

Lace & Lilacs

AUTUMN 2015 | ISSUE no. 1



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♥ WELCOME ♥

to the Lace & Lilacs Magazine

A NOTE FROM ABBY

Why, hello there, and welcome to the debut issue of The Lace & Lilacs Magazine.

I'm Abby, the 17 year old founder of laceandlilac.com, co-host of The Lace & Lilacs Podcast, and, as of now, the designer & editor behind this quarterly lifestyle journal.

Within these lovely pages you'll find various articles, images, tips, & recommendations, all of which are intended to brighten your day, or perhaps even inspire you in some way.

I am so looking forward to sharing my work, as well as that of my extraordinary contributors with you.

xx Abby Ingwersen



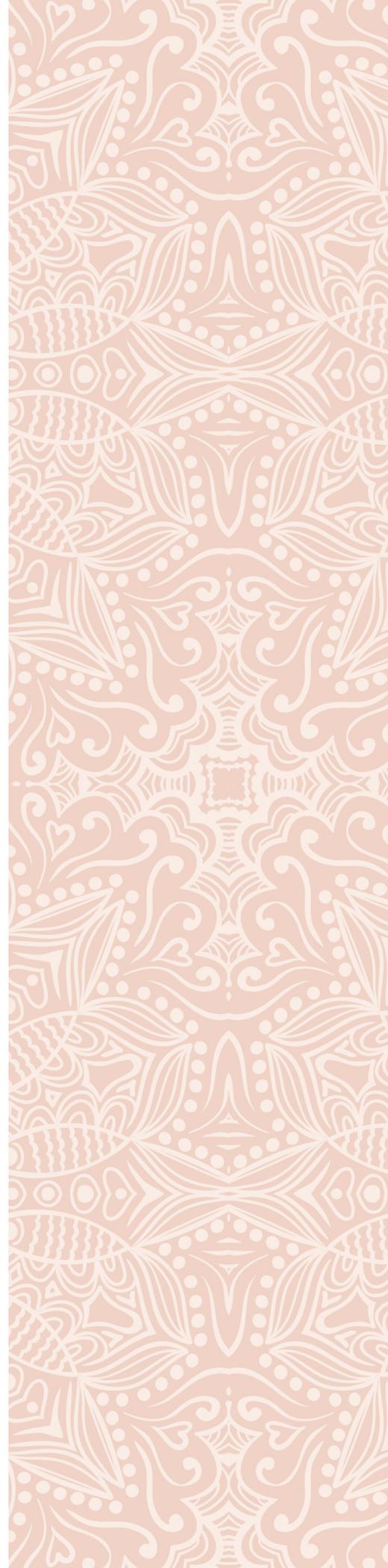
THE AUTUMN ISSUE

The Autumn Issue of The Lace & Lilacs Magazine has no set theme. It is, rather, an artistic compilation of original photographs, entertaining articles, style tips, beauty regimens, & more.

Abby will be moving to Paris, France 'round mid-August, and has therefore composed a couple of brief essays on her decision to pursue a degree there, including one focused on the preparation aspect of her journey.

There are a number of delightful gems concealed within the pages of this issue, as well, from a paragraph on passion by Audrey Lin to an interview with the immensely talented 16 year old Instagrammer, Hailey Rose. There may even be a delicious brioche recipe in here somewhere...

To everyone reading: thank you, from the bottom of our hearts. Stay tuned for the next issue; it will be available this coming winter.





Hailey Rose



Bec



Lucy Claire



Audrey





SUBMIT

Interested in being featured in a future issue of The Lace & Lilacs Magazine? We are always on the lookout for new, relevant talent to include within our pages. Read on for more information! (Not all submissions will be published.)

1) Submit Photographs/Artwork:

The L&L Magazine accepts photography & artwork submissions of all mediums and genres. E-mail JPEG files of your work or a web portfolio to abbyj199713@yahoo.com if you'd like Abby to review it.

2) Submit An Article or Essay:

The L&L Magazine accepts articles and essays on the following subjects: lifestyle, travel, photography, blogging, writing, fashion, college, inspiration, beauty, home decor, crafts, & recipes.

Unsure as to whether or not your work falls into one of these categories? Go ahead and submit it, anyway! Send your writing in a PDF file or in the e-mail text to abbyj199713@yahoo.com

3) Submit Fiction or Poetry:

All fictional works of prose and/or poetry are welcome. E-mail your work in a PDF file or in the text of an e-mail to abbyj199713@yahoo.com

4) Request an Interview Feature:

To request an interview e-mail abbyj199713@yahoo.com

AUTUMN CONTRIBUTORS

ABBY INGWERSEN | LACE & LILACS ♥ EDITOR/PRIMARY CONTRIBUTOR

For More of Abby: <http://www.laceandlilac.com>, <http://abby-ingwersen.format.com>, <https://itunes.apple.com/us/podcast/the-lace-lilacs-podcast/id1002609075>

AUDREY LIN | BRUNCH AT AUDREY'S ♥ ESSAY CONTRIBUTOR

Audrey Lin is the creative force behind the personal lifestyle blog, 'Brunch at Audrey's'. She is currently attending Bryn Mawr College, majoring in international studies.

