







COVER FEATURE

"BEAUTYPRENUER"

@tybeautyfy

MODEL | CONTENT CREATOR | TRADER | LICENSED COSMETOLOGIST

Photos By

@freddyc203

Wearing @aymedicinyc

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When you haven't updated your resume in a while, it can be hard to know where to start. What experiences and accomplishments should you include for the jobs you've got your eye on? What new resume rules and trends should you be following? And seriously, one page or two?



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Summer Drink Recipes (*member submitted*)

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Cool down this Summer with these two delicious drink recipes! Remember to always drink responsibly.



(A) EDUCATION

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When you haven't updated your resume in a while, it can be hard to know where to start. What experiences and accomplishments should you include for the jobs you've got your eye on? What new resume rules and trends should you be following? And seriously, one page or two?



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Bali is great for every type of traveler. No matter how you like to travel, you can't go wrong with a trip to Bali. The island has such a wide variety of things to do that there is truly something for everyone to enjoy. We can guarantee that you are not going to get bored in Bali.

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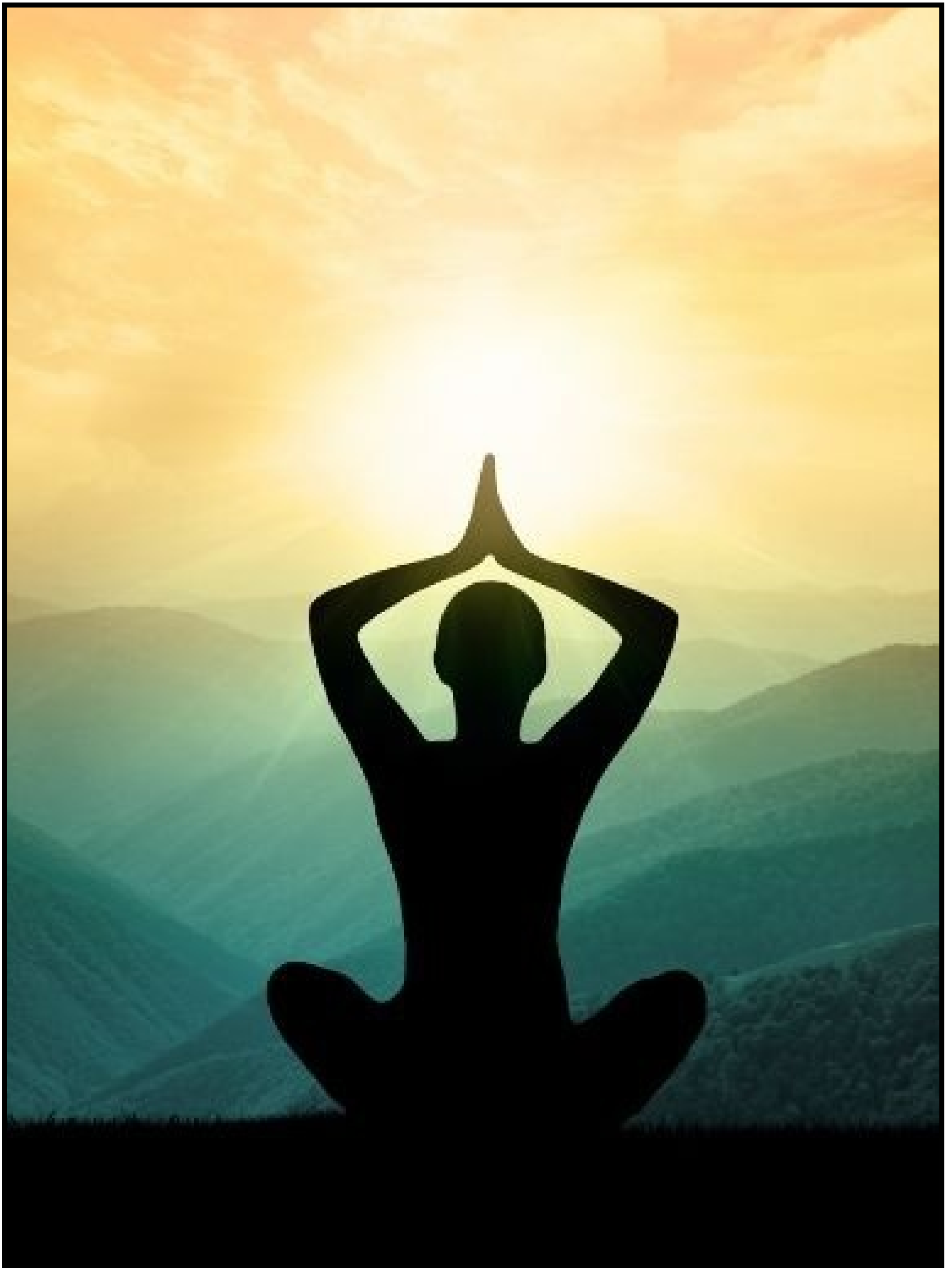
(A) HEALTH

