

# CRÈME

ISSUE 002

NOV. 2015

*Olivia Sang*  
FEMALE MODEL OF THE MONTH

**NDUATI MICHUKI**

Charismatic photographer and  
radio host

**REINA KIMEU**

One on one with Kenya's award  
winning fashion blogger

**FEATURED DESIGNER**

Maggy of Maggy's collections:  
Effortlessly stylish

**TRAVEL  
DESTINATIONS**  
DOMINICAN REPUBLIC  
PART II

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# Crème



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## From the editor

I absolutely love this time of the year, when we start thinking of our travel destinations, holiday outfits, holiday events and the new fashion trends for the next year: therefore we have made this second issue of Crème magazine to help you transit well into November and get prepared for December.

This month we are proud to introduce to our readers two new segments of the magazine, under the care of two new contributors: the first is men's fashion, where this month David is talking about the cocktail affair. The other segment is the health and fitness segment where Lenah gives tips about the right diet for your skin, as we all wish to maintain it young and healthy.

If you loved the first part of the journey into the Dominican Republic, we are glad to continue taking you on this tour and showing you why this destination should be one of your next holidays.

Face of Crème #1 was a great success and was followed by very many people on our Facebook page, we take you this month into the second edition of the contest with the contestants for the cover of the December issue #3: a great number of applications were received and the choice of the finalists was indeed very difficult since there was a large number of valid candidates, so difficult to decide!

We will have then a great insight of the events that happened this month, the best of the best in Nairobi, check out if you can spot yourself in one of the pictures in our gallery...

This issue is highly dedicated to our supporters, advisors, clients and most greatly to our contributors; their support is what has led to the publication of this second issue and I hope our readers will enjoy it and will get connected with who is who in the Kenyan fashion industry which is the main motive of the magazine. If you wish your letter to be published in the next issue you can send it to [cremeetchocolat254@gmail.com](mailto:cremeetchocolat254@gmail.com).

The Editor

*Eunice Kochumba*

## 34 Fashion&Lifestyle

The Masquerade Fashion Ball

## WHAT'S TRENDING

### FASHION ACCESSORIES:

### VALENTINO'S HANDBAGS FOR 2016

On 6th October the Paris fashion week in its second-last day of runways featured Valentino's runway. Valentino brought on the runway an amazing spring/ summer 2016 collection that is clearly inspired by Africa, and the bags were no exception of this choice. After suggesting a varied and luxurious collection autumn / winter 2015-2016 marked by refined colour combinations and camouflage, it is now Africa the main source of inspiration that guides the new Valentino collection for the next season . From the creativity of the two designers Maria Grazia Chiuri and Pierpaolo Piccioli , the new bags of Valentino are characterized by the mixture , very successful, between western contemporary elements, such as studs, to others who are linked to the tribal African ethnic dimension . As the designer duo said in the backstage "We thought about Africa as a melting point of different cultures and we reinterpreted the culture and traditions of the Dark Continent in our own personal way".

The inspiration is clear from the choice of materials: rigid leather bags decorated with animal heads appliqués in ebony and silver, as a direct consequence of the choices that guided the construction of the whole imaginary of this collection.



Photo [www.valentino.com](http://www.valentino.com)

Photo [www.valentino.com](http://www.valentino.com)

Small and medium-sized wooden masks, embroidery of coloured beads, appear on straps. Shoulder bags, large and roomy shopping bags and mini bags are abundant in the palette of the new proposals. The huge shopping bags are stained with inlaid work recalling cave paintings, the shapes of the animals of the savannah, a landscape unmistakably African. The colour palette refers to the warm tones of the earth, from red to brown scorched earth intense leather, until changing in the colours of forest green and burgundy. Most bags are embellished with semi-precious stones with more heated and vibrating colours, like orange and turquoise that can also be found in many tribal patterns that are inserted in a central location rather than on the shoulder straps.

Photo [www.valentino.com](http://www.valentino.com)

# MEN'S FASHION

## A COCKTAIL AFFAIR

**E**arlier the month I got an invite to a friend's cocktail party, these functions don't come around as often as in the west, just because it's not really our culture but its rapidly becoming a thing in this day and age, but I have to say this was my first. When I got the invite I noticed there was no dress code like I would expect, so I took the liberty to ask the response was vague. That hit me hard not only because it was my first time but it kept me thinking, how exactly does one dress for a cocktail party especially for men because I tend to think that ladies have it easy. All they need is a "LBD" little black dress, no pun intended, and they are set to go. So I took up the challenge in a bid to demystify cock

tail attire on behalf of the male species. Some digging and research was done, and thanks to good'ole Google, I discovered a few things that I'm going to share with you. What is wisdom I it's not shared any way...right?

The history,

...this dates all the way back to the 1920's and the 30's, when fashionable households would invite friends/colleagues for a pre-dinner drink and canapés. This was usually in the afternoons where the invited guest got the chance to socialize and create business networks. In some events, it's used as a bridge to keep the guests occupied in between events. In weddings, reception is preceded with a cocktail hour to keep the guests engaged as they take appetizers.

Over the years cocktail parties have gained their share of popularity in the modern age, which has in turn necessitated cocktail attire both for men and women as well. Cocktail parties were and still are meant to be a transition from day to night which means the looks bridge casual day wear, which normally is relaxed, comfortable and at times colorful (which is dependent on personality and preferences) with the formal evening look which is more prim and sharp.

So how exactly is someone expected to look?

Let's start with the torso...

A gentleman should get a well-tailored blazer or a suit jacket that fits him to the last inch. Some of our tailors make some slightly over sized suit jackets or blazers in the name of leaving some room for expansion (and by that they mean your stomach!). Avoid (at all cost) thinking of a tuxedo. A tuxedo is anything with satin grosgrain facings on the jacket's lapels and buttons, and sometimes a smaller stripe along the outseam of the trousers. Tuxedos are considered too formal for such occasions; save those for galas, opera shows and others of the sort. (An article for another day). Dark-leaning-towards gray ones-but not black coats or blazers are preferred over the brightly colored ones to avoid outstaging the host and they are considered more casual day wear; lest you be known as the clown with the coat of color. If you're the pattern kind of gentleman, get subtle patterns and stay away from the polka dotted one, the bold black and white striped



Photo [www.pinterest.com](http://www.pinterest.com)



Photo [www.pinterest.com](http://www.pinterest.com)

Get a crispy cotton dress shirt, freshly cleaned and well ironed. Well-fitting from the shoulders to the length of the sleeves. Avoid bright colors on the shirt also, look for more stable solid ones. For a creative, you can get a mildly checked shirt or a light pin-striped. This only applies if the suit is not patterned. But if you might choose to walk down that road, keep in mind smaller prints are won on the inside. French or open cuff is not really appropriate for the day since they lean more towards the formal part of the scale.

