT LOSS.



Underestimating Calorie Intake

Often, we unknowingly consume more calories than we think. Those little snacks, the extra spoonful of sugar in your coffee, or the dressing on your salad can all add up. Keep a food diary or use an app to track everything you eat.

Overestimating Calorie Burn

Just as with calorie intake, it's easy to overestimate how many calories we burn while exercising. The "calories burned" display on gym equipment isn't always accurate. Plus, our bodies become more efficient at exercise over time, burning fewer calories for the same activity.

Ignoring Muscle Mass

If you're gaining muscle through exercise, you might not see a decrease in weight. Muscle is denser than fat, so even if you're losing fat, the scale might not reflect it immediately. Measure your success by changes in body shape and how your clothes fit, not just the scale.

Poor Sleep Quality

Lack of quality sleep can hinder weight loss. Poor sleep affects hormones that regulate hunger, making you more prone to cravings and overeating.

Stress Factor

High levels of stress release the hormone cortisol, which can lead to weight gain, particularly around the midsection. Find ways to manage stress, such as yoga, meditation, or hobbies that relax you.

Eating 'Diet' Foods

Don't be fooled by foods labelled 'low-fat' or 'diet'. They often contain high levels of sugar to improve taste, leading to increased calorie intake.

Focus on whole, nutrient-rich foods instead.

Ignoring Liquid Calories

Beverages like sodas, coffee with cream and sugar, and alcoholic drinks contribute significantly to your daily calorie intake. Opt for water, herbal teas, or black coffee.

Thyroid Issues

It might be worth getting your thyroid checked if you're doing everything right but still not losing weight. An underactive thyroid can slow down metabolism, making it hard to lose weight.

Not Mixing Up Your Workout

Repeating the same workout routine can lead to a fitness plateau. Your body gets used to the activity, decreasing its effectiveness. Try mixing it up with different exercises to challenge your body.

Ignoring Mental Health

Mental health significantly impacts physical health. Anxiety, depression, and other mental health issues can lead to emotional eating and decreased motivation for physical activity. Prioritize your mental well-being.

Medication Side Effects

Certain medications can contribute to weight gain or make it harder to lose weight. Talk to your doctor about your medications if you suspect they're impacting your weight loss efforts.

Unrealistic Expectations

Finally, it's important to set realistic weight loss goals. Rapid weight loss is often unsustainable and unhealthy. Aim for gradual, consistent weight loss and be patient with your body.



CERTAIN MEDICATIONS CAN CONTRIBUTE TO WEIGHT GAIN.



GET YOUR THYROID CHECKED.



UNDERESTIMATING CALORIE INTAKE.



While conversations around women's health increasingly acknowledge endometriosis, its lesser-known cousin, adenomyosis, remains shrouded in relative obscurity, particularly in countries like Nigeria, where awareness is just beginning to rise.

ADENOMYOSIS - THE LESSER-KNOWN COUSIN OF ENDOMETRIOSIS

What is Adenomyosis?

Adenomyosis is a condition where the tissue that normally lines the uterus (endometrial tissue) grows into the muscular wall of the uterus. This intrusion causes an enlarged uterus and often results in heavy, painful periods. Unlike endometriosis, where the tissue grows outside the uterus, adenomyosis is confined within the uterine walls. This distinction is crucial for understanding the ailment and pursuing the right treatment.

Who is Affected?

Adenomyosis commonly affects women in their middle years and those who have had children, although it can occur in any woman of reproductive age. The prevalence in Nigerian women, however, remains under-researched and under-reported, partly due to a lack of widespread awareness and medical resources.

Symptoms and Diagnosis

The symptoms of adenomyosis can be debilitating. They include severe menstrual cramps, prolonged menstrual periods, heavy menstrual bleeding, and pain during intercourse. Some women might also experience chronic pelvic pain. Unfortunately, these symptoms are often mistaken for other conditions, leading to misdiagnosis.

