BEYOND DIAGNOSIS
MY BREAST CANCER STORY

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If I were to ask you about one of the most dreaded words in the dictionary, many would, without hesitation, say, “Cancer.” And that’s so true. It’s a word that casts a long, shadowy figure across our lives despite our leaps and bounds in medical advancements. We all, unfortunately, know someone who has heard this diagnosis; the implications heavy, and the path uncertain.

Now, zoom in on breast cancer. I used to think, “Oh, it’s something that targets older women, right?” Wrong! Did you know a surprising 5% of all breast cancer cases happen in young women under 40? Shocked? So was I. Just take a look at one of the fierce ladies on our cover story who was diagnosed at just 26. Crazy.

Now, speaking to the young ladies reading me, I know we’ve got that natural invincibility vibe going, but here’s a heads up: diagnosing this in our age group is trickier because of breast tissue density, not to mention the treatments, which could play tic-tac-toe with our fertility plans. Before the panic sets in – there’s hope. The doctors say prevention or rather reducing our risk is the new black! Regular mammograms, self-checks, and being besties with our bodies are in vogue. Feel something odd? Don’t just brush it off. Let’s get our brains in on this action, both consciously and subconsciously. Stay aware, stay proactive!

Speaking of staying in the loop, it’s fashion season, and what a season it’s turning out to be! The showcases and displays I’ve seen have left me in awe of the burgeoning Nigerian fashion industry. It’s like watching a child prodigy grow up to be Beyoncé. The textures, the colours, the flair! If you haven’t been attending, do yourself a favour and catch up virtually.

Can you believe it’s almost November? Where did 2023 go? Regardless of the punches this year might have thrown, we’ve got a couple of months left. Let’s make them count. Sparkle, thrive, and, most importantly, look after you. Here’s to making the rest of the year as fabulous as we are! With all the sass and care. Love,

Konye
In a dazzling display of fashion excellence, Polo Avenue, West Africa’s premier fashion destination, joined forces with renowned Nigerian fashion designer Banke Kuku to unveil her Spring/Summer 2024 collection, ‘EDEN’, in a highly anticipated and exclusive fashion event. The event, which took place at the Ibru’s Garden in Victoria Island, Lagos, was elegantly hosted by the ever-charming Eku Edewor. Distinguished socialites and A-list celebrities graced the occasion, most of whom were adorned in exquisite pieces from Banke Kuku’s previous collections, showcasing their unwavering support for the talented designer.

Following its grand debut, the exclusive ‘EDEN’ collection will be available to fashion enthusiasts and connoisseurs at all Polo Avenue boutiques nationwide.

Design Week Lagos 2023 marked its fourth edition with a captivating four-day event held at the Liverpool Entertarium in the heart of Lekki from October 19th to 22nd, 2023. This year’s theme, ‘African Design, The Future,’ was masterfully curated by the renowned Nigerian architect and designer Charles O. Job.

This extraordinary event served as a dynamic nexus for design creatives and enthusiasts alike. What set this year apart was the astounding array of novel innovations. It felt as if every designer had embarked on a daring journey to bring forth unique and unconventional inspirations, and the results were nothing short of astounding.

Design Week Lagos (DWL) unquestionably holds its position as the premier design week on the African continent. It was conceived with the vision of showcasing and celebrating the pinnacle of contemporary African design across various categories. Moreover, it has consistently succeeded in drawing international luminaries and visitors to partake in the exhilarating showcase of the region’s most compelling creative endeavours.

Founded by the visionary Tití Ogufere in 2019, this festival has evolved into a citywide celebration. Its mission is to nurture and promote creativity and innovation across an expansive spectrum of disciplines, encompassing architecture, industrial design, interior design, furniture design, graphic design, and technology. DWL continues to be a trailblazer, charting the course for the future of African design.
RESORT:
LA CAMPAGNE TROPICANA BEACH

SAY ‘I DO’ IN PARADISE
DISCOVER THE BEST DESTINATION WEDDING LOCATIONS IN NIGERIA

By Bukola Amofoye

It is nearly every girl’s dream to have a destination wedding. When we think of destination weddings, we immediately envision the likes of Bali, Santorini, Paris, Dubai, Bora Bora, Hawaii, etc. But here’s a little secret; you can have that same enchanting experience without leaving Nigeria.

