

verve

SEPTEMBER '26

Auckland's
lifestyle
magazine.



Royal New Zealand Ballet's *The Sleeping Beauty* leads us into September, alongside journeys through the Waikato and Türkiye, as we celebrate the beauty profession and places that inspire us.

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FROM THE EDITOR



BEAUTY BITES

Last month at the ‘Robot Olympics’ in Beijing, humanoid Tiangong Ultra made headlines by shattering Usain Bolt’s 100m sprint record. My initial reaction was: “So the hell what?” (My second instinct, upon seeing the footage, was to imagine an army of those things with machine guns; it’s only a matter of time.)

Once you get beyond the novelty factor, a robot being able to sprint faster than a human is about as interesting as a jet ski being able to outrun a kayak. While there’s obvious sense and value in developing machines that can make light work of manual tasks (until they get that machine gun), it does feel like yet another area in which automation is eroding what makes humanity beautiful.

I couldn’t help but think of Tiangong while sitting, spellbound, watching *Cirque Alice* at The Civic. Set to soaring classical and operatic scores, graceful acrobats pushed themselves to the limits of human strength and, at times, trust and courage. Unlike the low-stakes, zero-jeopardy world of the Robot Olympics, these performers

were often at very real risk of serious injury, adding yet another layer to their hypnotic artistry.

For just as grief is the price we pay for love, vulnerability – whether physical, spiritual or both – is the price we pay to create something beautiful.

Beauty is the overarching theme this month. Not only do we celebrate New Zealanders at the forefront of the profession, but we also, as always, honour the beauty of our great nation with a journey to the Waikato. We visit some Wes Anderson-like locations sprinkled around Aotearoa, too, anchored by a lovely ode to the filmmaker by Lucy Kennedy.

Elsewhere, Elle Watson writes about her time in Istanbul, part of a wider feature about fascinating Türkiye. But first, there’s our cover story on the Royal New Zealand Ballet’s enchanting production of *The Sleeping Beauty*. What better way to lead into this issue...

Enjoy.
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verve

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Cover photo *The Sleeping Beauty*

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ISSN 2253-1300 (print)
ISSN 2253-1319 (online)

Verve is published monthly (except in January) and has an estimated readership of 60,000. It is a free lifestyle magazine delivered to cafes and businesses throughout Auckland.

For distribution details or to sign up for your free monthly digital copy please visit our website vervemagazine.co.nz

Verve is printed by Blue Star, 8 Collard Place, Henderson, Auckland. It is distributed by Verve, ERC Contracting and Mailchimp.

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Curating Calm



The sleek new app that belongs in every discerning driver's digital glovebox.

You're cruising to brunch, or out for a Sunday drive in the classic car, when it happens – a scrape or a bump that you just didn't see coming. One minute you're enjoying the drive, the next you're standing on the roadside, adrenaline spiking, trying to work out what you're even supposed to do next. Even a minor prang is enough to derail you – possibly for the rest of the day! – and in that flustered moment, the last thing anyone wants is to dredge up a mental checklist of what evidence to collect, what photos to take, or which details actually matter.

It's a scenario specialist motor insurer Star Insure of course knows well. And so, the company has built a fix for exactly that moment – the Star Insure Accident App. The free tool has been designed to talk you through the aftermath of a crash step by step so that you're not fumbling for a pen or scrolling through your phone's notes app trying to remember what you're meant to be writing down.

Open it roadside and it walks you through what to do, what to record, and who to call. Through the app, you can:

- **Capture the scene.** Photograph the damage and surrounding area straight into the app, rather than juggling your camera roll.

- **Log the details.** Record the other party's information, vehicle details and any witness statements in one secure place.
- **Generate a report.** The app compiles everything into a single, tidy PDF, ready to email straight to your insurer – as easy as that!