Diagnosing adenomyosis is challenging as it often requires a combination of a pelvic examination, ultrasound, and magnetic resonance imaging (MRI). The lack of specialised medical facilities in many parts of Nigeria further complicates the diagnosis.

Treatment Options

While there is no known cure for adenomyosis, there are various ways to manage the condition. Treatment options depend on the severity of symptoms, age, and whether a woman wishes to have children.

1. Medication: Nonsteroidal anti-inflammatory drugs (NSAIDs) can help manage pain. Hormonal treatments, like birth control pills or hormonal IUDs, may help reduce bleeding and pain.
2. Surgery: In severe cases, a hysterectomy – the removal of the uterus – might be



conceive. For women with adenomyosis who are trying to conceive, it might take longer, and the condition can increase the risk of certain complications during pregnancy, like preterm birth or preeclampsia. However, many women with adenomyosis have successful pregnancies.

It's important for women with adenomyosis who are trying to conceive to work closely with their healthcare provider. Treatments can help manage symptoms and improve the chances of a successful pregnancy. Fertility treatments and assisted reproductive technologies might be recommended in some cases. Each woman's situation is unique, so personalised medical advice is crucial.

Spreading Awareness in Nigeria

In Nigeria, the battle against adenomyosis is twofold – increasing awareness and improving healthcare access. Many women suffer in silence, often attributing their symptoms to normal menstrual discomfort. Increased awareness campaigns, particularly during Adenomyosis Awareness Month in April, are critical in educating women about the symptoms and encouraging them to seek medical attention.

Improving healthcare facilities, training healthcare providers on the latest diagnostic techniques, and ensuring the availability of treatment options are equally important. Organisations and the government must collaborate to make these advancements a reality.

The Future of Adenomyosis Research

Globally, research into adenomyosis is evolving. Understanding the causes, improving diagnostic methods, and exploring more effective treatments remain at the forefront. For Nigerian women, this means hope is on the horizon. Greater awareness and research could lead to earlier diagnosis, better treatments, and a higher quality of life for those affected. While there's still much to be done in understanding and managing adenomyosis, the increasing global and local awareness is a step in the right direction. The observance of Adenomyosis Awareness Month each April serves as a reminder of the ongoing struggle many women face and the need for continued research, education, and improved healthcare services.

considered. However, this is generally a last resort, especially for women who wish to retain fertility.

3. Alternative Therapies: Lifestyle changes, like diet and exercise, acupuncture, and yoga, may help manage symptoms in some women.
4. Managing Adenomyosis: Managing adenomyosis requires a holistic approach. It's crucial for affected women to have a supportive network and access to medical care. Regular consultations with a healthcare provider, tailored treatment plans, and lifestyle adjustments can make a significant difference.

Can Women With Adenomyosis Have Children?

Yes, women with adenomyosis can have children. This condition might affect fertility in some women, but it doesn't make it impossible to

BOLANLE OLUKANNI

I think it's so important for young people to have a grip and pulse on the state of the nation!

- Bolanle Olukanni on her new show "The Scoop with Bolanle"

After a not-so-long hiatus away from the camera, TV Host and Documentary Filmmaker Bolanle Olukanni, known for her insightful commentary and engaging interviews, is set to launch her groundbreaking show, "The Scoop with Bolanle." The dynamic and thought-provoking social commentary show delves into social issues. It offers a platform for meaningful dialogue and insightful analysis to keep young Nigerians informed about the most crucial stories shaping their nation.

Bringing her unique perspective to each episode, Bolanle offers viewers a fresh take on current events and sparks conversations that inspire positive change. In this interview with **Funke Babs-Kufeji**, she tells us all the nitty-gritty we need to know about her show and more.



You have been quiet for a while, but we know why now. Can you tell us about your new show, "The Scoop with Bolanle," and what inspired it?