Explore the hidden gems of the country as you celebrate your love story with a magical wedding at one of these stunning locations:

LAKOWE LAKES GOLF AND COUNTRY ESTATE:
This resort is a dream with what is arguably the best golf course in Nigeria. It has a breathtaking landscape that is perfect for an outdoor wedding. You can choose to set up by the lake, which offers a stunning backdrop and ambience. Furthermore, apartment accommodations are available should you decide to lodge before and after the wedding.

LA CAMPAGNE TROPICANA BEACH RESORT:
Famed as an African-themed forest, river and beach resort, La Campagne deserves to be on the list as an ideal venue for destination weddings. It encompases a world-class golf and tennis club, lush palm trees, a large pool area, a garden, generously sized rooms, and much more. It connotes peace and the serenity and beauty of nature, instantly making it feel like a proper destination wedding.

LE MERIDIEN IBOM HOTEL AND GOLF RESORT:
Situated in Akwa Ibom, this seaside resort is worthy of a spot on the list as an ideal venue for destination weddings. It encompasses a world-class golf resort, lush palm trees, a large pool area, a garden, generously sized rooms, and much more. It connotes peace and the serenity and beauty of nature, instantly making it feel like a proper destination wedding.

КАЖУРУ ЗАСТЛЕ:
Located on Ilashe Island in Lagos, this private resort is one for the books. It boasts a luxurious beach house and multiple large, serene outdoor spaces with a ocean view, just perfect for your dream wedding.

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The Little Touches That Transform Simple into Stylish

We've all been there. Standing in a room that feels a bit too ordinary, wearing an outfit that seems a tad too plain, or looking at a design that appears unfinished. It's in these moments that we realize style isn't about opulence or extravagance. More often than not, it's about the subtle nuances, the unspoken details that effortlessly elevate simplicity into elegance. Let's dive deep into the little touches that can transform the mundane into the magnificent.

Accessories are a Game Changer
In fashion, the difference between a basic outfit and a show-stopping outfit often lies in the choice of accessories. A muted dress can be instantly revived with a few well-made items than many sub-par ones. Quality items not only last longer but also impart a sense of refined taste.

Textures Speak Volumes
Imagine a room adorned in monotonous tones. Introducing different textures can utterly change the vibe of a space. Soft ambient lighting can create a warm, intimate atmosphere, while strategically placed spotlights can draw attention to specific design elements. Consider changing the bulb, adding dimmers, or even introducing candles to vary the mood.

The Power of Negative Space
In both interior design and art, what you choose to leave out is as significant as what you include. A room doesn't need to be filled to the brim to be stylish. Leaving some areas more open, choosing minimalist furniture, or even having a clean, decluttered space can create a sense of serenity and luxury.

Scented Elegance
Often overlooked, our sense of smell is deeply tied to memory and emotion. A signature scent, whether it's a personal perfume or a room fragrance, can set the mood and leave a lasting impression. Imagine waking into a home that smells of fresh lavender or vanilla; it immediately feels cozy and inviting.

Lighting Makes All the Difference
The play of light and shadows can utterly change the vibe of a space. Soft ambient lighting can create a warm, intimate atmosphere, while strategically placed spotlights can draw attention to specific design elements. Consider changing the bulb, adding dimmers, or even introducing candles to vary the mood.

Curate, Don't Clutter
Less is indeed more. A curated collection displayed with thought and care can be more impactful than an overwhelming array of items. Whether it's a collection of books, art pieces, or even kitchenware, make sure each item has a purpose and adds value to the space or outfit.

Nature's Touch
Bringing in elements from the great outdoors can breathe life into any space. A potted plant, a vase of fresh flowers, or even a bowl of nuts can add a natural, refreshing touch to interiors.

Balance is Key
Lastly, always aim for balance. While it's great to add little touches, they need to harmonize with the overall theme. Whether it's colour, size, texture, or design, maintaining a balanced look will ensure that the space or outfit feels cohesive and polished.