Meditation For Wellness

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Research found that meditation helps increase your focus and attention and improves your ability to multitask. Meditation helps clear our minds and focus on the present moment – which gives you a huge productivity boost. Lowers risk of depression. It can strengthen areas of your brain responsible for memory, learning, attention and self-awareness.





(A) HEALTH

Meditate For Your Wellness



Meditation can give you a sense of calm, peace and balance that can benefit both your emotional well-being and your overall health. It can help you better understand yourself, find your best self, and increase positive feelings and actions toward others.

Meditation can teach you profound resilience to negative thoughts and feelings. It can teach you to find more joy within yourself and your life. Daily meditation can help you perform better at work! Research found that meditation helps increase your focus and attention and improves your ability to multitask. Meditation helps clear our minds and focus on the present moment – which gives you a huge productivity boost. Lowers risk of depression. It can strengthen areas of your brain responsible for memory, learning, attention and self-awareness. The practice can also help calm down your sympathetic nervous system. Over time, mindfulness meditation can increase cognition, memory and attention.

As you meditate, focus your thoughts on the things that inspire you. This might be articles or books you've read, people who you admire or something completely random. Whatever it is, think about why it inspires you and see if it sparks some creativity. Meditation may help you sleep better. As a relaxation technique, it can quiet the mind and body while enhancing inner peace. When done before bedtime, meditation may help reduce insomnia and sleep troubles by promoting overall calmness. Meditation can reduce stress levels, which translates to less anxiety. A meta-analysis including nearly 1,300 adults found that meditation may decrease anxiety. Notably, this effect was strongest in those with the highest levels of anxiety. Also, one study found that 8 weeks of mindfulness meditation helped reduce anxiety symptoms in people with generalized anxiety disorder, along with increasing positive self-statements and improving stress reactivity and coping. Some forms of meditation can lead to improved self-image and a more positive outlook on life. For example, one review of treatments given to more than 3,500 adults found that mindfulness meditation improved symptoms of depression.



(A) EDUCATION

Build A Better Resume

Think of your resume not as a comprehensive list of your career history, but as a marketing document selling you as the perfect person for the job you're applying to. For each resume you send out, you'll want to highlight only the accomplishments and skills that are most relevant to the job at hand (even if that means you don't include all of your experience). This is called tailoring your resume and it helps anyone who reads it see exactly why you're a match for a specific position. When you haven't updated your resume in a while, it can be hard to know where to start. What experiences and accomplishments should you include for the jobs you've got your eye on? What new resume rules and trends should you

be following? And seriously, one page or two?

There are lots of different ways to organize the information on your resume—like the functional resume or combination resume. But the good old reverse chronological—where your most recent experience is listed first—is usually your best bet. Unless it's absolutely necessary in your situation, skip the functional or skills-based resume—hiring managers might wonder what you're hiding. Can't figure out how to tell your whole story on one page, or want to be able to include some visual examples of your work? Instead of trying to have your resume cover everything, cover the most important details on that document, and then include a link to your personal website, your online portfolio, examples of your work, or a relevant, professional social media profile, where you can dive more into what makes you the ideal candidate. Just avoid hyperlinking over words that are key to understanding your resume since it can throw off the tools employers use to store and parse resumes. As a rule, you should only show the most recent 10-15 years of your career and only include the experiences that are relevant to the positions you're applying to. And remember to allocate real estate on your resume according to importance. If there's a choice between including one more college internship or going into more detail about your current role, always choose the latter (unless the internship was more relevant to the one you're applying to). Don't panic if you don't have any professional experience that fits the bill. Focus your resume on your relevant and transferable skills along with any related side or academic projects, and then make sure to pair it with a strong cover letter telling the narrative of why you're ideal for the job.





