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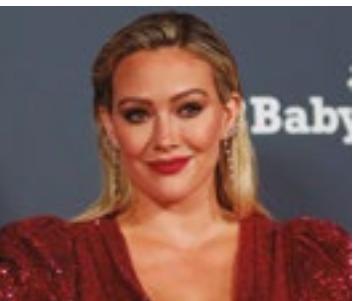
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Who's In Who's Out

As usual, ABSOLUT MAGAZINE attended the hottest parties and events on the coast. Where you there?

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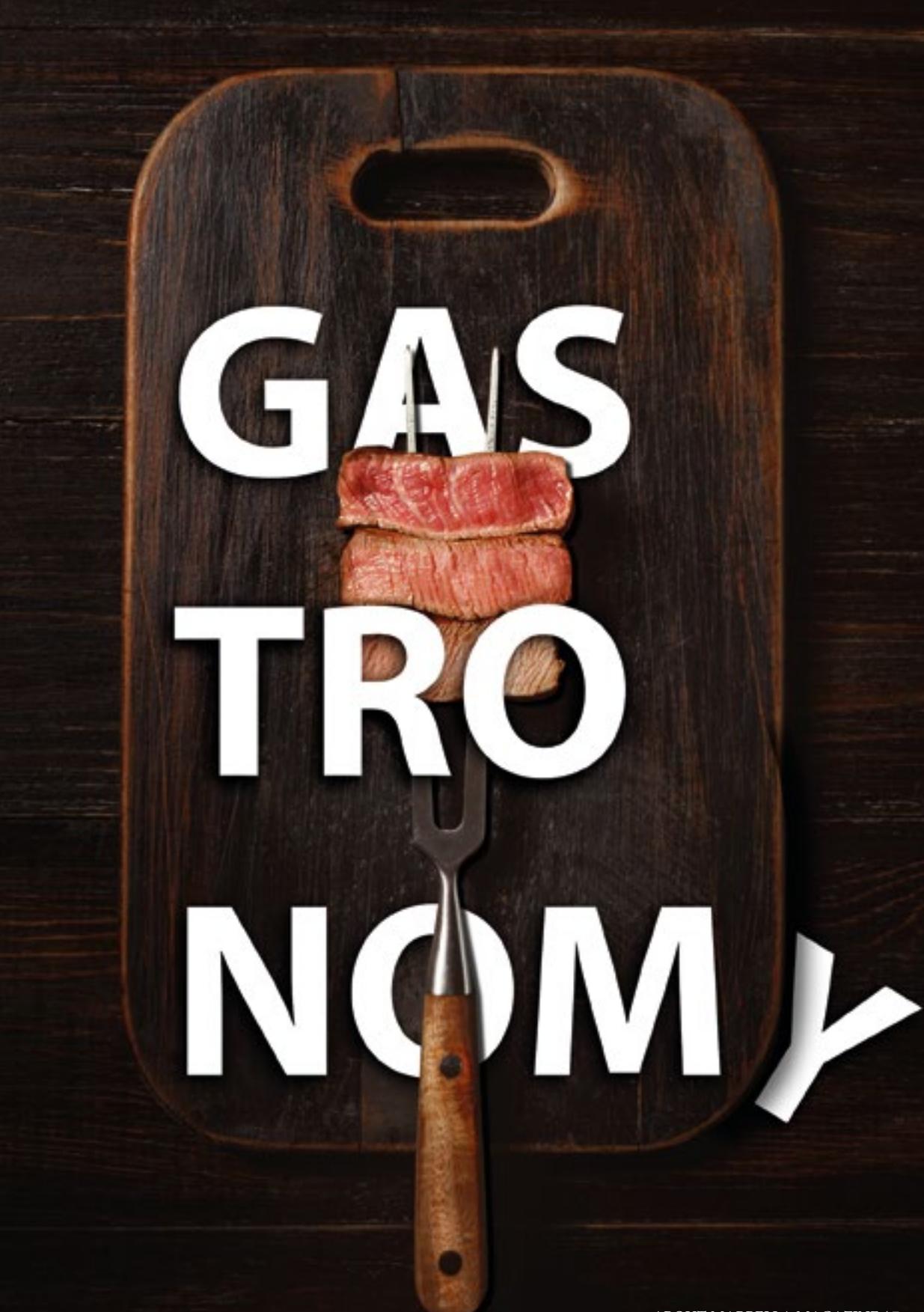
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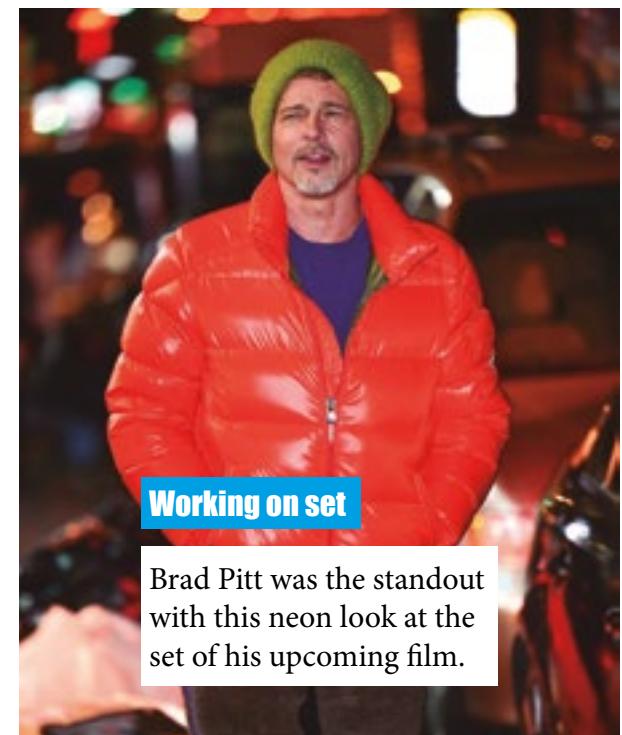
Kylie Minogue was a vision in yellow at Paris Fashion Week.



Rita Ora and Taika Waititi have revealed they're officially married.