For More of Audrey: <http://brunchataudreys.blogspot.com>

BEC | DAISY & THE FOX ♥ RECIPE CONTRIBUTOR

Bec is a 19 year old Australian recipe developer and food stylist that recently launched her own baking business in London, England.

For More of Bec: <http://www.daisyandthefox.com>

HAILEY ROSE | @hrosew_ ♥ FEATURED INTERVIEW/PHOTOGRAPHY CONTRIBUTOR

Hailey is a 16 year old gal with a remarkable eye for lovely things.

For More of Hailey: <https://www.pinterest.com/rosedarlings/>, https://instagram.com/hrosew_/

LUCY CLAIRE | SUNNY DAYS & LOVELY WAYS ♥ BEAUTY/PHOTOGRAPHY CONTRIBUTOR

Lucy Claire is a co-host of The Lace & Lilacs Podcast, and writes the beautiful lifestyle blog Sunny Days and Lovely Ways.

For More of Lucy Claire: <http://www.sunnydaysandlovelyways.com>, <https://itunes.apple.com/us/podcast/the-lace-lilacs-podcast/id1002609075>



ON
INSTAGRAM



An Interview
With Hailey Rose
(@hrosew_)

1) Hailey, your Instagram feed is oh-so lovely! What inspires your images?

I love capturing the beauty in little things in life, like the way light shines in my bedroom in the afternoon, pretty shops in the city, and the arrangement of objects. I also want to grasp the elegance in simplicity and minimalism.

2) Is there a particular subject that you prefer shooting over others? If so, what is it?

I like taking photos with white backgrounds, whether it be a wall, or a plain surface. Placing things together that compliment each other, playing with color and light.

3) Do you have any favorite Instagram accounts?

I do! I have to admit it was very hard to choose between all the beautiful accounts I follow! These people are a constant inspiration to me and one day hope my account resembles the same charm as theirs does: @sarahsylim_ @ffionmckeown @thetrottergirl @annebecca and yours Abby, of course!



4) What inspires your personal style?

It all started with Pinterest!

Pinterest completely opened up the world of style to me! From there I went to minimalism, then added a touch of elegance. Overall, I like simple, comfortable, and feminine outfits.

5) Is there any advice you would give to a beginning iPhoneographer?

Yes! Be your self! You don't have to follow the latest trends to have great photos. Be confident in the style that you like!



Isn't Hailey the absolute sweetest?

Follow her @hrosew_ on Instagram for more lovely photos!



KAHLIL GIBRAN

"WHY DID YOU PICK PARIS?"



by Abby Ingwersen

Several variations of this question have surfaced lately, which is not at all surprising to me. After all, I'm from Southern California, have no French ancestry to speak of, and fully understand no more than a dozen French words, none of which can I pronounce correctly. In short: I'm kinda, sorta... crazy. Except, maybe minus the 'kinda, sorta' part.

However, there is - some - logical reasoning behind my decision.

I have traveled quite a bit over the course of my life, thanks to my wonderful, wanderlust infected parents. As a result of this, I feel relatively comfortable 'round the world, and a nine hour time difference truly doesn't seem all that long to me.

I suppose it runs in our family as well: My paternal grandfather lives in Thailand year round, tending to his oh-so-lovely plumeria gardens. My father's half-sister resides there as well. My paternal great-grandparents immigrated from Germany in the '40s. And both of my parents attended college miles and miles away from their CA and TX based families.

Finally, Paris is the perfect place to study all forms of art, photography included. It is so very beautiful, and I cannot wait to take advantage of all it has to offer.

PERSONAL MANTRAS: PASSION



by Audrey Lin

What I fear most in life is not finding my passion. Especially as a college student, a time during which I must declare a major and start setting my career path, the prospect of the future is petrifying, and the prospect of the future without a passion is utterly horrifying. I want something to look forward to. I want to go to sleep dreaming about something and to wake up pursuing it. I want to talk about something with light in my eyes. People say to choose a job you love so that you'll never have to work a day in your life, but I think that's bull. If you want to pursue your dreams, you need to work as hard as something-that-works-really-really-hard to get there. I want to enjoy tirelessly working towards something. But what oh what to invest all of that time and energy into?

My action plan is to live a life of positivity and to eliminate anything that threatens it. Okay, maybe not so dramatically. But my point is, I don't want to waste time fulfilling the standards of society. I want to find my passion and pave my own path. A quote I often use to motivate myself is "you have the same amount of hours in a day as Beyoncé," but unfortunately that isn't true (I still love and use that quote though). Sometimes you just have to make the best of the situation you're given, and in those cases I'll try my darndest to maintain perspective and then be proactive enough to do something about it.



PREPARING FOR

PARIS

Moving to a foreign country is no easy task, regardless of how early you begin preparing for the drastic change in lifestyle. And this change, in particular, will surely be a doozy.

