



# LSJ

MAGAZINE

**LSDD METHOD**  
BEAUTY SECRETS

**LINENNAIVE**  
MY CLOTHES - MY COMFORT

**FASHION  
TRENDINGS**  
SPRING - SUMMER HATS

**HOMEDECOR**  
WABI: THE ELUSIVE BEAUTY  
OF IMPERFECTION

**PSYCHOLOGY, SEXOLOGY  
AND COUPLES**  
WITH THE PSYCHOLOGIST  
MIREIA MUÑOZ

**STEF**  
DIGITAL  
ART



**BEAUTY  
PRODUCTS**

ISSUE No. 13 JULY - AUGUST 2023

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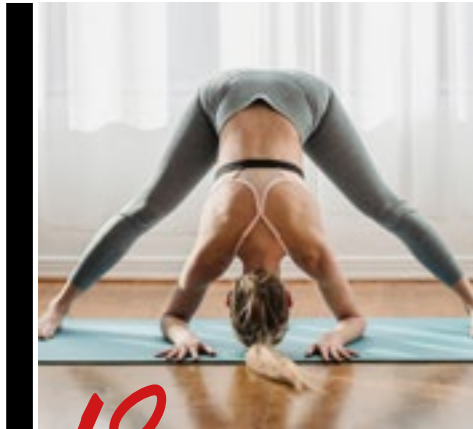
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The logo consists of the letters 'LS' in a large, white, serif font, with a smaller 'DD' positioned below the 'S'. The entire logo is set against a black square background.



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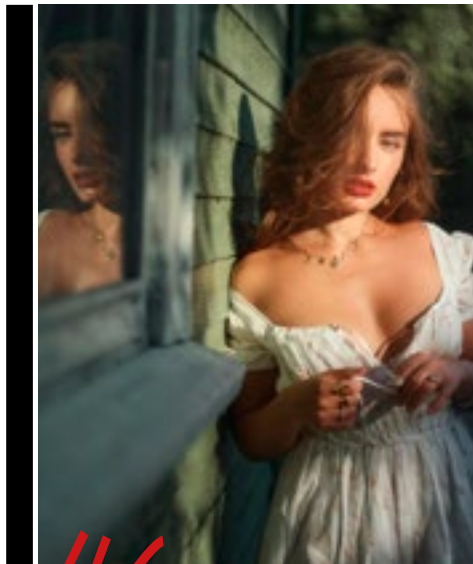
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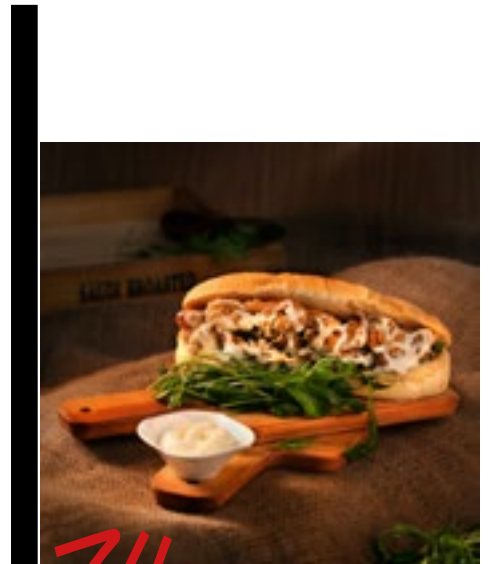
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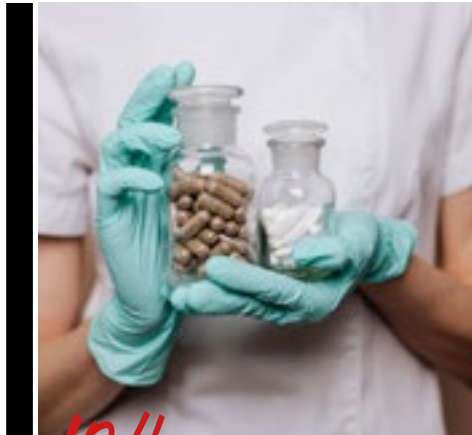
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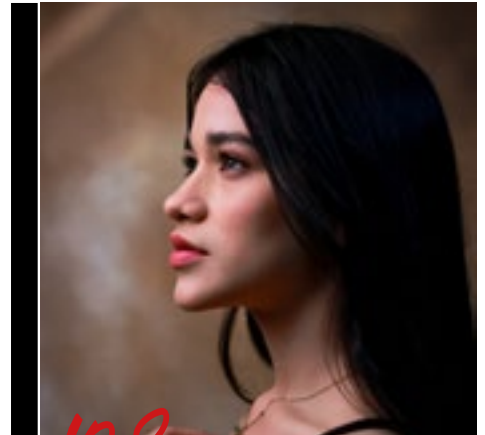
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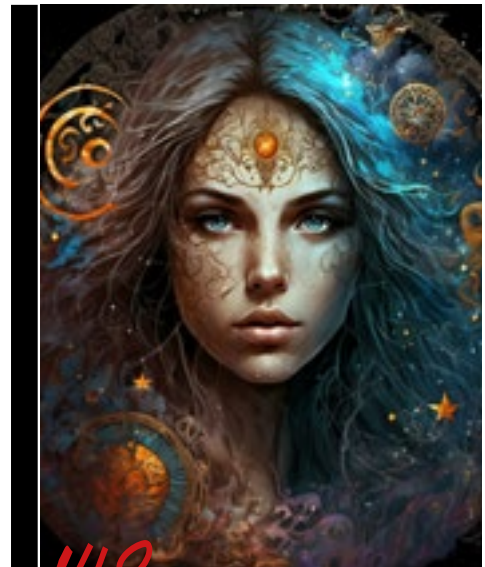
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WITH DORIAN

**LSDD DIGITAL  
MAGAZINE**  
introduces:

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Collaborators.

**Cheer up and  
CLICK!**

You will find a wealth  
of interesting offers and  
information.

#### DISCLAIMER

The health-related articles in LSDD Magazine, websites, and social networks are for informational purposes only. They are not intended as a substitute for the opinion of a health professional.

We strongly recommend consulting with your doctor or a specialist before following our advice, prescriptions, and/or workouts.

LSDD Magazine and its Team are not responsible for your actions under your free will.



**CLICK HERE TO VISIT OUR SOCIAL NETWORKS**

# Editor's

# Letter

**A** new issue, a new challenge without limits, consistently delivering the best to make LSDD the finest Magazine you can get in your hands, yes, your hands, because our Magazine is no longer only digital, now you can purchase it in print through our store in MagCloud: <https://www.magcloud.com/user/lsddmagazine>

In this new issue, we want to show you again the Beauty and Health Tips of the LSDD Method and the conjunction of the Practice of Yoga with the Universal Law of Attraction. This powerful union manages to Connect your Mind with the Universe, dominate your environment, and take control of your destiny with the firm conviction: A better life is possible; you are the owner of your future. You can consistently achieve goals for yourself.

Fashion is a must in LSDD. This time we bring you the exquisiteness and glamour of LINENNAIVE. This brand has combined comfort with sensuality and femininity.

The work of the British artist Stef is a vanguard of Digital Art, with drawings and paintings transporting you to her fantasy world.

Wabi unveils the style of wabi-sabi, a philosophy with the power to change our lives and bring joy and peace to the world, bringing beauty and simplicity to every corner of the planet with their beautiful designs and their extraordinary ability to work with ceramics, creating with their hands a myriad of pieces that will occupy a unique space in your home.

As promised is debt, in our magazine, everyone can be in, also showing you in each issue the work of many professionals, those who contribute their bit to the world in the health field. This time we do it with the hand of the psychologist Mireia Muñoz, who has a Master's in Clinical and Health Psychology, Clinical Sexology and Sexual Health, and Postgraduate in Couple Therapy, among others; Mireia delights us with one of her articles: The impostor syndrome: LSDD recommendation.

The paths to success are always before us; our mental blocks provide us with a darkness that does not let us see. Seek the light within, get rid of everything that hurts you, and walk your life's path, reaping success, embracing happiness, and achieving all your goals.


*Miss Basil*

# **LSDD METHOD**



**TOMATO  
FACE MASK**

**TIPS  
&  
SECRETS**



**H**ello, dear friends of Dorian's Secrets! Skin blemishes are one of the problems most faced by those of us who live in the tropics, near the sea, or continuously and excessively exposed to UVA rays, even if we protect our skin.

It is essential to know the type of skin we have so that we can find the best remedy that not only achieves the goals we want but also leaves us with a sense of well-being in our skin.



**T**oday we bring you a simple mask that will help you reduce pores, refine delicate lines, and lighten skin blemishes; it is the tomato mask.

In addition to being an exquisite vegetable, the tomato is a gold mine for our skin as it is an antioxidant par excellence. Preparation is straightforward: cut any tomato in half and extract its juice, then apply it on the skin of your face, neck, and chest, and let it sit for about 30 minutes.

**Y**ou must rinse with plenty of lukewarm water after 30 minutes without using any cleanser. Your face will be radiant, and you can continue applying regular products. You can do this mask once a week, always at night, to avoid any reaction to UVA rays.

The results are visible from the first application, but if you are consistent, your skin will regain more and more of its lost radiance with each routine you perform.



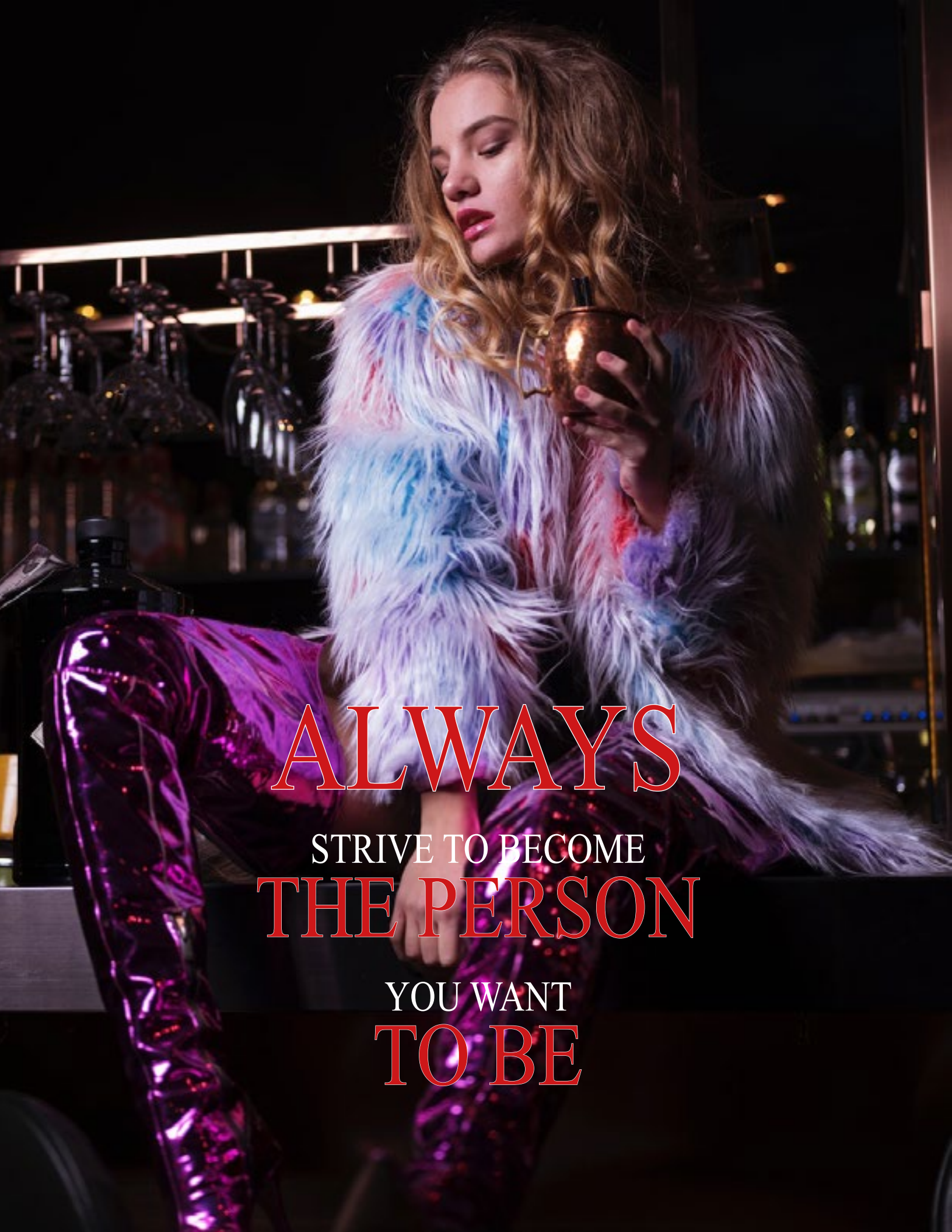


### *What's Today's Secret?*

The secret of this mask so that it works with all skin types is to mix it with a few drops of Vitamin E since, being so acidic, it could create some people a slight redness or irritation.