For the trouser.....

Denim would be disastrous for such an occasion and khakis too. But khakis are an exemption in the hotter months (summer). A lean cut for the trousers is also a must. Not tight ones that leave some members of the body uncomfortable and in some well blessed cases exposed giving ladies no room for imagination! That's inappropriate not only for the cocktail party but ever, one should know when well-fitting becomes too tight. But also it shouldn't be too loose so you don't look like you just came out of the 90s. Make sure it's neither too long nor too short. The tip of the trouser should be able to touch (key word is TOUCH) your shoes.

And talking about shoes...the accessories

When it comes to shoes, black leather shoes are always safer to go for, but not the patent leather tuxedo shoes. The variety ranges from cap toe oxfords, monk straps and of the likes. Loafers are not really formal for such an event but one could still wear the tassel loafers. For a more casual look try any of the shoes in brown. But no matter what you choose, just make sure they are polished.

Although ties are not a must, but if you have to, get a tie with a subtle color, maybe patterned if nothing else on your outfit is patterned. Bow ties are not allowed even the African (kitenge) ones. For those who love to stand out a pocket square is a great accessory to add on.

If you have a tie on, DO NOT match it with your pocket square. That is a misconception people have just because they are sold together at the store. Try and contrast the fabric or color of the pocket square with the ties. You can get one that goes with your shirt or blazer/coat if it's patterned or same color tone as the tie. If you opt not to go for a tie you can go all out on the pocket square, albeit with moderation to avoid looking like a clown. Be subtle on the color but play around with patterns and different prints. A man should never leave the house without a belt, that's a rule of thumb. A reversible premium leather will serve you for a while it having both brown and black. Or a suede belt for the eccentric ones.

As for the socks, I leave that to personal preference especially with the rise of fun socks (the brightly colored and/or patterned ones) but you can never go wrong with dark socks.

If the event is outdoors, don't neglect your eyes. What's worse than the onslaught of glaring sunlight turning your face into a squint riddled mess in the midst of a snap happy cameraman.

Now with all this said, we have established that it's not such a tough job to put together the look, just know its semi-formal wear so that you are working towards looking polished without being too starchy. But what are the rules if you can't bend them? This is not what Moses came down with on the cast tablets. Feel free to bend some rules (just a little) to suit your personality, besides dressing should be more about expression rather than conformity. This look is not only restricted to cocktail parties, you could dress up for a formal birthday party, anniversaries, weddings, dinner parties and the likes.

David Kitonyi



Crème

# COVER STORY

*We meet Reynold Owuor, the model who won the first edition of the "Face of Crème" contest to make the cover of our magazine.*

*Reynold started modelling through a pageant competition at the Kenyatta University in 2014. He is 21 years old, 5'7" tall and he lives in Nairobi. "If I may describe fashion in simple words, it is an expression of oneself using clothes, jewellery and makeup in a way that brings out someone's personality clearly". Other than a model*

*Reynold is also an actor and he has featured in several television commercials and print adverts. He also has a special aptitude for languages as he speaks other than English, Swahili and Luo also Japanese and Mandarin. He is as well Deputy Secretary General of the Model UN in the Kenyatta University where he studies. "In my free time I love going for camps and social events with my guitar tagged along"*

*Reynold's dream is to start a fashion blog and have his own brand in the fashion industry in Kenya and worldwide. "I am very glad to be the first winner of Face of Crème since I believe this will be a platform for me to achieve my future dreams"*





# INTERIOR

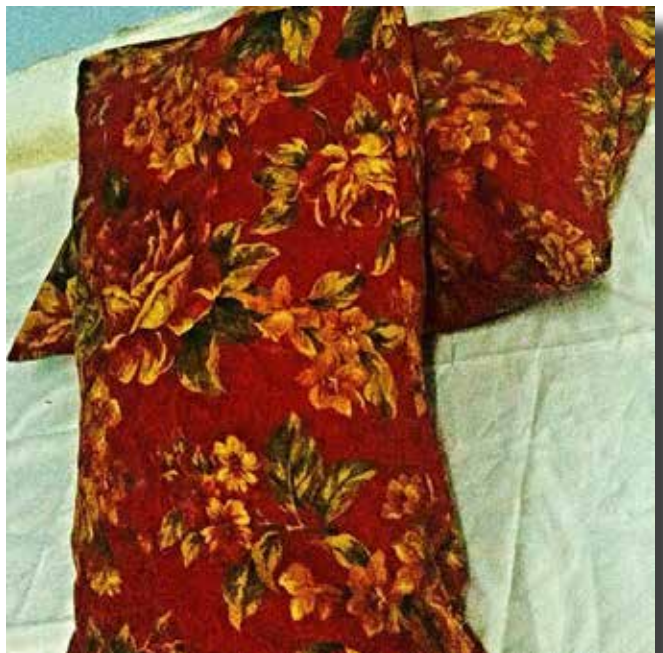


# DESIGN

NAOMI KAVULI

I started designing back in high school; I used to make my own things instead of buying them, making birthday cards, mirrors and even clothes. Immediately after I cleared high school I spoke to my mum about it and although she was a bit hesitant, I really wanted to do fashion design, so we researched about different design courses: I saw interior design and it was everything that I always loved, working with colours since I love painting and living in a beautiful environment.

Design to me is all about appreciation of beautiful surrounding because nobody wants to live in an unattractive place. This is my career; I'm still studying at Buruburu institute of fine arts.



My biggest strength: I'm always inspired through social media because there you'll know what's trending and also know what people prefer.

I believe in God and I ask for His guidance whenever I'm stuck with something, and I believe that being hopeful about life helps overcoming obstacles. It is very nice to see Kenyans showing some appreciation for local designers which is a motivation to me same as to many other designers, whilst in earlier years designers were not appreciated much. I'm hopeful to expand my business and start my own company with a shop with furniture, but for the moment I work online.



# PALAZZOS ON FLEEK

Palazzo pants are long women's trousers cut with a loose, extremely wide leg that flares out from the waist. Palazzo trousers are popular as a summer season style, as they are loose and tend to be flattering in light, flowing fabrics that are breathable in hot weather. They were extremely popular back in the 60's and 70's and just like most trends tend to do, palazzo pants have recently made a comeback... a pretty big one need I say that. Palazzo pants are amazing because they're so incredibly comfortable. With the right styling, Palazzo pants can work for cold weather, but they're really ideal for warmer weather because they're so light. Surprisingly, palazzo pants are also very versatile and are suitable for any body type.



