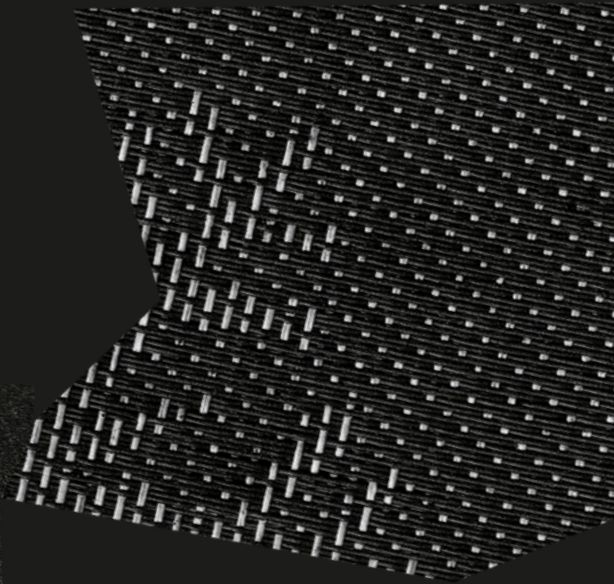
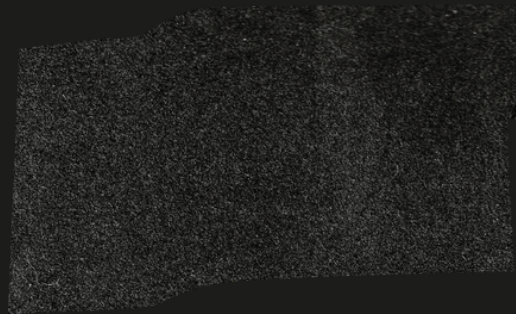




# Essence Sauvage





# CON

WHO'S THAT GIRL?

ABOUT

HOW TO HAVE DARK FEMININE VIBE

SPRING FASHION

HER SIGNATURE SCENT

HER SKINCARE ROUTINE



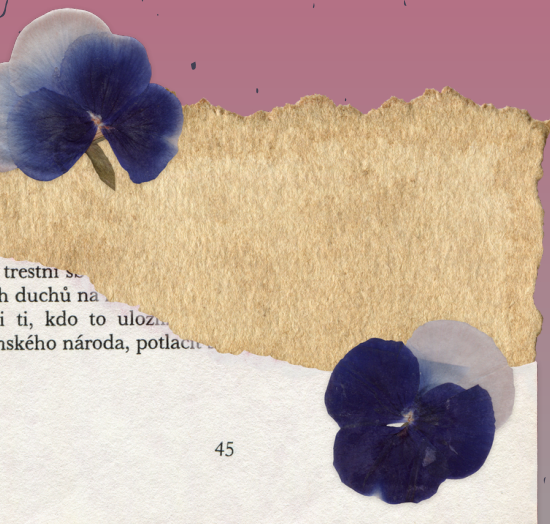
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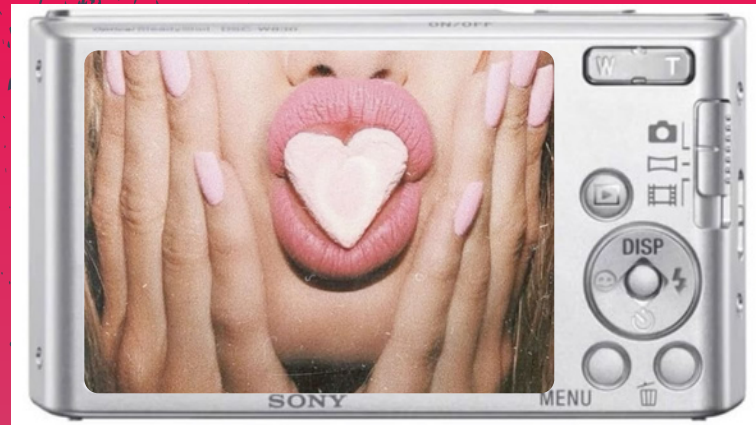


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i ti, kdo to ulož  
nského národa, potlač



# Who's that girl?

Model ABBEY LEE turns her attention to *ICTING* with her *debut role* in the upcoming *Mad Max: Fury Road*, writes Sophie Redmanson. Styled by Christine Centenera. Photographed by Gilles Bensimon.