Vitamin E oil does not influence the action of tomato juice. Still, it stabilizes the PH, helping its effort to be even more profound, providing hydration, and enhancing the vitamins it contains.



A woman with long, wavy blonde hair is the central figure. She is wearing a voluminous, multi-colored fur coat in shades of blue, pink, and purple. Her pants are highly reflective and metallic purple. She is holding a small, glowing golden cup to her lips. The background is a dimly lit bar with shelves of bottles and warm ambient lighting.

ALWAYS  
STRIVE TO BECOME  
THE PERSON  
YOU WANT  
TO BE

# LSDD METHOD



PRASARITA  
PADOTTANASANA

**Y**oga is, without a doubt, one of the most demanding practices in terms of exercise. It is a vital discipline that, in turn, brings many health benefits.

In our LSDD Method, we teach you how to achieve a mind, body, and universe connection so that each asana becomes a true miracle for your body, thus achieving progress with giant steps in obtaining the results you want to achieve.

Today we will talk about the Prasarita Padottanasana, an asana that, although simple, requires all your attention to execute correctly. Among the many benefits you get when you perform this yoga pose are the following:

- Strengthen the thighs on the inside.
- Strengthen and stretch the hamstrings.
- Stretch the back.
- Strengthen the neck.
- Improve balance.
- Increase lung capacity.
- Improve emotional state.





Like all yoga asana names,  
this one also has a meaning.

«Prasarita»: Extended / wide position.

«Pada»: Leg / foot.

«Ud»: Intensity.

«Tana»: Extension.

«Uttana»: Deep stretching.

«Asana»: Yoga posture.

## Steps to follow to perform this posture:

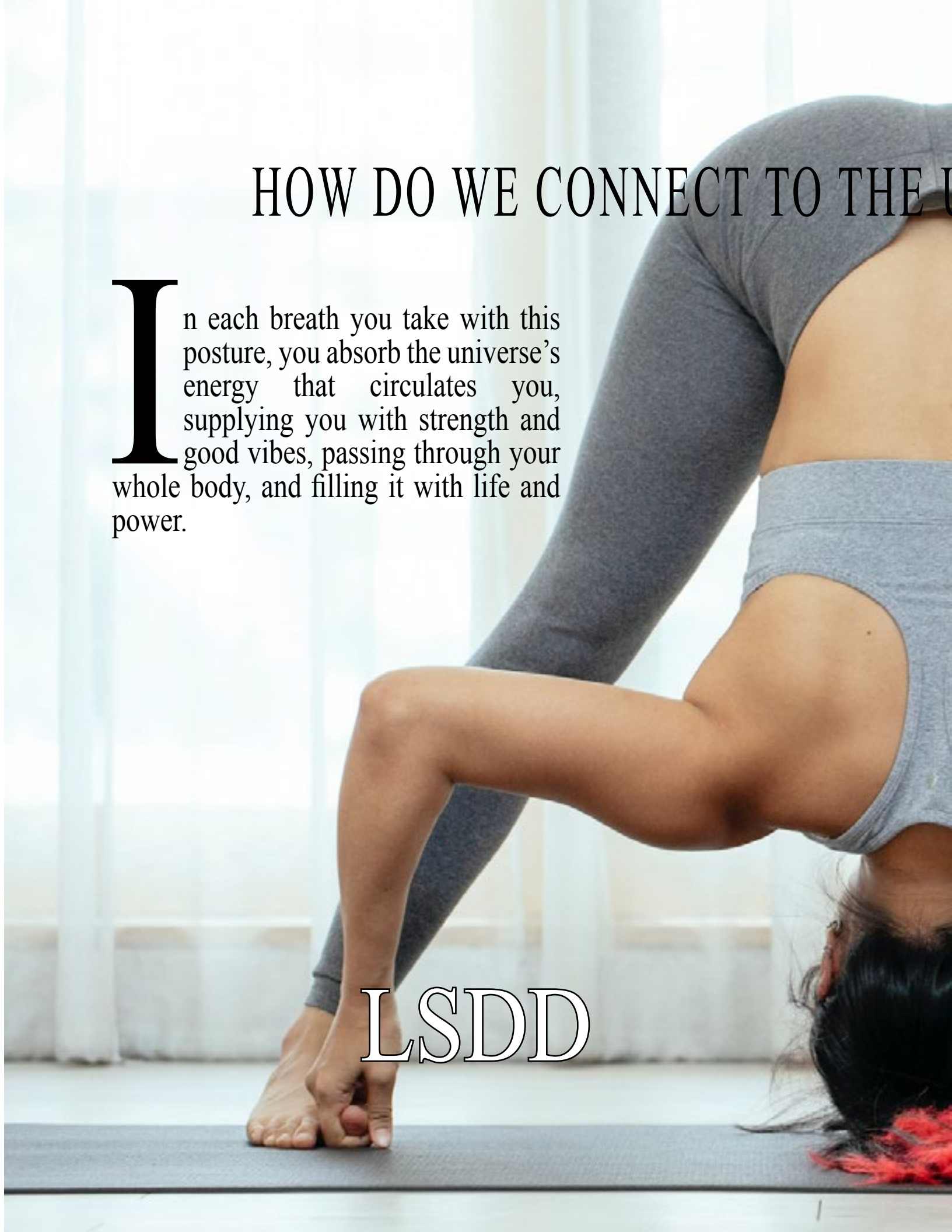
- Inhale and spread your feet apart, going as far as possible beyond shoulder width.
- Put your hands on your waist and exhale slowly.
- Relax your shoulders by pulling them back. Stretch your back without arching; your lower back mustn't feel discomfort. Inhale as you settle into the position.
- Begin to slowly lean down until you rest your hands on the floor or your mat.- As you do so, exhale slowly.
- When you have rested your hands on the floor, slowly inhale again.
- Rest your head on the floor or mat; once you have stabilized, exhale slowly.
- Hold the posture for 5 breaths.
- Begin to slowly lift your body as you inhale and keep your mind focused on the movement of returning to the starting position.



# HOW DO WE CONNECT TO THE I

**I**n each breath you take with this posture, you absorb the universe's energy that circulates you, supplying you with strength and good vibes, passing through your whole body, and filling it with life and power.

LSDD





UNIVERSE WITH THIS POSTURE?

**W**hen you exhale, that positive energy stays inside, and you will only be expelling stress, negativity, and all those factors that hinder your path to success.

METHOD

# JOIN TO LSDD METHOD

The paths to success are always before us; our mental blocks provide us with a darkness that does not let us see, and we lose the ability to listen and keep our minds in the dark.

**Life will always be full of obstacles; the responsibility to remove them from our path is ours alone.**

Seek the light within yourself so you can get rid of everything that hurts you and walk your life's path, reaping success, embracing happiness, and achieving all your goals.



CLICK +

*Take Charge of your Destiny*



# LSDD



THE POWER IS IN YOUR  
HANDS




# LSDDD METHOD

WEIGHT LOSS DIETS

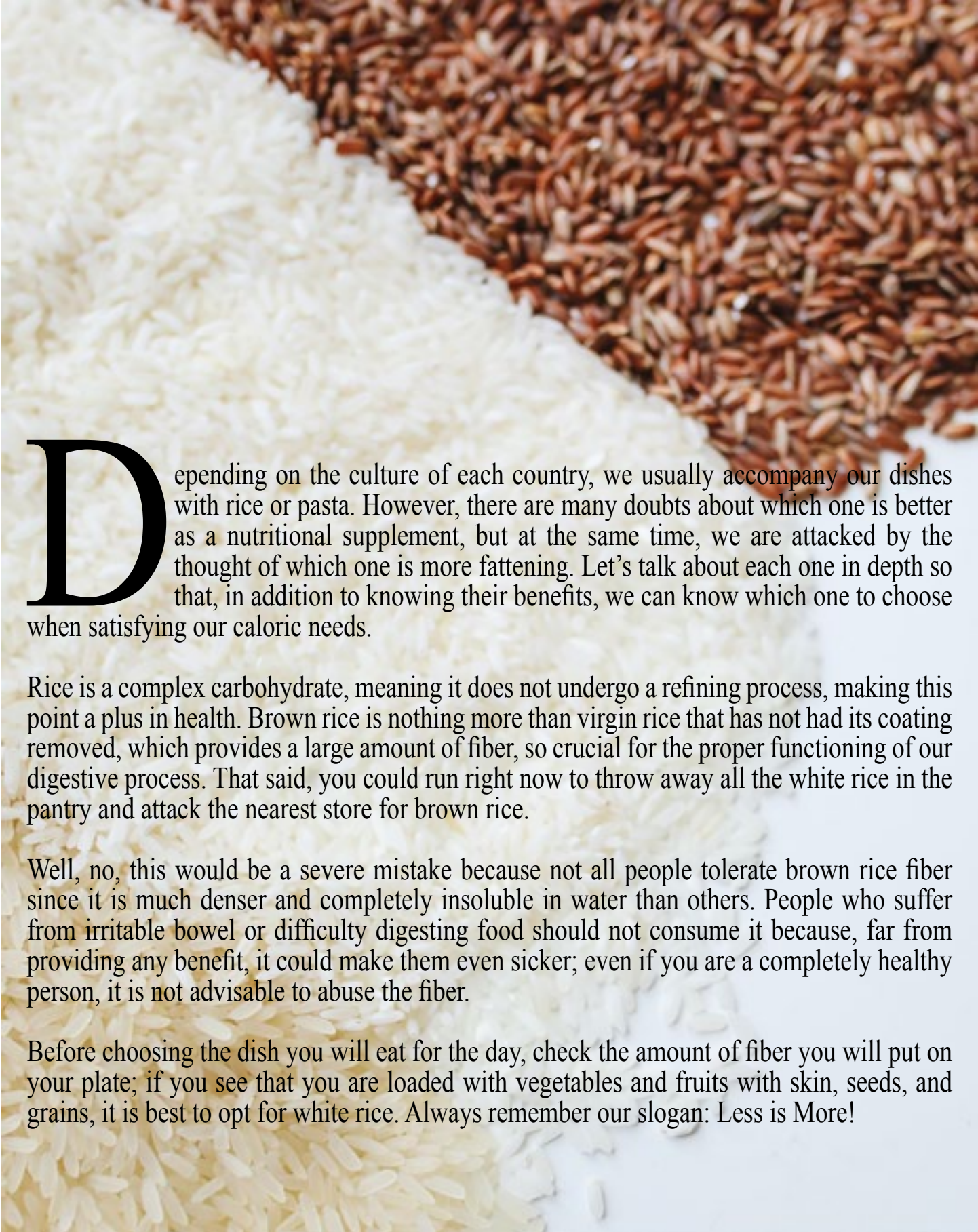


CLICK +



A top-down view of a wooden table set for a meal. In the upper center, a white ceramic bowl with a dark rim contains a portion of pasta with a light-colored sauce. To its right is a light-colored ceramic cup filled with dark coffee, resting on a matching saucer with a spoon. In the lower center, another white ceramic bowl with a dark rim is filled with a larger portion of pasta, topped with several large, cooked shrimp and small green herbs. To its right is another identical coffee cup and saucer. On the left side of the table, a clear glass is partially visible, containing water. The text "Rice or Pasta Which is more fattening?" is overlaid in the center of the image.

