
Rebel Kiss
Feb-April Issue
Get to Know:
Celeste Kellogg
Stress doesn't go with my outfit:
Ways to kick back and unwind on a time limit
Fashion Favs:
Inspiration for your closet
5 Easy steps to eating healthy

Welcome to the very first issue of Rebel Kiss Magazine!

Inside these pages you will find stories from real girls with real stories to tell. You won't find photoshopped models because we believe that the natural you is the best you; and the same goes for all of our models. We will be sharing our fashion and lifestyle tips and tricks with you, not because we want you to follow the latest trends but because we want you to start them. We feature Celebrity interviews for you to draw inspiration from so that you can go out and inspire others through your own inspiration. As a whole this magazine is dedicated to you, for you, and for everyone you inspire.
We hope that you enjoy the jouney just as much as we do.

Rebel Kiss Magazine xo


Meet
Celeste Kellogg

A talented country singer who's toured with the likes of Kelly Clarkson, The Jonas Brothers and Miley Cyrus.



From being in a Radio Disney group at a young age to going solo and headlining her own tour this girl has concured it all; and what does she love most about it all? *"My passion is singing, songwriting, playing my guitar and listening. I guess you could say... MUSIC. It's an escape for me and I love every minute of being on stage, in the studio, writing in my room and just listening to other artists work. It's the one thing that can take my mood and turn it totally around. I love it!"*

This CMT artists love for music shows and she was recently recognized when she won the Pop/Country Artist of the Year Award at the Josie Show/Country Blast Radio Awards. With all those shows and red carpets, we wanted to know exactly how Celeste get's ready for an event-and how she likes to dress on her down time!

"I think I have two different styles. A stage style and an off stage style. On stage I tend to wear a lot of black! I love adding belts for accessories, small ear rings, choker necklaces. Generally I'll wear shorts or a skirt with boots or heels. Off stage I'm a little more country. Depending on the season I'll either be wearing shorts, jeggings or jeans with boots. I love flannel or plaid shirts! Or anything that has a Native American style to it. Love adding a baseball hat or beanie if it's a bad hair day!"

"My go to...boots and choker necklaces! It's rare that I'm not wearing one or the other!"



It's clear that Celeste knows exactly what she likes when it comes to fashion, and of course when we asked her about what real beauty was she had the perfect awnser!

"Real beauty to me is based off of what a person's personality is. My Mom always told me growing up that it's more important to be beautiful on the inside than the outside... (and I used that against her and my cousin when they were trying to get me to wax my eyebrows for the first time.. "Mom! You always told me it's more important to be beautiful on the inside!" lol)

But seriously I think a beautiful person can become very unatractive if they have an unappealing personality. And I think someone who is more plain looking can become very beautiful if they have a beautiful personality. That's what true beauty is. It comes from within." But Celeste has a little more to add, "To the girls who are stuggling with feeling beautiful... every girl struggles with this. You are not alone. There is always going to be something that isn't perfect.. because we aren't perfect. But if you take the steps to make yourself the best YOU that YOU can be, you'll be very happy. That's what I find makes me comfortable with myself. Being the best me that I can be."

We wholeheartedly agree!

www.CelesteKellogg.com

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MODEL: OFF DUTY



Most people think that Modeling means standing somehwere and getting a photo taken but what people don't know is just how much work goes into being model; or even a single photoshoot.

Modeling requires a lot of pysical strength; you have to be able to hold poses as long as the photographer needs you to and these can be the most awkward and uncomfortable poses. To gain that strength working out is key. For models that means working out 5 days a week, all year, even on holidays. I do a mix of different workouts to make sure I'm working all of my muscles. I like to do Yoga and Pilates as well as Ballet Beauitful and the VS "Train Like An Angel" videos. In addition to making sure you're fit and strong, another key part of looking healthy is the way you eat. Many people think models don't eat much, but this is not the case.



Not eating makes your body store fat and stresses your body and muscles, so models eat a balanced, healthy diet without: sugar, gluten and alcohol. Instead they eat lots of greens, protein and healthy fats (like coconut oil). It may not sound too hard, but think about it this way: no soda, no breading on your chicken, no toast in the morning, no oreos or ice cream and no drinks on the holiday's or at a night out. Not so easy. [On the next page you'll find some of my favorite recipes that I use for healthy snacks and meals!]

That's the first part of being ready for a shoot; after that hard work comes the shoot itself. Usually when you shoot, the client has items in your size but there are times when your shoes are two sizes too small or too big, when you have to literally be sewn into clothing and cut out at the end of the day, when so many pounds of extensions are put in your hair that you get a migrane and when it's snowing but you're standing outside in a swimsuit: but I love every moment of it!