Palazzo pants are versatile because they can literally be worn anywhere; to corporate places, to the beach, casually as street wear or even during nights out, *can I get an Amen for versatility?* Palazzo pants are also pretty easy to style, they go hand in hand with almost any top or accessory, the secret is to avoid overdoing it. Palazzo pants have been so on fleek that a lot of Hollywood celebrities have been spotted wearing them. Palazzo pants can be used to express edgy, elegance, bohemian, chic and classic and it all depends on how you style them. Go palazzo and go vogue!

*Meron Dymphana*

# FLORMAR POWDERS



## *Cream powder*

This powder makes the skin fine and flawless. One can either apply it dry or wet depending on your desire.

It comes with a latex sponge which is used for the application.

When applied it gives a matte-luminous finish leaving the skin smooth and flawless.



## *Wet and dry compact powder*

This powder covers the skin blemishes and pores making uneven skin look even. It acts as a component for sebum control.

For this powder one is required to use a primer as base before applying it so as to protect your skin pores from clogging. Also regularly steam your skin to ensure clogged pore are opened to prevent skin breakout.



## *Compact powder*

This is one of the best powders for everyday use. It spreads on the skin perfectly to allow the face to get a silky look. It is oil free and thin. It minimizes skin imperfections giving the user a matte-luminous finish.



## *Pretty powder*

It allows the skin to get a natural and mat look. It's exactly like the compact powder, only difference is the packaging, it does not have a latex sponge and a mirror.

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# FASHION *OCCUPATIONS*

## *AFRICAN TOP MODEL OF THE MONTH*

*Nicole Atieno Oyende (Kenya)*



Nicole Atieno at the Milan Fashion Week. Photos by Yannis Vlamos

Meet the young Kenyan top model that was recently cast by Gucci

Nicole is a 17-year-old top model born in Kenya. She lives in Germany since she was 12 where she began modeling in 2013 as her mother, who was also a model, organized for her a photoshoot as a present for the 15th birthday. A year later she met Ariana Königshof, who was looking for models for her collection. From then, Nicole worked with many photographers and models.

Since last year Nicole has been called by some of the world's best known casting directors: Maida & Rami for Calvin Klein, Jil Sander and Dior. She recently catwalked for Gucci during the last Milan Fashion Week and she has also been featured in Vogue Magazine.

# Kenyan Female Model of The Month

OLIVIA SANG

I had the passion since I was in my early teens but my confidence was still suffering. This actually was as a result of my dark skin, I got teased a lot and decided I would never do anything that puts me in the public eye, but with time, I learnt to accept my skin and my complexion and now I absolutely am in love with it. Personally I leaned more towards photography, but I have also do runway, for runway you have to have not only a good walk but a strong one too, the facial expression is also important. On the other hand, photography needs one to master the art of posing, this includes different facial expressions, body postures, angles, feet placements, among others.

I began to model in my final year of college, I went to a casting that was in Kenya national theatre after a friend told me about the casting for Kenya Fashion Awards, the photographer taking the pictures of models told me that I really could do great in modelling because I had that IT factor, didn't really believe it until I saw the picture, that's how I started modelling.

Before a shoot, I sleep for at least 6 hours, I drink lots of water, I make sure I have well manicured nails, hair in good condition and ensure that I am well groomed. I also make sure that I don't frown a lot or get stressed, it shows in picture. *Radek Janicki* is the photographer that I owe most of my career to, he helped me out, gave me pointers and one my favourite pictures is one from my first ever shoot.

There are many obstacles that we continually face as models, underpayment being one of them, and it's time we made our industry as relevant and as important as any other.

Modelling is educative, fun, adventurous, and very interesting. You get to meet different kinds of people and work in very different circumstances every time you get an assignment.

*"This is a profession like any other and models need to be treated as professionals too."*



Modelling has had a very big impact in my life, I have become more confident, learnt how to patiently deal with different kinds of people, and so much more, basically it has shaped the way my life is today. Currently I am finishing my studies (Bachelors in cooperative business) and two projects are currently underway which I can't say much about at the moment.

Whatever i will be doing throughout the day determines what I wear, comfort ability is also key .I do my own make up, my hair is short in length but sometimes I like to get it braided.

I work out by myself, 3 days a week. My nutrition is usually balanced; A few cheat days are allowed but always healthy.

If I had a choice I would take Ajuma Nasen-yana on a casual date so as to pick her mind about her career but on any other day I would take my boyfriend out on a date.



The fashion industry in Kenya is growing rapidly, with designers like *Afro street by Melanie*, *Galina Tatarinova*, *Shenu Hooda*, *Mohamed bana*, *vaishali morjaria* and many other talented designers we have .

I would like to be a big part of Kenyan fashion history because this industry is going to be among the top fashion industries in the world.

My ambition is to be The best, not in comparison to anyone but by my own standards. *Patience, invest in yourself, find out what it is that you do best and perfect it.* That's all I can say to other aspiring models.

# Kenyan Male Model of The Month

KEN FREDRICK

**K**en Fredrick is a 25year old model and a records officer. The agency representing him as a model is RADG International Model Management. He loves to play chess, listen to music and read books. His ambition in the modelling industry is to follow his dreams and make them a reality. *“My biggest aspiration as a model is to be a Calvin Klein underwear model”*



# MAKE UP ARTIST OF THE MONTH

*Antoninah Kamau*

I have been practising professional makeup artistry for about a year now. I have always had a longing for fashion and glam and for me makeup has been a way of achieving this passion. My first real interaction with makeup was when I went on to the internet and typed makeup for black women in the search box. From then on I found myself watching numerous makeup tutorials on YouTube and my passion for makeup continued to grow. When I finally decided that I wanted to be a professional makeup artist I once again went on to the internet to search for makeup artist to train with, I found a few and even called them and emailed them.

However when I came across Rose Nt'ongundu, I called her but didn't get through to her at first she called me back immediately through and I was quite impressed by this. We talked on the phone and made plans to start training immediately. I was really excited and I could almost not wait to start my makeup with her.



Though I did not commence upon my training immediately, when I did it was not only thorough it was also eye opening and fun learning. . After my training Rose kindly took me in and gave me the position of being her personal assistant. I have been in beauty expos, fashion shows, makeup trainings and meeting.

Through all of this I have not only been able to practise and improve on my skills but I have interacted with important players in the industry who will be a big part in my career as a makeup artist.

