

ALGARVE Lifestyle

MAGAZINE

FEB/MAR 2023



**RITA
SOARES**

Raising a Glass to
Female Empowerment
in the Wine Industry

VALENTINE'S

The Love Edition: Celebrating
Valentine's with Style

**BLOOMING WITH
ELEGANCE**

The Floral Designs of a Royalty
and Celebrity Favourite

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The Cover

Thanks to Frederic Ducout for his stunning photographs of Rita Soares & the Herdade da Malhadinha.

@fredericducoutphotography



EDITOR'S NOTE

January is always a “get through it” kind of a month in the calendar for many of us. But then we are greeted with the light at the end of the tunnel, the oh so wonderful Cupid’s month of February. In keeping with tradition we are going to be sharing the love from our talented writers within many of our editorials.

2023 is going to be full of new additions to the magazine with many exciting and creative videos from our in-house production to work alongside our editorials. Our ALM family is expanding and we are thrilled to welcome on board Dr Kaiser, Edu Burnay, Sarah Boyce and Jess Negromonte. We look forward to sharing their wealth of expertise covering medical practice, surfing, fashion and golf.

This edition of ALM focuses on empowerment and we have the pleasure of sharing the fantastic success of inspiring ladies and role models who have overcome diversity and absolutely shine. Of course we couldn’t not pay homage to Valentine’s Day! Fear not, we’ve got you covered with a smorgasbord of love, with the magnificent seven fragrances, feeling the love cocktails, a genuinely sumptuous Valentine’s meal and Gareth and Cassandra lead by example by sharing the love with their fitness couple training.

Looking ahead to our April/May issue, yes, yes, we are finding it hard to contain our excitement as we will be showcasing an incredible lady who has achieved the greatest in her chosen sport. We are going all out in bringing our best game for a fantastic video editorial to introduce this sportswoman. Keep an eye out for our reveal on Insta and Facebook pages which will also include an end of filming celebratory party.

On the subject of celebrations..... I am delighted to confirm that in association with Galaxia Boats, the organisers of the Lagos Boat Show, we are their chosen Media Partners. This is a great honour for ALM and means from April our distribution areas will increase to cover Lagos/Luz and Carvoeiro/Lagoa as well as the Golden Triangle.

We genuinely hope you feel as inspired as we do by this issue of our magazine. It has certainly given us extra encouragement and vigour to get through January and we truly are very excited for ALM’s journey this year.



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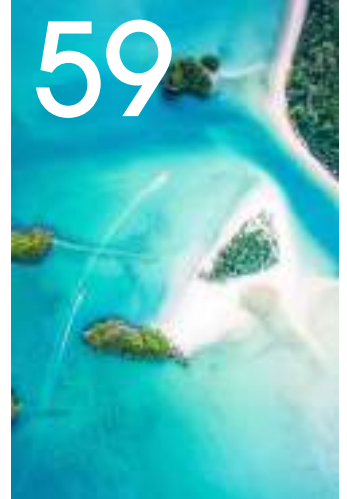
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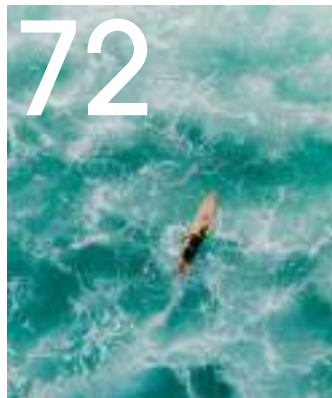
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Women in **Wine**

*Miguel Martins chats with Rita Soares about the World of
Wine Making at Herdade da Malhadinha*



At what stage are you involved in the process of wine making?

All the family and I are involved fully with the wine making process from the first harvest, and we always share our decisions with the team, the winemaker consultant and the resident winemaker.

I can share that from the very first harvest and first tasting to decide wines in 2003 we have always, until today, made the tastings together with the team and never has a blend of wine been made without our presence, mine, my husband João's and my brother and sister in law Paulo and Margaret.

What goals in wine making are you still working to achieve?

We are always looking for improvement and improvement for us means respect for nature. We bought an abandoned property in one of the less populated regions in Europe with no water, electricity or vines. We have been developing a life project based on strong values of preservation meaning that today all 450 hectares of the property are under organic production .

Our main objectives are to preserve this peace of nature and to leave a legacy for future generations.

Even though 'grapes, vines and wines are gender blind', there is still work to be done in terms of diversity in our wine industry; do you believe women have equal opportunities as men in the Portuguese wine industry?

I am very positive about that. In my opinion there are more and more women working in the wine making process industry and that diversity is very important, so we promote it a lot.

Portugal's wine tourism is developing, looking at your example in Herdade da Malhadinha, do you believe it will have the same importance as the wine production in the future, or is it just a complementary value to your main activity, the wine production?

Today our annual turn over relies on 50% wine distribution and 50% tourism so with no modesty I believe we are an example of that development .

How do you believe climate change affects your property in the future?

Climate changes affect all properties of course, we have to be aware of that big problem and at Malhadinha we work hard in order to preserve our ecosystem. We are one of the first wine producers with the sustainability certification of wines of Alentejo, we are a certified organic producer and viticulturist, and we are in the process of certifying tourism by B Corp certification, one of the most relevant tourism world wide certifications. All these processes certify our commitment with preservation and contributing to reverse climate changes . We are always given as an example of regeneration among 580 members of Relais & Chateaux.

Do you believe climate change has an impact on the profile of your wines?

I strongly believe that promoting biodiversity has a big impact on the personality and individuality of the wines. We take measures in order to adapt to climate changes.

What has surprised you about being a winemaker?

I am not a winemaker, I am a wine producer, although I am very active and interested in all the processes of wine making. I taste a lot so I am very aware of all the processes and steps. We believe that being involved with the creation of the wines, the style, and following all the steps, allows us to have the deepest knowledge of all the processes and to create wines with a strong personality.



Miguel Martins
Wine Curator – W Algarve
@miguel_martins_sommelier
@sommelierconciierge

Photos:
Frederic Ducout



Congratulations on your recent achievement in becoming part of the prestigious “Relais & Chateau” How will this impact your business?

Thank you. It has a big impact, first because it's a very strong values affiliation and those values are very aligned with ours, being a family project, independent, inspired by the local traditions and culture. Relais & Chateaux are very strong commercially and we are a very active member.

So we are very happy with all the results, for the project, for our staff who feel also proud to belong to such an exclusive affiliation. They are also very honoured to have a member so focused on sustainability which is a very important goal for Relais & Chateaux.

Do you think women have a different sensibility for wine production?

I think so, yes, women are very sensible for the details, and also for creation, and that's very important to build a very special combination and blend of wine with the different characteristics of the grapes .

What's your favourite month in the year as a wine producer and why?

The harvest month of course and in our specific case it's August. It's the time of the final result of the annual efforts of all the team, working in the vineyard and it's the happiness of that result. It's also the adrenaline of the decisions of the best moment to pick by hand the different varieties, the smell of the wines fermenting in the open fermenters, the daily tasting.

It's a very happy month at Malhadinha as the process is very natural and manual. We involve the guests in the daily activities. Picking grapes by hand only during the night, crushing the grapes by feet in the open fermenters and teaching them how we make blends.

Do you believe there's a new generation of young winemakers in Portugal that will guarantee the future of wine making?

There is already, for a few years. There was a big change in the last few years, not only with an amazing range of new winemakers with a lot of knowledge and harvests made all over the world but also many wineries with amazing technology and architecture.



What are your favourite food and wine pairings?

I normally love to complement food and wine. If I am having a more complex and intense dish, I complement with a wine with a lot of freshness and acidity. On the contrary, if it's a dish with a lot of acidity I will complement with a wine with more volume and complexity. Balance is my word.

What does it take for a Portuguese woman winemaker to be recognised internationally?

In Portugal we have the luck of having the opportunity to be able to work with around 300 native grapes that allows us to produce wines with a lot of personality and of course so different from many other





countries in the world. In addition the capacity of blending together different grapes in order to achieve the perfect balance allows us to have super special wines, the magic of Portuguese wines rely on the blending.

Do you think for a young winemaker to succeed in Portugal, they need to go abroad and learn with others? Or do we have quality enologist teaching in this country?

We already have very good teachers and courses but to travel is in my opinion a very important experience.

From your perspective, will Alentejo wines be successful internationally, like wines from the Douro?

They are. There are a few producers from Alentejo that for many years have already been producing amazing wines. There lies some of the best kept secrets, emerging regions to come that will make a lot of buzz, such as Portalegre.

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INNOVATION

TRENDS



Blooming with Elegance

The Floral Designs of a
Royalty and Celebrity
Favourite

Photo:
Matthew Walker



Photo:
Matthew Walker

For over 35 years, Simon Lycett has been renowned for creating floral fabulousness for events across the globe. He and his team design and execute magical and memorable events within unique venues, from royalty to footballing royalty. A familiar face on TV around the world, and an accomplished author of 7 books, in 2022, he was appointed the inaugural ambassador of floristry and floral art by the Royal Horticultural Society

How did it all begin?

Growing up in Warwick, I always knew from the age of seven that I wanted to become a florist. Norma (who taught city and guilds floristry) was a neighbour, and she, together with two spinster near-neighbours, was a significant influence and support. I remember the first thing I wanted to do when my school day finished was to grow seeds and spend time in the greenhouse. My parents let me get on with it, and I'm sure they just thought it was a phase I was going through. My dad was an engineer, and my mum was a homemaker, but neither of them had any huge interest in gardening apart from the basics. My parents chose to send me to a private, all-boys school, and back in the 70's and 80's, being a boy interested in flowers made me an easy target. I was bullied by teachers and pupils alike, but I guess it builds a carapace which can help prepare you for life.

My parents wanted to see a return on their investment in my education, so dutifully, I attended Huddersfield polytechnic as it was then and enrolled on a humanities course. It was a brilliant way to leave the

family home and interact with people from all walks of life. I managed to stay for a year but knowing I still wanted to work with flowers, I left and took a job as a junior florist in London, thinking it would be for six months.

Your floristry has appeared in many films; do you have any favourites or stand-out moments?

