

# NEW MARKET.

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FASHION  
**SUMMER  
HEATWAVE**

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TRAVEL  
**RIO RHYTHM**

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BEAUTY  
**CLEAN GIRL  
CORE**

CHASING  
*The* SUN





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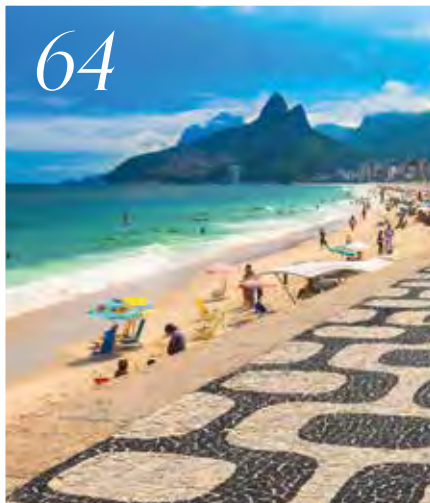
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**COVER IMAGE:** PHOTOGRAPHER: STEPHEN TILLEY, FASHION STYLIST: VICTORIA HARVEY.  
**RUBY WEARS: CAMILLA & MARC BODYSUIT** \$240 AVAILABLE AT DAVID JONES, **AJE COSMOS** MAXI SKIRT \$675. **TOP RIGHT: CAMILLA & MARC** ROSALIND TEXTURED DRESS \$ 1140 AVAILABLE AT DAVID JONES, **JASMIN SPARROW** CELINE EARRINGS \$349 AVAILABLE AT SUPERETTE, BANDEAU TOP AND BRIEF STYLISTS OWN.

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Beach image: Catarina Belova/Shutterstock.



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STYLE



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STYLE



1. RUBY BETTINA COTTON TOP \$209. 2. SILK & STEEL LUMIERE BRACELET \$199 AVAILABLE AT STORM. 3. KOWTOW RACERBACK DRESS \$149. 4. VANESSA BRUNO NIPOA PRINTED BLOUSE \$489 AVAILABLE AT WORKSHOP. 5. ZOE & MORGAN SIEMPRE EARRINGS \$239. 6. CAMILLA AND MARC ALEKSY CREW KNIT \$420 AVAILABLE AT SMITH AND CAUGHEY'S. 7. ZOE & MORGAN BRAVE HEART NECKLACE \$429. 8. BURBERRY

# You're so GOLDEN

From a buttery lemon to golden hues, brighten up your wardrobe this summer by adding in colour that represents it best.

WOOL CHECK BRA POA. 9. BEC AND BRIDGE INDI STRAPPY MAXI DRESS \$349 AVAILABLE AT SUPERETTE. 10. MOOCHI GLIDE MAXI SKIRT \$299.99. 11. HEY MONDAY JADE BOOT \$229.99 AVAILABLE AT AUGUSTINE. 12. EMILY AMEY DIAMOND HALO BAND \$1,950 AVAILABLE AT LISA HOSKIN. 13. A.KJAERBEDE WINNIE SUNGLASSES \$79 AVAILABLE AT RUBY. 14. YU MEI BRAIDY BAG \$859. 15. KAREN WALKER MINI BOW STUDS \$469. 16. NIKE DUNK LOW \$200 AVAILABLE AT STYLERUNNER. 17. PATAGONIA BAGGIES SHORTS \$100 AVAILABLE AT AREA 51. 18. AS COLOUR HEAVY TEE \$40. 19. MOSCOT SHEISTER SUN \$630 AVAILABLE AT PARKER & CO. 20. COACH CHARTER BELT BAG \$495. 21. RODD & GUNN OXFORD SPORTS FIT SHIRT \$139.

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A person is holding a pair of orange Birkenstock sandals. The person is wearing a white dress with orange floral patterns. The sandals are made of orange fabric with three straps and buckles. The interior of the sandals shows the cork footbed with the Birkenstock logo and 'STOCK' visible. The background is a blurred outdoor setting.

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4. WOLF CIRCUS NORA RING \$209 AVAILABLE AT SUPERETTE. 5. PASCOES 10KT YELLOW GOLD ANKLET \$299. 6. JULIETTE HOGAN ADORA CAMI \$399.
7. MEADOWLARK SHELL SIGNATURE HOOPS \$445 AVAILABLE AT SILVERMOON. 8. TED BAKER BEACH TOWEL \$105 AVAILABLE AT SMITH & CAUGHEY'S.
9. GUCCI DOUBLE G ANCHOR PRINT BEACH RACKET \$3390. 10. RODD & GUNN GIMMERBURN SPORTS FIT SHIRT \$179. 11. TOM FORD GERARD SUNGLASSES \$549 AVAILABLE AT SUNGLASS STYLE. 12. JUST ANOTHER FISHERMAN CREWMAN SHORTS \$109.99. 13. POLO RALPH LAUREN SIGNATURE PONY LEATHER SLIDE \$129 AVAILABLE AT SMITH & CAUGHEY'S. 14. ABERCROMBIE & FITCH AWAY WEEKEND MAN \$91 AVAILABLE AT LIFE PHARMACY.
15. SUNSEEKER SOUTH BEACH HAT \$50 AVAILABLE AT SMITH & CAUGHEY'S. 16. KOWTOW BOTANIC TRIP TEE \$139. 17. COUNTRY ROAD FRESHWATER PEARL STUD \$109. 18. KATHRYN WILSON CHARLIE SLIDE \$299. 19. HONEYBLOOM ELKIE NECKLACE \$79 AVAILABLE AT RUBY. 20. ANINE BING RIO TOTE \$729 AVAILABLE AT DAVID JONES. 21. R.M WILLIAMS EPPING SKIRT \$209. 22. GARRETT LEIGHT DOLORES SUN \$665 AVAILABLE AT PARKER & CO.
23. DECJUBA RUCHED BIKINI TOP \$59.90. 24. CAMILLA PLUNGE NECK HALTER ONE PIECE \$529 AVAILABLE AT OCTOBER REIGN.



# WALKING ON SUNSHINE

Step up your shoe game with a summer footwear refresh.

1. **BIRKENSTOCK** UJI SANDAL \$350. 2. **HEY MONDAY** ROCHELLE HEEL PINK \$189.99 AVAILABLE AT AUGUSTINE. 3. **ASSEMBLY LABEL** MIARA SANDAL \$145. 4. **NOVO** WENDALL SANDALS \$94.90. 5. **COACH** LEAH LOAFER \$435. 6. **KATHRYN WILSON** BRIAR SANDAL \$349. 7. **TIMBERLAND** ADLEY WAY SANDAL \$200. 8. **ANINE BING** LIZZIE SLIDES \$699 AVAILABLE AT MUSE. 9. **KENNEL & SCHMENGER** PLAY BEIGE SLIDES \$550 AVAILABLE AT SCARPA. 10. **ISABELLA ANSELM** ALEXANDRA FLAT \$229.90 AVAILABLE AT MERCHANT. 11. **MI PIACI** MEYA SANDAL \$280. 12. **NOVO** WHITLEY SANDALS \$74.90. 13. **GUCCI** SLIDE SANDAL \$1320. 14. **MOOCHI** NEO SLIDE \$339.99. 15. **BRANDBLACK** CARRERA CLOG \$289.90 AVAILABLE AT DROP OUT STORE. 16. **NICOLE REBSTOCK** UNO SLIDE \$269. 17. **ACNE STUDIOS** MUSUBI SANDAL \$849 AVAILABLE AT WORKSHOP.

A hand with red-painted nails holds a pair of white leather loafers with gold chain detailing. The shoes are pointed-toe and have a gold chain detail across the vamp. The background is a bright blue sky with soft white clouds. The brand name 'Nicole Rebstock' is visible on the insole of the shoe.

# Nicole Rebstock

SUMMER '23 - SHOES & ACCESSORIES

22 OSBORNE STREET, NEWMARKET  
COMMERCIAL BAY, AUCKLAND | THE CROSSING, CHRISTCHURCH



# Euro SUMMER

Following the successful launch of their own brand, Scarpa The Label, we caught up with Pip Larner & Liz Savage, the fashionable sisters behind Scarpa.

**NEWMARKET.** *Scarpa was founded by your parents back in 1978, what was it like growing up with the brand and those first years of taking ownership?*

**SCARPA.** Growing up with Scarpa was a unique experience – we were practically born into the business. From a very young age, we were immersed in the world of fashion and footwear. It was a bit like having a playground filled with beautiful shoes and a constant buzz of creativity around us.

Taking ownership was both exciting and challenging. The first years were a mix of nostalgia for the legacy our parents had built and the responsibility of carrying that legacy forward. We had to learn the ins and outs of running a high-end fashion shoe store while also putting our own stamp on it. We are also fortunate we have a lot of support around us. Our husbands are actively involved and our key team have been with us for years – so they understand the business inside and out. It's been incredibly rewarding to continue the legacy of our parents, with children of our own now, we hope to be multi-generational like so many of the designers we work with.

**N.** *You work with many incredible brands bringing exclusive styles to New Zealand. What is this process like?*

**S.** It's an exciting and dynamic process. We look for brands that align with Scarpa's values, aesthetic and the tastes of our customers. These brands often have a unique story, a strong design identity, and a reputation for quality and craftsmanship. Staying ahead of fashion trends is crucial. We invest time in trend forecasting what styles, colours and materials will be popular in the upcoming seasons. This helps us make informed decisions about which styles to bring in. We visit Micam and designer showrooms in Milan & Paris each year to ensure we are at the forefront of fashion.

**N.** *What are the key things you look for when taking on a new brand?*

**S.** Taking on a new brand is a strategic decision that requires thorough research, careful consideration, and a focus on maintaining the

high standards and brand image of the store.

We look into the brand's sustainability initiatives, ethical labour practices, and environmental responsibility, as well as of course what makes the brand unique, and the craftsmanship to ensure they meet our high standards.

There are also practical considerations, such as their ability to meet our inventory needs, delivery times, and responsiveness to our requests, are also vital.

Any new brand must enhance our existing product offerings and fill gaps in our collection.

**N.** *Buying seems like a dream role for so many, how did you get into this?*

**S.** My Journey into buying was organic, I first learnt the ins and outs of running a store and serving customers. This front line experience only empowers you to become a better buyer – now when I see a shoe or a handbag, I can envision the customer who is going to fall in love with it. We know our customers, often on a first name basis – this is one of the benefits of being a smaller business. The intimacy and service we can offer our customers can never be replicated in a business with a much larger footprint.

Buying trips are a blend of creativity, analysis, and relationship-building. They offer an opportunity to discover exciting new products, connect with suppliers, and make decisions that shape the direction of our store's collections. It's a role that requires a deep understanding of both fashion and business to do it well.

**N.** *Owning a business means wearing many hats and being across all aspects of the business, what is your favourite part of what you do?*

**S.** My favourite part is the process of discovering new trends, styles, and brands and then seeing them on people's feet. The feeling I get when I see a person at a cinema or a restaurant wearing a shoe that I selected – it's a massively humbling experience. I love the fact we are in the business of making people feel great and storytelling. But on top of that I love working with a team of experts who feel the same way. I love seeing customers who have shopped with us for 20 years or who are shopping with us for the first time. I love merchandising our stores so they look beautiful. I love going on this journey with my sister and our husbands and family. I know I am lucky to say I literally do what I could only





FEATURE



PICTURED FROM TOP: SCARPA THE LABEL SANTORINI AND POSITANO.

dream of doing. There aren't many people who are in a position as fortunate as I am (but don't get me wrong, its hard work!).

**N.** Scarpa recently launched its own brand – Scarpa The Label – what prompted this?

We wanted to embark on launching our own brand for years. We have launched a number of NZ and international designers into this market. Of late, we had noticed very few NZ-based businesses bringing high quality European products into the market. To be honest, our customers demand the craftsmanship delivered out of Europe. Scarpa The Label allows us to design a capsule collection for our specific customer base and reinforce our brand identity, helping to futureproof the business.

**N.** When designing Scarpa The Label collections, where do you find inspiration?

**S.** We draw from everyday life, what our customers are asking about, fashion, Instagram and social media, movies – and styles we'd essentially want in our own capsule wardrobe. The summer collection Euro Summer is inspired by our dream destinations around Europe.

**N.** When looking for manufacturers for Scarpa The Label, what were the most important aspects?

**S.** Made in Italy is fundamental to Scarpa so that was a non-negotiable, as well as being able to produce unique & limited edition collections with accurate prototypes and samples for product development and ensuring the perfect fit for our market. The factory we work with uses eco-friendly practices, sustainable materials, minimizing waste, and reducing carbon emissions.

**N.** Were there any major roadblocks that you faced in launching your own label?

**S.** I think our biggest barrier was self-belief. We have spoken about doing this for years, and perhaps a big positive to come out of covid

was it forced us to revisit and take a few more calculated risks. The large complexity was in the production piece – manufacturing, designing, quality assurance, relationships. Once we got through this, which could only be achieved by us travelling to Europe, the rest fell into place.

