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INSIDER

ASIA

BY LE PARIS PHUKET - BANGKOK MAGAZINE ISSUE 59
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INSIDER

ASIA

Lilly Carrion / Editor & Director of Sales & Marketing

Lilly travelled extensively before settling on the tropical paradise of Phuket. With her friendly soul, extensive island contacts, experience in PR and marketing skills she decided to offer the best of her talents to Insider Asia Magazine.

Debbie Oakes / Chief Editor

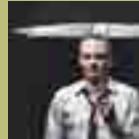
Debbie Oakes is a flying Kiwi. She has spent more than half of her life in cool, manic and magic Asia. As a writer and photographer she has covered in all aspects of lifestyle. From human interest and poverty to health and beauty, food and of course wine. Life is a treasure hunt where people, adventure, breaking bread (and always the odd bit of shopping) are the holy grail.

Lisa Allen / Contributor

Lisa Allen is a creative freelance make-up artist, hair designer and stylist currently based in Phuket, Thailand. An accomplished expert in her field of artistry, Lisa's skilful make up application, professional hair styling techniques and flair for creativity have enabled her to develop a successful business with a reputation that precedes her.

Annebe van Dijkis / Nutritionist

Annebe van Dijkis a nutritionist who studied health and orthomolecular nutrition. She has a passion for healthy eating that she shares on www.facebook.com/healthy.bitsbyanna. Anna also runs a vegetarian restaurant for students. Anna runs workshops and consultations on healthy diet & lifestyle



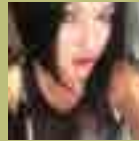
Adriano Trapani / Photographer

Adriano Trapani is an Italian expat who has been living and working in Phuket as photographer for over a decade. To many he's also known as Phuket Paparazzi from his underwater photography days as the underwater paparazzi. From fantasy portraits to architecture, products and lifestyle, he approaches every subject or assignment as unique and he always strives for best results.



Manuschai Kaewrat / Art Director

'Manu' is back in the designer seat at "INSIDER ASIA" Magazine. He studied graphic design at Rungsit University and has worked for 12 years.



Frank Couture / Contributor

Passionate diver and long-time resident in Thailand, Frank has been traveling the world for business and adventure for almost 30 years. Spontaneous, outgoing and optimistic, he strives to combine his mother's German organisational skills with his French father's love of an epicurean lifestyle. Father of two and founding member of the Phuket Sunshine village child care center, he considers Phuket as his home and the world as his playground.



Antoine Melon / Contributor

Graduated from Lausanne Hospitality School with a Diploma for Higher Studies in Hotel & Restaurant Management, Antoine accumulated 20 years' experience in the hospitality industry. He spent the initial years building his career in Egypt, Scotland, England, France, Sweden, Spain, Hong Kong, Maldives. Thailand and he is now in UK.



Darren Scherbain / Contributor

Darren is a life coach from OLD DAWG and Secrets of Better Living. He is a Dog Whisperer and teaches us new tricks. He believes we all have a story that keeps us disconnected from ourselves. That we search for hidden treasure; constantly looking outside ourselves. He teaches the biggest thing standing in our way is not lack of ability, talent, money, or luck, it is the relationship we have with ourselves. He teaches tools to get past the narratives we tell ourselves about why we are not enough as we are.



INSIDER

ASIA

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CHIEF EDITOR

DEBBIE OAKES

ART DIRECTOR

MANUSCHAI KAEWRAT

EDITOR - SALES AND MARKETING DIRECTOR

LILLY CARRION

Email: Lilly@insider-asia.com

Tel.: +66 (0)8 39 69 78 07 (French, English)

PHOTOGRAPHER

ADRIANO TRAPANI

phuketparazzi.com

CONTRIBUTORS

Patrice Sarda, Lilly Carrion, Debbie Oakes

Frank Couture, Panatta Bunthanom, Lisa Allen, Annebe van Dijk,
Antoine Melon, Helke Vijsma, Rebecca Leiler, Darren Scherbain,
Katia Sav, George Mathew

CEO

PATRICE SARDA

DIRECTOR

ORATAI TOPRASIT

INSIDER ASIA IS EDITED BY PHUKET LIFESTYLE MULTIMEDIA CO., LTD.
43 Baandon, Cherngtalay Rd., Cherngtalay, Thalang, Phuket 83110, Thailand
Email : info@insider-asia.com

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HOT SPOT

Hot spot in Bangkok
Hot spot in Phuket





THE Nai HARN

Legendary Mixologist at the Nai Harn : Salim Khoury, from the Famous American Bar at the Savoy in London.