FIVE UNISEX PERFUMES TO ADD TO YOUR WISHLIST
Finding the perfect perfume can be a daunting task, but not to worry; we have curated a list of five unisex fragrances that are sure to captivate your senses and leave a lasting impression. With their unique fragrance profiles, these gender-neutral perfumes will surely add a touch of luxury and sophistication to your fragrance collection.

1. **Byredo ‘Super Cedar’**
   - For those who appreciate a clean and minimalist fragrance.
   - Notes: Virginia cedar, leather, and spices.
   - Result: A fresh and invigorating scent that evokes images of nature and tranquility.

2. **Maison Francis Kurkdjian ‘Baccarat Rouge 540’**
   - For those who enjoy a touch of mystery.
   - Notes: Sandalwood, Virginia cedar, leather, and spices.
   - Result: A sophisticated, woody scent that is both comforting and captivating, making it a perfect choice for those who enjoy a touch of mystery.

3. **Xerjoff ‘XJ 1861 Naxos’**
   - Unleash your inner wanderlust with ‘Naxos’ by Xerjoff.
   - Notes: Jasmine, cedarwood, rose petals, and silk musk.
   - Result: The fresh and invigorating scent that evokes images of nature and tranquility.

4. **Dolce & Gabbana’s ‘Velvet Cypress’**
   - A unisex fragrance that embodies the essence of the Mediterranean.
   - Notes: Tobacco, coffee, and cinnamon.
   - Result: A rich and aromatic fragrance that is both comforting and captivating.

5. **Le Labo ‘Santal 33’**
   - A cult favourite known for its charismatic and androgynous appeal.
   - Notes: Cedarwood, rose petals, and silk musk.
   - Result: A sophisticated and unforgettable fragrance.

Byredo ‘Super Cedar’ If you are a fan of woody fragrances, Byredo’s ‘Super Cedar’ is a must-have. This unisex perfume captures the essence of a cedar forest with its combination of cedarwood, rose petals, and silk musk. The result is a fresh and invigorating scent that evokes images of nature and tranquility. ‘Super Cedar’ is perfect for those who appreciate a clean and minimalist fragrance that still leaves a lasting impression.

Xerjoff ‘XJ 1861 Naxos’ Unleash your inner wanderlust with ‘Naxos’ by Xerjoff. This fragrance takes inspiration from the island of Sicily and features a captivating blend of honey, tobacco, and spices. With its rich and aromatic notes, ‘Naxos’ epitomises sophistication and elegance. Whether you’re attending a formal event or simply want to feel luxurious, this perfume is the perfect choice.

Dolce & Gabbana’s ‘Velvet Cypress’ Dolce & Gabbana’s ‘Velvet Cypress’ is a unisex fragrance that embodies the essence of the Mediterranean. This perfume captures the freshness of cypress trees, combining it with notes of bergamot, clary sage, and cedar. The result is a refreshing and invigorating scent perfect for any occasion. ‘Velvet Cypress’ is a must-have for those who seek a fragrance that is both timeless and uplifting.

Le Labo ‘Santal 33’ Le Labo’s ‘Santal 33’ is a cult favourite known for its charismatic and androgynous appeal. This fragrance exudes a warm and smoky aura with its blend of sandalwood, Virginia cedar, leather, and spices. The result is a sophisticated, woody scent that is both comforting and captivating, making it a perfect choice for those who enjoy a touch of mystery.

Prepare to be enveloped in opulence with ‘Baccarat Rouge 540’ by Maison Francis Kurkdjian. This fragrance is a masterpiece, combining floral and amber accords with a hint of saffron. The result is a luxurious and alluring scent that leaves a trail of elegance wherever you go. With its notes of jasmine, cedarwood, and ambregris, this perfume is perfect for those who desire a sophisticated and unforgettable fragrance.
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Breast cancer ranks as the second most common cancer among women. While it primarily affects women aged 50 and above, it can also strike younger women. Some women under 40 may believe they are not at risk, but statistics show that 7% of all cases occur in this age group. It’s crucial for every woman to stay attuned to her body and any changes they experience because it tends to be more aggressive and spreads rapidly when it strikes at a younger age.