They say beauty is pain and in a way that's very true. Most photos you see in magazine's aren't meant for the model to be comfortable, they are to tell a story and telling that story is worth all the hard work and discomfort.



Here's what a typical shoot day looks like for me:

7:00AM: Wakeup and get ready. [This can vary depending on the time of the shoot. I've been up at 3am before to shoot as the sun comes up]

7:45AM: Head to location.

8:30AM: Hair & Makeup.







10:00AM: Shoot!

11:00AM: Time to go back to hair and makeup for look #2! [Sometimes you have 3 or more looks, those shoots can run anywhere frm 4-14 hours]

3:00PM: Wrap!



After a long day of shooting how do I relax? There are a few easy steps to my unwinding routine.

1. Take a warm bath or shower. This washes away all the dirt (and makeup) from the day and makes your muscles relax. Try adding a cup of epsom salts to your bath to ease any tight muscles.





2. Light some candles. I love candles! Everything from the smell to the light helps me to unwind and de-stress. My favorite candle right now is Cinnamon Clove Buds from Bath and Body works!

3. Do some Yoga or Stretching after a short warm up. Stretching relieves tension in your muscles and releases endorphins that help you relax.





4. Listen to some calming music.
My go to album for this is 'X' by Ed Sheeran.


Eat Healthy,
Be Healthy

A lot of people want to eat healthier and this doesnt have to be hard or expensive! Eating right can be cheap and easy if you know the tips and tricks, and I m about to share mine with you!

1. How to Shop:

I bet you didn't know that frozen veggies actually have more vitamins and minerals than fresh did you? If you're buying your veggies fresh from a store they've been picked before they were ripe and gassed to look ripe, which means they don't have the vitamin and minerals you need.

If you can get them fresh at a local farmers market OR buy frozen; frozen veggies are picked only when they're ripe and then flash frozen, so they keep more vitamins and minerals intact. Make sure you eat at least one serving of raw veggies a day and when you do cook them, don't over-cook them, or you kill all the nutrients in them and you'll be wasting them.

2. Have a cheat day...or two!

The hardest thing for most people when they start to eat healthy is balance. When you decide to eat healthy, take out a calendar and mark 5 days as healthy days and 2 as your 'treat days'. On the healthy days make sure you eat plenty of veggies and protein, and some fruit. On your treat days have a treat, a cup of ice cream (bonus points if its rice milk, coconut milk or almond milk ice cream which is much healthier for you), a brownie or other small treat. Don't go nuts on this day with junk food, if you do it will make it harder to go back to the healthy days and make you feel horrible. Once you're used to this, try to cut back to one treat day a week; you'll feel so much better and have more energy! Notice I didn't mention grains? Avoid white and wheat bread and go for gluten free or better yet a serving of brown rice or Quinoa. White and wheat bread works like sugar in your body and causes your body to store fat and toxins.

3. Snacks:

Need snacks on the go? Things like Sunflower seeds, Apples, peanut butter (the real kind, not the stuff with corn syrup), and vegetables make quick and easy snacks!

4.Water!

Your body needs water to live and water helps flush out toxins that make you feel bad.
Make sure you never feel thirsty, if you do feel thirsty you're already dehydrated. Plus staying hydrated makes you crave food less often.

That's it!

It's really simple and easy! Just remember, it's not as hard as it seems!


Laura Rahel
• Photographer. Feminist. Fabulous. •



"I'm hoping to have world domination and I'll make everyone wear leather cat suits."

It's obvious that Laura is joking just by the grin on her face; and that's one of the reasons her happiness is so infectious.



But she's not just fun to be around; She's creative too! "I got into photography because I was making floral crowns for my accessories business, [etsy.com/shop/shoplaurellane], I decided that I couldn't wait for photographers to shoot them anymore, so I decided I needed to do them myself!"

She has her own special style that makes her photos uniquely her own, but it was no small task to develop! "I just discovered it this year and this year is my fourth year of doing photography. It was figuring out what I connected to most when I shoot and what's really important to me as a person: Which is feminism, women being able to be who they are and be vulnerable and be beautiful and not be judged for that...and love is really important to me.





"Getting woman comfortable being themselves, expressing themselves, being vulnerable in front of another human being without any judgment or pressure to be sexy, mainstream or to fit into any mold that another person might want to put them in. I wanna capture them how they are, not how I want them to look or how society perceives them. Them [clients] seeing the photos and loving them and realizing that they should not feel pressure to be anything else, I think that's incredible. " We love Laura's photosgraphy and we love how she managed to capture each girl in their own special way. With so many boudoir shots under her belt we just had to as an expert; What is sexy?