I am really passionate about information and knowing what's happening. I think it's so important for young people to have a grip and pulse on the state of the nation! "The Scoop with Bolanle" is aimed at providing bite-sized information on news that affects us.

You say it's a daily social commentary show delving into social pressing issues. Is the focus solely on Nigeria, or is it global? How do you source your materials without coming across as monotonous?

I imagine many things happen on a daily basis. So much happens in Nigeria, and I believe it's imperative to discuss those issues. Right now, we are facing a huge cost of living crisis. Politics and economics matter when it comes to this issue. If we don't know what's happening, we can't provide solutions to the challenges. I find the subject I cover the most is about the economy and security issues. There are a lot of security issues that my eyes have been opened to as I prepare for the show daily. It's deeply concerning. I realised that living in Lagos is like being in a bubble. The show is about my commentary on the news rather than just delivering the news - My perspective is unique, plus adding my delivery style, there can't be an ounce of monotony.

Why did you decide to adopt this style, and what do you hope it does for the viewers?

The show is targeted at a social media audience; therefore, the structure has to be similar to social media content formats. Social media is constantly pushing short and concise videos. I want it to be easy to watch and something that engages audiences, and they are committed to watching it daily. My audience is online, and I need to ensure my format is for that audience.

Tell us about the work that went into it, how many people worked on it, and how long it took to produce?

It's really exciting to see the weeks of planning come together. It was a pretty intense feat to ensure that I had the right team and the mindset for the show's success. There are producers, editors, and writers, and being able to lead and drive the team has been a fascinating process. There are so many talented creatives out there, and I am glad I have a great team that is making it all happen.

Who, in your opinion, should watch this show, and why?

Everyone who doesn't watch the news! The show is trying to pull in viewers who don't have a TV or don't remember to turn on the news. When they are scrolling through their Instagram, I want them to have access to the news and be able to be informed. It will give you news about things happening around you in an interesting way.

How long is this show going to run for, and what outlets can viewers go to watch it?

The show runs in seasons and is available to watch on all my social media platforms! Instagram @bolanle

Being a host and television personality comes with fashion style and poise; can you tell us what process you adopt when choosing your wardrobe for a show?

Generally, my wardrobe for the show depends on the type of show I am shooting. If it's a reality music TV show, I tend to be more fashion-centric and fun with my clothing style. If it's a talk show, I will be more dressy but demure in my clothing choices. For this show, I am very casual and laid-back, as it's a tight shot, and my outfits don't show. Fashion has played a huge part in my brand and development in the industry, and I am always so excited to support Nigerian designers. It's great because we have seen the entertainment industry's massive role in partnering with and growing the fashion industry and vice versa. I have been wearing Nigerian brands for years, and we honestly have some of the most talented designers in the world.

Aside from hosting and the TV business, what other things are you into apart from media?

I just recently launched my first e-book called "The Bolinto Method." In 2020, I faced weight gain during the pandemic, particularly around my midsection, prompting me to delve into the intricacies of how hormones affect the human body and why I was not losing weight. My pursuit of knowledge ultimately culminated in the development of "The Bolinto Method." It's been such an amazing endeavour to help people lay claim to their health and fitness goals. The book is available via my Instagram page, @Bolanle.

If you could have a different career than what you are doing right now, what would it be?

I would be a researcher. I am deeply fascinated by science, innovation, and the beauty of how science rules so much of our lives. I really enjoy learning and love to see how things function and work. Scientists are so cool.



NEW BEGINNINGS: 6 STEPS TO A MORE INVITING HOME

By Funke Babs-Kufeji

Upgrading your space is simpler than you think, and doing so can breathe fresh life into your sanctuary, making it more comfortable and refreshing. Here's the scoop: full-blown renovations aren't necessary to inject new energy into your home. With some clever touches and creative flair, you can elevate your living space without emptying your wallet. Embrace the theme of new beginnings with our curated guide to six swift and surefire strategies to rejuvenate your abode.