He shared with us an exclusive and fun training session, creating amazing cocktails with local product !

Next time you pop in at Cosmo Restaurant & Bar or at Rock Salt do not hesitate to ask for a Lady NaiHarn, Blushing Monarch, NaiHarn Sunset or a NaiHarn Cooler cocktail.

Chef George Panagiotidis brings us delicious finger food with a taste of Greek influence.

Insider Asia Magazine enjoyed this moment sharing smiles and laughters.



THE EVOLUTION FROM INDIGO PEARL TO THE SLATE

Insider Asia Magazine was invited last Monday to a SPECIAL event at The Slate It's always a pleasure to visit this UNIQUE resort.

The moment you step into The Slate, you're whisked away to ANOTHER world where exotic birds shine with dazzling colours and verdant rainforests quietly grow.

A strikingly original manifestation of the island's core, it's rich culture and traditions are brought to life with bold design and FEARLESS imagination. Where family legacy meets raw elements, industrial beauty interrupts, and art converges with nature.

A captivating vision of the island's true soul.

Indeed, the EVOLUTION from Indigo Pearl to The Slate has been seamless.





HEALTHY ME

MY JUICY DETOX JOURNEY

FRESH FRUIT AND VEGETABLE JUICE DETOXIFICATION IS BECOMING INCREASINGLY POPULAR EVERYWHERE.

By **Lilly Carrion**

Photographed By **Adriano Trapani**



For several days the body is given a break from everything but freshly squeezed natural goodness. Many people turn to cleanses because they feel off - bloated, sluggish, dependent on caffeine and junk food and break outs. The idea of a detox is that it shifts you away from bad habits (too much coffee, alcohol, and fatty foods) and helps foster healthier habits after you're done.

Being a *bonne-vivante*, and having a sweet tooth by nature, eating is for me synonymous with pleasure. Two week's detox was therefore a real challenge for me. I realized how much many pre-conditionings and preconceptions I have about food. I was also surprised at the ease with which I adapted to this new diet.

The goal?

Help the natural process of cleansing the body and therefore feel good in myself: and of course losing weight

For who?

Everyone - novice or practiced detoxers. For those who want to lose a few extra pounds or those who just want to feel in harmony with their bodies.

MEET THE ARTIST

ADRIANO TRAPANI

By Lilly Carrion
Photographer: Adriano Trapani



Adriano Trapani is an Italian expat born in Napoli. He has been living and working in Phuket, Thailand for the past 12 years.

"I have always been an artist in spirit. But back in Italy my artistic soul was trapped in a corporate businessman's body. I could let my spirit free once I moved to Thailand. I like the different pace of life in Phuket as opposed to the busy and stressed city life I had back in Italy. My family has always supported me in any choice I have made. And for that I'm grateful. Without that kind of freedom, I probably would have never changed my life the way I did 12 years ago.

I would say that art chose me through an unconventional medium: scuba diving. I was teaching (and guiding) diving when I first arrived in Thailand and I became interested in underwater photography. Over the years I mastered my photography skills underwater and started "migrating" to dry land. Once there, I was free from all the restrictions of underwater photography (limited time, limited equipment, limited subject matter) and I explored many techniques and styles of photography. I'm all self taught. I realise now it would have been easier and quicker to get to this level if only I had had some guidance. This is the reason why I now teach photography courses.

I'm extremely attracted to visual art in any form. I couldn't (and I still can't) draw or paint to save my life and that's what made me fall in love with photography. I can finally express my visions and share them with the world. I love being able to represent visually what I have in mind. There's beauty in everyone and everything, I try to capture it.







When in London I often visit the TATE gallery, when in Amsterdam I always visit the Van Gogh museum. The Hermitage in Saint Petersburg is mind blowing, Rome has always some exhibitions running and every time I go back to visit my family in Italy I try to attend at least one of them. Another Dutch artist that I love is M.C. Escher, he was a truly unique and visionary man who also lived in Italy for some years in his life. I have a tattoo on my leg of one of his pieces the "curl ups".

My last project is called "Projections on Skin" and it's a series of photos taken in my studio. Images or patterns are projected onto models' skin. Most of the final results look almost like tattoos or body paintings. It was my wife Katia that came up with the idea. After letting the idea brew for couple of months, I finally decided to get the equipment needed for it and started tackling it.