"Anything that makes you feel emponvered as a woman; That is sexy."

"It doesn't matter what it is, it's different things for different people. For some it's modesty, it's the latest fashion, it's red lipstick, it's being half naked, doing something completely natural and beautiful makes them feel like an incredible human being, makes them feel sexy. Anything that makes you feel empowered and incredible as a woman is sexy. It doesn't matter what society, your signification other or anyone else tells you what sexy is-every woman defines that for herself. "
We couldn't have said it better ourseleves! ♥

laurarahel.com
Facebook.com/laurarahelphotography
Above: Laura Rahel Photography

BEAUTY BUZZ



HEALTHY GLOW

It's the time of year again when the air gets cooler, the leaves change colors and you have an excuse to buy pumpkin spice everything; but it also means dry skin is right around the corner. Body lotion is something a lot of people use, but don't put too much thought into. You grab your favorite scent and go, but have you ever stopped to read the labels? Most lotions contain harmful chemicals that dry out your skin and cause your body to go toxic. Take this lotion I picked up from Bath & Body Works a few years ago and never used; "diazolidinyl urea" which is used to release formaldehyde . The liver can't process it, so it just comes right back out through your skin; gross right? Not to mention all the parabans and polymers (plastics) that are in the lotion. So what's a girl to do? Well, I found an amazing product with super safe ingredients; and it puts a gorgeous sparkle on your skin! Burt's Bees Radiance Body Lotion! And the ingredient list? See for yourself! (A regal dose of Amino Acids, Vitamins A, B1, B2, B6, C, D & E, along with Niacin and Folic Acid. Aqua (water, eau), helianthus annuus (sunflower) seed oil, glycerin, coconut oil, stearic acid, cera alba (beeswax, cire d'abeille), parfum (fragrance), phenoxyethanol, royal jelly, CI 77019 (mica), citrus aurantium dulcis (orange) peel wax, salvia officinalis (sage) leaf extract, urtica dioica (nettle) extract, rosmarinus officinalis (rosemary) leaf extract, chamomilla recutita (matricaria) flower extract, aloe barbadensis leaf juice, aloe barbadensis leaf extract, tocopherol, xanthan gum, sucrose stearate, CI 77891 (titanium dioxide), glycine soja (soybean) oil, sodium borate, canola oil (huile de colza), sodium benzoate, potassium sorbate, limonene, linalool, butylphenyl methylpropional, hexyl cinnamal, hydroxycitronellal, hydroxyisohexyl 3-cyclohexene carboxaldehyde)

BURTS BEES RADIANCE BODY LOTION-$9.00

EYE CATCHING



What better way to get ready for the holiday's than to add a little glitter to your makeup routine? Urban Decay's Naked Pallete gives you tons of sparkly options-and even some matte ones! Whether you're looking to do a smoky eye to get that New Year's kiss or a more dramatic look for those Holiday parties the Naked pallete works wonderfully-on all types of skin tones! Our favorite thing about this pallete? We just can't choose! From the color options to the way the makeup goes on smooth to the smart design that can be easily traveled with, I think it's safe to say-we're in love!

URBAN DECAY NAKED PALETTE-$54.00

Spring Lookbook



Top:Forever 21
Skirt:American Eagle
Bag: Nasty Gal x Nila nthony

Top:Victoria’s Secret PINK
Leggings: Mossimo
Boots: Totes



Dress:Forever 21
Shoes: Chinese Laundry
Belt:Vintage


"Everything and everyone can
have outer beauty, but not everyone
emanates the energy of beauty from
within. that's true beauty."



" My style is a mishmash of things I find comfortable and cute. I draw inspiration from the ethereal quality of the 1930s mixed with a younger, modern interpretation along with Japanese street fashion."

We love Alexandra's style, the perfect mix of girly and unique that has us gushing over each outfit; so we decided to ask her some questions about her style!

What is your go-to item? I always carry a tinted lip balm It's a great way to add color and keep my lips from drying out, especially during the colder months.

Favorite beauty item? Perfume. I love the tiny bottles. I buy a new one for special occasions so whenever I smell that certain scent it puts me right back into that special day or moment.

One thing you can't live without? A hairbrush. I've always got one. Everyone with long hair and a love of scarfs understands why.

