

COSMOPOLITAN

FUN AND FEARLESS FOREVER

10 trailblazers
serve up major
inspiration

CHEERS TO YOU!

Your new signature
scent—inspired by your
favorite cocktail

Julie San Jose

The rest is
still unwritten

UPGRADE
YOUR
SUMMER
STYLE!

READY OR KNOT

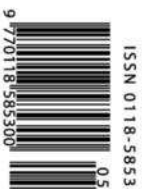
What you need
to know before
getting hitched

GOAL, INTERRUPTED

#RealTalk on your hopes,
dreams, and life peps

PRE-GAME

The 411 on foreplay



PANTENE



BE *Summer* **STRONG**

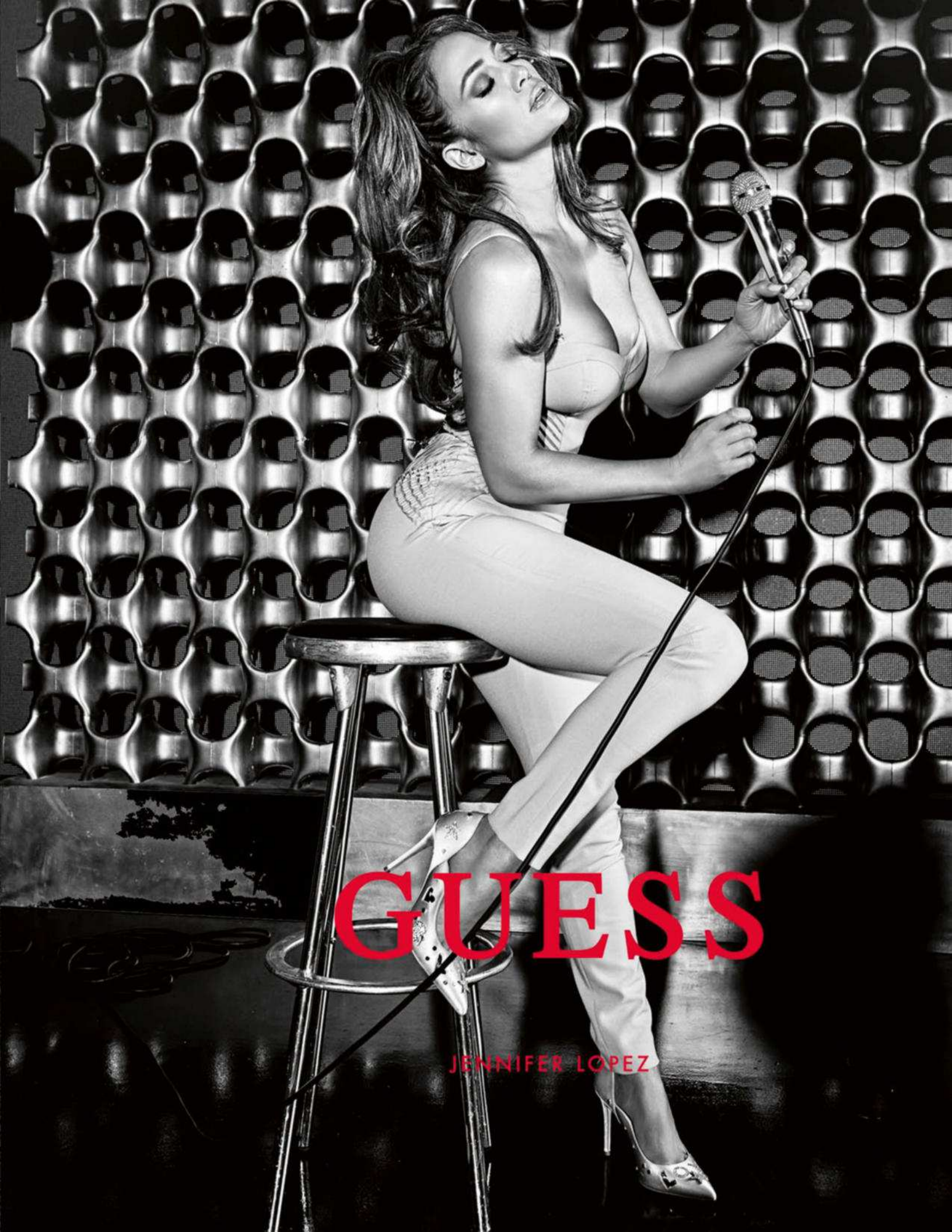
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GET HAIR STRONGER THAN THE SUN WITH
NEW LIMITED EDITION PANTENE UV RESCUE SHAMPOO
AND 3 MINUTE MIRACLE CONDITIONER





GUESS

JENNIFER LOPEZ

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MAY 2018



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so fresh!

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(PHOTO) SHAIRA LUNA. (OUTFIT) FOREVER 21. LOVE ROCKS JEWELRY.

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A NOTE FROM THE EDITOR



Dear Cosmo Girls,

Welcome to our last print issue. Though I wish we had more time together, my past year and a half as *Cosmo* print EIC will always bring happy memories to mind. I hope you enjoy reading the heartwarming messages from our former EICs—women who continue to inspire me and many, many Filipinas to be fun and fearless forever. No regrets, just love! See you around!

Marla

Marla Miniano-Umali
EIC 2016-2018



Every last makes way for a first. Celebrate the new beginning you deserve with Dandy Onax Prima's collection of hair accessories. Visit facebook.com/dandyonajewelry.



Cosmo lives on in [Cosmo.ph](https://cosmo.ph)! See you there along with our 2.5 million unique users monthly and 4.4 million followers on social media.

From the printed page, I learned how to ideate with intent, appreciate the glorious details that make the big picture, be patient with the processes, and cherish creative collaborations. There is nothing quite like the art and soul that go into creating a magazine page. Flipping covers and leafing through pages, I've fawned over features by the most brilliant wordsmiths and have fangirled over fab images by the country's best visual masters.

From the printed *Cosmo* page, I learned to pucker and preen, dare and dream, hurt and heal, but most especially, love and... let go. Breakups can be hard, right, CGs? But, I know that we've collectively survived our fair share of them to know that some are necessary to welcome a more updated, modern love. For now though, let's get *senti* for a bit as we bid *Cosmo* Philippines magazine goodbye. It has been an amazing run!

I'll be eternally grateful for the privilege of being part of your fun fearless journey. I'm sure I speak on behalf of all the brilliant print editors and talented contributors of issues past when I say this: We will always love you, *Cosmo*—from cover to cover... and beyond.

—Zo Aguila, EIC 2007-2011



See you at
Cosmo.ph,
Cosmo Girls!

Dear Cosmo Girl,

In each of *Cosmo*'s 252 issues in 21 years, our overall message for you was the same: Be your own woman, live your best life—on your own terms. Your handbook on life wanted you to not just get through each month, but to *carpe diem* the hell out of it.

Our monthly challenge for you: Be the best you can be in every aspect of your life. What else could you improve to reach your full potential? Whether you needed to break the glass ceiling or break up with a bad boy, achieve the perfect brow arch or achieve true work-life balance, *Cosmo* helped you unleash your transformative powers so you could own who you are in order to be whoever you wanted to be.

Our own monthly challenge: To keep *Cosmo* the same but different, familiar but fresh, comforting but stimulating, predictable but unpredictable, relevant but quintessential. The one non-negotiable: our respect for you, and our mission to always give what you needed, wanted, and what you wanted before you knew you did. And as the world—and all of you—changed, we've had to adapt and change as well, to fully follow you where you now prefer to consume your *Cosmo*—online on *Cosmo.ph*, and not just monthly but 24/7.

If there's anything I've learned about editing *Cosmo* in a span of two decades, it is this (stolen from philosopher Reinhold Niebuhr): "Change is the essence of life; be willing to surrender what you are for what you could become." Thank you for 21 years of your love and loyalty, and see you in cyberspace—or wherever platform *Cosmo* will thrive in the future!

—Myrza Sison, EIC 1997-2005; 2011-2016



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CONTRIBUTORS

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DRINK of the MONTH

CHOCOLATE NEMESIS

1 chocolate bar
100ml chocolate sauce
200ml full-cream milk
6 scoops chocolate ice cream
2 chocolate brownies, cut into small pieces
50g chocolate chips
15 slated pretzels
6 chocolate wafers
6 chocolate cookies
Whipped cream

1. Melt 1 chocolate bar in a bowl over a saucepan of boiling water. Add a bit of milk if it's too thick to pour.
2. Blend chocolate sauce, ice cream, milk, brownies, and chocolate chips in a blender. Pour the shake into a chilled glass.
3. Decorate with the rest of the ingredients.



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For local dealership and distributorship inquiries, look for Mr. Joel Valdez at tel. no. (632)451-888 loc. 1094. For international distribu-
tion inquiries, call Circulation at (632)451-888 loc. 1092; look for
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ADDRESS ALL CORRESPONDENCE AND SUBSCRIPTION INQUIRIES TO
COSMOPOLITAN, 7/F Robinsons Cybergate Tower 3, Robinsons Pioneer
Complex, Pioneer St., Mandaluyong City 1550, Philippines. Tel. No.
(632)451-8888. Fax No. (632)398-8060. Email us at customer-care@summitmedia.com.ph or cosmopolitanph@gmail.com

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Know

H O T , F R E S H , A N D R I G H T - T H I S - M I N U T E



THE GREATEST SHOWMAN

With a whopping total of six awards at this year's Grammys, Bruno Mars is a treat the music industry can't seem to stop unwrapping. Known for pouring his heart into his highly addictive tunes, the sweet, soulful singer is committed to giving his fans the entertainment they deserve no matter what. Defined by its smashing hit singles, the *24K Magic* era has successfully jolted listeners with a much-needed boost of energy, just like your favorite chocolate bar. On May 3 and 4, his fellow Filipinos will be hashtag blessed as he takes on Manila—making us a part of his 200 show-strong tour, definitive proof of his legacy and longevity. Put your pinky rings up to the moon!

1

HAVE 99 PROBLEMS—
but your to-do list ain't one.
Notebook, P260, Typo Bag.

2. STRIKE TWICE with
TDF cheekbones.
Lightning Bolt powder
highlighter, P730,
Kylie Cosmetics

3. SQUEEZE some
lemon vibes into
your look.
Crossbody bag,
P950, Forever 21

9

GIVE OFF seriously chic
vibes, whether you're
poolside, beach-bound,
or just chilling in the
sweltering city.
Sunglasses, P399,
Sunnies Studios

8. TURN UP any
low-key look with
this unapolo-
getically yellow
pair. Ankle boots,
P5,700, Topshop

15 THINGS TO DO THIS MONTH

4

SERVE some major
Cher Horowitz
realness.
Patterned viscose
shirt, P899, H&M

6

REMEMBER that you have
the same number of hours
in a day as Beyoncé. Mug,
P1,000, Beyonce.com

5. GO BANANAS.
Pen, P365, Typo

7. IMBUE your
phone with
Queen B's
empowering
essence. Phone
case, P1,560,
Beyonce.com

(TEXT) STEPHEN DE JESUS, GABY IGNACIO. (PHOTOS) COURTESY OF RESPECTIVE BRANDS.



10 CELEBRATE SUMMER AT AG NEW WORLD MANILA BAY HOTEL'S SPLASH SUMMER POOL PARTY, held every other Saturday of this month. From 2PM to 9PM, relax by the five-star hotel's pool and escape the city's heat by sipping award-winning cocktails, Instagramming pool floaters, and dancing to mixes by both local and international DJs. *Tickets start at ₱500; in-house guests get in free. AG New World Manila Bay Hotel is located at 1588 Pedro Gil corner M.H. Del Pilar Streets, Manila. For reservations, phone (02) 252 6888, or visit newworldhotels.com.*

11. PROVE that whisky isn't just a drink reserved for your *tito*: The Macallan's new limited edition whisky, the Edition No. 3, brings together the world of whisky and perfumery for an experience unlike any other.



12. SOAR 150 feet over Manila Bay while tucking into an amazing four-course meal with Dinner In The Sky. You'll have possibly the best view of that famous sunset, and some really IG-friendly photos. *Ongoing until May 21. For reservations, visit dinnerinthesky.ph.*



13 SPOIL YOURSELF

because you deserve it, with Club Oasis' Rejuvenate Ritual. Obsessed with essential oils? This indulgent four-hour package integrates aromatherapy techniques into every treatment step, so you emerge from the spa totally relaxed and, yes, rejuvenated. *Club Oasis is located at the 8th Floor, AG New World Manila Bay Hotel. For reservations, phone (02) 252 6888 ext. 7315.*



14. SWOON when you listen to Charlie Puth's sophomore album, *Voicenotes*, which drops May 11.



15. GO LOCAL and support Philippine coffee farmers with Seattle's Best Coffee's Cafe Comunidad blend. It's floral, sweet, nutty, and chocolatey—perfect for the Pinoy palate.



DRIPPIN' IN FINESSE

Summer never ends with It couple James Reid and Nadine Lustre, the new faces of Folded & Hung.

GROWING UP, WHO WERE YOUR STYLE ICONS?

James: Actually, I didn't get into fashion until about three years ago.

Nadine: I didn't have any, but I read Japanese fashion magazines like *ViVi* and *Popteen*. I got inspiration from them.

WHEN TRAVELING, DO YOU TRY TO ADAPT TO THE LOCAL STYLE?

Nadine: I guess it depends on where we're going and on my mood. In Japan, I would wear a pleated skirt with sneakers and stockings, plus a bomber jacket for good measure.

James: Very street.

Nadine: Yeah, very street Japanese. Anime-inspired too.

YOUR STYLE HAS EVOLVED THROUGH THE YEARS. CAN YOU TAKE US THROUGH THE PROCESS OF FINDING YOUR CURRENT PERSONAL STYLE?

Nadine: It's funny when you look at my old Instagram posts. I was a bit boyish so I would only wear sneakers—never flats or ballet shoes. After *Diary ng Panget* came out, I honestly didn't

know how to dress up, so I let the stylists I worked with for guestings take the lead. I wore dresses and skater skirts—and bodycon pieces, which I would never wear now. My current style depends on who I listen to. I like Rihanna and Ariana Grande, so I love wearing basic stuff like tank tops, body suits, and white crop tops. But for events, I wear more designer stuff.

James: I don't know, I don't want to think about how I used to dress. I went

through a James Dean phase—white shirts, denim pants, and boots. I don't think there's a right or wrong, good or bad in fashion. It's whatever it is that you like, so just go with that. I mean, some people may hate what you're wearing, but all that matters is that you like it. Haters gonna hate,

especially if you look great.

“Haters gonna hate, especially if you look great.”

IN CASE OF FIRE, WHAT FASHION ITEM WOULD YOU SAVE FIRST?

Nadine: My Louis Vuitton boots!

James: If my house was burning down? The shoes. Definitely the shoes. The clothes would catch fire on the way out, and then you'd be naked. But the shoes will be fine...right? I'm overthinking it!



**ANDERS
HOLM'S NETFLIX
BINGE-WATCH LIST:**

*Mindhunters, Black
Mirror, and Arrested
Development*

COSMO RADAR

FUNNY OR DIE

A hostage crisis in a hotel forces three friends to save the day—while trying to sell their tech startup idea to one of the hostages—in the new Netflix film *Game Over, Man!* In this exclusive interview, actor-scriptwriter Anders Holm talks about working on the bromantic movie.

HOW WOULD YOU DESCRIBE YOUR CHARACTER, DARREN?

He's a bossy know-it-all who would rather get high to escape than step up to the plate when it matters. He refuses to take the backseat even when he knows he should.

WHAT'S THE CRAZIEST THING YOU DID FOR THE MOVIE?

I got dropped from a high wire 30 feet up, while wearing a full-body harness. Didn't feel great down there!

THIS PROJECT REUNITES YOU WITH *WORKAHOLICS* CAST AND CREW ADAM DEVINE, BLAKE ANDERSON, AND KYLE NEWACHECK. WHAT WAS IT LIKE WORKING WITH THEM?

To put it simply, working with the guys is 1) funny and 2) easy. We know exactly what to do to push each other and crack ourselves up. It's great having Kyle at the helm on set. He has an ease about him that makes everyone feel like they're in good hands. And skills-wise, he makes killer movies.

YOU WROTE AND CO-PRODUCED THE MOVIE TOO. WHAT WAS YOUR INSPIRATION IN WRITING THE SCRIPT? HOW IMPORTANT WAS IT FOR YOU TO BE HANDS-ON BEHIND THE SCENES AS WELL?

I was inspired by the action movies I saw growing up, like *Die Hard*, *The Running Man*, and *Universal Soldier*. Working behind the scenes was important to me. I'd already acted out the script alone in my office, so there were certain things I knew I wanted to see, but there were also wonderful surprises from the actors and our director.

DID YOU ALWAYS HAVE SHAGGY IN MIND AS ONE OF THE HOSTAGES?

Shaggy has been in the script since draft one. We knew it would be funny to see one of the biggest party anthems sung at gunpoint by one of the coolest dudes ever.

IF THIS WERE TO EVER HAPPEN IN REAL LIFE, HOW WOULD YOU HANDLE THE SITUATION?

The same way in the movie, but with my bare hands.

COSMO BAE

JAMESON BLAKE

Starring in the rom-com *So Connected* with Janella Salvador this month, the Hashtags member has come a long way since his *Pinoy Big Brother* days.

BAND OF BROTHERS

"Growing up, people would think I was *sup-lado*, but I was just very shy and quiet. Being part of Hashtags and hosting, singing, and dancing on *Showtime* six times a week helped me break out of my shell, big time. They helped me realize that you don't know what you're capable of until you give it a try."