In less than a month, I am uprooting from my home state of California to Paris. I don't speak much French, and while this won't especially effect the majority of life, as far as school and friendships are concerned, it may make purchasing goods at the market a bit of a hassle.

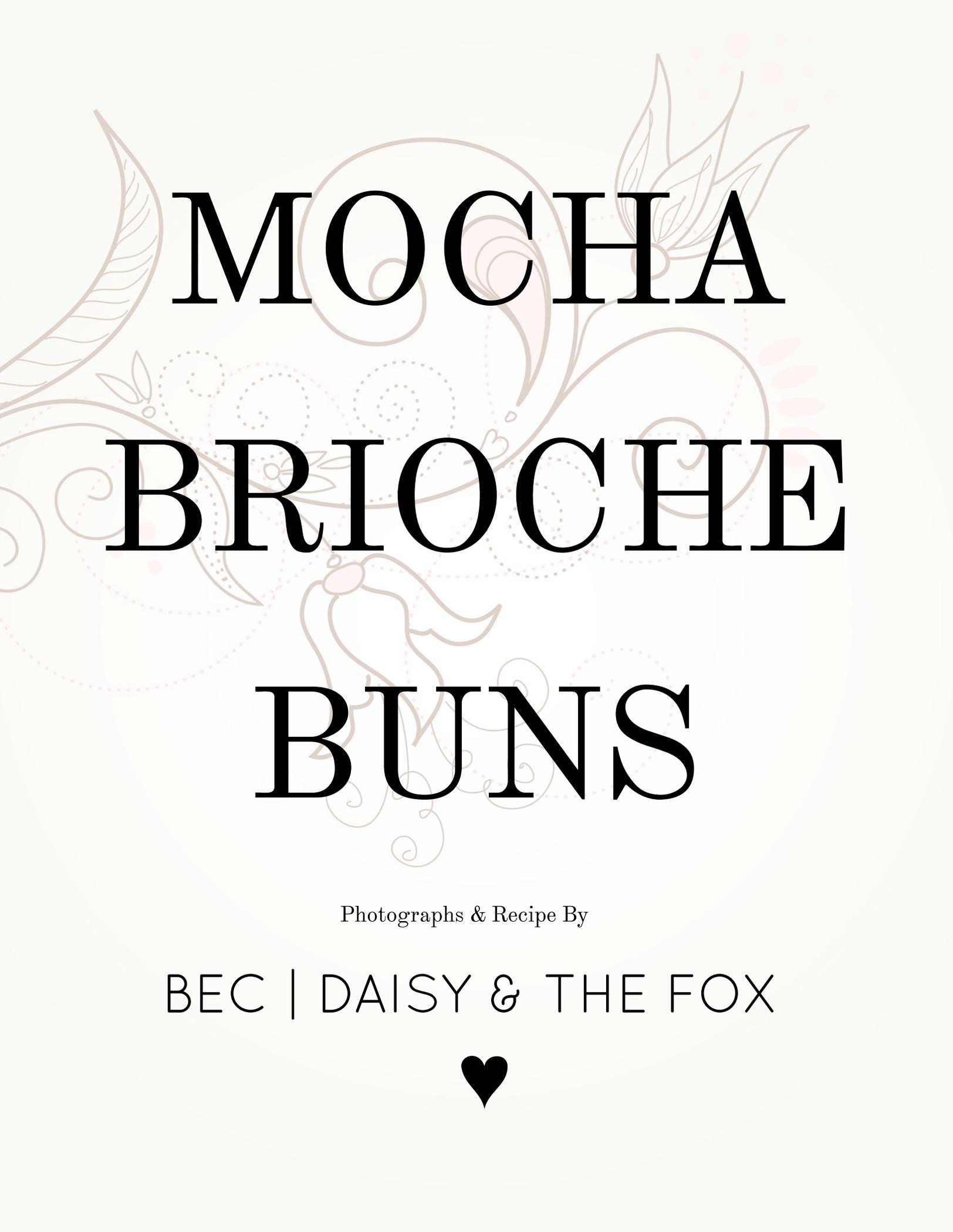
I have begun studying French, of course, but my skills are entirely mediocre. A knack for languages I have not - I studied Spanish for over a decade after all; my mother is fluent... and, yet, I can barely string together a basic sentence. Several days ago I joked on Twitter that I am fluent in en-fran-ol, a combination of English, French, & Spanish invented por moi. It's actually quite embarrassing.

As far as packing goes, I've begun to purchase and compile basic necessities to transport from the US to France in my luggage, both carry on and checked. I do suppose I've gone a wee bit overboard, as far as clothing goes, but can you honestly blame me? I apparently own a horrid amount of skirts, only a fraction of which I wear regularly. But parting with clothing is oh-so-difficult! Um, I digress...

The general point is, I think, that everything is beginning to fall into place; come together; seem real. I am going to launch within the year, and be successful, and learn, and create heaps of wonderful (and not-so-wonderful) art.