**N.** Working together as sisters, how do you juggle and keep the work life balance?

**S.** Juggling work and maintaining a healthy work-life balance can be both rewarding and challenging. There are some things we do well, and not so well...it's a constant work in progress, but one key thing which will never be in dispute is unconditional love and trust. And if you have those, the rest can be managed.

We aim to have clearly defined roles and responsibilities within the business, have open and honest communication. Not going to lie, we find it pretty confronting to have hard direct conversations in a constructive fashion. But we are working on it.

**N.** Having a physical store is so important for engaging with customers, is your business mainly in store or have you seen a move to online?

**S.** There is nothing like seeing, touching and trying the shoe or handbag in person – having that in-store styling experience, that human connection – especially post covid. But we do have a stronger online presence now and a more seamless customer experience.

We offer live chat support every day 10-5 and reply to customer queries via Instagram or over the phone, sometimes texting pictures of ourselves to customers in shoes or handbags so they can see how they fit or how to style them.

**N.** What is one thing you love about your Newmarket customers?

**S.** We love that Newmarket is a real community. From our lovely regulars to those just visiting the area, there is an inclusive feel to it like no other. Everyone is friendly and in both our Teed St

boutique and our Westfield store, we have come to know many of our customers by name and what they'll just love. The Newmarket customer is discerning, stylish and above all loves to have fun with fashion – which is what we're all about.

**N.** Can you describe a typical working day?

**S.** Week days we meet at the gym, this ensures we're wide awake and ready to face a busy day! (Often talking about work in or after the class – oops). Can't help checking emails first thing when we wake up – as with our suppliers in opposite time zones, Liz is replying to them. I'm replying to customers on our social or the website. Our working day depends on whether we are working from home in our roles of buyer (Liz) & website & marketing (Pip), or in store selling/unpacking new arrivals! Our fav for coffee is our neighbour Bambina and for lunch we can't go past The Candy Shop in Osborne Lane.

**N.** Having a strong team with a clear understanding of the brand is key to business success, how do you manage your team to ensure you get the best out of people?

**S.** Leading by example is integral, we try to set a positive example by practising what we preach in our behaviour & work ethic to inspire our team to do their best.

We have monthly training sessions over Archies pizza & wine to keep them up-to-date and motivated, and ensuring that everyone knows their job and how it contributes to the overall success of Scarpa. But most importantly, we aim to empower our team to make autonomous decisions within their roles.

**N.** What next for Scarpa?

**S.** Keep doing research, understand our customers better, stay agile and adaptable in response to changing market conditions which is crucial for long-term success. We want to grow our in-house brand Scarpa The Label and do more collaborations!



# SUMMER



# HEATWAVE

*Photographer: Stephen Tilley. Assistant: Taylor Pritchard. Fashion Stylist: Victoria Harvey.*

*Makeup: Leisa Welsh. Hair Stylists: Stephen Marr Creative Team.*

*Producer: Caroline Brown at Studio Space. Production Assistant: Briar Morris.*

*Models: Ruby Honore and Sam Presland from 62 Management.*

*Shot at The Olympic Pools.*

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**LEFT: CAMILLA & MARC** ROSALIND TEXTURED DRESS \$1140 AVAILABLE AT DAVID JONES. **JASMIN SPARROW** CELINE EARRINGS \$350 AVAILABLE AT SMITH & CAUGHEY'S. BANDEAU TOP AND BRIEF STYLISTS OWN. **ABOVE: COS** TOWELLING POLO \$89. **COS** TOWELLING SHORTS \$69.





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**REMAIN** SYDNEY MINI DRESS \$249,  
**JASMIN SPARROW** AMELIE EARRINGS  
\$349 AVAILABLE AT SUPERETTE.



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**CLOCKWISE FROM TOP LEFT: BURBERRY** SHEARLING STEP ROSE SANDALS \$2050.

**H&M** VELVET BLAZER \$119 PANT \$69.99 AND SHIRT \$39.99, **COS** RUBBER SLIDES \$99.

**OLIVIA CASHMORE** TUXEDO VEST \$589, **CAMILLA & MARC** ARCHER CARGO PANT \$420 AVAILABLE AT DAVID JONES, **JASMIN SPARROW** AMELIE EARRINGS \$349 AVAILABLE AT SUPERETTE.

**RIGHT: HANSEN & GRETEL** CONSTANCE DRESS \$439 AND **JASMIN SPARROW** CELINE EARRINGS \$349 AVAILABLE AT SUPERETTE.



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**BURBERRY** CHECK SILK CHIFFON  
BLOUSE \$3990, **BURBERRY** CHECK SILK  
KILT \$4150, **BURBERRY** SHOPPER TOTE  
\$2550 AND **BURBERRY** SHEARLING STEP  
ROSE SANDALS \$2050.







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**CLOCKWISE FROM TOP: BALENCIAGA**  
LOCKER HOBO BAG \$POA.

**MAGGIE MARILYN** HAVE THE FAITH  
BLAZER \$1295, **MAGGIE MARILYN**  
LINEN SHORTS \$165.

**BURBERRY** CHECK SILK WOOL T-SHIRT  
\$1290, **BURBERRY** VINTAGE CHECK  
SHORTS \$1190 AND **BURBERRY** CHECK  
SLIDES \$740.



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**ABOVE: KATE SYLVESTER BRIDIE VEST \$449 KATE SYLVESTER LEATHERETTE BRIEF \$POA. JASMIN SPARROW CELINE EARRINGS \$350 AVAILABLE AT SMITH & CAUGHEY'S. RIGHT: COS X STEPHEN DOHERTY SHIRT \$145 AND SHORTS \$145, COS RUBBER SLIDES \$99 TOM FORD BRONSON SUNGLASSES \$649 AVAILABLE AT SUNGLASS STYLE.**





JUST ANOTHER FISHERMAN

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# Onwards and upwards

by Mark Knoff-Thomas

Welcome to the annual Summer/ Christmas issue of NEWMARKET. It's hard to believe that we relaunched this larger format magazine a year ago. We have been overwhelmed by the feedback – thank you for your ongoing support. This magazine now stands tall amongst other lifestyle publications from New Zealand.

This issue is jam-packed – we have gift guides galore that will hopefully make your Christmas shopping a breeze; we take a closer look at Deadly Ponies – the Supreme Winners of the 2023 Newmarket Business Awards; a special outdoor feature means you'll be able to make the most of the dry summer weather (ok, I'm being assumptive here with the word 'dry'); we take you to the streets of Rio and get a sense of the wonders this Brazilian metropolis has to offer; ASB CEO Vittoria Shortt gives us some great tips to avoid getting scammed; our own fashion editorial shoot takes a plunge into the iconic Olympic Pool on Broadway; you can take a peek at our dinner setting ideas; we test drive a Fiat 500e; and our beauty news tells you all you need to know to get through Summer! There is something in it for everyone.

As 2023 is fast coming to a close, and the election is now well and truly out of the way, it's always good to reflect on the year that was. Newmarket experienced the usual highs and lows – on the high side, we had our best trading year in history for the financial year to 30 June. But we have had a few slower months as well in more recent times – thanks in no small part to the election – always cause for decision-making paralysis with spending. Plus, some households have been tightening their belts a little as the cost of living and mortgages rate hikes kick in. Back in February we launched our very own security force, Newmarket Security. The team have been very well received but it's fair to say they are kept very busy due to the high levels of retail crime and anti-social

behaviour that we have been experiencing – in Newmarket, around Auckland and the rest of New Zealand. We have invested significant amounts in technology tools including CCTV upgrades, body cameras, radios, software solutions and a car. The great thing now is that we are able to see and share information in real time. Our Automatic Number Plate Recognition (ANPR) cameras send a photo alert to the Mobile Patrol Officers' (MPO) phones as soon as a stolen vehicle enters the precinct's perimeter. This means the MPOs are immediately aware of the car, the location and the direction of travel, and our CCTV monitor can follow said vehicle. We really are quickly closing in on crime.

We have seen a strong pick up in retail leasing, especially on Broadway. At the peak of Broadway's vacancies, it was just over 36%, however now we're getting back down to 10%, with a number of new leases in negotiations, so in the first half of 2024, we'll be back into the low single digits once again. We have a number of significant commercial and residential developments in the pipeline, with some already going through the consenting process, so we very much look forward to sharing more about these with you in the very near future.

As always, we thank you for your ongoing support, and for taking the time to read NEWMARKET. Make sure you're following us on social media @newmarketnz to keep up to date, and also subscribe to our fortnightly emails The Edit and The Bite, to hear all the latest news.

Wishing you and your loved ones a safe and Happy Christmas, and a simply superb Summer!

Take care and see you here soon,  
Mark Knoff-Thomas  
CEO

# Deadly Ponies

Leaders in luxury leather bags and accessories, Deadly Ponies have changed the landscape with their unique aesthetic & refined touch. We caught up with owners Steven Boyd and Liam Bowden about the evolution of the brand, finding inspiration and running a successful business.



**NEWMARKET.** *First off, can you tell us the meaning behind the name? Where did it come from?*

**STEVEN BOYD:** Liam's Deadly Ponies journey began at design school when he created an imaginary gang called - Deadly Ponies. He used branded stickers to plaster over his friends' rival gang, known as "Digital Robots." As he began designing and crafting products, these stickers evolved into swing tags, marking the birth of the brand.

**N.** *What led towards starting the business?*

**LIAM BOWDEN:** It was a very organic process. I first began making pieces out of scrap leather, more as a hobby, and once I started to sell them, it snowballed from there.

**N.** *The brand has a focus on design and engineering to ensure a unique look and top-end quality that lasts. How does your design process ensure this?*

**SB:** Our aesthetic has been derived from what we could make from our garage (in Deadly Ponies' early days). Our lack of tooling and machinery created limitations, and we have lent into that, creating timeless and uncomplicated designs.

**N.** *How did you learn about the technical side of handling leather and the construction of your pieces?*

**LB:** It was all trial and error. I am self-taught in pattern-making and construction, and I used to take apart old vintage luggage to study how it was crafted. There was also an incredible leather artisan called Trevor Roger who taught me a lot.

**N.** *Consumers are increasingly demanding sustainability, which has long been a large focus for Deadly Ponies with a goal of zero-waste. What decisions have you had to make to meet this goal?*

**SB:** We have invested heavily into achieving our sustainability goals and are very excited about the next steps in that journey. It is a revolution that is inspiring all kinds of design and material changes for Deadly Ponies.

**N.** *You're also working with accredited and more specialty materials. Can you tell us more about why / how you select the materials you work with?*

**LB:** We only work with tanneries that meet Deadly Ponies' code of conduct, and over the years we have slowly refined the partners that we work with. A number of these partners are family-run operations, which has allowed us to build strong trust and a close relationship with them. This relationship gives us opportunities to innovate and flexibility within our designs and collections.

**N.** *What is the inspiration behind your Spring Summer collection?*

**LB:** The inspiration came from a Tracy Emin exhibition I saw when visiting the Tate Modern in London. I have since then been drawn to her gritty, thought-provoking artistic works. I love the contrast of the confessional pieces,

paired with very playful materials with innocent undertones, and her approach gave us the perfect palette to build this collection from.

**N.** *What has been the biggest challenge in maintaining your standards of boutique manufacturing and ethically sourced materials?*

**SB:** Covid restricted our ability to see what was happening in international markets and slowed down innovation, particularly in tanneries. We are now seeing a strong resurgence, and are working hard to realise those opportunities across our business.

**N.** *Design-wise, Deadly Ponies is known for their unique shapes, and beautiful cuts. Where do you find inspiration?*

**LB:** We have an evolving library of shapes that we have developed over the years. We will often start with ideals from the collection or start playing with the materials and let that inspire us.

**N.** *In February this year you launched your first complete footwear collection, what drove this new arm, and is this something we will see more of in the future?*

**SB:** Yes certainly, there is more footwear coming. We are soon to open a dedicated footwear pop-up and see an enormous opportunity to excite our customers in this category.



MR SLING MINI IN SOUR APPLE,  
MR SLING MICRO IN SOUR APPLE



**N.** Looking back on the evolution of DP since 2005 – almost 20 years! - is there anything you would have done differently? What are some key takeaways from the journey?

**SB:** It is hard to think of things we would do differently. You always do what you think is the best at the time, even if it transpires to be more of a failure in the long run. The key takeaways would be to stay focussed on the parts of the job you love and do more of that. The customers can sense when you are having fun and that draws people in, so that's the main learning.

**N.** Team plays a vital role in the smooth running of any business, having your office and stores in New Zealand, and your atelier in Chiang Mai, how do you manage teams across different countries, and keep them motivated?

**SB:** This is not without its challenges, but I think we do a great job. We are very focused on our internal values and ensure that all our teams live by those principles. I think that helps us see when things are going well, and when we need a shift in momentum.

