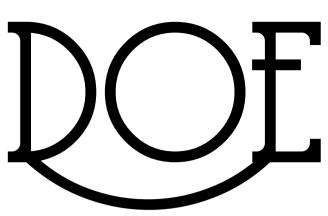
SPRING 2021





IF ALL IT TAKES IS A LITTLE RAIN, WHAT'S THE WORST THAT COULD COME OF GOING OUT WITHOUT AN UMBRELLA? ACID RAIN? THUMB TACK RAIN? VULNERABILITY?



Cover image: Delhi Girls by Lyandrea Martinez



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Sana Sana Essentials takes a holistic approach to all things beauty care.

the foundations of herbalism and sustainability, Sana Sana provides exceptional botanical beauty products, services, and expertise tangible to anyone, no matter your familiarity to the world of ever-shifting and ever-complicating

skincare. Sana Sana makes self care simple, whole, and personal.

Our fav is included in this month's Angel Box, a monthly subscription of a variety of products to keep you and your wings glowing. The Bright Eyes Under Eye serum

comes to the rescue after late nights and doesn't comment on what you were up in the

doing wee hours. Thanks buddy ol' pal.



IG @sanasanaessentials sanasanaessentials.com



A thousand thank yous to Ed Garvin, Jodi Garvin, Emma Pelfrey, Patrick Kilby, Pinkie Orlando, Whippoorwill Beer House, Easy Luck Coffee, Drift Piercing, Jen White, Avalon Exchange, Anya Coogan, Brian D'Orlando, Jacob Bailes, Bori Baxter, With Ease Greenery (featured in this issue!), Rosh Khattak, Sandy Rubin, Livie Baker, Missy Irizarry, Ruth Hart, and all of you who have read, shared, liked and given encouragement along the way.





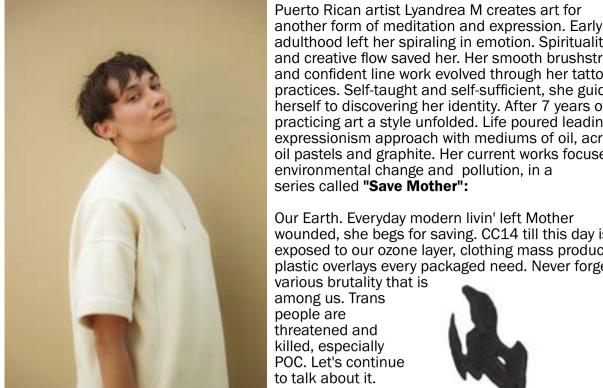






Dana Martin by Lyandrea Martinez

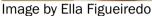
# SAUF MOTHER: LYANDREA MARTINEZ



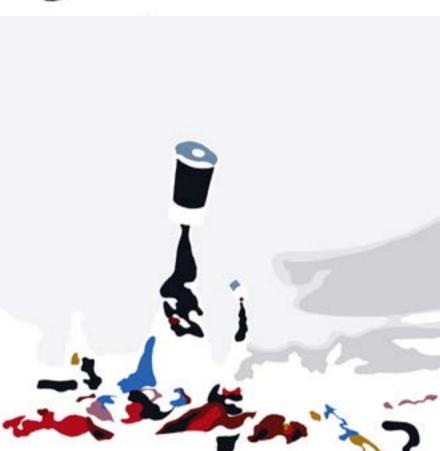
adulthood left her spiraling in emotion. Spirituality and creative flow saved her. Her smooth brushstrokes and confident line work evolved through her tattooing practices. Self-taught and self-sufficient, she guided herself to discovering her identity. After 7 years of practicing art a style unfolded. Life poured leading an expressionism approach with mediums of oil, acrylic, oil pastels and graphite. Her current works focuses on environmental change and pollution, in a series called "Save Mother":

Our Earth. Everyday modern livin' left Mother wounded, she begs for saving. CC14 till this day is exposed to our ozone layer, clothing mass produced, plastic overlays every packaged need. Never forget the

various brutality that is among us. Trans people are threatened and killed, especially POC. Let's continue to talk about it.







Top: They Raised the Rent by Lyandrea Martinez Bottom: End Mass Clothing Pollution by Lyandrea Martinez



## **Get to know Lyandrea:** scan here to visit sacredhandsstudio.com

IG @sacredhandsss FB7sacredhandsss vimeo.com/sacredhands





Beauty and vulnerability have always been connected in my inner world. In order to truly feel beautiful, I wanted to be seen. But being seen in actuality requires choosing to being vulnerable. That part I wasn't a huge fan of.

Allowing anyone to see me felt like stepping out into a storm of acid rain without an umbrella

Following years of attempting to build an acid-proof raincoat in a curated image, at the turn of 2021 I realized the acid rain wasn't poisonous.

Vulnerability can hurt. Showing yourself in any manor, your creative work or your image can bring criticism along with that stomach-churn of 'what have i just revealed about myself'.

I don't know how to protect from metaphorical acid rain. What I'm learning, is that vulnerability is starting to show itself as the most beautiful I've ever felt.

Late last year I met a new friend named Sam. Sam shoots incredible high fashion and beauty images among other artistic ventures.

We worked together on an educational beauty class with makeup artist @face\_beaterr. I sat in front of a classroom bare-faced and alone. Vulnerable and beautiful.

These photos are retouched. (Sam does the Lord's work, let's be honest.) My favorite detail is that the vulnerability isn't edited out. The texture in the skin, the teeth I hid for years peek out, the small pieces only I might see remain.

I also don't have the answer of balancing beauty and vulnerability, or baring all, or curating yourself, or self-care. I do know, that the two are much more closely related than they are at odds with one another. Here's to stepping out into the

# Get to know Sam: @samgoldphotos



Images by Sam Gold



Greenery? For spring? Shocking. We're taking our cues from With Ease this season and leaning into nature's palette. Show us your palette inspired looks and pieces @doecreativeco

FOUNDER'S COLOR PALETTE SPRING 2021





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