(A) TRAVEL DESTINATION

Bali

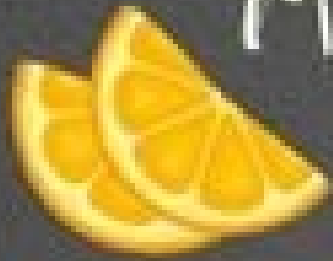
Bali is great for every type of traveler. No matter how you like to travel, you can't go wrong with a trip to Bali. The island has such a wide variety of things to do that there is truly something for everyone to enjoy. We can guarantee that you are not going to get bored in Bali. Beyond stunning beaches and magical temples, Bali has virtually every kind of natural beauty. Glorious mountainous areas with lush greenery, scenic lakes, gorgeous waterfalls, iconic rice fields, flower gardens, gushing sacred rivers and secret canyons all make up the island's landscape.

Although Bali is climatically comfortable throughout the year, and is a year-round destination, the best time to visit Bali is from April to October, the summer months in Bali. October is considered to be the end of the peak season in Bali. Prices for flights and accommodation are cheaper than the peak months of June, July, August and September.



The best and almost only way to travel to Bali is by flight. Bali has one international airport allowing people to fly from all over the world. Denpasar-Ngurah Rai International Airport is located in the Kuta area, in the south of Bali. A majority of the cheap flights to Bali come from Australia and other parts of Asia. Flights from the U.S. are relatively expensive, so consider splitting up your journey in a popular hub, such as Singapore or Bangkok, then continuing onward to Bali with a different airline.

MIMOSA



- 4 ounces
prosecco
- 2 1/2 ounces
freshly squeezed
orange juice
- Garnish:
orange wheel



AYME'S TABLE

THE OLD-FASHIONED

Ingredients

- 1 sugar cube
- 3 dashes Angostura bitters
- 2 ounces rye whisky
- club soda

Place the sugar cube in an Old-Fashioned glass.
Add bitters and a little club soda. Muddle. Add
one large ice cube, followed by the rye.