**N.** Digital plays a huge role in the way we live, shop, and consume information, in what ways have you embraced omni-channel retail?

**LB:** We have just launched our premium loyalty programme, which includes exclusive bespoke gifts for our members across all our channels/ platforms. We want our customers to feel a part of the Deadly Ponies family, no matter where or how they shop with us.

**N.** Deadly Ponies recently took home Most Sustainable Business of the Year, Best Customer Experience, and the Supreme Winner award at the Newmarket Business Awards, in a fiercely successful retail precinct, this is an astounding achievement, what does it mean to you to have this recognition?

**SB:** We are so humbled and immensely surprised. We know that what we do is really special, but it does mean a lot to us to get that kind of

recognition. We moved to a much larger space mid-covid and committed to the Newmarket precinct because of the high-calibre tenants around us, so I feel proud that we have done Osborne St proud.

**N.** What is next for Deadly Ponies?

**SB:** We are about to open a dedicated footwear pop-up and are looking for more opportunities to showcase our beautiful creations around Australasia. Our design team continues to push creative boundaries in this space and I am looking forward to seeing customer reactions to some of our newest styles.



MR SIAMESE IN ROCKPOOL, MR SIAMESE IN SOUR APPLE, MR SIAMESE IN MOONSTONE.





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# Keeping safe from fraud and scams

by Vittoria Shortt, ASB CEO.

**A**s the end of the year approaches, it can feel like time speeds up. The summer holidays are coming up, the festive season is upon us, and we're busy finishing off projects before putting the out-of-office message on our emails.

For many, it has been a year of change, amidst a challenging economic environment, and we all need a break over the summer to refresh and spend time with our friends and family.

Unfortunately, there's one thing we should not switch off from, and that is the need to be alert to the risk of fraud and scams.

As daily commerce shifted online during the Covid-19 pandemic, cyber criminals were quick to respond. The result has been a dramatic increase in fraud and scams around the globe.

Here in New Zealand, scam-related complaints have risen 43 percent on last year, according to the Banking Ombudsman.

The banking industry is working together on a coordinated and multi-sector approach to protecting New Zealanders, including the establishment of an Anti-Scam Centre.

At ASB, our investments in advanced technology and growing our financial crime team are having an impact in preventing more and more unauthorised fraud.

Unfortunately, we're seeing a big rise in authorised fraud, where victims are socially engineered by cyber criminals who manipulate and play on emotions to gain access to sensitive information or trick victims into making payments to people they don't know. These types of elaborate scams may be conducted over several weeks or months, promising things like high investment returns or a romantic partnership.

This crime, which can be devastating for victims and their families, is significantly more difficult for banks to detect and prevent, as customers are actively choosing to move their money.

Fraud and scams are increasingly sophisticated and come in many digital forms – across email, text messages, QR codes and social media platforms.

Anyone can be a victim.

In our busy and demanding lives, it can be easy to be tricked in a moment of distraction by these criminals, who are master manipulators.

Customer vigilance, supported by a collective response and education efforts from banks, police, telcos, government and social media companies, is the best way to keep New Zealanders safe.

As you gather over the holidays, I encourage you to remind family and friends about the risk of scams and share these four steps to help protect your money and personal details:

- **Stay alert** – Never click on links in text messages, report and delete suspicious messages, and be wary of cold calls or messages asking for personal details or money. If it's too good to be true, it usually is.
- **Be proactive** – Use unique, long passwords and change these regularly, keep passwords safe and do not disclose these to anyone.
- **Take your time** – If someone is pressuring you to do something, it may be a sign they're trying to scam you. Check who you're dealing with before providing details or sending any money. We recommend you talk to a trusted source.
- **Report** – If you are concerned there has been a breach in your account, contact your bank immediately and report the matter to Police on 105.

Since 1886, ASB has been a proud part of the Newmarket community. The team at our Broadway Branch, or any of our Branch Advice Centres, would be happy to assist you with a range of tools, such as setting lower daily payment limits and two-step verification, to ensure further protection. These can also be set up via our mobile banking app.

Wishing you a safe and happy summer and we hope to see you at the ASB Classic in January.



# FLUIDITY

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# Get happy

Enjoy trips to the beach and hours of outdoor play in these new season picks for the little ones.

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2. **OUR GENERATION** PUPPY \$29.99 AVAILABLE AT FARMERS. 3. **NATURE BABY** ALBERTINE DRESS \$69.95. 4. **SUNNYLIFE** SALTY THE SHARK DIVE BUDDIES SET \$39 AVAILABLE AT SUPERETTE. 5. **RAZOR** ROLLE SCOOTER WITH SEAT \$119.99 AVAILABLE AT FARMERS. 6. **ASSEMBLY LABEL** KIDS LINEN PANTS \$60. 7. **LEGO** BRICK BOOK RACK \$56.50 AVAILABLE AT SMITH & CAUGHEY'S. 8. **BESTWAY** ANIMAL RING \$6 AVAILABLE AT THE WAREHOUSE. 9. **IZIPIZI** BABY SUNGLASSES \$59.99 AVAILABLE AT DIMPLES. 10. **CROCS** JIBBITZ SURFING 5 PACK \$27 AVAILABLE AT STIRLING SPORTS. 11. **ROXY** ONE PIECE SWIMSUIT \$67.99 AVAILABLE AT SMITH & CAUGHEY'S. 12. **CROCS** TODDLER CLASSIC CLOG \$59.99. 13. **COUNTRY ROAD** AUSTRALIAN COTTON STRIPE PONCHO \$79.90. 14. **SUNNYLIFE** UNDERWATER CAMERA \$39 AVAILABLE AT SUPERETTE. 15. **JUNGLE** MINI BIKE \$109 AVAILABLE AT GO GO KIDS. 16. **NIKE** INFANTS COURT LEGACY SNEAKERS \$54.99. 17. **HOMAGE** ELEPHANT STOOL \$175. 18. **PEEKABOO** LOVE \$17.99 AVAILABLE AT NATURE BABY. 19. **GORMAN** KIDS PICNIC RUG \$119. 20. **DIMPLES** WAFFLE ROMPER \$99.99. 21. **JUST ANOTHER FISHERMAN** MINI CRAY CRAY SHORTS \$69.99. 22. **SEED** INITIAL SUN HAT \$34.90.

14. **SUNNYLIFE** UNDERWATER CAMERA \$39 AVAILABLE AT SUPERETTE. 15. **JUNGLE** MINI BIKE \$109 AVAILABLE AT GO GO KIDS. 16. **NIKE** INFANTS COURT LEGACY SNEAKERS \$54.99. 17. **HOMAGE** ELEPHANT STOOL \$175. 18. **PEEKABOO** LOVE \$17.99 AVAILABLE AT NATURE BABY. 19. **GORMAN** KIDS PICNIC RUG \$119. 20. **DIMPLES** WAFFLE ROMPER \$99.99. 21. **JUST ANOTHER FISHERMAN** MINI CRAY CRAY SHORTS \$69.99. 22. **SEED** INITIAL SUN HAT \$34.90.

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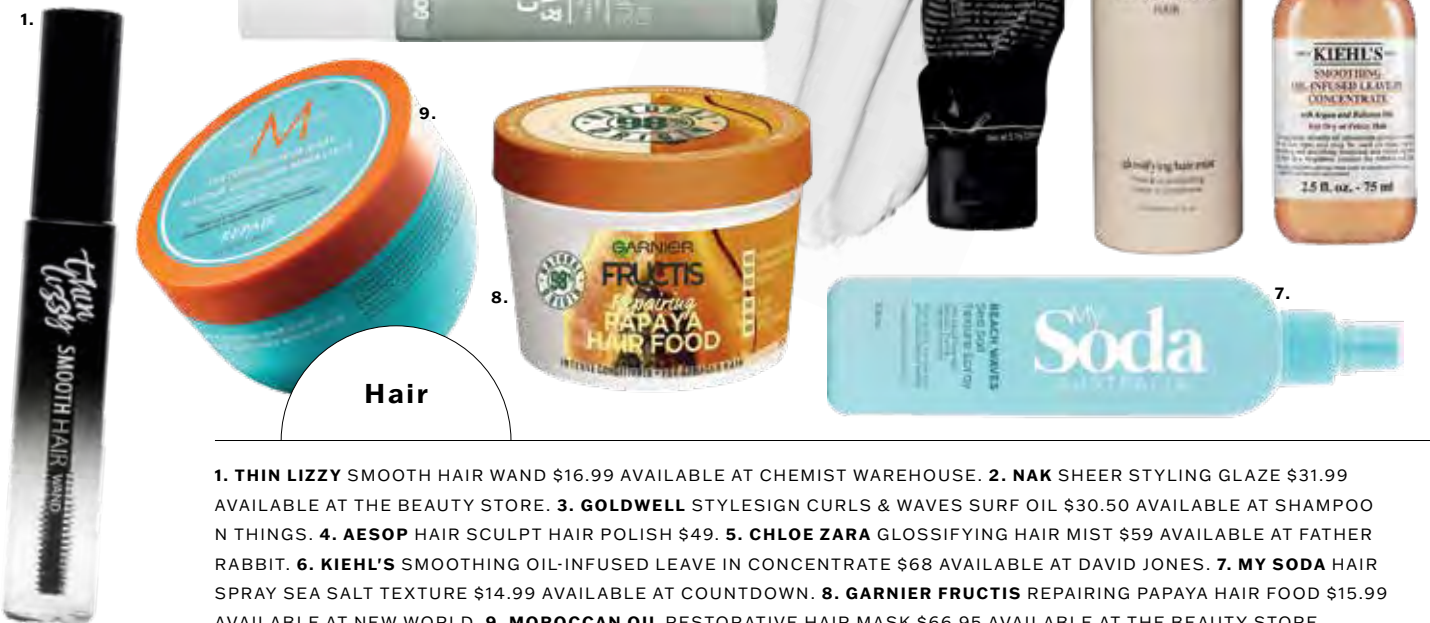
Get warm weather ready from top to toe with some of our favourite summer beauty must-haves.

# SUMMER



## Makeup

1. **BY TERRY** HYALURONIC GLOW SETTING MIST \$80 AVAILABLE AT MECCA.
2. **MECCA MAX** GLOSS BOSS LIP GLOSS \$21 AVAILABLE AT MECCA.
3. **HUDA BEAUTY** GLOWISH BLUSH POWDER \$37 AVAILABLE AT SEPHORA.
4. **SHISEIDO** TECHNOSATIN GEL LIPSTICK \$56 AVAILABLE AT LIFE PHARMACY.
5. **CLINIQUE** SUN-KISSED FACE GEELE \$63 AVAILABLE AT FARMERS.
6. **FENTY BEAUTY** EAZE DROP'LIT ALL-OVER GLOW ILLUMINATOR MINI \$37 AVAILABLE AT SEPHORA.
7. **HENNE** LIP TINT \$45 AVAILABLE AT ROOM NINE.
8. **ESSIE** NAIL POLISH \$19.99 AVAILABLE AT FARMERS.



## Hair

1. **THIN LIZZY** SMOOTH HAIR WAND \$16.99 AVAILABLE AT CHEMIST WAREHOUSE.
2. **NAK** SHEER STYLING GLAZE \$31.99 AVAILABLE AT THE BEAUTY STORE.
3. **GOLDWELL** STYLESIGN CURLS & WAVES SURF OIL \$30.50 AVAILABLE AT SHAMPOO N THINGS.
4. **AESOP** HAIR SCULPT HAIR POLISH \$49.
5. **CHLOE ZARA** GLOSSIFYING HAIR MIST \$59 AVAILABLE AT FATHER RABBIT.
6. **KIEHL'S** SMOOTHING OIL-INFUSED LEAVE IN CONCENTRATE \$68 AVAILABLE AT DAVID JONES.
7. **MY SODA** HAIR SPRAY SEA SALT TEXTURE \$14.99 AVAILABLE AT COUNTDOWN.
8. **GARNIER FRUCTIS** REPAIRING PAPAYA HAIR FOOD \$15.99 AVAILABLE AT NEW WORLD.
9. **MOROCCAN OIL** RESTORATIVE HAIR MASK \$66.95 AVAILABLE AT THE BEAUTY STORE.