Revamp Your Wall Art

Your walls are the canvas of your home. Changing the scenery can be as easy as swapping out the artwork you've grown accustomed to. Refresh your rooms by introducing new art prints or updated photos—this instant switch can dramatically alter the ambience of your space. Or, give your cherished pieces a facelift with stylish new frames. Feeling inventive? A strategically placed mirror can work wonders, amplifying light and giving the illusion of more space, while floating shelves offer a charming display area for your trinkets.



Adorn with Wallpapers

Injecting colour or patterns into your home doesn't require a toolbox—today's peel-and-stick wallpaper options are a game-changer. They're a fuss-free way to create statement walls or add character to your kitchen and bathroom backsplashes. To ace this transformation, take precise measurements and ensure your walls are primed for a smooth application.



Lighting

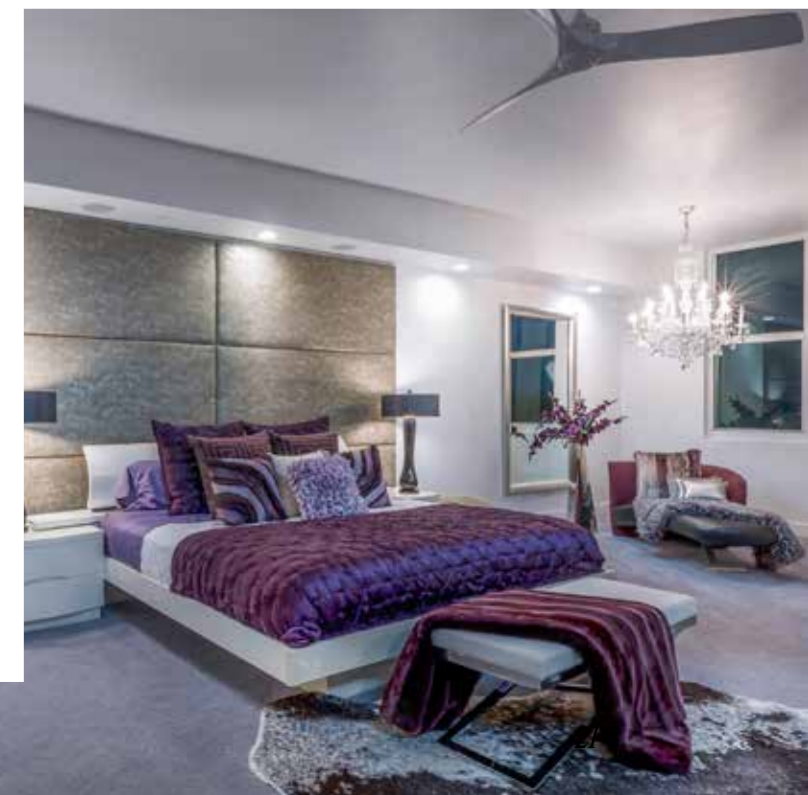
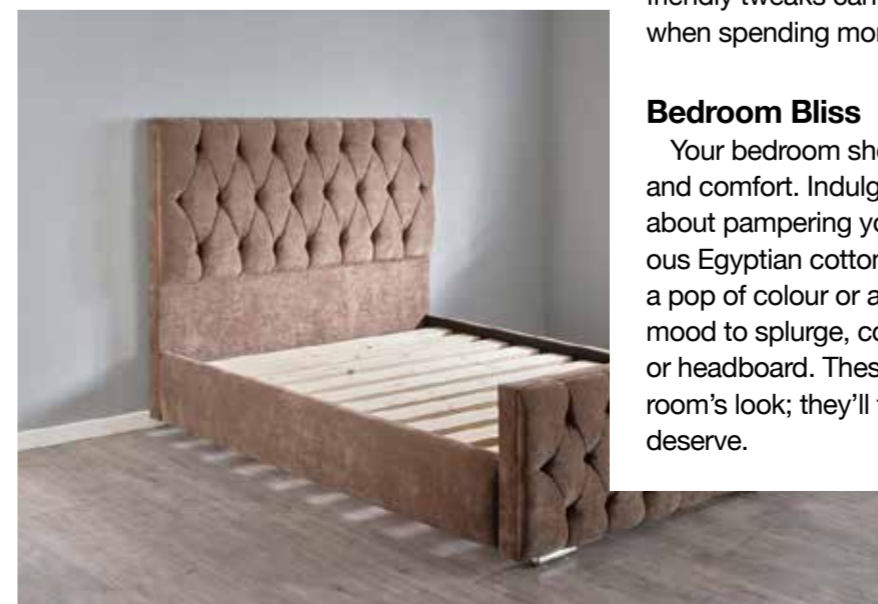
Underestimated yet powerful, lighting sets the mood for your entire home. Exchange harsh bulbs for warm amber glows to create a cosy ambience, or swap out your ceiling lights for elegant lamps to soften a room's feel.