I am so very excited to share my journey with you. More to come in the winter issue of this 'lil magazine... xx Abby





MOCHA BRIOCHE BUNS

Photographs & Recipe By

BEC | DAISY & THE FOX





INGREDIENTS ♥

Brioche Dough:

- 3¾ cups unbleached all-purpose flour
- 1½ teaspoons sea salt
- 1½ teaspoons active dry yeast
- ¾ cup lukewarm water
- 4 large eggs, lightly beaten
- ¼ cup honey
- 12 tablespoons unsalted butter, melted

Filling:

- 90g butter, melted
- 1/2 cup brown sugar
- 1/4 cup cocoa powder
- 2 espresso shots (I used Nespresso's Vivalto Lungo Decaffeinato)
- Cinnamon Sugar:
 - 1 tablespoon cinnamon
 - 1/2 cup sugar

METHOD ♥

Make the Brioche Dough:

In a large bowl, combine the flour, salt and yeast. Add water, eggs, honey and melted butter to the flour mixture, stirring everything until it comes together to form a shaggy ball. Cover the bowl loosely with plastic wrap and put it in a warm place to rise for 2 hours. At this point, the dough will be very sticky; transfer it to the refrigerator to chill for at least 2 hours or up to 5 days so it will be easier to handle.

Make the Filling:

In a small bowl, stir to combine the butter, sugar, cocoa powder and coffee shots.

Shape and bake the rolls:

Once the dough has chilled and is easier to handle, transfer it to a floured work surface. Fold the dough over 3-4 times to develop the gluten. Then let it rest for 15-20 minutes.

Roll out dough into a ½"-thick rectangle. Brush the entire surface with a thick layer of the mocha filling. Then roll it up lengthwise into a long log. Use a serrated knife to cut the dough into 6 equal segments.

Butter 6 jumbo muffin cups. Place the segments into the muffin cups, cover loosely with plastic wrap and let rise until the dough is puffed, 1-2 hours.

When the dough has almost finished rising, preheat oven to 180C or 350F.

Place the cinnamon and sugar in a jar and shake to combine and set aside.

Bake the brioche for 20-30 minutes or until golden. Remove the rolls from the muffin cups, and layout your cinnamon sugar on a small plate. Brush the tops of the brioche with the left over mocha filling and roll in the cinnamon sugar mixture. Enjoy!



FRENCH BEAUTY

by Lucy Claire

Over the past few weeks I have been reviewing my skincare regime, knowing that it has been less than ideal recently. I'm sure a facialist would be less than impressed if I told them how little attention I have been paying to caring for my skin. Deciding it was time for some essential tender love and care, I looked into beauty routines, application and sought inspiration from overseas to improve my skincare regime. I'm sure it is unsurprising for me to say that France is the country I looked to. With some of the best skincare products worldwide and women who know exactly how to use them to get the best results I was eager to learn the beauty secrets of French women. Beauty in France is something women are very well educated in from a young age being taught to respect their skin delicately and no matter what the hour. If they arrive home in the wee hours of the morning after a fun night out, you will still see them taking the time to care for their skin. The attitude the French apply to beauty and skincare, is certainly one I feel worth adopting.

The secret to the French way, I have discovered is minimalism. Keeping it as simple and natural as possible to highlight your natural features. They view skincare as a long term investment, and by taking such great care of their skin, they don't have to apply much make-up (which in turn leaves their skin glowing as a thank you). They consider their money better spent on products to keep their skin healthy and glowing, rather than on products to cover up blemishes.

So what elements do French women incorporate into their regimes? They swear by thermal water, face masks, micellar water, cleanser, eye cream and moisturiser. A few very simple products that can be used for a multitude of things. The beauty regime I already had established (but neglected) was time consuming, and used more products than I wished, and I attribute that to the reason I let it fall behind. The major difference I noticed between a standard beauty regimes most of us use, and that of a French woman is the way they apply their products. After spending a lot of time searching through Pinterest I finally found the perfect example of a skincare regime on Into the Gloss from New York based French facialist

Alexandra Soveral. From here I established my new skin care regime, based on the specific needs for my skin and have been testing it for the past two months. (It should be noted that usually it takes about 1-3 months for any difference in skin quality to be noticed as it takes time for skin to adjust.)