"Four Weddings and a Funeral" was an incredible experience. Whilst working on it, none of us knew it would become the iconic film it still is. At the time, it was hard work, creating the flowers as a one-man band. I had the support of a couple of prop guys throughout a really intense eight weeks reduced to six schedule. However, they were the happiest and most amazing six weeks of my life. There was no hierarchy and everyone was together during that bloody hot sunny period. Andie Macdowell was so friendly! I was used to creating flowers for TV commercials and soon realised people are either really lovely or not. I was always somewhat scared of Mike Newell, the director; he was just so "on it". I look back now on an amazing experience, with plenty of laughing and

crying and, overall, a monumental amount of experience gained. If ever you wanted a magical showcase of Britain, then Four Weddings and a Funeral is it.

Am I right that I heard you've never had any formal training?

I've received no formal training. From the age of seven to fifteen I had Norma, who taught me the proper old-school "nuts and bolts" approach, almost an apprenticeship, although somehow intrinsically, I just knew how to do it. I remember, whilst in the sixth form, a fellow pupil died, and I was asked to create floral tributes for his funeral. Having struggled to pass my maths o-level at the fourth attempt, the maths teacher who had watched me flounder with columns and figures was amazed to see how accurately and efficiently I could calculate stem lengths.

I prefer my staff to have no formal training in floristry. I am lucky to have a phenomenal team with great synergy, and little communication or direction is needed. They work hard and thrive under the pressure.



Do you have a favourite time of the year within your profession?

May, the RHS Chelsea flower show, is the time of the year when British flowers become abundant and beautiful. It's also when we start becoming busy, and the weather is better.

You have some fantastic celebrity clients. Would you say the requests mainly come from ladies or the gents?

Our core business is weddings and high-end corporate events, and we tend to work alongside many event planners and caterers. We are fortunate to be accredited suppliers to all of London's unique venues and hotels. It still frustrates me that the corporate world is, on the whole, driven by men, although it's mainly women that I deal with when arranging corporate events.

Tell me more about the filming and your experience of The World's Biggest Flower Market.

Because I seem to have become the "voice" of floristry in the UK due to my experience in front of the camera, I was approached by a production company to co-present the documentary together with Cherry Healy. And despite what you see on camera, she and I never actually filmed together! There was simply no need for cross-over filming. It was a fantastic experience and gave me fascinating access to various unique places. I fondly remember filming in Africa at the Zambezi flower farm, where they grow beautiful fragrant roses which I have used for over 20 years.

How can we raise the profile of British floristry and seasonal flowers?

Social media is a spectacular tool for raising the profile of British floristry. "Seasonal" is very prevalent in the kitchen - we are encouraged to shop and eat seasonally, and it is gradually becoming more so with flowers and plants - however, the jeopardy of British weather can cause issues, as most clients still want perfection and are not happy to have rain or wind-damaged blooms! I adore using locally grown seasonal flowers; however, the UK flower industry simply cannot supply enough of the flowers that my clients and I require. Availability of British blooms can literally change overnight if there is a frost or storm and most clients, especially brides, want a clear idea of the flowers they will be receiving for their event. This requires us to source most flowers from large-scale commercial growers, most of whom are overseas. Whilst sustainability is a beautiful goal and is becoming a powerful movement for good, I feel we must temper our comments and criticisms with the knowledge that many of us are speaking from a privileged position. For small high-street florists, the use of imported flowers and of flower foam enables them to add value relatively quickly, which in turn increases their margins which enables them to survive against the supermarkets.

I've filmed a lot in LA, for a competitive florist programme where I am the host and one of three judges and called "Full Bloom". One of my fellow judges owns a coffee shop, and we spent a morning

there. Endless customers came to pick up a coffee, each carrying a plastic yoga mat, wearing essentially plastic clothing, and yet each demanded a paper straw in their almond milk latte. Almonds require more water to grow in California than almost everything else, yet they were obsessing over the paper straw!

Sometimes we will have a client who is adamant they have sustainable seasonal flowers sourced from the UK. For them, it is a relatively straightforward "win" - a big tick for their green credentials! Yet that sustainability is rarely maintained throughout the event - the menu ingredients and wines will be internationally sourced, and the keynote speaker and an entourage will have flown across the Atlantic. So whilst we try to work as sustainably as possible, to work only using what is seasonally available in the UK is impossible without a significant re-education of people's perception of floral décor.

You've published seven books; your current one is "People of the Flower Market" where do you find the time, and do you find writing cathartic?

I enjoy the English language and playing with words, crafting a sentence and a phrase. I travel a lot on flights to LA and I am fortunate enough to fly in premium seating. I'm always awake on a plane; I don't watch films; I settle myself in and set up my "desk" and write. I'm in my little bubble, an enclave in the sky; this is how I like to write.



Was appearing on TV for the first time reasonably daunting?

Because I have always been confident in knowing my subject – flowers – it has allowed me to be relatively confident; I was a regular on breakfast TV and the living channel, along with other daytime shows where I cut my teeth.

Your place of work is the arches; what's the history of the arches, and when did you acquire them? Do you get used to the train noise, or do you have music to mask it a little? Are the arches beneficial in terms of temperature control and light for the flowers?

I've been in business for 35 years, and for the last 20-years, we have been based within a series of Victorian railway arches. We have a conjoined atrium providing additional space. The brickwork is dank but waterproof, which provides a cool temperature ideal for the flowers. When I was first shown the arches, I didn't want them. I had visions of no daylight and it being dank and dark, and with trains hurtling overhead. However, we are lucky that our offices and kitchen extend beyond the arch, so we do get daylight. We don't even notice the trains anymore, however, often clients react to them and think it's thunder. Thankfully, it's not a busy line, whereas if you're below the Eurostar, then there's a constant and hefty supply of trains; we are lucky - ours are much quieter.

After your events, what happens to the flowers?

We have had to harden our hearts to this. In the same way, no one would think to gather up odds and ends from each butter dish; we have to consider the flowers and butter have done their job, and served their purpose! For most events, we will have been nurturing the flowers to ensure they are fully open for the finite period of the event. Often this will mean we spent two weeks conditioning them to be "on point" for the night. Frequently we are not able to create arrangements within water due to venue restrictions, so after a warm night in a venue, the flowers really are pretty tired. However, we love it when people take a few stems away with them to enjoy for a couple of days.

We are also lucky to work with a charity called "Floral Angels" who have Her Royal Highness the queen consort as patron.

They will repurpose large decorations post-event, making them into little bunches and posies, which they distribute to hospices and care homes.

Do you try your best to guide wedding couples/clients to natural seasonal flowers, as opposed to man-made technology choices all year round?

It is human nature that most brides wish for perfection, and many provide a prescribed list of flowers, roses, hydrangeas, and orchids, and despite suggesting seasonal alternatives, most continue to seek the perfection of imported blooms, so I become a floral prostitute giving them what they pay me to produce.

Where do your inspirations come from?

Luckily I am able to travel around the world, and I get to work within extraordinary spaces when closed to the public ▶



Photo: Holly Clark





I am very fortunate to work with the finest venues and suppliers, all of which are inspiring. Thankfully, my clients have spectacular budgets, enabling us to create magic!

Extreme request from a client?

I worked on an event where a client actually built from scratch three structures within a resort hotel, and one of the structures the hotel still uses for guests. The construction of each took many months, and all for a few hours of an evening party; it did however look blooming amazing.

So you work in London. Is home close by and how do you relax from your work?

Home is close to Lycett towers, and as I drive home, I begin to think about what I will cook for supper. Food and cooking are one of my greatest pleasures, and it is how I relax and unwind.

Recently, you were invited to chat with Sophie and Jamie on their @NearlyWedsPodcast, how was that?

Brilliant, such a laugh; we three just hit it off; they both are truly lovely and so normal it was effortless and hilarious; all three of us bounced off one another, and we could have spoken for half a day.

Do you have a royal warrant?

I don't have a retail arm, so I wouldn't wish to have one. I have been fortunate to have enjoyed commissions for the royal family.

Mental health/wellbeing and surrounding oneself with botanicals is your key?

I've known forever how much horticulture and time within a garden aids our health and well-being. I was reminded of this when covid hit, and we faced lockdown; I was fortunate to have a little garden, where I spent a lot of time with my hands in the soil. It made me once again truly discover nature and all the majestic treasures it holds.

RHS research goes back many years and demonstrates to us that plants are beneficial to our health, to our working environment, especially when we're using devices and screens.

Finally, what exciting projects are you working on in 2023?

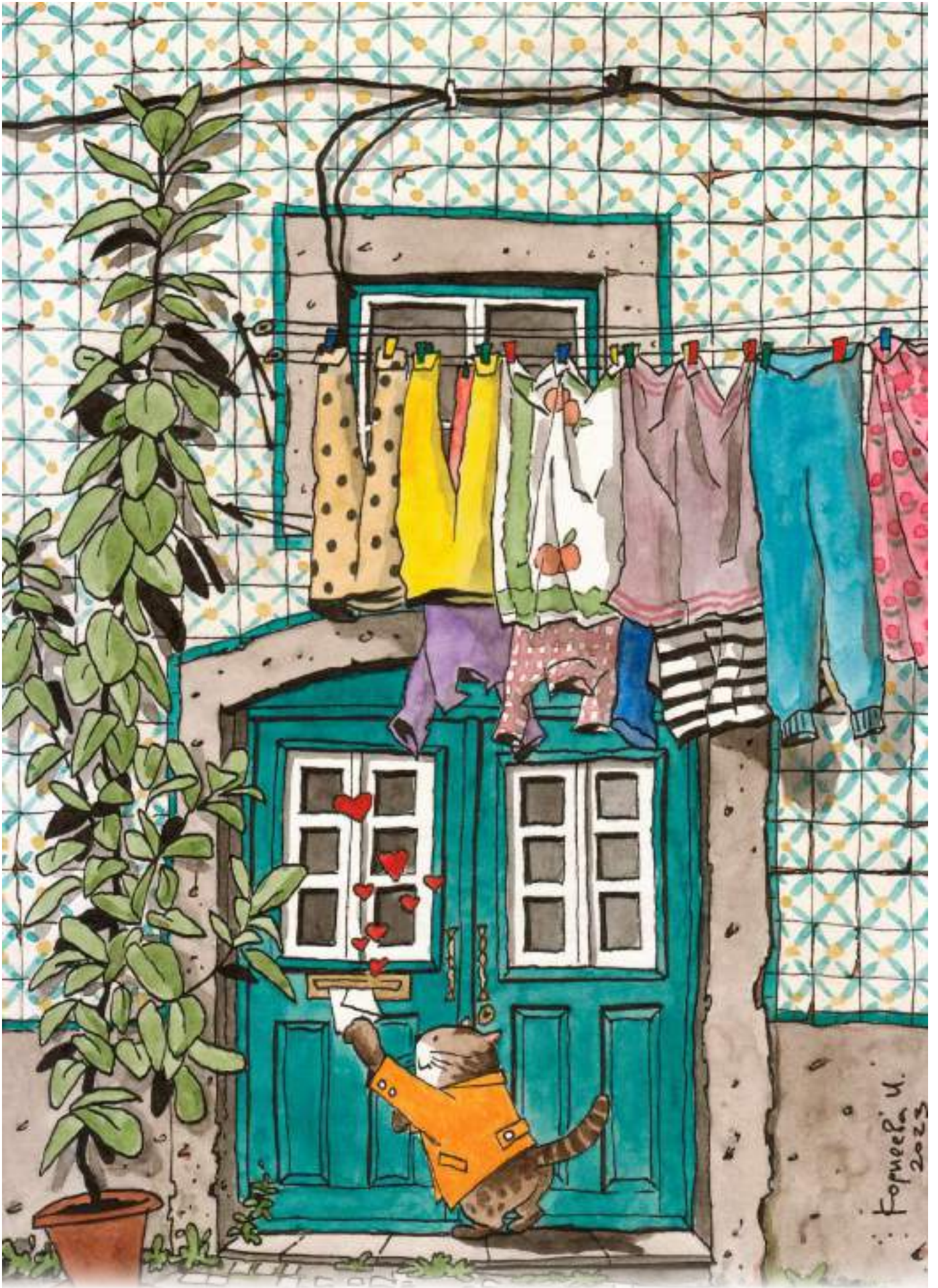
Although it has taken a while to click back in, the return of international and overseas events has begun in earnest and is hugely fascinating and challenging for us. We love the thrill of working in new places alongside new and incredibly artistic individuals to achieve a unique and bespoke event. It's the very reason we refuse all regular weekly contract work. We like nothing more than creating magical memories and then moving on to the next amazing location!