Apart from photography, I have a passion for scuba diving (as mentioned before) which I've been neglecting recently due to my busy schedule. I also love cooking for my family and friends. If I wasn't an artist, I would probably be a personal/private chef. Someone once said that the world gained a good photographer and lost a talented chef...

Every artist should be aware of their limits and should always strive for better results. My technique is surely better than few years back but I can't say I have reached the pinnacle of it. There's always room for improvement. I do that by constantly following forums and tutorials on the web, participating in workshops, arranging workshops and photography courses. There's always the possibility to learn something new from like-minded people; even my students.

The photography community on the web is so vast. On photography sites and social networks, you can be overwhelmed by feedback and ideas. Sometimes family and friends spark new ideas, sometimes I get inspired by other's people work and try to put my own spin on it. To be creative it is important to keep an open mind. I think that anyone can be creative give the right stimulation.

My greatest inspiration is a Brazilian photographer named Sebastiao Salgado. Although his style is strictly black and white travelling photography, the only way I can describe his style, is 'colorful'. His photos are full of strong emotions. I suggest anyone who doesn't know him to check his amazing work

The event that changed me the most was the 2004 Tsunami. I arrived in Phuket six days before. After being lucky enough to avoid it by minutes, as a professional scuba diver, I joined the Thai Marine and Coastal Resources Department for few weeks of volunteer work in cleaning up and restoring the reefs around Phuket, Phi Phi Island, Racha Island and the Similan National Park

It is important to seize the day. I know it sounds cliché but only in Thailand while scuba diving have I realized that I was wasting my life in Italy in my corporate climbing rat race. For me now being successful means doing what I love and being lucky enough to get paid for it. Back then I was thinking that the definition of success was being high ranking in corporate business.

Inspiration is everywhere, sometimes right under my nose. Sometimes it's love at first sight, sometimes it takes few more sights to recognize it...Now that we are in the digital era it is not necessary to buy art to develop creativity. Art can be accessed on line. Prints and books can be purchased. It is not necessary to own art, there's always the option to go to a gallery or to an exhibition. Lastly, almost everywhere, there's a thriving community of contemporary artists that could benefit from a small investment by purchasing some of their work.

Together with a collective of Phuket based artists (photographers, painters, sculptors, digital media artists) I'm participating in an exhibition called "Knock Off" a celebration of the counterfeit. I have "launched" a campaign for a (non existent) perfume line. My brand is a combination (Knock Off) of two well known brands at two opposites of the luxury/affordability spectrum. The hosting venue is Home Kitchen and Bar in Kalim. The owner John Underwood is a long term resident, that is an artist himself, and always promotes this kinds of activity within the island's community.

*For further information and to view or purchase Adriano's work
Call me +66 (0) 848 44 92 15, www.adrianotrapani.com
[@phuketpaparazzi](https://twitter.com/phuketpaparazzi) Twitter, [@phuketpaparazzi](https://www.instagram.com/phuketpaparazzi) Instagram
www.phuketpaparazzi.com*



Alana

**RENT - SALE
 INVESTMENTS**

50m before
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 Nai Harn Beach

Nous
 parlons
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30 meters before
 Boat Avenue
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95/88-89 Moo7 Sai Yuan
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 Tél. : +66 (0)763.888.01

BRANCH OFFICE NAI HARN

28/58 Moo 1, Nai Harn,
 Rawai - Phuket 83130

BRANCH OFFICE BANGTAO

43 Baandon, Cherngtalay Rd.
 Cherngtalay, Thalang,
 Phuket 83110

BRANCH OFFICE KATA

74 Moo 4, Kata Beach
 Karon - Phuket 83110

contact@thailand-realestate.net

Tél. : +66 (0)76 388 801

GSM : +66 (0)85 70000 28

thailand-realestate.net
 harvest-property.com
 phuket-renthouse.com

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BUY · RENT · SALE

REAL ESTATE
 Agency Investment Advisor

KAMALA

from US\$ 7.5 million



Spectacular Oceanview Estates

13 expansive properties set on extremely generous land plots ranging from 4,900 sqm to over 10,000 sqm in size and boasting the most prestigious address in Asia's pre-eminent tropical island playground. The Estates at this ultra luxury development are located on the West coast of Phuket situated on a forest cloaked hillside with fabulous views of Kamala Bay and the waters of the sparkling Andaman Sea.