My new skincare routine looks like this:

- 1) **Wash** my hands. Our hands touch so many different things throughout the day and can pick up bacteria we would like to keep away from our face without even realising it, so I always wash my hands before I wash my face to make sure that bacteria stays away. It sounds logical, but is something a lot of us forget.
- 2) **Remove** my make up with micellar water or make-up wipes before we can clean our face, we need to remove the make-up we have on our face (if we are wearing any). There is nothing worse than mixing our cleanser with our makeup and pushing the makeup into our pores causing blemishes. Ick! As micellar water is a new product for me to use, I decided to go for a cheaper Australian product (but trusted brand) Simple Skincare. What I like about Simple's micellar water is that it does both the job of removing face and eye makeup, so you don't need two products. As I was searching some of the best French beauty brands, the Bioderma Micellar water was in every list and I'm eager to try this micellar water next.
- 3) **Sprits** my face with thermal water I was a little unsure about using thermal water at first because I didn't really understand the need for a special kind of water just to clean my face. The reason thermal water is so popular in beauty regimes is because it has all the impurities usually found in tap water (like chlorine) removed, and effectively prepares the skin for cleansing, I have been pleasantly happy with the result of using thermal water, and really noticed an improvement in the quality of my skin.
- 4) **Cleanse** face by putting a small amount of cleanser onto my hands, liquefying it and then applying to my entire face. Application technique should be gentle. I follow the same technique as Isabelle, and as she says – don't forget the neck! Her 'swim' technique around the eyes, is probably one of my favourites. Having a good cleanser already, I kept using the same Sukin Cream Cleanser, I absolutely love.
- 5) **Rinse** face do this with tepid (warm water) and your hands (don't use a face towel, it only drags the skin – lesson learnt). I then dry my face with a dry face towel by dapping it, not rubbing (this is very important).
- 6) **Sprits** face with a small amount of thermal water you do this again to purify the skin after the tap water, and then tap dry with a tissue starting over the eyes. Much of the water will already have been absorbed.
- 7) **Tone** face in a symmetrical motion moving from the inside to outside, and upward take two cotton pads and apply toner. I follow the same application technique as Isabelle and I use witch hazel.
- 8) **Moisturise** with face oil or moisturiser at this point I incorporate a facial massage like Alexandra. Depending on the time of day, depends what product I use. If it is night time I am more inclined to use face oil (I like bio oil, or rosehip oil) and then leave it to sink in for an hour or two before rinsing my face with a hot towel and proceeding to moisturise with a night cream, whereas if it is morning I am more inclined to use a moisturiser (I just started using this one by Bioderma, and it's so great) as I have naturally quite oily skin. As a girl with naturally oily skin, using oil on my face has always scared me a little, much like putting any moisture on my face, but since I have begun using both I have noticed a significant improvement in my skin, much to my surprise! (Insert: I recently began using La Roche Posay's Roseliac Ar Intense and it is so wonderful. It's a treatment for skin redness, and I in the past three weeks of using it have seen SUCH an improvement in reduced redness and better quality of skin. I love, love, love it!)
- 9) **Eye Cream** I usually only use an eye cream at night, and still only occasionally. I was using a sampler I got, but am currently looking for a new eye cream! if you have a moment, please contact me with suggestions! I dab a small amount in the corner of my eyes and then smooth it in in a circular movement working from the top of my brow bone outwards and circling under the eye to the centre and around.

I tend to cleanse my face at night and fully remove all make-up, then only needing to rise my face with thermal water in the morning dapping with a hot towel and spritz with a few sprays of Sukin's hydrating rose and chamomile toner. From there I am ready to apply moisturiser, primer and my makeup for the day.

Having adjusted to using this French inspired beauty regime and seeing such great results having the best quality of skin I have had in ages, I am absolutely a convert and understand why French women are constantly glowing! Taking care of your skin on the inside is just as important as the outside, so I have aimed at filling my body with real food and lots of fruit and veggies over the past two months too, just to amplify the results. I also find starting and ending my day with a hot cup of lime infused water really refreshing and good for my insides.

What does your skincare regime look like?

Mademoiselle

h là là!