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Commissioned by Algarve Lifestyle Magazine
for our Valentines issue.

Inna Korneeva
@drawings_inna_korneeva

The Magnificent Valentine's 7

Sarah Baker
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Perfume is an enduring choice for Valentine's gifts, with good reason. Nothing gets quite as up-close-and-personal as scent. Selected by Sarah Baker, creative director of Sarah Baker Perfumes, here are seven unique fragrances to bring the glow of love to your Valentine's Day. Romantic, sexy or rugged, there's something to suit him or her.

1. S.BAKER - Far From the Madding Crowd

Named for Thomas Hardy's epic novel of enduring love, a light, fresh romantic scent. Fruity notes mingle with breezy eucalyptus, tart cassis, and wild flowers resting on a gentle mossy base. This easy-wearing fragrance conjures up a romantic walk through meadows before settling down to a picnic beside a slow moving stream. The furry base notes give it a touch of carnal desire.

2. Gallivant - Naples

Gallivant is scent-as-travel with fragrances inspired by great cities. Leave your heart back in Napoli with this woody citrus scent shot through with swirling, smoky incense and even a little hint of the sea. The woody base notes combine with ginger, pink pepper, Calabrian bergamot, sea salts, incense, patchouli, birch and vetiver in a heady promise of decadence.

3. Francesca Bianchi - The Lover's Tale

Like something out of Boccaccio's 'The Decameron'; inspired by forbidden passions and secret trysts between lovers in less permissive times of yore. Honey, mimosa, Egyptian jasmine, Bulgarian rose, peach, bergamot and heliotrope evoke love's sweet succulence while leather, labdanum, sandalwood, vetiver and oakmoss make it clear that that love gets physical.

4. Imaginary Authors - Cape Heartache

Inspired by Philip Sava's 1881 fictitious novel, the story of a young man who travels to the Pacific Northwest where he builds a homestead and

falls in love with a young woman descended from the Native American Nehalem people. Romantic, certainly, but ideal if your valentine favours the outdoorsy life. Notes of Western hemlock, vanilla leaf, strawberry, old growth and mountain fog.

5. Laboratorio Olfattivo - Tantrico

Add sensual tantric secrets from the ancient art of connecting the earth with the spiritual through lovemaking to your Valentine's Day with this scent that fuses the esoteric and the earthy in perfect union. A cloud of juniper, lime, Provençal clary sage and grapefruit pull you into the clouds; cypress, Timoran pepper, sandalwood, white musk, fir and Atlas cedar, back to earth.

6. Maya Njie - Les Fleurs

Inspired by Minnie Riperton's 1970 song 'Les Fleurs', go straight for that big, flowery Valentine with a twist. Maya's creation of bergamot, neroli, fig, green woods and magnolia and musk, both with a citrus lilt, offers a carefully measured balance between romance and cool. It's at once contemporary and nostalgic; unashamedly sentimental and floral yet never too overblown.

7. État Libre d'Orange - Fat Electrician

Who we love is not a choice. If your heart's passion is a Valentine dissenter, skeptical of fluffy romance, then maybe he or she will warm to this one. Don't worry: the gruff, anti-romantic never smelled so good as with this woody gourmand of black pepper, elemi, cedar, vetiver, opoponax, myrrh and vanilla.



S. BAKER

Be mine



JESSICA GERSTEN

INTERIORS

On the 54th floor of 111 Murray Street in Tribeca is a modern tree house created for a family of four. Designer Jessica Gersten first met the client when she designed their home on the Upper East Side eight years ago. Jessica was thrilled to help them create their new dream home downtown.

@jessicagersteninteriors





The open living/dining space has two incredible views facing north and west. The de Noailles residence inspired the living room niche in parchment in Paris, designed by Jean-Michel Frank in 1925. The curved sofa contours around coffee tables custom created by Jessica, also inspired by the work of Jean Michel-Frank. Contemporary side chairs and tables and a Noguchi lantern complete the seating area.

A Ludovic Clement d'Armont mobile light hangs over the oak dining table, designed by Jessica. The contour theme continues with the "wing" dining chairs from Studio Twenty-Seven. Also inspired by Jean Michel-Frank's unconventional use of everyday materials, Jessica designed a sculptural plaster bar which separates the kitchen and dining room.



A modern living room interior. In the center is a large, rounded, beige fabric sofa with two matching square pillows and a light-colored throw blanket draped over the left side. In front of the sofa is a white, sculptural coffee table with two curved legs. On the wall behind the sofa, there are two abstract art pieces. One is a tall, thin, white sculpture with a dark opening at the top. The other is a framed abstract painting with blue and black swirling patterns. The room has light-colored walls and a dark wood floor. A window with light-colored curtains is visible on the left side.

Art pieces on wall by Estuko Ichikawa
are curated with the help of Hourglass
Advisory.

The Webcoat table lamp is by Steven Haulenbeek and rests on a custom credenza also created by the designer.



Downtown comes uptown in this converted upper-east side residence giving a loft feeling with iron casement windows, high ceilings and oak floors.





Bleached maple dining table by Tod Von Mertens, rope lighting by Brightbound, and beachscapes by local artist Scott Rudin.



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Alentejo. A region with one of the lowest population densities in Europe and one of Portugal's best-kept secrets. A welcoming and hospitable land recognised for its excellent food and wines, respect for environmental sustainability and the preservation of ancient traditions and customs.

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accommodations. They portray the various chapters in the history of this family-style project built around wine. All different yet all the same, with a unique character and purpose, the central planks connecting the different spaces together are privacy, exclusivity and luxury.

Malhadinha's food concept is based on a signature cuisine that privileges local products. It is the result of the work of consultant and renowned Michelin-starred chef Joachim Koerper and the versatile resident chef, Rodrigo Madeira and Vitalina Santos, a cook with vast knowledge of traditional Alentejo recipes. Inspired by the local regional cuisine, all of the food is created with the organic produce grown on the estate – from the fields, vineyard, olive grove and pastures. From honey to free-range eggs, olive oil to bread, pennyroyal to

tomatoes and the other myriad produce from the vegetable garden, it also includes fish and the Alentejo's own black pork and beef.

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**RELAIS &
CHATEAUX**

A woman with long dark hair, wearing a blue denim shirt, is smiling and cooking in a kitchen. She is using a wooden spoon to stir ingredients in a silver wok on a gas stove. The background shows a white shelf with a bowl.

Ching He Huang

MBE

An interview with
the Taiwanese-
born food writer and
TV chef.



The Lunar New Year is celebrated in many countries around the world. In Chinese culture, it is also called The Spring Festival and is perhaps the most important festival. In 2023 we will be welcoming in the year of the Rabbit, which is a symbol of hope, peace and prosperity.

In addition to the Lunar New Year, do you also celebrate New Year's Eve?

Yes, of course! When it comes to January, the more celebrations, the better, especially as I live in the UK, and it's a great way to break up the winter blues.

Your biggest influence in cooking was your Grandma. Explain the impact she has on your life.

She was a fantastic woman, the matriarch of our family, she wielded her wok and spatula like a wok warrior goddess, and that's my memory of her, commanding our family kitchen (our communal family 'siheyuan' Chinese style courtyard family home was the centre of 11 of our extended family and their families). My Grandmother was the eldest and so she was often in charge of our family gatherings in the courtyard, all feasting together; great aunts would bring what they cooked and everyone shared their food - it was like a giant potluck!

You were born in Taiwan, but then as a family, you moved to South Africa. Why was this? Then on to London when you were six; how did you adapt to new surroundings three times within a short space of time?

My father decided to start an export business selling bicycles to South Africa, which was the primary mode of transport for a lot of people in the 80's. My father

was quite entrepreneurial, and by chance, he had met a South African businessman and they decided to partner together. We lived there until I was about 11. Then we uprooted again, this time to London, because Nelson Mandela was about to be freed, and the collapse of apartheid meant a lot of instability in South Africa.

Tell me what has been your favourite cooking experiences: by person, by place and would love to cook for?

I loved cooking for my friend Phil Rosenthal, host of 'Somebody Feed Phil' on Netflix, for one of my TV cooking shows. He is super fun. I loved cooking in this old Ming dynasty village called 'Chuan Di Xia' outside of Beijing with a fiery northern lady called Mrs Han for my BBC cooking Show 'Exploring China'. I would love to cook for my Grandmother again...and ask her if my cooking has improved.

What essentials should every cook/chef have in their Asian kitchen?