Although many breast cancer patients share common experiences, each person’s journey is unique. In Nigeria, young women have confronted this formidable disease, yet there has been limited discussion about it. In honour of Breast Cancer Awareness Month in October, three exceptionally courageous young women, ranging in age from 26 to 40, have decided to share their personal breast cancer stories. Their stories emphasise the significance of both self-examinations and regular mammograms, highlighting that early detection played a pivotal role in their successful battles.

We hope that the narratives of these remarkable women will serve as an inspiration for more women to openly discuss their struggles with breast cancer. Moreover, we encourage women of all ages to prioritise regular screenings, recognising that early detection can make a profound difference in the fight against this disease.

Words by Funke Babu Kufje

ELIZABETH OPUTA 39 AGE DIAGNOSED 28

Finding Out I Had Breast Cancer
I noticed a mass on my left side and went to the doctor to get it checked. They ran an ultrasound, which revealed that there was a mass, but I was told it could be due to weight loss or increased caffeine intake. The doctors ruled out cancer initially because I was only in my early 20s at the time.

The doctor asked me to come back if anything changed. A few months later, I noticed bloody discharge coming from that area, and when I reported this to the doctor, she asked me to come in urgently. They ran a biopsy and mammogram and told me they would be in touch the very next day. I knew something might be wrong because she had already started discussing treatment options with me. I remained optimistic, believing that I couldn’t possibly be one to face such a diagnosis. However, when that call finally came, my world changed irrevocably.

My Cancer Diagnosis
I was diagnosed with DCIS - Ductal Carcinoma In Situ. After the initial surgery to remove the breast tissue, it was confirmed that I had Stage Zero, meaning the cancer had not spread to any other area of my body.

Thoughts And Feelings About My Cancer Diagnosis
The following weeks, months, and years seemed like a blur as I sorted through the diagnosis. Initially, I held onto the hope of simply “getting past it,” but I soon realised that this journey was not something I could simply leave behind. It became a part of me, shaping my perspective and challenging me to find strength within myself.

My Treatment
My treatment involved a bilateral mastectomy. The cancer was spread through the ducts of one breast, which made it difficult to save the breast. I opted to have the other removed as a preventative measure. Because it was confirmed that the cancer did not spread, I did not have to do any radiation or chemotherapy. I opted for breast reconstruction and had about six surgeries and procedures. The timeline from the first surgery to recovery from the last took about a year. I have to go for checkups with my Oncologist every five years and Surgeon every ten years.

Coping After Treatment
The end of treatment marked the beginning of a new chapter in my life, one filled with hope and a renewed sense of purpose. However, the journey did not end there. Coping after cancer required emotional healing and a reevaluation of my priorities. I learned to embrace self-care, seek support, and find solace in life’s little joys.

ENO ESSIEN 41 AGE DIAGNOSED 31

Finding Out I Had Breast Cancer
I was at a point where everything was going well: life, family, and business. In August 2012, I went on a work trip to Port Harcourt, and just as I lay in bed to sleep in my hotel room, my hand went straight to the lamp in that breast. I checked the second breast, but there was nothing there. I immediately called my mom, a retired nurse; she just dismissed it and said it was nothing.

Sometime later that year, I went on a holiday and fell the need to see a breast specialist. I was scheduled for a breast ultrasound, and while at it, they requested! do a biopsy, and at that point, I knew something was wrong. I called my mom again, who assured me that everything was okay and encouraged me to return to Nigeria. I did nothing for four months and was scheduled for a biopsy with a surgeon in Lagos, who encouraged me to come in for a biopsy, which I did in March of 2013. He took out the lump, and I felt greatly relieved, not knowing that it was the beginning of a horrible journey. The results came out two weeks later, and I was told I had breast cancer. This information completely shattered my family and I to pieces, but today, ten years later, I am completely healed, completely whole, with nothing missing, nothing broken, and thriving to the glory of God alone.