# KENYAN FASHION BLOGGER OF THE MONTH

REINA KIMEU

**1. *What's your background in the fashion industry?***

I love for fashion began in 2009 when I started taking part in beauty pageants. Thereafter, I competed for the Miss World Kenya title in 2011 and emerged the second runner up. A year later, I joined Strut It Africa and became a runway model.

**2. *What is your blog about?***

I write about fashion but this doesn't restrict me. On my blog, I interview personalities in the fashion industry, cover events and emerging lifestyle issues and also write about travel.

**3. *Tell us about how your career begun: when did you decide to become a fashion blogger and how did you start?***

I had just started working for social media firm and my assignment was to learn how to create a blog and how to post as well. So my boss asked me to start a mock blog. After the assignment, I decided to keep my blog. I did not write much in the first year, it was my way of expressing myself. I did not believe that it would bring me this far. Keeping the blog up was the best decision I ever made.

**4. *How do you get ideas for features for your blog?***

Most times my ideas come as I write. I start with looking at the images I need to post and from there, I listen to my heart and just let it flow.

At first, I did not know my niche and without this information, a writer is just chasing shadows. Every writer needs to understand their reader.



**5. *Out of all of the articles you have done, which is them is the most memorable and why***

The Packing for Malawi trip. It's the first fashion travel piece I have ever done and the response was amazing. I remember I did not know where to start and what angle to write it from but it all came out splendid.

**6. *What is fun and rewarding about your work?***

I love passing valuable information to my readers and sharing with them real-time experiences. Making them a part of my life and letting them into my brain and life. Every time I meet someone who enjoys reading my blog and appreciates my work, I feel fulfilled.

**7. *What do you dislike about your work?***

The fact that I can't write without inspiration. I have to get the creative juices flowing in order to write a good piece and the fact that it takes some time to grow.

**8. How has this changed other aspects of your life?**

I look at everything else I do from a different perspective. Everything is intriguing to me: walks in the CBD, my conversations, the people I interact with and also how I see fashion.

Of Awuor. She is an amazing soul.

**9. What projects you are currently working on?**

Besides my normal posts, I am working on a new travel piece, I am producing a movie and also growing my celebrity fashion styling company.

**10. What makes you pick the dress you are going to wear every day?**

My moods. How I feel plus the weather results to How I dress.

**11. Do you do style yourself for your blog and do makeup?**

I style myself all the time. For the makeup, I like to work with my good friend and amazing makeup artist, Michelle Awuor of House

**12. What is your greatest aspiration in life?**

To make Fashion Forensic Africa one of the best African Fashion Blogs.

**13. Who is your mentor?**

My mentor has to be Sebastian Wafula, social media guru.



**14. On what do you spend the most: clothes, accessories, perfumes, underwear ?**

Shoes. I love my shoes.

**15. What else do you do apart from blogging?**

I am a marketing consultant, Fashion PR agent, stylist, Personal shopper and a model.

**16. What do you do when not working?**

I love to watch series, go out with my friends, studying and going to the movies.

**17. Where do you see yourself in the fashion industry five years to come?**

I want to own a few stores under my name, grown my blog to an online magazine which can be used as a platform for young writers to express themselves.

**18. What are your personal goals/ambitions?**

I would like to be a mentor to young professionals in the fashion industry, like to keep travelling the world and eventually settle down and have my own family.

**19. What advice do you have for other aspiring fashion bloggers?**

It's hard but don't give up.

## KENYAN FASHION

## STYLIST

## OF THE MONTH

BEATA OTIENO

**Name**

Beata Otieno

**Styling Website**

Beataotieno.com

**Where do you work?**

Couture Africa but I am a freelance make-up artist, stylist and Public Relations officer as well

**How long have you been styling?**

I started way back in 2009 when I started doing photography but professionally this year May.

**Styling projects you've done?**

Styling the music artist Fena Gitau for Sondeka Festival and Blankets and wine

Working with tecno on their #Leaveyormark campaign

Styling feature in the United States International University-Africa magazine Sauti

Stylist at a FAME International record label

**What awards have you won as a Stylist?**

Kenya Glamour Awards 2015 Stylist of the year

**What is your age demographic when it comes to styling services?**

I don't have an age limit. I can do high fashion styling, celebrity styling and wardrobe styling for any age group.

**What interviews have you been featured as a stylist?**

Mpasho News and 254 Faces Upgrade Magazine and website so far, but more is yet to come.

**What is your mission and vision for as a stylist?**

Inspiring the younger generation to start now while they're young there are so many opportunities .

Be a renowned international stylist, whose creativity inspires and motivates individuals to do more and be great.



# Kenyan Photographer of the Month

NDUATI MICHUKI

I am a Graphic Designer and Video VFX Compositor by profession. I am generally a co-founder of Artisque alongside Matthew Moturi, a company that with time has been able to grow beyond expectation. This comes with the birth of LoveFM and Graphiq Africa under the umbrella. Besides all that, i am a fitness lover practicing art of body ripping through Calisthenics with Teamripped International. I value people and I love talking about them in the pieces of my blog, [www.nduatimichuki.wordpress.com](http://www.nduatimichuki.wordpress.com)

Photography was a passing glance. If i was told when I grow up i would be a photographer, I would look at those "kitambo" Photo men on a bicycle and say No Never. Photography has evolved with time thanks to technology and with me growing up as an artistic person, Photography came in handy Actually from nowhere.

Pressing the shutter button is not the end of Photography neither is it the best part of photography. The richest part of photography according to me is when I can sit down on a computer and perfect what the camera couldn't. It's called intense Post-processing.

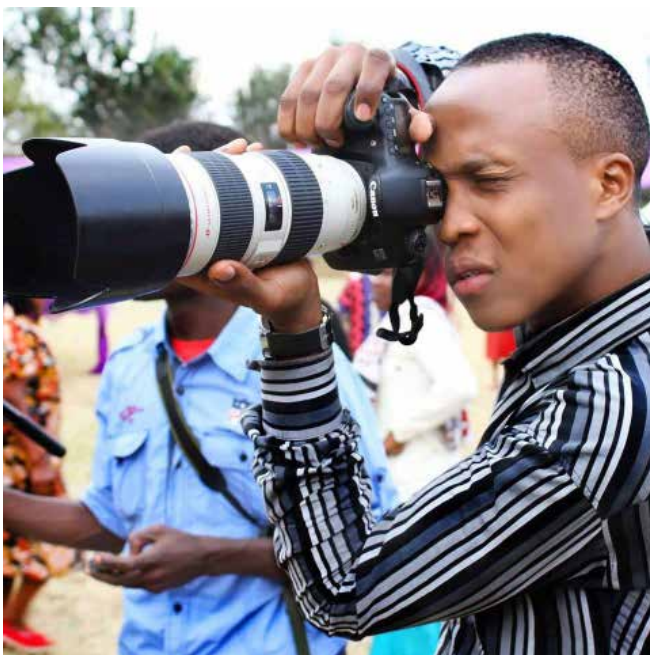


I actually have a theme song. *HALL OF FAME* by the Script. It's that one song that always gives everyone a reason to press harder.