ADULTING 101

"I started learning how to handle responsibility when I entered the *Pinoy Big Brother* house. Now I live alone in Manila and visit my family in Pampanga once a week. It's been a fast-paced ride—I couldn't be like the average teenager whose only concern was school. But I'm proud that at 20 years old, I can take care of my family and my future on my own terms."

TOO COOL

"It's heartwarming to see that people still want to watch *2 Cool 2 Be 4gotten* (the indie coming-of-age film for which he won Best Supporting Actor at the 2016 Cinema One Originals Festival). There aren't a lot of local movies like it that support the LGBT community. It's nice to see that it has made a big impact on millennials."

PASSION PROJECT

"I owe my love for poetry to my high school creative writing class. Just recently, I was inspired to start writing again. It's just something I do for fun, and sometimes I post my poems on IG as photo captions. But who knows—maybe I can turn my poems into songs in the future. I've talked to my management about it, but I'm still trying to figure it out. 'Artist-slash-composer' has a nice ring to it, I have to admit."



IT'S LIT!

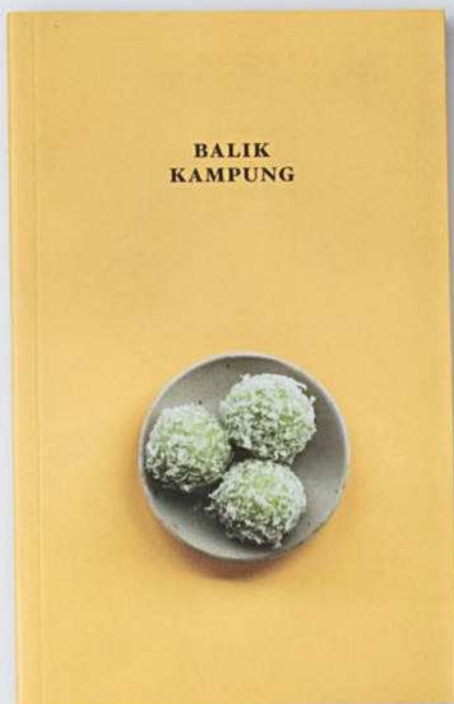
PARALLELISMS

Kenny Leck, founder of Singapore's BooksActually, curates five must-reads from their homegrown imprint, Math Paper Press.

BALIK KAMPUNG

Anthology/Edited by Verena Tay

This book is a love letter to the little corners of Singapore that eight authors have called home. Prepare to nurse nostalgia for that long-forgotten summer home and those hazy days spent with a childhood crush—anyone with a past will find themselves deeply enamored to these tales.



LOVE IS AN EMPTY BARSTOOL

By Pooja Nansi

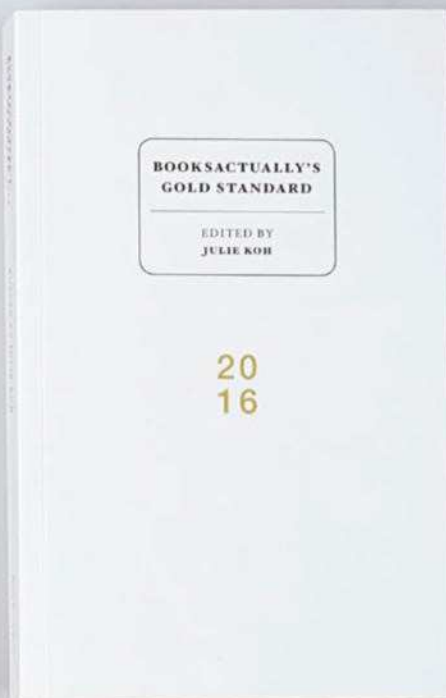
Nansi, who is one-half of the spoken word and music duo The Mango Dollies, pens a series of poems that strike deep into the heart of loss, solitude, and finding oneself amidst—and miraculously enough, in spite of—heartbreak.



WHAT GIVES US OUR NAMES

By Alvin Pang

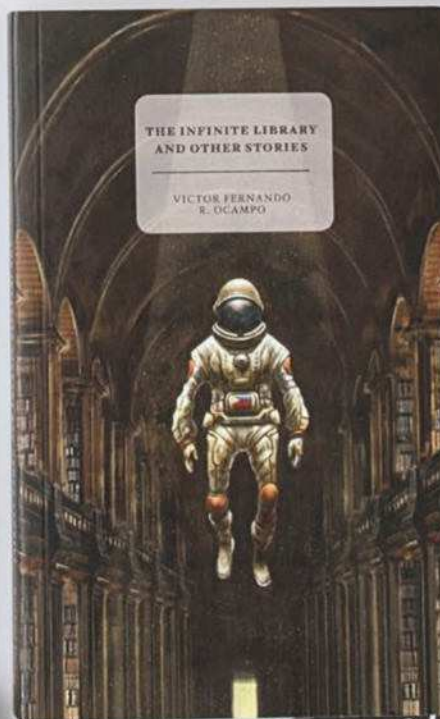
What happens when words like Community, Anxiety, and Success are personified into characters? We get a glimpse at the intersections among a spectrum of values and principles.



BOOKSACTUALLY'S GOLD STANDARD 2016

Anthology/Edited by Julie Koh

This highly-anticipated collection features works from writers all over Asia, including Palanca Award winner John Bengan. The collection encompasses cultural borders, challenges the conventions of literary genre, and builds excitement for its 2017 installment.



THE INFINITE LIBRARY AND OTHER STORIES

By Victor Fernando R. Ocampo

The Singapore-based Filipino author weaves together 17 stories that will accompany you in your loneliness. Experimental fiction is pushed to its very limits, and at the end of it all, one is left to reckon with the arresting power of prose.

Because we ruined our own childhoods

CONFESSIONS

“When I was in grade school, my teacher had to cancel class because the entire room smelled like poop. A team of assistant teachers marched in, ready to inspect the butts of every person in class. I knew I had a brown stain on my shorts, so I said, ‘That’s just gravy from the burger steak I ate for lunch, okay?’ And it really was gravy! But in the end, it turns out it was still me who had the stinky butt. Still one of the worst days of my life.”

—RG, 22

“My crush and I were in the playground when I confessed my feelings to her. I gave her a flower necklace and asked if she wanted to hug me. Little did I know a group of our friends were hiding behind the bushes. They emerged and began to chant, ‘Ellis and Sarah sitting in a tree! K-I-S-S-I-N-G!’ Sarah went home crying, and we never spoke again.”

—ELLIS, 23

“When I was a kid, I didn’t know that the N-word was a racial slur. I thought it was a term of endearment. One day, while shopping for school supplies with my mom and sister, I called out to them, ‘Hurry up, n****s!’ Just my luck—a very tall, very intimidating African-American man was within earshot. I learned my lesson!”

—LACE, 22

“As a child, I had a weird habit of intensely sniffing my food before eating it. One time, my dad took us all out for flavored fries, so as usual, I began to smell the fries. But the barbecue powder got into my nose, triggering my allergies and causing me to cough, sneeze, and cry all at once. My siblings had a field day. My mom was in panic. My dad was taking pictures. They still tease me about it to this day.”

—MARLON, 23

“My mom is a stage mom who always tried to get me into talent shows and gigs when I was younger. At one point, I was a child model for a department store fashion show, and she was helping me change outfits backstage. She couldn’t keep up with the timing during the swimwear portion, so I walked out literally topless. The audience was startled! I was a kid, so I didn’t know better. YOLO.”

—LOVELY, 24

NOSTALGIA-O-METER

DID THIS REALLY HAPPEN?

FREUD IS CHUCKLING

CLASS CLOWN

SIT IN THE QUIET CORNER

“MOMMY!!!”

CRAWLS BACK INTO WOMB

Know

Julie Sparks Joy

All her life, actress, singer, and songwriter Julie San Jose has been making everyone around her happy. Here's why she's not stopping anytime soon.

BY MACY ALCARAZ

PHOTOGRAPHY BY SHAIRA LUNA

Makeup: Kaye Misajon
Hairstyling: Rhoy Cervantes,
assisted by Gene Jacinto
Styling: Ash Aquino
Set design: Coni Tejada





Julie San Jose—or @MyJaps to her millions of followers—has been entertaining the public for years, starting with joining contests and pageants as a three-year-old girl. Like most pop stars, her musical beginnings are rooted in a singing competition. But unlike most pop stars, this dream wasn't one she had for herself—at least not since she was born. Still, it's a dream the now 23-year-old (turning 24 this month, on the 17th) fully embraces and feels grateful for. We sit down with the GMA star and Universal Records artist to talk about how she ended up where is right now and what's fueling her decision to stay.

sa puso ko. Na maglalagay ako ng lyrics ko o ng melody na hindi naman tugma. I think that's how I make music. It's part of my creative process.

CAN YOU TALK A LITTLE BIT ABOUT YOUR LATEST SINGLE, "NOTHING LEFT"?

It's produced and written by my friend Marcus Davis. It's called "Nothing Left" because sometimes when we're in a relationship, *binibigay natin lahat-lahat*. And when the relationship becomes toxic or if it doesn't work anymore, *sobrang nasasaktan tayo kasi binigay natin lahat, wala nang natitira sa atin*. That's the case when someone loves too much. Sometimes, there's absolutely nothing left for you. I guess if you're going to ask me, was there a point *na nagmahal ka nang sobra-sobra*—I think any person who has invested in a relationship, *ganoon naman 'di ba?* We commit ourselves to that person 100% because you can't love a person half-heartedly. But you need to love yourself also. I've experienced that myself, but I learned as I grew. It's not always about the good things. There are also bad things that happen, but we can learn from them.

CAN YOU SAY YOUR MUSIC HAS GROWN UP WITH YOU?

Yeah, definitely. My music career track really changed. From ballads, country, and pop—I really wanted to venture out. So I decided to try another genre, which is RnB, urban contemporary. I think it's because of the trends as well.

OF COURSE, BEING IN SHOWBIZ, YOU WERE ALSO

GROWING UP, WAS IT ALWAYS YOUR DREAM TO BE A SINGER?

It was actually my grandparents', especially my *lola*'s. When I was three—I started singing at two and a half—they saw my potential. *Ako 'yung panganay sa aming lahat—panganay na apo, panganay na anak*. At that time, *ako 'yung parang toy nila*. They persuaded me to enter the industry. They told me, "*Gusto namin paglaki mo, gusto ka naming maging artista, maging musikero*." They enrolled me in voice lessons at three years old and made me join different pageants and contests. Which I liked because I already really enjoyed singing in the first place. If it weren't for this skill—my God-given talent—*siguro* I wouldn't be where I am right now.

WHAT IS IT ABOUT CREATING MUSIC THAT YOU LOVE?

The thing about creating music is that it's about sharing a piece of yourself with the world. You don't just write *para lang may maisulat ka*. When I write a song, I want to be able to share a part of my life and my experiences, too. *Sa bawat kanta, may kwento*.

WHAT INSPIRES YOUR SONGWRITING PROCESS?

A lot, a lot. *Siguro*, *'yun nga*, experiences. That's the number one thing. My family, the people around me, and maybe the current situation I'm in. Sometimes when they ask me to write, I always tell them it's going to take a while. I don't want to write something *na hindi bukal*

(DRESS) FOREVER 21, (JEWELRY) LOVE ROCKS, JEWELRY FROM URBAN ABODE, GRANNY CHAIR, P15,900, LEATHER CHAIR, P31,000, HORNS, P45,500 EACH, FROM HABITAT, BLYTH SIDE TABLE, P8,995, ELVIS 3X CANDLE HOLDER GOLD, P1,995, KILIM RUG, P24,000, AGNES RUG, P15,800, HAL PHA THROW BEIGE, P4,150, ALA THROW TAUPE, P3,250.





PAIRED WITH DIFFERENT ACTORS IN A LOVE TEAM. WHAT WAS THAT EXPERIENCE LIKE?

I think it's one of those things that helped me grow not just as an artist but also as an individual. Every now and then, they give us workshops. I'm just very grateful to have been a part of it. I really learned a lot: not only the techniques of acting but the techniques of other actors. I also learned how to be a better person. Working with someone else helps you grow, and that's how you get to hone your capabilities. *Mas mahahanap mo 'yung sarili mo.* In terms of the acting projects, *iba-iba. Iba-ibang* directors, *iba-ibang* co-actors and co-actresses so *iba-ibang* environment *'yung nakakasalamuha mo talaga.* I just think it's really cool to be collaborating with other people.

DO YOU PREFER BEING IN A LOVE TEAM OR SHINING ON YOUR OWN?

I just want to explore. I want to work with everyone!

ARE THERE ANY OTHER CELEBRITIES YOU STILL WANT TO WORK WITH?

I haven't worked with Marian [Rivera] and Dingdong [Dantes] in a series or TV show. As for singing, I want to collaborate with Ms. Lea Salonga and Gary Valenciano. Hopefully do a collaboration with Ms. Regine Velasquez, though I've recently been working a lot with her. It's awesome and overwhelming to be performing with your idols. I used to just watch them on TV and now I get to share the stage with them. *'Yung pagiging starstruck ko sa kanila,* it never goes away. *Hindi talaga.* I'm forever stunned by them.

FOR CELEBRITIES, HARSH CRITICISM—BASHING, EVEN—SOMEHOW COMES WITH THE TERRITORY. HOW DO YOU MANAGE TO STAY POSITIVE

DESPITE NEGATIVE COMMENTS?

I'm always on social media, so it's inevitable for me to see those comments. Whether you do something good or bad, people will still have something to say. They will still hurt your feelings. They will still try to bring you down. *Lahat ng mga frustrations nila sa buhay, sa ibang tao nila pinapasa kaya anong nangyayari sa mundo, 'di ba?* Sometimes, I don't know what to do anymore. It's not worth it to read a comment and answer back. I'm really not that kind of person *na papatol.* You can say whatever you want about me but I'm not going to respond because I know you're just trying to make me feel bad about myself. It's not worth it. *Baka may pinagdadaanan, so intindihin na lang sila, ipagdasal na lang din natin talaga sila.* Let's just focus our energy on something positive, and let's focus on the people who love us and are there for us.

AT THE SAME TIME, THE INTERNET AND SOCIAL MEDIA HAVE ALSO BROUGHT YOU CLOSER TO YOUR FANS. HOW IMPORTANT IS IT TO YOU TO HEAR FEEDBACK FROM THEM?

It's really important. Despite the haters and the bashers, I try to focus on the fans. That's why I'm active on social media; it's for my fans. It's for those who never stop supporting me.

HOW DO YOU CONNECT WITH YOUR FANS ON A PERSONAL LEVEL?

As much as possible, I interact with them. Sometimes on Twitter, *nagpapa-Ask Julie* ako. When I have time, *nakikipag-usap ako sa kanila.* I keep them updated whenever I can.

YOU'VE BEEN IN THE INDUSTRY SINCE YOU WERE THREE; YOU CAN

SAY YOU GREW UP IN THE LIMELIGHT. IS THERE ANYTHING THAT YOU MISS ABOUT BEING A PRIVATE PERSON?

The thing I miss most is probably spending more time with my loved ones. I used to live the simple life. I'd take the jeep or the tricycle to school. Sometimes, I'd walk. I still try to do it when I have the time. *Wala kasi talagang kaso sa 'kin na magpaka—normal na tao.* Just be yourself. *Kung makilala ka man ng mga tao,* say hi. I'm just human. I think that's one of the things people don't know about me. Because they see you as a public image or a celebrity, they think you're untouchable. But I can be your friend! I'm jolly, simple *lang, kalog, jologs.* I grew up with my family always reminding me that no matter how busy I get or how many projects come my way, I should always keep my feet on the ground. As long as *wala kang natatapakan na tao,* that's what's important. And always be grateful.

WHEN YOU'RE NOT BUSY BEING A CELEBRITY, WHAT DO YOU LOVE DOING?

I love to stay at home. I love reading books, watching movies, and writing songs and poems. I also like playing instruments and working out—I used to do Muay Thai and boxing. And I love to eat and travel!

YOU DESERVE ALL THIS SUCCESS, BUT BEHIND THE AWARDS, THE RECORDS, THE SHOWS, THE BRIGHT LIGHTS—WHAT MAKES JULIE TRULY HAPPY?

At the end of the day, I always think about my family and my loved ones. When I see them happy, I'm okay; I'm content. I'm easily drawn to someone's energy. *Kapag masaya ka, masaya na din ako.* I'm that kind of person, which is why I surround myself with happy, positive people as well.

Julie Anne San Jose

Nickname:

Jules, J,
Japs

Birthday:

May 17, 1994

Favorite song to sing in the shower:

Singing in
the Shower !!?

In my squad, I'm the:

Geek



Best way to unwind:

Good music + coffee
+ Good book + travel



Last thing that made me cry:

I watched
The Notebook
recently. Lol

Top three things I'm attracted to:

- positive aura
- good disposition
- smile



My style icons:

Selena Gomez
Dua Lipa

On my cheat days, I binge on:

EVERYTHING
that's food

My current obsessions:



shoes
netflix-ing /chill
essential oils

Best thing about being a Pinay
in 2018:

confidence /
being carefree /
out of the
box

Dear Cosmo Girls:

Be yourself.
Stay beautiful
inside/out!

Wear

WE LIKE YOUR STYLE — SO START OWNING IT

CHASING RAINBOWS

Fall in love with saturated stripes in kaleidoscopic tones—they'll instantly inject life into your wardrobe.



Bag, Aldo.
Shoes,
Forever 21.

Wear



Earrings, Mango, ₱795.



Scarf, Bershka ₱495.



Heels, H&M, ₱2,290.



Backpack, Stradivarius, ₱1,195.



Slides, Mango, ₱1,495.

Espadrilles, Stradivarius, ₱1,995.



Sunglasses, Mango, ₱1,295.