What is your career/hobby of choice? While sewing and cosplay are my hobbies, I'm most passionate about screenwriting. I'm hoping to direct a screenplay adapted from my own novel in the future.




Destinee Durham
a girl with a passion for fashion-and lipstick!



PRETTY IN PARIS

"I always go for something BOLD!"



Whether she's headed out for a night on the town or headed to work, Destinee has a look that's all her own! "I use a lot of prints, I like to incorporate things that match my hair!" (We love the red by the way) "I like makeup a lot, so I try to do something with makeup to match the outfit as well!" Destinee works at Ulta, a popular beauty reatiler in the US; Her favrite makeup? Lipstick from Urban Decay!



Photography: Alyssa Carson

Shoe of choice: "I wear flats with pretty much everything!"

Go to item: "A dress. There is not a lot of deciging to do, if it's cold throw on some tights."

Holiday How-to: "Lot's of parkles!Sparkles are the way to go for the holiday's! I like to wear red but I'm not sure how that's going to go this year!" [LOL].



Animal House Veince, Los Angeles

Vintage Vibes

For the longest time, vintage clothing was not something that existed; People wore clothing until it became damaged, they patched it up and kept wearing it until it fell apart. In recent years, people have started wearing clothing a handful of times before tossing it in the trash. Instead of throwing these items away, there is a better place for them; thrift and vintage shops! These stores have become really popular lately, not just because of the cheap prices but the amazing finds! Not all of these stores are equal though, while a regular thrift or vintage shop may have some good finds there are also some stores that donate their proceeds to charity! There are a few by my house alone; one hires special needs employees who can't get jobs elsewhere, one donates their proceeds to feeding the hungry in the area and another donates their money to the homeless. Shopping at places like this not only saves you money and gives you great wardrobe options, but helps those in need! Don't know where to start? Just type "Vintage Shop + Charity + Your City" into your favorite search engine!