There's no catch, and no fine print requiring loyalty. You don't even need to be a Star Insure customer to use it for it's free for any New Zealand motorist regardless of who they're insured with. It's a rare thing – a piece of insurance-industry tech built less around selling a policy and more around making a genuinely bad moment slightly easier to get through.

So download it now, just in case...

The Star Insure Accident App is available now to download for free on the Apple App Store and Google Play.



Bet her car's
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A Thing of Beauty

This spring, the Royal New Zealand Ballet brings back one of its best-loved productions: Greg Horsman's staging of *The Sleeping Beauty*, touring nationwide from October to December 2026.

Since its 2011 premiere, *The Sleeping Beauty* has become something of a company signature, with more than 42,000 people having seen the original tour, and artistic director Ty King-Wall is glad to have it back.

"It's wonderful for the Royal New Zealand Ballet to return to *The Sleeping Beauty* to bring our 2026 season to a close," he says. "Created for our company, Greg Horsman's production is an evocative and respectful staging of one of the great ballets of the 19th century. We look forward to a new generation of dancers taking on these coveted roles as this much-loved story awakens once more."

Set to Tchaikovsky's score, the story needs little introduction: Princess Aurora, a curse, a hundred-year sleep, and the kiss that undoes it all. But what makes this production distinctive is how it's built. Horsman's choreography leans into the grandeur of the classical tradition without taking itself too seriously – expect warmth and humour alongside the spectacle.

Gary Harris – former RNZB artistic director – designed the sets and costumes, conjuring glittering courts and enchanted forests in properly storybook detail. Wellington's Wētā Workshop

contributed the production's magical effects, and Jon Buswell's lighting rounds out a look that's held up well over more than a decade of touring.

The production has had a life beyond New Zealand, too. After Horsman joined Queensland Ballet in 2012, it crossed the Tasman and has been restaged there several times since, picking up praise as one of the more striking contemporary takes on the iconic ballet. For this tour, Wellington, Christchurch and Auckland audiences get live orchestral accompaniment – the New Zealand Symphony Orchestra, Christchurch Symphony Orchestra and Auckland Philharmonia respectively, all conducted by Hamish McKeich – while other centres will hear a recording of the NZSO.

The New Zealand Community Trust, which is backing the tour, says the aim is to get the production beyond the main centres. As GM of Grants, Marketing and Communications Ben Hodges puts it: "We're proud to support the Royal New Zealand Ballet as it brings this remarkable production to communities around the country. The tour will give thousands of New Zealanders, including many living beyond the country's main centres, the chance to experience the magic of world-class live ballet."

Whether it's a first ballet or a fiftieth, *The Sleeping Beauty* makes a solid case for itself as the pre-Christmas outing thanks to its romance, its spectacle, and a score most people already know they love... even if they don't know why.

A LONG SLEEP...

Sleeping Beauty's roots go back further than you probably realise – all the way to a 14th-century French romance called *Perceforest*, where a sleeping princess is found by a wandering prince. The first full telling, though, was in Italian: Giambattista Basile's *Sole, Luna, e Talia (Sun, Moon, and Talia)*, published in 1634, was a rather dark tale before being softened by Charles Perrault in 1697 when he published *La Belle au Bois Dormant* 1697 – with the first mention of the spinning wheel and fairy's curse.

The Brothers Grimm followed in 1812 with *Little Briar Rose*, and from there, the story split in two directions: Tchaikovsky's 1890 ballet and, decades later, Disney's 1959 film – both still shaping how audiences picture the tale today.

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Choreography **Greg Horsman** Music **Pyotr Ilyich Tchaikovsky** Set & Costume Design **Gary Harris** Lighting Design **Jon Buswell** Conductor **Hamish McKeich**

A WORLD OF BEAUTY

From the science behind some of the latest beauty trends to the rise of medical tourism and the treatments and products most worth knowing about, we bring you the *Best of Beauty* in Auckland and beyond...