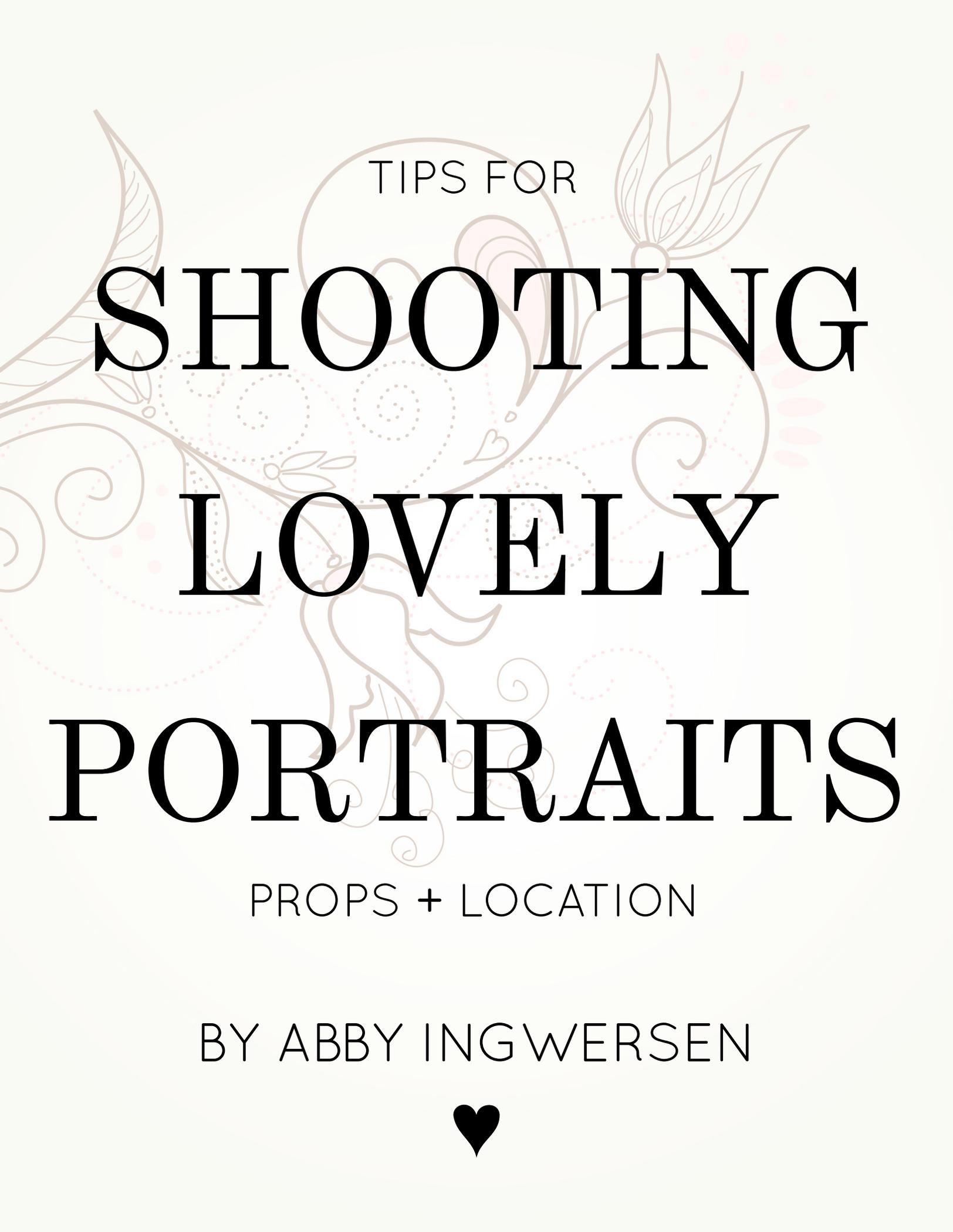
je t'aime

Bon appétit

tu te rends compte ?
.....

voilà





TIPS FOR

SHOOTING

LOVELY

PORTRAITS

PROPS + LOCATION

BY ABBY INGWERSEN





ON PROPS



I absolutely adore the planning stages of portrait photo shoots, as the process of it can be so very fun & artistic. The following steps are ones I invariably take prior to snapping my images.

1) Scour Pinterest for Inspiration

Pinterest is my go-to source for portrait inspiration. Oftentimes I spend over an hour or two scrolling through various photography boards in search of lovely ideas.

2) Create an Inspiration Board

The second component of my Pinterest strategy: creating a unique board, of course! Typically I keep these boards secret, because I'll usually repin images previously featured on my public 'Portrait' board.

3) Select Two Main Props

I could easily purchase dozens of fresh props, but not only would that be a bit pricy, but they most likely wouldn't complement each other well at all. I tend to lean towards flowers, as visible in above photographs, but balloons are quite cute, too. I hope to have an opportunity to experiment with shattered ceramics soon...

4) Coordinate The Subject's Attire & Makeup

So you have the props; you have the vision; you should be able to visualize your subject's clothing and, if applicable, makeup. I encourage my models to pack vibrant lipsticks, and coordinate their outfit color palettes beforehand.

5) Pack The Props & Materials, Style the Subject, & Click!

I typically store my props in a large box or bag to make jumping from separate locations less of a hassle. Be sure to properly style the subject with your selected props, then click, and ta da! Your portrait session has begun.

ON LOCATION



Scouting for beautiful locations with tremendous character is, admittedly, a passion of mine. Is there anything quite as satisfying as finding the perfect backdrop for a portrait shoot?

Well, there may be... but I think you've gotten my point. 😊

Here are a few of the destinations I frequent while photographing people.

1) The Sea

As a native Californian, the beach is of course my #1 photography spot. I am a wee bit tired of it now, however, after years of shooting there, but if you've yet to click your camera by the sea, oh, have you been missing out!

2) Vibrant, Urban Walls

Walls make for the prettiest of backdrops, particularly ones located within quirky cities. I love ones with texture, or vivid splashes of paint.

3) Fields & Meadows

Confession: I haven't actually shot in a field or meadow before, as there aren't any near my home. BUT I've pinned countless field portrait sessions, and they're stunning, 99.99% of the time.

4) Worn Fences

Fences are another background that I totally heart. Even wire ones can bring a unique, rustic feel to your images.