BEAUTY



Skincare

1. **FORMATION** AHA EXFOLIANT \$25 AVAILABLE AT COUNTDOWN. 2. **HENNE ORGANICS** LIP MASK \$70 AVAILABLE AT ROOM NINE. 3. **KLAIRS** FRESHLY JUICED VITAMIN DROP \$40 AVAILABLE AT HIKOCO. 4. **FOILE** JOJOBA OIL \$55 AVAILABLE AT RUBY. 5. **HADA LABO** TOKYO LOTION NO 1 SUPER HYDRATOR \$35.99 AVAILABLE AT CHEMIST WAREHOUSE. 6. **SISLEY** ECOLOGIQUE COMPOUND ADVANCED FORMULA 125ML \$390 AVAILABLE AT SMITH & CAUGHEY'S. 7. **IAMMI** RESET EXFOLIATING CLEANSING BALM \$72. 8. **BYREDO X SUSANNE KAUFMANN** BODY OIL \$100ML \$175 AVAILABLE AT MECCA. 9. **CLEAR SKINCARE** BODY BUFFING BAR \$40. 10. **SHISEIDO** FUTURE SOLUTION LX LEGENDARY ENMEI ULTIMATE BRILLIANCE EYE CREAM \$500 AVAILABLE AT FARMERS. 11. **AVENE** HYALURON ACTIV B3 CONCENTRATED PLUMPING SERUM \$81.99 AVAILABLE AT LIFE PHARMACY.



SPF

1. **MURAD** CITY SKIN BROAD SPECTRUM SPF 50 \$105 AVAILABLE AT CACI. 2. **ULTRA VIOLETTE** DAYDREAM SCREEN SPF50 TINTED VEIL \$62 AVAILABLE AT SEPHORA. 3. **ELIZABETH ARDEN** LIMITED EDITION EIGHT HOUR CREAM PROTECTANT LIPSTICK BALM SPF15 \$45 AVAILABLE AT SUPERETTE. 4. **BEAUTY OF JOSEON** RELIEF SUN BROAD SPECTRUM \$27 AVAILABLE AT HIKOCO. 5. **SUN BUM** PROTECTING SCALP AND HAIR MIST SPF30 SPRAY \$29.95 AVAILABLE AT FARMERS. 6. **RAAIE** SUN MILK DROPS TINTED SPF50 \$110 AVAILABLE AT SMITH & CAUGHEY'S. 7. **BONDI SANDS** FRAGRANCE FREE SPF50+ FACE FLUID \$20 AVAILABLE AT CHEMIST WAREHOUSE. 8. **DERMALOGICA** PORESCREEN SPF40 \$110 AVAILABLE AT FARMERS.

NEW MARKET



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From the creators of some of the best hair tools on the market comes a fresh take on the cult classic. The shimmering, limited edition ghd dreamland collection features their iconic tools, in an azure jade tone, and pink metal accents. The special pieces are housed in dusky pink velvet cases, bringing a nod to old Hollywood glamour to your perfect bouncy blow out, classic wave or sleek and shiny locks.

GHD DREAMLAND LIMITED EDITION COLLECTION AVAILABLE AT SHAMPOO 'N' THINGS

# Beauty News

The latest beauty products that you need to know about.



**STARRY EYED**

The new fragrance for men and women luxury fashion house Maison Margiela is an ode to nights spent under the stars in the wilds of nature. Conjuring memories of nights spent admiring the constellations, the fragrance evokes the warmth of summer with its warm woody notes, finished with a punchy black pepper and spicy cinnamon.

MAISON MARGIELA UNDER THE STARS 100ML \$223 AVAILABLE AT MECCA

**THE POWER OF THE NIGHT**

Nighttime is key for allowing our skin to repair and recover from the damage incurred during the day. Supremya has launched a new night anti-ageing skincare to maximize the regeneration and allow for maximum rejuvenation while the body rests. The unique combination of powerful ingredients provides skin with the tools it needs to oxygenate the skin, improve elasticity, and rehydrate so you can wake smoother, firmer, and more radiant.

SUPREMYA AT NIGHT THE SUPREME ANTI-AGING SKIN CARE 50ML \$1150 AVAILABLE AT DAVID JONES



**MAKING WAVES**

A revolutionary skin treatment on offer at Skin Ritual is making waves in the skincare industry. The BioRePeel is a high potency chemical peel – with zero downtime! The formula contains TCA – a peeling agent that works hard on texture, pigmentation, lines and even acne. It also contains a unique lipophilic component that immediately restores the skins barrier during treatment, meaning you skip the sensitivity, redness, and any discomfort, while reaping all the rewards.

SKIN RITUAL, 3C SHORT STREET



**BANISH BLEMISHES**

The latest release from Emma Lewisham is a world-first, patented serum for acne-prone skin. The Supernatural Blemish Serum contains live skin probiotic as well as an activating serum, that when mixed, works to clarify the skin, targeting blocked pores, blackheads, and blemishes. Using one pump from each side of the special dual chamber packaging and mix, once applied, the live cells get to work inhibiting the growth of bacteria that cause irritation, and yes, its refillable too!

EMMA LEWISHAM SUPERNATURAL BLEMISH SERUM \$145 AVAILABLE AT MECCA

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# Mimi Gilmour Buckley

Entrepreneur Mimi Gilmour Buckley has launched her new brand IAMMI, opening its doors on Osborne Lane, neighboring her thriving restaurant Burger Burger.



**NEWMARKET.** Can you tell us the inspo behind the IAMMI brand?

**MIMI.** IAMMI is a skincare and free-to-use well-being and mental health solution all in one. We strive to offer the best of both worlds. Our formulas are rooted in nature and validated by science. We combine NZ active botanicals and cosmeceutical science to help you achieve healthy, glowing skin. Our affordable & effective luxurious products are designed to fit seamlessly into your routines each day. The brand has been inspired by many things but one of the biggest catalysts has been the journey I've been on with my daughter, Olympia, who was born with a severe brain injury six years ago, and the daily practice that helped me cope.

**N.** When creating the range, was there a key product you started with?

**M.** Two of our earliest products were the Olympia Glow Nourishing Serum and our Reflection Cleansing Balm. Olympia has the most beautiful glow and I've always wanted to create a product

to honour that. Our incredible skincare gurus worked with us to make a bi-phase formula, with the benefits of over 20 natural oils and extracts.

Our Reflection Balm not only provides a luxurious experience (most brands would charge much more for its incredible formula!) but it also taps into the concept of sensory learning – the belief that by creating a sensory experience, we are better able to digest the daily practice. It's a wonder for removing makeup, sunscreen, and any other pollutants from your day while deeply hydrating and soothing inflammation. You can also use this product as an overnight mask.

**N.** You have recently opened a physical space for IAMMI in Newmarket, how important was it to have a physical space for IAMMI in such a digital age?

**M.** I grew up next-door to Newmarket and it will always be one of my favourite neighbourhoods in the world. When we opened Burger Burger there, I got to learn its value not only as a customer wandering around the shops but as a business owner. It was an easy decision to choose Newmarket as our first home for IAMMI, and gives us an important opportunity to meet and physically connect with our community.

**N.** Can you tell us about the IAMMI app and how it supports your customers and aligns with the products?

**M.** The IAMMI app is a free tool that flips your skincare routine into a daily wellbeing practice.

There are three main parts:

**My Story:** Drawing inspiration from Cognitive Behavioral Therapy, this feature helps you navigate your emotions, set positive intentions, and pinpoint areas in your life where you'd like more control.

**My Daily Practice:** This starts with the IAMMI Intention (a series of repeated affirmations) followed by a Life Bite, succinct

snippets of advice and life lessons from inspiring people. Each lasts around 2 to 4 minutes – the perfect length for your skincare routine.

**My Skin:** My Skin lets you snap, log and compare your skin health and it also offers expert-crafted tips and insights tailored to your specific skin conditions and needs.

**N.** Has social media changed the way you work?

**M.** It has changed the way the world works! I love it, but I also know what I don't know. For example, I might not be a TikTokker myself, that's for the younger members of our team. I think one of the most important things to understand is that it's an ever-changing landscape. As a brand, it's important to always learn and listen to see where all of our customers are and how they're engaging with social media. I still deeply believe in personal connections so that is why we are very proud to also work with a selection of passionate retailers.

**N.** As the beauty industry becomes increasingly conscious of the environment and the ethical considerations of manufacturing, how does sustainability fit with the IAMMI ethos?

**M.** Sustainability starts with our product philosophy – F.E.V. or Feeling, Effectiveness, Value – which is centred around the belief that the world is already so filled with things, that we only want to add to them if we're doing so in a positive way. Each product we make needs to make you feel good, work, and add value to your life.

**N.** Beauty and Hospitality are both very fast-paced industries, how do you juggle the two businesses and prioritise your time?

**M.** I've always said that one of my talents is surrounding myself with clever people. With Burger Burger, we have an epic team who bring it to life with the best vibes every day. This same team is supporting IAMMI.

**N.** Do you have any advice for those looking to start their own businesses?

**M.** Look for the white space and be clear about what problem you're solving. Think and move fast. Dream as big as you can, as your business will only go to the heights that you imagine for it. Know what you don't know. Forget your ego. Treat people well. Be patient.

**N.** What is your personal favourite product?

**M.** I genuinely love them all but if I really had to pick one, it would have to be Olympia Glow. Not only does it create the most hydrated, dewy, soft and radiant skin but it has a special meaning. During the first two years of Olympia's life, she had a nasal gastric tube stuck to her face that irritated her skin, I spent so much time massaging natural oils into her skin. I still do today and it's part of the reason she has this incredible glow. When we set out to create IAMMI, we knew we needed a product that captured her essence. I also love that \$1 from every Olympia Glow sold goes to the Starship Foundation.

**N.** What does the future look like for IAMMI?

**M.** We want to make a powerful impact, genuinely helping people feel good - on the inside and out. We'll be launching new product categories, new digital platforms, new markets... look out world, we're just getting started!



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# Guarding your vision

*Michael Holmes, Optometrist & Clinical Director of Michael Holmes Premium Eyewear, provides expert advice on protecting your eyes from harmful UV rays.*

New Zealand's summer seasons, though more recently marred by the rain, beckon us to the great outdoors, for fun and relaxation. While most of us reach for sunglasses to escape the brightness, it's worth knowing, UV-blocking sunglasses serve a more important purpose than just reducing glare. They act as a sunscreen for your eyes and eyelids, constituting a critical element in our sun protection arsenal, alongside sunscreen and a broad-brimmed hat.

The sun emits not only visible light but also invisible Ultraviolet (UV) radiation in the form of UVA and UVB waves. These rays pose a threat as they can penetrate our skin and eyes. Education plays a pivotal role in ensuring we remember to don our sunglasses on a daily basis. Neglecting to protect our eyes can lead to various eye-related conditions, some of which can be serious or, at the very least, uncomfortable. Common conditions in New Zealand include pinguecula and pterygium growths, manifesting as unsightly yellow-red discolourations and dry eyes. If a pterygium grows, it can impede vision and necessitate surgical removal. Prolonged sun exposure increases the risk of melanoma and other cancers on the front of the eye. Research has also indicated harmful UV light can elevate the risk of early cataract development or age-related macular degeneration, both of which can impact vision. It's not just our eyes that require shielding; the skin around the eyelids is exceptionally thin and delicate, making it susceptible to premature ageing and skin cancer due to excessive UV ray exposure.

UV radiation is most intense during the middle of the day, but safeguarding our eyes throughout the day is important too, especially in the morning or evening when the sun hangs lower in the sky. Don't forget to wear sunglasses when walking the dog in the morning or taking an evening stroll. Crucially, when near water, at the beach, fishing or boating, UV light is particularly intense. Oversized or wrap-around sunglasses, coupled with a hat, are strongly recommended.

## THE OPTIMAL SUN PROTECTION FOR YOUR EYES

Opt for UV400 Sunglass Lenses: UV400 sunglass lenses offer protection from over 99% of UVA and UVB rays emitted by the sun. Not all sunglasses provide UV protection, and dark lenses may offer no protection at all. Look for markings indicating compliance with New Zealand/Australian or European standards. The CE mark is a common indicator, denoting that the sunglasses meet EU health and safety requirements and offer effective UV protection.

- **Don Wide-Brimmed Hats:** Wearing wide-brimmed hats provides an additional layer of protection, helping to ensure UV rays don't have direct access to your eyes.
- **Time Your Outdoor Activities Wisely:** Limit your time outdoors when UV radiation is at its peak, typically between 10 am and 3 pm, to minimise UV exposure.
- **Start Early:** Sun damage to our eyes and skin accumulates over time, it's advisable to start early and encourage children to wear sunglasses, wide-brimmed hats, and reduce outdoor exposure during peak UV hours.
- **Polarised Lenses:** While polarised lenses excel at reducing glare, it's important to note they don't necessarily provide sufficient UV blockage. Always check with your retailer or look for the UV 400 mark on lenses.

## DO EXPENSIVE SUNGLASSES OFFER BETTER PROTECTION?

Most sunglasses available in New Zealand offer some level of UV protection, and UV 400 lenses are readily available in affordable sunglass options. Higher-priced sunglasses often reflect superior frame quality, materials, and the durability of lens coatings.

Remember, sunglasses serve as more than a fashion statement; they are a critical component of our year-round defence against harmful UV rays.

If you have any concerns around finding the right eye protection, visit the Michael Holmes Premium Eyewear team in store and they will help find the perfect solution for your needs.