You must have a good wok, cleaver and a chopping board. And your store cupboard must be well stocked with the essentials like Shaoxing rice wine or dry sherry, Light and Dark soy sauce, Toasted sesame oil, Chilli oil and Chinese five spice powder.

The ultimate fast food Asian recipes you have honed and why?

Crab Ants Climbing Trees, Lionhead meatballs, Mapo Tofu, Tiger Bites Pig, Sichuan Wontons, Cantonese roast duck, Char Siu Pork...I love the classics, especially Chinese cuisine, and of course, my Grandmother's Bamboo Zong Zi dumplings. I can cook these with my eyes closed. It wasn't always the case. What do they say when someone dedicates over 10,000 hours...?

What was your first Mastered Recipe?

Gosh, I think fried rice...my first fried rice was so soggy at age 13.

You are currently jet-setting everywhere; where is home, where is your getaway from it all and what is your favourite holiday destination?

My home is Surrey, UK; it's a luxury to travel but anywhere where I can swim in the ocean is one of my greatest pleasures. I do love the sea, the sand between my toes and watching sunsets over the water.

You decided to become vegetarian; what are your reasons for this? Has this had an impact on your cooking styles/recipes?

I was plant-based for most of the time of writing Asian Green, and at this moment, I am more than 85-90% plant-based, but because of my career, I feel I do have a duty to also look out for those who aren't but are on their own journey, so I try and be as inclusive as possible. My husband cured his asthma and allergies by going plant-based, so some people can really thrive on a whole-food plant-based diet. You must listen to your body and do what's right for you. Only you will get the answers when you try and test.

So what's your latest cookbook, and how do you gain inspiration for this your ninth cookbook? The accolade of having nine books to your name is seriously impressive, but then for them to all become best-sellers must be an incredible experience.

There are actually ten cookbooks now... some are more best-selling than others. Thank you for your kind comments. I really try to give back to my fans who have supported me over the years ►

the dishes are for them and their families. I do try and make sure the recipes are as best they can be for maximum enjoyment with minimum fuss.

So, what's in the cooking pot for 2023?

Lots of cooking adventures, and another book. I want to travel more and give back to the hospitality industry too, which is why I'm also Chairwoman of Asia territories for the Young Chef Young Waiter Competition.

Who is your ideal travel partner, and why?

May sound boring to say, but my husband! He's more patient than I am and can solve problems in an instant, plus he's a great company if there are travel delays etc. He's also a foodie (albeit plant based these days), but that doesn't stop us from exploring the best haunts a destination has to offer.

In 2020, you were honoured by the Queen with an MBE for services to the Culinary Arts. Was it our late Queen who knighted you?

I wish it were; it was Princess Anne. When I stepped up to her and looked up, I saw a spitting image of the Queen. It was the best day, and so honoured to be awarded.

How is life in Surrey, what made you and Jamie choose to live there?

I didn't know much about Surrey until we moved there. Our decision was solely to be closer to Jamie's family. My family are all in Asia, so it was important for us.

You are a strong advocate of traditional Chinese medicine; how has this shaped your life and beliefs about modern medicine?

The body is super intelligent and has technology that is susceptible to viruses, but if you feed it with the proper nutrients, you can prevent flare-ups. I respect Chinese medicine because it treats the body as a whole, whereas we tend to just focus on the singular. An East-West approach works, but given the right conditions, the body has a fantastic ability to heal itself if you help it along.



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more.”



AS SEEN ON

Sarah's Style is Chic, Polished,
Elegant and Fun.

SARAH

Sarah Boyce

I can remember the precise moment where my passion for fashion began! My grandmother was an incredible seamstress and used to make bespoke ball gowns for young women attending the famed May Balls at Cambridge University back in the 1960s.

When she had three granddaughters, it was inevitable that we were going to be impeccably dressed and I'll never forget the darling little red wool coats she made

for me and my sisters – each one adorned with gold military buttons and its own unique design details!

When I reached my 10th birthday, she asked where I would like to go and, although I lived in rural Devon and I'd never even been to London, I immediately answered "Harrods". The rest is history!

Fast forward several decades and I have found my spiritual home as a fashion

blogger, content creator and soon-to-be stylist. I can honestly say that, at 54, I have never been happier.

There are two types of girls in this world – those who love to share their fashion finds and favourites, and those who prefer to keep them to themselves. Having spent 23 years living in London, I don't think there was a day that I wasn't stopped in the street and asked where an item of clothing was from, so my love of sharing daily fashion content started early.

My biggest joy is in sharing my favourite designers, collections and pieces. Seeing the smile on someone's face when they look and feel fabulous! Whilst I tend to blog primarily about "affordable luxury" and encourage followers to "buy well, buy once and wear more", I also love finding those wonderful high street gems that we all adore.

I was thrilled to be asked to become a fashion columnist for the wonderful Algarve Lifestyle magazine, especially as I'm a sunshine girl at heart and resort wear is my absolute favourite. So over the coming months, I look forward to sharing lots of beautiful fashion, beauty and lifestyle with you. Please do email my Style Surgery with any fashion questions you have. I would love you to join me on Instagram for more daily fashion content and I look forward to sharing the best of fabulous fashion that will suit the wonderful readers.

sarah@luxurybrandsshowcase.com
[@seenonsarah](https://www.instagram.com/seenonsarah)



A new hub for specialty coffee?

Jodie Marie Dewberry

In recent years, however, a new kind of coffee culture has been emerging throughout Portugal: specialty and third-wave coffee. With increasing education about the coffee industry and a greater demand for traceable and sustainable products, specialty coffee has made a breakthrough in Portugal. And, after the initial roasteries opened in the cities of Lisbon and Porto, the industry has now found an unexpected third hub in the Algarve.

Any coffee drinker who has spent time in Portugal is familiar with the name Delta.

Virtually synonymous with Portuguese coffee culture, Delta perfectly represents the traditional role that coffee has played here: a lingering shot of espresso - or 'expresso', as it's spelt in Portuguese - brewed with bitter dark-roasted beans and consumed in a social setting.

Most people would agree that it's also best enjoyed with a teaspoon or two of sugar, which is how it came to be known as uma bica in Lisbon. While most residents are familiar with the name, not many know that it is an acronym that stands for Beba Isto Com Açúcar ("drink this with sugar").

What is specialty coffee?

Specialty coffee refers to any coffee that has a cupping score of 80 (out of a possible 100) or above. This score is determined by the Specialty Coffee Association, an international non-profit for the coffee trade industry, and is awarded based on various factors that determine the quality of a coffee.

Unlike commercial coffee brands, which use a variety of beans to create a typical 'coffee' flavour, specialty coffee retains the natural flavours of the coffee cherry. Each coffee region has its own general characteristics but flavours can vary greatly even within a region. Some of the more common flavours include chocolate, nuts and red fruits, but it's not uncommon to find a coffee with tasting notes of jasmine, honey, mango or many other flavours. The result is a naturally sweet coffee that will make you order an espresso rather than a bica because it doesn't need any sugar. On the contrary, it's better enjoyed without!

The exact flavours of a coffee are determined not only by the type of coffee plants and the growing conditions but also by how the coffee is roasted. Commercial Portuguese coffee - like virtually all commercial coffee - is roasted on the dark side to mask any strong tasting notes. Specialty coffee roasters, on the other hand, aim to bring out strong flavours of fruits, flowers, nuts, chocolate and more in their roasting process. The result is a product that's quite far from the traditional espresso you may enjoy in a Delta café.



In this way, specialty coffee can be compared to craft beer. While you may drink a national beer (or commercial coffee) for the low price or effect that the drug has on you, you drink a craft beer (or specialty coffee) for the flavour and the experience. Therefore, rather than a diversion from the Delta coffee culture that is so strong in Portugal, the rise of specialty coffee here is more of an addition to the market. It is a sector of the coffee market that has been growing rapidly both in and out of Portugal, and the Algarve is gaining recognition within it.

Roasting in the Algarve

The Algarve is now home to five coffee roasters, all of whom opened in the last few years: The Studio, Al-Gharb, Koyo, Clifftop and, most recently, Bean 17. With the exception of Clifftop, all have their own coffee shops in addition to selling beans

for home consumption. The Studio, which opened in January 2021, already serves its coffee in not just one but two locations: in Praia da Luz, where the roastery is located, and in central Lagos.

This growth has placed the Algarve firmly on the specialty coffee map alongside Lisbon and Porto, both of whom have also seen a boom in roasteries and specialty coffee shops in the last few years. While it's not unusual to find a host of coffee roasteries in most European cities, it's not so usual to see a fairly rural region like the Algarve making such waves. The Algarve's rapid growth into a hub for specialty coffee is quite unexpected - both among coffee drinkers, who are surprised to find not just one but several options here, and within the industry itself.

What's unclear is whether a growing demand from Algarve tourists and locals searching for specialty coffee led to this boom, or if the growing hub of specialty coffee is bringing more visitors here and introducing more locals to the more traceable and higher quality coffee. Indeed, at The Studio, it's not uncommon for visitors to mention that they chose to travel to this part of Portugal because of the coffee roasting scene here. Whichever is the leading cause of growth, one thing is for sure: the Algarve is quickly securing a position as a leader in the specialty coffee roasting industry and, in doing so, creating a new name for Portugal in the world of coffee.



@thestudio.coffee
Rua Soeiro da Costa,
Lagos





ST. MACCHINAS' DAY, ANYONE?

Matthew Goodwin
@HighPeakAutos



I loathe Valentine's Day. I don't wish to sound dramatic but isn't it a colossal, monumental, stupendous waste of time, money and effort?

Of course in the Western World, we're used to such wallet-emptying nonsense. Halloween is another example of this fleecing flimflam although you can excuse that to some extent because little people seem to like it (I'm talking about children, not Janette Krankie or Warwick Davies).

Before you accuse me of being an Ebenezer I should point out that I'm not like this with everything. I like Christmas. That's an event for everyone. Valentine's Day isn't: it's solely for adult couples. And nobody knows the meaning of it either. It's just a commercial opportunity introduced by greedy capitalists to exploit the gullible, the dumb and the vapid. It's forced upon us every year and we have no choice but to go along with it. We're hoodwinked into buying roses or chocolates or something more extravagant altogether. For what? It's ridiculous.

With every orbit of the sun, February the thirteenth looks the same; The greetings card aisle in supermarkets is full of confused looking men who have a bunch of flowers in one hand and some Ferrero-Rocher in the other. It's tragic. And you can forget trying to get into a restaurant, you've got no chance.