About future plans, I have quite a large bucket of them, but where Artisque is involved, Wedding Photography is what we intend to major in. We have started taking that path bout Majoring is what we plan for.

Foremost, a Photographer will have to be an artist within him/himself before he even finds a camera. Anyone can press the Shutter button but it takes something really special to achieve an image that anyone can be proud of. Other technicalities will also apply, things like camera setting that suits certain environment, lighting and when to light and when not to.

Generally, the art of Photography is a career as any other not unless one takes it as a passion (which actually it is to many), with that said, a lot of effort and research is paramount to stay relevant in the industry. *It is allowed to peep at your competitors work often to find out what they have done so far to rate the pace of your growth.*



# FASHION DESIGNER OF THE MONTH

MARGARET WACHERA

*My cloth line consists of clothes of all kind and for all occasions with high quality fabric from USA, Turkey and China.*

*I love expressing myself through fashion, "I believe the difference between style and fashion is quality" like Giorgio Armani says.*

*I design for the woman I wanted to be, the woman I used to be and, to some degree, the woman I'm still a piece of.*

*In my cloth line there are clothes custom made for men and women and I have dressed many models for University pageants (as for example Mr. and Miss University Kenya 2015), for live television interviews (Milele Fiesta band) and for special red carpet events.*

*I also partnered in the organizing of the 2015 JWFashion TV show live recording that focused on the Men's Collection.*

COUTURE BY MAGGY





# FACE OF CRÈME

*Second edition of our contest to determine who will be the model on the cover of the next issue. 4 female models and 4 male will be battling for the chance of being the cover model of the December issue and our readers and Facebook followers will be deciding who will win liking his/her photo on our page [www.facebook.com/crememagazine254](http://www.facebook.com/crememagazine254). Voting is very simple, just go to the album Face of Crème #2 and like the photo of your favourite model featured here in the following pages with their personal data. The models have been accurately selected from the very many application we have received, chose your favourite and log in into your Facebook account to vote.*



Name: Shawn caleb

Age: 20

Occupation: model choreographer and photographer am Focused, Godfearing and determined in whatever i do. I love serving and been the voice to the street children because I know what they are going through.

Hobbies: Encouraging the hopeless and playing instruments.

Dream: Seeing the people have mentored become successful.

Quote: Success is not measured by wealth but by the number of people you have made successful.



Name: Maiggie Shicko

Age: 21

Occupation: Fashion Marketer / Event Promoter / Model / Actress / Makeup Artist.

Bio: I'm a dynamic, hardworking woman with many dreams and aspirations. I keep busy with various projects such as marketing men's and women's clothes, promoting events, modeling for various brands including Darling Hair and Pisces Lingerie, on-stage and screen acting with Insignia Productions and Spielworks works Media, and serving as a makeup artist and consultant for other models and actresses.



Name: Nancy Kimani.

Occupation: Miss Kenya Earth first runners up. I am also a third year student at Maasai Mara University pursuing a bachelor's degree in Communication and Public Relations.

Bio: I am God fearing, confident, admirable, social and adventurous. I also believe that a positive attitude, hard work and perseverance are the keys to success. I love modelling as a both a hobby and a career. I love keeping and seeing a clean environment because a wonderful physical environment is every human being's wish. Recently, I came up with Weka Green Movement which will major on maintenance of a habitable environment through clean-up projects, anti poaching campaigns and majorly on public awareness especially to the children who are the future citizens.



Name: Festus Musau

Age: 20

Occupation: Student

I like interacting with friends and traveling... football and tennis is my favorite sport and passion in modelling, singing and acting



Name: Sharon Agola

Age: 21yrs

Occupation: Student of medicine and surgery at k.u

Hobbies: Traveling, socialising, singing

Dreams: To become one of the greatest stylish orthopedics surgeon who's also a model

Personality: Determined, hardworking, passionate



Name: Lilian Olukoye

Age: 25

Occupation: Journalist/ part time model

Bio: I am a confident young lady who believes in working hard for what i want.

I believe that life has a flipside and that if one door closes ,ten others open.

I am passionate in everything i do. I love family and the values that it adds to one's life.

I like writing, reading and traveling.

I would like to be an inspiration to people that have lost hope,

Name: Chris Saidimu

Age: 22

Bio: I study in Kenyatta university (3rd year student) and I work as a model.

Hobbies :Reading novels,traveling,socializing,listen to music en dancing also am and upcoming musician en actor



Name: Francis Wairimu

Age: 22 years

Occupation: Public Relations Officer/Personal assistant at Rocklink Geological Consultants ltd

Bio: I'm a go getter, always striving to get my hands on what I want through hard work. Life's dreams are not handed a on a silver plat-ter but who said you cannot have the silver?

I believe in chance and whatever chance that comes your way, grab is like it's the last box of chocolates left on earth. I talk a lot when I get comfortable with you and also a friend to everyone who needs one.

Hobbies :modeling i.e. runway, glamour and commercial modeling, swimming, listening to music, singing and writing about anything of interest that changes the society since that is what modeling is all about; being a role model.

# MAKEOVER

## BRUSED FLAWLESS FACE

### Step 1.

#### Cleanse, tone and moisturise

Before applying any make up one should cleanse, tone and moisturize the face using the products that one prefers, cleansing ensures that there is no dirt that is blocking the pore and therefore the skin is getting to breath, toning is the process that gives the face a clear tone, and also even colour throughout the face .mostrurising ensures that the skin is glowing and its not dry.mosturizer should be having a SPF factor to ensure that the skin is safe from harmful sun rays.

### Step 2

#### Shaping eye brows, eye shadows, fixing lashes and mascara.

Most people think that this is supposed to be the last step contrary to this it should be the second step after cleansing, toning and moisturising. Eyebrows should be shaped first, then before application of eye shadow it is important to use an eye primer. This helps the eye shadow to lie in place ,blend well and also last longer this should be maintained by using an eye shadow brush, especially eye shadows with high pigmentation its is best to use primer to ensure that they are well held in place.