**Rice or Pasta**  
Which is more  
fattening?



**D**epending on the culture of each country, we usually accompany our dishes with rice or pasta. However, there are many doubts about which one is better as a nutritional supplement, but at the same time, we are attacked by the thought of which one is more fattening. Let's talk about each one in depth so that, in addition to knowing their benefits, we can know which one to choose when satisfying our caloric needs.

Rice is a complex carbohydrate, meaning it does not undergo a refining process, making this point a plus in health. Brown rice is nothing more than virgin rice that has not had its coating removed, which provides a large amount of fiber, so crucial for the proper functioning of our digestive process. That said, you could run right now to throw away all the white rice in the pantry and attack the nearest store for brown rice.

Well, no, this would be a severe mistake because not all people tolerate brown rice fiber since it is much denser and completely insoluble in water than others. People who suffer from irritable bowel or difficulty digesting food should not consume it because, far from providing any benefit, it could make them even sicker; even if you are a completely healthy person, it is not advisable to abuse the fiber.

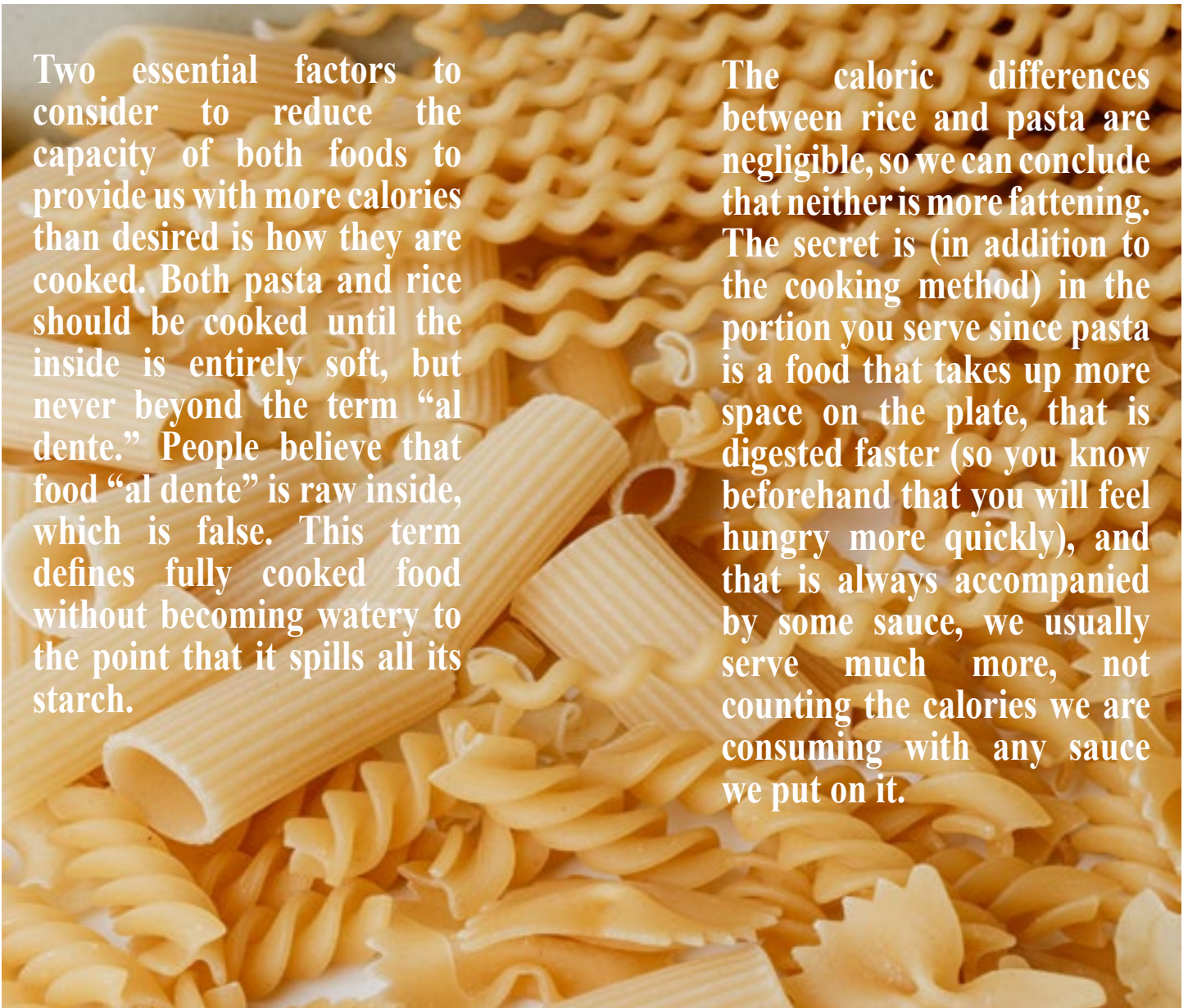
Before choosing the dish you will eat for the day, check the amount of fiber you will put on your plate; if you see that you are loaded with vegetables and fruits with skin, seeds, and grains, it is best to opt for white rice. Always remember our slogan: Less is More!

**P**asta, on the other hand, is a simple carbohydrate, which means that it has gone through a long process full of steps before reaching your pantry, which makes it lose in this competition against rice since the amount of nutrients is much lower. However, in medical studies, it has been proven that pasta can regulate blood glucose better than rice since it is digested faster and reaches the blood in less time. It is also necessary to know that people who suffer from insulin resistance should not abuse this exquisite food since, although it is a long-term process, it can negatively affect their health and worsen their condition.

## *Characteristics and Differences*

Two essential factors to consider to reduce the capacity of both foods to provide us with more calories than desired is how they are cooked. Both pasta and rice should be cooked until the inside is entirely soft, but never beyond the term “al dente.” People believe that food “al dente” is raw inside, which is false. This term defines fully cooked food without becoming watery to the point that it spills all its starch.

The caloric differences between rice and pasta are negligible, so we can conclude that neither is more fattening. The secret is (in addition to the cooking method) in the portion you serve since pasta is a food that takes up more space on the plate, that is digested faster (so you know beforehand that you will feel hungry more quickly), and that is always accompanied by some sauce, we usually serve much more, not counting the calories we are consuming with any sauce we put on it.



**How do we know the exact proportions between one and the other to enjoy both without the risk of overdoing it?**

Simple, get a kitchen scale and weigh them both raw. It must be done before being cooked; for example, you can make a pot of rice or pasta for several people, but keep in your mind how much you weighed the amount you put in the bowl and then divide the portions into equal parts to be able to separate the one that corresponds to you to ingest.



IN THE LSDD MAGAZINE  
WE REVEAL  
ALL THE SECRETS

**How do you know what weight to serve on your plate?**

To do this, you must balance your daily caloric needs, always giving way to vegetables and proteins as queens of your plate. Once you have completed  $\frac{3}{4}$  of your plate with these last two food groups, you can complete the missing  $\frac{1}{4}$  of your plate with the carbohydrate you like the most, or that adapts in taste and texture to the rest of your consumed.

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**LSDD**

# HEALTHY RECIPES





# Honey mustard dressing

Preparation time: 5 minutes

Cooling time: 30 minutes

Total time: 35 minutes

Servings: 6

## Ingredients:

1/2 cup unflavored low-fat yogurt.

3 tablespoons fat-free or 1% milk.

1 tablespoon honey\*.

2 teaspoons prepared mustard (any kind).

## Preparation:

Wash hands with soap and water.

Combine all ingredients in a small bowl until smooth. Cover and chill for 30 minutes before serving.

Refrigerate leftovers within 2 hours.





## Note:

For a more robust flavor, add 1 or 2 teaspoons of mustard.  
This recipe works with all types of mustard!

\*Honey is not recommended for children under 1 year of age.

*“Courtesy of MedlinePlus from the U.S. National Library of Medicine.”*

**“HEALTH IS THE UNIT THAT GIVES VALUE  
TO ALL THE ZEROS IN LIFE”**



*Bernard Le Bouvier de Fontenelle*

**LSDD MAGAZINE**  
**WWW.LSDDMAGAZINE.COM**



**THANK YOU FOR BEING PART  
OF THIS ADVENTURE,  
AND READING OUR MAGAZINE.  
DORIAN'S SECRETS TEAM**





*Psychology, Sexuality  
and Couples*

**IMPOSTER  
SYNDROME**

*By Mireia Muñoz*

## Imposter Syndrome | Are You Suffering From It?

**T**he impostor syndrome is a psychological conflict in which the person, no matter how many skills he/she has, cannot recognize and value them as he/she deserves and undervalues the achievements, taking away merit and doubting his/her abilities.

Although there is evidence of their abilities, it is difficult to see the positive result. The person may even consider him/herself a “fraud” (hence the name impostor syndrome) as he/she feels that he/she does not do it correctly or that his/her performance is never sufficient, demerits his/her achievements and does not feel satisfied with what he/she achieves, believing that he/she is not suitable for the activities he/she carries out. It can apply to both work and personal situations.

The impostor syndrome makes you feel that you do not deserve the achievements you have in your life; you think that your skills are not enough, that you are not prepared, and that you do not do it well enough. Continually doubting your abilities and skills.



## *Main causes of Impostor Syndrome:*



- Low self-esteem.
- Lack of security and self-confidence.
- Insecurities caused by previous experiences that have not been healed.
- Having received a lot of criticism during childhood and adolescence.
- Ingrained beliefs of how one can fail if one does not make good decisions (which creates fear of deciding and pressure in the face of possible failure).
- Excessive pressure during childhood and adolescence to meet expectations.



## *Main symptoms of the Impostor Syndrome:*

- Constant dissatisfaction.
- The feeling of NOT deserving.
- The constant fear of being seen as a fraud.
- Recurring doubts about one's own abilities and abilities.
- Sadness, depression, and hopelessness are associated with never reaching their goals and dreams.
- Expectations of failure in serious situations.



## *How to manage it?*

When it is deeply rooted, it is better to work on it in therapy because limiting beliefs are essential to dismantle and transform for other healthy ones.

But you can apply the following steps:

- Identify your “imposter” thoughts. Put them in writing. And think about whether you are sure they are genuine and what objective evidence you have for them.
- Change the focus you are giving them. Use other words. Language creates realities. We can say things in a way that is less destructive and harmful.
- Write down what strengths, capabilities, and skills you have. If they are few, think about situations that have gone well and what resources you used.
- Face the moment that scares you. By postponing it, we make it bigger; we give it more weight than it has.
- You are capable of anything as long as only one person does not doubt YOU. And that person is YOU.
- You are your best support because only you know what it has cost you to walk your path.
- Don't stop believing in yourself; if you need help, don't hesitate to ask for it.



*Do you feel identified?  
Are you suffering from impostor syndrome?*

# Mireia Muñoz.

Director of the Online Psychology Center Mireia Muñoz.

I started this professional journey 15 years ago with the firm objective and desire to help and contribute to making someone else's life better and happier. I love my job, which is vocational, and therefore, I have invested many hours in it, not only working but also training and learning from the best referents.

I have completed a master's degree in clinical and health psychology, a master's degree in clinical sexology and sexual health, a postgraduate degree in couples therapy, a postgraduate degree in brief strategic therapy, an expert course in Mindfulness and emotional management, and an expert study in emotional dependence, in addition to extensive training in techniques on self-esteem, anxiety, and emotional intelligence.

I follow a line of integrative psychology. That is, I have been trained in different disciplines of psychology (cognitive, brief strategic, systemic, acceptance and commitment, etc.) to offer quality therapy to each patient based on the integration of multiple techniques and followed by the people in my team.



In Mireia Muñoz online psychology center, you will find a team of psychologists specialized in:

- Sexuality
- Couple
- Anxiety
- Self-esteem
- Depression
- Life Crises
- Emotional Dependency
- Eating Disorders
- Emotional Management



- Master's Degree in Clinical and Health Psychology (Higher Institute of Psychological Studies).
- Postgraduate Couples Therapy (University of Girona).
- Master's Degree in Clinical Sexology and Sexual Health.
- Postgraduate in Brief Strategic Therapy (University of Girona).