To make matters worse, for the duration of the day all we see on social media are cringey posts with captions such as "the

boy has done good...". I scroll through smirking thinking "aren't you the same girl who only last week was posting "that's it! I'm not being walked ova again. It's just me n mi kids from now on!"?" I nosily read through the sea of disingenuous comments wondering why most of her friends are suggesting that she 'inbox me hun x o x o'. I'm never entirely sure what that means. It's all very strange.

You will occasionally see a Facebook post from somebody who's poor partner has been too busy working and raising a family to have gone out and bought a dozen roses and some Milk Tray. We know this because their post will simply be either an angry red-faced emoji or three solitary letters; 'FFS': I feel for their other half. You just know that means they'll be spending 72 hours in the dog house.

It's 2023. Isn't it about time we put this insanity behind us? Happily, I've got a better idea. Instead, why don't we have a designated day where we celebrate something worthy of our attention: The motorcar.

The humble car has done more good for humankind than penicillin. By comparison Edison, Franklin and Berners-Lee's achievements look feeble and insignificant.

The four-wheeled wonder has mobilised the masses. It hasn't just revolutionised mobility but social mobility too.

It's hard to believe but only a hundred and thirty years ago, regardless of whether you

were a farmhand or a Rockefeller, you had a horse. That was as good as it got. Nowadays the gap between the rich and the poor has decreased and that's thanks to the car.

Anyone and everyone can have a car. There are no barriers to ownership. There's a car for everyone. Big. Small. Fast. Slow. Cheap. Luxurious. You can buy something incredibly beautiful like the Aston Martin Virage or something inconceivably ugly like the Nissan Juke.

What's more, a car can take us anywhere we like. The automobile has given more people freedom than William Wilberforce.

You know what it's like when your car is in for a service or repair and you're left without transport, you feel as though your wings have been clipped. You feel like a child again asking for lifts. It's depressing.

The other great thing about the car is that you don't need an awful lot of money to be part of the club. I recently bought an old Fiat Panda for £250 which very shortly I'm planning to take on a 2000 km road trip (you'll have to check out my YouTube channel for more on that) and I love it. It's simple and unfussy. It is the very definition of cheap and cheerful.

So why don't we have a day where we celebrate all things automotive. Wouldn't that make more sense than being forced into buying an oversized, overpriced card, some Black Magic and begging for a table at your local Harvester?

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KIR
ROYALE

A Toast to **Women's Empowerment**

Jaime
Montgomery

For centuries the spirits & cocktail industry has very much been dominated by men, however this past decade we have rightly seen an increasing empowerment of women. Bars and spirits have developed significantly with their skills, expertise, and perspective.

Women continue to push forward the beverage sector, making it to the front pages and supporting one another along the way. The bar for women's empowerment and representation keeps rising as more and more women hold leadership and prominent roles in the business.

From spirits importers such as Anna Bonewitz from Exceptional Spirits to Gin distillers such as Marta Pinto, to bar entrepreneurs like Constança Cordeiro with Toca da Raposa and Uni, and several amazing barmaids such as Ana Camacho, Catarina Correia, Flavia Menezes, Helena Pereira and Tatiana Cardoso.

Large worldwide corporations are witnessing a larger female workforce, especially in executive roles, which is

another sign of how far women have come. The fact that women hold 39% of leadership positions at Diageo, including 55% of the board of directors, demonstrates their skill and intelligence while also leading the path for women elsewhere.

Unfortunately, it has not always been the case. Society has frowned upon women drinking and being involved in the alcohol industry. However, even back in the day women were already carving the industry from the very word cocktail itself!

According to legend, Betsy Flanagan first used the term "cocktail" in 1779. She created an innovative mixed drink that gained enormous popularity. One evening, she snuck into her neighbour's chicken coop and served her mixed drinks with the chicken's tail feather as a garnish. Being

true or not she's the greatest influence on the modern bar as we know it; the cocktail is a global phenomenon.

Ada Coleman was the first celebrity barmaid in history. She was a popular hostess for the hotel's renowned and wealthy customers and a skilled mixologist. For Sir Charles Hawtrey, she created the "Hanky Panky" cocktail in answer to his request for a drink "with a bit of punch in it." The Hanky Panky, which was first featured in The Savoy Cocktail Book in 1930 and is now well-known all over the world, has its own place in the history of cocktails.

We recommend preparing a Hanky Panky in honour of International Women's Day and honouring the women who have influenced spirits and cocktail culture.

@southsidebartending

HANKY PANKY

Method:

- Add the gin, sweet vermouth and Fernet-Branca into a mixing glass with ice and stir until well-chilled.
- Strain into a chilled cocktail glass.
- Garnish with an orange twist.

Ingredients:

- 45ml Italian Vermouth
- 45ml Dry Gin
- 5ml Fernet-Branca

KIR ROYALE

Method:

- Add to a chilled flute the Crème de cassis.
- Gently pour the sparkling wine to fill the glass.
- Garnish with your imagination!

Ingredients:

- 25ml Crème de Cassis
- 150ml Champagne

CLOVER CLUB

Method:

- Add all the ingredients to a shaker filled with ice. Shake well.
- Dry shake, remove the ice and shake vigorously to emulsify the egg white.
- Double strain into a chilled coupette.
- Garnish with fresh raspberries

Ingredients:

- 60ml Gin
- 25ml Fresh Lemon Juice
- 20ml Raspberry Syrup (2:1)
- 1 Egg White



CLOVER CLUB

HANKY PANKY

Valentine's day is a celebration, and celebrations call for amazing cocktails.

Pink

to make the boys wink!

It's that time of year again, Valentine's Day! When I think of this special day, I think of hearts and chocolates and flowers. Or drinking four bottles of wine on the couch with a large pizza under your duvet, waiting for the 15th of February to hurry the f..k up! Whatever your view is, we always have makeup to brighten up your day - and the face! Here are some gorgeous pink must-haves for your Valentine's day and for the beautiful Spring days just around the corner.

Debutante Lipstick - Ken Boylan €18.50

A lovely pink peony cream lipstick. This lipstick will brighten up any face and looks lovely as a day's lipstick or for nighttime with a brown smokey eye.

kenboylan.net



Paris Lipgloss - Ken Boylan €18.50

To go over that lipstick is "Paris" lipgloss to match Debutante - a beautifully rich, creamy pink with a stunning high gloss finish. If you want to draw attention to your lips, this is the gloss for you.

kenboylan.net



Pinkgasm - Charlotte Tilbury €36.00

Charlotte Tilbury's stunning Beauty light wands are back! And one of my favourites is "Pinkgasm". This will light up every face, no matter what age! It gives a stunning paralysed pink glow to your cheeks, lips and brow bone. For me, less is best! You don't want to look like an android! Your skin will never have looked more beautiful over that candlelight dinner.

charlottetilbury.com



Ignited Eyeshadow Palette - Nars €54.75

I just adore this eye shadow palette! It is so pretty; you don't even want to use it (but I will). Nars's new limited-edition Ignited Eyeshadow Palette. It is full of 12 glitters, matte, and shimmer shades of varying warm pinks and purples, stunning coming into spring. There are even some everyday nude shades, so you'll definitely get plenty of use from this palette. But be fast. It's a limited edition!

nars.com



Putty Cream Blush - ELF €7.95

I love Cream blushers! Putty Cream Blush is very much Valentine's day must-have; you can use cream blushers on a no-makeup face; they work so well if you are on your holidays with a bit of a tan, just pop it straight onto your cheeks; see how it brings you tanned face alive. You can also use it on a full face of makeup; just pat it over your foundation and bronzer - it gives a beautiful pink glow. If you are travelling and only want to bring a few bits of makeup, you can use it as a blush and a lipstick. Just pop a bit of gloss over it to add a bit of shine!

elfcosmetics.com



Ken Boylan
Make Up/Play

@kenboylanmakeupplay





A

Valentine's

Special

Mel V
www.melve.life

St. Valentine's day is always an excellent day for indulgence, especially if you are cooking for someone special or for someone you are trying to impress.

This is the time to pull out all the stops, and although that may seem daunting, here are a few simple recipes that will not only impress but imprint memories forever more...

Being a bit of a pink addict, this is the time of year I get to indulge in pink food, and I don't hold back, and neither should you. These recipes may seem a bit complicated, but really, they are quite simple if you plan the timings.

For full recipes, please visit our website almag.life

STARTERS

My epic Blinis gets a lot of attention when I post pictures on social media, and there is no better time than Valentine's day to try these. They present so elegantly on a platter and taste amazing, so I do encourage making a platter, rather than just a few, as you will definitely want to go back for more. For those who don't understand my obsession with these tasty little morsels, let me explain how they are made.

There are two components: The mini pancake and the topping. The mini pancakes can be purchased fresh or frozen from high-end supermarkets, or you can make your own from ready-bought pancake mix. But if you really want to go the extra mile, you can make them from scratch with an essential pancake mix which you shallow fry in spoonfuls. Make as many as you need, or finish the batter and keep what you don't use. They freeze very well. This dish is best served at room temperature and can be made a couple of hours before it is meant to be done.



STARTER

Lemon Blinis, Cream Cheese,
Salmon & Caviar

MAIN

Rare Duck Breast in Chinese
Five Spice, Potato Dauphinoise,
Griddled Chicory & Raspberry
Sauce

DESSERT

Pink Champagne Jelly & Ruby
Chocolate mousse

MAIN COURSE

Duck or Pato, called in Portugal, is my absolute favourite of all the meaty treats. I adore the velvety pink meat and crispy skin combination, which is decadently rich, which is why a pairing with a fruit sauce with an acidic tang helps to cut through the richness. This is a modern-day throwback to the 80's classic Duck L' Orange, but with a seductively simple raspberry to bring the richly red Valentine's feeling to the dish. I recommend you go to your favourite butchers and get them to cut two duck breasts straight from the bone. This meat has far more flavour than pre-cut vacuum packaged, however, if the latter is all you can get, that will work fine, so long as they are not frozen. Fresh is best.



DESSERT

This is often a throw-away gesture on restaurant menus, which is a pity really because it is the last chance to make a good impression, especially when you are trying to make your way to someone's heart through their stomach. This epic Valentine's dessert will undoubtedly impress, as this decadent combination of Pink Champagne Jelly with Ruby Cocoa Bean Chocolate Mousse is as hedonistic and pinkly indulgent as one can get.