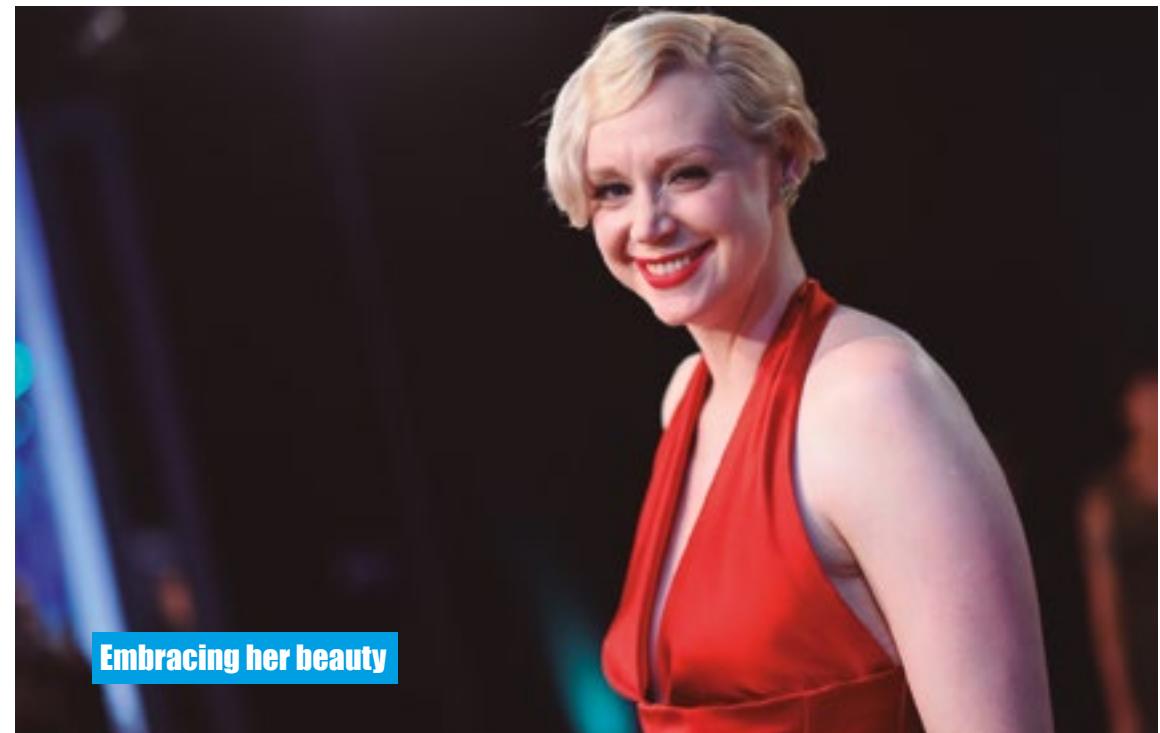
Pregnant Kaley Cuoco looked happy and gorge at the Golden Globes.



Brad Pitt was the standout with this neon look at the set of his upcoming film.



Actress and singer Hilary Duff, best known for her starring role in the Lizzie McGuire show, revealed in an interview on Watch What Happens Live that a reboot of said show could be possible in the near future. Even though it was scrapped years ago, Duff said that she was optimistic and that the production company has developed since then.



Actress Gwendoline Christie recently had an interview where she discussed how she found her place in the acting world. Before her mainstream success in Games of Thrones she admits she was so insecure about her height, but now she embraces it and goes for roles that fit her perfectly, as we have recently seen in 'Wednesday'.

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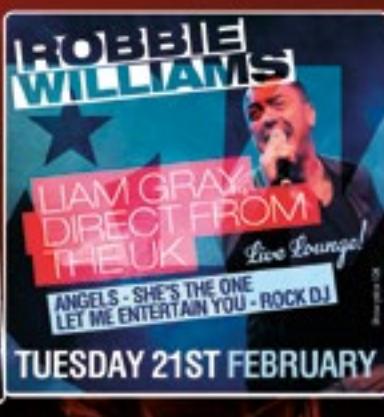
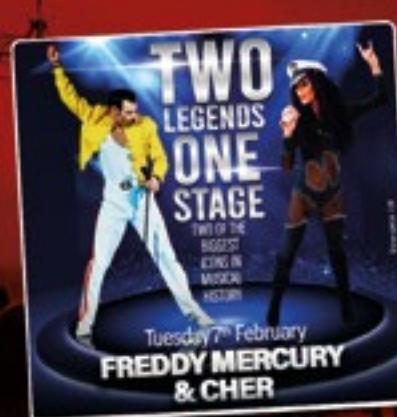
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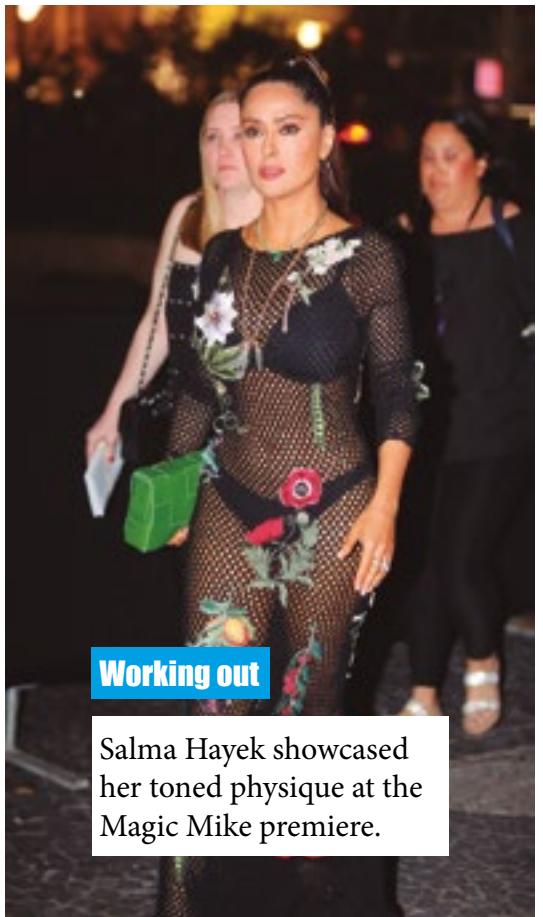


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Working out

Salma Hayek showcased her toned physique at the Magic Mike premiere.



Couple appearance

Sarah Paulson and Holland Taylor matched at Paris Fashion Week.



Ups and downs

This beginning of the year has been a rollercoaster for singer Shakira. After breaking records with her song featuring Bizarrap where she exposed her ex's infidelity, both of them have been sending cryptic messages to each another on social media.

The advertisement features the text "All in 1 Café" in a large, stylized font at the top. Below it, a collage of images shows people dancing and singing. The text "LIVE MUSIC Friday & Sunday" is overlaid on the collage. In the foreground, there are images of a roast chicken and a roast beef dish.

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Experimental show

Venezuelan singer Arca walked for Mugler at Paris Fashion Week.



Officially married

Marc Anthony and Nadia Ferreira tied the knot last month in Miami.



Full of doubts

The remake of the cult classic 'Barbarella' is in the making starring Sydney Sweeney and the film's original star Jane Fonda is not so happy about the project. The actress explained that she's afraid the film will end up being not the best at displaying women, as she feels happened in the original one.

A collage for Coto Restaurante. It includes a close-up of a dish with meat, vegetables, and flowers; a cocktail garnished with flowers; a hand holding a knife over a steak; and the restaurant's logo featuring a stag head and the word 'COTO'. Below the collage is a photograph of the restaurant's interior and terrace, showing tables, chairs, and a mural on the wall.

@cotorestaurante

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When we talk about Casting Marbella, we are making reference to one of the most recognizable and prolific agencies in Andalusia, if not the most required agency in Spain. Everything started in 1989 in a cozy, Mediterranean villa in Marbella, where Eva Nilsen now runs the Casting Marbella.

Eva started helping her mother Marianne Nilsen who is a professional photographer from Madrid, with the auditions and soon after as a young actress, began getting jobs as a Casting Directors assistant back in Madrid. In 2009 she came back to Marbella and took over the agency from her mother.

Through Casting Marbella, Marbella Film School has landed amazing acting and commercial roles. Some of the roles include Diego in the Netflix series *Warrior Nun* played by our young acting student 'Fred Pritchard'. Another incredible role was landed by Tariq EQ Amawi for an Arabic warrior in the HBO series '*Glow and Darkness*'. Marbella Film School students have also booked several commercials, including the most recent being that of Gavin Cunningham for the television commercial *Oracle*.



Interview with Eva Nilsen Owner & Director of Marbella Casting:

What is the potential for auditions that Marbella brings and other places don't?

