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Your podcast "Voices With a Heart" feels incredibly intimate. What was the moment when you realized this was a story you needed to tell through conversation? I think it was when I realized how many real conversations were just... not happening anymore. Everything felt kind of surface-level, and I wanted to create something with my best friend, where people could actually be open and honest without feeling rushed.

In a world driven by fast content, you chose depth and vulnerability. Was that a conscious decision or something that came naturally to you? A bit of both. I knew I didn't want to make fast, forgettable content, but also I've always been someone who naturally goes deeper in conversations. So choosing that direction just felt right.

What kind of guests or stories resonate with you the most at this stage of your journey? I connect most with stories that feel real and a little unfiltered. Like when someone is talking about something they've actually struggled with, not just the "perfect" version of their life.

Have there been any conversations that changed you personally after recording them? Yeah, definitely. Some conversations stick with you. There have been times where I've walked away thinking about things differently or understanding people—and even myself—a bit more.

You are currently working on a book about grief—a topic that is both universal and deeply personal. What was the emotional starting point for this project? It really started after losing both of my grandmothers and my dog within a few years. It was a lot to process, especially because each loss felt different, but still connected in a way. I remember feeling like there wasn't really a space where I could understand those emotions honestly. Writing became a way to sit with that grief and make sense of it, instead of just pushing it aside.

Writing about grief requires a certain courage. Did you find the process healing, challenging, or both? Both, for sure. Sometimes writing felt like a release, but other times it was hard because it brought back emotions I hadn't fully processed yet.

How do you approach balancing personal experience with a broader message that can resonate with many readers? I try to be honest about my own experiences, but also keep in mind that other people are reading it. So I focus on the feelings behind it, not just the specific details.

What makes your perspective on grief different from what we usually see in books or media? I think it's more honest about how messy grief actually is. It's not something that just "gets better" in a straight line, and I didn't want to pretend that it does.

Is there a particular message or feeling you hope readers carry with them after finishing the book? I hope people feel less alone. Even if they don't relate to everything, just knowing someone else has felt something similar can make a difference.

Can you share a glimpse into the tone of the book—is it more reflective, guiding, or storytelling-driven? It's mostly reflective and storytelling-driven. It's not really telling people what to do—it's more about sharing experiences and letting people take what they need from it.

Your design-focused app introduces a very different dimension to your work. What inspired you to step into the tech space? It came from my own frustration trying to learn in school and seeing how many people with dyslexia don't get the support they need. I wanted to do something that actually helps in a real, practical way.

"Some conversations change how you understand people and yourself"



Top - Genesis
Necklace - Santa

Who is this app designed for, and what kind of transformation do you hope it brings into users' lives? It's for people with dyslexia and people of all ages that struggle with reading. I hope it helps make things easier for them and gives them more confidence.

Accessibility is becoming an important conversation globally. What changes would you like to see in how we support people with dyslexia? I'd like to see more understanding and flexibility, especially in schools. Not everyone learns the same way, and that should be supported instead of seen as a problem.

How do you combine emotional intelligence—which is present in your podcast and book—with a technological product like this app? Even though it's an app, it's still about people. So I try to think about how someone would feel using it—like making sure it's actually helpful, not frustrating.

You are building projects across storytelling, writing, and technology. What connects all of these directions for you on a deeper level? I think it all comes back to connection. Whether it's through stories, writing, or tech, it's all about helping people feel seen and understood.

Looking ahead, what kind of impact do you want your work to have—not just professionally, but culturally and emotionally? I want it to have a real impact, not just numbers or success. Like, I want people to feel something from it—maybe think differently, feel less alone, or just understand others a bit better.



Jacket & Bottoms - Le Thanh Hoa
Top - Genesis
Earrings - Amy Delon
Ring - Cybele Berlin
Heels - D'Amelio Footwear