**S**he's the kind of girl who always believed in herself, dreamed big and all she ever wanted was and still is to get away.

That's you.

That's me.

From a young age I always dreamed of creating my own life, living on my own terms and being financially stable.

Right now I'm a music student based on Athens, Greece and I'm trying to navigate my life. I'm currently writing, practicing my music, composition skills and working at a music studio while also being a part-time salesperson in Plaka. This magazine is a way to fully express myself and inspire other girls like me.

I believe that everyone deserves the life they fight for and in this section on future publications I'm gonna devote that to provide motivation, inspiration, and anything related to finding your inner strength and voice to the world.

# About

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Hello everyone!

First of all I want to thank you all for downloading my magazine and taking your time for reading!

I appreciate all your support and I hope in the future we'll grow into even bigger community as I'm learning my way through social media.

So if you happen to know someone who may like this kind of content don't hesitate to share it with them.

Also if you have any recommendations on what I can improve to make the magazine better, please contact with me, either via social media or the form.

I'm always happy to hear new ideas, thoughts or any comments that you'd like to share with me about making better this magazine.

A little fact about me: I'm from Athens, Greece and today I turn 21 years old! From a young age I've always dreamed of building something of my own to contribute in my way to the society. This magazine is one my many tools to achieve this and I'm very excited to finally be able to create something like this.

In general, I'm a very creative person and I have lots of ongoing projects but due to limited time I don't have the flexibility to accomplish them all together so I take my time.

Except the magazine I'm a musician myself. I play basic piano, guitar, try singing and compose songs!

Last but not least, as an og booktok girl I read lot of books (when I'm in the mood and have time). But when I'm not reading, I'm writing!

I'm currently writing 2 short novellas that I'm excited about!

# Siren

*noun*

a woman who is considered to be alluring or fascinating but also dangerous in some way.



## How to have a Dark Aesthetic Vibe





**F**or all my dark aesthetic girlies out there, this is the guide you've been looking for. After all, one of my main inspirations behind *Essence Sauvage* was to create a magazine that embodies this kind of aesthetic

First of all, the key to feeling sexy, feminine, and dangerous is confidence.

Every person, no matter their aesthetic, needs confidence in their life — the kind where you don't care about others' opinions, aren't afraid to take risks, and show who you truly are.

Secondly, dress accordingly. I'm not saying you have to change your style — just adapt it to match the energy you're going for.

Wear darker shades like black, cherry red, navy, or brown, and coordinate them with your makeup. Pair them with makeup that complements the vibe — smoky eyes, soft shimmer, and that "I'm untouchable" glow.

Black gel eyeliner is a must when it comes to having that look. Don't be afraid to overdo it or simplify it — the goal is to look dangerous and alluring.

Try grey and black eyeshadows with a touch of silver glitter to complete your look and glow like a dark angel.

For the final touch you can add some red blush to add warmth to your cheeks and create that contrasting "look". (if you don't have a red blush, don't worry! just wear your favorite gloss/lipstick and blend it over with a brush)

And of course, don't forget the perfume — it's the invisible accessory that defines your aura.

Go for scents that feel sexy, dark, and powerful: something with vanilla, wood, musk, or amber.

Your perfume should linger like a secret; it should make people turn their heads without knowing why.

Lastly, you need to embody the energy.

Listen to music that radiates power and sensuality — dark pop, rap, or anything that makes you feel untouchable.

Because when you start feeling that energy from the inside, it naturally shows on the outside.