5) Interiors

Indoor photography can be utterly gorgeous. I highly recommend shooting a subject in their 'natural habitat', so to speak, whether it be their bedroom, living room, office, etc. It is such an interesting experience.





pretty words

BEAUTIFUL WORDS WORTH
INCORPORATING INTO THE EVERYDAY

mellifluous ♥ (adj)

- 1) Sweet Sounding; Flowing Smoothly
- 2) Sweetened with Honey; Flowing with Honey

serendipity ♥ (noun)

The occurrence of events by chance in a positive or beneficial way

ethereal ♥ (adj)

Too perfect for this world; delicate & light

iridescent ♥ (adj)

A display of rainbow-like colors that appear to change at different angles

epiphany ♥ (noun)

A revelation; an insight

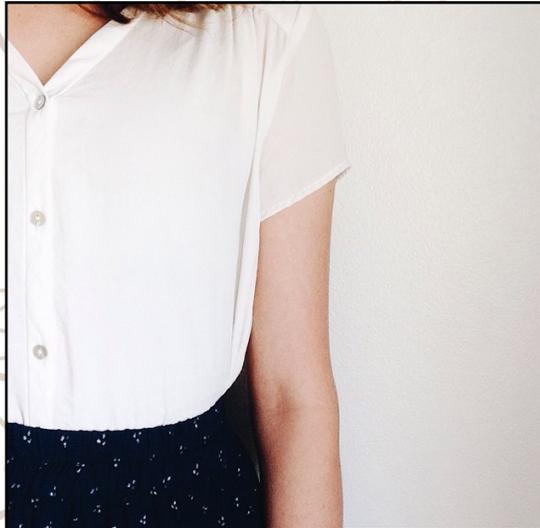
solitude ♥ (noun)

To be alone; the state of being by oneself.