MARC JACOBS SPRING/SUMMER 2018



COACH SPRING/SUMMER 2018



MARC JACOBS SPRING/SUMMER 2018



TORY BURCH SPRING/SUMMER 2018



TORY BURCH SPRING/SUMMER 2018



COACH SPRING/SUMMER 2018



MARC JACOBS SPRING/SUMMER 2018

SHOPPING CART

MAKE IT RAIN



Watch, Parfois, ₱2,290.



Belt, Mango, ₱995.

Earrings, Zara, ₱995.



Mules, Stradivarius, ₱2,495.



Flats, H&M, ₱2,690.



Tote, H&M, ₱2,290.



Bag, Bershka, ₱1,395.





Cap, Stradivarius, ₱795.



Earrings, H&M, ₱599.



Belt, H&M, ₱499.



Slides, Penshoppe, ₱329.



Belt, Mango, ₱995.



Bag, Zara, ₱1,995.



Earrings, Stradivarius, ₱695.



Backpack, Pull & Bear ₱1,595.



(BOW)!

Accessorize loud and proud in bright and bold colors.



MARC JACOBS SPRING/SUMMER 2018



LACOSTE SPRING/SUMMER 2018



TORY BURCH SPRING/SUMMER 2018



COACH SPRING/SUMMER 2018



MICHAEL KORS SPRING/SUMMER 2018



DIESEL SPRING/SUMMER 2018



MICHAEL KORS SPRING/SUMMER 2018



Bag, Stradivarius, ₱1,495.



Sunglasses, Pull & Bear, ₱695.



Heels, Pull & Bear, ₱2,595.



Earrings, Stradivarius, ₱695.



Loafers, H&M, ₱2,690.



Purse, H&M, ₱1,495.



Scarf, H&M, ₱899.



Kendall
Jenner



Rihanna

Kim
Kardashian



adidas, ₱1,900.



Bershka, ₱895.



Zara, ₱1,295.



Stradivarius,
₱1,195.



Pacsafe, ₱3,950.



Parfois, ₱1,490.



Mi-Pac at Zalora.com.
ph, ₱1,290.



H&M, ₱2,690.



Herschel,
₱1,990.



Jansport at Zalora.
com.ph, ₱1,190.

SHOPPING CART

BUM AROUND

Been dying to try this hands-free trend? Take your pick from these ultra-cool bum bags!



COMEBACK KID

It may have disappeared from the local market for a while, but sandal brand Sanuk is back with its signature cool and comfy Bohemian style and carefree vibe. One style we're copping for our next beach trip? The ultra comfy Yoga Sling sandals.



STYLE QUICKIES



Cosmo fashion editor **Happy Lopez** fixes your fashion probs and shares her new obsessions.

EFFORTLESS DRESSING

If you're the type of girl who loves wearing a uniform, then you'll love Memo's Spring/Summer 2018 collection of upgraded essentials. Clean and classic, Memo's pieces are minimalist in style with a neutral palette, making it easier to get dressed every day.



FEEL FESTIVE

Bring a summer vibe to your closet with Penshoppe's latest collection inspired by trendy streetwear and the festival culture. Inject some playful stripes and pops of color into your wardrobe to make a bold statement!



WOVEN WONDERS

The *banig* is getting a trendier makeover with Lara, the brainchild of Samar Governor Sharee Ann Tan to help the weavers of Basey, Samar. Woven pieces are transformed into stylish, modern accessories like backpacks and belt bags, visor hats, statement necklaces and earrings, and sneakers. Check out @larasamarph to find out where to shop these unique pieces.



SO SHADY

Step up your sunnies game without breaking the bank with Fly Shades' latest collection of eyewear. Sunglasses are a year-round staple, so don't feel guilty about owning more than one pair. Experiment with trendier styles like tinted lenses, matte frames, or geometric shapes.

FASHION 3-WAY

SKIRT 'N' FLIRT

Sneak one (or five!) of these skirts into your wardrobe to update your basic tees and sneaks.

ROCK GIRL

Go with leather minis and high-shine drama for an edgy and tough vibe.



H&M, ₱899.



H&M, ₱1,690.



H&M, ₱1,490.



Zara, ₱1,695.



Mango, ₱1,995.



SO RETRO

Channel the '60s with quirky A-line micro minis in playful prints and colors.



Kashieca at Zalora.com.ph, ₱698.



Zara, ₱1,695.



Stradivarius, ₱1,695.



Zara, ₱3,295.



URBAN CHIC

Sport utilitarian pieces and trendy denim finds for a cool streetwear flair.



H&M, ₱3,490.



H&M, ₱1,990.



Mango, ₱2,295.



Bershka, ₱1,595.

(TEXT) COSMO AU. (PHOTOS) PAUL SUESSE/BAUER (STYLING) ANA ZUPANOSKA. (HAIR AND MAKEUP) ISOBEL CLAIRE/ONENINETYNINE MANAGEMENT. (MODEL) BRIT-TANY CODELL/PRICILLA'S MODELS MANAGEMENT. (STYLING ASSISTANT) HALEY LOPEZ. (STILLS) COURTESY OF RESPECTIVE BRANDS AND ZALORA.COM.PH.

NO EXCUSE NOT TO LOOK GOOD



*These beauty picker-uppers
beat deadlines to the punch*



Whether it's a late-night OT, a hangover or jetlag that deprived you of a good shut-eye, you can fake an 8-hour sleep with these essentials any busy woman should have:

FACE MISTS

Tired skin calls for an extra boost. A few quick sprays of face mist not only make you look wide

awake, but feel awake, too. Look for face mists that contain caffeine and green tea to perk you up. Face mists are perfect for the summer days, too!

CONCEALER

Hide under-eye circles (aka your stress marks) by applying concealer in an inverted triangle shape under your eyes. This trick not only hides your dark circles, it also creates the illusion of a mini facelift. Bonus trick:

Add some shimmer to the inner corners of your eyes and under your brow bones.

DRY SHAMPOO

Dry shampoo allows you to go a day (or two) without washing your hair. No time for a blow-out? Spray on some dry shampoo to instantly give your hair new life and texture. It won't cleanse your hair the way a regular shampoo can, but it's a quick beauty solution to keep hair oiliness at bay.

VITAMINS

The best way to wake your skin up is to work from the inside. Choose a vitamin E that contributes to the regulation of collagen breakdown and ability to help integrity of the dermis. Myra is pure vitamin E which is a powerful antioxidant that gives healthy skin from within. Take the number 1 vitamin E, (d-Alpha Tocopherol) Myra E.

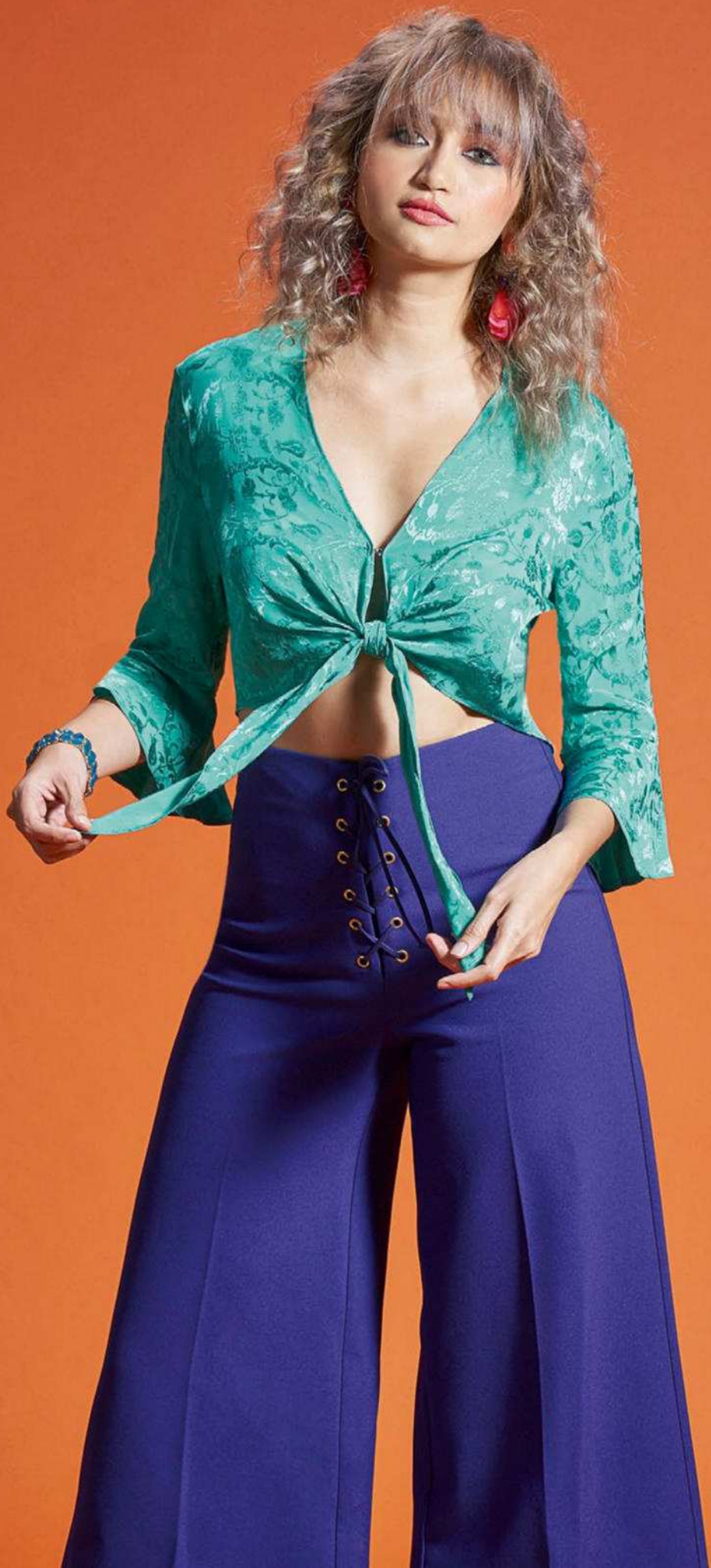


A woman with blonde hair in a high ponytail with bangs, wearing a teal leather motorcycle jacket over a bright yellow t-shirt. She is also wearing a long, pleated skirt with vertical orange and red stripes and a small red crossbody bag. She has large, round, purple and white earrings. The background is a solid blue.

FORGET THE RULES!
MIX AND MATCH
FLASHY PRIMARY
COLORS TO GIVE
YOUR WARDROBE A
COLORFUL TWIST.

BY HAPPY LOPEZ
PHOTOGRAPHY BY
DAIRY DARILAG

FLASH!



(THIS PAGE)
Earrings, P490, and
bracelet, P790, both
Parfois. Top, Miss
Selfridge, P2,195.
Pants, Topshop,
P2,995.

(OPPOSITE PAGE)
Earrings, Parfois,
P390. Jacket,
P2,995, and skirt,
P2,995, both Mango.
Tee, P655, and sling
bag, P795, both
Forever 21.



Button-down,
P1,695, and vest,
P1,495, both Mango.
Pants, Topshop,
P2,695. Clutch,
Forever 21, P905.
Wedges, Charles &
Keith, P2,799.



Earrings, Parfois,
P390. Top, Topshop,
P2,695. Pants,
Mango, P2,295.
Wristlet, P2,599, and
heels, P2,899, both
Charles & Keith.



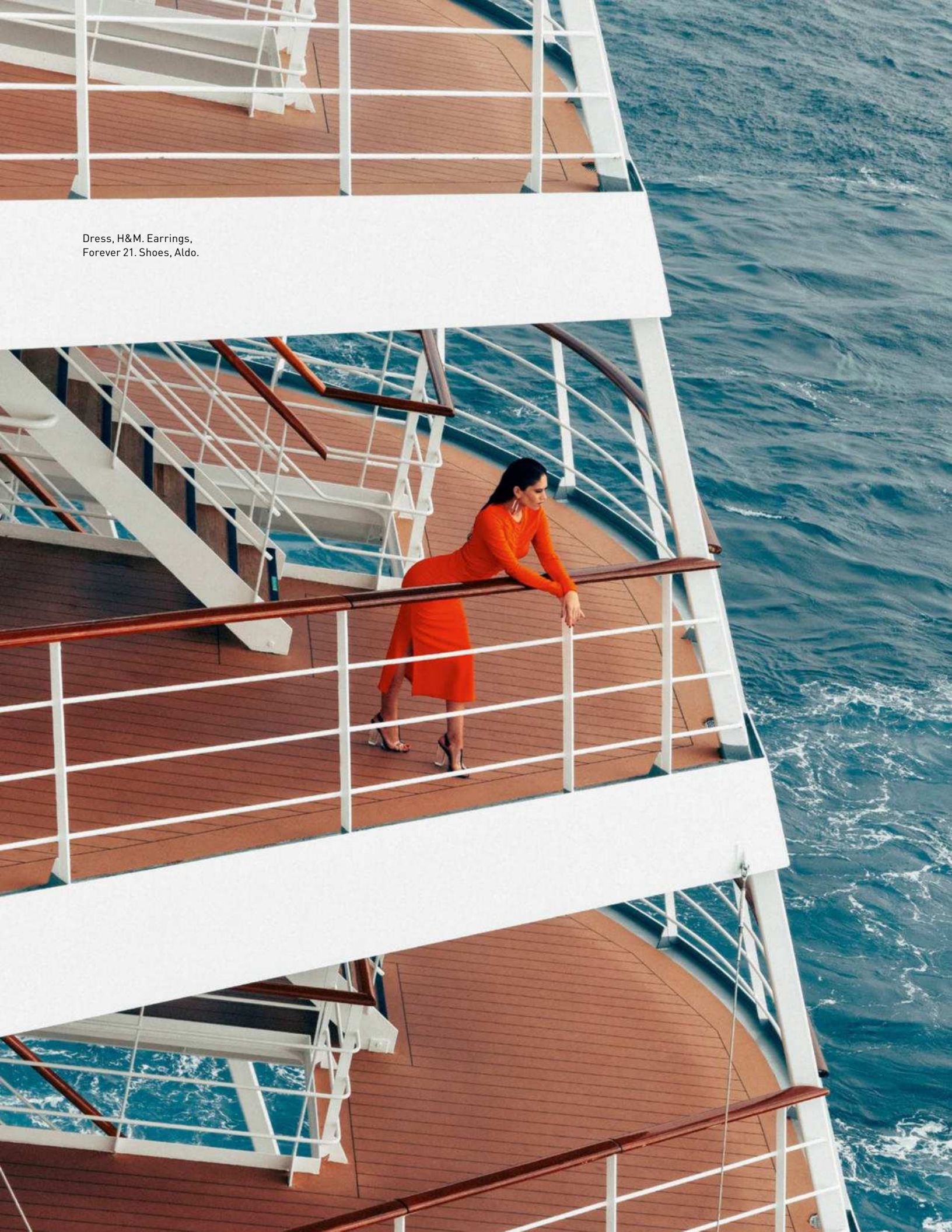
Earrings, Parfois,
P590. Top, Ever New,
P1,495. Skirt,
Promod, P1,995.
Heels, Charles &
Keith, P2,899.

[STYLING ASSISTANT(S) CARIE AGUILA AND APRIL LOZADA. [MAKEUP] JOHN PAGADUAN. [HAIR STYLING] DAVE GRONA. FOR REV'LON PROFESSIONAL BRAND'S PH. (MODEL) LOU MUNOZ, PMAP

Earrings, P490, belt bag, P1,490, both Parfois. Lime sweater, P1,495, and short-sleeve knit top, P1,495, both Mango. Pants, Forever 21, P1,175. Shoes, Charles & Keith, P2,599.



Dress, H&M. Earrings,
Forever 21. Shoes, Aldo.



An aerial photograph of the ocean surface, showing a dense pattern of whitecaps and ripples in shades of blue and green. The text is overlaid on this background.

CRUISE CONTROL

Sail through summer in the hottest
nautical ensembles.

PHOTOGRAPHY BY NIQUITA BENTO

Top, Forever 21. Jeans,
H&M. Hat, Seafolly.
Earrings, Colette by
Colette Hayman. Shoes,
Espadril.



Top, Babette. Pants, Zara.
Visor, Cotton On. Earrings,
Forever 21.



Swimsuit, MRP. Earrings,
Forever 21. Chain belt,
Second Time Around.



On Nabeelah: One-piece, MRP. Earrings, The Fix. Shoes, Zoom. Camera, The Lot.

On Ashleigh: One-piece and visor, Woolworths. Earrings, Forever 21.

Swimsuit, Odette Gomes.
Scarf (worn as turban), Aldo.
Earrings, Forever 21.