*At the Mireia Muñoz Online Psychology Center, you will find a team of specialists who follow a methodology based on results and years of experience focused on relationships (partnership and sexuality, emotional dependence, sexual difficulty, breakup, anxiety in the couple ...)*

*If you are facing some of these problems in your life, without a doubt, at the Center, you will be able to find the help you need. You can contact them through:*

**Website: [www.mireiamunoz.com](http://www.mireiamunoz.com)  
email: [info@mireiamunoz.com](mailto:info@mireiamunoz.com)**

**Phone: +34 620 63 17 01  
(Appointments via WhatsApp)**

THE MISS SIBYL

*Chronicles*

CHRONICLES

CLICK +

A space  
to let fly  
YOUR IMAGINATION



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**MY CLOTHES - MY COMFORT**

**L**inennaive is much more than a clothing brand. It is FASHION at its best. Its designs are the living essence of femininity, sensuality, and comfort.

With its style, Linennaive crosses borders, ages, and sizes, perpetuating itself in time, where each of its garments can be used at any time of the year, imposing itself before any trend of the moment.







People could categorize the brand with a Vintage or Naive style, but the truth is that Linennaive knows how to combine the excellence evoked by its designs with the most exquisite trends of today.

Masters of fabric and color, each garment made by Linennaive is simply unique; whoever sees it will be an example of good taste, delicacy, and glamour.

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## *What is the story behind*

## **LINENNAIVE?**

We believe that comfortable and well considered designs improve our life.

My Cloth – My Comfort. Clothes are not about brand, cut, pattern or color combination, clothes are about feelings. I always tell that clothes we wear have to have only a positive impact on us and our psychological experience while wearing them is very important.

Our followers always know our principle of design and quality control: “Real Comfort - Real You.” Yes, that is so simple, but also really hard to do. We get started with our team members and understand from first hand experience how much love and energy is required to make a business like this, in industry like ours work. It can be soul-destroyingly cut-throat and the competition is fierce. Intensely fierce. Because of this, I have a great deal of admiration for the small, independent designers who are driven more by passion, than profit and follow a path that allows them to truly express their creativity and what they love. Now, At least I am brave to say, our brand Linennaive are what, in my view, makes my designs so very special.

We learned so much about linen and cashmere. A well-made cloth is significantly more durable, feels better against your skin, and most important gets softer and more beautiful with each wear. With all respect for the people we work with, relationships and our company culture, we run our company according to fair trade principles, pay honest wages and appreciate our specialist truly. We pay the linen farms and nomadic herders 50% more than traditional traders. We make everything ourselves (no middlemen). You pay 50% less. Fair for them, fair to us, fair to you. It’s that simple.

Want to know about Linennaive family? yes please follow our instagram @linennaive. You will find our members who make your clothes, our supplier who bring those linen that can grow on your body, as well as many posts shared by our happy customers.

Real Comfort, Real You.



**BERGAMOTE 20  
FLORAL LINEN DRESS**

**ALL SIZES**

The perfect scenario: blue skies above, butterflies swirling around and flowers in your hair. But there's still something missing. Crafted from linen boasting a multicolour daisy print, this Linennaive linen dress will add style to the picture.

*\*sigh\**

Get ready to have all eyes on you.

A feminine and flirty offering for your next event.

Featuring daisy floral pattern, lovely strings on the front, side pockets.

**MATERIAL:**

**Main 100% linen- 155g/  
gram**

**Fully lined and Not  
see through.**

**ELOWEN 27 | LACE  
LINEN DRESS GOWN  
( 2 WAY TO WEAR )**

**ALL SIZES**

Looking for something to keep you classy yet impressive? Then this dress is just for you.

This particular dress takes inspiration from medieval elements, but overall is fantasy in design. reminds us of afternoons spent in the shade of our favorite tree, swimming in the local lake, or going for a stroll along a mossy riverbank.

This Linen is accented with a bold lace trim made by our talented designers after lots of research into the shapes of burn—out prints lace and cutout craft. You'll find this trim at the sleeves and the hem. This dress is just bursting with little details that will amaze you.

**This dress is gorgeous inside out and we know that you'll love it!**

**MATERIAL:**

**Beige: Main 100% linen-  
180g/gram. Medium  
weight**

**Yellow: 20% Silk,  
80% Linen. 120g/  
gram. Light  
weight**

**Violet: 20%  
Silk, 80%  
Linen. 120g/gram.  
Light weight**

**Fully  
lined  
and Not see  
through.**

## JULIA 35 | LACE UP LINEN DRESS

### ALL SIZES

Combining sophisticated details with effortless glamour, this dress from Linennaive is elegantly styled with a retro petal square neckline that complement the A-line skirt.

The effortless piece is available in a bright red, ForestGreen, and Coral shades for a lively aesthetic.

Like a blooming rose, romantic and gentle. Every detail is showing its exquisiteness. The lace-up design and a lust-worthy layered silhouette, it's bound to sweep you off your feet. This dress is a vision of romance.

### MATERIAL:

100% linen, 210g/gram. Specially picked light-medium weight linen.

It is not as thick as other linen as this dress is designed to be fairy and poetic.

Not see through.

## EVA | LACE & LINEN COCKTAIL DRESS

### ALL SIZES

This dress from Linenaive is perfect for a party or special occasion – all eyes will be on you in this romantic one. Always conceive the work with just the right amount of whimsy.

Constructed from high end linen, this dress boasting a fit and flared silhouette with lace up detailing for a charming feel. Delicately lace embroidery at the hem, will create graceful movement as you walk, exuding effortless elegance and romance. Style with point-toe pumps for your next special occasion. You're about to steal the show.

**Linennaive** revisits signature dress every season, and while the silhouette stays reassuringly the same, there's always something new to discover in the details. This version is cut from soft linen and decorated with lace embroidery for a chic silhouette.

### MATERIAL:

**100% linen. 230g/gram.  
Medium weight.  
It is washed with special  
technique and not easy to  
wrinkle.**



**SPICED ROSÉ 11  
| CORSET STYLE  
LINEN DRESS**

**ALL SIZES**

Step back in time with Linennaive's dress.

Guess what – Alice grew up. and now her Wonderland is anywhere that comfortable and magical. Still rocking her signature full shape in this maxi dress, Alice is ready to take on any social event you can throw her way.

Tea party? No problem. Designed with a traditional corset bodice, it'll instantly transport you back in time. Talk about a blast from the past.

It will work for a host of occasions, so you'll never fall short of looking elegant and comfy.

It's punctuated with a corset-inspired waist. Featuring a suspender style, a removable belt and a full shape.

**MATERIAL:**

100% linen, natural pure linen. 300g/gram. Medium-heavy weight.

It is washed with special technique and not easy to wrinkle.

Naturally dyed without chemical added.

It may slightly fade before your first wash. Please wash it before wearing it.



## ORCHIDS 33 | FRONT LACE-UP LINEN DRESS

### ALL SIZES

Sunnier days will eventually come back to you. When it does, you'll be wearing this suspender ruffled dress from linennaive so you can give it a proper greeting. You'll know when it's the right time.

This dress is presented in olive green hue, lace up detail on the chest, front button fastening, ruffled and smocking details add to the piece's romantic nature.

This Ruffled dress is equal parts casual and polished, so you'll look flirty and feminine for a number of different occasions.

### MATERIAL:

100% Linen, around 160g/gram

Every year we have a dedicated team to study the evolution of linen. Linen is a traditional fabric. It seems that linen will not change even if dynasties have changed, and time has passed. Let us add a little imagination and curiosity here. If the raw materials remain unchanged, can the weaving method be improved?

After a year of research and development, we finally introduce to you our yarn-dyed linen and the next issue of knitted linen in this quarter. Traditional linen is woven first and then dyed. A piece of fabric uses one color. Yarn-dyed weaving is that we first design different colors, dye the linen yarn, and then spin it into fabrics, so that the linen can show very gorgeous and rich colors.

**It is washed by special technique and is not easy to wrinkle.**

**DAISY 03 |  
MUSTARD  
YELLOW LINEN  
SKIRT**

**ALL SIZES**

Party, business, school, where will you want to wear this skirt? Clean, crisp and polished: YELLOW Skirt is a timeless wardrobe staple. The designer team want to find you something perfect at the beginning of the new year. :)

The linennaive skirt collection celebrates classic dressing with a modern twist, as showcased by this yellow and ashed lilac pleated midi skirt. Featuring a high rise, a wide border, deep pockets, distressed effects and a mid-length.

**WAISTLINE:**

Sometimes we feel something was so wrong when we put a skirt on. One of the most important element is the position of its waistline. Our designers have tested and made a few samples in order to set a correct waistline, and also not sacrifice any comfortable feeling that a linen skirt should be. Comfortable first. Our skirts now have 6 sizes (to fit waist around 68 cm-95cm)  
Do you need other sizes too?

**MATERIAL:**

Lino de peso medio. 100% falda francesa.

## DAISY 03 | MIDI LINEN SKIRT ( 6 COLORS )

### ALL SIZES

Party, business, school, where will you want to wear this skirt? Clean, crisp and polished: YELLOW Skirt is a timeless wardrobe staple. The designer team want to find you something perfect at the beginning of the new year. :) The linennaive skirt collection celebrates classic dressing with a modern twist, as showcased by this yellow and ashed lilac pleated midi skirt. Featuring a high rise, a wide border, deep pockets, distressed effects and a mid-length.

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Our skirts now have 6 sizes (to fit waist around 68 cm-95cm)

Do you need other sizes too?

### MATERIAL:

-medium weight linen. 100% French skirt.

**TEA DANCE 5 | LACE-UP MAXI LINEN SKIRT**

**ALL SIZES**

Showing again how to

reinvent classic silhouettes, Linennaive crafts this full skirt with a lace-up waistband for a contemporary appeal. It's a timeless addition to any wardrobe.

Modern romantics will place this skirt from Linennaive at the top of their wishlist.

Crafted from great pure linen, side pockets, lace-up waistband. the skirt is cut for a flared fit and sits high at the waist for an elongating silhouette. gently pleated for texture and movement.

**MATERIAL:**

100% Linen,  
around 220g/gram

**LENGTH:**

36-36,5 inches

**FLOWER HONEY 17 |  
FRONT-SLIT LINEN SKIRT**

**ALL SIZES**

Front-slit pleated linen skirt  
Classic design combined  
with an edgy twist.  
This pleated  
slit-detail skirt  
from linennaive  
reveals just the  
right amount of skin. your  
legs will thank us.

Crafted from  
great pure linen side  
pockets, the pleated design  
creates a wavy feel, while the  
front slit creates a refined yet  
whimsical look.

**MATERIAL:**

100% linen. 210g/  
gram. Medium  
weight.

It is washed with  
special technique  
and not easy to  
wrinkle.

**LENGTH:**

31 inches.



**DARCY 13 | LACE UP  
LINEN BLOUSE  
WITH LACE**

**ALL SIZES**

The piece 'evoke a wanderlust & free spirit' aesthetic and are crafted from high-quality materials in vintage-style designs.



Made from Linen, this shirt features a Peter Pan collar with cutout petal detailing for a romantic feel. Cut for a relaxed silhouette, it has puff sleeves and elasticated lacing-up sleeves with pleated detail exude vintage elegance. Winning combination. The colors are soft and vibrant, perfect for spring. Linennaive's penchant for cheerful and romantic designs is perfectly showcased in this shirt.

**MATERIAL:**

100% Linen, around  
180g/gram.  
Medium weight.

## SARAH 17 | LACE-UP LINEN SHIRT

### ALL SIZES

This shirt from linennaive takes inspiration from the bygone romance and whimsy of sailing. Every inch exudes a carefree spirit.

It's cut from soft linen in a relaxed silhouette and has contrast sleeves to make it stand out. Elegant ruffle details add drama to this piece, making it effortless and romantic.