NAI HARN

From 9,900,000 THB



Lovely Tropical Pool Villa

Located in the heart of Nai Harn, just 5 minutes drive to the peaceful Nai Harn Beach. Fully furnished, 2 bedroom and 2 bathroom, the spacious living areas and bedrooms are surrounded by a large outdoor terrace. Ideal as a private residence or as a holiday home that will generate great rental return.

RAWAI

From 9,600,000 THB



Exquisite luxury Pool Villa

Located in a quiet part of Rawai with full privacy. Surrounded by several beaches within a short distance, this cosy, modern and fully furnished two bedroom villa is perfect for a family with kids.

LAYAN

From 32,000,000 THB



Stunning High End Sea View Condo

Expansive and luxurious 3 bedroom sea view condominium with a private 10 meters swimming pool set in a low density development of only 18 units spread over 3 buildings. Beautiful mountainside location overlooking Layan beach and only a few minutes drive to the beach.

EXPECT THE UNEXPECTED

THE SLATE IS A SLICE OF OLD PHUKET;
RICH IN CULTURE. AGE-OLD TRADITIONS ARE BROUGHT TO LIFE
WITH BOLD DESIGN AND AVANT GARDE CREATIVITY.
FAMILY LEGACY MEETS RAW ELEMENTS, INDUSTRIAL BEAUTY
AND ART MINGLE WITH NATURE.

By Lilly Carrion
Photographed By Adriano Trapani

THE SLATE A PHUKET PEARL RESORT



1. Resort

The resort sits on the tranquil shores of Nai Yang Beach and is surrounded by the protected Sirinat National Park. The moment you step into The Slate you enter another world where exotic birds dazzle in colour and verdant rainforests quietly grow. The extraordinary hotel features three swimming pools: A fun Family Pool with an exclusive non-smoking children's section. Pulley Bar is an adults-only swim-up bar with smooth beats. The Infinity Pool is the perfect adults-only place to relax and enjoy the day. There is also a dive and kitesurfing center next to the hotel.

2. Cooking Class

At Moo's Kitchen cooking class, you will learn the philosophy of Thai cooking and the secret of the five fundamental tastes.

3. Coqoon Spa

This spa has revolutionized the art of unashamed bliss... The cutting edge design features a tree house "nest". You will experience a sense of weightlessness as your body floats away allowing you to truly relax and unwind



4. The Bensley Suite

Surrounded by lush greenery and calm waters, the Bensley Suite is 504sqm of luxury. It is a sublime sanctuary of nature and peace, flower arrangements and rich dark wood furnishings. As the sky turns to red at sunset, you can take a dip in your private pool or relax in the comfort of the living room.

5. Private Pool Villa

The one bedroom & two-bedroom Private Pool Villas are between 650 and 1,000sqm. Set in a surreal world of breathtaking art and captivating natural beauty. A fusion of nature, art and luxury, the private pool villas offer an otherworldly experience. Wake up in a cloud-like, oversized bed to the soft chirping of tropical birds. Cool off in your private plunge pool or lounge in your striped sofa on your sun terrace, the whispering sea and sweeping coastal skies.

6. Restaurants

The Slate attempts crafting authentic dishes on their 6 different restaurants.

Black Ginger

Discover the true tastes of Phuket. A magical restaurant offering delicious Thai Food.

Tin Mine

A lush array of dishes served alfresco. Enjoy fanciful grills and succulent steaks in an enchanting environment.

Rivet & Rebar

Serving up modern Asian cuisines, Rivet is a whimsical world with an exciting blend of tastes and spices. For sensational sips and scrumptious sushi bites, hop over to Rebar.

Tongkah Tin Syndicate

Snooker hall and stylish sips. Soothe your soul with rare whiskies and craft cocktails.

Dirty Monstera

A delectable spread of luscious lunch bites, fresh ground coffee and tasty sweet treats. Take rich, sinful forkfuls of a decadent dessert while you enjoy a classic film.

Verdict

The Slate is a perfect backdrop for relaxation, wellness and beautiful scenery.. One of the most gorgeous hotels on the Island. Not just a hotel, a destination!

My Personal Favorite

Without hesitation, Black Ginger restaurant is the pearl of The Slate. Every detail is perfect, like a dreamscape.

For who ?

With your family, your friends or with your better half you will have an inspiring journey surrounded by the rich tradition of Thai Culture while enjoying and embracing art and flamboyant nature

How much?