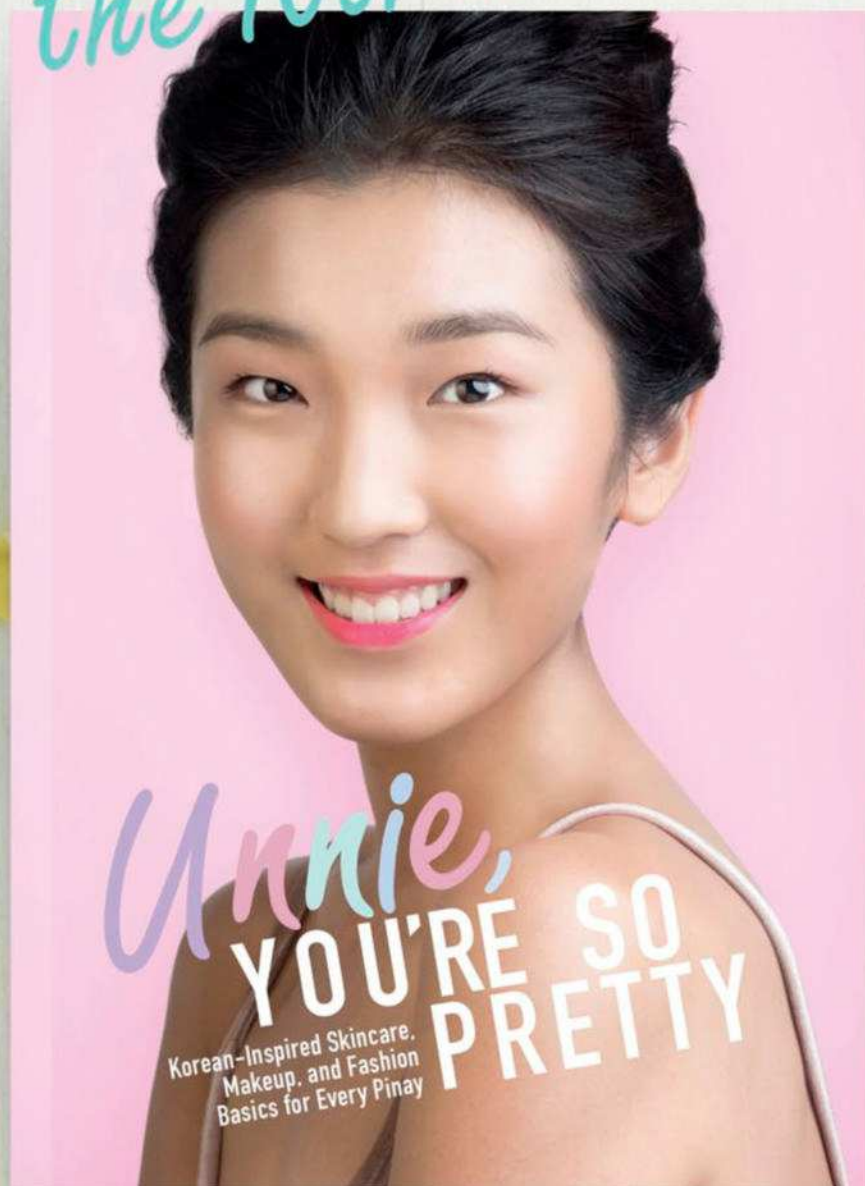


On Ashleigh:
Swimsuit and towel
(on head), Cotton On.
Sunglasses, Dot
Dash at Zando.

On Nabeelah: Top,
The Fix. Swimsuit
(worn as briefs),
Forever 21.
Sunglasses, H&M.
Earrings, Call It
Spring. Belt, Zara.



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LIKE SONG HYE KYO, JUN JI HYUN, AND MORE!**

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Bloom

GIRL - CRUSH - WORTHY GORGEOUS INSIDE AND OUT

TAKE CARE OF THAT BIRTHDAY SUIT

PSA: your skin covers your entire body. So why should your skincare stop at the décolletage? All in the name of self-care, give the rest of your skin the TLC it deserves, and just as regularly as you do with the skin on your face. Neal's Yard Remedies' Beauty Sleep Body Butter (P1,750) makes for a relaxing nightly ritual, while The Body Shop's Body Yogurt (P750) absorbs into your skin in 15 quick seconds, leaving you no excuse to skip lotion in the morning.

[TEXT: SITTINGS, AND STYLING] BIANCA MASCEON. [PHOTO] CHARISMA LICO. [MAKEUP] SARI CAMPOS. MAKE UP FOR EVER. [HAIR] FRANCIS GUINTU. REVLON PROFESSIONAL BRANDS PH. [SET DESIGN] MARTINA BAUTISTA. [MODEL] VANESSA JOHANSSON. PRIMASTELLA.

HOLY GRAIL

BOTTOMS UP

The scent you'll want to wear all summer long—inspired by your favorite cocktail.

MIMOSA

A classic citrus scent, with a surprising note of rich leather.

Mandarine & Cuir, P1,750, 1902

WHISKEY & RYE

Get whisked off to a warm, golden field with this smooth, floral vanilla scent.

Primrose & Rye, P3,950, Jo Malone

IRISH CREAM

A floral vanilla with a spicy kick.

Orchid Soleil, P6,780, Tom Ford

MAI TAI

A sweet, almond-infused scent with mixed berry and black cherry notes.

La Petite Robe Noir, price available upon request, Guerlain

BLOODY MARY

Youthful and sensual, a musky fragrance with just a hint of spice.

Goldea The Roman Night, P5,220 Bvlgari

BELLINI

This sparkling scent has citrusy-sweet peach at its core.

Girl of Now, P5,100, Elie Saab

CHERRY DAIQUIRI

An effervescent, tart floral.

Daisy Dream Twinkle Edition, P4,498, Marc Jacobs

HOLY GRAIL

FRIED AND TESTED

Get your mane back into tip-top shape with these hair heroes.



Chemically processed hair can be extra susceptible to sun damage. Regular use of this nourishing conditioner will keep your strands healthy and strong. **NOUNOU Conditioner**, price available upon request, Davines



Leave it to Mother Nature to nurse your hair back to health. **Natural Hair Revival Coco Mask**, P329.75, Human Nature

Washes all the chlorine and sea water out of your strands—a tropical vacation must-have. **Totally Beachin' Cleansing Jelly Shampoo**, price available upon request, TIGI Bed Head

This sulfate-free, moisturizing shampoo provides extra care for colored hair. **Ever Pure Moisture Shampoo**, P350, L'Oréal



This sunflower-powered hair treatment balances your hair's lipids and moisture to fight frizz and dryness. **Himawari Rich & Repair Oil In Treatment**, P695, Kracie

The sun can make hair color fade quickly. Keep your color for longer with a leave-on conditioner with UV filters. **Equave Sun Protection Detangling Conditioner**, price available upon request, Revlon Professional



Prevent your shampoo from stripping your hair of color with this pre-wash treatment. **Phytomillesime Color Locker Pre-Shampoo**, P1,450, Phyto

Protect and restore your hair's health with this 10-in-one treatment. **Uniq One Hair Treatment**, price available upon request, Revlon Professional

Healthy scalp = healthy hair. Keep the sun from frying your crowning glory with a sun shield made especially for it. **Hair and Scalp Clear Spray Sunblock**, P299, Beach Hut



This miracle brush's flexible bristles detangle hair without pulling or tugging, keeping breakage to a minimum. **Detangling Brush**, P899, Wet Brush Pro, Watsons

#FOTD

BEACH PARTY LOOK

End summer with a bang—an easy, playful, waterproof bang, of course!

BROW GAME: ALWAYS STRONG.

Use waterproof brow products to keep your *kilay* intact despite the elements.

TRY: Lustrous Brow Gel, P449, BYS x Nadine Lustre
Lustrous Brow Pencil, P499, BYS x Nadine Lustre

DEFINE YOUR EYES

and catch the light at the same time with neutral but shimmery shadows.

TRY: Lustrous Eye Shadow Palette in Calypso, P799, BYS x Nadine Lustre

MAKE A STATEMENT

with a playful pop of color! Use a wet angled brush to apply a bright-colored eye shadow on your lower waterline.

TRY: Lustrous Eye Shadow Palette in Luna, P799, BYS x Nadine Lustre

HIGHLIGHT IS LIFE!

Using a pink-toned shimmery highlighter is a fun way to complement a bright eye look.

TRY: Lustrous Bronze and Highlight Palette, P1,499, BYS x Nadine Lustre

MAKE SURE YOUR LIP COLOR LASTS

throughout the night by opting for a lip stain.

TRY: Lustrous Lip and Cheek Tint in Raw, P399, BYS x Nadine Lustre

GET READY WITH ME

THE SUMMER EDIT

Advice on how to look fresh despite the heat wave, courtesy of beauty vlogger Anna Cay.



Subscribe to Anna's YouTube channel youtube.com/annacay.

Foundation feels too heavy for summer, so I only use it for events. On a daily basis, I use **Sisley's Double Tenseur Face Primer** and **It Cosmetics' CC Cream**. My favorite concealer is the **Tarte Shape Tape**, a heavy duty concealer.

My hair is color treated, so I try not to wash it too often. The **Tresemme Dry Rescue Dry Shampoo** is a great, affordable dry shampoo.

I have two mists: the **Luminise Botanical Facial Mist** for priming the skin or for no makeup days, and the **Milani Make It Last Setting Spray** for setting makeup.

These **Delon Cotton Pads** from S&R are my favorite. They come with an exfoliating side that really does the trick, and they don't come apart like other cotton pads do.

My favorite scent is **Jo Malone's English Pear and Freesia**.

This is my sixth bottle! This other scent I created in Korea. I try not to use it too often because I don't remember how I made it, which is sad because I really, really like it.

I always use bronzer, even if I don't wear foundation. It adds warmth to my skin. My current bronzer is the **Estee Lauder x Victoria Beckham in Java Sun**.

The **J.Cat Golden Soleil Baked Bronzer in Coconut Island** is a bronzer, but I use it as a highlighter. It's your best bet for a summery glow that does not accentuate your pores.

I use the **Estee Lauder Advanced Night Repair Serum and Eye Cream**.

I'm in my 20s, and you have to start early to prevent aging. I have other products that come and go in my routine, but these are my staples.

I have combination skin, and I love the **Coty Airspun Loose Face Powder** because it controls oil without accentuating dry patches. The scent is a little old lady-like, but it's really nice for my skin type.

I got the **Dior Lip Glow** in the new shade, 007 Raspberry. It's great for when you don't want to wear lipstick—the color even intensifies throughout the day.

I prep my skin with **ZO Medical Cebatrol Oil Control Pads** and remove makeup easily with my **Nivea 3-in-1 Cleansing Wipes**.

I love decorating my vanity. I go to **Rustan's** and **Robinsons Department Store**. They have the best selection of vanity table organizers and decor.

Bloom



ASK BIANCA

I ALWAYS LOVE HOW MY HAIR LOOKS RIGHT AFTER A SALON BLOWOUT. WHY CAN'T IT LOOK THIS GOOD ALL THE TIME?

Ask your hairstylist for the Revlon Lasting Shape treatment—it allows you to keep the shape and texture of your new 'do for more or less six weeks, without having to go through more permanent processes like perming or rebonding. If you want to recreate curls at home, try the Kiss Instawave Automatic Curler. All you have to do is bring the iron close to your hair and press the button dictating the curl's direction. The iron does all the rest for you: sectioning, twirling, and timing, letting you know when it's time to release your hair with a few quick beeps.

Kiss Instawave Automatic Curler, P3,599. Available at Ma Belle Fille, Venice Luxury Residences, Mckinley Hills, Taguig City.



ColorStay Brow Mousse, P625, Revlon



WHIPPED INTO SHAPE

Can you imagine brushing, filling in, tinting, and setting your brows in one easy step? Revlon's ColorStay Brow Mousse does just that with an airy, whipped mousse formula flowing through a 360-degree bristle brow brush. Quick and easy brows, no other products or brushes required.

BEAUTY QUICKIES

The beauty world's biggest news broken down into bite-sized portions.



Extremely Gentle Cleanser Lotion, P1,218, Avene. Rose Tonic, P890, Pixi, glamourbox.ph. Rose Cream Cleanser, P1,090, Pixi, glamourbox.ph.



FACE DU SOLEIL

Make the most of the golden hour with easy-to-apply makeup with light reflecting finishes. Tom Ford's Sheer Cheek Duo in Exotic Flora has two shades, rose and papaya, and can be applied wet for a sheer finish, or dry for a vibrant color payoff. Meanwhile, K-Palette's newest lip tint boasts of more than just color staying power. Shea butter, ceramides, and hyaluronic acid work together to make sure its hydrating, protecting, and softening effects last just as long as the tint does.



Sheer Cheek Duo in Exotic Flora, P4,100, Tom Ford. Lasting Lip Tint Stick in Glamorous Beige, P795, K-Palette.



GET CHEEKY

Strip's newest laser treatment revitalizes the skin, helps with hyperpigmentation, and tightens the skin, reducing visible pore size and fine lines. Not only for the face, Strip White can target other delicate areas such as your underarms, bikini line, and butt—just in time for bikini season.



Strip White is available at Strip's Mega Fashion Hall Branch, Ortigas Center, Mandaluyong City.

SOFT AND ROSY

Whether your skin is naturally sensitive, or you just need a break from all the acids, you'll surely love adding Pixi's newest rose line to your routine. The Rose Cream Cleanser conditions as it cleanses the skin, and the Rose Tonic soothes as it tones and balances pH. Avene's no-rinse Extremely Gentle Cleanser Lotion is another gentle option, perfect for flare-ups and sensitized skin.

[TEXT] BIANCA MASCENON. [PHOTOS] ERWIN CANLAS, JESUS AYALA, CHRIS ECKERT/STUDIO D. FEATURED BRANDS: [MAKEUP] SARI CAMPOS, MAKE UP FOR EVER. [HAIR] FRANCIS GUINTO, REVLO Professional Brands PH. [MODEL] JOANNA KENNEDY.

BEAUTY NOTES

THE HAIR HEALTH TEST

Are those locks really as tough as they seem? This quick checklist should cover all the bases.

□ IT'S STRONG ENOUGH TO HANDLE A STRETCH.

Hair bounces like crazy in all those commercials because it's a telltale (albeit exaggerated) sign of hair elasticity, which points to the strength of the cortex in your strands. Ideally, your hair should be able to stretch up to 50% of its original length and return to form without compromising its structural integrity. Take a strand of your hair and stretch it out next to a ruler. If it breaks too soon, then you may need to switch to a gentler shampoo or take it easy on heat styling.

□ IT RESISTS WATER.

How well your hair absorbs water matters more than you might think—highly porous hair means that the cuticles on the surface of your strands are open, leaving the inner cortex vulnerable to damage. The better your hair is at resisting

water, the healthier it is.

Take a spray bottle about six inches away from your head, and mist some h₂O onto your locks. Do the drops of water sit on your strands, or do they disappear immediately? If it's the latter, incorporate a deep-conditioning treatment into your routine.

□ IT REFLECTS SHINE EASILY.

The cuticles of your hair—aka the scale-like shapes that cover a hair strand in close-up images—are supposed to lie flat. The flatter the cuticles, the better your hair will be at reflecting light, since it has a smooth enough surface to give off an appearance of shine. A good way to keep them flat is to minimize heat damage: ideally, hair stays shiny when styled at a maximum temperature of 130 to 150°C. Any more and you'd be risking its natural luster.

□ IT SHEDS AT A REGULAR RATE.

Hair fall is perfectly normal! The human head is supposed to shed 50–120 hairs a day—because we typically have 100,000, that's a drop in the bucket. It's impossible to keep an accurate count, but when you feel like you're losing more hair than usual, it could be because you're keeping your hair wet for too long. Wet hair increases in diameter by about 16%, leaving it more prone to damage—so gently towel-dry or treat with a hair dryer right after you step out of the shower.

□ IT'S STYLED WITH PRODUCTS THAT CONTROL AND MANAGE HEAT DAMAGE.

Typical hair dryers are only designed to emit as much hot air as possible without considering the negative effects of heat on hair. By investing in a hair dryer that controls and

regulates temperature, you can keep your locks stylish without compromising health. The Dyson Supersonic is equipped with a thermistor that measures hair temperature 20 times per second (and stays within the prescribed 150°C limit). With three airflow settings, three heat settings, and a powerful V9 motor situated in the handle, ease of use is all but guaranteed—that way, all you have to worry about is what look you'll be trying today.



Try the Dyson Supersonic for yourself at their Dyson Demo stores in SM Aura Premier, Greenbelt 5, and The Podium Mall. For more information, visit dyson.ph.



Meet Me in Morocco

New places, new faces—may your makeup always be
as adventurous as your travels.

BY BIANCA MASCENON
PHOTOGRAPHY BY CHARISMA LICO



Moroccan Spice

Add a little flavor to your usual liner look. Create a thick black cat eye, and then create another flick right above it with red eye shadow. For extra intensity, spray primer mist directly on an angled brush before dipping it in pigment. Balance the eye out by sweeping the leftover red shadow under your lower lash line.

Sahara Sunset

Smoky eyes don't always have to be dark. Use a warm, sandy shade to define your crease, and a warm caramel shade to fill in the rest of the lid. Finish with a little gold on the inner corners to open up the eyes—and voilà! A smoldering eye look you can wear before the sun goes down.





Marketplace Treasure

All that glitters may not be gold, but metallic shimmer looks bomb on golden, sun-kissed skin. Use liquid highlighter under sheer foundation for a metallic skin finish, and go all out with metallic eye shadows plus a metallic lipie.



Casablanca

The key to achieving the perfect 1940s lip? Finding the perfect red shade that's bold but not too bright. Fill in your lips with red lip liner, swipe on your favorite red lipstick, then take it down a notch by using your finger to pat on a brown lippie over it.

African Sun

Half-sunburn, half-golden hour—or just red blush. Such strong pigments for your cheeks can be quite intimidating, but the result is stunning when done right. Keep the rest of the look clean, don't get too close to the center of your face, and blend, blend, blend!

MAKEUP: LARI CAMPOS, MAKE UP FOR EVER; HAIR: FRANCIS GUINTU, REVLON PROFESSIONAL BRANDS PH; HAIR ASSISTANT: KIM ECHAVIA, CENTRO SALÓN; SET DESIGN: MARTINA BAUTISTA, (STYLING) J.L. CRESPO, (MODEL) VANESSA JOHANSSON, PRIMASTELLA



COSMO Finds

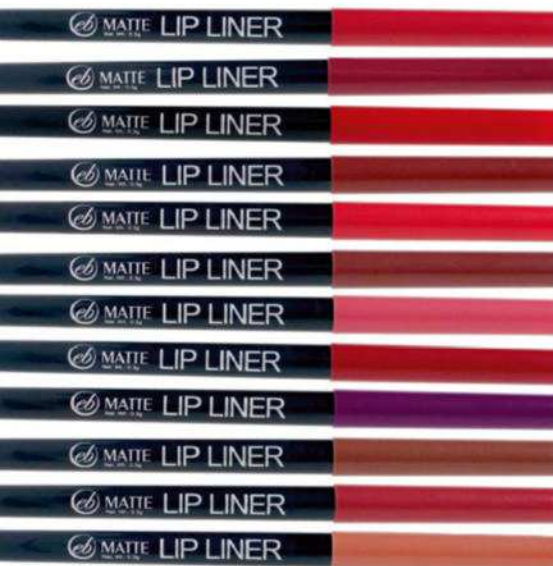
COP THESE COOL PICKS, STAT!