Auditions and filming are happening in Marbella because of the nice weather we have with sunny days almost all year round. It's true that in the 90s we had more shootings happening here, but we still are a privileged and very wanted location.

Even your beautiful house has been a place for shootings. Do you usually offer your home for shootings?

Yes, our house/office has been involved in a lot of shootings, Natasha Bedingfield and Victoria Abril to name a few came to this place. I'm proud and lucky to live here.

What is the thing that you never get used to after all these years in this business? You have to get used to everything, mainly because things can change drastically or production people can ask you something you didn't count on and most of the time it happens at the last minute. So you need to be ready for any inconvenience.

What is the common factor that productions look for when they reach you?

Although every production is different with unique preferences, they mostly reach me because here we have more English-speaking actors. They even call me from Madrid and Barcelona for the same reason.

Is there anything you would recommend for artists to keep in mind in every audition, as a golden rule?

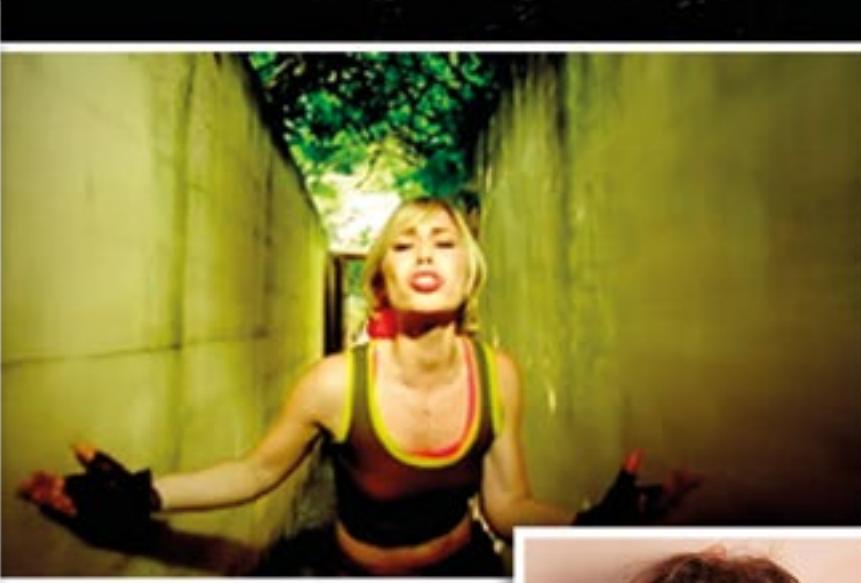
Auditions are a little bit like a lottery. You never know what they are looking for, so the best advice is don't take it personally if you are not chosen. Keep being positive regardless of what happens and leave all insecurities behind.

Fun Fact: Natasha Bedingfield's iconic music video '*These Words*' was shot at the Marbella Castings studio.

Exclusive Interview by Isaaq De Armas, Actor, and Administrator at Marbella Film School, and Sarah Spendlove, actor.

Isaaq De Armas - Administrator & Community Manager of Marbella Film School

Isaaq is a Spanish actor, bilingual in English of Moroccan, Palestinian and Caribbean descent, but if his mixed bloodline is not enough, he also has a very diverse job experience before following his true passion that is acting. He started taking classes from Spanish actress Carmen Lorenzo who became in his professional God Mother in his early steps as an actor. After that, he had acting roles in 'The Crown' and 'Toy Boy', both Netflix shows, among other projects. He feels more than proud to be part of Marbella Film School family, taking classes and developing his career in what he calls it as a 'Blessed Opportunity'.



Sarah Kate Spendlove - Professional Intern of Marbella Film School

Sarah is an Irish actor, born in Spain. She studied at International schools, Swans and Aloha College. Sarah speaks fluent English and Spanish, has trained in musical theatre, as well as professional dance training. She continues to train in screen acting and film. Sarah began to train at the Marbella Film School, where she booked the role of Charlotte in feature film Room 4D, for the lead acting role of Charlotte. The film since, has been nominated in the Marbella Film Festival. Since then Sarah is consistently training and growing her skills to become a successful actress.



To the jungle

Anne Hathaway went full leopard print to attend Valentino's show.



Futuristic silver

Dianne Kruger chose metals for her appearance at Gucci's Fashion Dinner.



Rubies personified

Doja Cat turned heads at the Schiaparelli show during Paris Fashion Week, where she chose this statement look. The singer was covered from head to toe in red crystals to create a full colorblock moment that wowed everyone. The creation of the look was revealed to take almost a day before her appearance.



Fashion can be fun!

Shania Twain chose this campy suit for this year's Grammys celebration.



Roaring to the show

Kylie Jenner went all out for the Schiaparelli show in Paris.



Less is more

Sisters Gigi and Bella Hadid hopped on the boho trend for a walk in NYC.



Job conditions

Dakota Johnson was spotted filming for an upcoming film with a drastic hair change.



New milestone

Singer Miley Cyrus hit a new high in her career as her latest single 'Flowers' became the most streamed song in a day in Spotify's history. This news took Miley by surprise as she stated years ago that she didn't think she would regain the peaks of her music trajectory.



Reunited again

The ladies of Euphoria -Maude Apatow, Hunter Schafer, Sydney Sweeney and Zendaya-made a fashionable appearance at the Paramount Theatre in Los Angeles for a panel about their show. They discussed how production of the upcoming season is going.

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Satin nightlook

Kendall Jenner chose this black lace moment for her brother's festive celebration.



Earthy and chic

Lily Collins wore all shades of brown for the premiere of 'Emily in Paris'.



New era for her

Actress Jennifer Coolidge revealed in a recent interview how she feels like her career has 'revived' after a few chill years. She thinks appearing in an Ariana Grande's music video was the starting point and now she's having tremendous success with her HBO show 'The White Lotus' role. She is the it girl again!



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Tips para una mejora de la masa muscular en el glúteo

¿Por qué crees que no está mejorando tu glúteo pese a que no pares de entrenarlo?

El glúteo es el músculo más fuerte de nuestro cuerpo y necesita que tengamos en cuenta varias herramientas para un buen desarrollo de él.

Principalmente debemos darle los suficientes nutrientes para obtener esa energía extra a la hora de entrenar y con ello ir obteniendo masa muscular.

Es decir, llevar a cabo un superávit ligero y moderado (+200-300 kcal).

No modifiques continuamente tus entrenamientos, ya que si no el músculo no tendrá existencia de esa progresión que quieras llevar a cabo. Debes tener una planificación en la que semana a semana, sesión a sesión puedes ir incrementando el nivel y también la carga.

Realiza una frecuencia de 2 a 3 veces por semana y trata de que cada serie y repetición sean efectivas. Es cierto que el volumen de cada sesión de entrenamiento dependerá de muchos factores a nivel personal (descanso y alimentación).

Reduce ejercicios innecesarios de poco estímulo y recorrido. Añade en tus sesiones ejercicios unilaterales ya que estos permitirán un buen estiramiento del glúteo (si los ves demasiado fácil, siempre puedes subir el nivel con steps, bandas elásticas, tiempos diferentes en las fases excéntricas y concéntricas...)

Agrega antes de comenzar cada sesión una previa activación del músculo que vas a entrenar, en este caso el glúteo. Puedes añadir 1-2 ejercicios con banda, poco peso y unos minutos de movilidad. Esto hará que cuando empieces a entrenar tu cuerpo ya sea consciente de la parte del cuerpo que va a entrenar y hará más efectivo la primera serie del primer ejercicio.