Accessorise with Intent

Sometimes, the smallest details make the biggest impact. By switching out simple home accessories—like throw pillows, coffee table tomes, and aromatic candles—you can introduce a fresh vibe into your living space. These budget-friendly tweaks can revitalise your surroundings, especially when spending more time indoors.

Bedroom Bliss

Your bedroom should be a retreat—a place of tranquillity and comfort. Indulge in a bedroom transformation that's all about pampering yourself. Swap out tired linens for sumptuous Egyptian cotton sheets, or opt for a duvet cover that adds a pop of colour or a dash of intriguing texture. If you're in the mood to splurge, consider upgrading to a chic new bed frame or headboard. These changes won't just refresh your bedroom's look; they'll transform it into the peaceful space you deserve.





Infusing luxury into every aspect of your life elevates the mundane to extraordinary, transforming each occasion into moments of elegance and comfort.



Infusing luxury into every aspect of your life.



Imagine a life where luxury is not just an occasional indulgence, but a continuous, seamless experience. Infusing luxury into every aspect of your life elevates the mundane to extraordinary, transforming each occasion into moments of elegance and comfort.

Firstly, understand that luxury is a state of mind. It's about quality, not quantity. It's the art of surrounding yourself with items and experiences that resonate with your personal taste and values, rather than mindlessly accumulating high-priced items. The key lies in personalisation, in choosing elements that speak uniquely to you.

Start your day in luxury. How you begin your morning sets the tone for the rest of your day. Invest in high-quality bedding that makes you feel like royalty every time you wake up. White Egyptian cotton sheets, a down comforter, and a memory foam pillow are just the start. Introduce a morning ritual that makes you feel pampered – be it a coffee from a state-of-the-art espresso machine or a few mo-

ments in a beautifully curated corner of your home.

Transform your daily grooming routine into a spa-like experience. High-end skincare products, plush towels, and an elegant bathroom can turn a routine shower into an invigorating ritual. Consider scents and textures; these small details can make a significant difference in how you feel.

Dress to impress – yourself. Clothing is a powerful tool for expressing individuality. Opt for quality fabrics and timeless pieces that make you feel confident and comfortable. Personal style is a luxury, and it's more about how the clothes make you feel than their price tag.

Elevate your culinary experiences. You don't have to dine out at expensive restaurants to enjoy a luxurious meal. Cooking can be a delightful way to pamper yourself with high-quality ingredients and experiment with flavours. Even if you're dining alone, use this as an opportunity to set an elegant table, complete with fine china and crystal glassware. The ambience plays

a significant role in elevating your dining experience.

In your living spaces, luxury should be synonymous with comfort and aesthetics. Opt for furniture that offers both style and comfort. Decorate with pieces that have a story, be it art, antiques, or books. These items should not only beautify your space but also resonate with your personal journey or aspirations.