PEP TALK

From influencers to elite athletes, high-profile figures are promoting peptides as a wellness fix, crediting them with injury repair, weight loss, anti-ageing effects, mood benefits, and more. But what are they?

Peptides are short chains of amino acids. Some occur naturally in the body with specific roles – insulin, oxytocin and vasopressin, for instance, help regulate blood sugar, social behaviour, and fluid balance and blood pressure respectively. Others form naturally when proteins break down, such as during digestion. Experts warn that unapproved, unregulated versions carry real risks. Medsafe has stated that peptide products not prescribed by a doctor or sourced from a pharmacy are illegal and potentially harmful, and that using them can cause serious – even potentially life-threatening – reactions.

CREATINE

Creatine has gone mainstream – driven by hundreds of thousands of #creatine social posts – thanks to evidence around strength, recovery, brain health, and healthy ageing. The body produces creatine in the kidneys, liver and pancreas from three amino acids: arginine, glycine and methionine. Despite being made from amino acids, creatine isn't a protein or peptide – it's a small organic compound. Evidence suggests creatine can support muscle mass and strength, particularly when paired with resistance training, and may help offset sarcopenia, age-related muscle loss. Emerging research also points to potential benefits for mood, memory, cognitive performance, and brain function under sleep deprivation, though studies remain relatively early stage.

At recommended doses, creatine is considered safe for most healthy adults, with possible side effects including bloating, nausea and water-retention-related weight gain. Anyone with underlying conditions should check with a healthcare professional first.

BIOTECH BEAUTY

Beauty brands are increasingly turning to biotechnology, which uses living microorganisms like yeast and bacteria to create more targeted formulas and ingredients. Biotech typically involves running natural ingredients through a biological process such as fermentation, producing more consistent results than some naturally sourced ingredients alone, which can vary with weather, soil and harvest timing. Korean beauty brands have been early adopters, drawing a parallel with global interest in fermented foods like kimchi and their gut-health benefits.

Once the preserve of giants like L'Oréal, biotech is now increasingly accessible to smaller, often women-led independent brands. One market research estimate puts the global biotech skincare market growing from US\$5.8 billion in 2025 to US\$8.6 billion by 2032.

MANNING UP

A growing wave of masculinity influencers promote their own blueprints for manhood. Some brand themselves healthmaxxers, pushing diet and fitness tips; others go by looksmaxxers, chasing total physical perfection, often measured against narrow, muscular, chiselled ideals. This isn't a niche corner of the internet. Movember research found nearly two-thirds of young men aged 16-25 across the UK, US and Australia regularly engage with men and masculinity influencer content – making it far more mainstream than many assume, and shaping how a generation thinks about diet, appearance and self-worth.

Recently, though, a pushback has emerged, with qualified nutrition and exercise professionals using their own platforms to challenge these extreme trends, offering more grounded, evidence-based alternatives instead.

MOISTURISING MATTERS

Moisturising isn't just about vanity. Healthy skin is an active organ and barrier, while chronic inflammatory skin conditions can have effects beyond the skin itself. As we age, moisture-retaining elements like hyaluronic acid decline, making dry, uncomfortable skin more likely – meaning many people could benefit from moisturising regularly rather than treating it as an occasional afterthought.

Diet matters too – diets high in refined, high-glycaemic foods may promote glycation, a process that alters collagen structure and is associated with visible skin ageing, from fine lines to reduced plumpness, over time.

FACING YOGA

Puckering, puffing and pouting – face yoga trades downward dog for exaggerated facial poses, promoted online as a natural, product-free facelift. But does it hold up?

Facial structure sits in layers – skin, then fat pads, muscle and underlying tissue – and these structures change with age. The theory is that exercising facial muscles may help restore some shape, and it's backed by a (admittedly small) study. After 20 weeks of daily or every-other-day exercises, participants showed improved facial fullness, notably in the cheeks. It's hardly a substitute for cosmetic procedures, but may be an intriguing option for those wanting to avoid them. Facial massage may also temporarily ease puffiness, potentially by encouraging fluid movement.