Unos de mis ejercicios básicos que realizo al menos una vez a la semana son el Hip Thrust y la sentadilla búlgara.



El hip thrust es uno de los más efectivos para trabajar dicha zona, sobre todo el glúteo mayor y medio. Algunas de las recomendaciones que yo siempre hago y tengo en cuenta en mis atletas son los siguientes:

Empujar con los brazos la barra para mantener el torso fuerte y controlado. Mantener la mirada al frente ya que de manera indirecta te ayudará a no realizar una hiperextensión lumbar si no una retroversión pélvica. No debes levantar el peso sobre la punta de los pies., en el hip thrust se debe apoyar con los talones en el suelo para ello intenta hacerlo con un calzado lo más plano posible.

Y por último no te centres en añadir peso si aún no has captado bien el estímulo que este ejercicio debe darle a tu glúteo. Lo ideal es comenzar con tu propio peso corporal e ir añadiendo peso de forma progresiva, que te haga completar bien el recorrido. Todo no es cargar mucho peso, sino saber moverlo bien.

La sentadilla búlgara es un ejercicio básico para trabajar de forma unilateral. En este se trabaja también la estabilidad y la propiocepción.

A la hora de realizarlo, influye mucho como previamente hayas colocado tu cuerpo. Es decir, debes tener en cuenta varios tips para así darle más énfasis al glúteo o a la zona del cuádriceps.

El tronco debe estar más inclinado para priorizar en una buena flexión de cadera. Empuja con el talón en la subida. No coloques el banco a una altura excesiva ya que esto hará que pierdas estabilidad, busca una intermedia.

Es un ejercicio que nos permite realizarlo de muchas formas y con variantes que nos pueden ir haciendo progresar poco a poco (barra y peso libre, multipower, peso corporal y mancuernas).



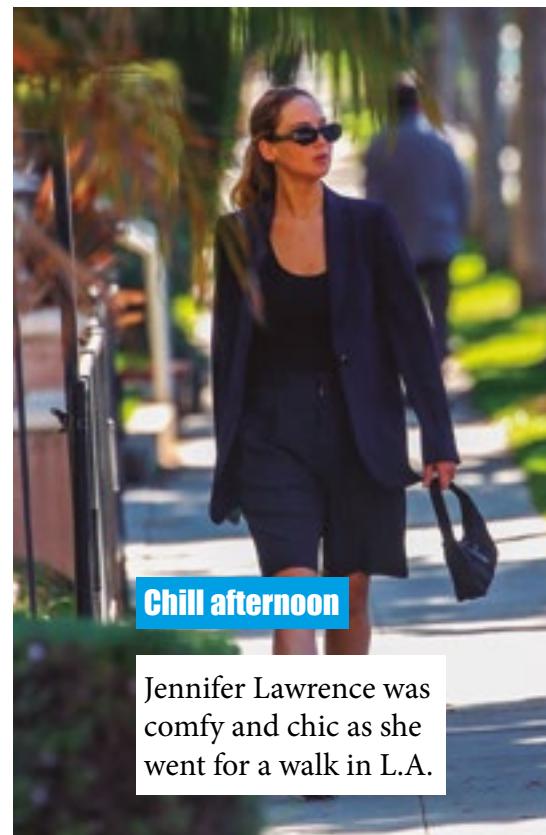
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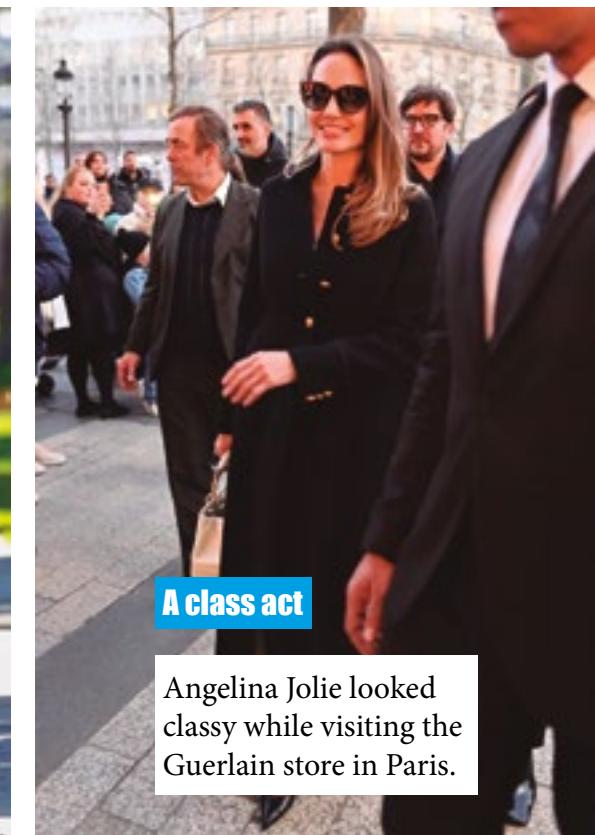


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Chill afternoon

Jennifer Lawrence was comfy and chic as she went for a walk in L.A.



A class act

Angelina Jolie looked classy while visiting the Guerlain store in Paris.



And the award goes to

Singer Harry Styles took home the big statue and was awarded for 'Album of The Year' at the Grammys this past 5th of February. Both of the artist's albums, 'Fine Line' and 'Harry's House' have won Grammy awards.

All-New Ford Mustang



New Mustang Dark Horse delivers ultimate track capability

Debuting alongside the new Mustang GT is the Mustang Dark Horse, the ultimate expression of track capability and the foundation for the brand's motorsport efforts.

Building on the athleticism, edgier design and digital experiences of the seventh-generation Mustang, the Mustang Dark Horse series delivers the most track-focussed precision of any Mustang to date.

At the heart of this new Mustang is a higher output version of the all-new Gen IV V8 engine with new camshafts and unique Mustang Dark Horse tuning, with a dual throttle-body intake design for twice as much fresh air into the engine for maximum performance.

Mustang Dark Horse comes as standard with a unique six-speed TREMEC manual transmission with 3D-printed titanium shift ball, available exclusively for this model, or Ford's 10-speed automatic transmission with paddle shifters.

This package also includes unique chassis tuning, larger rear anti-roll bars and heavy-duty front dampers, Brembo brakes with fixed-piston 19-inch front callipers with larger rotors, strut tower brace, rear Kbrace, staggered fitting wheels (19 x 9-inch front and 19 x 9.5-inch rear wheels), plus Pirelli P Zero PZ4 tires. MagneRide® 3 active suspension comes as standard for optimised performance in road and track conditions.



An electronic drift brake 2 brings new technology to the racetrack, unlocking the rear-wheel drive drifting capability of Mustang with the visual appeal and functionality of a traditional, mechanical handbrake. The Performance Electronic Parking Brake is engineered for both novice drivers to learn and improve their drift skills and providing expert drivers with a competition-ready system.

At the front, a bold shadow graphic surrounds the darkened LED headlamps, which compliments a unique gloss black grille with trapezoidal nostrils and redesigned lower front bumper with high gloss "fangs". Lower side skirts and a fixed rear wing, unique race-inspired diffuser and darkened quad exhaust tips demonstrate the car's track-focused design cues.