After well transitioning of the eye shadow then the fake lashes are fixed could be the single lashes or the strip using the eyelashes glue, after the lashes now we can apply the eye liner just on the lashes line. Then the lashes are combed with the mascara brush and also applied the mascara.

Its at this stage where we also apply lipstick or lip gloss and also before applying this we use a lip primer. So that they can pop out well after applying the next stage of concealer and foundation.

### Step 3

#### Foundation, powder, brush

When the brows and the lips are set we now apply a face primer to the face. After this we apply concelear then foundation using foundation brush, blend the two using a makeup blender sponge. until we get a natural look. After this we apply the blush and contour around the nose, forehead and cheeks and cover all this with little compact powder, while using the brush it should be we shaken to remove excess powder and only apply very little amount.

### Step 4.

Our makeup is done. For a shinny look we spray the makeup set spray .

Hope this was helpful.

From

Beauty by Lillie.



# DIET FOR THE SKIN



**H**ello, I'm glad you grabbed this second issue of the Crème Magazine, and even happier that you are reading this article. The Health and Fitness section aims at giving you tips on how to keep your entire body looking sexier since we are fashionable, and want our bodies to play the part. With that being said, expect a lot of natural tips on fitness and health as I believe in the use of natural products and ways to keep oneself looking and feeling good. To kick us off is a list of foods that will keep your skin looking young and feeling smooth every day.

Nutrition is the one thing that we are so lucky to have in our lives. Poor nutritional or dieting habits lead to a lot of problems such as weight gain, bad looking skin and diseases. I'll concentrate more on the skin problems.

Do you have a rough face, with pimples that never seem to get finished? And black spots? Does your facial skin feel tough and requires you to rely heavily on moisturizers? Probably you have tried using many beauty products in the market, both cheap and expensive. You have spent a lot of money on dermatologists and medicines, not forgetting drinking litres upon litres of water in a day but nothing seems to work. Well, your diet may be the problem that you have been overlooking all this time. Nutrition beats cosmetics hands down, any day, any time, any place. Below are foods you should incorporate in your day to day diet to give you that skin that you so longingly desire.

## 1. *Fruits and Vegetables rich in Antioxidants such as Vitamins C, E and A*

Vitamins are essential in making your skin look smoother and younger. Vitamin C aids in collagen (skin structure and anti-aging agent) production, Vitamin E protects the skin from damage from sun rays while Vitamin A assists in repairing skin tissue.

The good news is that you can get these antioxidants from readily available fruits and vegetables. Ever heard of eating the rainbow? Eat one. That is, eat a variety of fruits and vegetables, of different colours. Have red, yellow, green and whatever other colour in your fruit and veggie bowl. Include fruits such as strawberries, blueberries, grapefruits, oranges and veggies like different kinds of pepper (red, green and yellow pepper i.e. hoho), kale, spinach and lettuce. Include tomatoes and watermelons as they are rich in Lycopene, an antioxidant that increases collagen in the skin. To get more Vitamin E, add almonds to your fruit or veggie bowl, or snack on them directly.

You can get antioxidants from other foods such as pumpkins that are high in vitamins A, C and E, and zinc as well. Sweet potatoes are also loaded with vitamin A.



## 2. *Olive Oil*

Have some olive oil in your pantry as it's a miracle worker. Olive oil is loaded with antioxidants and anti-inflammatory agents. It helps soothe, smoothen and make skin look radiant. You can add it to your veggies or apply it directly to your skin. It's also a perfect lip gloss.

Tip: Buy Cold Pressed Extra Virgin Olive Oil, there's difference between pure and virgin oils.

### 3. *Foods high in Omega-3 Fatty Acids*

These include salmon, eggs, sardines and nuts such as walnuts, almonds, pistachios, cashew nuts, pea nuts and macadamia. Omega-3 fatty acids help keep the outer layer of the skin strong so that external pollutants and toxins are unable to penetrate into the body.

Tip: When buying and eating nuts, go for raw ones or dry roasted ones. Avoid fried nuts and those roasted in oil as they contain unhealthy fats that are bad for your body, including your skin.



### 4. *Green Tea*

Well, it may not be the best tasting tea for most Kenyans, but green tea IS a medicine. It's rich in antioxidants and helps keep one hydrated. One should take green tea 2-5 times a day. Interesting tidbit, you can chill the green tea's teabags in a fridge, then place them on your eyes to reduce puffiness and black eyes. There are green teas that have been mixed with other natural herbs such as peppermint, jasmine and hibiscus among others, to add to the benefits of the tea. You can use instead of pure green tea as you will reap twice the benefits, plus they taste better!

### 5. *Dark Chocolate*

Who said eating healthy is boring??? Well, they're wrong. You can add some dark chocolate to your diets for the sake of your skin and body. Dark chocolate is high in antioxidants and flavonols that improve blood flow to the skin, increase skin density and hydration and protect the skin from damage from the sun.

Tip: Buy dark chocolate that has 70% or more cocoa and eat it sparingly as it is high in calories.

Nutrition is the backbone of every body organ, the skin included. Increase your intake of fruits and vegetables, salmon, sardines, green tea, nuts, dark chocolate and remember to always drink PLENTY of water and you will be dancing your way to a beautiful, radiant, smooth and younger looking skin.

*Written by Lenah Mukami better known as Kash Kami. Lenah is a fitness and health blogger, and owns Fitddict. For more on fitness, health and nutrition,*



check her blog, [www.fitddict.wordpress.com](http://www.fitddict.wordpress.com). Social Media handles, FB: Fitddict. Instagram: fitddict\_ke Twitter: fitddict\_KE.



## TRAVEL DESTINATIONS: THE DOMINICAN RE- PUBLIC, A COUNTRY TO DISCOVER –PART 2

In the first part of this journey into the colors of the Dominican Republic I have presented the typical vacation in the beach resorts of the south east of the island, the capital Santo Domingo, and the cities of Santiago and La Vega. Let's go now to explore other parts of this fabulous country and see what we can find visiting the North-East.

### Cabarete and the Gri Gri Lagoon

From Puerto Plata towards the east there are a series of windswept beaches, creating ideal conditions for windsurfers and kite surfers. The most famous center for these sports is Cabarete. A must-see if you find yourself on this side of the island is the Laguna Gri-Gri, a mangrove ecosystem and wetlands that can be reached with trips by boat from Rio San Juan, about 120 km east of Puerto Plata. The name of the lagoon is due to a particular type of mangrove very widespread in the area. There are organized trips on a schedule, or you can arrange one with local fishermen: the cost of a two hour tour is 1200 pesos (about 2500 Ksh) per person, but decreases a lot if you can form a group of more than 6 components, because the additional cost is only 200 pesos each. Some boats have glass bottom. In any case, it is a good deal. The channels are full of mangrove trees, and occasionally between them there are some fishermen's houses, so hidden to be almost choked by mangrove roots.