My Cancer Diagnosis
The sample was taken to two different laboratories in Lagos, and I received two different results. At that point, my family and I decided to seek medical care in England. I was received by the breast surgeon, oncologist, and breast care nurses, and a series of tests were conducted, including an MRI, breast scans, blood tests, and a mammogram, and it was concluded that indeed had breast cancer.

Thoughts And Feelings About My Cancer Diagnosis
At the time I got all the diagnosis, I didn’t know people had survived cancer. It was such a scary moment. I had many anxious days and nights. I decided to use my faith and trust God. Throughout the process, I never googled anything about cancer; I didn’t discourse it with anyone else. The reason is that I wanted my heart and mind guarded. I didn’t need any negativity. Instead, searched my Bible for healing scriptures and fought the illness spiritually and mentally. The breast care nurses were fantastic; I had the best family support.

My Treatment
My treatment included surgery: a lumpectomy, chemotherapy, radiation therapy, and tamoxifen, which I took every day for ten years. Chemotherapy was horrible; I reacted so badly. I lost my hair, nails, and sense of taste, but I did not lose my joy. I often say cancer makes me a happier person. I became intentional about living and doing so on my terms. The whole illness made me find my purpose and walk in my purpose.

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Coping After Treatment
I am doing great. I am ten years cancer-free. The early years were a bit tough, but overall, I have done great and am trying much as I can to live a normal life and fulfill my purpose.

I know people who fought this battle and are no longer with us. I decided to have the other removed as a preventative measure.
Finding Out And Diagnosis

In July of 2021, I had a score that changed the trajectory of my life. Before then, the thought of cancer was something that troubled me, especially because it didn’t run in my family. I never had a reason to be cautious about it, even to think about it. I was well into my 20s, and while I was proud of it, I was still young enough to feel invincible. The first thing I thought of was the fear that my life would be shortened, but as much as my world shook, I was able to stay positive. This wasn’t the first time I had to go through cancer treatment – I had been through a few before. It was still a difficult time for me, but I knew that I had to keep going. I didn’t want to let cancer get me down.

How I Coped

I took that year as a sign to slow down and appreciate the little things in life. I used the time to focus on my health and my personal growth. I also worked on healing my emotional wounds. I began to realize that life was precious, and I didn’t want to waste it. I wanted to make the most of the time I had left. I began to appreciate the small things in life, like the sound of the rain or the smell of fresh flowers. I also began to focus on my mental health, and I started to take care of myself.

Life After Treatment

I was finally able to return to normal life in April 2022. I got my all-clear on the 15th of April, and I was over the moon. I felt like I had won the lottery. I was finally free from cancer, and I was able to focus on the things that mattered to me. I had a lot of energy, and I was ready to take on anything that came my way. I began to focus on my physical health, and I started to work out regularly. I also began to focus on my mental health, and I started to see a therapist. I was able to talk about my feelings, and I was able to learn how to cope with my stress.

JOANNE AIPOH 28  AGE DIAGNOSED 26

 Longer here, I know people who fought and had a recurrence down the line years later, but I am here today completely healed, not because I am any better but because of God, who showed me mercy, and I am thankful to Him and acknowledge Him.

My Message For Others

Irrespective of the report you have received, whether a medical report or a financial report, I want you to know that if you hold on, everything will be okay.

If you get a cancer diagnosis, I encourage you to go to the hospital. When people get a diagnosis like this, they go anywhere except to the hospital, only to arrive late when things have worsened.

No matter how bad the situation is, don’t give up. Be of good cheer. I hope that my story inspires someone to live regardless of everything.
By Funke Babs Kufeji

A staple in your culinary adventures for maximize and leafy dishes can work wonders. Make it powder to soups, lentil preparations (dals), A simple addition of a pinch of this golden an added boon, promoting holistic well-being. The curcumin supplements have shown promise boost the immune system, acting as a sen-

The Golden Spice: TUMERIC

Curcumin, its primary component, is known to bolster the immune system, aiding in the battle against potential threats. Furthermore, curcumin supplements have shown promise in countering breast cancer tumors. The anti-inflammatory properties of turmeric are an added bonus, promoting healthy, well-being. A simple addition of a pinch of this golden powder to soups, lentil preparations (dals), and leafy dishes can work wonders. Make it a staple in your culinary adventures for maximum benefit.