# The way *she* wears it

*Her collegiate-meets-couture looks have made HILARY RHODA one of the world's top models, but she is also the one you are least likely to have heard of. EVE CLAXTON discovers the beauty within*

*Photographs by RAFAEL STAHELIN Styling by MAYA ZEPINIC*

Ahh, it's officially spring after a long, cold winter! I can't even tell you how excited I am honestly, more than usual and I'm so ready to start killing these outfit looks.

So, let's talk about what I think is going to be "It Girl" coded this season.

## Spring Fashion





First of all, baby pink is everywhere. It isn't just a passing trend, either. We saw it all winter long, from cashmere knitwear to ski suits to scarfs, and spring is the perfect time to keep that energy going. Make sure you grab your baby pink T-shirts, tops, and trousers now, because trust me, they will sell out.

Another amazing combination is grey. Just imagine how iconic a grey flared sweatpant set looks with a baby pink top. It's totally the definition of it girl, looking cute and soft feminine energy.

And beside pink grey goes so well with baby blue.

I recently bought a baby blue top from H&M, and I cannot stop wearing it with my grey flared trousers. It's giving such a feminine, effortless vibe.

Then, obviously, we have the other trendy colors: **burgundy** and, more specifically, **cherry red**. That mix of cherry red and hot pink? I'm seeing it everywhere in activewear, and I can't wait to get my hands on some. Red, cherry red, and baby pink is the ultimate color combo. Wearing it this spring is only going to make you look hotter.

When it comes to the actual fit, a **pleated skirt** or an **A-line** is a total must. If you asked me, I'd tell you I already have six different mini skirts! You can definitely tell that I love styling my outfits with skirts and boots. In fact, if you really wanted to know my signature style, my go-to combo is a crop top, a mini skirt, and knee-high boots. That pretty much sums me up!

Another trend that is emerging is polka dot. If I were honest with I'd tell you that I personally don't like it. And it's okay. Trends aren't to be follower but to be set by each individual so feel free to wear whatever you feel mostly up to.

However, one piece I absolutely LOVE is the **trench coat**. I need one so badly right now, especially in a mid-length cut.

Wearing one feels so 2010s Serena van der Woodsen in NYC. From classic beige to deep chocolate browns, I think it's a total must-have for the season.

Finally, we have to talk bags. I am obsessed with tote bags and I always have one with me. I recently picked up the new Victoria's Secret pink-and-white striped bag, and for me, it's the top accessory for spring. I also have a black-and-cream one that I rotate. I've seen a lot of "baguette" bags on TikTok lately; to be honest, they aren't really my style, but if you love them, definitely go for it!

Whatever you choose to wear, remember that the most important part of the 'It Girl' aesthetic is the confidence. Walk like you own the sidewalk, even if you're just going to get a latte.

Ending the article I wanna see all of you killing it in the streets. Stay chic, stay savage, and I'll see you in the next section for the beauty breakdown!





# her Signature Scent



## 1. *"Coffee, vanilla, confidence — and no apologies"*



When it comes to my favorite bottle of fragrance, I always have one in my mind and its Black Opium. Maybe it's because of that sexy and powerful scent or that mix of coffee and vanilla or ... idk. Whatever it is this perfume has always been my top choice when it comes to choosing something for a night out and not only. It makes me feel captivated and confident enough to believe that I can do it. So if you're searching for a sexy and nasty scent take this one as your guide.



## 2.



If someone had told me that clothing brands could make perfumes that good I'd have laughed. But that's not the case with this bottle. If you love strong, woody scents and want something that feels powerful from the very first spray, this one is absolutely for you. It might be labeled as "for men," but I've never followed these stupid gender rules. A scent doesn't have a gender, it has an attitude. If you're drawn to dark woods, warmth, and confidence, this perfume will feel like armor.

## 3.



Now I could not include the brand new scent of Carolina Herrera, "La Bomba". First of all, look at this bottle.