FOR MORE VISIT [PREMIUMEYEWEAR.CO.NZ](http://PREMIUMEYEWEAR.CO.NZ)

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# A DAY IN THE LIFE OF

# Abby Simons

We catch up with Abby Simons, Assistant Manager from Sweat Yoga, to see how she spends a day in her life as a busy HIIT Pilates and Yoga instructor.

## 5.00AM - 6.00AM

My day technically starts the night before by preparing my clothes and gym bag to make my 5AM alarm as kind as possible. I'm an early bird by nature and love teaching morning classes. Win the morning, win the day, right!? I get into my Lululemon fit, down a big glass of water and make a cup of herbal tea (Studio Red Wellness Peppermint is a favourite). I like to start with some morning gratitude to set the tone of my day before heading to Sweat Yoga in Newmarket by 6AM with my little dog Cuscy.

## 6.00AM - 8.00AM

I set up the studio, put some music on that suits the vibe and welcome our wonderful community through the doors. Class starts at 6.30AM and I teach a one hour, high energy, hot HIIT Pilates class. These classes are energetic, uplifting and leave you dripping in sweat! The best way to wake up and set up your day in my opinion! I pour my passion for music and mindful movement into these classes. My students joke and call the 6.30AM classes a "Morning Rave". Class finishes at 7.30AM and by now I'm well and truly awake and ready for an oat flattie with some of the pilates girlies at Mutual Friends Espresso a few doors down the street. Connecting after class is a special ritual we have and it is one of the highlights of my day. Super grateful for the strong female friendships I have found through working at Sweat.

## 8.00 - 9.00AM

It's time for a smoothie and to prepare for the week. I usually walk down the road with my Dad, Bruce (Owner of Sweat Yoga and Bikram Yoga legend) to get a pink smoothie from Carlton Gore Road Cafe. It's a delicious mix of bananas, berries and peanut butter which sets me up! We generally have a casual meeting and



“Nothing beats the energy created by a room full of bodies working on their wellness. United by fitness, united by sweat.”

debrief on everything happening at the studio to make plans for the week. There's never a dull moment running a yoga studio! My Dad is an inspiration to me and I'm grateful to have the opportunity to work closely with him.

## 10.00AM - 11.00AM

I like to take Cuscy for a walk up Maungawhau (Mount Eden). She's 12 years old, so I generally have to carry her some of the way but she loves it nonetheless. There's something deeply energising about climbing Maungawhau. You can feel the sacredness of the land, scattered with the terraced evidence of historic Pā sites. The elevation and perspective when you reach the summit has a clearing effect on the body and mind. Whilst completing my first Yoga Teacher Training in India, I learnt meditation was often practiced from a place of elevation. Yogis would journey into the mountains, commonly the Himalayas, to meditate for months at a time to seek enlightenment. I resonate with this custom and honour it by seeking elevation and nature in my weekly routine where I can.



**12.00PM - 1.00PM**

Time to workout myself! I love a lunchtime HIIT Pilates sweat session with either Emily or Jane. It's a 45min burner and it sets me up for the rest of the day. I make sure to hydrate before and after I workout as you lose a lot of water through sweating in these classes. It's a full body and mind cleanse. Straight after class I take a cold shower to fully maximise the effects from the hot room. There's plenty of research to back up the health benefits of contrast therapy. The two key benefits are how it can positively improve your mental state and aid muscle recovery by reducing inflammation in the body. I certainly feel its effects after this spicy combo. I'll usually head home for a meal prep lunch. My favourite is a roast veggie, couscous salad with kale and a sriracha yoghurt dressing.

**2.00PM - 3.00PM**

The afternoon I dedicate myself to planning classes for the week. This consists of creating Pilates sequences that lengthen and strengthen the muscles whilst challenging my students in all the right ways. I then curate playlists to match each routine, a combination of lots of house music with a sprinkle of dubstep, EDM and anything that moves me from the soul. This means my classes and playlists are ever changing and flow with my energy throughout the week, month or season.

**3.00 - 4.00PM**

I take time to manage my personal/studio admin, emails, social media, set up meetings, private classes/events and collaborations. It's incredible how many talented people and businesses you connect with through the fitness world. At Sweat we love to support and collaborate with those who are involved in our community and are based locally here in Tāmaki Makaurau.

**5.00PM - 6.00PM**

Time to head to my afternoon class/classes at either Sweat Yoga or Sala depending on the day. The great thing about being a contractor in this industry is connecting and sharing movement in different studio communities around Auckland. Boutique group fitness is what gives me drive and awakens my inner fire. The energy of the people you meet and move with is so inspiring. Nothing beats the energy created by a room full of bodies working on their wellness. United by fitness, united by sweat.

**7.00PM - 8.00PM**

When I work late my fiancé Cam usually cooks dinner. By the time I get home I'm usually pretty tired and hungry, so I feel very lucky to have a cooked dinner waiting. We both love food, learning new recipes and are big fans of Anthony Bourdain. Cam is a master at whipping up something healthy, fresh and full of veggies. If we are lucky, we both have enough for lunch the next day too. Yum!



**9.00PM**

I prepare my clothes and gym bag for the morning, enjoy a cup of herbal tea and head to bed. Sleep is a sacred time in our house and the goal for me is 8 hours of sleep before my 5AM alarm. Eat, Sleep, Sweat, Repeat!

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# THE GREAT OUTDOORS

Aotearoa is home to the best beaches and lakes, forests, camp sites and outdoor spaces. With a long hot summer ahead, make sure you have everything you need to make the most of our great outdoors.





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11. **KATHMANDU** CABANA MOON CHAIR DELUXE \$199.98. 12. **AQUAFI** ALUMINIUM 2PC KAYAK PADDLE \$59.99 AVAILABLE AT REBEL SPORT. 13. **AQUA MARINA** CALIBER ANGLING KAYAK \$1299 AVAILABLE AT AQUA FUN. 14. **TORPEDO7** MEN'S LONG SLEEVE STEAMER WETSUIT \$199.99. 15. **MACPAC** MINARET 2 PERSON TENT \$899.99. 16. **HEAD** SPEED MP LITE TENNIS RAQUET \$449.99 AVAILABLE AT REBEL SPORT. 17. **MILAZO** BIKE-IN-A-BOX \$369 AVAILABLE AT THE WAREHOUSE. 18. **KATHMANDU** INSULATED AIR MAT WITH PILLOW \$199.98. 19. **FREEJUMP** 10FT ROUND TRAMPOLINE \$2299.99 AVAILABLE AT TORPEDO7. 20. **ROGER HIND** LONGBOARD \$2199 AVAILABLE AT SUP CENTRE.

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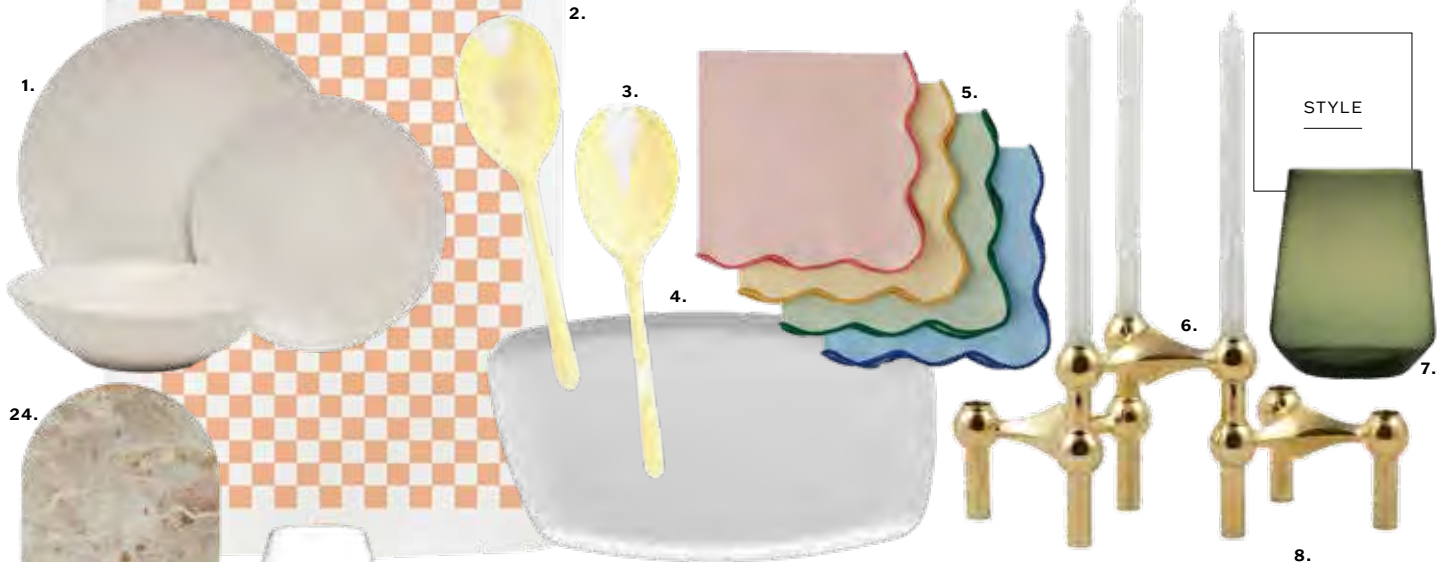
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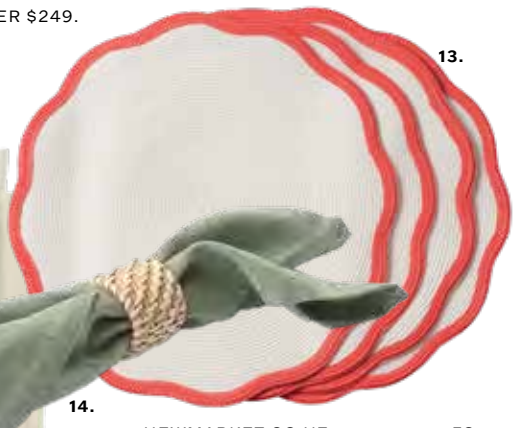
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# A SEAT AT OUR TABLE

Whether you're hosting a Christmas party or having friends around for dinner let your table be the best dressed in the room.

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**SAVE THE OCEAN, DRINK WINE!**

Hailing from South Australia, The Hidden Sea wine has arrived in Aotearoa with the aim of removing plastic from the ocean. For every bottle sold, the company will remove and recycle 10 plastic bottles from the ocean.

Founded by two Aussies with a deep passion for the ocean, the company has already removed 23 million bottles from the ocean with the goal of removing 1 billion bottles by 2030.

The Hidden Sea range includes four varietals including a fresh and vibrant Sauvignon Blanc, a crisp Pinot Grigio, a light Rosé and well-rounded Shiraz.

*The Hidden Sea, Available at Glengarry.*

**IN THE GARDEN**

Crafted at the Hendrick's Gin Palace on the rugged coast of Southwest Scotland, the new limited-edition Flora Adora gin is inspired by a secret floral bouquet, particularly attractive to butterflies and bees to create a fresh, lusciously floral gin. Serve with tonic and a slice of cucumber, mint and fresh raspberries and enjoy it in the garden.

*Hendrick's Flora Adora \$89.99 Available at Liquorland*



# The Gastronomer

Delight your tastebuds with the latest in food and drink.

**SILLY SEASON**

Ready to add some sparkle to your year-end festivities? Look no further than Something and Social! They are ready to make your business events, get-togethers, and Christmas celebrations extra special. Plus, their *'Bottomless and Brunch'* is perfect for large groups too, available for only \$55 per person. Celebrate the season with fantastic food and endless fun at Something and Social.

*Something & Social, Rooftop Westfield Newmarket, somethingandsocial.co.nz*

**GET HAZY**

Quite possibly the most refreshing summer tippie is the new Zeffer Hazy Alcoholic Lemonade range.

Combining tangy Hawke's Bay-grown lemons with a splash of premium spirit and ripe fruit, these clever cans work well on their own, or as a perfect base for a sundowner cocktail. Available in three flavours, classic Lemonade, Lemonade with Pineapple and Lemonade with Boysenberry, these will easily become a summer favourite!

*Zeffer Hazy Alcoholic Lemonade 6 pack \$25 Available at Liquorland*

**BURGER BALANCE**

The famous burger slingers at Burger Burger are also dishing up all things light, bright and fresh this summer. Stop by and grab one of their fresh, seasonal salads like the Pearl of the Sea, packed full of pan-fried Israeli couscous, salted cucumber, avocado, cherry tomato, seeds, halloumi, rocket, cranberries and herbs with a vegan pesto dressing - yum! All for only \$15

*Burger Burger, Osborne Lane*

A photograph of four women sitting around a table in a rooftop restaurant. They are eating and talking. The restaurant has a modern, industrial feel with exposed beams and large white paper lanterns hanging from the ceiling. The table is set with various dishes, including what looks like dumplings and stir-fry. The women are dressed in contemporary, casual attire. The overall atmosphere is warm and inviting.