Discover more homegrown beauty heroes making waves in Aotearoa New Zealand and beyond in our 2026 Best in Beauty feature...



CLINIC1

Meet HydraSilk – one of the most-loved treatments at both Clinic 1 Auckland and Christchurch. Combining HydraFacial with Sciton ClearSilk laser, HydraSilk deeply cleanses and hydrates while ClearSilk targets redness, uneven texture and dullness, leaving skin fresh, luminous and beautifully polished. With no downtime and an immediate glow, it's the ultimate skin reset – and a Clinic 1 favourite before events, special occasions, or simply when your skin needs to look its best.

clinic1.co.nz



INHANCE COSMETIC CLINIC

At Inhance Cosmetic Clinic, founder Weilim Shin, RN, believes aesthetic medicine should enhance your natural features, never change who you are. Her evidence-based, client-first approach means every treatment is tailored to you – not a template. The result: subtle refinement, not reinvention. Weilim's commitment to ongoing education keeps her practice at the cutting edge of safe, effective techniques.

inhance.co.nz

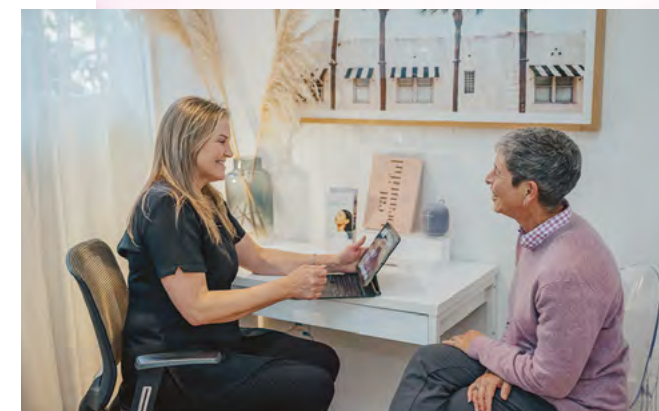
BEST IN AESTHETIC TREATMENTS



LA PELLE

Founded by Dr Rachel Lee, La Pelle is a boutique, solution-focused clinic offering advanced cosmetics injectables, medical-grade lasers, scarless mole removal via electrosurgery and intimate wellness treatments, for both men and women. Utilising the latest, cutting-edge devices and premium products, treatments are expertly curated and personalised to individual needs, with a focus on natural-looking results while maintaining skin integrity and health over the long term.

lapelle.co.nz



LUXE APPEARANCE

The team at Luxe Appearance combines expertise in appearance medicine, advanced dermal therapies, and skin, to deliver personalised, results-driven care. Every treatment plan is tailored to each client, supported by exceptional service and thoughtful aftercare. With a philosophy centred on natural, artistic enhancement and healthy skin, every product is personally tested before being introduced to the clinic, ensuring safe, effective, and lasting results.

luxeappearance.co.nz

Elevating Confidence...

For Narrisa Jones, aesthetics is a calling.

The Founder and Aesthetic Practitioner of Narrisa Aesthetics Cosmetic Clinic has dedicated her career to helping people look and feel their absolute best. Her philosophy: true beauty is not about changing who you are, but enhancing your natural features, restoring confidence, and empowering you to embrace the best version of yourself.



Narrisa has pursued advanced education and training with internationally recognised experts across Europe, Australia, New Zealand, Thailand, China, and South Korea, allowing her to combine the latest innovations, evidence-based techniques, and artistic precision with treatments that are safe, effective, and beautiful.