Contrasting lace-up detailing at front - feel free to tie it in a bow for a playful feel.

This shirt creates an effortlessly cool look without any styling on your end. Pull it on and enjoy your day.

### MATERIAL:

100% linen,  
around 220g/  
gram

Exquisite high  
end texture.



**DAISY 33 |  
100% LINEN  
BLOUSE  
IN WHITE**

An affinity for carefree and romantic styles defines Linennaive's classy aesthetic.

Made from breathable linen, this blouse exudes a carefree summer vibe. The casual silhouette ensures the most comfortable fit. Features a ruffled neckline with contrast ties at the front for a detailed but timeless silhouette. Puff sleeve silhouette adds to the piece's fresh and lightweight nature.

Available in white and floral print versions, this blouse is a stand-out choice for any wardrobe.

**ALL  
SIZES**

**MATERIAL:**

100% linen,  
160g/gram.  
Light-Medium  
weight.



## VERY PERI 13 | CUTOUT LACE LINEN BLOUSE

### ALL SIZES

Corset cutout linen shirt blouse  
Celebrating concepts of femininity and timeless elegance, Linennaive introduces this corset print cutout detail shirt as part of SS22 collection. The color is so soft and dreamy as well. It is inspired from the spring wisteria flower and specially dyed with Linennaive's yarn dyed technology.

Crafted from soft linen, this shirt boasts a corset graphic print to the front and cut-out detailing. Get comfortable in couture. The piece's playful aesthetic is further enhanced by puffed sleeves. The butterfly ties complements with the cutout collar for a romantic look.

### MATERIAL:

100% linen. 160g/gram.  
Light-Medium weight.  
It is washed with special technique and not easy to wrinkle.



**MY FAIR LADY 26 |  
CASHMERE COAT****ALL SIZES**

Few things will make you want to leave your house on a chilly day, but gladly this Linennaive vintage tailored wool coat will provide the encouragement you need. Crafted with a mid-calf length and a thick wool construction

this tailored outerwear ensures you'll remain perfectly comfortable on even the chilliest of days. You'll even just want to leave home so you can show it off.

**COMPOSITION:**

Lining: Viscose 100%  
Outer:  
Tan Color : 100%  
Cashmere  
Red Color: Virgin Wool  
80%, Cashmere 20%

## BUDAPEST'S DREAM 14 | SAILOR COLLAR LINEN COAT

### ALL SIZES

Middy collar sailor collar linen coat double-breasted trench coat

If you're looking for a timeless silhouette that will also stand out, this trench coat from *linaive* is perfect for you. Cosy and elegant in equal measure, this coat is crafted from soft linen in a loose silhouette. The sailor collar will make you look elegant and charming. If you are tired of square and crew necks, it is definitely the perfect choice for your fall and winter.

We made a subtle twist on this coat. The single-breasted design with ruffled trim detail adds a romantic touch to the piece whilst retaining the timeless aesthetic. It's time to update your formal wardrobe.



### MATERIAL:

100% Linen, above 320g/  
gram;  
Thick and warm



**THE NEW YORKER |  
HOODED CASHMERE  
CAPE**

**ALL SIZES**

Seamlessly merging boldness with elegance, Linennaive's approach to even the most casual of pieces ensures that you always look stylish. Spun from a cashmere-virgin wool blend, this black cape is timeless. Featuring a sleeveless design with deep pockets and a flared style. Pull it on and stand out from the crowd.

**MATERIAL:**

Outer: Cashmere 95%,  
Wool 5%  
Lining: Viscose 100%

## OUTLANDER 2020 | 100% WOOL CLOAK COAT

### ALL SIZES

Few things will make you want to leave your house on a chilly day, but this cloak coat will provide the encouragement you need.

Since “Linennaive Cloak” being a hot keyword on social media these years, the team have upgraded till now 11 versions to create awe-inspiring quality wool cloaks.

Crafted with a maxi length and a thick wool construction this tailored outerwear ensures you’ll remain perfectly comfortable on even the chilliest of days. Featuring the Grade A cashmere, deep side pockets, timeless and unique colors that were collaborated with talented color labs. Now it is time to make you shine. You’ll even just want to leave home so you can show it off.

### MATERIAL:

Outer: Cashmere 95%,  
Wool 5%  
Lining: Viscose 100%





# LINENNAIVE

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**INTERNATIONAL**

*No Diet Day*

**COMMEMORATIONS**






CONMEMORATIOS

CLICK +

## **7 Secrets to celebrate the International no Diet Day**

If you are one of those who follow the LSDD Method to lose weight, or you do a diet routine on your own or with any other method, or simply have not yet taken the step to create a healthy discipline that will lead you to lose those extra pounds, either for health or beauty, today I bring you a Secret so you can celebrate a day without restrictions of any kind.

# Secret # 1



**S**tart the day with an 8-ounce glass of water at room temperature, and if you feel up to it, try to drink it slightly lukewarm. **IMPORTANT!** Do not drink it hot; although many routines advise you to drink hot water on an empty stomach unless your body is already used to it because you have done it before, do not do it this time... The only thing you will achieve is to ruin your day with a feeling of nausea, and you could even vomit.

The worst thing: That feeling will last all day, and you won't be able to enjoy any food, not even the one you feel like eating.

## Secret # 2

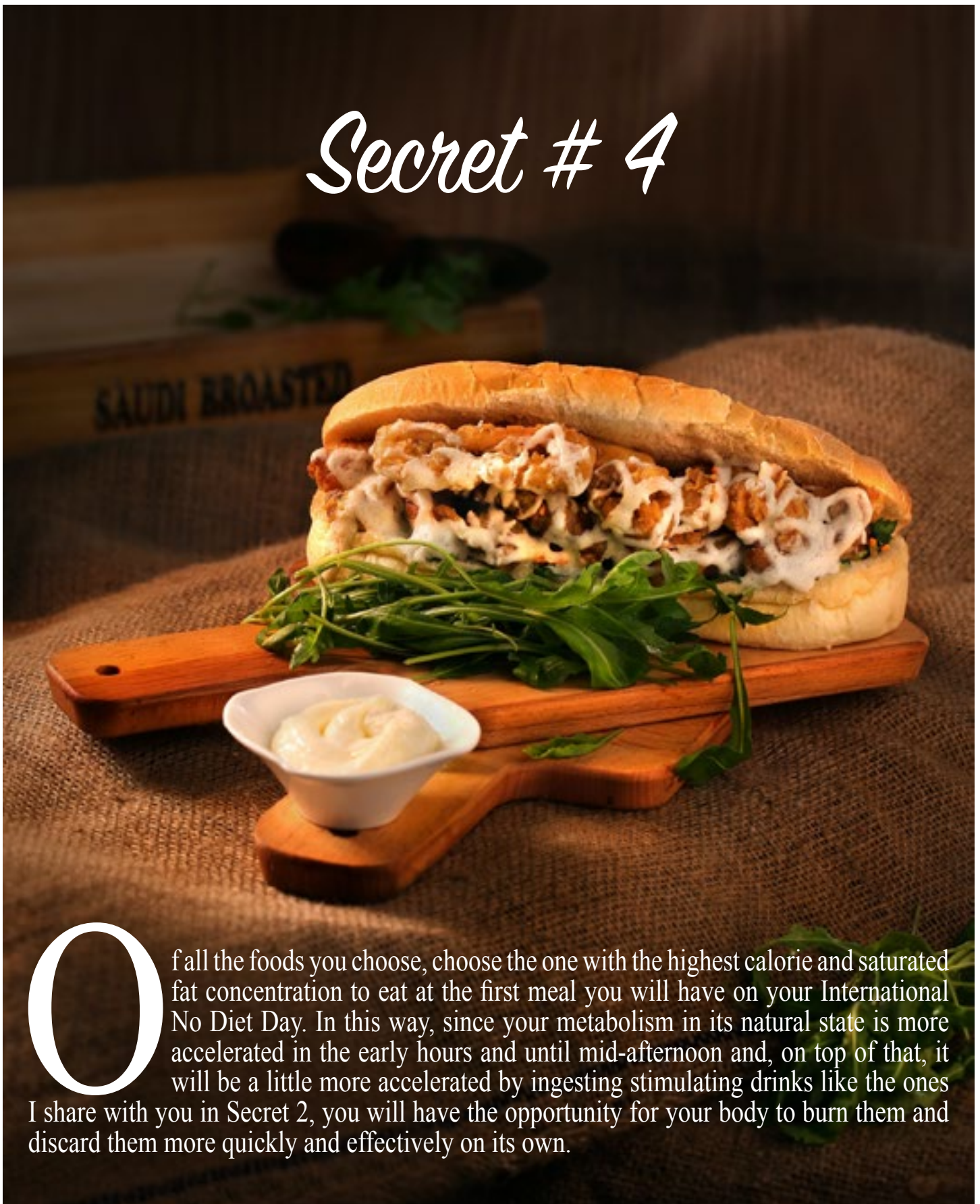
**D**rink coffee, black tea, or green tea in the early hours of the day, but do not overdo it as it can accelerate your heart rate, remember the scoop in Dorian's Secrets where we say: LESS IS MORE! Also, you should not continue to drink it after 4 pm unless you are used to it, as this can significantly affect your ability to fall asleep at night.

## Secret # 3

**B**efore each meal, repeat Secret 1 and drink an 8-ounce glass of water; after you have enjoyed the delicacy of your choice, eat at least half a piece of fruit, preferably pineapple, but it can be anything BUT BANANA, as it contains high level of sugars. You will be adding calories to your intake.

Choose fruit from the citrus group, and, VERY IMPORTANT: you must eat it in its natural state and well ripe, not in juice or juice, as you will lose the opportunity for the fiber to take care of cleaning the extra fats you consumed in that meal.

# Secret # 4



**O**f all the foods you choose, choose the one with the highest calorie and saturated fat concentration to eat at the first meal you will have on your International No Diet Day. In this way, since your metabolism in its natural state is more accelerated in the early hours and until mid-afternoon and, on top of that, it will be a little more accelerated by ingesting stimulating drinks like the ones I share with you in Secret 2, you will have the opportunity for your body to burn them and discard them more quickly and effectively on its own.

# Secret # 5

**E**very meal you eat, do it slowly; this does not mean that you take a century and it becomes hell to enjoy everything you like; it is that you are aware of chewing each bite of food well because digestion begins in the mouth, and this initial process helps the rest of the digestive processes.

Think about enjoying the taste of what you are ingesting, its smell, and its texture; in this way, you will be able to activate the hormone of happiness while doing it. Remember that stress contributes to storing fat in the body, so tomorrow, you mustn't feel guilty at any time.



## Secret # 6

**B**efore going to sleep, take a hot infusion, but of a relaxing type, it can be lime blossom, chamomile, lemongrass, lemon...

You can add a little sugar, sweetener, or honey; remember that it is the International Day of No Diet, and even with this last infusion of your day, you will not restrict yourself from enjoying the flavor of your choice.



This infusion will relax your body from the excess calories and stimulants accumulated during the day and prepare your body for a good night's sleep.

The secret of this infusion is to drink it hot since the temperature will last longer than usual. At the same time, it passes through each organ of your digestive system, cleaning and dragging the fat residues that will have been left, also helping the next day to successfully process your body's purification.

# Secret # 7

A

s it says, an old prayer that was shared for generations in my family came into my hands, and now I continue to share it with my loved ones and the World: TO THANKS BRINGS NEW BENEFITS!

I wish you a remarkable, successful, and full of pleasant sensations on International No Diet Day.

DORIAN.