# DISCOVER ROOFTOP DINING

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NEWMARKET

# Hit me with your BEST SHOT

Whether you're a self-proclaimed coffee connoisseur or craving that much-needed morning caffeine hit, Newmarket is home to Auckland's best cafes.



CAFE L'AFFARE



BLACKDROP EATERY

## DAILY BREAD

MORROW STREET

Daily Bread is a crowd favourite, gathering pastry and coffee lovers from all over the area. Priding themselves on using only the finest quality ingredients, you'll be tasting perfection with every mouthful. Their cabinet is always brimming with hazelnut croissants, cardamom buns and danishes filled with fresh blueberries and creamy vanilla custard, but be warned, you'll need to head in early before your favourites fly out the door. To make things even better, their expertly brewed coffee makes for the perfect pairing to their bakery selection.

## NEWBIE

BROADWAY

We can tell you one thing for sure; you can never leave Newmarket without stopping at Newbie for a coffee and a quick bite. Located on the ground floor of the Mercury building, Newbie's vibrant interior is a technicolour dream come true. Their space features a signature wall print contrasted by their iconic dried floral arrangement hung above the front counter. Newbie's menu is made up of classic brunch staples with an added twist for those mornings when you don't really feel like Eggs Benedict. Alongside their menu, Newbie's cabinet offers an array of sweet and savoury treats so leaving without a takeaway bag isn't an option. From cakes and slices to tarts and meringues, be sure to grab something on your way out.



## LITTLE & FRIDAY

MCCOLL STREET

Tucked away from the more bustling streets of Newmarket, you'll find the sweetest surprise on McColl Street. From decadent doughnuts, cakes, sandwiches, salads, pastries and more, Little & Friday is the spot to visit for a bite to eat. Known for their ever-tempting sweet treats, leaving the store with one thing is almost impossible. This cafe is a sanctuary for those with a sweet tooth with each option screaming for your attention. If you're a brioche lover then you'll be happy to hear they have changing flavours so you'll be able to test various combinations making you a brioche connoisseur in no time. If that hasn't sold you already, their bright and open space makes for the perfect place to catch up with friends for a coffee whilst enjoying the sunlight streaming through the windows.

## THE CANDY SHOP

OSBORNE STREET

The 'it' destination for all things Instagram-worthy. The Candy Shop is located in the heart of Osborne Lane where the food and coffee look just as good as it tastes. Going beyond their 'Instagrammable' content is a menu made up of kiwi classics with a Korean twist. The Candy Shop is built around the idea of treating yourself and you'll definitely walk away feeling well-treated after your visit. From smaller bites to bigger plates and a variety of coffee options, they cater to every palate any time of day, ensuring you'll find something that hits the spot, no matter your mood.



## L'AMERICANO ESPRESSO BAR

**WESTFIELD 309**

If you missed out on a Euro Summer, no need to worry, because the moment you step into L'Americano Espresso Bar, you'll be instantly transported to the Italian Riviera. Found on the ground floor of Westfield, conjoined with the Coco Republic showroom is a classy, yet laid-back cafe where the food and coffee are inspired directly by Italy. If you're a sucker for bacon and eggs then you'll need to test out their Italian Breakfast sandwich. Whether you're in for a quick coffee or trying out their artisanal menu, we recommend finishing your trip off with a tiramisu.

## ALTEZANO

**KENT STREET**

On the corner of Kent Street, you'll find Altezano, a Newmarket favourite and rightly so. With the mission to create the most delightful cup of coffee imaginable, Altezano sources and roasts the finest-grade Italian beans - and you can tell. Their delicious coffee is the perfect hit of caffeine you need when Monday mornings hit just a little too hard. Better yet, if alternative milk is your thing, but still haven't found a place that does it quite right, then make Altezano your next stop, you won't even taste the difference. They're also more than just coffee, the food on both the menu and in the cabinet is unbeatable. Tomato pesto pides and orange almond loaves will get your tastebuds going and if you're anything like us, their savoury scones will hit the spot when the clock hits 10a.m.

## CAFE L'AFARRE

**MELROSE STREET**

Born out of a love for espresso, Cafe L'afarre just knows how to do coffee the right way. Whether you're searching for a coffee after a workout or looking for a place to settle for a few hours to get some work done, Cafe L'afarre can offer you both. Their secret is simple, they serve exceptional coffee, where every cup is brewed to perfection to keep coffee lovers coming back for more. At Cafe L'afarre they don't just create good coffee they create an experience. If you're popping in, watch their coffee roasting process on full display. Sourcing only the finest Fair-Trade beans and roasting them in-house, you can sip away on your coffee while watching them do what they do best. With plenty of seating inside and outdoors, there will always be room for you.

## LEAFE CAFE

**WESTFIELD 277**

Leafe Cafe, nestled in the corner of Westfield, is a real hidden gem. Their greenhouse glass interiors shelters you from the craziness of the outside, providing just enough time to sip away on a perfectly brewed coffee. Their menu is diverse in flavours and ingredients using fresh and seasonal produce. For those who love cold brew, their in-house brewed version is a must-try and a favourite among many alongside a great matcha latte. This cafe is cozy, inviting and (in our opinion) has the most delicious chocolate brownie so make sure to grab one before you leave.

## TEED STREET LARDER

**TEED STREET**

With 14 years in the game, Teed Street Larder has mastered the art of ensuring their customers keep returning for years on end. After you've shopped your heart out on Teed Street, heading there to recharge and fuel up is a great option before continuing on to the hustle and bustle of Broadway. Their menu is stacked with options to suit even the pickiest of eaters, and for those hotter days, they offer a variety of freshly squeezed juices when you need something to quench your thirst. If you don't have time to test out their menu, their cabinet selection is just as delicious. Their ham and cheese toasty is the epitome of a classic done right so if you're stuck for choice, we recommend tasting this delicious gem. For those with a bit more time up their sleeve, their outdoor seating area offers the perfect opportunity for some sun-soaked dining. With good coffee, friendly staff and a menu filled with family favourites, this place is a guaranteed win.

## LUNA BAKEHOUSE

**BROADWAY**

With a specialty in crafting croissants, a visit to Luna Bakehouse is not to miss. Luna has mastered a buttery, flaky croissant filled with a surprise, whether that be a seasonal fruit compote, a chocolatey delight or topped with a swirl of soft serve on a hot summer day, these croissants are not to be missed. Although they are known for their pastries, Luna Bakehouse also offers a selection of drinks including their very popular matcha latte which is a menu favourite. So, whether you are looking to satisfy your croissant cravings or after a drink that tastes like a creamy delight, Luna Bakehouse will be your new go-to spot.



## BAMBINA

**TEED STREET**

Easily mistaken for works of art, Bambina offers an array of colourful meals and drinks ready to brighten any mood. Their menu isn't your typical selection which is why crowds flood this cafe every day in pursuit of trying something new. Featuring dishes such as Japanese-style prawn spaghetti and blueberry ricotta hotcakes it's no wonder they are a hotspot. Our top pick is their French toast which is inspired by a banoffee pie - need we say more? This sweet adaptation of French toast is served with dulce de leche, grilled banana and cookie crumbs, topped with candy floss, a real sugar lover's dream. Thankfully, their menu is extensive, offering many options to those with dietary requirements so if you're seeking a vegan-friendly or keto option, don't pass up Bambina.

## BLACKDROP EATERY

**BROADWAY**

Small but mighty is the best way to describe Blackdrop Eatery. Newmarket's best-kept secret can be found on Broadway tucked beside Persian Rugs. Their location might be elusive at first, but once you've stumbled upon this hidden gem, you'll never forget them. Blackdrop Eatery is a haven for cookie lovers, specialising in cookies we can only refer to as the stuff of dreams. Offering classic flavours such as Nutella and Biscoff, as well as an array of specialty flavours all filled with oozy goodness. Pop these bad boys in the microwave for 20 seconds and you'll have the most gooey, chewy cookie you've ever had. And if you're after something more adventurous than your classic flat white, opt for the Vietnamese coconut iced coffee - you heard it here first.

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# SWEET + SPICY



Makes two cocktails

There is nothing better than a cold drink on a hot day, this frozen pineapple margarita is the perfect blend of sweet and spicy, while the tajin rim adds a deliciously subtle spice. If you are going alcohol free, try swapping the cointreau for orange juice, and the tequila blanco for an alcohol free tequila.

## Frozen Pineapple Jalapeño Margarita

- 25ml** fresh lime juice
- 15ml** agave syrup
- 15ml** Cointreau
- 60ml** Tequila Blanco
- 2** slices of fresh jalapeño
- 1** heaping cup frozen pineapple
- 1** cup ice
- Tajin for rim (a mild chilli & lime seasoning)
- Fresh pineapple wedge for garnish

**1.** Place the tajin on a flat plate, Rub a fresh lime around the rim of your

chosen glass, before dipping into the tajin to rim your glass. Add lime juice, agave syrup, Cointreau, Tequila Blanco, fresh jalapeño, frozen pineapple and ice into a blender, blend until smooth. Pour into your glass and garnish with a wedge of fresh pineapple.

**2.** To make a virgin alternative, swap the Cointreau for fresh orange juice, and the Tequila Blanco for an alcohol free spirit like Seedlip Grove 42 or Lyre's Agave Blanco.

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**Newmarket**



# Hospitality design heroes

*The team at Millé are highly experienced, hospitality interior design experts who work with the best of the industry to design and open their restaurants, bars and cafes. Gerrick Numan, Design Director at Millé reflects on the changing landscape and his favourite places to dine.*

Newmarket has it all. It has a world class mall and cool back streets. The international brands and the independents. You can get ramen from a restaurant with 175 international locations (Ippudo), or tonkatsu from an owner operator who hands over your meal (Katsu Katsu). You can get specialty coffee made perfectly in an independent cafe (Candy Shop), or a delicious frappuccino whipped up by an international powerhouse (Starbucks).

This diversity was a big part of why I set up our studio in Newmarket. At Millé, our team of hospitality obsessed designers execute the branding and interiors for 100's of restaurants, cafes, bars and takeaways New Zealand wide, from independent restaurants to international fast food, and Newmarket is the perfect place to do that. Every week there's something new to try. We can't go past the spicy and sour dumplings from Tian Fu on Khyber Pass, or the banh mi from Mrs 3 on Remuera Road. A quick delicious halloumi sandwich from Altezano, or a TAB bagel from Best Ugly. You can get consistent sushi from St Pierre's in the mall, or artisanal sushi from &Sushi on Teed Street. A smoothie from Tank or some sneaky chicken from KFC. Honestly it's the perfect suburb to be if you're a fan of food. And you just keep discovering things. There's the pizza at Archie's or the wraps at Zeta Greek kitchen. The Korean chicken at My Fried Chicken or the Korean BBQ at Tombu Cafe. It just keeps going on and on. All you have to do is

walk the streets and you'll find something delicious.

Newmarket's been through a transition. Westfield changed things. It cleared out a lot of the Broadway tenancies. There were 'for lease' signs everywhere. The mall was a huge success. But it left a gap in the strip mall for a few years. However, things seem to be changing. We're noticing it. Broadway is filling up, new retail and food venues are opening (we're designing a few of them). I hear whispers from landlords about new dining precincts and elevated experience food courts. And that's the beauty of Newmarket. It has it all. It has the Westfield (my team, my family and I use it all the time). But it also has the independents. Sometimes you need a nationwide retailer for your everyday products, and other times you need the independent stores for their one off items. I won't go too much into retail, because my world is food and beverage, but whether it's electronic goods (Oobe or Noel Leeming) or men's clothing (AS Colour or I Love Ugly), the choices and range available are endless.

I think Newmarket is where it's at. And we're proud to design many of New Zealand's best restaurants, cafes and bars from here. But that has to wait. Because right now I have to go get some of those spicy and sour dumplings from Tian Fu.

---

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# Just the essentials

Clever selections when travelling will ensure the journey is as enjoyable as the destination.