Nature's Sweet Trove: MIXED BERRIES

Nature's candy berries come packed with an array of health benefits. Laden with antioxidants and anti-inflammatory compounds, a mix of berries – strawberries, blueberries, mulberries, and raspberries – serve as a vibrant addition to the cancer-prevention diet. Their innate properties can decelerate the growth of tumors and combat the proliferation of breast cancer cells. Make them a regular in your smoothies, desserts, or simply enjoy them fresh!

Essential Aromatics: ONIONS AND GARLIC

The aromatic duo of onions and garlic goes beyond flavoring dishes. They are fortified with allyl sulphones, compounds that bolster cell activity and act as a shield against breast cancer. However, a word of caution for those on blood thinners: it’s always wise to consult with a healthcare professional before making them a significant part of your diet.

GET READY TO SCRUB: UNVEILING THE WONDERS OF BODY SCRUBS

By Oroma Jumbo

Body scrubs have become a popular trend in the skincare world. From fancy spas to DIY enthusiasts, people are embracing this exfoliating treatment to invigorate and pamper their skin. Body scrubs offer a delightful experience, leaving you with a fresh and radiant glow. Here, we will explore a few types and their benefits to your skincare routine.

Sugar Scrubs

With their sweet aroma and gentle exfoliation, sugar scrubs are a favourite among many. Made from granulated sugar mixed with oils, these scrubs effectively slough away dead skin cells, leaving your skin soft and smooth. Sugar scrubs are often infused with essential oils, providing a delightful aroma-therapy experience.

Salt Scrubs

Salt scrubs are the way to go if you’re looking for a more invigorating scrub. Typically made with sea salt or Ep- som salt, these scrubs are excellent for detoxifying and cleaning the skin. The coarse texture of the salt helps remove impurities and improve circulation, leaving you with a refreshed and rejuvenated feeling.

Coffee Scrubs

For the coffee lovers out there, coffee scrubs offer a two-in-one treat. Made with ground coffee beans, these scrubs not only exfoliate but also provide an energizing effect. The caffeine in coffee helps tighten the skin, reducing the appearance of cellulite and promoting a smoother complexion. So, scrub away those Monday blues with a coffee scrub!

Smoother Texture

Body scrubs help smoothen your skin's texture by removing dead skin cells, unclogging pores, and promoting cell turnover. This process reveals fresh, healthy skin, giving you a radiant and youthful appearance.

Enhanced Product Absorption

Exfoliated skin allows for better absorption of moisturizers, lotions, and other skincare products. By removing the barrier of dead skin cells, body scrubs help your skin soak up the benefits of subsequent treatments, making them more effective.

Sugar Scrubs

Benefits of Regular Use

- Exfoliation

- Regular use of body scrubs helps remove dead skin cells, unclogging pores and promoting cell turnover. This process reveals fresh, healthy skin, giving you a radiant and youthful appearance.

- Improved Circulation

- The massaging action in scrubbing stimulates blood circulation, which is essential for healthy skin. Increased blood flow nourishes the skin cells, boosting their overall health and promoting a natural glow.

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Body scrubs are a delightful addition to any skincare routine, and regular use can leave you feeling pampered, refreshed, and ready to conquer the day. So, why not treat yourself to a scrub and let your skin shine with a newfound radiance?
“FASHION FREEDOM: WHY MEN MIGHT JUST HAVE IT EASIER”

Fashion has always been a means of expression, creativity, and individuality. From bold statement pieces to subtle style nuances, our wardrobes are a canvas for us to paint our personalities on. But here’s a curious thought: Is it easier for men to be more fashionable than women? Where fashion stereotypes often dictate otherwise, let’s embark on a journey to explore the fascinating nuances of fashion and why, just maybe, men have it easier.