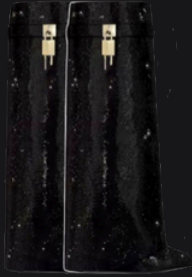
Even just seeing it, makes you wanna buy it. It makes you feel like you got wings and you can fly. You feel able to achieve everything you've dreamt of. But they say you shouldn't judge a book by its cover, so let's talk about the scent.

Wearing La Bomba for the first time felt like me.

Sweet at first, but slowly intoxicating. Like a secret power slowly winning you over. And for me, the visual matched so much with the vanilla, florals, and amber that clung to my skin and carved into it.

Soft, glowing, and seductive, the kind of perfume that feels like a signature rather than an accessory.

Three perfumes.  
Three moods.  
One presence.



# her skin care routine

## Oily-mixed type



1.

This cleanser literally saved my skin. It was recommended by my pharmacist, and although it may be a bit pricey, it's absolutely worth it. I've been using it for about four years now, and I can instantly feel the oil disappear after washing my face.

Note: For the past few months, I've been using it only at night instead of twice a day, and my skin feels much calmer and more balanced.



2.

Another gem from La Roche-Posay. This face cream is perfect for oily and acne-prone skin.

I bought it because during the day I felt my skin oily despite using the cleanser, and I didn't love the texture.

So after consistent use, I noticed a huge difference.

Applying it twice a day (morning and evening) helped my skin breathe better, reduced oil production, and improved overall texture.

If you struggle with acne or excess oil, this one is a must alongside the cleanser.



3.

This is my emergency product.

Whenever I notice pimples or irritation, I apply a small amount on specific areas and leave it on for at least 15 minutes.

After a few uses, everything disappears almost magically.

I've also used it as a mask in the past, but be careful — leaving it on for more than 20 minutes, because it may over-hydrate oily skin.

Less is more with this one.

# her skin care routine

## Face Masks



1.

When it comes to face masks, green clay is a savior for oily skin girlies. It deeply cleanses the skin, removes excess oil, and leaves the face feeling smooth and refreshed.

This Greek product from Aпивita is one of my all-time favorites. I always reach for it when my skin feels congested or unbalanced.

And if you don't live in Greece, no worries. According to their website, Aпивita ships to most European countries, the USA, and more.

Consider this your sign to try it.

2.



Aside from green clay, this mask has been a pleasant surprise.

The coffee-infused formula works beautifully on days when my skin looks dull or tired. It instantly brightens the complexion while also helping control oil.

As someone with oily skin, I was initially worried it might feel heavy, but it didn't at all. Instead, it leaves the skin feeling clean, smooth, and awake.

If your concerns are similar to mine, this mask is definitely worth adding to your routine.

# her makeup essentials



Dior  
Addict Lip Maximizer  
020 Intense Grape



Maybelline  
Lifter Lip Gloss  
16 Rust



Maybelline  
Lash Sensational -  
Sky High Mascara  
Cosmic Black



L'Oreal Paris  
Infaillible Grip Liner 36H Long  
Lasting Gel Pencil  
001 Intense Black



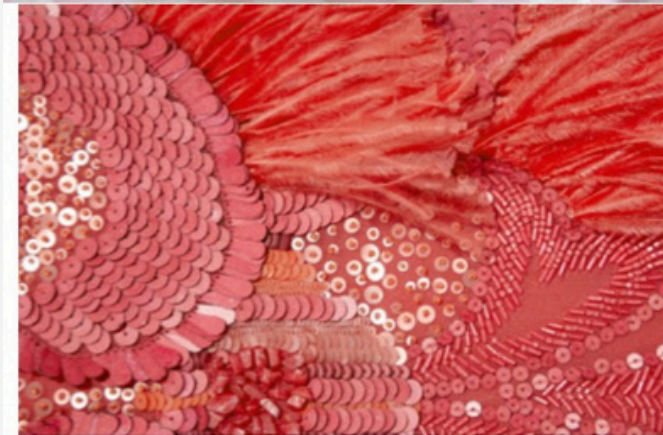
Milani  
Baked Blush  
08 Corallina



Dust+Cream  
Baked Bronzer  
401 Sunstorm



Revolution Makeup  
Re-Loaded Newtrals 2



# Best Hairstyle for Curly Hair

This article is dedicated to my naturally curly haired girlies and me.