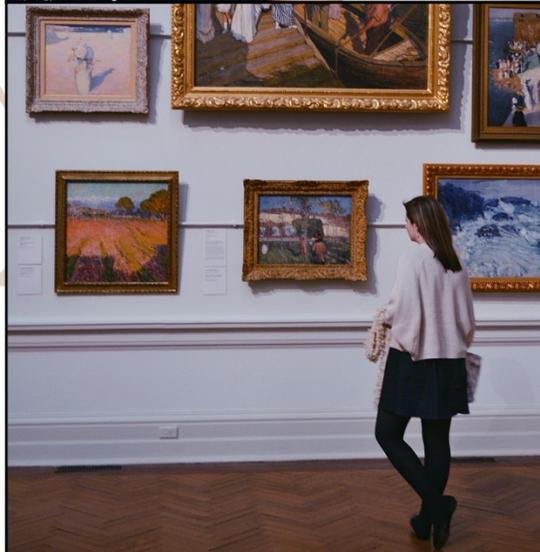
♥ 6 PINTEREST ACCOUNTS TO FOLLOW ♥

1 ♥ @lacelilacblog



4 ♥ @knittingthewind

2 ♥ @rosedarlings



5 ♥ @mackennamoriah

3 ♥ @bylucyclaire



6 ♥ @Cristiland



WATCH



1) GASLIGHT

1944 • Thriller/Drama

2) LIFE AS WE KNOW IT

2010 • Comedy-Drama/Drama

3) GONE WITH THE WIND

1939 • Drama Film/Romance

4) ROMAN HOLIDAY

1953 • Drama Film/Romance

5) EASY A

2010 • Teen Film/Romantic Comedy

LISTEN



1) GLORY AND GORE

Pure Heroine • Lorde

2) STICK

Lights Out • Ingrid Michaelson

3) CARMEN

Born to Die • Lana Del Rey

4) HOTEL SONG

Begin to Hope • Regina Spektor

5) A LITTLE BIT STRONGER

Stronger • Sara Evans

READ



1) I WAS HERE

YA Literature • Gayle Forman

2) SARAH'S KEY

Fiction • Tatiana De Rosnay

3) A THREE DOG LIFE

Memoir • Abigail Thomas

4) GONE GIRL

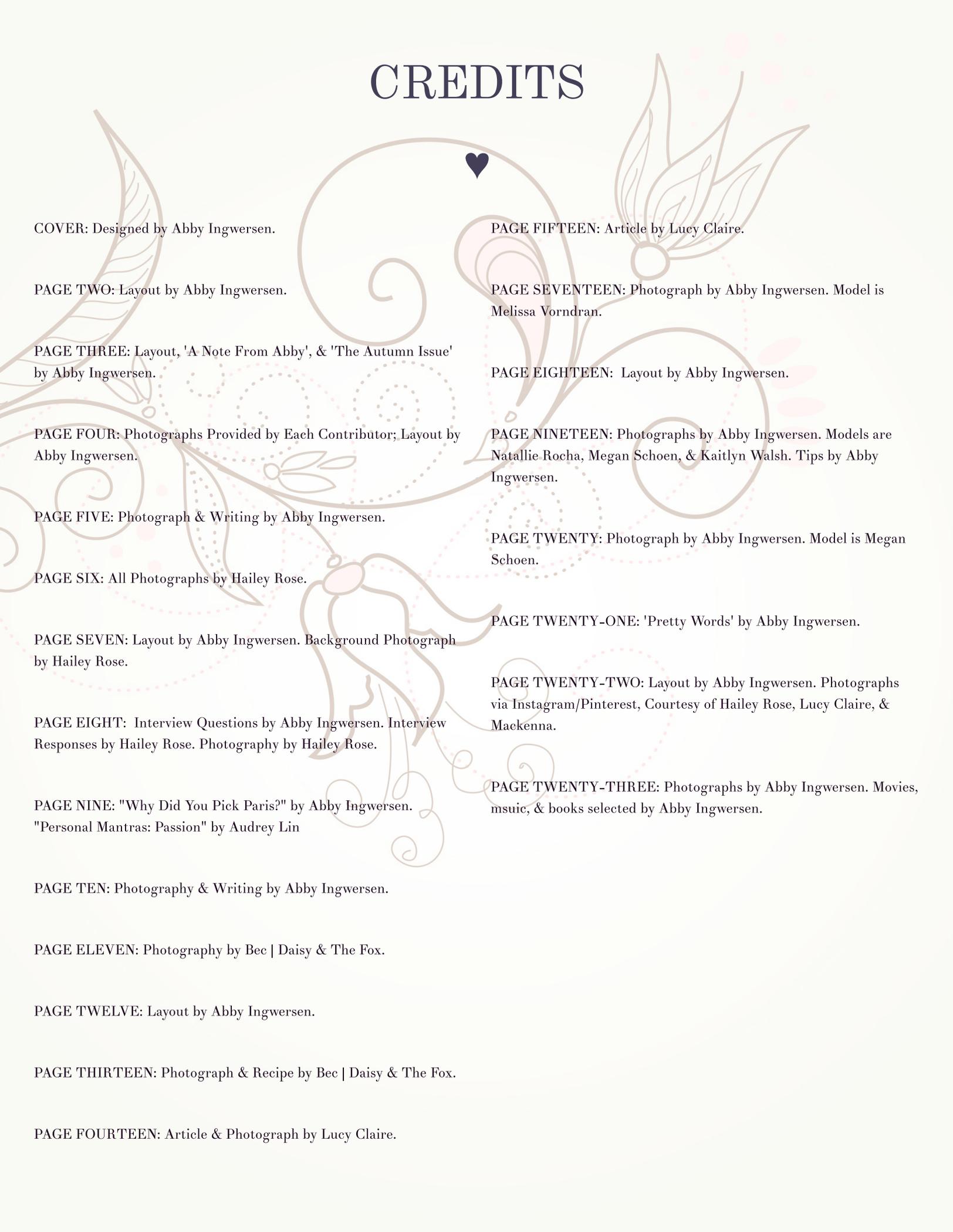
Thriller • Gillian Flynn

5) AN ABUNDANCE OF KATHERINES

YA Literature • John Green



CREDITS



COVER: Designed by Abby Ingwersen.

PAGE TWO: Layout by Abby Ingwersen.

PAGE THREE: Layout, 'A Note From Abby', & 'The Autumn Issue' by Abby Ingwersen.

PAGE FOUR: Photographs Provided by Each Contributor; Layout by Abby Ingwersen.

PAGE FIVE: Photograph & Writing by Abby Ingwersen.

PAGE SIX: All Photographs by Hailey Rose.

PAGE SEVEN: Layout by Abby Ingwersen. Background Photograph by Hailey Rose.

PAGE EIGHT: Interview Questions by Abby Ingwersen. Interview Responses by Hailey Rose. Photography by Hailey Rose.

PAGE NINE: "Why Did You Pick Paris?" by Abby Ingwersen. "Personal Mantras: Passion" by Audrey Lin

PAGE TEN: Photography & Writing by Abby Ingwersen.

PAGE ELEVEN: Photography by Bec | Daisy & The Fox.

PAGE TWELVE: Layout by Abby Ingwersen.

PAGE THIRTEEN: Photograph & Recipe by Bec | Daisy & The Fox.

PAGE FOURTEEN: Article & Photograph by Lucy Claire.

PAGE FIFTEEN: Article by Lucy Claire.

PAGE SEVENTEEN: Photograph by Abby Ingwersen. Model is Melissa Vorndran.

PAGE EIGHTEEN: Layout by Abby Ingwersen.

PAGE NINETEEN: Photographs by Abby Ingwersen. Models are Natallie Rocha, Megan Schoen, & Kaitlyn Walsh. Tips by Abby Ingwersen.

PAGE TWENTY: Photograph by Abby Ingwersen. Model is Megan Schoen.

PAGE TWENTY-ONE: 'Pretty Words' by Abby Ingwersen.

PAGE TWENTY-TWO: Layout by Abby Ingwersen. Photographs via Instagram/Pinterest, Courtesy of Hailey Rose, Lucy Claire, & Mackenna.

PAGE TWENTY-THREE: Photographs by Abby Ingwersen. Movies, music, & books selected by Abby Ingwersen.