Narrisa believes every face tells its own story. Each plan is carefully tailored to a client's anatomy, skin condition, lifestyle, and aesthetic goals. Her Auckland clinic offers a comprehensive range of advanced aesthetic and skin rejuvenation treatments, including:

- anti-wrinkle injections
- dermal fillers

- facial lifting without surgery
- MMFU and HIFU skin tightening
- non-injectable collagen stimulation treatments (*ideal for clients seeking needle-free skin rejuvenation*)
- plasma pen pro skin tightening
- skin boosters
- PRP (platelet-rich plasma)
- advanced skin rejuvenation
- keloid scar treatment
- pico laser for pigmentation correction, skin rejuvenation, and tattoo removal
- hair restoration treatments
- facial contouring and anti-ageing solutions
- permanent makeup (PMU), including brows, eyeliner, and lip blush
- paramedical tattooing, including 3D areola and nipple tattooing for breast cancer survivors and scalp micropigmentation (hairline restoration) for clients experiencing hair loss or scalp scarring.

One of Narrisa's signature areas of expertise is non-surgical facial rejuvenation. By combining advanced collagen-stimulating technologies with personalised treatment strategies, she helps clients achieve firmer, healthier, and more youthful-looking skin – without surgery or lengthy downtime. These treatments are particularly popular among those seeking subtle, natural-looking results.

Narrisa is also deeply passionate about restorative aesthetic care. Through paramedical tattooing, she supports clients recovering from breast cancer, reconstructive surgery, trauma, or hair loss, helping restore not only physical appearance but also confidence, dignity, and emotional wellbeing. Narrisa provides personalised consultation and coordination for clients considering cosmetic surgery in Thailand, too.

Working alongside experienced board-certified plastic surgeons, she assists with treatment planning, specialist referrals, accommodation, airport transfers, and post-operative support, ensuring a seamless, safe, and reassuring medical tourism experience.



What truly sets Narrisa apart is her unwavering commitment to personalised care. She believes that exceptional aesthetic medicine is about achieving harmony, balance, and confidence through thoughtful, ethical, and individualised care.

Today, Narrisa Aesthetics Cosmetic Clinic is recognised for combining advanced technology, international expertise, and genuine compassion to deliver refined, natural-looking results. With more than 18 years of experience and a commitment to continuous professional development, Narrisa continues to redefine aesthetic excellence – helping every client feel confident, empowered, and comfortable in their own skin.

To find out more call 027 639 2456 or visit narrisaclinic.co.nz



BEAUEVER

Luminova Time-Lock Anti-Wrinkle Eye Cream

A high-performance two-step eye treatment combining a micro-bead serum with a nourishing eye cream. Powered by Warm-Touch Technology and their Stepped Eye Contour Remodelling System, it helps revitalise and visibly rejuvenate the eye area for a smoother, brighter and more lifted appearance. Best for: fine lines, crow's feet, dryness, puffiness, tired-looking eyes and loss of firmness.

beauevernz.com



ed&i

LIGHTS OUT is an overnight eye treatment designed to work while you sleep, clinically proven to help visibly smooth fine lines, improve skin texture, and restore hydration around the delicate eye area. Powered by next-generation retinoid HPR, skin-renewing peptides, hyaluronic acid, and nourishing botanical oils, it supports firmer, brighter, healthier-looking eyes without the harshness often associated with traditional retinol. Wake up to an eye area that looks refreshed, hydrated, and well rested.

ednibod.com

BEST IN ANTI-AGEING



SAN MARGO - Radiante Skin Ritual

A luminous anti-ageing inside-outside duo. Pairing their VERISOL® Bioactive Collagen Peptides with the award-winning Bakuchiol Super Elixir Facial Oil, this daily duo combines expertly chosen ingredients to support healthy-looking skin. The collagen works from within, while the fragrance-free facial oil delivers nourishing plant actives, bakuchiol, ceramides and antioxidants to hydrate, visibly smooth and enhance your natural glow.