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LSDD MAGAZINE**



# HATS THAT WILL BE TRENDY T

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**THIS SPRING-SUMMER SEASON**



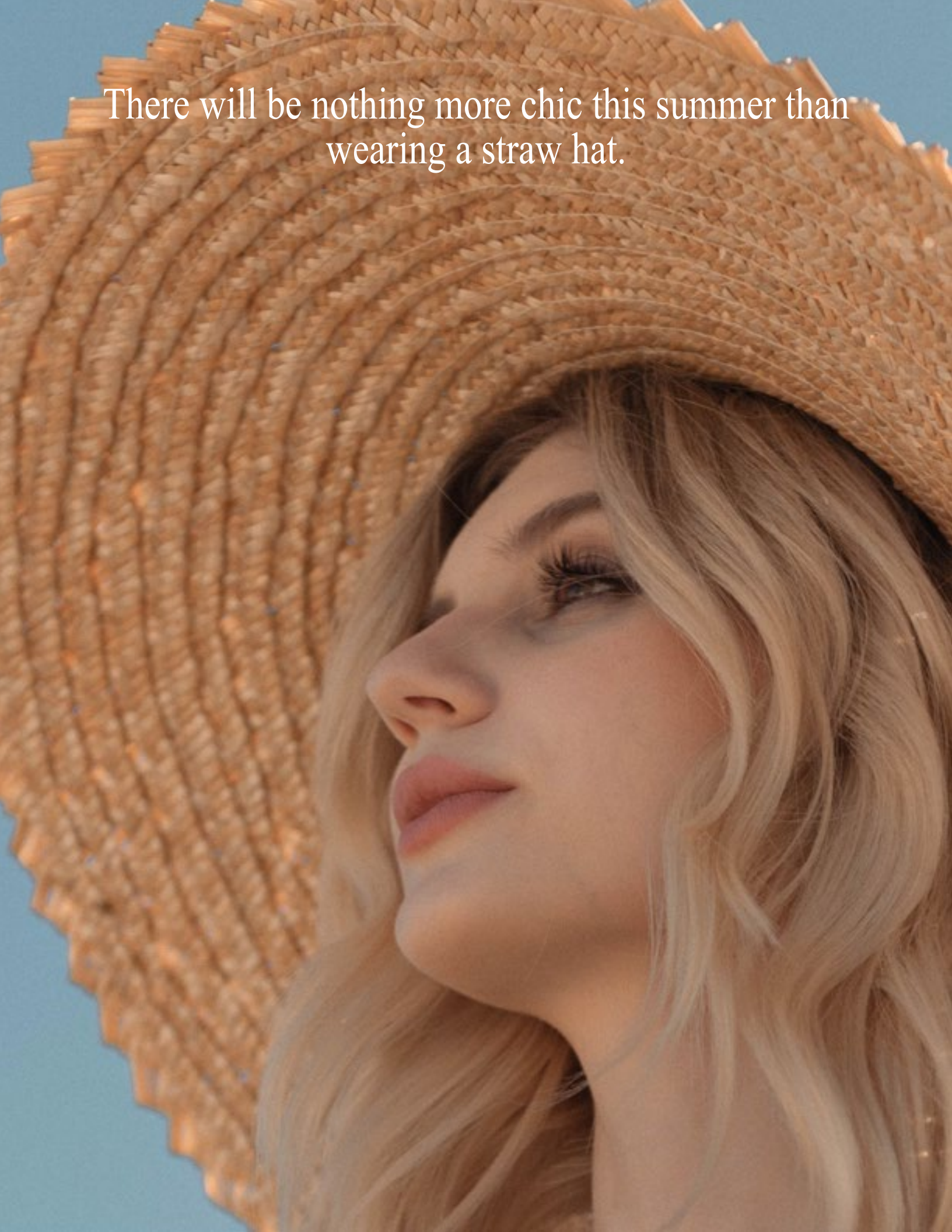
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# *Straw Hats*





There will be nothing more chic this summer than wearing a straw hat.



*Bolshevik  
Caps*





Originating in the 15th century, they are ideal for both women and men.

*Wide-brimmed  
hats*



Ideal for blocking the sun

sombreros de pescador



# *Baseball Cap*



For casual occasions and suitable  
for all ages!



# *Fisherman's Hats*





This a glamorous accessory that you can not miss in your closet, not only this Spring - Summer Season but to wear all year round.



# *Berets*





Berets are a trend this year, 2023.  
**WEAR THEM ALL YEAR ROUND.**

# *Handkerchiefs*



Inspired by the '60s, head scarves are back in fashion this Spring - Summer.





“Personality begins

where comparison ends”



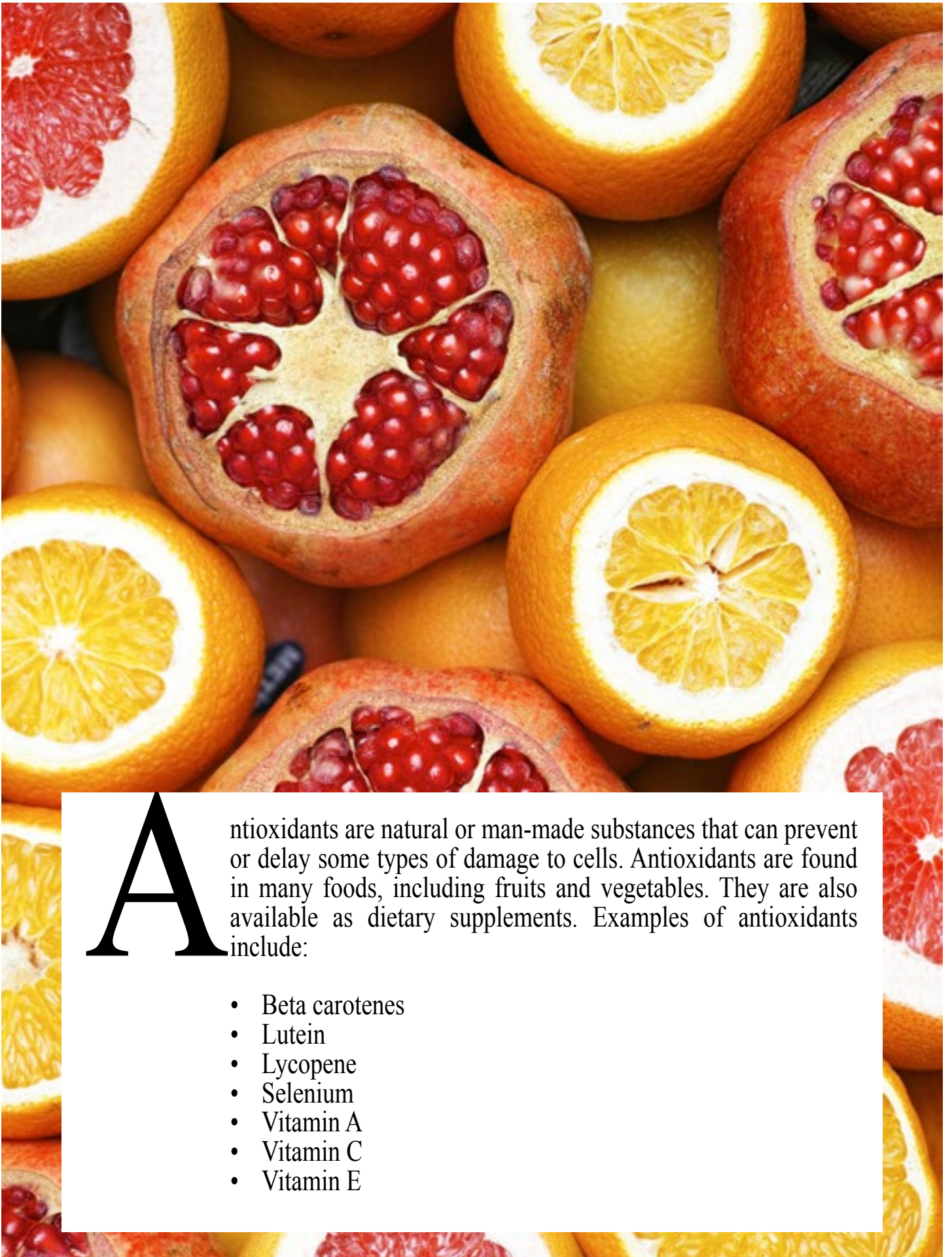
*Karl Lagerfeld*

# LSDD RESEARCH

“Antioxidants”







**A**ntioxidants are natural or man-made substances that can prevent or delay some types of damage to cells. Antioxidants are found in many foods, including fruits and vegetables. They are also available as dietary supplements. Examples of antioxidants include:

- Beta carotenes
- Lutein
- Lycopene
- Selenium
- Vitamin A
- Vitamin C
- Vitamin E



**V**egetables and fruits are rich sources of antioxidants. There is ample evidence that a diet rich in vegetables and fruits is healthy and reduces the risk of certain diseases. But it needs to be clarified whether this is due to antioxidants, something else in the food, or other factors.

High-dose antioxidant supplements may, in some cases, be associated with health risks. For example, high doses of beta-carotene may increase the risk of lung cancer in smokers. High doses of vitamin E may increase the risk of prostate cancer and a type of stroke. Antioxidant supplements may also interact with some medications. Tell your healthcare provider about any antioxidants you take to reduce your risk.

*“Courtesy of MedlinePlus from the U.S. National Library.”*

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# Find Success

**#nofilter**

*True or False?*



A woman with a white towel on her head is looking at her smartphone. The phone screen shows an Instagram post of her with a white towel on her head. The background is dark and out of focus.

**A** new study released that only 11% of people who use #nofilter to post their photos on Instagram are genuinely doing so without filters. Of this 11%, the most used filter was Amaro (15%), followed by Valencia (12%) and XPro II (10%).



**I**t is not a sin to upload photos with filters to your social networks, but if we are talking about honesty, you should be aware of the damage it can cause third parties to see a photo that is far from reality.



**A**s usual, in LSDD Magazine, we bring you Tips and Secrets to know if a photo has been uploaded without filters; just upload the suspicious image to <https://filterfakers.com/> and check for yourself if it is immaculate of this misleading technology...

Simple, isn't it? As the saying goes, "Between heaven and earth, nothing is hidden."



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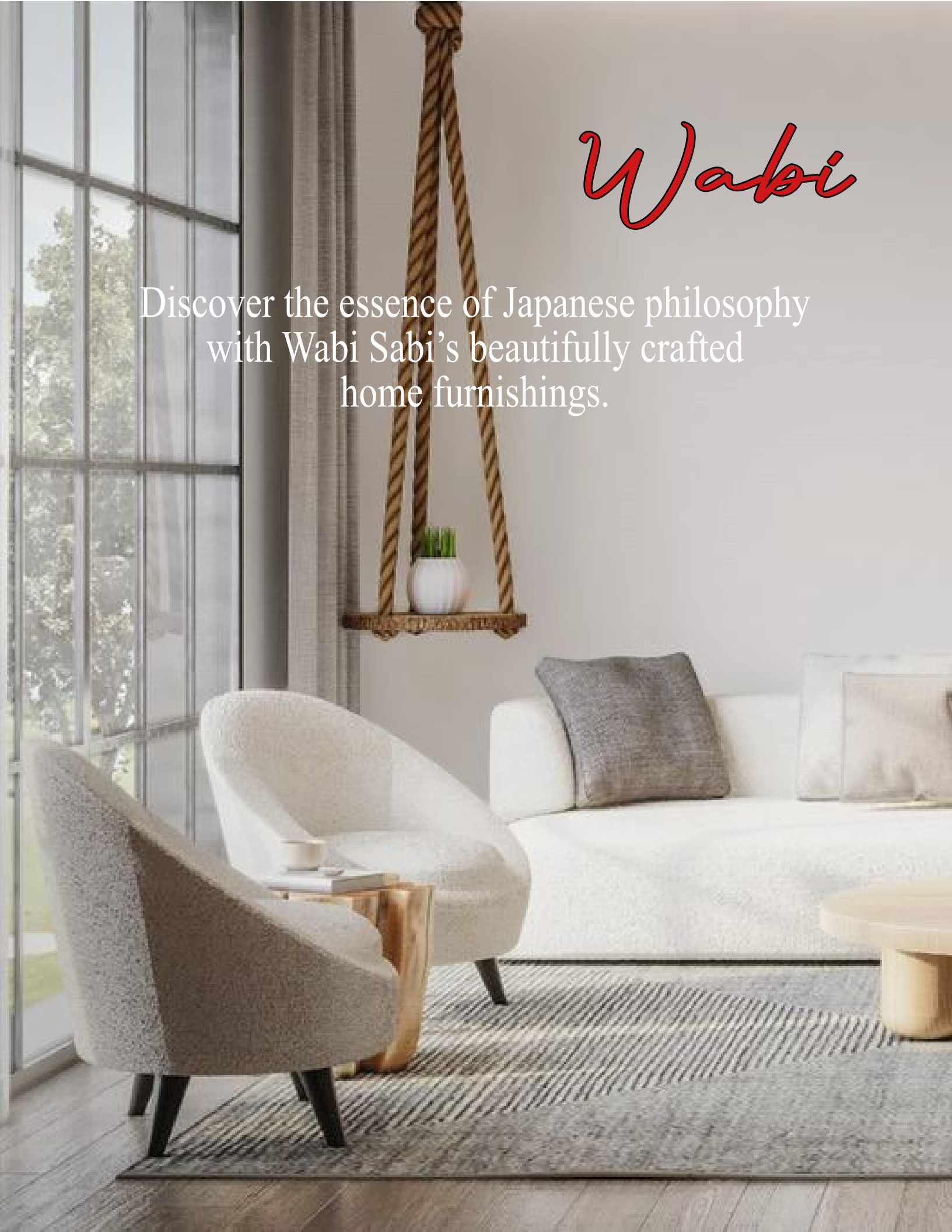
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# Wabi

Discover the essence of Japanese philosophy  
with Wabi Sabi's beautifully crafted  
home furnishings.