Starting from 12,000 THB/ night

THE SLATE Nai Yang Beach
116 Moo 1, Sakhu, Thalang Phuket 83110, Thailand
T: +66(0) 76 327 006
F: +66(0) 76 327 338-9
www.theslatephuket.com



FOOD ART

By **Lisa Allen**
Photographer: **Adriano Trapani**

Lisa Allen is Insider Asia's specialist makeup artist offering tips, advice and hot new products to beautify your life.

An artistic collaboration between Lisa Allen Makeup Artist, Stylist & Hair Designer, with Adriano Trapani, Photographer - Phuket Paparazzi.

We wanted to create a series of images and believed that it was important to understand how the concept would translate into a complete look with the makeup, styling and hair.

The more I thought about the "Food Art" project the more I fell in love with it. I was inspired by possibility of using food in a creative way. Of course the colours and textures but also how was I going to interpret this onto real models.

I wanted to create a look that people could relate to and see the artistic value of the visionary process. I really wanted to use my creative skills to transform the face or body of the model and I believed that, through my skills, the images could be taken to a higher level.

Logistically we decided to shoot the series inside away from the heat. We found a great location, my bathroom, as the polished concrete wall offered a neutral background as not to take away from the images.



PROJECT ONE

PENNE ARRABIATA

Ingredients:

1 Model
Three Bags of Dry Penne Pasta
Brown String
Cotton Wool
Needle & Thread
Handful of Fresh Basil Leaves
Fresh Chillies
Baby Plum Tomatoes

Makeup

Foundation, Green Metallic Eye Shadow, Black Eye Liner, Eyelashes, Blusher, Powder and Red Lipstick

Hair

Brush, Comb, Hairspray, Bobby Pins & Hair Bands.

Creating The Look

Adriano was the Italian influence for this project and we threw Italian into the mix.

We looked at many inspirational images from the web, from spaghetti in the hair to pizza hats, until one day I just started to string some dry penne pasta together which I found in the cupboard. I strung it in one metre lines and hung them vertically from a horizontal string, evenly placed and tied. The plan was to hang this from Dasha's neck.

On the day of the shoot I still didn't have a solid plan but concentrated on Dasha's makeup starting with her eyes. I thought a green smoky metallic eye shadow would make her blue eyes pop and compliment the basil leaves. I air-brushed her foundation on, added eyelashes and liner, then set to work on her hair. I braided and twisted parts of the top. This gave me more of a solid base to add the food. I placed chillies, penne pasta, basil leaves and the baby plum tomatoes randomly throughout the hair. I then added the red lipstick powder and then blush. To complete the look, I put up the rest of Dasha's hair up so the pasta could be seen but didn't mingle with her hair and there was more of a contrast.

Challenges & Secrets to the Shoot

I realised quite quickly that there might be a problem with the food falling off of the head as the tomatoes were a little heavy! So I ended up sewing majority of the chillies, penne pasta, basil leaves, baby plum tomatoes to Dasha's hair. This really helped and they stopped falling off!

The pasta hanging around Dasha's neck was super heavy, so to elevate the shoulder pain I put cotton wool under the pasta to make it more comfortable, so it didn't dig into her skin too much!

A woman with dark hair and dramatic eye makeup is shown from the chest up. She is wearing a costume made of green lettuce leaves around her neck and shoulders. On her head, there is a large white flower made of lettuce leaves, a red chili pepper hanging from her ear, and a taco with various toppings. The background is a soft, out-of-focus green.

PROJECT TWO

MEXICAN TACO

Model: Reachel

Ingredients:

1 Model
3 Iceberg Lettuces
1 Large Chilli
2 Hard Shell Tacos
2 Chopped Tomatoes
1 Pack of Chopped Fresh Ginger
Needle & Thread
Ribbons in Green, White and Red
White Crepe Paper
Red Crepe Paper
Double Sided Sticky Tape

Makeup

Foundation, Grey Metallic Eye Shadow, Black Eye Liner, Eyelashes, Blusher, Powder and Red Lipstick

Hair

Brush, Comb, Hairspray, Bobby Pins & Hair Bands.

Creating The Look

I've always been a fan of Frida Kahlo but I know that her historic look has been recreated many times. Basing the overall look very roughly on Frida we decided to create Mexican Taco style. I decided on a colour theme from the Mexican flag, green, white and red.

On the day I created Reachel's eye makeup first with a smoky grey smudged eye then I airbrushed her foundation on. Added eyelashes and liner, with an intense red Mexican red for her lips. Blusher and lipstick was added at the end.