Pout and About

Ever Bilena's Matte Lip Liners are perfect for lining and defining the lips before swiping on matte lipstick.

The lip liners are available in 12 pigmented shades (from nudes, pinks, violets, reds, and browns). The retractable and slim packaging makes application easy anytime, anywhere.



The Ever Bilena Matte Lip Liner comes in Glam Red, Vogue Diva, Vamp Red, Dusk, Love That Red, Toast of New York, Pink Flame, Fierce Red, Vivid Violet, Mirrored Mocha, Siennas, and Sexy Nude



The authors of
In Case You Come Back
explore love, loss, life, and loneliness.



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and convenience stores for P250.



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#TheMapsThatContainUs

Reel

EMPOWERED, ENLIGHTENED, AND BETTER THAN EVER

TO GREATER HEIGHTS

Forget the tropes of the high-powered single career woman with a six-figure salary, or the trophy wife with a white picket fenced home, 2.5 kids, and a golden retriever; success is now how *you* define it. And while we all love an inspiring story, we're also super into the idea that your ultimate life peg should be the very best version of yourself.

THE TRAILBLA

MARGA BERMUDEZ

MC

As the country's only female MC, Marga draws from her passion for music to become the embodiment of positive energy at many of the Philippines' hottest gigs, concerts, and raves.

If you could give any piece of advice to your 21-year-old self, what would it be?

Read more, save more, keep praying, create music now! Organize, meditate, drink less rum Coke 'cause it'll make gain you weight. Your eyebrows will be envied so don't mess them up, and you're going the right way.

What sort of change do you want to see in the world?

If there's something I wanna see, it's less negativity. Negativity is truly the root of all hate, anger, and every other bad

thing you can think of. Without it, the world will truly change.

What do you think women, specifically those in their early 20s, should keep in mind?

Women in their 20s should remember that the new age is here. Keep striving to be the best version of yourself. Keep promoting good things. Remember that the world is evolving real quick—use it as your platform to do great things. Women have stronger voices now; women are rising together; women are sticking up for other women. Keep spreading the movement.

What do you think makes you a Cosmo Girl?

For me, a Cosmo Girl is fearless. That's basically me.



ZERS

For many of us, our 20s are our defining decade. To celebrate our 21st anniversary, we asked 10 incredible women how they got to know themselves and how they chased their dreams based on the decisions they made during this pivotal time in their lives.

ANINA RUBIO

Visual Artist

Anina not only creates beautiful, impactful, and meaningful pieces of art with a variety of media, but also helps spread the idea of making the world a more beautiful place with workshops that help hone a generation's creative talents and aesthetic.

What drives you to keep doing what you do?

I am driven by my sense of living and my goal to use art to promote awareness about environmental issues. I want future generations to see the beauty of nature as I see it. Life outside concrete walls is so wonderful!

If you could give any piece of advice to your 21-year-old self, what would it be?

Go finish your thesis!

Was there a significant event that happened to you at 21?

I decided to not run for student council (after being

part of it for three years) so that my last year in college would feel more carefree. That taught me to subtly not give a f*ck about social pressures of being this and that.

What sort of change do you want to see in the world?

I want to see more people become conscious of their surroundings so as to aid in promoting a better environment. I want to see more greens, more fish in the sea, more life!

What do you think women, specifically those in their early 20s, should keep in mind?

They should not worry so much because not everyone's got it figured out at a young age. Live life and live it well!

What do you think makes you a Cosmo Girl?

I make sure to live a life full of adventures, risks, and lots of fun!



EM MILLAN

Stylist

Leaving a successful corporate career to pursue her creative passion, Em not only dresses the country's socialites and celebrities for appearances on red carpets and magazine covers, but shares her voice to help uplift the LGBTQ community.

If you could give any piece of advice to your 21-year-old self, what would it be?

Joining the corporate world at 21 meant I had to conform to society's norms, including a conservative corporate culture; basically presenting myself as male in the office. My companies were considerate to recognize me as effeminate, but not as a trans woman.

Two years ago, when I quit the corporate world, I underwent the transition to present myself as who I really am. While I have no regrets about my experience, I have learned so much. Times have changed and we are almost at a tipping point for gender equality. So to my 21-year-old self: love who you really are. In time, you will be celebrated for it.

What sort of change do you want to see in the world?

Even some of the most forward global companies with the most educated people say they welcome diversity in the workplace, but it needs a drastic mind shift for each employee to create a culture that actually celebrates it. Admittedly, I had trouble wrapping my head around the process of transitioning and sexual orientation and gender identity and expression, so

I understand how it would be difficult for others, especially those that don't have to undergo any form of discrimination. Hopefully, in the future, we'll live in a world where everyone can choose who and what they want to be and not be ostracized for it. I wish gender would cease to be a label, because while I am a proud trans woman, I am not just that.

What do you think women, specifically those in their early 20s, should keep in mind?

Your 20s are like a trial period for life. It is okay to not have a plan, but keep in mind that you are in pursuit of an answer. You may not immediately find it, but that is what your 20s are for. You are allowed to make mistakes, you are allowed to explore and discover, but make sure that you learn from all of these.

What do you think makes you a Cosmo Girl?

[I'm] fearless. I was a scared 21-year-old: scared of life, scared of society, scared of my true self. But when I realized and embraced who I really was, everything started to fall into place. When I was able to conquer this, the other two Fs, fun and female, followed.



RONA TAI

Broker and Entrepreneur, Be Amazing

Body positivity activist and model Rona is smashing fashion's limited ideals by empowering women and showing firsthand how beauty comes in all shapes and sizes.

What drives you to keep doing what you do?

I always wake up thinking, "Who can I save today?" It doesn't have to be extremely heroic, but saving someone from a financial burden, for instance, can help liberate them so they can enjoy other things. Our fitness apparel helps encourage those who think that cute workout clothes only exist in small sizes. And that's what keeps me going.

What's the biggest challenge you've faced or mistake you've made? How did you deal with it?

Honestly, aside from overplucking my eyebrows, none. They are all experiences with such massive and impactful lessons that turned my weaknesses into strengths.

If you could give any piece of advice to your 21-year-old self, what would it be?

Keep doing you!

Was there a significant event that happened to you at 21?

I remember that I had to settle even though I knew

I deserved and could do better. When I settled for something, it was all forced. So as sad or as evil as I might've been portrayed for leaving a situation in which I settled, I lived the life that I wanted to live the way I was meant to.

What sort of change do you want to see in the world?

Everyone respecting every living creature.

What do you think women, specifically those in their early 20s, should keep in mind?

Don't rush into things. Enjoy your youth, learn from it. And stop comparing yourself to someone else.

What do you think makes you a Cosmo Girl?

What makes me a Cosmo Girl is my passion for encouraging and inspiring other women to love and embrace themselves, to be the women they want to be.



GOV. SHAREE ANN TAN

Politician

From being the youngest representative in Congress at 25 to governor of Samar, Sharee has spearheaded an innovative tourism campaign, fashion brand LARA, and embodies a dynamic kind of public service and leadership.

What drives you to keep doing what you do?

My exposure to the community made me realize that they needed a leader they can really count on, who is finally listening to them and heeding their call for change.

If you could give any piece of advice to your 21-year-old self, what would it be?

Learn to be independent and focused. Do not be afraid to take risks and learn new things. Be accepting of failures or mistakes. The ending of my presentations is always the statement of Charles Darwin, "It is not the strongest of the species that survives, nor the most intelligent that survives. It is the most adaptable to change."

What sort of change do you want to see in the world?

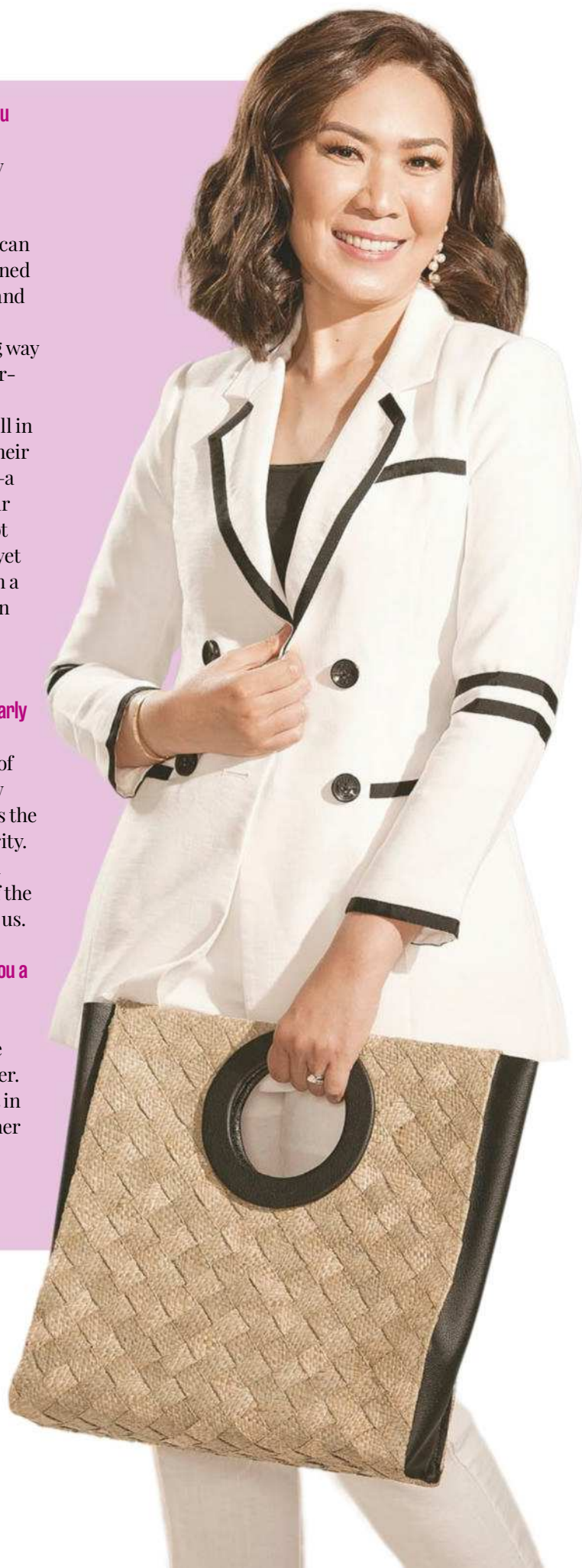
For people to graciously accept help and pay it forward, for only in learning to accept help can we also give back. I learned a lot from my mentors and it has made me a better leader. I still have a long way to go but if people underestimate me, I keep an open mind and take it all in stride. I let them have their own impression of me—a *probinsyana* from Samar whose pedigree may not be the same as theirs—yet I believe we are all given a chance to carve our own destiny.

What do you think women, specifically those in their early 20s, should keep in mind?

Youth is not a measure of your inexperience. How you treat other people is the measure of one's maturity. Values we learned from childhood, at the end of the day, are what will drive us.

What do you think makes you a Cosmo Girl?

A Cosmo Woman is resolute, astute, a game changer, and a risk-taker. She should be steadfast in her values and firm in her decisions yet willing to compromise.



KZ TANDINGAN

Singer

Whether tackling jazz or hip-hop, Motown or OPM, KZ's innate artistry allows her to take any piece of music and make it her own—a trait that's made her an international sensation bringing pride to Pinoy across the globe.

Why did you decide to go into music? Was it something you've always dreamed of doing?

It is where my heart is. I tried to pursue a different path in the past but I just always ended up doing music every single time. Yes, it was my dream, but I never really thought it could come true.

What's the biggest challenge you've faced or mistake you've made? How did you deal with it?

The biggest challenge was to stay true to who I am as an artist despite being told to conform. I'm just really thankful that after a couple of years, I found management who believed that being who I truly am will set me apart from everyone else.

If you could give any piece of advice to your 21-year-old self, what would it be?

You have a very tough journey ahead of you, but in that journey is where you'll truly embrace who you are, where you will be stronger and wiser. Never give up.

What sort of change do you want to see in the world?

I hope people would just learn to love, understand, and respect more.

What do you think women, specifically those in their early 20s, should keep in mind?

You can be whatever you want to be—never let anybody tell you otherwise.

What do you think makes you a Cosmo Girl?

I am a Cosmo Girl because I'm unafraid to embrace what makes me different.



MAUREEN WROBLEWITZ Model

As the first Filipina to win *Asia's Next Top Model*, Maureen transcended traditional hindrances as a model and helped revive the Philippines' reputation as a major contender in the fashion world.

What's the biggest challenge you've faced or mistake you've made? How did you deal with it?
The biggest challenge for me was *Asia's Next Top Model*. Being the youngest and shortest in the competition

was definitely not easy, but I couldn't let that bring me down. I had to focus on my goals, work hard, and succeed. A mistake I've made is letting negativity get to me. You just always have to remember that not everyone will love you, so focus on the positivity and surround yourself with the people who make you happy.

What sort of change do you want to see in the world?

I want people to be more accepting of others with

different cultures, races, and sexualities. We have to learn to be more open-minded and remember that we're all the same. We're all just human beings with goals and dreams.

What do you think women, specifically those in their early 20s, should keep in mind?

Do what you love to do and not what you think you're supposed to do. You're still young so go out there,

explore the world, follow your dreams, and don't be afraid to do so. You don't want to live your life with "what ifs", so just make things happen.

What do you think makes you a Cosmo Girl?

I'm a Cosmo Girl because I'm strong and I'm not afraid to take on new challenges to achieve my dreams.



JOAN PABONA

Photographer

From hobbyist to *National Geographic* awardee, Joan broke stereotypes of what it means to be an OFW and brought pride to the nation by capturing images of the mundane and transforming them into the almost otherworldly.

If you could give any piece of advice to your 21-year-old self, what would it be?

That the 20s are the perfect time for working on a good foundation—attitude, relationships, and cultivating a teachable spirit. That I should not be afraid of failures and never try to hide them. You can't succeed without failing. Get over your ego and get to failing.

Was there a significant event that happened to you at 21?

When I left my parents' house and rented a place of my own because I wanted freedom. After the move, I found myself single, unemployed, and without an official address. I realize this has been my greatest period of growth and development.

What do you think women, specifically those in their early 20s, should keep in mind?

Your 20s are a time to learn to stand up for yourself. You should always keep in mind how to manage your time, how to build confidence,

how not to make the same mistake twice, and that you should speak up for yourself. Cultivate your interests but spend time doing only things that actually interest you. Fall in love with failure, get rid of negative people, realize that doing well in college doesn't mean success, and learn to treat yourself every once in a while. Finally, find a valuable hobby that may turn out to be profitable in the long run.

What do you think makes you a Cosmo Girl?

I think being a strong, independent woman, and having the willingness to be myself. Most people are not comfortable embracing their differences.



TISH SEVILLA

Bag and Shoe Designer

Putting the spotlight back on local craftsmanship, Tish creates classic, timeless, and ultra-comfortable pieces for luminaries in politics, business, and entertainment.

What drives you to keep doing what you do?

What keeps me going is that spark of hope that Filipino shoemakers can be recognized and deemed brilliant worldwide.

If you could give any piece of advice to your 21-year-old self, what would it be?

It's okay to fail. Failing gives way to learning, and learning makes you wiser and much more adaptable to future challenges.

Was there a significant event that happened to you at 21?

Not really, but I was generally just lost and struggling to figure out

what I really wanted for myself. This, however, was the reason I pushed myself to explore different paths and choose which one works best.

What sort of change do you want to see in the world?

Equal kindness and respect to and from everyone.

What do you think women, specifically those in their early 20s, should keep in mind?

It's great to be self-sufficient, but there will always be a time when you would need a helping hand. Don't be afraid to reach out and let your guard down.

What do you think makes you a Cosmo Girl?

I not only dream, I do.



Model

Ambra showed the world what courage really meant when she openly shared her experiences of assault during last year's highly-publicized scandal surrounding some of Hollywood's biggest names.

What's the biggest challenge you've faced or mistake you've made? How did you deal with it?

The biggest challenge was studying while modeling. I always put studying first, because I believe that without expanding your knowledge, you can't reach your maximum potential. I recommend finishing your studies—there is no need to rush into anything, because what is meant to be will be.

If you could give any piece of advice to your 21-year-old self, what would it be?

Always be yourself.

What sort of change do you want to see in the world?

I would love to see more opportunities for women in different fields. I studied as a building surveyor and I loved it, so just because a job doesn't fit the traditional ideal of womanhood, it doesn't mean that a woman can't do it.

What do you think women, specifically those in their early 20s, should keep in mind?

Keep building yourself so much that you have no need to rely on anyone for your own happiness and dreams.

What do you think makes you a Cosmo Girl?

Through my experiences, I'd love to share and help others around me, and hopefully through the Cosmo family I could achieve that.

GENERATION #GOALS

The inescapable call of the “Life Peg” has become this generation’s obsession—we explore why.

“I am about to do what old people have done throughout history: call those younger than me lazy, entitled, selfish, and shallow.” —Joel Stein, *Time Magazine*, May 2013

As Millennials deal with the current rise of Gen Z, they face the eventual shift every demographic inevitably goes through—finding the younger set “less than” in one way or another.