By: Guillermo Fernández de Ateca Barber.

Traditional Mustang badges are replaced with a new Mustang Dark Horse logo on the front wheel arches, tailgate and door sills, while a Dark Tarnish anodised version of the famous pony stays on the front. Inside, each unique Mustang Dark Horse badging features an individual chassis number.

Unique to Mustang Dark Horse is Blue Ember metallic paint. A choice of applied or painted feature graphics along the roof and down the hood are also available in a variety of colours and styles. The optional Appearance Package includes dark Notorious Blue Brembo brake callipers with a brighter Grabber Blue logo.

The introduction of Mustang Dark Horse sets the foundation for Mustangs that will compete globally in a variety of series, including GT3, GT4 and NASCAR.



Mustang Dark Horse S is built uniquely for motorsports as a stripped-down version of the street-legal production vehicle. All non-essential parts and trim pieces have been removed, inside is a full FIA-certified safety cage, safety nets, a race seat with safety belts and a race steering wheel with quick disconnect. Other safety items include electrical disconnects and a fire suppression system.



Ford is returning to factory-backed GT3 racing with an all-new Mustang GT3 IMSA race car that will also be available for customers, starting with 24 Hours of Daytona in 2024. Created by Ford Performance and Multimatic, the Ford Mustang GT3 powered by a 5.4-litre V8 engine will deliver the full endurance racing potential of a Ford Mustang for customers globally.

A new Mustang GT4 available for customers will also debut in the 2023 season and will be available for global GT4 classes in IMSA, SRO and FIA GT. A new version of the Mustang will also debut next season in the Australian Supercars series, and in coming years newly designed models will debut in the NASCAR Cup series and NHRA Factory X racing.



By: Guillermo Fernández de Ateca Barber.

ABOUT MARBELLA MAGAZINE / 45



Founded in 1955 by Jean Rédélé, Alpine has asserted itself over the years with its French-style sports cars. In 2018, the brand presented the new A110, a sports car that is true to Alpine's timeless principles of compactness, lightness, agility and driving pleasure.

In 2021, the Alpine Business Unit was created, to become the dedicated brand for the innovative, authentic and exclusive sports cars of the Renault Group, benefiting from the heritage and know-how of its historic Dieppe factory and the engineering expertise of the Alpine Racing and Alpine Cars teams.

Every part of the car has been redesigned to create unique emotions. Lower, faster, more dynamic, it embodies the obsession that engineers have of offering the best driving experience on a track, with a car design fit for the open road.

Thousands of hours of work have gone into finding the perfect balance between sporty dynamics and an even more powerful chassis. The All-new Alpine A110 R offers first-class stability at high speeds and in turns. Its adjustable shock absorbers are precisely what enthusiasts are looking for so they can customize every emotion.



Thanks to its extreme lightness, the A110 R is balanced and communicative, remaining easy to control while pushing grip to its limits. Body movements are contained, particularly when braking. The driving position has been enhanced with bucket seats equipped with Sabelt 6-point harnesses that recall the most intense emotions felt during a motor race and boast unparalleled stability to enjoy every turn. The engine sound pays homage to the car's breath-taking power. Everything is now possible with the most radical Alpine car ever, the first in the range to complete 0-100km/h in under four seconds.

Go behind the scenes of the design of the Alpine A110 R with explanations from the engineers, aerodynamicists, acoustic and lightness experts of the Alpine team.



By: Guillermo Fernández de Ateca Barber.

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Plantar Fasciitis:



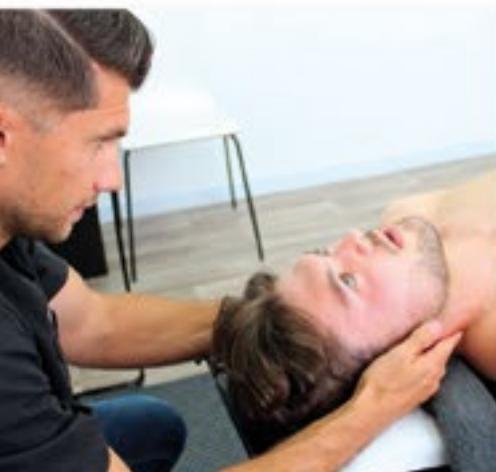
Plantar fasciitis, also called “heel pain syndrome,” affects approximately 2 million people in the United States each year. Plantar fasciitis can come on gradually as the result of a degenerative process or sudden foot trauma. It can appear in one heel or both. It is generally worse on taking the first few steps in the morning or after prolonged sitting or non-weight-bearing movement. Symptoms can be aggravated by activity and prolonged weight bearing. Obesity, too, is hard on the feet—it can cause plantar pain or it can make that pain worse.

in the morning or after prolonged sitting or non-weight-bearing movement. Symptoms can be aggravated by activity and prolonged weight bearing. Obesity, too, is hard on the feet—it can cause plantar pain or it can make that pain worse.

Improper footwear can bring about plantar fasciitis. Such footwear may allow excessive pronation or under-pronation, as well as impaired shock absorption. Pronation is part of a normal gait. The ankle rolls slightly inward after heel strike. Then, the ankle rolls outward as you toe-off from that step. Your foot overpronates, however, when it rolls too far inward. That can stress the foot’s soft tissues.

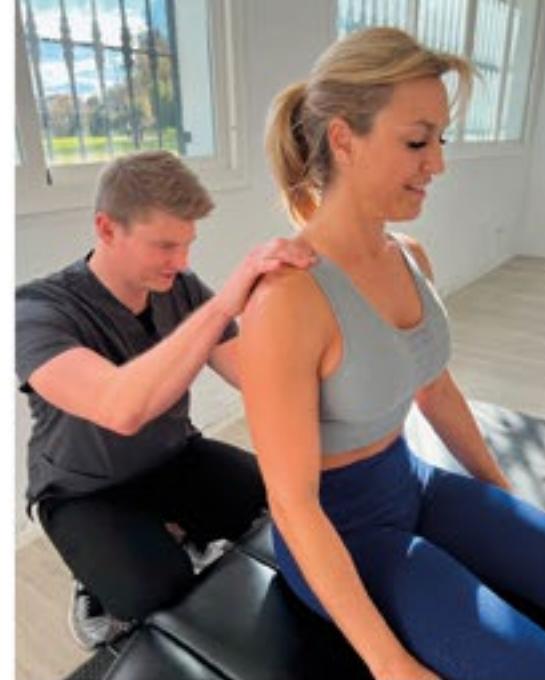
Compensation is a problem with plantar fasciitis. We are “compensating” when we get into the habit of moving the body in a new way to avoid pain. It’s possible to bring on plantar fasciitis as a result of compensating for conditions such as chronic Achilles tendonosis, calf strains, and tibialis posterior dysfunction. On the other hand, persistent pain from plantar fasciitis itself may get you to shift your weight to the outside of the affected foot, or you may try to land on the toes. Any of these pain-avoiding strategies throw the body out of alignment—and can lead to stressed joints and new pain in other parts of the body. Symptoms may increase to the point where you are no longer able to bear weight on the affected foot.

Treatment:



Many types of treatment have been used to combat plantar fasciitis, including injections, anti-inflammatory medications, orthotics, taping, manipulation, night splinting, and instrument-assisted soft-tissue manipulation (IASTM).