I then went to work on Reachel's hair. I parted the hair in the centre and created two braids either side of her head. One of the plaits I braided in the green, white and red ribbons and left to hang down one side. The chilli was added as an "earring" and then the lettuce placed above. White and red crepe flowers (that I had made earlier) were then added either side of Reachel's head. I placed the hard shell tacos inside the crepe flowers secured by double sided sticky tape. Then added in the ingredients of the tacos, tomatoes, lettuce and ginger. Finally placing lettuce leaves to add a "frill" type top to Reachel's body using double sided sticky tape.

Challenges & Secrets to the Shoot

The taco's ended up being heavy and I had to secure them with a lot of tape to the crepe flowers. I used ginger instead of grated cheese inside the Taco's as it would have melted really quickly under the lighting! The lettuce leaves were very challenging as they just would not stick to Reachel's body, we just kept on attaching them and then would shoot again!

Adrian

PROJECT THREE

CHILI FRIE

Model: Melanie

Ingredients:

1 Model
Four Bags of Dried Chillies Large Size
Needle & Elastic Thread

Makeup

Foundation, Gold & Red Metallic Eye Shadow, Burgundy Contour Powder, Black Eye Liner, Paper Eyelashes, Blusher, Powder and Chilli Red Lipstick

Hair

Brush, Comb, Hairspray & Bobby Pins.

Creating The Look

My husband and I have always been fans of spicy food, from Indian curries and Thai food all the way through to Mexican and of course that magic ingredient the "Ghost Chilli!" We looked through images and I loved the chilli necklaces that I saw across the web, but what if we could create something a little different?

The day before shooting I sourced four bags of dry chillies. I had planned to make about six "chilli" necklaces in random sizes and to make a smaller one for a crown for her head. I had an idea of layering them on the day.

Melanie's eye makeup was first with a red metallic eyes shadow in the crease blended upwards and then gold colour on the lid. I airbrushed her foundation and when dry I contoured Melanie's face with a burgundy powder. Organic decorative paper eyelashes were added and then liner. I then added the chilli red lipstick powder and blush. Melanie's hair was back combed all over and then hair sprayed for extra volume. I wanted a messy fiery look. I pinned it loosely at the back and the sides and left the top high. I then added the chilli necklaces and tied them in place with secured with bobby pins. Lastly the final two chilli necklaces were added around her neck.

Challenges & Secrets to the Shoot

About an hour after sewing the elastic through all of the chilli necklaces my finger tips started to burn! I should have worn gloves! The chillies were hard to stand up in vertical position in the hair so I had to really go heavy on backcombing the top front section of Melanie's hair so they were able to stand up.

The organic paper lashes were difficult to work with. When adding the eyelash glue to them they rolled up and a changed shape so I had to work fast to manipulate them, this took a little time!



PROJECT FOUR

SUSHI STICKS

Model: Suzuki

Ingredients:

1 Model
3 Large Carrots
Plastic Synthetic Pearl Necklace
Pearl Top Pins
Needle & Thread
2 Pieces of Crab Stick Sushi
2 Pieces of Salmon Sushi
2 Orange Chopsticks
2 Red Chopsticks
2 Wooden Chopsticks
Large Dried Seaweed Sheets
Double Sided Sticky Tape

Makeup

Cream Face Paint Foundation in White, Red, Orange and Black.

Hair

Pony Tail Hair Piece, Hair Doughnut, Brush, Comb, Hairspray, Bobby Pins & Hair Bands.

Creating The Look

I researched this look quite intensely. I wanted to create a traditional Japanese look infused with food.

I wasn't 100% sure of what I was going to create. After researching on the web I fell in love with the Kanzashi hair ornaments used in traditional Japanese hairstyles. I then thought about using carrots as I loved the orange colour.

The day before shooting I sourced all of the food produce and brought a synthetic pearl necklace which I thought I could use for the beads in the hair ornament. The chopsticks I already had in the kitchen. I carved the flowers and triangular shapes by hand out of the carrots and set them aside in water so they would not dry out.

The morning of the shoot I created the three long hair ornaments that hung from an orange chopstick and threaded with pearls then tied them to the chopstick. I based the idea of my makeup loosely on Geisha, with the white face and neck, red liner and brows. I added the orange and red to the face to give it more definition.