I've always struggled to style my natural hair and without a good routine and non-clear curl pattern can feel like a total nightmare.

I've attached this picture because I want to show that you don't need to straighten your hair to look hot. But, if you feel like straightening your hair, by all means, do it!

First of all, you're gonna need a good shampoo. You don't have to spend all your money on expensive hairdressing brands; your local supermarket shampoo can totally work. For example Pantene is really good.

After damping it with a towel, apply a little curl cream upside down, and then add some mousse to define those roots, especially if you have a texture like mine.

Last but not least: grab your diffuser. Trust me when I say that you need one to get those defined curls.



Next, use a good hair mask and/or conditioner. I use "kaypro Nourishing Mask with Argan Oil"

After you wash, and boom you are ready!

Make sure you massage your roots well during the wash so your hair doesn't become oily.

Also before applying the mask detangle your hair with a define hair brush.

After following this routine, you will see that your hair has this amazing, defined curl pattern. Now, you are almost ready to look like the legendary...

Cleopatra!

Don't worry, we are almost halfway done! All you need to do is a simple half-up-half-down style.

Be careful when you pull the section back; do it gently without ripping off any hair.

Put in a cute hair clip, and circle some of your curls from the ponytail around it to create a soft frame.

And...

You're done.

Wow!

This is a perfect, effortless look.



# Music Radar

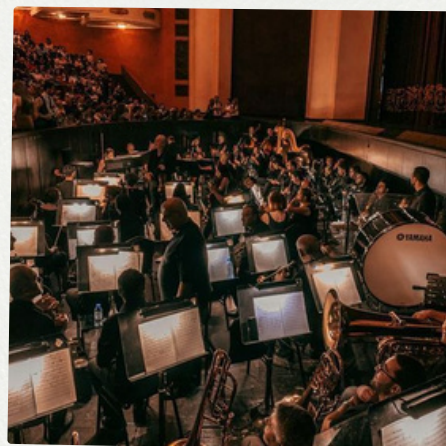
Right now, my music radar is into 2000s/2010s throwback music hits. It all started when I randomly put on a Victoria's Secret runway playlist and I fell in love first sight. I discovered classics I couldn't even name before, but more than that, I discovered a love for a vibe I didn't realize I was missing.

I've always been a fan of "white girl pop," but this throwback era was exactly what I needed to redefine my taste, both as a listener and as an artist. Because, surprise surprise: for those who don't know, I'm actually a musician myself! I write my own music (or at least, I try to).

Back to the topic: I feel like that decade defines my taste because it's all about expression. To me, it feels sexy, powerful, and confident.

But I'm not just about pop. I'm also a huge advocate for classical music. It might sound unexpected, but it was actually classical music that inspired me to start my musical journey, and I will forever be grateful for that.

My favorite composer is none other than Tchaikovsky and I know it may not sound surprising, but I'm obsessed with the way he composes in such a romantic, exceptional style. (I'll definitely be doing a deeper dive on him another time!)





Ariana Grande

# DANGEROUS WOMAN



Ariana Grande  
DANGEROUS WOMAN

dangerous



Ariana Grande



# DANGEROUS Woman



Ariana Grande  
DANGEROUS WOMAN



Ariana Grande  
DANGEROUS WOMAN



TRACK 07  
GREEDY



DANGEROUS



# XOXO, an emotional look inside Madison Beer's latest era.

I know it's been weeks since Madison Beer released her latest album "Locket" but I've been trying to catch up with uni, work and other stuff so

I hope I find you excited for this review!