Breaking Stereotypes
To begin with, let’s shed those stereotypes that have held us captive for too long. It’s no secret that women have historically been expected to embrace a wider range of fashion choices. The world of women’s fashion is learning with options, from dresses and shoes to jumpsuits and rompers. While this might sound like a fashion cliché, it can sometimes be overwhelming.

Men, on the other hand, have had a more streamlined fashion path. Suits, shirts, trousers, and the occasional accessory like a tie or pocket square—this is a simpler landscape to navigate. With fewer choices, it can be easier for men to put together a stylish outfit without feeling the pressure of an endless selection.

Time-Saving Wardrobe
For women, the daily struggle of picking out an outfit can feel like an Olympic event. The vast wardrobe choices often lead to decision fatigue, where women may spend a significant chunk of their morning pondering over what to wear. In contrast, men can pull out a suit, grab a pair of shoes, and they’re halfway to a polished look.

This streamlined approach translates to a more efficient use of time many women might envy. For men, choosing what to wear is usually quicker, as it’s often a matter of taste. It’s an efficient choice of time that many women might envy.

Affordable Fashion
In the world of fashion, affordability can often tip the scales in favour of men. While high-end fashion exists for both genders, men can often look just as stylish without breaking the bank. Classic styles and timeless pieces are staples in men’s fashion, which means they don’t have to constantly chase the latest trends.

Women’s fashion, on the other hand, often revolves around ever-evolving trends and fashion do’s and don’ts. This can lead to a cycle of overthinking and analyzing every item they own, a task that can be daunting for a reason. Women need to invest in quality pieces that stand the test of time, resulting in a more economical wardrobe.

Comfort and Practicality
Fashion should be about feeling comfortable and confident in your own skin. Men often have the upper hand when it comes to comfort and practicality. Think about it—they don’t have to worry about high heels, waistline undergarments, or dresses that require constant adjustments.

A pair of well-fitted jeans and a comfortable shirt can take a man from a casual day at the office to a night out with ease. For women, achieving both comfort and style can be a more complex task.

Fashion as a Form of Rebellion
Fashion often has been a tool for rebellion and expression. In this regard, men might just have an easier time. Think about the “dad-bod” look—a leather jacket, a white t-shirt, and some rugged jeans. It’s a classic look that exudes confidence and defiance.

For women, rebellion through fashion often involves a more elaborate process. While the possibilities are endless, the scrutiny and expectations can be daunting. Men, on the other hand, can adopt a rebellious style with relative ease.

The Power of Minimalism
Less is more, they say, and this mantra holds true in the fashion world. Minimalism is a fashion trend that has gained significant traction in recent years. The beauty of minimalism is its simplicity, and men have a natural advantage here.

A minimalist wardrobe often consists of a few high-quality pieces that can be mixed and matched effortlessly. Men have been doing this for ages with their classic suits and timeless accessories. Women, on the other hand, are often bombarded with fast fashion trends that encourage overconsumption.

The Confidence Factor
Confidence is perhaps the most crucial element of fashion. You’ll radiate style if you feel confident in what you’re wearing. Men have the advantage of not being subjected to as much scrutiny for their fashion choices.

This can translate to a more carefree attitude when it comes to personal style. Women, on the other hand, often face a higher degree of judgment from body shaming to ethical critique. It can sometimes be challenging for women to maintain their confidence. This added pressure can make it more challenging to embrace bold and unique styles.

Even if they want to experiment with different styles, considerations are often more straightforward for men. They can consider investing in a statement headboard, or if you already have one, consider repurposing it with a luxurious fabric that matches your new theme. Next, layer your bedding, mix and match pillows, throw blankets, and double to add depth and coziness.

1. Begin With the Bed
Let’s face it: your bed is the centerpiece of your bedroom. An upgrade here can change the entire ambiance of the room. Consider investing in a statement headboard, or if you already have one, consider repurposing it with a luxurious fabric that matches your new theme. Next, layer your bedding, mix and match pillows, throw blankets, and double to add depth and coziness.

2. Illuminate the Space
Lighting has the power to transform a room’s mood entirely. Ditch the harsh overhead lights and opt for soft, ambient lighting. Bedside lamps with dimmer switches, fairy lights, or even a chic chandelier can create a warm and inviting atmosphere. For those who love reading before bedtime, adjustable wall sconces can add both functionality and style.