Suzuki's hair was secured tightly in a high ponytail using additional "fake" hair with the doughnut on top and smoothed into a bun shape. I added chopsticks for decoration and some more carrot flowers secured by pearl top pins. Salmon and crab stick sushi was pushed on top on the hair bun and also secured with pearl top pins too. Finally, three large sheets of dried seaweed were added to create a top for Suzuki.

Challenges & Secrets to the Shoot

Surprisingly, although this shoot was one of the more technical designs, everything went pretty well. The only difficulty was with the dried seaweed. It just would not stick to the body. I ending up using a pretty tough double sided sticky tape.



HERO AT THE START THAT'S LIFE

By **Darren Scherbain**
Photographer: **Adriano Trapani**

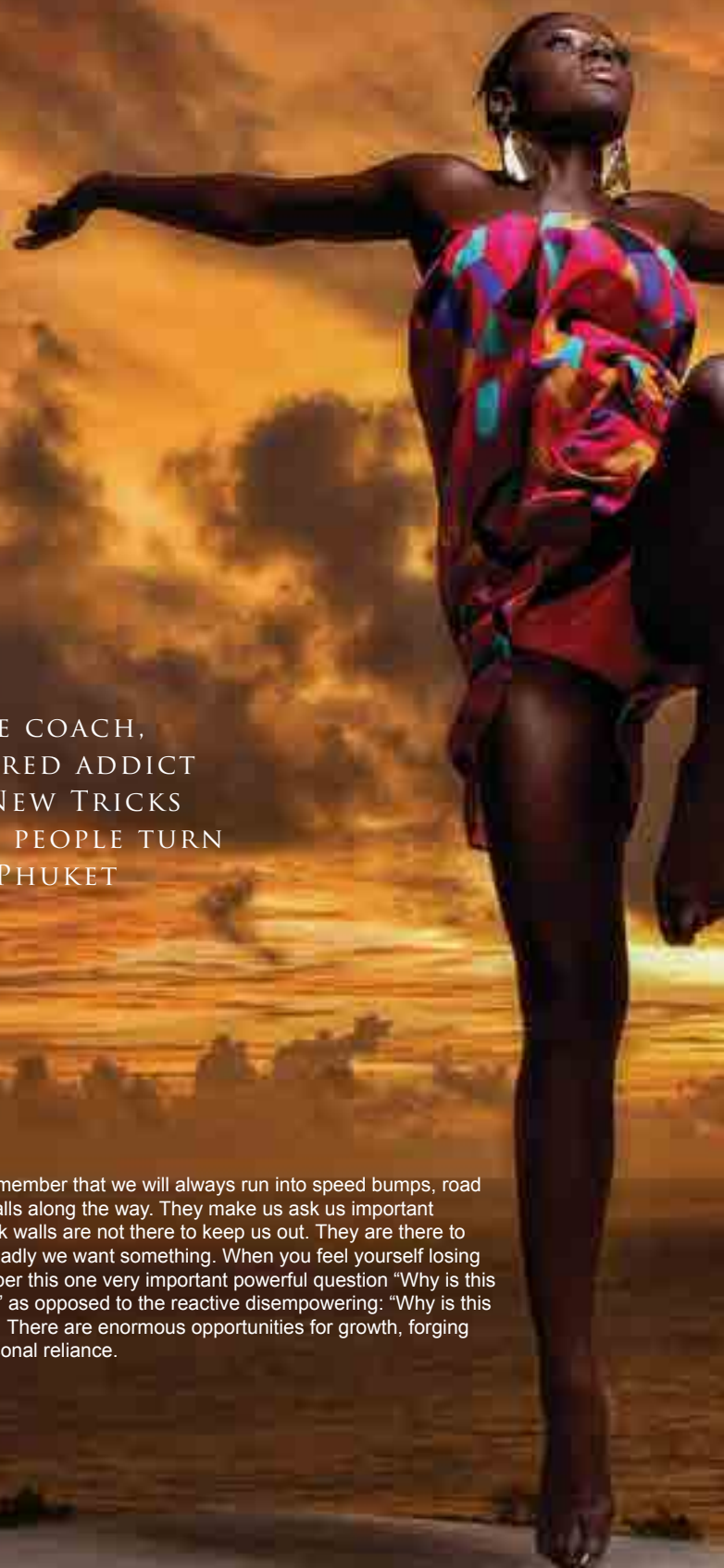
INSIDER ASIA COLUMNIST DARREN SCHERBAIN IS A LIFE COACH, LIFESTYLE PRESENTER COMMENTATOR MENTOR, RECOVERED ADDICT AND 5X IRONMAN FINISHER. HE HAS BEEN TEACHING NEW TRICKS IN ASIA SINCE 2008. HE IS PASSIONATE ABOUT HELPING PEOPLE TURN OBSTACLES INTO OPPORTUNITIES. DARREN RESIDES IN PHUKET AND IS AVAILABLE FOR CONSULTING AND SPEAKING ENGAGEMENTS ACROSS THE ASIA-PACIFIC REGION


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I I'm Darren and I'm a dog whisperer... I teach new tricks. Arambhashura, is a bit of tongue twister. It is the Sanskrit word for Hero at the Start.