### Samana and Los Haitises

Continuing eastward after Rio San Juan, you reach Nagua (another center for kite surfers) and then the Samana peninsula, which offers many attractions. Coming from Santo Domingo you can use the recent Northeast motorway, or highway John Paul II, which allows you to move between the two cities in two hours or so. In the peninsula, a small piece of land around forty kilometers long, there are two main villages: Las Terrenas and Samana. The first is equipped with tourist facilities (resorts, residences, restaurants, souvenir shops) and is more lively, the second is quieter and for relaxed vacationers, but is an excellent base for easy access to the beaches and resorts and the most interesting places of the peninsula. Hotels are to be found in abundance here and in other locations, with a wide selection of prices.

## Las Terrenas and the art galleries

Las Terrenas is located on the north coast of the peninsula of Samana, surrounded by sunny hills, dotted with palm trees and surrounded by uncrowded beaches. Everything here is done on the road: an improvised concert, the preparation of the cigars, cutting of the meat from the butcher, the lunch. In the music, colors and various scents of the street, colorful Haitian paintings are sold in the stalls. It is worthwhile to take a trip to the town and visit the streets where many naive painters are exhibiting their works outdoors. Do not be afraid to get in some art gallery: almost certainly you will find here the canvas that you will love to bring home as a souvenir of the trip, paying far less than in the studios of the big cities.

## Whale watching

Each year, between January and February, thousands of humpback whales leave the cold waters of the Arctic and come around to flirt and procreate. The courtship of whales is an exceptional show, if you're lucky enough to see them make leaps, lifts the tail and thumps in relapse among a thousand sprays of water as they should do according to the images on display outside agencies and videos projected in hotels.



Salto del Limon

On the other side of the Samana peninsula, in an area inhabited only by fishermen in few small villages, lies one of the most beautiful parks in the Dominican Republic. The "Haitises" are at most 15-20 meters high cliffs, mushroom-shaped or dome, which emerge from the turquoise lagoon, covered by a cap of dense tropical vegetation. There are several points of access to a number of natural caves, in some of which there is graffiti that testify the presence of humans in ancient times. In the park there are excellent opportunities for bird-watching the colonies of ibis, egrets, cormorants and pelicans. It's easier to spot them around the fishing boats, ready to catch some fish that are cleaned here before being shipped.

Down the peninsula there is the small town of Las Galeras. The road from Samana to Las Galeras (about 30 km) is itself worth the trip: you go along beaches and cliffs, crossing small amazing villages, you get lost in a sea of hills covered with palm trees. Along the way you can shop in "colmados" or improvised stalls of fruit, beer and coconuts. Here is the beautiful and isolated Playa Rincón, one of the most beautiful of the Caribbean, which is reached by boat or by car through a rather rough road (40-45 minutes for 13 km). The beach, a strip of fine white sand, is in a protected cove, without hotels and houses in sight, just few food vendors. Nearby is a freshwater lagoon perfect to rinse off after a bath in the sea.

END OF PART 2 –THIRD AND LAST PART WITH THE NEXT ISSUE OF THE MAGAZINE

# Fashion&Lifestyle: the Masquerade Fashion Ball



Runway Masquerade Ball #EyeconPhotography

Who were the best dressed at the Masquerade Runway Ball?  
(By: **Reina Kimeu**)

The Masquerade Fashion Ball was hosted at the majestic Vila Rosa Kempinski Hotel in Nairobi. The designers showcasing were, House OfKaji, Bitti Design, House Of Daniel and Gonzala Leather. Their designs gave us a whole new perception of African fashion due to the non-traditional materials used to create amazing pieces. These materials included, leather, organza, genuine leather and fur.

## *THE BEST DRESSED MEN*

I really like the color combination on this look. This look is definitely daring for most men but its very possible. The orange two button jacket, paired with a pink shirt, pocket square and white trousers looked amazing on him. His oxford shoes also stood out, making him the best dressed man in the room.

Felix Karvy is an events photographer and fashion photographer. He is always the person to look out for in any fashion event. Besides his good looks and charming personality, he is also keen on fashion. I really liked the simple look yet fashionable number he had on. Readers, brown shoes are the way to go this season. Men, Its time to say goodbye to the black shoe.

This look is very intriguing. I really like the suit he has on because the cut is perfect for his body type and the trouser is cut right above the shoe, letting us see the shoe. He is not afraid of contrast hence his tie has green stripes and his waist coat is orange. The shoes are also super adorable. Its a perfect blending of the old and the new.



Masquerade Ball #EyeconPhotography

Photo Credit:  
Eye-Con Photography,  
Dan Onbuk and Kybe



The man on the left is clearly a ladies man. He went with a traditional black suit, white shirt and black bow-tie for the Runway Masquerade Ball. Our very own James Bond knew that he was on a mission, kill the ladies with your charm. From this image, I think the mission was a success. :- ) I totally love shirt. One little black stripe made a whole lot difference to the look.



### **THE BEST DRESSED WOMEN**

Say hello to the famous Michelle Ongijo of House OfAuwor. As shy as she is, she always find a way to come out of the shell and surprise us all. I totally love her vintage emerald evening gown. Isn't she adorable? We all love a dress that conservative yet creams out elegance and style. This is one of those outfits.



Bringing out the feminine side with a pink number, Gaylyne Ayugi, shows you how to look elegant in a thigh high slit. Every ball has its own Cinderella and this was ours. She rocked this modern fish tail skirt and a matching crop top to the ball. I think that she looked amazing and this specific style gave her an hour glass figure. The tribal print on her outfit also stood out. I can't see her shoes, but I hope she was wearing glass slippers.



Their look was elegance and bold at the same time. The LBD has been here for the longest time and every year, fashion designers reinvent them, just to tweak them up a bit to suit the year's trend. This year, a lot of the dresses have had cut out detailing. The lady on the right had cut-out detailing the waistline, while the lady on the right had it on the elbow. These ladies looked amazing. I also liked the fact they both chose nude shoes to go with the look. They clearly know how to dress for a black tie event.

Do you agree with my list? Who was your best dressed?