1. **VOYAGER** BERLIN TROLLEY CASE \$219.99 AVAILABLE AT SMITH & CAUGHEY'S. 2. **TOM FORD** OMBRE LEATHER PARFUM SPRAY 10ML \$110 AVAILABLE AT FARMERS. 3. **GO-TO** LIPS! \$17 AVAILABLE AT MECCA. 4. **LULULEMON** TRAVEL LAUNDRY BAG \$49. 5. **KIKKI.K** TRANSIT CROSSBODY \$105. 6. **OJOS** MEG SUNGLASSES \$825 AVAILABLE AT MICHAEL HOLMES PREMIUM EYEWEAR. 7. **SONY** WH-1000XM5 WIRELESS OVER-EAR NOISE CANCELLING HEADPHONES \$594.99 AVAILABLE AT PB TECH. 8. **THE WAREHOUSE** INTREPID TRAVEL SOCKS \$30. 9. **PAUME** TRAVEL HAND SANITISER \$28 AVAILABLE AT ROOM NINE. 10. **LUSH** SHAMPOO BAR \$21. 11. **SWANDRI** KINGSTON OVERNIGHTER \$189.99. 12. **SABEN** ZIPPY PHONE SLING \$189. 13. **AESOP** IMMEDIATE MOISTURE FACIAL HYDROSOL \$35. 14. **SABEN** LONDON LUGGAGE STRAP \$129. 15. **SAN MICHELLE** AIR LUXE SUITCASE \$259. 16. **GORMAN** TRAVEL BAG \$49. 17. **KATHMANDU** PACKING CUBE 3PK \$49.98. 18. **KIKKI.K** PASSPORT HOLDER \$53.99. 19. **FRANK GREEN** 1L BOTTLE \$64.99 AVAILABLE AT STYLERUNNER. 20. **L'OCCITANE** ALMOND DELICIOUS HANDS \$45. 21. **COUNTRY ROAD** RECYCLED NYLON TRAVEL BACKPACK \$179. 22. **35MM CO** THE RELOADER REUSABLE FILM CAMERA \$110 AVAILABLE AT SUPERETTE. 23. **DELIA OWENS** WHERE THE CRAWDADS SING \$27.99 AVAILABLE AT WHITCOULLS. 24. **SEED** MINI JEWELLERY CASE \$34.90.

# Rio rhythm

*Famous for its flamboyant carnival, iconic beaches and beautiful samba music, Mark Knoff-Thomas takes us through his life-long love affair with Rio de Janeiro, Brazil's beautiful beachside metropolis.*

**A** hhhh Rio! Cidade Maravilhosa – Marvellous City. My lifelong love affair with this iconic Brazilian metropolis began back in Standard 2 or 3 (that's Year 4 or 5 in modern speak). Back in those days for geography projects in class, the teacher would get out a huge rocker stamp, and dutifully press the outline of a country onto a piece of paper for you. (The smell of the ink was enough to put you into rehab to be honest). The anticipation would build as you didn't know where the place would be until the imprint was revealed. This was the beginning of an exciting journey into faraway and exotic places – very far from Dunedin, in the 70s. One such project - and one of the few memories I have retained from primary school - was Brazil, and in particular a feature on the beautiful city of Rio de Janeiro. A spark was lit, I was mesmerized. Fast forward a few decades.... on arrival and

after jumping into a taxi, at then Galeão Airport but now renamed Tom Jobim International, we slowly made our way towards the hotel in Ipanema. Rio is hectic, but not in a Bangkok kind of way. It's a city that moves, slowly, it's busy, and traffic can give Bali-esque PTSD. Your eyes will drink in so many iconic geographic sites and buildings – driving passed Maracanã stadium – the largest in Brazil, Sugar Loaf Mountain, glimpses of the coast, and Corcovado (Christ the Redeemer statue). There are also confronting images of young kids walking in motorway lanes selling chips and drinks, weaving in and out of cars. It's a lot. It's a chaotic symphony. As you get closer to the main beach areas you soon realise some of the best views of Rio are had from some of the most impoverished parts. Favelas (shanty towns) crawl their way up the steep hills encircling the city with grandstand views of some of the world's most famous beach fronts. It's an

oddly beautiful juxtaposition. Favelas are home to plenty of every day decent people, but some also harbour dark secrets, drug and gang activity. The Rio Federal Police have their work cut out keeping on top of the issues.

The inhabitants of Rio are known as Cariocas, they embrace life and live it to the fullest. Music and dance is in their DNA. Rio is famous for many things like its annual Carnival (Carnival), Samba, Bossa Nova, and of course its beautiful beaches. Moving from west to east, are Leblon, Ipanema, Copacabana and Leme. They form a continuous line with a peninsula break in the middle between Ipanema and Copacabana. All are open to the public and are well worth spending some time at. All along the city-side of the beaches you will notice "Postos", which are numbered lifeguard stations, often indicating what sort of crowds go where and what activities are available. The Postos also have facilities such





**LEFT;** CHRIST THE REDEEMER  
STATUE CREATED BY FRENCH  
SCULPTOR PAUL LANDOWSKI.

**RIGHT;** IPANEMA BEACH.

**BELOW;** NITEROI CONTEMPORARY  
ART MUSEUM.



## “ It has that Roger-Moore-as-James-Bond-in-a-tux-sipping-a-martini energy. ”

as showers, toilets and changing rooms. Small fees may apply. Postos 1-6 are best for sunrises, playing volleyball, football, or showing off your muscles, and Sugar Loaf Mountain views; Posto 7 is more surfer oriented, or for quieter romantics and sunsets; 8 and 9 are LGBTQI+ specific spaces; 10-12 are very boujee and where the millionaires and celebs hang out.

Commerce all over Brazilian beaches is alive and well. And in Rio at regular intervals along the soft sandy stretches you will find bars and cafes. But parading the beaches are vendors selling a vast array of things. From hammocks to sarongs and bikinis, to fried haloumi, prawns on sticks, sunglasses and drinks. The sellers really are their own art form. Great for people watching, and good for bargains. Just be mindful of any wooden handicrafts as you don't want to be *that* person featuring on Border Patrol on your return to NZ.

If you love trawling through markets for souvenirs, knickknacks or clothing you're in for a treat. Rio is very well served with plenty of markets, plus if you are a bit of an art lover and enjoy supporting up and coming artists, you can find some great original pieces at 'Feira Hippie de Ipanema'. It will undoubtedly get to the point where you will spend significantly more on framing the canvases than you did on the actual art! Copacabana has a night market on Avenida Atlantica every day except Sundays. And remember you're in Brazil, the mothership of Havaianas - don't miss out on picking up a pair. For a more upmarket retail experience head to the boutiques in Ipanema (especially Rua Visconde do Piraja, a vibrant street parallel to the beach that crosses the whole Ipanema neighbourhood

and links Copacabana to Leblon) and Leblon.

If, like me, you're an architecture nerd, and in particular love the designs of Oscar Niemeyer, you are in for a treat. Rio doesn't have the same volume of Niemeyer's work as Brazil's capital Brasilia, but it does have some superb examples. His buildings are dotted around the city, but it's well worth making the small trip over the harbour to Niteroi Contemporary Art Museum – a 6km NZ\$30 taxi ride. The museum wouldn't look out of place on the Jetsons and is part of the Caminho Niemeyer (Niemeyer Way), an 11km route showcasing many of Niemeyer's designs. Quite stunning. Architecturally Rio gives mid-century vibes. Many examples of modernist commercial and apartment blocks with superb use of concrete (I'm a huge fan... look out for my TED Talk on Le Corbusier – just joking).

You can imagine the elite of Europe and the US flocking to the beaches here in the 60's. I'm sure Hollywood A-listers, Jackie O, Euro-royalty and The Rolling Stones etc, would have been regulars. It has that Roger-Moore-as-James-Bond-in-a-tux-sipping-a-martini energy.

Apart from their succulent BBQ meats, Brazil is not really all that well-known for its food, but the country does have some absolute delights. For a hot country – and it can reach fan-bake oven temperatures – they sure love stew. Rio has great food aplenty and boasts the best dishes from all over the country. If you've never tried Feijoada (black bean stew) often served with farofa - fried cassava flour, do it, or Moqueca (fish stew, with origins from Bahia in the northeast of Brazil), pastel (a rectangular-shaped fried snack with a vast array of delicious fillings), coxinha (a chicken



**RIGHT;** MUSEU DO AMANHÃ  
– MUSEUM OF TOMORROW  
LOCATED IN PRAÇA MAUÁ.

**BELOW;** ESCADARIA SELARÓN,  
OR 'LAPA STEPS'



filled croquette), biscoito Globo with mate tea at the beach (a tradition for Cariocas), a refreshing açai, and you must try one of the many Churrascaria restaurants (specialising in steak – apols to vegetarians). In particular – peak tourist - but nonetheless fabulous, was the steak I devoured at Restaurante Garota de Ipanema. This was the place where composer Antonio Carlos 'Tom' Jobim was at when he got inspiration to write the song "The Girl from Ipanema". Most churrascaria (BBQ restaurants) will serve endless amounts of meat to your table, carved out in front of you, until you say stop, or get the meat sweats – whichever comes first. This type of bottomless service is called 'rodizio' – and is keto heaven! (NB: In Brazilian Portuguese the letter 'R' is generally pronounced like 'H').

When visiting many international cities, you need to have your wits about you (actually that probably applies to Auckland these days too), Rio does have a reputation for crime. Be mindful

of bags, phones and even smart watches. When I travel anywhere these days, I keep my phone safely locked away in a bag, and my smart watch in an ActionSleeve positioned on my upper arm under my t-shirt sleeve. It means I can keep up my activity and steps (mild obsession) but not have my watch on display to tempt the more light-fingered.

Depending on how much time you have, I'd recommend doing a tour, there are plenty on offer. They make navigating the city easy, and you can rely on expert local advice. At the end of the tour, don't be surprised if your guide asks for a tip, this is pretty common practice. On top of what I have already mentioned, other things I'd recommend for your bucket list:

▪ **Sugar Loaf Mountain (Morro do Pão de Açúcar)** – take a cable car from Praia (Beach) Vermelha to the top of Sugar Loaf (about 400m high), and costs around NZ\$60. The views are spectacular, plus you can take walks to see

monkeys, lizards etc.

▪ **Christ the Redeemer (Corcovado)** – possibly one of the most iconic structures in the world today. At 30m high and 28m wide, you don't need to be religious to enjoy the wonders of the scale of this statue.

▪ **Escadaria Selarón, or 'Lapa Steps'** – these colourful steps by Chilean artist Jorge Selarón have featured in many music videos (Snoop Dogg, U2 and Michael Jackson) and are a symbol of Rio.

▪ **Museu do Amanhã** – Museum of Tomorrow located in Praça Mauá is an applied science museum combining science and art and is a highly interactive and thought-provoking experience – allow a decent amount of time.

▪ **Sambadrome Marquês de Sapucaí** – only Rio would have a 700m purpose-built facility (another Niemeyer creation) for Carnival with a capacity of 90,000... Cariocas take their Samba and street festivals very seriously. Carnival takes place just before Lent, in the lead up to Easter each year.

▪ **Lagoa Rodrigo de Freitas (Rodrigo de Freitas lagoon)** – it is a great place to watch the sunset over a drink in one of the many bars that face the lagoon in Leblon.

There have been rumours circling for many years that Air NZ was planning direct flights to Brazil, but COVID seems to have put that on the back burner. They do however do a code share with United Airlines via Houston. Or LATAM operate daily flights to Santiago, Chile on their very comfortable 787 Dreamliner, with direct connections through to Rio.

This is merely a snippet of things that you can do and see in Rio. Auckland has a fast-growing population of Brazilians, and links between New Zealand and the South American continent are only getting stronger and stronger. Rio, and Brazil in general, provides a superb option for a holiday destination, for something unique and different. Plus, currently the exchange rate is favourable to the NZ dollar. Rio really is Cidade Maravilhosa!



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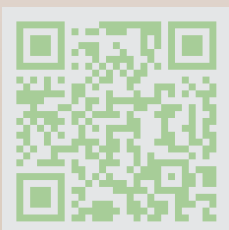
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*With international travel well and truly back on the cards, we sum up the most effective ways to ensure some much-needed shut eye while flying, and ensure you arrive ready to make the most of your overseas adventure.*

If you are planning a trip overseas, you will want to arrive at your destination ready to explore, but let's face it, a plane is not exactly a comfy place to sleep. Sandwiched between strangers, upset children and constant noise means a restful sleep can be hard to come by.

Missing out on sleep can lead to jet lag, and exhaustion but it doesn't need to be this way. Working around your limitations can increase your chances of banking some much needed rest onboard.

Maintaining optimum temperature is key, while cabins on aircrafts are normally kept between 22°C and 24°C degrees, this can fluctuate depending on different zones in the

plane. Dress in light, easily removable layers to avoid overheating, or being cold. Have a blanket handy and an extra pair of warm socks. A study in the *Journal of Physiological Anthropology* found that having warm feet led to 7.6% higher sleep efficiency and 7.5 times fewer awakenings.

The novelty of a built in screen packed with films, games, podcasts and music is a big temptation, but if you are hoping to catch some sleep, take this time to power off your devices. The blue light emitted by screens shifts your circadian rhythms and suppresses melatonin – the hormone responsible for your sleep-wake cycles.

Natural light can also delay your sleep. While it might seem un-natural to sleep with the sun

shining in the windows, a light-blocking eye mask can work wonders so dim the light as much as possible and slip on that eye mask.