Today I'm going to be taking a seat inside this era through two different lenses: as your favorite music blogger, and as a music technology student. Let's break down the sonic palette of the year.



## 1st track: locket

Locket is the theme of the album, the one that introduces us and prepares for the rest of the album. Here, "locket" means a safe place to hide away memories and feelings so she can move on. Throughout the album, we realize this process isn't angry as one might've imagined, it's vulnerable, difficult, and almost unreachable. But we get to several points where she admits to herself that she needs to let go of what's holding her back to continue living her life. From my perspective, Locket is a soft place where feelings are processed without judgment.

Production Note: The audio feels dreamy thanks to some reversed audio elements and a synth sound that is "bell-like".



## 3rd track: angel wings

Angel Wings is one of the tracks that captured fans' attention almost immediately, and that's due to the on-brand title. The sound is very 2010s-coded, driven by looped plucked synths.

My favorite part is the bridge and the intentional use of autotune.

When she finally starts making the changes she needs "I do, I do, a new attitude" her vocal texture shifts to something glass-like and polished, reinforcing her emotional transformation.

4th track: for the night

This is my absolute favorite song on the album. I When I first heard it I knew it was going to be a blast.

One thing that I love about it is the vulnerability that she lets on. It's that late-night vulnerability we all feel, or at least I, when the day is over and everything feels heavier. The quiet moment of weakness is captured through the lyrics and the music.

**\*\*Production Note:\*\*** The main instrument is the guitar, and I love how the rhythm resembles a Bossa Nova. It's slow, romantic, and moving—it actually reminds me of Billie Eilish's "Happier Than Ever." It's amazing how two similar sounds can feel so different!



10th track: make you mine

Last but not least, we've reached the track that owned TikTok last year.

I will say that this song gives off such a sexy and confident energy, that feels powerful and magnetic. It's about the lyrics and the vocal melody itself. Also the use of reverb plays a significant role here shaping what we hear.

Another interesting fact that I dive deeper in my blog post is that the song doesn't start of the same traditionally way we all have in mind (insto-verse..) it kicks off with the verse. And that's really interesting because it hooks us listeners from the first moment and inside it structure theres a refrain and a post chorus which I explain what each section serves for.



# VICTORIA SECRET'S FASHION SHOW 2025



It's hard to believe it's already been a few months since the Victoria's Secret Fashion Show 2025 took over our screens, but as we step into March 2026, the 'Bombshell' influence is still everywhere. I'm taking a retrospective look at the night that redefined 'sexy' and "feminine" for a new generation.

First of all I want to congratulate Adam Selman, the creative director behind this year's show.

If I had to describe it in a few words I would say it was definitely: playful, sexy, powerful and Bombshell.

My favourite looks would include Barbara Palvin's "Dune" like set. It looked absolutely incredible and perfectly complemented her style.

Madison Beer's pink carpet and performance look was also phenomenal. As a huge fan of hers, I think it totally represented her aesthetic and made her look like a literal goddess. She was gorgeous and with \*that\* performance she put on stage was \*iconic\*.

Then I couldn't miss even if I wanted to the entrance of the supermodel Anok Yai. I may not be a fashion insider, but we can all admit that she deserved to be Supermodel of the Year. I mean, come on!

My next favorite part and I think we could all agree is the debut of Amelia Grey. She \*slayed\* the runway and her pose was so Gossip Girl coded that she gave off major Georgina Sparks vibes.



DREAM ANGELS  
Wicked Unlined Lace Balconette Bra



DREAM ANGELS  
Lace Thong Panty



VERY SEXY  
Smooth Lace-Trim Push-Up  
Bra

VICTORIA'S SECRET  
FASHION SHOW  
2025





# Travel

**F**or this issue we're exploring one of my top destination of the world: Sweden

I'm sure all of you may have felt that pull, that a city or a country feels like it's calling for you. For me one of those cities is Stockholm. If you asked me why, I'd start with its architecture, that blends historic, modern and minimalistic design. Besides that I've always considered that my "introvert" self would thrive there; it seems like such a quiet and beautiful place to live.