Therapeutic modalities such as low-level laser, ultrasound, and electrical muscular stimulation may be effective in the reduction of pain and inflammation. Low Dye strapping or taping of the foot is an essential part of successful treatment of plantar fasciitis.



Chiropractic Manipulation:

Manipulative treatment may be beneficial to restore normal joint mechanics to reduce tension across the plantar fascia.

Rehabilitation:

Progressive resistance exercises should begin with isometric toe curls. You hold the contraction for 10 seconds, repeat that 6 to 10 times, and do it one to three times a day. Initially, some muscular cramping may occur, at which point the active contraction should be stopped. Reintroduction to the exercise should be limited to cramping tolerance. Strengthening exercises of the calf muscle group must be performed over a progressively increasing range of motion.

Final-stage rehabilitation exercises must include proprioceptive exercises such as single-leg stands with the eyes closed for 30 to 60 seconds. These can be introduced with limited pain upon weight bearing. Exercises that include jumping rope or other hopping exercises can be introduced in the final stages of rehabilitation.

Surgery or Not?

If you consider surgery, your original diagnosis should be confirmed by the surgeon first. In addition, supporting diagnostic evidence (such as nerve-conduction studies) should be gathered to rule out nerve entrapment, particularly of the first branch of the lateral plantar nerve and the medial plantar nerve. Blood tests should consist of an erythrocyte sedimentation rate (ESR), rheumatoid factor, human leukocyte antigen B27 (HLA-B27), and uric acid.

It’s important to understand that surgical treatment of bone spurs rarely improves plantar fasciitis pain. And surgery for plantar fasciitis can cause secondary complications—a troubling condition known as lateral column syndrome.

Recovery

Recovery from plantar fasciitis can be a slow process. Most people recover in 6 to 9 months with conservative therapy. Approximately 90 percent will respond to conservative measures.

The key to effective treatment of plantar fasciitis is aggressive conservative therapy and dedicated patient compliance. No single treatment has been shown to be effective. Multiple modes of therapy are required for this difficult condition.

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 debra

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Colabora: ABOUT MARBELLA

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REALCLUBPADELMARBELLA

Shine bright like a diamond!

Saturday night and you finally have a reservation to go to that great restaurant that has been recommended to you. The decor is beautiful, the food is exquisite, and the company is second to none. They seem like ingredients that will make a beautiful evening, but what would happen if those same ingredients were impregnated by a cold and annoying light or, on the contrary, if the light was insufficient and poor?

Probably, this experience would not be the same without the right lighting, because it is proven that a cold or excessive light can cause from headaches to nervousness and stress, and insufficient light can cause confusion or even lower the mood.



Hence, in this article, we want to introduce you to the exciting world of lighting. A complex universe, full of nuances, and of which most mortals seem to have little information, because it is something less obvious and more environmental and perceptive.

When choosing our home, a must is that it is bathed by lots of natural light and that is very important. However, we must not forget that, actually, most of the time we are at home is usually at the end of the day and we live mostly with artificial light.

For that reason, it seems to us more than primordial, to make a very well-studied design, since, in its different expressions, tonalities and intensities, the illumination, besides having a super important basic function, could totally change our perception of a space.

Temperature and intensity of light



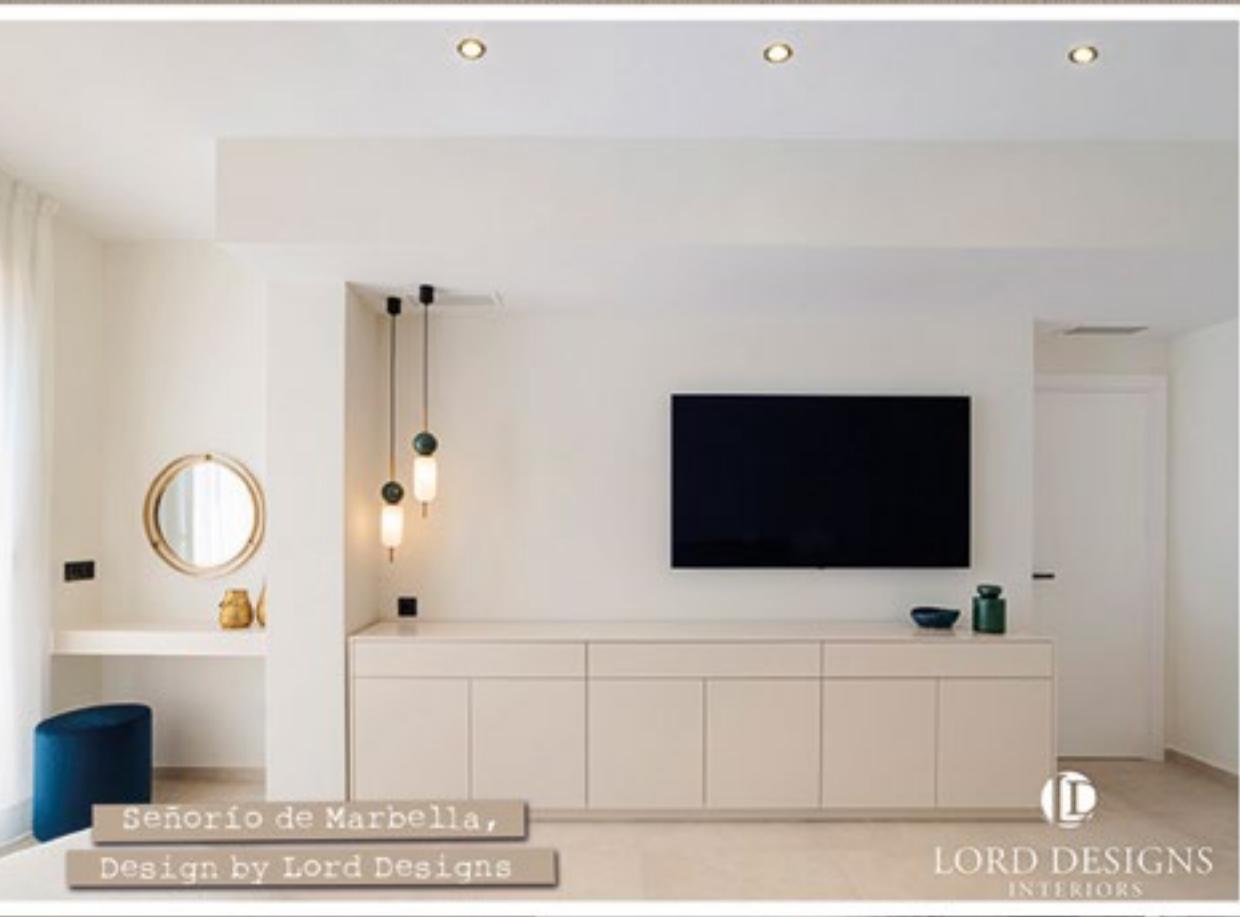
Society in general is rooted in the idea that cold light is synonymous with better vision. This is something that must be demystified, since with cold light, objects lose part of their natural color. The only light that does not alter the colors and is more similar to natural light is neutral light, so in areas where you need precision in this sense, it is the most recommended. Similarly, warm light can be used in work spaces perfectly as long as you choose the right intensity.



With different temperature and intensity, you get different effects. Most of us interior designers are almost always inclined to use a warm light, as it is more welcoming, enveloping and relaxing and playing with indirect lights, it is ideal for environments such as the living room or bedrooms.