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The Power of *Women* in Travel

The tourism industry is one of the most important sectors in Europe being the most visited continent in the world per arrivals. Some of the greatest countries in the world such as Italy, Portugal, Spain, France and Greece had an important driver in their economic progress due to tourism.

The tourist industry also is quite sensitive to external effects like the financial crisis in 2008 and the pandemic in 2020. This industry has a huge role to play in Europe to achieve sustainable goals but also transforming our society into a gender equality model and being the role model for the world.

The world is changing in a positive wave and tourism as an industry has a pivotal role to play in achieving the objectives of the 2030 agenda for sustainable development, in particular the commitments to gender equality and the empowerment of women (sustainable development goal 5 in 2030 agenda from the ONU). Regarding statistics, as of 2021, there are 49,58% of women in the world and 50,42% men. In the tourism industry it is impressive how the balance changes because 85% of all travel decisions: where to go, when to fly, where to stay, are made by women. Needless to say that the tourism industry is a powerhouse for women as society changes because as a sector the majority of the workforce worldwide (54%)

are women, meaning women are the drive for this unique industry (UNWTO/2021). The amazing feature of this one-of-a-kind industry not only promotes peace but positively promotes gender equality and women's empowerment, and the gender wage gap is narrower in tourism than it is in the broader global economy.

Tourism has a pivotal role to play in achieving the commitments at the heart of the 2030 Agenda for Sustainable Development, including commitments to gender equality and women's empowerment. This agenda developed by the United Nations was supported by the Global Report on Women in Tourism (1st and 2nd edition), where they joined



André Oliveira

Director of Sales – Ontravel Solutions
www.on-travelsolutions.com

forces between UN Women, German Development Agency, World Bank and Amadeus. This is extremely important because these reports defined the six big areas where women in tourism have a huge impact in developing the industry: entrepreneurship, education and training, leadership, policy and decision making, community and civil society.

Nevertheless it should be noted that with all the travel associations and organisations that support the tourism industry growth, it is still really difficult to identify tourism organisations that specifically focus on early-stage entrepreneurship for women as business owners (there are a few good examples but not enough). The

tourism industry is really competitive in areas such as tours/experiences and the accommodation sector. A great amount of work has been done but still there is space to positively improve this area in society.

The power of connections (Human to Human) and technology can be the trigger to promote gender equality and women's empowerment not only in tourism but across all sectors. The world since the pandemic developed faster in the digital platforms and helped to maximise the potential from small tourism business in established countries and emerging tourism areas, because it created the access to a global market of consumers that can be correlated to women's

entrepreneurship in this beautiful industry. We need to take into consideration that the tourism dimension is different between Asia, Africa, South America, North America and Europe so in some areas the access to Wi-Fi can positively help to create a digital business and be relatively important to create gender equality.

The uniqueness of the tourism industry is the ability to create layers of human interaction between genders and to change in a qualitative and quantitative manner the unbalanced arena of the world. It can be the drive to build a better world and change the mentality over the years and across generations. Tourism is more than meets the eye.



ARCHITECTURE
JUTTA
HOEHN

Not Everything Has To Be **HUGE**

When talking about architecture, in particular houses, over the last few years the Algarve has become somewhere which rivals the quality (and cost) of the South of France, Ibiza, Marbella, Miami and all of the other sought after locations for amazing vacation villas.

However, not everyone desires, or indeed can afford, these huge dream homes. It is possible to design and produce beautifully detailed and built little "jewels". It just takes care and ingenuity and an understanding of how people make use of living space. Of course, it helps that the climate in the Algarve lends itself to inside/outside living, so having inside space which flows to the outside can produce really attractive houses.

Selema is still a working fishing village, but its beautiful sandy beach has been discovered by holidaymakers from Northern Europe.

The tiny terraced cottages, some only 30 square metres in size, are snapped up when they become available.

Paying homage to traditional materials such as patterned wall tiles, terracotta floor tiles and cobogó brickwork produces sympathetic modern additions to the village, while being only 40 metres from the beach makes them perfect for a stolen weekend.







A simple stone country building, previously a shed for garden tools, has been converted to a guest cottage. The two box windows, punched into the stonework and framed in rusty metal, add a cool and contemporary feel, while again the use of traditional Santa Caterina floor tiles, patterned walls tiles and wood and bamboo detailing produce a calm and comfortable hideaway.

Finally, what really qualifies as a “little jewel” is a new three storey townhouse, built on a plot of 15 square metres! That is correct. The size of a single car parking space. It has a living room and kitchen, a bedroom and bathroom, and a roof terrace. Of course it is only suitable for a couple who are really good friends, but it is exquisite and an amazing use of space. Casa Mimi Olhão.

Jutta Hoehn

@jutta_hoehn_architecture



Integrated Preventive Healthcare

Dr Thomas Kaiser
Medical Centre, Vale do Lobo

Modern medicine can boast a number of fantastic success stories. There are now operating robots that can remove cancerous prostate glands very precisely without causing too much collateral damage. We can replace worn out hips and knees and implant lenses in the older eye so that no glasses are necessary anymore. Instead of bypasses we are now inserting stents into blocked coronary arteries and with this method avoid having to cut open the chest. Impressive treatments.

Where we as doctors are not so successful is with other problems. No cure for the annoying common cold, the population is becoming heavier and more depressed, and we have no fantastic solutions to offer. Very worrying is the number of young adults with serious mental health issues.

In the US one third of teenagers are on psychiatric medication whilst on the other end of the age scale a huge number of patients with dementia are often looked after and treated sub-optimally.

In our brave new world medicine still treats humans like cars where you mend a mechanical problem when it is happening. The significant difference between men and machines is that we humans have a soul and much more powerful self maintenance and healing mechanisms than machines. We are good at curing but not passionate and focused when it comes to preventing. We know a lot but do not put the knowledge into practice.

In the Covid pandemic we knew that it affected the overweight, diabetic and heart patients much more severely than



Medical Centre, Vale do Lobo



the average population. I saw no effort of the national health systems to encourage people to lose weight, reduce blood sugar and instead of trying to uplift the locked down people with the best motivators, health gurus and celebrities we were all under daily attack with fear creating messages and death statistics.

In the Family Medical Centres, which were founded in 1988 by the British General Practitioner Dr Robin Thomson, we have an innovative approach. We try to prevent the health problem before it appears. We work in a team of 20 highly motivated health professionals where all team members are in constant dialogue. We are focused on identifying the individual risk areas for our patients and developing in a team effort a strategy to avoid the problem from developing.

Our great strength is that we can use the joint and interwoven knowledge of 20 doctors from 20 different specialties. We also believe that if you look better you will feel better in your skin and integrate plastic and cosmetic procedures in our health action plans.

We are privileged to be connected to the best of the best in their area like the plastic surgeon Dr Iberico Nogueira, a personal scholar of Pitangui and the celebrity British surgeon Mr Barry Jones.

We have served our patients for the last 35 years with the promise that we will always offer an appointment on the day and Doctors Thomson and Kaiser have over all these years gone out on numerous house calls, day and night, weekends and holidays.

We love what we do and are grateful that we can serve our community.

Family Medical Centres have refurbished and expanded the two Clinics in Quinta do Lago and Vale do Lobo. We are now boasting 12 consultation rooms, a fully kitted dental and eye clinic, daily laboratory services, an ultrasound room, a completely equipped ENT suite and the unique Algarve pain centre lead by Dr Miguel Costa.

For appointments ring: 289 398 009
www.family-medical-centre.pt

Article written by **Dr Thomas Kaiser**, MD, PhD, ZD, Medical Director, Medical Centre Vale do Lobo



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An aerial photograph of a tropical beach in the Seychelles. The water is a vibrant turquoise, transitioning to a lighter, sandy hue near the shore. A white sandy beach curves along the right side of the frame. Several small, lush green islands are scattered throughout the water. Two small boats are visible, leaving white wakes in the turquoise water. The overall scene is idyllic and serene.

Seychelles

Paradise found

Ulrike Lemmin-Woolfrey
@writearoundtheglobe

Some 1,500 miles off the East African coast lies paradise. Or at least a place that comes as close as possible. The Seychelles archipelago is made up of the main island Mahé with the capital Victoria and the international airport, the two smaller islands of La Digue and Praslin, and more than 100 even smaller islands, some of which have been transformed into some of the world's most exclusive private resorts.



Long known as a honeymoon destination, you can 'do' the Seychelles - and say 'I do' there - in utter luxury, in places such as North Island, or Fregate Island Private. Or you can enjoy the Seychelles in relatively affordable style, in one of the many resorts on the main island Mahé. Either way, the islands wow with their incredible flora and fauna, greenery that is barely contained by gardeners, running wild immediately outside of any constraints, and includes the famous Coco de Mer, whose cheeky nuts are immortalised on the Seychelles tourist stamp. There are more than 200 bird species, including the iconic frigate birds, and the adorable fairy terns that always come in pairs.

And then there is the Indian Ocean. Water as clear as mineral water laps either on the reefs of the coral islands or offers playful waves that crash on white beaches hemmed by those famously smooth rocks on the granite islands. The deeper waters are teeming with life, making the archipelago a snorkeler's and scuba diver's dream come true.

Whether you arrive for a relaxing, pampered honeymoon or a more adventurous trip, the Seychelles offer so much and are without doubt one of the most beautiful destinations in the world. What to do

Apart from lounging by the beach or playing in the water all day, there are a few things to see and do on the islands. On Mahé, a walk through Victoria is a must. One of the smallest capitals in the world, Victoria boasts a population of 26,000, just over a quarter of the Seychelles' total population. The capital is filled with colourful colonial houses; has one famous landmark: a little clocktower standing in a crossroads, and a botanical garden that is well-worth visiting. Victoria is also home to the island's main market, a daily feast for the senses that sells the islands' fresh fruit, and fish.

Spend an evening in Beau Vallon, with its many affordable and fun beach bars, a superb sunset location, and the lively Bazar Larin Markt, officially only

open on Wednesdays, but there are stalls throughout the week selling local handicrafts and snacks. One day at least, hire a car and drive around the island, through the lush Morne Seychelles National Park offering forest hikes such as the Morne Blanc and the Coppolia Trails, and discover many secluded beaches often studded with small restaurants offering the freshest seafood.

On Praslin, a visit to the Vallée de Mai Nature Reserve is essential, not only because of the many birds and incredible plant life, but because this is the home of the Coco de Mer, which produces the world's largest - and most erotic - seed and palm flower. You can visit Praslin on a boat trip from Mahé, and even take in La Digue along the way.