## OFFICE NEWS LETTER

This month has been a blessing to us, having done the issue #2 of the Crème magazine and doing lots of makeup services to Kenyan fashion bloggers, not forgetting our exemplary efforts to cover the best fashion events that took place in the course of the month.

This month we were humbled to work with artists such as Bella the fashion blogger, Jeffery Wilson the CEO of JW entertainment and Men's magazine and Oliver the social media strategist of Techno mobile Kenya.



## FASHION AND LIFESTYLE EVENTS CALENDER

*The coolest upcoming Fashion & Lifestyle events in Nairobi*

**SKIN DEEP FASHION SHOW**  
Sat 7th November at 2:00pm  
at Goodman Plaza, Westlands  
Tickets 500/-

**THE JW SHOW** Live recording  
Sat 7th November at 7:00pm  
at Shifteye Gallery  
Tickets 1000/-

**USIU Africa Fashion Week**  
Wed 11th - Thu 12th November

**PICHA FESTIVAL**  
Sat 5th December at 6:00pm  
at Nairobi Safari Club Hotel  
It is a Fashion event that brings together all the players in the fashion industry; from Fashion designers (both established and upcoming /student), Models, Photographers (both established and upcoming), cosmetics companies, Entertainment companies, leading Media Houses (Nation and Standard - Pulse & The Nairobiian), Motor companies (Mash Auto), Potential clients and Corporate world among others for a meet and greet and do business while having fun. This is an event of its kind in Kenya. There will be Fashion Exhibition, red carpet, lots of Photography and finally a fashion show (Runway on the pool)

Advance Tickets selling at ksh. 2,000.

Vip Tickets selling at ksh 3,000.

Tickets Pick up point Nairobi Safari club Hotel

**THEME : THE GLAMOUR  
ACTIVITIES:**

12pm - 5pm : Fashion Exhibition (free to exhibit)

7pm : 10:30pm Fashion show.

Info@faces.co.ke

to have your event featured write to  
cremeetchocolat254@gmail.com

# SPECIAL: The elegance affair 2015

This event took place on the 10th of October 2015 at the railway museum. It was hosted by the bowties event's organisers. The main aim of the Nairobi Elegance Affair is to support Cherehiani Africa, a social enterprise that provides sewing machines to less fortunate women to start self employment.

This runway event was created so as to allow upcoming designers to showcase their designs. It brings together fashion lovers, shoppers and trendsetters from all over east Africa.

The event had 15 upcoming fashion designers who showcased on the runway, 20 fashion exhibitors, world class entertainment and fashion elite.

**Malishaj Fashion Line** by Sharize Adongo which was founded in the year 2011 fuelled by the desire to meet needs of each and every person in order to produce good, comfortable looks.

Malishaj fashion line is an offspring of Making a Living Sacrifice to Help A Junior initiative: 50% of profits goes to Malishaj charity organization. Her collection included a mix of leather and dushkii materials.

Marumara clothing label is a masterpiece of Brenda Onono, a full time multimedia artist and fashion designer. Marumara which means yours is mine, uniquely integrates African themes and aesthetics with modern designs required for a contemporary lifestyle.

The label boasts its intricate attention to detail in shoes, jewellery and bags during production.

**Grace Oduor** owner of Urs Truly Grace, was also showcasing her designs. Her hobby and passion is flowering into a brand to watch. UTG strives to offer contemporary, everyday, yet sophisticated styles of clothing to the modern woman.

**Bobbin brothers**, the most unique and artistic fashion line which is pushing the limits of creativity in costume design for all markets..

Taking pride in affordability for customized and unique African wear and accessories, Bobbin brothers are a must watch in this fashion industry. Their designs wowed the crowds leaving everyone interested in getting an outfit.

**Mira By Trina Ngene's** is a fashion label that serves to be its clients' mirror, reflecting their true personalities; their individual self, through their dressing. She endeavours to portray her unique and personal outlook on fashion of the hour. She is constantly working to find the most suited fashion style for each personality and body type.

**Rohobilla**, Derived from two Swahili words 'Roho' meaning soul & 'Kikabila' meaning tribal, 'Rohobilla' is an eclectic line of handmade tribal chic jewellery for the modern, ambitious & free spirited woman of today. One who is grounded to her roots but isn't afraid to experiment.

The jewellery line is handmade from natural beads, metals &

stones - raw & bold, yet sophisticated & chic. They had a stand showcasing their jewellery.

**Abbie Fashions** Handmade, ready to wear bags, shoes and dresses. Founded in 2013 by Abigail Nwaocha from Nigeria, Abbie Fashions best pieces involve the use of unisex fabric to create androgynous designs. They also had their stands at the runway event.

The night after party was brought to life by music from Nairobi's top deejays, great conversations and dancing. If you missed out be sure to attend the next event next year.



Crème

# SPECIAL: Divalicious Fashion Show

This fashion show was hosted at the Villa Rossa Kempinski on the 9th and 10th October. It was the second fashion show to be hosted with the same concept to allow clients shop from designers from all over the world.

The designers that took place embraced different fashion styles from Kenyan to Asian and European fabrics. Auraa trends were showcasing jewellery made from golden material, pieces that are very sophisticated for the modern kind of woman.

Indi vogue designs by Dolly and Nisha were also showcased. Fashlore designs showcased Pakistan wear while Anthony Russel, an artist, designer, musician, philanthropist and conservationist showcased some of his art-work leaving the young aspiring artists very inspired.

The other designers present were: Falguni Shane, Guarang Shah, Babita Malkani, Satya Paul, Aarti Vijay, Hema Kaul, Jaya Misra, Karishma Jamwal, Adarsh Gill, and Sonam NA Paris Modi.



Crème

# PICHA FESTIVAL 2015

5th Dec 2015

Design: Zilkana Fashions

*by Steve Ogola*

**FACEBOOK:** Zilkana Fashions

**INSTAGRAM:** @zilkanafashions

**TWITTER:** @zilkanafashions

Tickets Available online

At #Zanguni App

Redcarpet

Fashion Exhibition

Fashion Photography

Fashion Runway

12-5pm: Fashion Exhibition

6pm-7pm: Photography

7pm-10:30pm: Fashion show

0729883015

✉ Pichafestival@faces.co.ke

www.faces.co.ke



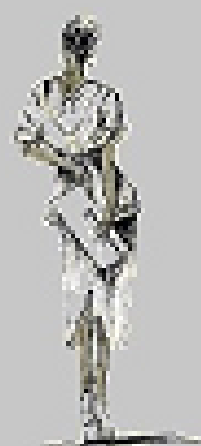
# Crème

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