Just as the Baby Boomers contended with the general apathy and ennui of Gen X, Millennials are now learning about the self-consciousness and overall unease of their younger counterparts—those born straight into the era of Instagram and Snapchat.

According to *Time Magazine*’s controversial 2013 cover story, “The Me Me Me Generation”, the Millennial generation encompasses those born from 1980 to 2000, the actual turn of the millennium.

Because they have borne the brunt of being called everything from narcissistic to lazy, entitled to fragile, it would be easy to conclude that today’s twenty- and mid-thirtysomethings would be wearing huge chips on their shoulders.

And yet...

Idealism is one quality worn loud and proud by this generation, despite and in spite of all the criticism that blankets them. With the vast majority of these folks willing to shell out their

money on everything from individualized workout regimes to life coaching, artisanal or healthy meal plans to self-improvement apps, it’s quick to see that Millennials are constantly striving for betterment.

While their income may be considerably less than the generations before them, they’re determined

to spend their cash on the things that make life better, whatever “better” may actually mean.

Enter the Life Peg

The constant push to be better, do better, make the world a better place is unique to the Millennial set. A leap in the opposite





EVERY
LASH
LASTS

WHERE BEAUTY BEGINS

eb ever bilena

POWER CURL
WATERPROOF

VOLUME CURL
WATERPROOF

EB VOLUME AND POWER
CURL
P150
*PRICE VARIES

direction from the general disillusionment of Gen X, and a total and absolute departure from the old school methods of the Boomers, Millennials live their lives alongside an alternate reality where they exist as healthier, shinier, glossier versions of themselves.

The coming of age of the Millennial has crossed lines with the rise of social media and the phenomenon of people presenting the best versions of themselves online. Expectation versus reality has never become more visceral than today. Whereas Oprah's "live your best life" mantra was a nebulous concept and spiritual mantra before, it has become something to reach for, grasp at, and show off because of the internet.

The social media savvy have become incredibly adept at it—presenting only the best versions of themselves online, creating a need, desire, and ache in everyone else to reach for exactly what they're shilling. These are this generation's Life Pegs—the ones we're aspiring to embody, transform into, and sometimes even topple off their pedestals.

"Talk about something cool, like food or clothes or Joan Didion!"

—Ingrid Thorburn, *Ingrid Goes West* (2017)

Topical dark comedy *Ingrid Goes West* tells the story of a highly imbalanced social media stalker, trying desperately to shape and form herself into her favorite Instagram influencer's life. Ingrid, played by a brilliantly sinister Aubrey Plaza, works

her way to LA to meet Instagram famous Taylor Sloane (Elizabeth Olsen). What starts out as an online fascination with Taylor's fashion, style, and overall "perfect" taste in life becomes an unhinged, disturbing, and overall dangerous obsession.

And we're all guilty of it, aren't we?

Who hasn't bookmarked someone on social media in the hopes of capturing even a tiny smidge of their so-called perfect lives?

The #Goals phenomenon is responsible for the hundreds of views, bookmarks, comments, and shares of some of today's most popular celebrities. Think: Anne Curtis and Erwan Heussaff's New Zealand wedding video spinning off Pinterest board upon Pinterest board for newly engaged folks, or on-screen couples like James Reid and Nadine Lustre's paparazzi shots inspiring young 'uns and not-so young 'uns to Tinder their way to a picture-perfect romance.

Beyond the glare of showbiz, no matter what you're into, there's a Life Peg out there for you. Makeup aficionados, fashion stylists, independent musicians, poets, high-powered solo entrepreneurs, health and wellness luminaries, even stay-at-home mom multi-hyphenates and social justice warriors.

Blurred Lines

Vanity Fair, in a 2015 piece entitled "Do Millennials Really Deserve Their Bratty Reputation?" purports that "millies" require a

"constant drizzle of compliments and acknowledgements." The dopamine hit delivered by Likes, views, comments, and shares provides easy access to this sense of validation.

And with the (sometimes impossible, sometimes inflated) benchmark set by all the Life Pegs that have become so easy to access these days, it's easy to fall into the trap of influencer-worship—of crossing that very delicate line between inspiration and obsession, reality and expectation.

What makes the fine distinction between what's real and what isn't is further distorted by how social media has short-circuited the connection between public and those with public personas. Now that we can tweet our praises to Dua Lipa, mock Lena Dunham directly on her Instagram comments, or feel like we're actually friends with the *Queer Eye* guys, what they present to us as their reality becomes so much more palatable, believable, and easy to buy into.

When your favorite 'grammer replies to the multitude of heart eyes you posted on her latest PR unboxing on IG Stories, or that singer you've been following on the underground circuit actually tells you she recognizes you from all the times you've showed up at her gigs (*gasp*), there no longer lies a glass wall between you and the person you aspire to be.

The Greatest Show

People (and even those in the public eye) have struggled to shatter the idea of celebrity by keeping it authentic on social media. Taylor Swift's entire *Reputation* album, for example, is: a) a tongue-in-cheek comeback at all the backlash she's gotten, b) an exposition on what's gone down behind the scenes, c) another Swift career maneuver, and / or d) all of the above.

When even authenticity becomes a buzzword in and of its own, it's difficult to say whether the person whose life has become ultimate #Goals to you is really the person you want to become. Chances are, not a hundred percent... because no one can show a full 360° view of one's life, no matter what medium, channel, or platform you're on.

Opt-in to Autonomy

No matter where you stand on the idea of #Goals—bordering on manic *Ingrid Goes West* addiction or keeping a safe distance, the responsibility of choosing how far you want to go between someone else's perceived reality and your own expectations of yourself is entirely up to you.

Love

FIND IT, DEFINE IT, MAKE IT ALL NIGHT LONG



TAKE THE PLUNGE

Statistics have proven that millennials are dodging commitment like they dodge flight insurance, real estate purchases, or pineapples on pizza (spirited discussions on *that* another time)—but when you find The One, the prospect of settling down becomes an approaching reality rather than a distant possibility. How do you know when you're ready? Does anyone ever know? Flip the page to get the basics down pat before you let him put a ring on it. Beyoncé will appreciate your discernment.

READY OR KNOT

You know it's only a matter of time before he puts a ring on it—but just how ready are you to get married?

At my wedding ceremony last March, I kept sneaking glances at my nine-year-old nephew, who was seated in the front row in his bible bearer outfit, self-consciously swiping at the tears that wouldn't stop streaming down his face. Afterwards, as he gave me an awkward, sniffly hug, I asked him why he was crying. He answered matter-of-factly, "I'm just so happy. I've been waiting for this day my whole life."

"That's much longer than I've been waiting," I said jokingly. But deep down, it was true: up until a few months before the wedding, I wasn't 100% certain my fiancé and I were equipped for marriage. Sure, we got along pretty well. We had fun together. And of course we loved each other. But was that enough?

I am not of the hopelessly romantic school of thought that there is only one person in the entire universe meant for us. So the choice to commit to someone for the rest of my life felt more

like a decision than destiny. If it was fate that led us to each other, it wasn't fate that would keep us together. It was a relationship cocktail of patience, selflessness, communication, compromise, forgiveness, humor, acceptance, and growth that would do the trick—and it was exactly these ingredients that convinced me we were on the right path after all.

In the end, as I walked down the aisle, there were no doubts flitting around in my head. No anxious thoughts or nagging trepidation. Instead, as the church doors swung open like a page, I was flooded with a strange sense of calm and a happiness that was pure and clear. I knew we were prepared, and I knew we were going to make it through no matter what.

When your turn comes, I hope you feel the same kind of calm and clarity. But before that, you're going to be hearing advice left and right about how to determine if you're ready for marriage, and it's going to be



TEXT: MARIA MINIANO | PHOTO: ISTOCK



very confusing. So here's my attempt at helping you sort through the noise, both within and outside your own head.

**PEOPLE WILL SAY YOU
NEED TO BE: FINANCIALLY
COMFORTABLE
BUT WHAT YOU REALLY NEED
TO BE IS: INDEPENDENT**

The annoying thing about clichés is that they're true, and one of the most annoying clichés is that "the universe will provide." I never believed this until it happened to us: it's terrifying to venture out of the security of the nest and start a new life with another person, but somehow my husband and I manage to pay the bills, indulge occasionally, and save up for rainy days. You don't really think you're financially stable enough until you're forced to be. The universe did provide, but what really prepared us was the experience of living away from home individually before moving in together. Those years of solo living taught us how to budget, keep the bathroom clean, make sure the laundry doesn't pile up, and cook a decent meal (or memorize fast food delivery numbers by heart). When you know how to take care of yourself, it's easier to take care of another person—emotionally, physically, and financially.

**PEOPLE WILL SAY YOU
NEED TO BE: EMOTIONALLY
MATURE
BUT WHAT YOU REALLY NEED
TO BE IS: SELF-AWARE**

Here's a little secret: you don't need to have your sh*t together to get married. But you do have to know which aspects of your sh*t you can live with, and which ones you're willing to work on. My husband and I still call

each other stupid nicknames until one of us sulks. We don't always apologize right away. Sometimes we slam doors and reject calls and refuse to concede and stay mad for too long and forget to be just a little bit kinder, a little bit more loving. But we know we're not perfect, and we know neither of us will ever be. The fact that we're okay with that just reinforces our commitment to seeing the best in each other and in our relationship, even if we don't always see eye to eye.

**PEOPLE WILL SAY YOU NEED
TO: SHARE CORE VALUES
BUT WHAT YOU REALLY NEED
TO DO IS: AGREE TO DISAGREE**

Some differences are irreconcilable. The desire to move to another country, for example, or the level of career ambition, or dangerous addictions like gambling or drugs—dissimilar views on these are ticking time bombs. But most differences are malleable. You can mold them into something that, instead of tearing you apart, can actually bring you closer together. I'd never been friends with anyone so fundamentally different from me until I met my husband. We disagreed on movies, music, leadership styles, anger management, conflict resolution, and even Big Things like religion and money. But as I grew

When you know how to
take care of yourself,
it's easier to take care
of another person.

to comprehend his worldview and vice versa, I also gained a deeper grasp of the beliefs I was holding on to blindly and those I was open to letting him challenge—the more I understood where he was coming from, the better I understood who I was. After five years together, we're a bit more alike but still far from agreeing on everything. The good thing about love is that it changes you, but the best kind does so just enough to allow you to shed your layers and reveal your true self.

**PEOPLE WILL SAY YOU NEED
TO: GET ALONG WITH EACH
OTHER'S FAMILIES
BUT WHAT YOU REALLY NEED
TO DO IS: DECIDE WHAT YOUR
FAMILY WILL BE LIKE**

Acceptance into each other's families is important, and of course it's hard to fathom marrying someone whose parents or siblings you can't stand. But beyond your presence in each other's Sunday lunches and annual family portraits, you need to sit down and talk about your own family—the one you two will build together. Will you have kids? What are your non-negotiables in raising them? Which family traditions do you want to pass on? Growing up, what did you like and dislike about your family dynamics, and how will that translate to your future family? Whether you agree to have six kids or zero, you will be each other's family from the moment you say "I do." You will be each other's priority, each other's solace, each other's home. You get to make new rules and break them. You get to decide, together, what life will be like from now on, throughout the best and the worst of times. Let it sink in; nothing can be more binding and powerful than that.

Lore

THE 411 ON FOREPLAY

Here's how to *really* get ready for the main event.

Have you ever been at the cinema and found yourself looking forward to the trailers more than the actual movie? There's something about hearing those sound effects, seeing actors' names written in big block letters, and anticipating a tantalizing new release date. You can't put your finger on it, but you find yourself wanting. Whether we're referring to the latest Marvel movie or a bedroom romp, why is a little teasing light years more effective than the actual climax?

For women, at least, a plethora of factors comes to mind. To start, the female orgasm is the furthest thing from straightforward; a study published in the *Journal of Sex and Marital Therapy* cites that only 18 percent of women are capable of climaxing through

intercourse (compared to a whopping 75 percent of men). It can be difficult to come to terms with this—especially when porn and popular media portray women enjoying penetrative orgasms like they're something anyone with a functional vagina should be able to achieve. And for the longest time, our threshold for a woman's 'official' loss of virginity has been a penis poking into a vagina. We've put penetration on a pedestal, and this ideal continues to screw every sex-having being over, whether it's the unsatisfied female or the bewildered, suddenly-insecure-of-his-sexual-prowess male. And the solution is by no means a novel one—everybody knows foreplay is the key to a mutually satisfying sexual experience, but how *exactly* do you go about it?





THE SECRET COURSE

Penetration is to the main course as foreplay is to the appetizer—but perhaps the most important step is the foreplay *before* the foreplay. You and your partner should be setting the wheels in motion long before you're even in the same room. Exchanging dirty texts or suggestive photos builds excitement and directs your mind to look forward to a sexual experience—and prevents deterrents like work stress or traffic on the way home from messing with the chemicals in your brain.

When you're finally in each other's sights, take a (figurative) step back before ripping each other's clothes off. Kissing is an invaluable but often overlooked element in foreplay and can be especially satisfying if you plant your puckers in the right places.

"People mostly focus on the plump part of the lips, ignoring a sensual, arousing sweet spot that borders the lips, [which] contain several blood vessels. Slowly brushing through that area will give you a

tingling, almost ticklish sensation that will run through your spine," advises Dr. Prashant Baspure of the European Society of Sexual Medicine. "The entire [neck and ear region] is also a highly erogenous spot. The junction where the collarbone meets your neck, the little triangle, has a thinner skin enveloping it. Linger around this spot a little longer before running down to the more obvious erogenous regions."

FLICKING THE BEAN

It's no secret that the clitoris has the ability to bring about immense pleasure in women, so why are men half-heartedly rubbing it like it's some forgettable stopover on their way to the Promised Land? In a study by Indiana

University, it was reported that "66.6 percent of women said they preferred being touched directly on the clitoris, and cited 'up and down' with medium pressure as their preferred style of touch."

Oral sex, of course, facilitates further clitoral stimulation, which is why it's crucial that this step not be rushed. If you're aware that this is the only way you can achieve orgasm, ask your partner to spend more time on this step with encouraging language like "Yes, right there, don't stop" or mentioning how close you are to orgasm. Nothing keeps someone going longer than hearing that they're doing a fantastic job.

INTRODUCING THE EPILOGUE

And when your man's finally blown his load, should that mean it's all over? Says Ellen Scott in a *Metro UK* op-ed, "We need to

stop viewing an erection as the start of sex and ejaculation as the end."

If you've developed a habit of silent resignation once your partner achieves orgasm and begins to drift off into slumber—or worse, slips back into his clothes and walks out the door—then make it a point to speak up next time. Requests like "Hey, I wanna kiss you again," or

"I didn't come just yet. I'd love if you touched me a little bit longer," cut right to the point without killing the mood. If your partner responds to this with anything other than an earnest desire to return the favor, then you deserve better, TBH.

So what's the *deus ex machina*-esque moral lesson here? Whether it's before, during, or after sex, it's important to self-reinforce the idea that your orgasm is important, too—and to unlearn the unhealthy notion that merely having a dick inside you is gonna cut it. Sex is so much more than a bunch of careless, breathless thrusts until a man is relieved of sperm. It has the potential to unlock a whole new world of pleasure for the *both* of you...but only if you sit back, relax, and enjoy the trailers, too.

It's important to
self-reinforce the
idea that your orgasm
is important, too.



HOW WE MAKE IT WORK

GELA MUÑOZ AND PAOLO SALGADO

The blogger and creative director open up about being each other's first and last.

YOU GUYS ARE EACH OTHER'S "FIRST AND LAST," WHICH IS RARE. WHEN DID YOU BOTH REALIZE THAT THE OTHER PERSON WAS THE ONE?

PAOLO: Gela was my first serious relationship. She was not looking to settle for just any guy—[and because] I was an impatient person, this challenged me. I knew she was the one when I was pursuing her. I would normally give up when a girl is hard to get, but I couldn't bear the thought of not getting the girl of my dreams.

GELA: I've always prayed [for my first relationship to be] my last. Paolo pursued me even if I wasn't initially interested at all. He would travel all the way from Batasan Hills to Alabang just to see me, surprise me at shoots with my favorite food, and even consult with my best friends for advice on how to be "beefy approved" (my username is @thegelabeef)! But I ultimately knew that he was the one when he became a man after God's own heart.

YOU GUYS HAVE FOLLOWERS WHO, IN A WAY, HAVE WITNESSED YOUR LOVE STORY. WHAT IS THAT EXPERIENCE LIKE?

P: We want to be a testimony to everyone of what a relationship that is centered on God is like. It's a blessing that people would care enough to follow our relationship and be a part of our growth.

G: We love sharing our moments with the people who follow us online. It makes our hearts melt when we read messages or comments telling us that they're encouraged by our relationship.

PAOLO PROPOSED ON A FERRIS WHEEL, WHICH IS SO UNIQUE. HOW DO YOU FEEL ABOUT THIS NEW MILESTONE IN YOUR RELATIONSHIP?

P: [It was my way of showing Gela] how I would face my fears for her—I'm deathly afraid of heights. From coordinating with our relatives, reserving the venue, and getting to the big day itself, it was overwhelming. It was the most fulfilling thing I've done in my life.

G: I couldn't believe that someone would go through all that trouble to make my rom-com dreams come true. What got me the most was his surprise video, which included our memories that he'd been capturing since Day 1, his animated drawings of us, and his own version of "Grow Old With You." It was also surreal to have our family celebrate with us right after. It felt like we already got married that day!

TELL US ABOUT YOUR WEDDING PLANS AS OF NOW.

P: [We're figuring out] how to mesh our individual tastes while being open to each other's ideas. [We have a] vision of a dream rustic wedding.