*Sabi*



WWW.WABI.ASIA

# *Bring peace and satisfaction to your life. Learn the history of Wabi-Sabi.*



**W**e are two entrepreneurs who are passionate about wabi-sabi and its ability to bring peace and contentment to our lives. As we explored the concept of wabi-sabi and its principles, we realized that it had the potential to be a powerful and transformative force in the world.

Inspired by this realization, we decided to start an e-commerce business centered on wabi-sabi. Our goal is to bring the beauty and simplicity of wabi-sabi to a wider audience and to share its teachings with others.

We offer a variety of products that reflect the principles of wabi-sabi, including handmade pottery, natural home goods, and simple and elegant clothing. We believe that wabi-sabi has the power to change lives and to bring joy and peace to the world.

We are dedicated to sharing this beautiful philosophy with others and hope that our products will inspire and uplift those who use them. Thank you for supporting our vision and for embracing the beauty of wabi-sabi.

*“We believe positive force of our community has the ability to inspire and uplift others, spreading positivity and happiness wherever they go, whether through their words, actions, or presence.”*





**W**abi-sabi is a Japanese aesthetic and philosophy centered on the acceptance of transience and imperfection. It is a way of looking at the world that embraces the natural cycle of growth, decay, and death, and celebrates the beauty found in the imperfections, cracks, and flaws of life. This aesthetic values the authenticity and uniqueness of each individual object, and celebrates the passage of time and the changes it brings.

In wabi-sabi, the focus is not on creating perfect, pristine objects, but on finding beauty in the ordinary and the everyday, and embracing the natural and the handmade.

It is about finding simplicity and understated elegance in the rustic and the imperfect. Wabi-sabi is often associated with Zen Buddhism, as it reflects the Buddhist belief in the inherent impermanence of all things, and is closely tied to traditional Japanese arts such as tea ceremony, flower arrangement, and pottery, which all embrace the principles of wabi-sabi.

One key aspect of wabi-sabi is the idea of “mottainai,” which means “what a waste.” This concept encourages the appreciation and proper use of resources, and the recognition that everything has value and should not be wasted or taken for granted.

It is a reminder to be mindful of our

consumption and to find value in what we already have, rather than constantly seeking more.

Wabi-sabi can also be seen as a way of life that encourages us to find beauty and meaning in the present moment, and to appreciate the simple pleasures and imperfections of life. It is a reminder that life is constantly changing, and that it is only through accepting and embracing this impermanence that we can find true peace and contentment.

In a world that often values perfection and material wealth, wabi-sabi offers a refreshing and alternative perspective. It encourages us to embrace our imperfections and to find beauty in the things that are often considered flawed or imperfect.

It is a reminder to be present and to appreciate the simple things in life, and to find joy in the present moment rather than constantly striving for more. .

Wabi-sabi can be a difficult concept to fully understand and appreciate, as it goes against many of the values that are deeply ingrained in our culture.

However, by actively cultivating a wabi-sabi mindset, we can learn to find beauty in the imperfect and to embrace the impermanence of life. This can bring a sense of peace and contentment, and help us to live more fully in the present moment.



## *How Wabi Sabi changed my outlook in life?*



**A**s I sat at my desk, surrounded by piles of papers and clutter, I couldn't help but feel overwhelmed and stressed. I was constantly trying to keep up with the demands of work and life, and it seemed like there was never enough time or energy to go around. I was always striving for perfection, constantly trying to do more and be more, and it was taking a toll on my mental and physical health. I felt like I was running on a never-ending treadmill, trying to keep up with the demands of society and never quite feeling like I was good enough.

Then, one day, I stumbled upon the concept of wabi-sabi. Wabi-sabi is a Japanese aesthetic and philosophy centered on the acceptance of transience and imperfection. It is a way of looking at the world that embraces the natural cycle of growth, decay, and death, and celebrates the beauty found in the imperfections, cracks, and flaws of life. This philosophy values the authenticity and uniqueness of each individual object, and celebrates the passage of time and the changes it brings. It is about finding beauty in the ordinary and the everyday, and embracing the natural and the handmade.

As I read more about wabi-sabi, I began to see the world in a different way. I realized that I had been so focused on trying to be perfect and achieve more that I had lost sight of the beauty and simplicity in the present moment. I had been so caught up in the pursuit of perfection that I had forgotten to appreciate and enjoy the simple things in life. Wabi-sabi reminded me to let go of my perfectionist tendencies and to embrace the imperfections and impermanence of life.

I started to practice wabi-sabi in my own life, focusing on the present moment and finding joy in the simple things. I began to appreciate the uniqueness and imperfections of my possessions, rather than constantly striving to upgrade or replace them. I started to focus on the present moment, rather than constantly striving for the future. I began to appreciate the simple things in life, such as spending time with loved ones, enjoying nature, and engaging in creative pursuits.



I also started to practice wabi-sabi in my relationships and interactions with others. I began to appreciate the imperfections and quirks of the people around me, rather than trying to change or fix them. I learned to let go of my need for control and to embrace the impermanence of all things.



Over time, I noticed a significant shift in my mindset and well-being. I felt less overwhelmed and stressed, and more at peace and content. Wabi-sabi had truly changed my life, helping me to find balance and meaning in the present moment. It had helped me to let go of my perfectionist tendencies and to embrace the imperfections and impermanence of life.

I encourage others to give wabi-sabi a try. It may seem like a small and insignificant change, but I believe that it has the power to bring about great transformation and happiness in our lives. By cultivating a wabi-sabi mindset, we can learn to find beauty in the imperfect and to embrace the impermanence of life.

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## *From Chaos to Tranquility: The Transformative Effects of Music on the Mind and Body*



**M**usic has the ability to affect our mood and emotions in powerful ways. It can lift our spirits, bring us joy, and provide comfort in difficult times. One of the ways in which music can be particularly helpful is in its ability to help us feel calm and relaxed.

There are several ways in which music can keep us calm. First, music can act as a form of distraction. When we are feeling anxious or stressed, our thoughts can become overwhelmed and we may have difficulty focusing on anything else.

Listening to music can provide a welcome distraction, allowing us to shift our focus away from our worries and towards something more enjoyable.

Second, music can act as a form of relaxation. Many people find that listening to calming, soothing music can help to relax their mind and body. This may be due to the way in which music affects the brain. Studies have shown that listening to music can alter brain waves, which can help to reduce anxiety and stress. Music can also stimulate the release of feel-good chemicals in the brain, such as dopamine, which can help to improve our mood and increase feelings of relaxation.

Music can also stimulate the release of feel-good chemicals in the brain, such as dopamine, which can help to improve our mood and increase feelings of relaxation. Third, music can act as a form of escapism. When we are feeling overwhelmed or stressed, it can be helpful to escape from

our worries and immerse ourselves in something that brings us joy and peace. Music can provide an escape from the stress and demands of daily life, allowing us to relax and recharge..

In conclusion, music has the ability to keep us calm in a number of ways. It can act as a distraction, a form of relaxation, and a means of escape. Whether you are feeling anxious, stressed, or just in need of some relaxation, music can be a powerful and effective tool for helping you to feel calm and at peace.

Here are some ambient masterpieces to take a look at if you're into the realm of ambient music:

**“Music for Airports” de Brian Eno**

**“The Pearl” de Harold Budd**

**“Ambient 1: Music for Airports” de The Orb**

**“The Disintegration Loops” de William Basinski**

**“The KLF Chill Out” de The KLF**



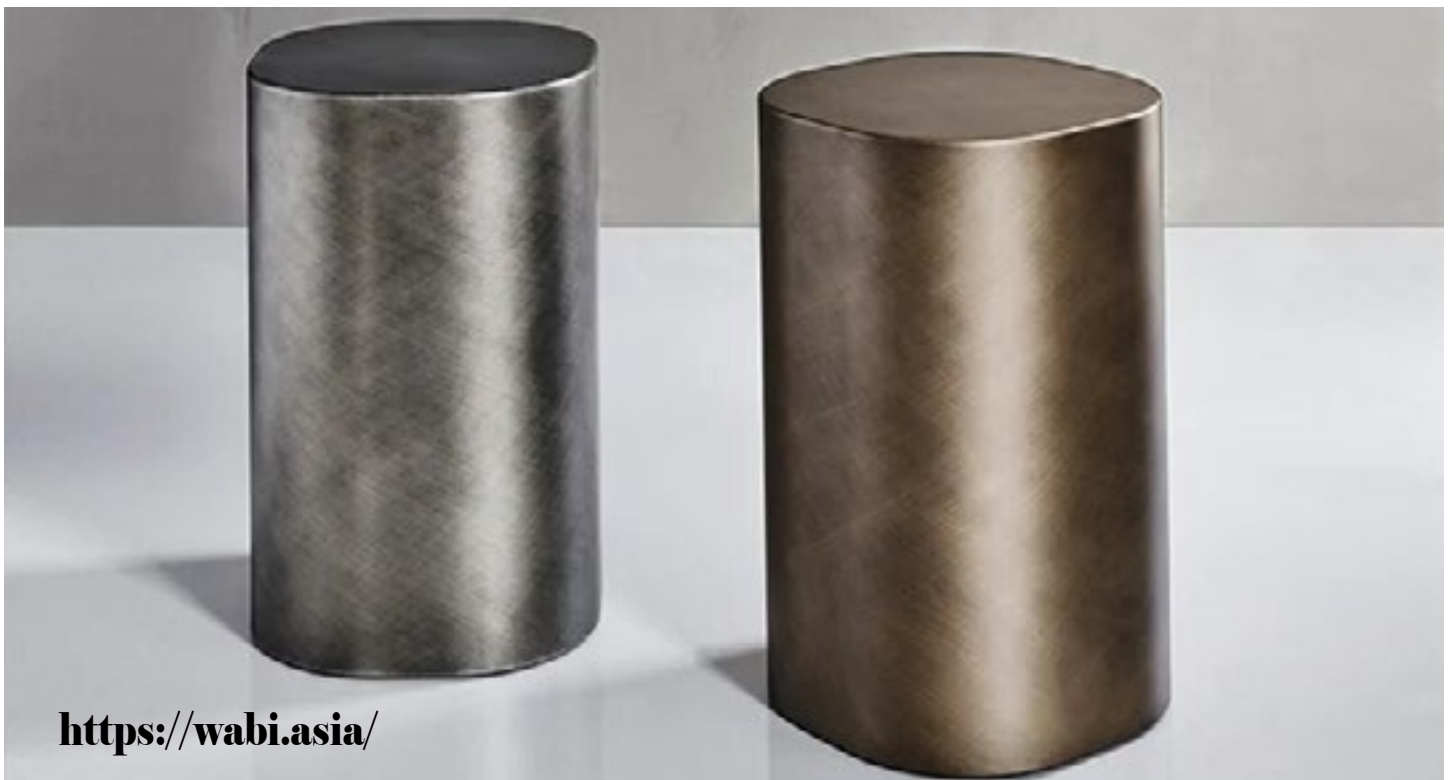


**W**abi is, without a doubt, something that goes beyond a home décor company. With more than 157 thousand followers on its Instagram account: <https://www.instagram.com/wabi.asia/> as of the date of this July - August 2023 Edition of LSDD Magazine, WABI has a story of its own, a concept of light, peace and positive energy.