Noise is a highly detrimental factor in our ability to sleep, whether its your seat neighbours headphones on full blast, an upset child or a noisy conversation, you might want to try blocking out distractions with some pink noise. Unlike white noise which plays evenly at the same frequency, pink noise intensity decreases as the frequency increases. Think beach waves, steady rainfall, or rustling leaves. Playing this through some noise-cancelling headphones is an optimal way to block out background noise and ensure less waking. If adding an additional sound is too much, the noise cancelling headphones on their own, or ear plugs are a great option too.




Stretch out. We can hear you saying 'impossible' but hear us out. Recline your seat as much as possible and keep personal bags out of the under seat area, allowing you as much room as possible to stretch out, and rest your forearms on the armrests (making sure to share with the person next to you) – this supports your upper body and takes some of the work off your spine. The truth is, our bodies aren't designed to sleep upright, and it can add stress to your spine which is why we feel tight or achy after a long flight. Try adding a small pillow, rolled up blanket or jacket across the lower seatback for additional support of the natural S-curve in your spine, and embrace a neck pillow, they sometimes feel a little awkward but they are highly efficient at supporting the chin and limiting head movement, leading to less discomfort while you snooze.

We are the first to admit to grabbing a wine to kick start that holiday feeling, and while alcohol can initially help lull you to sleep, studies show that alcohol can lead to more awakenings and poor sleep quality, leaving you to wake up feeling dehydrated and groggy. Try to avoid the alcohol and caffeine and instead opt for water. Burning off energy before you jump onboard can also help – Exercise is ultimately the answer to everything, so aim to squeeze in a workout before you head to the airport.

If all else fails, a sleep support such as melatonin or natural sleep aids like lavender, sleep-gummies or drinking chamomile tea can help to aid in your slumber, even in a less than ideal space, to have you arriving at your destination bright eyed and bushy tailed ready to tackle the day.

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Richard Edwards, Director of Auto Media Group, reviews the new Fiat 500E

DRIVE

# The electric hatch WITH SOUL



**I**f you had to put together a list of things a car should have to survive best in Newmarket, what would it include? Zippy performance for the traffic light take-offs along Broadway? A tight turning circle for the twisty ramps in the Westfield carpark? A short length and a great reversing camera so you can easily nab that last parallel parking spot on Teed Street?

And if it didn't burn any of that petrol stuff, leaving more money for shopping, even better!

The Fiat 500e, now available from Newmarket's own Andrew Simms, fits all of those things, though it is short of a big boot for extra shopping bags.

However, this new model is a game-changer. With its 42.0 kWh lithium-ion battery, Fiat promises up to 320km on a full charge, as per WLTP standards. I've personally seen it go between 250 and 280km in varied driving, using about 15kWh for every 100km.

And while some SUVs might offer more range for the buck, the 500e, with its unique character, holds its own in terms of value.

Charging is simple and quick, thanks to its 7kW AC charging (available for free at several locations in the area) and its 85kW DC

charging capacity (free at the Gillies Ave Vector substation, or for a small charge at the nearby BP). You can get it 80% charged in just 35 minutes, making it easy for those short breaks or errand runs.

In terms of size, the 500e is a bit larger than the older gas model, being a tad wider and longer. This gives a bit more room inside but still keeps that classic Fiat 500 look.

The inside feels upgraded, with quality materials and a leap from the older 500. It features a user-friendly infotainment system, offering wireless connectivity, a sizable touchscreen, and a digital display. There's a minor issue with the starter and transmission buttons, but it's a minor flaw in an otherwise impressive interior. Plus, they've added sustainable marine plastic elements inside, showing Fiat's eco-friendly focus.

On the road, the 500e feels like a Fiat but shares some features with other models. It's got an 87kW electric motor, getting you from 0-100km/h in about nine seconds. The steering is precise, and the brakes do their job. It's a bit different from the old gas models, but in a good, grown-up way.

Design-wise, the 500e mixes classic Italian style with eco-friendly touches. It's got a

modern shape with some throwback elements, keeping that original Fiat 500 essence. The color options only add to its standout nature.

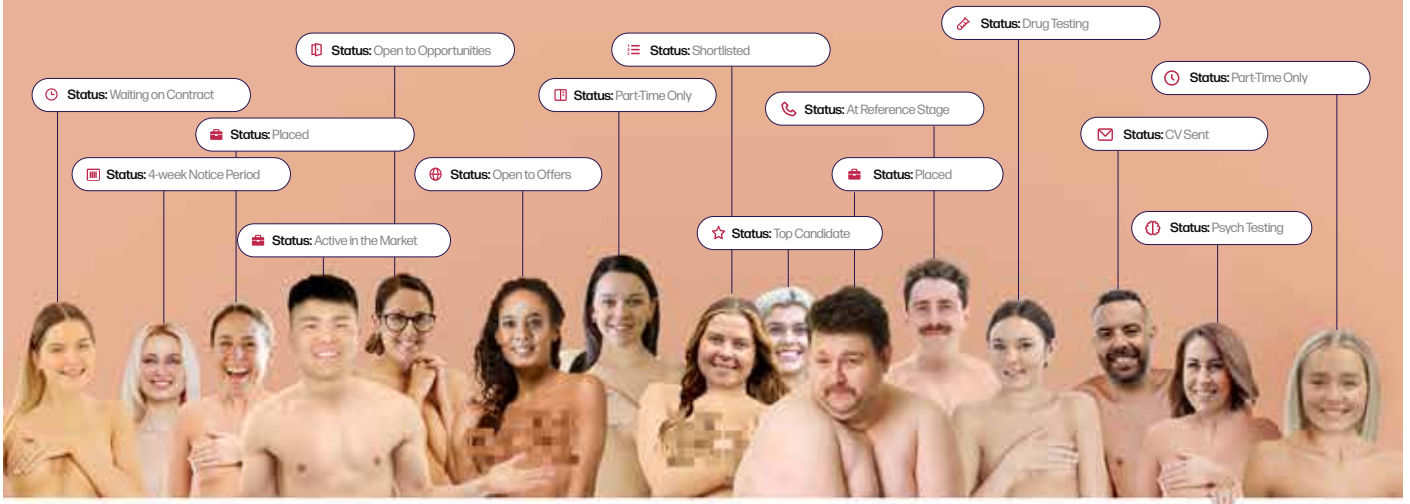
In terms of safety, it's well-equipped with features like attention assist, lane control, emergency braking, autonomous driving, and sign recognition. Some models even add more features like blindspot monitoring and adaptive cruise control.

While the 500e might not offer the same thrill of driving as its main rival, the Mini Cooper SE, it compensates with greater comfort, a superior aesthetic, and a significantly better range, solidifying its position as a top contender in this electric car segment.

There are two 500e models to choose from, the Pop for \$59,990 and the Icon for \$64,990. The best thing is if you buy now, the government will send you back \$7015 of Clean Car Rebate money! (\*subject to change).

Fiat is set to bring more electric options, with the Abarth 500e coming soon and a full electric transition by 2024.

The Fiat 500e stands out in the electric car market. It's got style, a decent range, and a quality feel. It's worth considering if you're in the market for an electric city car.



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# Real estate resilience

*Renewed confidence in the housing market has spurred a burst of activity, words by Scott Kirk, Bayleys General Manager – Remuera and St Heliers offices.*

After a subdued start to the Auckland residential property market this financial year, positivity and activity has continued a steady trend upwards, with the housing cycle into its fourth month of upward growth. In recent weeks we have seen a further significant boost to key metrics, namely buyer activity and transaction numbers. This uplift has been spurred on by media reporting more and more positive stories, the actual data showing price growth confirming to many we are past the bottom of the cycle and confidence that interest rates have peaked. It was only around three months ago that property values in Auckland were declining at around 3%, that trend appears well and truly reversed.

Most good property is being competed for and sold, which in turn encourages those who missed out and those watching from the sidelines to act quickly increasing sales volumes and reducing days on market. One key ingredient that has helped this price recovery and transaction numbers, is the lack of supply of listings on the market. Tony Alexander's recent report suggests we are now in a seller's market with current demand outstripping supply.

Last week (at the time of writing) our auction rooms illustrated this demand, with some of the best bidding activity since 2021, with the majority of properties having multiple bidders driving a clearance rate under the hammer of 71% across Bayleys Auckland and 78% at our Bayleys Remuera session. In addition, other methods of sale have also yielded solid results for many of our sellers. Our well-planned and executed marketing campaigns are creating healthy competition for our sellers' homes. It's certainly a more satisfying market to be operating in.

Early Spring saw an increase in property coming to the market as owners chose to sell pre-election. People decide to sell for different reasons, mainly lifestyle, but some have chosen to take advantage of a lack of supply and the strong demand right now. Some that were waiting for the election to take place (and the hope of a change in government) is another factor giving them the confidence to sell now. We do expect a further jump in listing numbers post-election, which will certainly spur buyers to pursue their property of choice. The lead into Christmas is sure to be frantic in the local property market.

Looking forward, the ANZ bank is forecasting 5% house price growth in 2024, however they comment 'house price forecasts should be acknowledged as highly uncertain'. They see three main factors that provide risk to the accuracy of their forecast. On the upside, a new government stimulates price growth through policy. For example, the reintroduction of interest deductibility and allowing foreign buyers to purchase homes. On the downside, the current surge in migration subsides significantly and quickly, and / or an increase in mortgage rates if the RBNZ are forced to increase the cash rate to further cool inflation.

Despite all the commentary above, economic forecasts and the media's opinion, one thing still rings true in any market. That is, when selling, the most consideration needs to be given to a specific home, the local micro market and the strategy to get the best outcome.

The team at Bayleys wishes you all a prosperous run in to Christmas and a happy & healthy holiday period.

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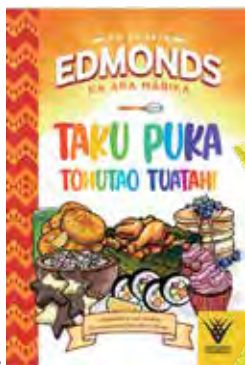
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# GIFT GUIDE

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# GIFT GUIDE

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# Christmas

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# Feeding the digital monster

*Social media was supposed to liberate us, but for many, the digital age had proven to be addictive, and somewhat toxic. Marcjon Nimmo from nim creative ponders removing the beast entirely, and its affect on business and marketing strategies.*

**S**ocial addiction is a real thing. And it affects how businesses market. There's no question social media has changed everything about humans. How we interact, our attention span and we've even adopted new digital behaviours. We have become social addicts, sad but true. We live in a world of 60 second videos and "how to get rich on social" ads.

How can our businesses attract in this space?

I listened to a guy a few months ago, he and his wife decided to delete their social media accounts. Sounds like madness, I know. After some research, they aren't the only ones stepping away from social. People 40+ were deleting Facebook and keeping messenger and as for TikTok, they didn't even bother. I couldn't help but think, what hurdles would be waiting for me if I went on a no social journey.

1. My business needs to be on social. How do I build a following and increase exposure if I stop?

Fact is, I don't personally need to be the person doing it!

2. Will my partner go for this? My gut told me no. She loves a bit of social. I'll park this hurdle for now.

These hurdles are all too common for people looking to unplug from social. It's ingrained into our everyday lives and even if we personally distance ourselves, the factors in our life still keep us connected. We are addicts by proxy.

So, what happened to the guy and his wife, when they deleted social media off their phones?... they died [Jokes]. Severe case of FOMO I hear.

This happened.

- Higher productivity in his business
- More appreciation for the here and now
- A better connection with the people around him, obviously, the main person being his wife.

Stepping away from social seems positive, and more people are either going all in or all out. Addiction or Sobriety. So, how does social addiction affect the marketing of our businesses?

Bringing it back to my partner...

**Me:** "Would you delete your social apps"

**Wife:** "No"

**Me:** "Why?"

**Wife:** "I don't have a computer to access them, my phone is the only way"

**Me:** "Fair, but why do you need it?"

**Wife:** "To check my Facebook and Instagram"

**Me:** "Check what?"

**Wife:** "I don't know?"

If your customers are mindlessly scrolling, not really paying attention, and getting bombarded by their 'friends' perfect life choices', 'entertaining' content and 'sell, sell, sell' advertising, is it possible to market your business effectively? Some businesses are all good, like product-based businesses. Social media is a great place to be. You can see direct ROI from marketing efforts. You can build communities, engage with your customers daily, there's no other tool quite as powerful, especially in the hands of addicts!

However, service-based businesses. Different story. Massive generalisation coming – business owners are not buying services from social media. Great place to convey brand culture, and build exposure which leads to sales, but not straight away.

If people are just feeding their addiction and blindly scrolling past your well-crafted marketing efforts, chances are you will not get the cut through you need. This doesn't mean your stuff is bad. It means it doesn't feed their addiction. I have a wild theory. Traditional marketing will make a comeback. There will be a slight difference to accommodate for the new behaviours we spoke about but I believe businesses will scale better through traditional marketing? Now, I'm not saying remove your business from social. Be present. Just explore more physically engaging methods. Maybe start with a bit of old-school Direct Mail - remember those?

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