FASHION FORWARD

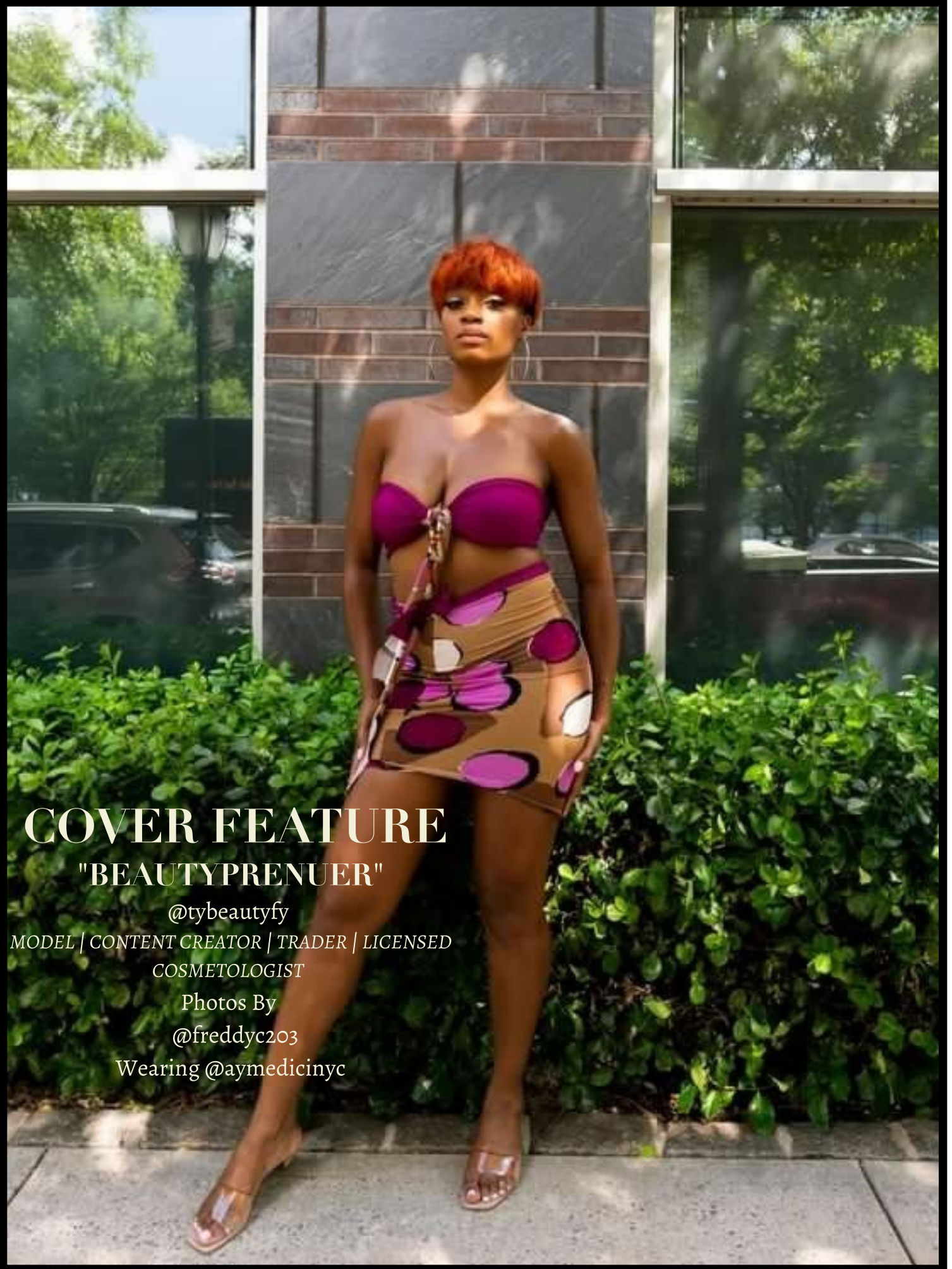
Fabric Dye

Dyeing is the application of dyes or pigments on textile materials such as fibers, yarns, and fabrics with the goal of achieving color with desired color fastness. Dyeing is normally done in a special solution containing dyes and particular chemical material. The primary objective of dyeing is to apply uniform color to the substrate (fiber, yarn, or fabric) with required color fastness. Tie-dye and printing are the methods where the color is applied in a localized manner. Natural dyes are made from plants and minerals, then are combined with starches and seaweed to make sure it takes to the material. Synthetic dyes are usually made from coal tar and petroleum. They vary so much because different materials require different chemicals to make the dye adhere. Until the mid-1800s, all dyes came from natural sources, such as insects, roots, or minerals. Producing them was difficult and expensive. In 1856, an 18-year-old English chemist, William Henry Perkin, accidentally discovered one of the first synthetic dyes. The first recorded mention of fabric dyeing dates all the way back to 2600 BC. Originally, dyes were made with natural pigments mixed with water and oil used to decorate skin, jewelry and clothing. Back then, natural dyes were used on caves in places such as Spain.

Package dyeing is the most common dyeing process. In this method yarn is wound as packages on perforated spindles or spools and immersed in dye bath. The dye liquor is then circulated into the reaction vessel back and forth through the packages. Some types of dye can be finished in as little as an hour, while some types of tie-dye should sit up to 24 hours. Fiber reactive dyes, such as Procion MX dyes or the Tulip One-Step tie-dye kits, need to sit for 8-24 hours for the best results.

Cotton, linen, silk, and wool are the easiest to dye, and the dye will absorb better than on synthetic fabrics, such as polyester or rayon.





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