Layered look

Layered lighting consists of combining several layers of light within the same space. To achieve this, different layers of strategically placed lights are often harmonized, seeking a balance between attractiveness and functionality.



Señorio de Marbella,
Design by Lord Designs

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To achieve this, in summary we could talk about:

1. The general or ambient light: it constitutes a layer of illumination that generates uniformity and visual amplitude to the space.

2. The accent light: its function, among others, can be to create contrasts that awaken visual interest in objects.



Eichholtz wall lamp

Available to order from Lord Designs.

3. Decorative light: ambient lighting, small dimmable lamps, candles, etc.



Doncella Beach Estepona,
Design by Lord Designs.

4. The work light: used to carry out specific activities that require a light source to perform them properly, for example cooking or reading.



Reading light, Residencial Albatros,
Design by lord Designs

A few tips...

Every room is important!



Here we see an example of how to integrate a beautiful lamp in a bathroom, giving an unexpected, unique, balanced, and attractive result.

More is MORE...

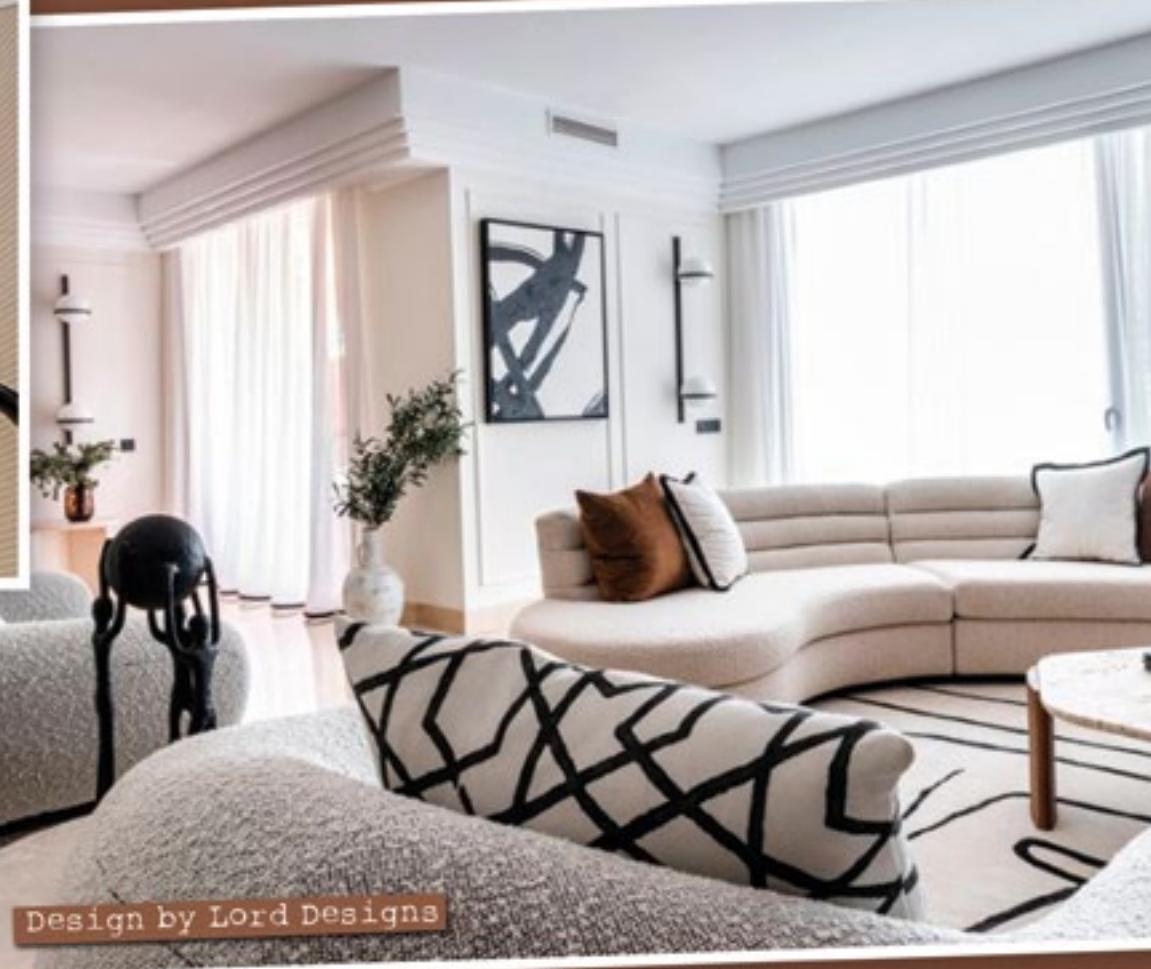
We think that something that is often overlooked in the world of interior design, is to pay attention to the lighting of each corner of the house.



Design by Lord Designs

A pair of...

Matching wall lamps in different parts of the room, will give a sense of togetherness and continuity to the design.



Design by Lord Designs

We really hope that this article will at least make you consider whether the lighting in your environment is really in tune or whether it could be improved. The important thing, however, is to understand your needs, both practical and aesthetic, and to design the ideal lighting environment that you deserve.

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New material

Taylor Swift released her video 'lavender haze' and it has achieved more than 10 millions of views.



Drastic change

Shawn Mendes debuted his new buzzcut look and shocked fans.



British talent

Artist Adele was her most authentic self when receiving the Grammy for 'Best Pop Vocal Performance' this year. It is a category she was already familiar with, since she previously won the exact same statue some years ago.



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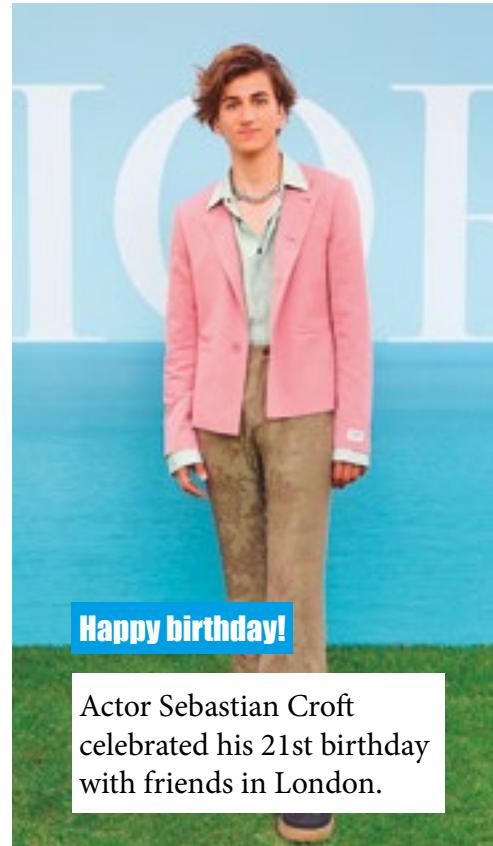
While at work

Liam Hemsworth was spotted filming for his upcoming show in California.



Making history

Michelle Yeoh has become the first asian act to be nominated for an oscar for best main actress.



Happy birthday!

Actor Sebastian Croft celebrated his 21st birthday with friends in London.



Feeling blue?

Justin and Hailey Bieber wore matching sporty outfits for a day out in L.A.



Breaking records!

Beyoncé has now become the artist with the most Grammy wins in history! After this gala where she received four statues, she added a total number of 32. This achievement becomes one of the most impressive milestones in the singer's career.