Luxury is also about experiences. It's about taking time to enjoy the finer things in life. Whether it's a weekend getaway to a boutique hotel, an evening at a high-end spa, or simply taking time to indulge in a hobby you love, these experiences should be cherished and seen as an integral part of a luxurious life.

Remember, luxury doesn't always mean grandeur. It can also be found in quiet moments—a peaceful walk in your neighbourhood, an afternoon spent with a captivating book, or the serene ambience of your home at dusk, lit by soft candlelight. These moments are precious and luxurious in their simplicity and tranquility.

In your relationships, luxury means quality time spent with loved ones. It's about creating memorable experiences and cherishing the moments you have together. This could be as simple as a home-cooked meal or a heartfelt conversation.

Finally, you should never underestimate the luxury of self-care and wellness. Regular exercise, meditation, and mental health care are crucial. They not only enhance your quality of life but also ensure that you are in the best position to enjoy all aspects of your luxurious lifestyle.



LANRE OGUNLESI AND JOHN OBAYUWANA

FINDING YOUR FREEDOM IN FASHION YOUR STYLE, YOUR RULES

Fashion is more than just fabric and frills; it's a form of self-expression that knows no boundaries. It's a space where rules can be bent, traditions can be reinterpreted, and personal stories can be told through what we wear. The real magic of fashion lies not in slavishly following trends, but in finding your freedom and unique voice in style, irrespective of culture, age, and size.

Personal Style

The most crucial aspect of finding fashion freedom is developing your style. This is the unique blend of your preferences, lifestyle, and personality expressed through your attire. Start by experimenting. Mix and match pieces to see what resonates with your individuality. Personal style isn't static; it evolves with you. Let your wardrobe reflect who you are at this moment and who you aspire to be.

Breaking the Cultural Shackles

Cultural norms often dictate what's "appropriate" to wear. However, fashion should be a celebration of diversity, not a confinement. The beauty of today's global village is in the array of cultures it offers. Blend a kimono with jeans or a sari with a leather jacket. The world is your runway, and cultural fusion is in vogue. Remember, cultural respect is key. Wearing pieces from other cultures is a form of appreciation, not appropriation. Embrace the diverse origins of fashion, but always with sensitivity and understanding.

Age is Just a Number

Who says you can't rock a miniskirt at 60 or a bomber jacket at 20? Defying age stereotypes in fashion is more than a trend – it's a statement.

Forget the old "dress your age" adage. Fashion is about feeling good in your skin, not dressing by the number of candles on your birthday cake. If it makes you feel fabulous, wear it with pride!

Size Doesn't Define Style

The narrative that fashion is only for

specific body sizes is outdated and exclusionary. Fashion is an inclusive world where everybody is celebrated. Brands are increasingly embracing size diversity, from petite to plus-size, offering styles that flatter every figure.

Don't let size labels dictate your fashion choices. Whether you're a size 2 or 22, style is about how you wear it, not what size it is. Look for pieces that accentuate your best features and make you feel confident and comfortable.

Breaking Stereotypes

Gone are the days when fashion was constrained by gender norms and societal expectations. Today, fashion is an open field where men can embrace florals and women can rock power suits. It's about wearing what makes you feel powerful, what blurs the lines and creates a dialogue.

In this new era, designers are increasingly blurring the lines of gendered fashion. Collections are becoming more inclusive and fluid, reflecting society's changing dynamics. This shift isn't just a trend; it's a movement towards a more accepting and diverse fashion world.

Inclusive Fashion: For Everyone, By Everyone

Finally, the true essence of fashion freedom lies in inclusivity. Fashion is for everyone – every gender, every race, every body type. The industry is slowly but steadily moving towards inclusivity, but there's still a long way to go. Support brands and designers who celebrate diversity. Look for fashion shows and magazines that feature a variety of models. Inclusivity in fashion isn't just a trend; it's a movement.



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