Another major draw is, of course, the music scene. As a music lover living in a country that it's mainstream music matches my own taste is a big pro. It means more venues, more discovery, and the opportunity to go to clubs or parties and truly enjoy myself.

**S**ince we are talking about vibes I have to mention my obsession with "Stockholm style."

Whether it's fashion, music, or architecture, I love how it inspires my own work.

Who wouldn't fall in love with a certain city if it weren't for it's looks?

I admire Sweden's nature and I am a big fan of it and love hiking trips.

I've always been fascinated by the Scandinavian lifestyle; everything about it seems appealing to me. I would love to move there one day and experience what life is like in the heart of the North

P.S. For any Swedes reading this: I'd love to hear your opinion on what it's actually like living there! Reach out and let me know if I should be as excited as I am.



# STOCK HOLM





# STOCKHOLM



# BARCELONA



# NEW YORK

# Car&Moto



Mercedes-Benz

My dream car would be obviously a Mercedes-Benz. I have been fascinated by the brand since I was a child, and there is something undeniably sexy, powerful and raw about their overall design and energy. In particular I'd love a S-Class, since it's considered their "most luxurious" model and offers a level of sophistication and innovation.



# Favorite Coffee

Usually I'm not a big fan of coffee because it upsets my stomach but sometimes we're all humans and I crave that warm and hot caffeine. My 1<sup>st</sup> option would usually be a freddo cappuccino, medium-sweet defac, depending on the season.

If you haven't been to Greece, let me explain: a cappuccino is generally espresso with steamed milk and foam, while a freddo cappuccino is the same thing, but the espresso is shaken with ice. It's usually served during summer but many people drink it in winter no matter the season.

But things has changed now and I'd usually order either a latte or make my own caramel machiato at home.

So, yes if I order coffee I want it to be like as sweet as a custard pie. (this is actually a phrase in greek but I'm gonna explain it on a later issue!)

A little reminder here that I have a dolce gusto machine in my home so I just grab the capsules, but the prep is the most important thing.

So as a first step I put however sugar I want, then a syrup. Generally I prefer either vanilla or caramel. Or put both! Trust me it's very tasty!

Then put on the capsules and voila!

But if you don't have a dolce gusto and you have just a regular coffee machine dont worry.

You follow the same steps but put whatever milk you like and steamed epsresso and then again caramel on top of it. You can achieve this if you have machines like Nespresso Virtuo PoP or any other kind



Another tip for having that "thick" texture like we love in Greece is by adding "Evaporated Milk". This is the ultimate hack for creating a foam and adding that little something.

Firstly mix the milk with cold water(roughly 1/3) to aerate the mixture properly.

Then you froth it until it turns into a velvety, stiff cream.

Pour this over your coffee, and it's the perfect way to make your drink "sweet as a custard pie"

# Apple Crumble

(Serves 6–8, or one late night with someone worth the crumbs)

## ◆ For the filling

- 6 apples — a mix of tart and sweet, firm to the touch, shy under the knife
- 3 tbsp pure maple syrup — golden, slow, a little dangerous
- 40 g brown sugar — soft and deep like autumn dusk
- 1 tbsp flour or cornstarch — to hold it all together, like trust
- 1 tsp cinnamon

## For the crumble

- 150 g all-purpose flour
- 100 g cold butter or margarine — the kind that melts like a promise
- 60 g brown sugar
- 40 g rolled oats
- 2 tbsp maple syrup
- A pinch of salt
- ½ tsp cinnamon
- A small handful of chopped walnuts or hazelnuts (optional, for crunch and contrast)

## ◆ How to Make It

### 1. Begin slow.

Peel, slice the apples and toss them with sugar, maple syrup, flour, lemon, and spices.