WABI has thousands and thousands of satisfied consumers around the world, its exquisiteness and good taste have established the brand as one of the best, working with dedication and offering its services in more than 30 countries.

In addition, it has a Commercial Program, a marketing initiative designed specifically for companies in the interior design sector. These programs typically offer a number of benefits and resources to help interior designers promote their products and services, connect with other professionals in the industry and keep abreast of the latest trends and techniques.

Some common features of trade programs for interior designers may include access to exclusive product discounts, marketing support and promotional materials, training and education programs, and networking opportunities. By participating in a trade program, interior designers can potentially increase their exposure, build relationships with other professionals and grow their business.



<https://wabi.asia/>



# Butterfly Stool by Reisaka

This wooden butterfly chair stool offers an elegant look and is ideal for use in the living room or the bedroom. The modern butterfly chairs makes a beautiful accent in any space and can give you extra space.

This wooden chair stool is easy to move around and even easier to assemble, making it a practical addition to your home. The Danish Butterfly Chair Stool offers fabulous style for your home and office. With its two-tone finish and country design. Rest your feet on an your new amazing stool.

This gorgeous stool / ottoman / chair is a perfect addition to any home decor. Upgrade your home, apartment, condo, or studio with this unique butterfly style stool. Comes in multiple color choices to fit any interior design.

## Materials

Lacquered Plywood

## Dimensions

44cm x 31cm x 40cm

## Link

<https://wabi.asia/products/butterfly-stool>

# Ceramic Mug Series by Kami

Serving drinks in Japan is a true art and it is important to have the best utensils to respect the tradition. Every single one of our mugs is created from ceramics of unequalled finesse in order to fill you with happiness. You will be able to serve your guests with traditional mugs that perfectly retain the warmth of your favourite drink.

## Materials

Ceramic / Porcelain

**Weight**  
350g

**Capacity**  
300ml

## Link

<https://wabi.asia/products/ceramic-coffee-cup>







# Kyoto Ceramics Square Plate

The tradition of the Japanese tea ceremony inspired us to create a range of earthy tableware. A serene and sensational assortment, filled with burnt earthy hues, to take you along your own beautiful Asian ritual. All items in our ceramics family are produced in Asia, the country of their origin. They are all hand finished and hand glazed, to give them the traditional and unique Japanese feel.

## Materials

Ceramic

## Dimensions

Varied

## Link

<https://wabi.asia/products/kyoto-ceramics-square-plate>

# Zen Stoneware Asjiuro

The Retro Chinese Ceramic Flower pots are exquisite pieces of art that showcase the rich cultural heritage of China. These planters pay tribute to five revered Chinese gods: Guan Yu, Mazu, Yu Huang, Nuwa, and Erlang Shen, each of whom has unique traits and characteristics that are reflected in the design of the pots.

These planters are not just functional, but also serve as beautiful works of art that add a touch of elegance and charm to any indoor or outdoor space. The intricate designs and patterns on each pot are inspired by the gods' specific qualities, and each pot is crafted with care to bring out the essence of their divine attributes.

When you plant your favorite herbs, flowers, or succulents in these pots, you're not only giving them a beautiful home, but you're also creating a unique and meaningful atmosphere that honors these revered Chinese gods. The presence of these divine entities creates a sense of spiritual energy that can help bring balance and harmony to your environment.

Whether you choose to use them as indoor planters or outdoor garden ornaments, these Retro Chinese Ceramic Flower pots are sure to add character, beauty, and a touch of divine energy to any space.

## Materials

Ceramic

## Dimensions

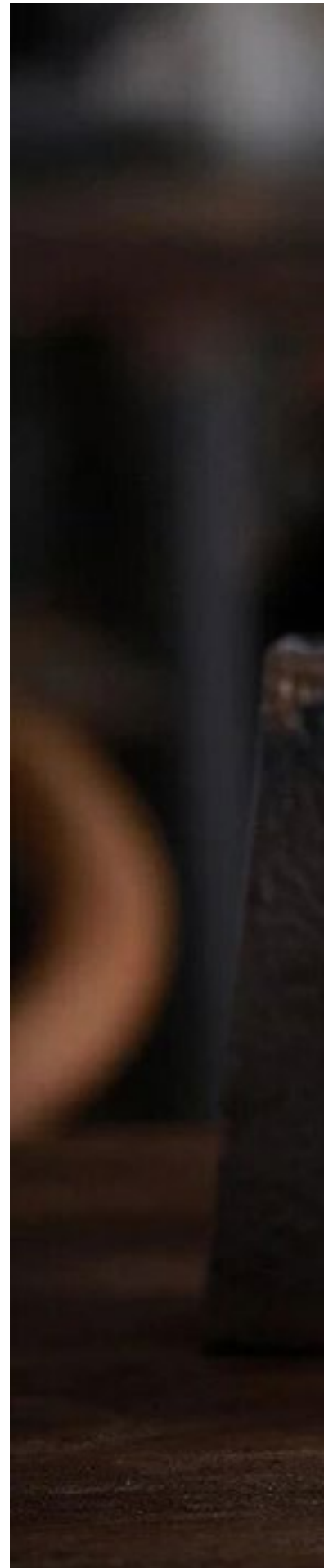
Guan Yu - 1,5 cm x 14 cm (diameter x height)

Mazu - 1,5 cm x 13,5 cm (diameter x height)

Yu Huang - 1 cm x 13,0 cm (diameter x height)

Nuwa - 2 cm x 8,5 cm (diameter x height)

Erlang Shen - 3 cm x 9,0 cm (diameter x height)







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# HOROSCOPES

VISIT

WEEKLY HOROSCOPE





# DORIAN FORESEES

VISIT  
ASTRONOMICAL CALENDAR

*July - August 2023*

## ARIES

***Ruling Planet:***  
*Mars.*  
***Element:***  
*Fire.*  
***Symbol:***  
*The Ram.*  
***From March 21***  
***to April 20.***



**C**onnect or establish a relationship that suits your interests with people with common goals, whether work-related or personal. A very positive impulse can make you build on your past achievements and take them to a much higher level; you may feel inspired and inspire others around you to achieve the goals they set for themselves.



## TAURUS

***Ruling Planet:***  
*Venus.*  
***Element:***  
*Earth.*  
***Symbol:***  
*The Bull.*  
***From April 21***  
***to May 21.***

**Y**ou must broaden your understanding of yourself and those around you. That understanding is supported by your connection and commitment to those you care about; you need those you relate to have views and ideologies that align with your principles. It is also crucial for you to keep in mind that you are likely to have more difficulty separating the real from the imaginary, which will lead you to make more subjective than objective decisions.

*July - August 2023*



**GEMINI**

***Ruling Planet:***  
*Mercury.*  
***Element:***  
*Air.*  
***Symbol:***  
*The Twins.*  
***From May 22***  
***to June 21.***

**I**t is a perfect time to take advantage of the cosmos' impulse to explore new alternatives or possibilities in your life. On the other hand, everything related to human and personal relationships could be affected, so be careful not to be too dominant in your social environment, as you may alienate those around you.

**CANCER**

***Ruling Planet:***  
*Moon.*  
***Element:***  
*Water.*  
***Symbol:***  
*The Crab.*  
***From June 22***  
***to July 21.***



**O**n the other hand, everything related to emotional and sentimental impulsiveness will be very exalted. In these two months, avoiding being overly reactive or impetuous is essential, as this can lead you to make decisions lightly without thinking through the consequences.

*July - August 2023*

## LEO

***Ruling Planet:***

***Sun.***

***Element:***

***Fire.***

***Symbol:***

***The Lion.***

***From July 23  
to August 22.***



**T**hese months are influenced by the position of Saturn, Venus, Mars, and the Sun in your birth sign, causing everything related to human and personal relationships to be affected, especially concerning communication, so it will be necessary for you to try to communicate your ideas clearly. Be clear and concise since it may be difficult for others to establish a clear connection between what you express and what you think.



## VIRGO

***Ruling Planet:***

***Ceres.***

***Element:***

***Land.***

***Symbol:***

***The Virgin.***

***From August 23  
to September 22.***

**T**his day you may feel that inevitable existential conflicts are more potent. On the one hand, you want to commit and deepen in some matter, sentimental or work relationship; on the other hand, you want freedom of movement and thought, away from ties of any kind. It will be advisable to meditate and analyze the above to reconcile or, at least, effectively balance these conflicting feelings, thus being able to move towards your goals.



*July - August 2023*



**LIBRA**

*Ruling Planet:*  
**Eris.**

*Element:*  
**Air.**

*Symbol:*  
**The Balance.**

*From September 23  
 to October 22.*

**I**n the past, you have developed unhealthy habits that have accustomed you to do things when and how you want. Still, today’s reality requires you to develop self-discipline to organize and plan your objectives, activities, and priorities efficiently and practically. If you can establish a reasonably efficient methodology for undertaking your undertakings, you will be one step closer to your goals during July and August.

**SCORPIO**

*Ruling Planet:*  
**Pluto.**

*Element:*  
**Water.**

*Symbol:*  
**The Scorpion.**

*From October 23  
 to November 22.*



**Y**ou may feel more joy and pleasure than usual, making it easier for you to communicate your feelings. This will seem attractive to the people around you, so they will be more willing to support you in matters in which you need the help of their peers. It will be easier for you to convey your ideas with greater precision and clarity, so it is an excellent idea to advertise your services to make your skills better known to others to strengthen your position in the labor market or business.

*July - August 2023*

## SAGITTARIUS

***Ruling Planet:***  
***Jupiter.***  
***Element:***  
***Fire.***  
***Symbol:***  
***The Centaur.***  
***From November 23***  
***to December 21.***



**T**he astral position in your birth sign and especially the placements of Mars and Jupiter give you incredible energy related to achievements and goals, so these months will be favorable for you to try to consolidate the plans and projects you have in mind. Some challenges and inconveniences may arise when trying to advance toward your objectives. Still, with hard work and perseverance, you will achieve those challenges that will bring you the desired well-being.

## CAPRICORN

***Ruling Planet:***  
***Saturn.***  
***Element:***  
***Land.***  
***Symbol:***  
***The goat.***  
***From December 22***  
***to January 20.***



**D**uring July and August, it will be imperative to exercise your patience and calmness since everything related to feelings and emotions may be very susceptible to disproportionate reactions, and this impulsiveness or irascibility could damage human or work relationships with harmful consequences to your interests. Think twice before speaking or reacting, and even be careful of gestures that could be misinterpreted.

*July - August 2023*



**ACUARIUS**

***Ruling Planet:***  
*Uranus.*  
***Element:***  
*Air.*  
***Symbol:***  
*The Water Bearer.*  
***From January 21***  
***to February 19.***

**I**n July and August, you may feel increased physical and emotional vigor; even the people around you may be surprised at how fast you are advancing toward your goals. On the other hand, the position of Uranus and Saturn in your sign of birth will enhance your need to explore new places, meet new people, and share feelings and experiences with people of common interests.

**PISCES**

***Ruling Planet:***  
*Neptune.*  
***Element:***  
*Water.*  
***Symbol:***  
*The Fish.*  
***From February 20***  
***to March 20.***



**A** solid astral influence on your birth sign will cause you to consider changes in your attitude toward life at this time. You will be inclined to seek answers not only to practical or mundane situations but will ask more profound questions that include the meaning of life itself. Your thirst for knowledge will push you to study philosophy, new belief systems, and cultural, religious, and progressive perspectives. These will be months of significant change.

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