G: [Our dream venue is] a beautiful garden setting. I always go back to TV and movies for inspiration. We want it to be Instagrammable and intimate...but with 200 guests!

WHAT ADVICE DO YOU HAVE FOR COUPLES LOOKING TO TIE THE KNOT?

P: Always remember that love is not just an emotion. It should not be fleeting and dependent on feelings. It's an unconditional commitment—a decision to love no matter what.

G: Go into this together. "Together" is the best wedding team you'll ever have.

Careline

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Actress/Careline Endorser

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COSMO FICTION

EVEN THE DARKNESS HAS ARMS



DAY ONE. “Can I say something?” I looked up from my manuscript to see a woman in a white dress. “Your music is too loud. Even through those headphones. Please turn it down.” She pivoted before I could open my mouth to apologize. I’m not entirely sure what came over me—possibly the caffeine, probably the breakup—but later that evening, she was locked in my arms. I smelled a familiar strawberry scent in her hair, the same shampoo Bettina used to leave on my bathroom shelf. This would have to do for now.

DAY 67. “Sunny-side up, scrambled, or over easy?” I looked up from my phone and saw her head peeking out from my bedroom doorway. “Boiled,” I corrected, jokingly disappointed. “I thought we had something special. I thought you loved me!” She burst into laughter and leapt back into bed, pep-

pering me with light kisses. “Please don’t break up with me over eggs.” “I won’t.” “Good.” “But I’ll break up with you if you try to serve me breakfast in here.” “I said I was sorry about the crumbs!”

DAY 171. “Did you tell my mom we were living together?” I looked up and she’s pacing again, back and forth along the 32 square feet we called home. “In passing.” She made a face. “You should have asked me if it was okay first.”

DAY 201. “Why won’t you tell me anything?” I looked up and heard a click—I blinked to adjust to the light. “Because I’m fine. I can handle myself.” “No, you can’t, Francis. I’m your girlfriend. We’re in this together. Whatever you’re going through, I want to bear the burden with you.” She pressed her forehead against mine. When she leaned over to kiss me, my eyes stayed open.

DAY 454. “Have you been taking your meds?” She reached out her hand from across the table. “No,” I replied. “Why not?” “Because I hate them.” “Don’t you want to get better?” “I do.” “Then it’s simple. Take your medicine.” “Not on our anniversary. Please.” “You’re being stupid.” “I said not today, Bettina!” Now the whole restaurant is looking, the background jazz music hesitantly giving way to murmurs and whispers.

I looked up and saw tears pooling in her eyes. “Alyssa. My name is Alyssa.”

DAY 455. “I just want you to be okay. Please.” She pressed my prescription bottle into my palm. “If you can’t do it for you, then do it for me.” I look around the room, at the ceiling, at my shoes, anything but her eyes. “This has nothing to do with you,” I said. “Depression is a black hole. And it makes me loathe myself. But those pills

make me feel nothing. And feeling nothing is a hundred times worse than feeling everything.”

“I love you. Doesn’t that count for anything? Don’t you want to get happy for me?” she asked. It sounds like she’s speaking another language. It feels like I’m being held by a stranger.

DAY 500. “Can I say something?” I looked up from my manuscript, still unfinished, to see a woman in a white dress. “I can’t pretend I’m okay anymore. I can’t do this anymore.” She pivoted before I could open my mouth to apologize. I’m not entirely sure what came over me—possibly exhaustion, probably the impending breakup—but I said nothing. She wanted to hear something, anything, but I stayed silent. When she wrapped her arms around me for the last time, I smelled a familiar strawberry scent in her hair. This would have to do for now.

Work

G E T T H A T G O A L , W I N A T L I F E



BLUE-SKY THINKING

If you want to make an impact at work, now's the time to do it. According to a study by Belgium's Liege University, seasonal changes have a positive effect on our brains, our cognitive efficiency (read: how we think), and our focus. Summer is usually a more productive time, and we're actually at our most brainy when it's warm out. Some suggestions for using your new smarts: tackle *War and Peace*, ask for a pay raise, cure cancer, or try to crack Tinder's algorithm so you don't have to keep seeing that guy with the waxed torso...you choose.

SHE STARTED IT

NIKA DIWA

Inspirational speaker, stylist, consultant, and blogger

After leaving a successful career in New York as a buyer and merchandiser for some of fashion's biggest brands, Nika now uses her background in style as a tool to help teach and advocate empowerment and self-worth for men and women across the world.

WHAT PUSHED YOU TO MAKE THE SWITCH FROM WORKING IN FASHION TO WHAT YOU'RE DOING NOW?

The further I climbed up the corporate ladder of luxury fashion, the more insight I had into the disorder in the industry. Watching companies and brands impose impossible beauty standards onto women really began to impact my own self-esteem and sense of worth. Finally realizing that although this mega-issue wasn't my fault but nonetheless my responsibility finally pushed me to take the leap and begin the business I have now: to empower all through style.

WHAT DO YOU THINK ARE THE MOST PRESSING ISSUES WOMEN OF OUR GENERATION FACE, AND HOW CAN WE ADDRESS THEM?

I think the most pressing issue women face is not realizing their inherent value and beauty. I myself am guilty of this. We scroll endlessly through perfectly filtered Instagram feeds and subscribe to hurting ourselves—physically or mentally—and are desperately fighting to become the perfect woman. Spoiler alert: she doesn't exist! I believe the foundational antidote to this issue is a revelation of our worth. Once we realize

that our beauty is an inherent gift that cannot be taken away, we are free to love ourselves. And once we are able to authentically love ourselves, we are then empowered to inspire others to do the same.

WHAT HAS BEEN THE MOST CHALLENGING ASPECT OF YOUR JOB AND CHANGING CAREER PATHS? HOW DID YOU DEAL WITH IT?

The most challenging aspect of taking the leap to start my own business was not knowing what

lay ahead. I am typically a planner and up until that point had my five- to 10-year career path all mapped out. It was completely unnerving to be so far out of my comfort zone when I threw all that out the window. My faith was the cornerstone that not only helped me deal with it but really own the confidence for my future. I believe that God's plans are to prosper and provide a hope; and banking this promise on my own life has really fueled my passion for moving forward.



[TEXT] GABY IGNACIO. [PHOTOS] GERRY ROBINSON. [HAIR AND MAKEUP] ELAINE GANUELAS.

WHAT IS THE MOST REWARDING ASPECT OF YOUR JOB?

The one-on-one conversation with women who have been personally impacted by my message of empowerment. To know that even a single person is able to realize and unveil her worth, and to see the transformation of self-love is more than enough reason for me to keep doing what I do.

WHAT IS THE DRIVING FORCE BEHIND WHAT YOU DO?

My faith in God. I can love others because He first unconditionally loved me and continues to be a relentless reminder of all the ways I am known to the bottom and yet loved to the skies. This truth has empowered me to empower others with the knowledge that they are fully worthy and valuable, just as they are. I am inspired to be a pencil in the hand of a God writing a love letter to the world!

WHAT IS YOUR PERSONAL DEFINITION OF SUCCESS?

I've adopted John Maxwell's definition of success. I believe that success is finding your purpose in life and sowing seeds that

benefit others at maximum potential. Although I have not yet accomplished all I have hoped, as I believe there is always room to grow, I do believe I have achieved success in the way that matters most, which is making a difference towards positive change in the world around me. My goal has and will continue to be reaching out rather than reaching in. Aspiring to be significant rather than merely successful is the difference between impacting one lifetime and multiple lifetimes.

that which we are most passionate about. I say do not try to conform to the world but rather make manifest the glory within you. I couldn't agree more with Marianne Williamson who said that as we let our own light shine, we unconsciously give other people the permission to do the same.

WHAT'S THE BEST PIECE OF ADVICE YOU'VE EVER RECEIVED?

Throughout all the significant milestones of

my life, from starting a career in NYC to moving to Manila, my dad has always reminded me that "Nika-Niks, it's just a journey." This precious piece of wisdom has empowered me to boldly pursue my calling wholeheartedly; without the crippling fear of failure. When I realized the truth that my life is a single thread with a significant purpose in the tapestry of its grand design, I became free to take bigger leaps and dream bigger dreams. It's just a journey.

WHAT ADVICE WOULD YOU GIVE ANYONE ASPIRING TO FOLLOW IN YOUR FOOTSTEPS?

Be authentic to yourself. Each of us has been handcrafted with a unique blueprint unlike any other with a special set of personality, skills, and talents that contribute to





GOOD DAY GUARANTEED

Feel like you're always chasing your tail? Turns out there is an optimum time for every task. Meet the clever way to clock on.

Getting a seat on the bus, but *not* the one beside the man with his fly undone eating a Big Mac. Ordering a free drink at Starbucks, thanks to your hard work getting your 12 beverage stars. Thought a good day at work was all about the external? Wrong. There is a way to take back control—simply by scheduling your day according to science so you can work out the best way to do... well, everything. Read on; your new timetable awaits.



7:30AM **Awake to Coldplay**

Let Chris Martin wake you up (not in *that* way). Music has been shown to shake off that sleepy head-fuzz. Music psychologist David M. Greenberg found “Viva La Vida” is the perfect wake-up tune because it has three crucial elements for stirring brains: a slow build, positive lyrics, and a strong tempo of 100 to 130 bpm. See also Clean Bandit’s “Rather Be” if the idea of Coldplay makes your brain hurt.



7:45AM Stretch out

You know your really zenned-out yogi friend? She's onto something other than the ability to scratch her nose with her toe. A study by the Indian Journal of Psychiatry tested cortisol (aka the stress hormone) levels in 58 patients, and found they were significantly lowered in those who practiced yoga daily. The best move? Child's pose. "Having your head on the ground brings pressure to the vagus nerves which, when stimulated, helps trigger the 'rest and digest' part of our nervous system, which lowers cortisol," says yoga teacher Lucy McCarthy. Bring on the chill.



9:35AM Sort your to-do list

This should be the first thing you do when you arrive at work. One study, which looked at 35 years' worth of task-setting research, found we perform 15% better once we've made concrete goals that focus us. Give tasks a 'you' slant (such as "If I get all this done today, I can go for dinner this evening"). It's known as intrinsic motivation and is a firmer kick up the bum than doing things because someone told us to.



11AM Take a break

Good news: a morning break will make you *more* productive in the afternoon. Professors at Baylor University surveyed 959 workers' break times and found that those who took theirs in the morning had more energy and concentration than those who took them in the afternoon. Even better news? Snack on dark chocolate—studies show it boosts everything from memory to endorphins. God, we love science.



11:17AM Get back to work

The optimum time for a break is 17 minutes. A recent study by the University of Toronto found that the most productive employees work consecutively for 52 minutes before taking 17 minutes off as a break away from their screens.



12:04PM Get social

Never finish your to-do list? Your phone could be to blame. The average iPhone user unlocks theirs 80 times a day—rising to 130 for heavier users. Experts think it's more efficient to set a time for phone checking, instead of reacting to each notification. To make the most out of it (read: get more Likes), try a lunchtime "social slot." Hootsuite, a platform for managing multiple social media accounts, and Hubspot, a marketing firm, agree that 12pm to 3pm is the peak time for Twitter interaction, and 12pm to 1pm for Instagram.



1:40PM HIIT it up

Big PM meeting? Don't spend your lunch hour cramming—hit the gym. Bristol University

WRONG TIME, WRONG PLACE

Really bad times to do things

9AM Meetings

Want to get everyone when they're bright-eyed? Sorry, they'll just ignore you. Meeting scheduling software Whenisgood.net found that first thing is when fewest people accept meetings. The plus side? The conference room might be free for a sly hangover nap.

1PM Make a cold call

Clearly nobody wants to be bothered when they're trying to artsy-Instagram a sandwich—but research by business professor James Oldroyd backed up that this is the *worst* time to receive these calls when he scoured thousands of call center figures. If someone can tell us the *good* time, we'd love to know.

4PM Ask for a raise

Worked really hard this year? Your boss will probably care a lot less about you, and more about their cold hard budgets, in the afternoon. A piece of research called the Morning Morality Effect found that adults indulged in more unethical behavior as the day went on. That also explains all the afternoon cookie stealing then...

found that those who exercised during work had better concentration, while John Ratey, author of *Spark: The Revolutionary New Science of Exercise and the Brain*, says that the increased blood flow causes a near-instant brain boost. "Twenty minutes of exercise just before taking a test of giving a speech can improve performance," he says. Just, er, remember to shower.



3:10PM Have a mocha

Caffeine takes 20 minutes to kick in, so time it strategically. "If you have a meeting you need to be sharp for, or a piece of work that requires focus, use it as a performance enhancer," says Nick Littlehales, a sleep and productivity expert. The best mug of Joe? A mocha. A new study by Clarkson University found that the combination of coffee and chocolate is perfect for helping you stay focused. It said nothing about whipped cream.



4:05PM Brainstorm

Embrace your inner entrepreneur by exploring ideas when you're tired. Researchers split participants into two groups and gave them two types of creativity test: one measured insight (the type of problem requiring a leap into the unknown) and the other analytical ability (where you have to work steadily towards the answer) at different times. Those who were unfocused were much better at the insight tasks, and linking random ideas to solve them. Bet you the slanket was invented around 4pm...



6PM Cut off your email

Noticed you get more curt replies to emails you fire off on your way home from work? "You don't want people's hearts to sink when they get an email just as they're switching off, because that will color their reply," says economist Caroline Webb. That's if you get a reply at all; a study of more than 500,000 emails found reply-rates are highest when emails are sent in the morning. Save it and send it first thing the next day.

Mom

S T R O N G I S T H E N E W S E X Y



SMALL VICTORIES

Embarking on a fitness journey is nothing short of a lifelong commitment, so it's totally normal to backslide or encounter failure. That's precisely why you should take pride in your little wins, whether it's finally having the endurance to run 10K or successfully weaning yourself from a sugar dependency. After all, good health is the cumulative result of the numerous little decisions you make day by day, not a one-time-big-time promise. Clueless as to where to start? Don't worry—we gotchu!

HEALTHY BITES

MEAN GREEN DETOX MACHINE

Diet delivery services to cleanse your body right.

“Detox” has become a bit of a health industry buzzword in the last several years, with nutritionists, celebrities, and personal trainers touting it as a periodic necessity to get your body back in order after, erm, questionable diet decisions. The idea of flushing out toxins from the body seems like the perfect gateway to a clean slate, but it’s all too easy to take this a step too far. Remember, detoxification does not equal starvation. You don’t need to go on a one-week liquid diet or consume only one food group—in reality, it’s about zeroing in on the ingredients that best facilitate your body’s natural detoxification process. Need a head start? Here are three of Metro Manila’s tastiest and most efficient diet delivery services.



Eat Clean Detox with Essential Oils
by The Sexy Chef
thesexychef.ph / [@thesexychef](https://www.instagram.com/thesexychef)

It’s almost impossible to avoid preservatives, refined sugars, and processed food in our everyday meals, so after weeks of ‘unmindful’ eating, a hard reset just might be up your alley. The Eat Clean Detox combines vegan and gluten-free food with lemon and grapefruit essential oils—a drop or two in a tall glass of water does the trick—to spike the body’s metabolic rate. Essential oils have been proven to stimulate the liver and fight digestive inflammation. Don’t let the words “vegan” and “gluten-free” keep you away; their menu is filled with treats like chocolate chia pudding, mushroom clam chowder, and pesto fusilli pasta!





Keto Active Plan by Delicious Diet

facebook.com/DDietPH / @deliciousdietph

Chef AJ Reyes, head of artisan dining space Privatus, decided to expand his offerings to those who are looking for a cleanse that doesn't compromise taste. The Keto Active plan prepares meals that follow the traditional ketogenic diet (low-carb, medium-protein, high-fat) while still providing you with enough nutrients to go through your workout routine as usual (hence the name 'Keto Active'). Meat is placed at center stage, so if you strength train, don't worry about lowered energy levels. If you ask us, a diet plan with BBQ bacon, breakfast sausages, and slow-roast pork belly is something we're more than happy to get behind.

5-Day Meal Plan by Juju Eats

Jujueats.com / @jujucleanse

Juju Eats eschews the tedious task of calorie-counting and likes to focus on micro-nutrients (read: vitamins and minerals) instead. They take the focus away from macro-nutrients like carbs, protein, and fat and narrow it down to a simple mantra: more plants, less meat. The best part is that Juju customizes your diet to fit your doctor's specifications or personal goals. That means if you're a fan of their standalone bestsellers like the Crispy Catfish Salad and the Green Bomb cold-pressed juice, it's easy as pie to request that they be integrated into your meal plan.



FUN, FEARLESS, FIT

BACK-TO-BACK SQUATS

Grab a buddy and earn a tighter, shapelier booty with this move from fitness pros—and friends—Liz Chestang (@GoSunnyGo) and Jen Rufo (@JenRufo).

STAND BACK-TO-BACK with your feet hip-width apart, arms in front of your chests, and shoulder blades pressing against each other's.

LEAN INTO EACH OTHER, and take baby steps forward until your toes are one to two feet in front of you.

LOWER YOUR BODIES at the same time until your knees are bent at a 90-degree angle. (Beginners can start with 45 degrees!)

SQUEEZE YOUR BUTT MUSCLES, and return to standing.

THAT'S 1 REP. Do up to 5 sets of 8 reps, two or three times per week.



(PHOTO) ALLIE HOLLOWAY/COSMO US. (FASHION EDITOR) SAMANTHA ROMAN. (MAKEUP) JAMIE DORMAN FOR THE ONLY AGENCY USING DIOR ADDICT. (HAIR) LINH NGUYEN AT KATE RYAN INC. USING NARS. (MANICURE) TATYANA MOLOT USING CHANEL LE VERNIS. (OUTFITS) LULULEMON, BELOFORTE, UNDER ARMOUR, OUTDOOR VOICES, ATHLETIC PROPULSION LABS.