3. Walls That Wow
Walls provide a canvas to showcase your personality. Freshen up the paint with a calming shade like muted blues, gentle greens, or soft neutrals. Alternatively, wallpaper with subtle patterns can bring in a touch of sophistication. Don’t forget the artwork. Whether it’s a serene landscape, abstract pieces, or family photos, art can personalize and elevate your space instantly.

4. Storage with Style
Nobody likes a cluttered bedroom. Functional storage can be both practical and stylish. Think floating shelves for your favourite reads, a vintage trunk at the foot of your bed, or even under-bed storage boxes for out-of-season clothing. For those with limited space, multifunctional furniture like ottomans that double up as storage units can be game-changers.

5. Incorporate Natural Elements
Indoor plants can breathe life into a room. Whether it’s a large potted plant, hanging greenery, or a collection of smaller plants on a shelf, nature makes any space feel warm and lived-in. Plus, many indoor plants can improve air quality, ensuring a refreshing sleep.

6. Texture Play
Textures add depth, and playing with them can make your bed- room feel like a five-star suite. Think plush rugs underfoot, velvet cushions, silk curtains, or even a knitted throw. The mix and match of materials will transform the senses and enhance the room’s overall comfort.

7. Personalise Your Nook
Dedicate a corner of your bedroom for some ‘me’ time. It could be a reading nook with a comfortable chair and floor lamp, a meditation space with floor cushions and calming artifacts, or even a small desk for journaling or sketching.

8. Mirror Magic
Mirrors can make a room appear bigger and brighter. Consider adding a full-length mirror, or if you’re feeling adventurous, a mirror collage on one wall. Apart from their functional use, mirrors reflect light and give an illusion of a more expansive space.

9. A Scented-night Bedroom
The power of a good fragrance is often underestimated. Aroma diffuses, scented candles, or sachets in your wardrobe can make your bedroom feel like a serene spa. Opt for calming scents like lavender, chamomile, or sandalwood for a restful night.

10. Don’t Forget the Floor
Last but not least, give your floor some love. If changing the flooring is off the cards, area rugs can make a significant difference. They anchor the space, provide warmth, and can add a splash of colour or pattern to complement the room’s aesthetics.
5 THINGS YOU NEED TO KNOW ABOUT FACIALS

Whether it’s your first time getting a facial or you are a beauty bar veteran, we have asked a few of our favourite aestheticians to share some tips with us to keep in mind before booking a spa visit to get a good facial.

By Funke Babs Kufoji

HOW OFTEN SHOULD ONE GET A FACIAL?

Getting a facial once a week is okay, but just a basic clean-up. More advanced facials should be done once or twice a month. 80% of the effects of a good facial come from the products. Once you can get the right products that work for your skin type and know exactly how to use them, you can do a facial all on your own every week.

CONSULT A PROFESSIONAL

Because numerous factors influence which facial is ideal for your skin type, it is recommended to obtain tailored facials that work best for you. Make it a point to get professional advice before proceeding with any face treatment.

TYPES OF FACIALS

Basic and advanced facials are the two primary kinds of facials. You may believe that once you find a facial that works for you, you must repeat it every time, but this is completely untrue. With age and other health issues, your skin requires various treatments at different periods. Be sure to know the difference between each facial treatment and do them according to your skin needs.

PROCEED WITH CAUTION

Facial treatments involve various processes such as plucking, extraction, hygiene, and bleaching. Be careful during plucking or extraction because not all facial growths are whiteheads or blackheads. Hygiene is crucial, as sterile sponges absorb moisture and can harbour bacteria. While bleaching may give an immediate result, exposure to sunlight may cause further pigmentation.

IT DOES NOT END WITH A FACIAL

A facial isn’t the goal. A facial is only one step in the long journey to good skin. For long-term benefits, combining a good skin regimen with frequent facials is critical. There is no such thing as instant repair when it comes to good skin. You have to put in the work to get good skin.
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