Not really meant to be

Actress Katie Holmes and musician Bobby Wooten III have split after almost a year of dating. They were first spotted together last April and then were very public for the rest of the year 2022. Sources say that they did not match for the long run and that they might be getting to know new people already.



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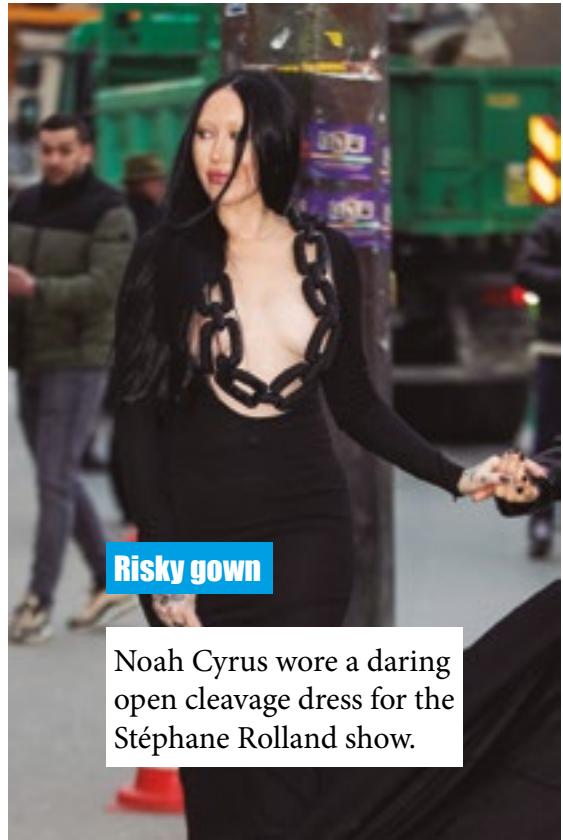
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Risky gown

Noah Cyrus wore a daring open cleavage dress for the Stéphane Rolland show.



Tangerine explosion

Lizzo was dripping in flowers for the Grammys' red carpet.



Candyland fantasy

Megan Fox and MGK were all pastels and fluffy coats for an evening out in LA.



Comfy visit

Nicole Kidman chose this preppy look to visit her family in Sydney.



In her own terms

Actress Pamela Anderson revealed that she felt hurt when the unauthorized show about her was released on Netflix last year. Due to that, she has debuted her new documentary where she is in full control of the narratives told about her.



A great start

Actress Lea Michele recently made her Broadway debut with the musical Funny Girl and it has been a complete success! The production has broken records for the venue and has grossed millions of dollars in just a few weeks.



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To the second one

Meghan Trainor revealed that she wants to have another child this year.



The it hair color

Bella Hadid has chosen her hair to be the it color right now: strawberry blonde.



Fashionable reusing

Kate Winslet wore this previously seen silvery dress for the Avatar premiere.



Gotham city siren

Lady Gaga was spotted at the set of an upcoming film portraying Harley Quinn.



Ambitious project

After the premiere of the sequel of Avatar, 'The Way of Water', numbers have been made. The revenue for the first two weeks were a total of \$1 billion, making it a huge success. Nonetheless, the costs of making and promoting said project ascend to \$2 billion, so producers are still watching closely to break that number.



Family time

Rihanna and ASAP Rocky have been more public with their baby recently, posting him on social media and being seen enjoying family moments on the beach. They welcomed their son not even a year ago, so they seem to still be very focused on being good first-time parents. In regards to music, RiRi has not made any announcements apart from the super bowl half time show scheduled for this spring.

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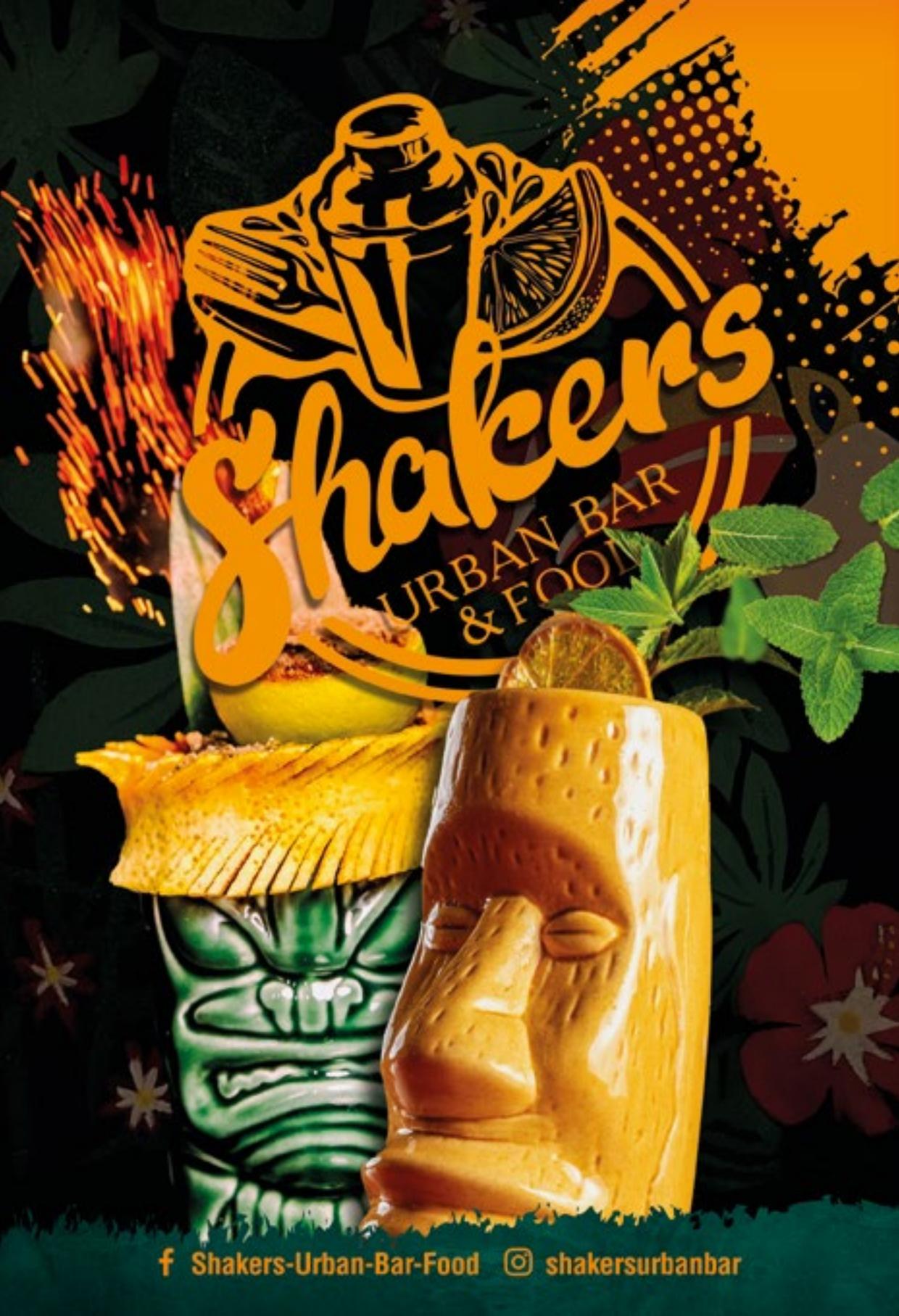
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