Wasteland, Los Angeles

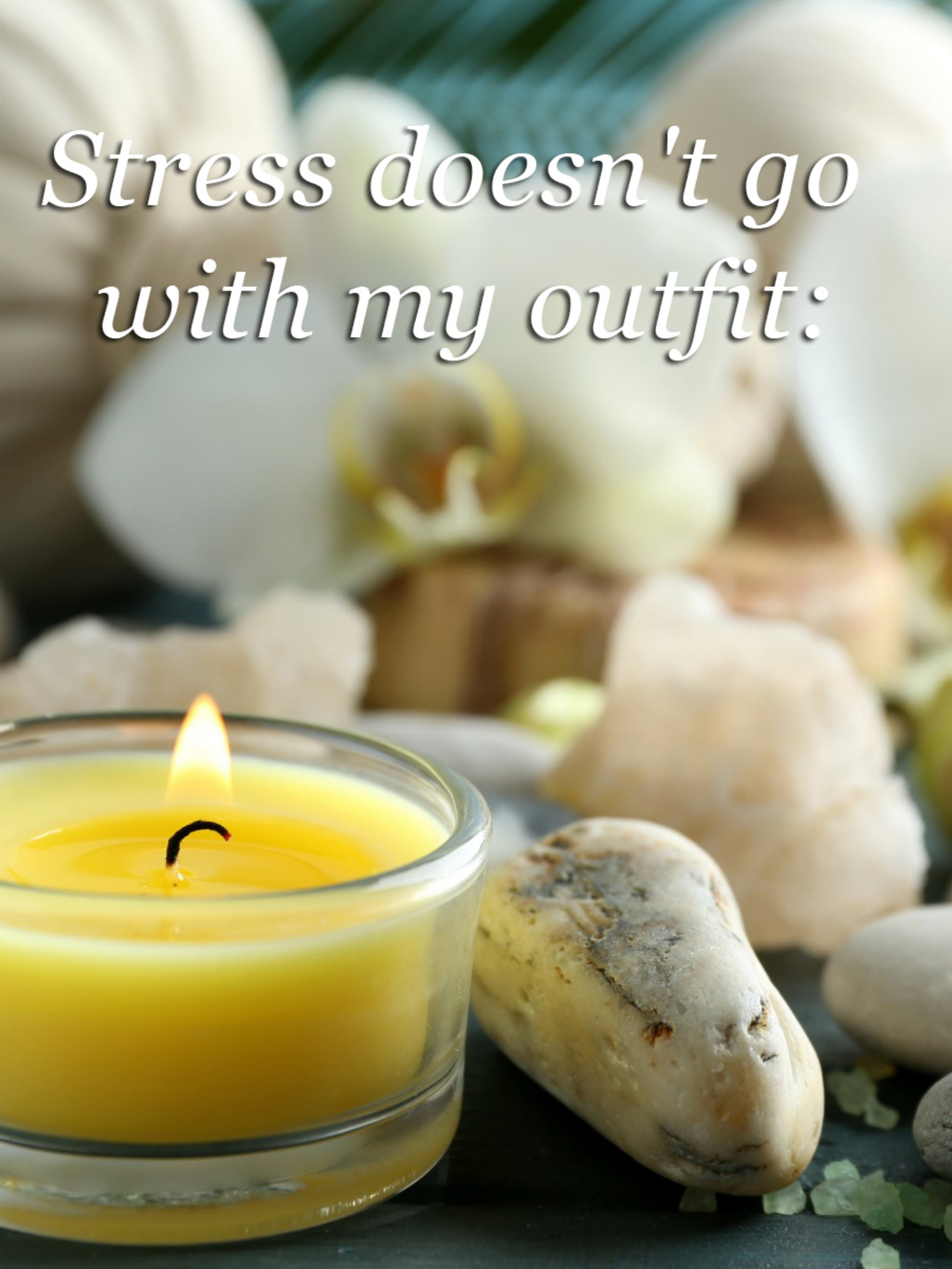


This vintage find came from Jet Rag in Los Angeles. Every Sunday they have a $1 sidewalk sale where everything outside is only a dollar! Talk about fashion on a budget!



This dress was found at ‘It’s A Wrap’ in Hollywood,
a store that sells items used in TV shows and movies.
This particular dress was used in the hit TV show Glee;
and for only $15 was a steal!

Dress:Betsey Johnson
Shoes:Jeffrey Campbell


Stress doesn't go
with my outfit:

Back to school usually means back to stress: between homework, tests, and all the extra curriculars it can be hard to find time to unwind. So here are some quick and easy ways to relax in a time crunch!



Make a cup of green tea. Green tea is a source of L-Theanine, a chemical that helps relieve anger; not only that, but it contains catechins and antioxidents which are good for your skin!

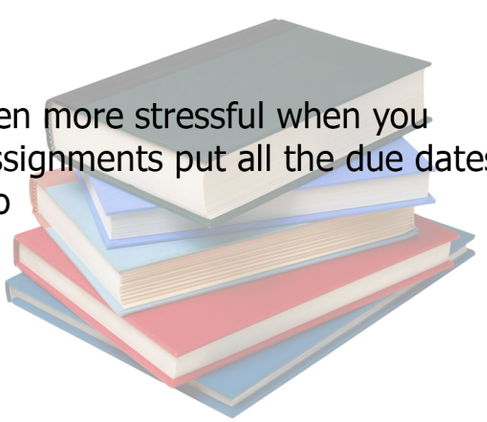
Eat Dark Chocolate. A single square of dark chocolate regulates levels of the stress hormone cortisol and stabilizes metabolism; and tastes great too! Just make sure you stick with 50% dark or higher, anything lower than that has too much additional sugar.





Sniff some coffee. Sound silly but it's true, keep a small container of coffee beans with you and take a sniff when you need to relax.

Make a study plan. Most of us don't like homework but it's even more stressful when you realize you have a big project due tomorrow. When you get your assignments put all the due dates down on the calendar and check it daily to see what you need to do



Do a quick facial. Who said spa day has to be all day? These quick masks can be done in just a few minutes!

Green Tea Face Scrub: You'll need a tablespoon of ground Green Tea leaves (or open a few green tea bags and use what's inside and put it in the blender until it's about the consistency of powdered sugar; but make sure it's straight green tea.) and 3 Tablespoons of Raw Organic honey. Mix the ingredients together and using your fingers, gently spread it across your face. Let it sit for 10-15 minutes and then gently rub with your fingertips before washing the mask away. Green tea can reactivate skin cells that are dying due to a bad diet or sun damage and it contains high levels of oligomeric proanthocyanidins which are powerful antioxidents to heal skin!

Oliver Oil Face Mask: Wash your face first. You'll need one egg yolk and a tablespoon of olive oil. Apply this mixture to your face for 5 -10 minutes and rinse with warm, then cold water (this will tighten your pores). Olive oil has vitamin E, polyphenols, and phytosterols which helps prevent free radical damage to your skin!

Coconut Oil: All you need for this is a small amount of coconut oil. About quarter of a teaspoon. Apply to a clean face and leave for a healthy moisturizer. Coconut oil contains antioxidants, fatty acids and anti-microbial!