sanmargo.com



THE SKIN KITCHEN

Regenerate is a beautifully formulated facial oil that pairs an elegant, lightweight texture with a genuinely purposeful ingredient profile. Bakuchiol, nature's retinol alternative, L22®, and vitamin E work alongside antioxidant-rich plant oils to support firmness, elasticity, hydration and barrier strength. It absorbs effortlessly, leaves no greasy residue and gives skin a smoother, more refined, healthy-looking finish while feeling calm, supple and balanced.

theskinkitchen.co.nz

BEST IN BEAUTY EDUCATION

**BEAUTIQUE ACADEMY**

Beautique Academy teaches short, specialised beauty courses in East Tamaki, Auckland. Every course is taught by industry professionals with real salon experience. Being one of the few academies still teaching in person, one-on-one or in small groups, places fill fast. More than 30 courses across nails, eyelashes, waxing, skincare, cosmetic tattooing, and advanced aesthetics. Whether you're starting out or upskilling in your own salon, you'll leave with the skills and confidence to use them from day one. Call 021 127 1892 for more information or email admin@beautiqueacademy.co.nz

beautiqueacademy.co.nz

BEST IN BEAUTY EDUCATION

BEST IN BEAUTY SUPPLEMENTS

**JEUNEORA****Hormone Hero**

Hormone Hero is the natural perimenopause and PMS supplement designed by women, for women, to support hormone balance, normal weight management, energy, metabolic health, balanced mood, mental clarity and stress. Each daily dose delivers clinically studied actives at science-backed levels: Eriomin® lemon bioflavonoids, Fermodiola® fermented rhodiola, Bluenesse® lemon balm extract, chaste berry, shatavari, globe artichoke, and a full 320mg of highly absorbable magnesium bisglycinate.

jeuneora.co.nz

**JEUNEORA****Beauty Sleep Powder**

Beauty Sleep is a natural sleep supplement which harnesses the power of adaptogenic mushrooms and an exclusive pistachio extract, to support a deeper sleep, relaxation, immune function, mood balance, and your ability to cope with stress and fatigue. Combined with organic certified Fairtrade cocoa, this super powder creates a deliciously decadent beverage to enjoy before bed and set you up for your dreamiest sleep yet.

jeuneora.co.nz

BEST IN BEAUTY SUPPLEMENTS

**BEYOND BEAUTY**

Beyond Beauty by Dr Dominika Andrys is a step-by-step guide for aspiring beauty brand founders, drawing on her 15-plus years as a cosmetic scientist and formulation consultant who has worked with over 300 brands, developed more than 2,000 formulations, and created multiple brands of her own. The book walks readers through the real process of building a beauty brand, from formulation and product development to the practical decisions founders face bringing an idea to market.

Available at beautybrandformula.com

**INKWORKS ACADEMY**

Inkworks Academy is raising the standard of paramedical tattoo education in New Zealand. Founded by award-winning practitioner Amy Saunders, it trains emerging practitioners and experienced PMU artists in skin and scar revision, camouflage and hair restoration. Education goes beyond technique, developing the clinical reasoning and judgement needed to work safely with complex client needs. With one-to-one mentorship at its core, it offers a structured pathway that progressively builds knowledge, giving practitioners the confidence to work independently.

inkworksstudio.co.nz

**MATAKANA SUPERFOODS - Creatine**

Once associated with gym-goers, creatine has become a wellness essential for women, busy professionals and healthy agers. Matakana SuperFoods' premium range includes German-made, micronised Creavitalis® Creatine Monohydrate, designed to support muscle health, exercise recovery and cellular energy. With decades of robust research behind creatine and growing interest in its role in cognitive performance and healthy ageing, it's a smart, science-backed addition to everyday wellness routines.

matakanasuperfoods.com

**PURAZ - Collagen Infusion**

Beauty From Within is a New Zealand-made premium Collagen supplement, formulated with Bovine Collagen Peptides to support skin firmness, elasticity and hydration. Infused with NZ Superfruit antioxidants to help protect existing collagen from everyday breakdown and oxidative stress, with non-acidic vitamin C to support the body's own collagen production. Together, these ingredients help maintain smoother, more resilient skin, plus stronger nails and healthier-looking hair over time.