Relax in Style

On each of the islands you can find luxury resorts, which pamper you morning to night, but it is noteworthy that not all of them lie right on the beach, mostly due to the



mountainous nature of the islands. For a honeymoon to remember, book a villa on a private island, such as Fregate Island Private, an island reached by helicopter or small plane from Mahé. A nature reserve where humans take second place, it offers 16 villas nestled in the greenery, with each offering a large living room villa, a bedroom villa, indoor and outdoor bathrooms, a small pool, all connected by private boardwalks, and breakfast and any other meals if you wish, delivered right to your front door. Each villa comes with a golf buggy to get around and each beach has an 'occupied' sign and a phone to call up for cocktails or snacks brought down to you. Not cheap, but also not the priciest, and so worth it.

Either way, wherever you stay, whichever island you choose, Seychelles is Paradise Found. A trip of a lifetime.



CAROLE FEUERMAN

THE ART OF HYPERREALISM:

We find out how Carole Feuerman creates her masterpieces.

@carolefeuerman

Does each of your sculptures tell a story?

Each of my sculptures tell a story. Sometimes it's my story, and sometimes it's a story I need to tell. While my sculptures are inspired by swimmers, over the years I have developed parallel thematic strands portraying athletes, dancers and even tributes to the great classics of art history; iconic works using bronze and 24k gold leaf, already exhibited with great success in Rome in 2021 at the Galleria d'Arte Moderna and the Terrazza del Pincio, and at Palazzo Reale in Milan. My upcoming museum show featuring my swimmer stories will start on May 13th and continue until September 16th at Fondazione Made in Cloister in Naples.

In 2022, during the Venice Art Biennale, I named my solo show My Stories. They were a summation of my narrative, ranging from childhood to more recent encounters in which I capture the essence of a person's feelings in a single pose. The exhibition's journey was revealed through the space of the Chapel of the Church of the Pietà, also known as "Vivaldi's Church," because this is where the great Maestro worked and composed.

Through a journey back in time, it will be possible to learn the story behind each work that has marked an encounter for me, from Christina, the Queen of Sweden, depicted in a moment of introspection that implies her great vitality, to Yaima and the Ball, an Olympic volleyball player from Cuba who suffered an injury and is portrayed in all her vigor and physical power, leaning on a pedestal to regain her balance.

In Serenity and Perseverance, the inspiration is linked to a specific feeling that is reflected in the movement of the sculptures as well as in Eyes Open, which was created during the pandemic, and it is precisely in the divergence between the title and the work (depicting a woman with her eyes closed) that invites the viewer to reflect on the tumultuous times of Covid 19.





Where are you from and how does this affect your work?

I am from New York City. I am influenced by my experiences, the people that I meet and ideas that I have. Aside from his astonishing talent with a paint brush, exemplified by the Mona Lisa and The Last Supper, da Vinci was simply centuries ahead of his time. You could go as far as saying that he's the greatest genius ever.

Describe how art is important to society?

Art matters in terms of visual effects. For example, let us study Picasso's Guernica painting, which was completed in 1937. At first glance any viewer will know how incredible, challenging, and complex a work it appears to be. It conveys a composition and understanding of art itself. If anyone needs to make an interpretation of art, they need to understand that art in a way can easily inspire or motivate the viewer.

Art is the best way to visualise or analyse any content. It can define different elements and principles of a subject. When we look at any piece of art in an exhibition, museum or forum; we can certainly decipher its expression, idea, or even learn through a lifetime or culture of the era that the piece was created. Therefore, art is formed through a lifetime of knowing about a culture or the times in which people have lived. You can easily select the piece of art which inspires you most and even take mental notes while analysing its conceptualization.



What's your favourite commission and why?

The Double Diver was my favourite commission. Soaring 25 feet into the Sunnyvale California sky, the Double Diver is a sight to behold! The gravity-defying bronze sculpture is both a remarkable artwork and an incredible feat of engineering. Composed of two monumental divers connected at a tenuous junction (the top figure rests its hands around the ankles of the lower diver) the sculpture's dynamic "S" curve is revealed from its dramatic side views. The form is a perfect example of what eighteenth-century art theorist William Hogarth called 'the line of beauty': that curving serpentine silhouette found in all things naturally

beautiful. Within the bronze is a substantial stainless-steel matrix that anchors the 2 1/2 tons of bronze. But for the viewer, the mystery remains of how the huge, graceful piece stands on the two six-inch wrists and hands of the lower figure.

One stand out country where you feel immersed with their sculptures?

Italy has been great for me. I became recognized there when my Monumental Catalina won the Medici Award from the city of Florence. In 2007, I showed Monumental Catalina and Monumental Survival of Serena in the Venice Biennale. My pieces were brilliantly received, and people lined up to see them up close.



VINTAGE

RESTAURANTE

What was your reason for opening Vintage?

At a time when, in addition to the fact that I had been away from the restaurant/hospitality business for a few years, two of my youngest daughters (Matilde and Sofia), who are studying Hospitality and Tourism at EHTA (Escola de Hotelaria e Turismo do Algarve), we saw the possibility of creating a space, in which we could share with others, what is one of our family's common passions: the restaurant industry. We decided to go ahead with the idea, and when we found the space, we didn't think twice.

António, my eldest son, the firstborn, has been a Chef for over a decade. Having been recognised as promising since the 1st year of his training, he won a "Da Vinci" Scholarship, which allowed him to train in Cork (Ireland) at the age of 17.

In July 2012 the logistics of family life changed hugely when I accepted an invitation to join the Food and Beverage team at Pine Cliffs, Sheraton in Olhos de Água. At that time, both António and Carolina (our eldest daughter, also married to a Chef), had the opportunity to join work

teams at this resort having just finished their training/courses.

After this start, I went to Conrad, in Quinta do Lago, in October 2012, with Carolina and António also joining the Food and Beverage team of this hotel unit later on. António continued his journey in London but returned to Quinta do Lago and Loulé until he was invited to be part of this family project.

“Many unique pieces make perfect sense in Vintage.”

Bringing the family together is what any parent wants most. Vintage is precisely that: a family project where the main objective is to work on what you love without wanting to create comparisons.

What was the inspiration for the restaurant design?

For some years now, what started out as a hobby involving antique furniture in solid wood, restoration and transformation, has become an activity that stimulates the creative part and sets the tone for the restaurant's decoration and even the name.

"Alma com cor" has already been sharing pieces and work for some years now, but it was with this integral project that it became something more serious and promising. Colours and flavours go hand in hand, in which the senses, emotions and experiences are stimulated to create memories that last in time.

Our aim is to convey the message that being in an environment that many already consider "demode", the so-called out-of-fashion, may not correspond to reality because when entering Vintage, we feel welcomed... We feel like we are at home.

What is your vision for the restaurant?

It is a view of privileges. Being privileged for being able to share experiences, for being able to serve those who seek us, ►



This project is based on my experience as a link between the family, between mother and children, and between siblings, all with their own experiences and opinions to be taken into account and as a whole. Something that a mother most desires is to see union, harmony and complicity between her children; even if there are differences, at the end of the day, they remain family.

Matilde is “headlining” this project, being the eldest of the three youngest daughters and already knows how to value the efforts and presence of each one, just like Sofia and Margarida, who, in addition to investing their time in teamwork, were fundamental for the initial execution of the project, with each one of them investing equal initial capital. In the difficult times we live in, all experience is useful, but more than that is willpower and resilience.

That’s what I want to demonstrate to my children: life is not easy, but it only depends on us and our commitment and willpower so that what is less good is changed for the better.

I know that I have children who recognise some of my qualities, despite my flaws. Still, I hope that they can appreciate a positive result in the future when they remember the beginning of the project and feel proud of everything they managed to experience.

Can you explain what gives Vintage its charm and atmosphere?

Vintage is a very personalised space with its own character. The details were thought, created or integrated to convey a rustic, homely atmosphere, with glamour, without pretentiousness, in which whoever enters the space feels comfortable - feels at home.

Many works were carried out so that the space became what it is today without losing what enchanted it from the beginning: the history of the property itself. It was a deteriorated space, due to use and time, that deserved to be pampered. And it did!

The original space itself was also the motto for many pieces to be integrated and customised. Old furniture made of solid wood was used, recycled, and transformed by “Alma com Cor”. Aged decoration pieces combined with modern ones, respecting a balance and vintage retro style. The exterior colour was chosen also thinking about the glamour that the vintage style has, such as the gold tone present in the personalised and unique sign, created from a bed headboard, with letters covered in gold leaf.

► but also those who come, understand that it is a privilege to be served by those who open the doors of “your home” - it’s a symbiosis.

Before being considered as “just another restaurant”, it is important to understand that, like each person, each space also has its foundation, its basis and the basis of Vintage, which is, without a doubt, liking what one does, liking to be as one is, with no terms of comparison. All spaces must have a soul... Vintage, without a doubt, really does!

What are your signature dishes and why are they on the menu?

Our main attention to fresh, regional products, especially from small producers, is one of the factors that make all the difference.

Some of the products come from Alentejo, such as sweet potatoes, octopus, wild boar, and cherry tomatoes, among others. Does it make a difference? Yes, it does and a lot, because we know who produces them, and who captures them.

In the plating, we use edible flowers and plants, some of which are harvested from our own garden. On the menu, as “signature” dishes, Cheeks with Port wine and Turbot with Linguine stand out and are considered our Best Sellers.

What was your background before Vintage and how has that helped?

Experience is something that can be subjective when the passion can be so decisive. Of course, if allied with the will to do it is the experience, everything is more accessible and there is an added value. ►

Vintage Restaurant
Av. 5 de Outubro 229, 8135-033, Almancil

@restaurantevintagealmancil

Inspiring Love

In a world that can feel like a confusing cosmic gauntlet of challenges, it truly is amazing that anybody these days has the time, energy and perhaps even desire to actually fall in love. But on the off chance that you do happen to meet “The One”, here are a few inspiring tips to make it last:

Acceptance

Firstly, never go into a relationship intending to change the person. You either love them for who they are or you don't. If you try to change someone, they will end up resenting you for it.

Adaptability

Bringing a partner into one's life does often mean adjustments to one's reality. It is important to be adaptable and to go with the flow. Nobody wants to be in a controlling relationship, as it becomes too stressful for those who have to conform, and it also becomes too stressful for those who are trying to exert control over any given situation. A little tip: Controllers are manipulators. Stay Clear.