### 2. Warm them gently.

Over low heat, coax the apples and let the air taste of cinnamon and honeyed breath. Like something is about to happen.

### 3. Make the crumble.

In another bowl, mix the flour, oats, sugar, salt, and cinnamon.

Add the butter — cold, firm — and rub it in with your fingertips.

The texture should turn sandy and sensual, a little rough, a little smooth. Drizzle in the maple syrup; it will cling, just so.

### 4. Assemble the layers.

Pour the apples into a waiting dish, scatter the crumble over the top.

### 5. Bake until golden.

180°C, 35–40 minutes.

You'll know it's ready when the edges bubble and the top blushes gold.

## ◆ To Serve

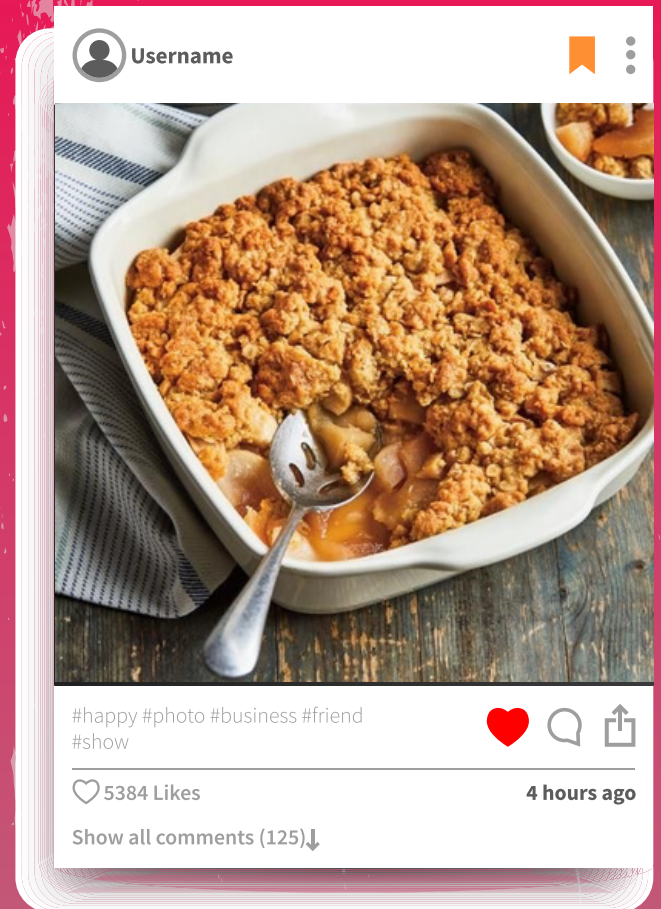
Let it rest.

Spoon it warm into a bowl. Add cream, if you crave softness.

Or nothing at all, if you prefer it pure.

Let the sweetness stay.

You are, after all, the secret ingredient.



# My favourite healthy bowl

## Beef Bowl

- 1 medium sweet potato — golden and grounding
- 1 ripe avocado — soft and forgiving
- 100 g cottage cheese — cool and creamy, a quiet contrast
- Olive oil — just enough to shimmer
- Salt & cayenne pepper — to taste, not to hide

### ◆ How to Make It

#### 1. Roast the sweetness.

Peel and cube the sweet potato. Toss it with a thread of olive oil, salt, and pepper.

Roast at 200°C for 25 minutes, until the edges caramelize and the centers turn tender — golden bites of calm.

#### 2. Sear the strength.

In a hot pan, let the beef kiss the heat.

Season simply — salt, pepper, maybe a breath of garlic. Cook until just browned.

#### 3. Slice the softness.

Halve the avocado. Scoop it out with care, like silk off skin. Slice it gently — no sharp edges, only smooth lines.

#### 4. Assemble with grace.

In a shallow bowl, layer the roasted sweet potato, then the beef.

Add dollops of cottage cheese and the avocado slices on top. Finish with a drizzle of olive oil and a whisper of salt.