We have all been there: the start of a new project, the start of a book, the start of a new relationship, the start of the new me. We start off with a massive amount of conviction. 'This time it will be different'. This time we will get it right and it will be perfect. But it is naive to think that the quest for perfection will shelter us from our fear of failure. What happens when we are left standing, clutching our uncertainty, wondering, how did this happen again? Why is it that we fizzle towards the finish line?

It is important to remember that we will always run into speed bumps, road blocks and brick walls along the way. They make us ask us important questions. The brick walls are not there to keep us out. They are there to make us ask how badly we want something. When you feel yourself losing motivation, remember this one very important powerful question "Why is this happening for me?" as opposed to the reactive disempowering: "Why is this happening to me?" There are enormous opportunities for growth, forging character, and personal reliance.





We all have a story that keeps us disconnected from ourselves. Searching for the hidden treasure. Constantly looking outside of ourselves. We try as best as we can to manipulate and control the pieces on the chess board, but fail to recognize the one constant variable in all our equations is me. The biggest thing that stands in our way is not lack of ability, talent, money, or luck it is our relationship to ourselves. We need to get past the narratives and accompanying fear when we tell ourselves why we are not enough.

Feelings of fear and disconnect can paralyze people. They make us cling to the illusion of control, security, and perfection. We start to question and doubt ourselves and feel we are doing something wrong. We need to learn to have the courage to be intimate with our fears, insecurities, and feelings of discomfort. Also to give ourselves some credit. It takes an enormous amount of doubt to forge our character. Character is not something that you can hack or download. Character is something you have to earn. It is very easy to feel in-control plodding along the same way. If you are willing to be courageous and heroic then get ready for some uncertainty, fear, doubt, and a brand new start. The finish line will figure out its self.

Getting Intimate with Fear

Fear based decisions decrease our capacity to become the hero of our own story. Security and that need for control trap us in a narrative in which you can only feel heroic if you are without insecurities. Fear can feel uncomfortable, uncertain and powerless. So the next time you are feeling fearful remember that fear is a necessary ingredient for courage. You cannot have courage without fear. Next time, instead of playing hide and seek, get intimate with your fears. There are three steps to this:

1) ADMIT that you are afraid. Having the honesty to admit that we are fearful is the first step. You cannot out-run your shadows. Once we are honest with ourselves we realize that all along we have been running from ourselves. The one constant variable in all my equations is me

2) ALLOW yourself to feel all the fear. Sit with it. Don't abandoning yourself by reaching for your usual distractions to numb out fear. Allowing yourself to completely feel it. This is one of the greatest acts of self love and nurturing. We all have the capacity to nurture and love ourselves.

3) ACT How would you act if you were fearless. Fearlessness is not the absence of fear. How would you act if you gave yourself the permission to grow from mistakes and 'failures'.

One illusion people have is the belief that we can cash in on being heroic at a later date. 'The timing isn't right'. 'I'm not ready'. 'I don't have the 'right' feelings, among a multitude of conditional criteria. 'I can't be heroic now, but someday I'll be ready to be heroic'. The illusion of 'someday' is an opiate that soothes our fear of being heroic. If you can allow yourself to feel and act brave in the future, why not allow yourself to feel and act heroic right NOW. Now is the only moment we have any control over. We have this amazing capacity RIGHT NOW to allow ourselves to accept ourselves unconditionally.

Many people get wrapped up in the notion that courage requires massive effort. We fail to realize that the real magic is in consistency. It's a process of a thousand small steps, not one massive leap to the top of the mountain. There is no extraordinary cosmic snap of the fingers, but rather extraordinary results from the consistent small steps. The most important step is the one right now. This first step leads to a domino effect. Now is the time to be heroic and courageous and create your own hero story

Connect to Darren at www.secretsofbetterliving.com