Looks can be deceiving

Although looks are usually what may first attract one person to another, just remember, with all the cosmetology, plastic surgery, implants, fake tan, fake eye colour lenses, hair, lash and nail extensions, most of what you see can be faked. The key is to work out how faked said person is, and how that translates to their personality. What you see is often, not what you get.

Upfront contract

From the get go, establish the parameters of the relationship. Is it an exclusive, or do you prefer an open relationship? Both partners must be clear and upfront in terms of what they want from each other to avoid unnecessary disappointments, loss of trust and heartbreak.

Mental wellness

When you commit to a partner, you also commit to their past, their coping mechanisms and their communication style. These things will have the greatest impact on your overall mental wellness, so choose well.

Trust

Open and honest communication is the key, where both partners learn to trust each other. Trust is the very foundation of a relationship. Often people will lie because they are afraid of a negative reaction from

a partner. If you are afraid of your partner, then you don't really have much of a relationship to begin with. Without trust there is nothing.

Forgiveness

We all make mistakes. Nobody is perfect. We can either choose to hang onto grudges, anger / hatred, which in the end, only hurts oneself... or we can let it go. Learning to forgive is one of the biggest areas of growth within any relationship. In my humble experience, the relationships that last, are the relationships where couples are forgiving and accepting of each other.

Healthy boundaries

At no point does being forgiving mean you are a pushover. It is important to establish healthy boundaries as you go along in a relationship and to respect the boundaries of a partner, if you expect your boundaries to be respected.

Triggers

Learn to understand psychological triggers, and what upsets your partner. Understanding rather than judgement and condemnation, will show genuine desire to work on issues... and believe me, we all have issues.

Work through things

These days far too many people give up too easily. Indeed it is often easier to walk away from than to genuinely try to work through one's issues. Someone who walks away at the first sign of challenge, has no staying power, and is certainly not reliable when trouble is about. You want the person who sticks around when you need them most.

Love

It is either real or it is not. The love of things, good looks, fun times, that is not real love. The love of a person's innate being, well that is the real deal. It is not dependent on looks, wealth or opportunity. Love is enough unto its own. It is not dependent on auxiliary factors.

The keys to maintaining
a fulfilling relationship.



Jessica

Negromonte

Jess is a social media influencer focusing her content on the game of golf, living a healthy lifestyle and travelling to see beautiful destinations. She was born in Brazil and lived there until moving to the United States when she was 12 years old.

What inspires you to pursue a career in golf?

When I first started golfing, I fell in love with it immediately. I'm not sure if it was because I love outdoor activities or being able to forget everything and only focus on hitting the ball, but I immediately wanted to keep getting better. The better I hit the ball, the better I felt mentally. It feels like a big accomplishment and it's been a form of therapy. I noticed how much I love it and it was an easy transition to pair it with my background in communications and tourism.

How has the golfer's attitude to lady golfers changed since you started playing, and how else can we aim to re-balance the male/female mix in golf?

I think in just the 5 years that I've been golfing a lot more women have taken on golf. Women's clinics and women's golf events allow new female golfers to join a community and have fun while finding their love for the game. Helping new women feel accepted, even if they are beginners, will allow them to enjoy where they are at and work to get better each time out.

Who is your most inspirational golfer?

It's easy for me to say, along with many people, that Tiger Woods is the most inspirational golfer. I admire the dedication and hard work he has put into his golf journey from such a young age. His mental strength on the course is incredible!

What's the best way to get younger people attracted to the sport?

Social media is a great way to show younger golfers how cool and fun this sport can be. They can see how big of a community it really is, connect with other young people that share the same passion, and show everyone their golf fashion and skills through pictures and videos. Golf companies have started making more diverse wardrobes to fit different styles, and this allows younger golfers to enjoy the game of golf but be themselves and show their personality.

How do you hope to inspire others?

I want to inspire others with my golf journey and my progress over time. I have shared my golf goals with my social media community and continue to give them updates so they can see what is possible with a little hard work and a lot of love for the game of golf. I encourage every golfer to set a couple of golf goals they would like to accomplish this year and track their progress. Some you will accomplish, some you will fall short, and sometimes you will surprise yourself and do something that you didn't think you could do.

@jessnegromonte





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Established in 2020, Kapta is aiming for greatness, the software company has more than 170 clients in different business sectors.

As a software and digital media company, Kapta is producing a large variety of professional and unique solutions. From custom made websites and apps, to online marketing and social media campaigns, providing a key service for its customers.

Kapta also aims to provide aspiring web developers the footing to succeed. This is an industry that many find hard to access and gain experience in, so we strive to give that opportunity and stage the new wave of IT developers.



Make this Valentine's Day a couples training day

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Training with your loved one can help keep each other motivated and the workout will be much more fun. It can also help build a stronger bond and increase trust with one another.

SWEETHEART SQUATS

- Stand facing your partner at arm's length with feet hip distance apart.
- Hold your partner's forearms. Maintain a secure grip, keep your chest up and exhale as you both squat down until your thighs are about parallel to the floor.
- Pause for three seconds, and slowly return to the starting positions.
- Repeat 8 to 12 times for 3 times.
- Keep looking into each other's eyes to encourage each other.
- You both not only strengthen your legs but build each other's trust with this exercise.





between your loved ones is fun. Try challenging one another to see who can hold the plank the longest or five-high until one drops.

V-SIT PARTNER TOSS

- Sit down facing your partner, with your knees bent and toes touching.
- Hold a medical ball (or any ball) into your chest.
- Keeping your Chest up, throw the ball to each other.
- Keep your abs engaged and hold the position until 30 throws if you can manage.
- Repeat three times



PARTNER RUNNING WITH TUBING OR RESISTANCE BAND

- Loop the resistance tubing or resistance band around the hips of your loved one.
- Walk backwards until there's tension on the tubing or band, and hold it in place for 30 seconds.
- Switch sides and repeat three times.

PLANK AND REACH CHALLENGE

- Lie on your chest on the floor facing your partner.
 - Keeping your abdominals tight, lift up on your forearms, curl your toes under, and raise your hip into a plank (push-up) position.
 - Holding the plank, lift your right arm and give your partner a high-five, then lower and switch to give your partner another high-five, but with your left hand.
 - Alternate and do 30-60 seconds.
- A little friendly, healthy competition



Eduardo Burnay

@eduardo_burnay

Surf coach, commentator & speaker

Photo: rovieart

Eduardo is an experienced surfer, surf coach, nature lover and protector that has been exploring spots on the Portuguese coast, preferably on less crowded beaches and empty line-ups.

Surfing commentator and speaker, from local to international championships, such as World Surf League (WSL), European Surfing Federation (ESF), Portuguese Surfing Federation, and as well for organisations like Espinho Surf Destination, Rip Curl Grom Search, Wave Series, Associação Surf Aveiro, and Surf Club de Viana.

In 2022 Eduardo was the finals day speaker and commentator and award ceremony host in Knee-board World Titles, an event held for the first time in Europe, more precisely in the picturesque city of Ilhavo, Portugal.

Being a television and radio host, presenting fashion and social shows in casinos or 5-star Hotels, Eduardo did it all.

Currently living in Praia da Luz, Lagos, he is the Manager Director of Surf Soul Tours and Exclusive Soul Tours, both worthy appreciation of those who want to make private nature activities or experiences tours.



Photos: tomanephotography



For more information, visit Eduardo at:

www.surfsoultours.com
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DAYTIME TICKETS ARE FREE AND EVENING ENTERTAINMENT PASSES ARE ON SALE SOON!

With new areas full of the latest electric boats, technology, and water toys from the best sustainable brands on the market, the GALAXIA Boat Show is set to be the perfect event to kick off the European summer boating season.

GALAXIA is bringing back three headline partners in a more impactful way in 2023 - including X Shore, who will be hosting the Electric 'Day Cruiser' & Activity Zone. Torqeedo, the market leader for electric mobility on the water, will be joining as our host of the new 'Sailing village & Technical Zone'.

Algarve Lifestyle Magazine is proud to become the exclusive media partner for GALAXIA alongside supporting their event production, capturing coverage of high-profile events and activities during the show.

Additional headline partnerships have been signed by Aqua superPower & BoatCenter a national dealer of electric RAND boats and Greenline hybrid boats.

GALAXIA continues to be at the forefront of the electric revolution, utilizing its manufacturer contacts globally to create awareness and inspiration within and around the e-marine industry. The 2023 boat show stands to be the largest and most focused collection of electric boats in Europe, with a forecast of 20,000 attendees.

Galaxia crosses genres of a traditional boat show and a festival environment, with live internationally renowned music, creating a new type of boat show that celebrates the ocean, the lifestyle, and the cleaner technology boating revolution. Immersive content will include new boat launches, test drives, a technical

showcase, eMobility, sunset champagne cruises, a Wakeboard 'Wakebombing Big Air' Competition, electric cars and eMobility, and so much more.

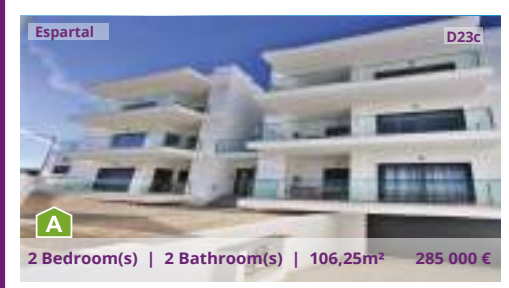
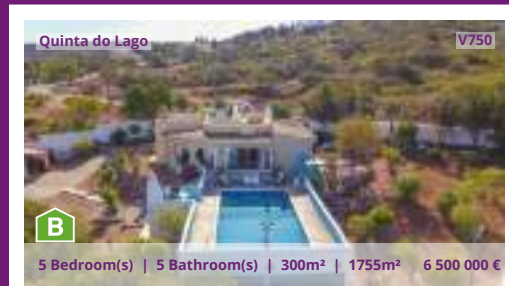
The first day of GALAXIA will be focused on promoting a dialogue of protecting the BlueEconomy and sustainability of our oceans via the GALAXIA Interstella Conference', held in partnership with Marina de Lagos.

The conference will be an interactive forum for electric boat manufacturers, industry professionals, infrastructure providers, government officials, and students to share best practices, identify barriers, and foster a community of working relationships. These conversations will continue throughout the weekend to discuss sustainability and the BlueEconomy to the public.

@GalaxiaBoats www.galaxiaboats.com



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