Play

COSMO GIRLS JUST WANNA HAVE FUN

IT'S A JUNGLE IN HERE

...and we've got the tools to help you grow and push past your limits, starting with caring for another living, breathing being (turn to the next page). This month, it's all about exploring the unknown in your home and within yourself.



POTHOS

Pot these bad boys in a tall or hanging planter, since their gorge leaves trail down over time. NBD if you're a crappy plant parent, says Carter. Pothos can go several weeks without water and only need low, indirect light to thrive.

Pothos, ₱300 to ₱500, Tierra Plants



SNAKE PLANT

Got a fugly view? Keep one of these hard-to-kill species by a window for instant cool.

Bonus if it's in your bedroom: Snake plants strip toxins from the air as you sleep.

Snake plants, ₱295 each, Rustan's Department Store

AT YOUR PLACE

EASY BREEZY

Embrace the lush life and host a 24/7 garden party in your home.



Large glass pot, ₱950, H&M Home



Small metal pot, ₱950, H&M Home



Mini metal pot, ₱315, H&M Home

Watering can, ₱1,500, H&M Home



SUCCULENTS

"Since they come in funky variations, a gang of succulents can change the entire vibe of your place," says Carter. Arrange some near bright light, and water around once a month (so easy!).

Succulents, ₱180 each, SucculentsPH



PRETTY, HEALTHY SCENE

Transforming your home into a jungle isn't just good for Insta shots—it's a boon for your well-being. "Plants provide oxygen and raise humidity levels," says plant stylist Hilton Carter (@HiltonCarter). That's his pad on the previous page!

PLANS THIS WEEKEND?

GOOD NIGHT

All the makings of an ace slumber party for grown-ups.

At the core of any sleepover worth remembering is the company—but who'll say no to top-notch trimmings? Ask the gang to come in their most luxurious jammies, then bring out satin eye masks, fluffy pillows, and pretty cutlery for a night that will go down in your *barkada's* history. Want to take it up a notch? Book a room at The Cirque Serviced Residences, where you can relax in a consciously designed environment. The Daiken textile walls absorb humidity and sound, which means zero chance of other guests asking you to keep it down, and the Ecocarat Japanese breathing tiles absorb humidity and odor, so you can invite your furry friends too. Outside, you can enjoy amenities such as resort-style pools, a bike playground, a running track, and a commercial complex with food establishments—perfect for your midnight snack run.



Satin pajamas, ₱3,895, Victoria's Secret



Pillow, ₱520, H&M Home



Heart-shaped plate, ₱520, H&M Home



Blanket, ₱1,300, H&M Home



Bowl, ₱1,665, Crate & Barrel



Sleep mask, ₱350, H&M



Slippers, ₱1,300, Typo



Gel eye masks, ₱100, Forever 21



Instax SP-3 Printer, ₱10,499, Fujifilm

The Cirque is located at Circulo Verde, #70 Calle Industria, Brgy. Bagumbayan, Quezon City. Introductory rates per night: ₱4,800 (one-bedroom flat), ₱5,800 (one-bedroom loft), and ₱7,000 (two-bedroom unit). Log on to thecirque.com.ph for reservations.

KITCHEN HACK

A WEEK'S WORTH OF LUNCHESES —IN TWO HOURS OR LESS!

The beginner's guide to quick, easy meal prepping for one.

Weekends are usually reserved for partying with the girls and catching up with family. So who has time to cook a week's worth of lunches, right? Well, what if we told you that you can whip up everything in under two hours, tops? We've put together your grocery list and five easy recipes any Cosmo Girl can hack.



Your Grocery List

2 chicken breast fillets
1 cup of marble potatoes
1 pack of cherry tomatoes
1 bag of lettuce
1 lemon
1 white onion
1 head of garlic
1 pack of parmesan
1 pack of mozzarella
1 cup of sour cream
1 single serving pack of chicken bouillon
1 *merienda* pack of spaghetti
1 small pack of tomato sauce
1 pack of whole wheat tortilla
1 can of tuna in brine
250ml bottle of olive oil
200ml bottle of sesame oil
Salt
Pepper

First Things First

Since you'll be whipping up the meals in one go, cook the ingredients that you'll be using in two or more recipes first.

YOU'LL NEED:

1 *merienda* pack of spaghetti
2 chicken breast fillets
1 cup marble potatoes, sliced in half
1 cup cherry tomatoes
1 white onion, sliced crosswise and separated into rings
Olive oil
Salt and pepper to taste

WHAT YOU NEED TO DO:

1. Drizzle chicken breasts with olive oil and season with salt and pepper. Place on a baking pan covered in aluminum foil (for easy cleanup!), skin side down. Bake in oven toaster for 10 minutes then flip and bake for 10 more minutes or until cooked. Set aside.
2. On the same baking pan, place halved marble potatoes, tomatoes, and half of the white onion. Drizzle some more olive oil and season with salt and pepper. Roast in oven toaster for 10 to 15 minutes or until potatoes are tender. Set aside.
3. Boil water with salt. Cook pasta according to package instructions. Once al dente, drain and set aside.

Ready, Set, Cook

Tuna Aglio Olio

INGREDIENTS:

- ☐ Half of the cooked spaghetti
- ☐ 2 tablespoons of olive oil
- ☐ 4 cloves of garlic, sliced thinly
- ☐ 1/2 can of tuna in brine (spicy if you prefer)
- ☐ Salt and pepper to taste
- ☐ Parmesan for serving

WHAT YOU NEED TO DO:

Heat oil and sauté garlic until fragrant in a pan. Add tuna and cooked spaghetti. Toss until spaghetti is coated in tuna and oil mixture. Season with salt and pepper and add parmesan before serving.



Sesame Chicken Wrap

INGREDIENTS:

- ☐ 1 cooked chicken breast, sliced
- ☐ 2 tablespoons sour cream
- ☐ 1 tablespoon sesame oil
- ☐ Lettuce
- ☐ Cherry tomatoes
- ☐ 1/4 fresh white onion
- ☐ 2 whole wheat tortillas
- ☐ Salt and pepper to taste

WHAT YOU NEED TO DO:

Mix sour cream and sesame oil and season with salt and pepper. Set aside. Place lettuce leaves on tortilla, add chicken slices, and spread sesame sour cream mixture on top. Add a couple of smashed cherry tomatoes and fresh onions. Wrap and secure with a toothpick. Do the same for a second wrap.





Chunky Tomato Potato Soup

INGREDIENTS:

- ☐ 1 cup roasted cherry tomatoes
- ☐ 1/2 roasted white onion
- ☐ 3/4 cup roasted marble potatoes
- ☐ 1 chicken bouillon cube, dissolved in 1 cup of hot water
- ☐ 1/4 cup of sour cream
- ☐ Salt and pepper to taste

WHAT YOU NEED TO DO:

Place roasted vegetables and sour cream in a blender and pulse until just combined. Slowly pour chicken broth into the blender while mixing. You can puree until smooth or pulse for a chunkier soup. Season with salt and pepper. Serve with your favorite bread for dipping!

Tuna Potato Salad

INGREDIENTS:

- ☐ Lettuce
- ☐ Cherry tomatoes
- ☐ 1/4 cup roasted marble potatoes
- ☐ 1/4 fresh white onion
- ☐ 1/2 can of tuna in brine
- ☐ Juice of 1/2 lemon
- ☐ 2 tablespoons olive oil

WHAT YOU NEED TO DO:

Assemble salad. Layer lettuce, top with tuna, tomatoes, onion, and potatoes. In a small bowl, whisk lemon juice and olive oil for a simple salad dressing. Drizzle over salad and toss until everything is coated in dressing.



Easy-Peasy Chicken Parmigiana

INGREDIENTS:

- ☐ 1 cooked chicken breast fillet
- ☐ Half of the cooked spaghetti
- ☐ 1 small pack of tomato sauce
- ☐ 1/4 cup of mozzarella
- ☐ 1/4 cup of parmesan
- ☐ Salt and pepper to taste

WHAT YOU NEED TO DO:

In a bowl, place chicken and top with tomato sauce and cheeses. Microwave for 1 to 2 minutes on high or until cheese has melted. Place on top of spaghetti. Season with salt and pepper.

COSMO Finds

COP THESE COOL PICKS, STAT!



BEAUTY

Avène Greenbelt 5
Benefit SM Megamall
Biore Major department stores
BLK Major department stores
The Body Shop SM Megamall, Rockwell, SM Makati
Bvlgari Rustan's The Beauty Source
BYS Major department stores
Catrice Major department stores
Clarins Rustan's The Beauty Source
Clinique SM Megamall
Club Clio TriNoma
Derm HQ 2F Island Plaza, Salcedo Bldg., LP Leviste St., Salcedo Village Makati
Elizabeth Arden Glorietta 4, TriNoma
Estée Lauder Rustan's The Beauty Source
Etude House SM Megamall
Guerlain Sephora
Jo Malone Greenbelt 5
Kylie Cosmetics kyliecosmetics.com
L'Oréal Major department stores
La Mer Rustan's The Beauty Source, Glorietta 4
Laura Mercier Rustan's The Beauty Source
Ma Belle Fille Venice Luxury Residences
MAC SM Megamall, Robinsons Magnolia
Make Up For Ever SM Megamall
Mandarine & Cuir Beauty Bar
Mario Badescu Rustan's The Beauty Source

Maybelline SM Megamall
Murad Rustan's The Beauty Source
NARS SM Megamall
Neals Yard Remedies Rustan's The Beauty Source, Glorietta 4
Nuxe Beauty Bar, Glorietta 2
Origins SM Megamall
Peripera BeautyMNL
Revlon Major department stores
Sephora Rustan's The Beauty Source
Strip SM Megamall
Tom Ford Rustan's The Beauty Source
Tony Moly Major department stores

FASHION

A'postrophe Glorietta 4
Aldo, Aldo Accessories SM Megamall
Bench benchtm.com
Bershka Mega Fashion Hall
Call It Spring SM Aura Premier
Charles & Keith Greenbelt 5, Power Plant Mall
Dorothy Perkins dorothyperkins.com
Esprit esprit.com
Ever New The Podium
Forever 21 SM Makati, SM Megamall
Fossil Shangri-La Plaza
Guess Glorietta 4, Mega Fashion Hall
H&M hm.com/ph
La Senza Mega Fashion Hall
Love Rocks Jewelry instagram.com/loverocksjewelry
Mango Shangri-La Plaza
Maven Shop facebook.com/themavenshop
Miss Selfridge Greenbelt 5
Naked Sun facebook.com/NSSwimwear
Parfois Glorietta 4, SM Megamall
Pedro SM Megamall
Plains & Prints plainsandprints.com
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Promod Greenbelt 5, SM Megamall
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Topshop topshop.com
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Uniqlo SM Mega Fashion Hall
Zalora zalora.com.ph
Zara Mega Fashion Hall

LIFESTYLE

Habitat Manila BGC, Taguig
Typo Greenbelt 5
Urban Abode Home Depot Ortigas



SCAR CARE

Scars tell stories but can be embarrassing to deal with—and difficult to conceal.

While you can never completely remove them, you can improve the appearance of scars with Bio-Oil. It comes in a new packaging but still offers the same benefits.

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By the Astro Putas | @putastrology

Nick Joaquin once said that if you say the right words looking at a mirror on a May Day Eve, you can see the person you're meant to marry. Now you can call that a ton of malarkey, but what're you still reading us for? The point is the mayflies are out and it's time for some midnight magic. Whether you're a cautious Virgo or a loosey-goosey Libra, who knows what you'll see?

TAURUS

04.20-05.20

It's your season, girl, so go get it. Time to take stock of the ways you've grown in the last year. Did you move on from hurt? Did you become stronger? Are you still that b****? Yes, yes, and hard yes.

This is also a good time to look at the material things you have been stocking up on and are ready to let go of. We know each one is a piece of memory, but are you ready to move on and let it go? A garage sale extravaganza is due. It'll be cathartic, we promise.



TAURUS GAL
Kelly Clarkson
04.24.82

GEMINI

05.21-06.20

In the past, you tended to trust the universe and what it offered. This has given you both good luck and bad. As your birthday approaches, look at those who've proven themselves to be trustworthy. There's a fine line between wide-eyed wonder and nilly-willy gullibility. May the Force be with you as you discern good from evil, past from future, imagination from truth. You've grown enough to draw those lines.

CANCER

06.21-07.22

It's a stay-at-home month for you, Cancer, but that shouldn't be a problem for a mushy homebody. You'll be feeling more spiritual than material this month, more astral than earthly. Reflect on where you've been and what lies ahead for you. If you get lonely, make people come to you, whether it's for grand get-togethers or intimate nights in. Let them warm your home, your heart, maybe even your body. Ooh, yes you May.

LEO

07.23-08.22

You may be feeling dissatisfied this month, Lioness. After all, you're the kind of girl who wants it all and wants a little recognition for it. To your credit, you've grown so much away from the spotlight, but not everybody notices these things right away. Try to see your growth for what it's worth—with or without people watching. You've come to be enough just as you are. Whether you believe that or not, we mean it. We do.

VIRGO

08.23-09.22

A wise friend of ours once said, "If you stay ready, you ain't gotta get ready." That's the mantra of the month, *Tita* Virgie. Something will test you this month, but the stars know no one is better prepared for this situation than you. Stay on top of everything and we doubt this'll shake you, but if you drop the ball, you might never get another shot... or whatever basketball metaphor there is for this.

LIBRA

09.23-10.22

Libra, you love clutter too much, don't ya? Chaos is the hometown of every air sign, but you, Libbygirl, really know how to settle into it. This month, the challenge is to rethink that. The safe word is "order," and somehow that's kind of sexy. So get those bullet journals out, mark those emails as read and book a bit of spring cleaning. You'll be amazed once you're out of that comfort zone.

SCORPIO

10.23-11.21

Miss Stinger, we know how much you like to overthink everything, but you know better and deserve better. It's time to trust in yourself and your abilities to just do things. Don't let Jesus take the wheel, because you're in control. If you do what you do and go Gina, then it's love galore for you this month, but don't let your need to ctrl everything get in your way.

SAGITTARIUS

11.22-12.21

This is your lucky month, Sagi Sag. For sure you've had some hurts over the last year, but that's the thing about you: You da b**** no one can kill. Believe me, they tried it with Tay-tay, it just doesn't work. You'll see a lot of your worry come to fruition. Perhaps there's been a blank space for you that'll finally get filled out, or you're ready to set aside some bad blood. We're out of the woods; are you ready for it?

CAPRICORN

12.22-01.19

Let's be real—you don't take any s***. You can't deal with inefficiency or ineptitude of any kind and it just leaves you livid when people can't grasp that. Listen, Miss Capri Sun, you need some time to breathe. A little patience helps this month as you run into so many hurdles, you'll wonder if you're at the Olympics (or an equestrian show). It's worth trying a little tenderness along the way.

AQUARIUS

01.20-02.18

You've always been exhausted having to fake it for everybody else, but that comes to a head this month. You know better than anybody how to put aside your feelings for bigger things, but it's time to be honest with them this month. It's tell the truth time, *Tita* Aquafina. You'll find you feel much lighter if you let loose the pretenses that hold you back.

PISCES

02.19-03.20

You've been at rest for a while, and it's taking its toll on you. When it started, it was so you could find your bearings, but it's starting to feel like stagnant water. That stinks, henny. This may be the time to take a leap of faith and make an unexpected change, before you get stuck where you are. Just keep swimming, girl. After all, no one knows how to navigate the streams of life like you.

ARIES

03.21-04.19

Baby Ram, you've come a long way from the past, but it seems old flames die hard in this town. This month, you could meet someone new, or someone familiar who makes you feel new. But hold your horses, mumsh, because only fools rush in, and we know how much of a fool you can be. As exciting as this sounds, take it with a grain of salt, maybe even with a whole handful. Be wiser than you were.

TAURUS GUY

Dwayne "The Rock" Johnson
05.02.72

Your dude is jacked up on exciting, new ideas. His ambition will skyrocket if you voice your support.



MY SECRET TO BEING HAPPY

“I USED TO WORK TO TRAVEL—NOW I TRAVEL FOR WORK”

There's a lot to love about the refreshingly candid style of travel vlogger **Patrice Averilla**, a.k.a. @avelovinit.

Behind the glamorous sheen of the jet-set lifestyle of every travel vlogger worth her salt is a lot of hard work, a thirst for adventure, and a genuine desire to share and connect. Patrice Averilla, better known as Ave to followers, started vlogging two years ago, when she noticed a lack of informative yet playful travel vlogs. She explains her creative process: “I don't like researching prior to a trip; I prefer reaching out to local vloggers and photographers to get a real sense of a place. I spend the day exploring and filming, edit the video at night, then repeat the process the next day.” She adds, “It's a ‘job,’ but it doesn't feel like one. I find joy in traveling and sharing real experiences. I talk about my favorites from a place—no sponsorship required—but I also call out things that are just all hype. Even with my clients, I'm quite selective, and I'm upfront with them if I think it won't work. I want all of my output, sponsored or not, to tell a story that reflects my real self.”

If there's one thing Ave wishes people prioritized while traveling, it's learning about the history of a place. “It takes your experience to another level. Take photos, sure, but a deeper understanding of what you photographed will let the memory of that place stay with you long after all the likes and double taps.”



[TEXT] DYAN ZARZUELA [PHOTO] EDWARD JASON [MAKEUP] SARI CAMPOS, MAKE UP FOR EVER [HAIR] FRANCIS GUINTU, REV'LUN PROFESSIONAL BRANDS PH. [STYLING] J.L. CRESPO. [OUTFIT] MODEL'S OWN. [EARRINGS] STYLIST'S OWN.

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