puraz.com

BEST IN CLEANSERS

**ed&i**

CUPPA-T is a creamy, lightly foaming cleanser that gently removes makeup, sunscreen, excess oil, and daily impurities without stripping the skin. Powered by fruit enzymes, AHAs, caffeine, green tea, and aloe vera, it helps brighten dullness, refine skin texture, and boost radiance from the very first cleanse. The nourishing formula supports a healthy skin barrier while leaving skin feeling clean, soft, hydrated, and visibly more refreshed.

ednibod.com

**essano****Collagen Boost Gentle Cleansing Oil**

Part cleanser, part skin-supporting treatment, essano's Collagen Boost Gentle Cleansing Oil melts away makeup and sunscreen while targeting impurities, leaving skin soft and clean. The formula combines nourishing Jojoba and Rosehip Oils with Schisandra Berry to help improve elasticity and firmness. A true oil cleanser with no water added as filler.

essano.co.nz

BEST IN
CLEANSERS**NEAT**

Balance is Neat's oh-so-gentle 3-in-1: a 100% natural, mineral clay formula that cleanses, removes makeup and doubles as a face mask. It melts away daily grime without stripping skin, while natural minerals draw out impurities and nourish for a genuinely balanced complexion. It's simple and effective enough that your first skincare step can feel like it's almost the only one you need. Proudly made in New Zealand.

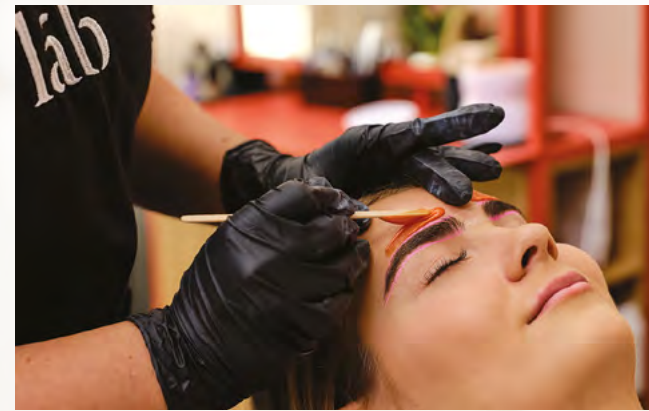
itsneat.nz

**ORIA SKIN**

Luminous Cleanse Oil has got to be among the most beneficial products you can own. Oria's high-performance 2-in-1 cleansing oil and face oil simplifies your routine without compromising results. Deep cleansing, hydrating and smoothing texture in one step. It melts away makeup and sunscreen like a dream. Powered by non-comedogenic botanicals, natural peptides and ceramides, it balances the skin's own oil production while targeting breakouts and inflammation. A must-have in every woman's skincare lineup.

oriaskin.com

BEST IN BROWS

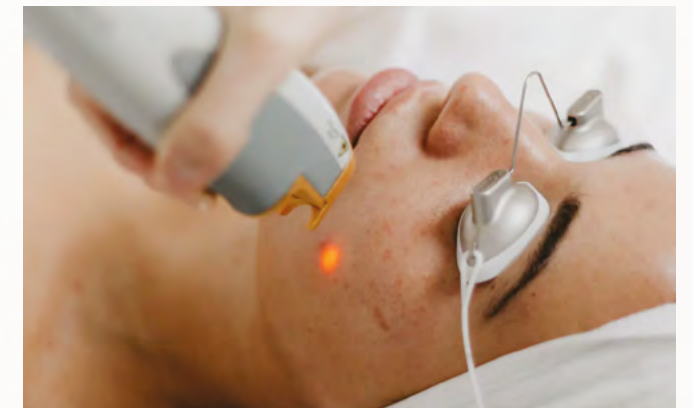
**LAB BROW BAR**

Lab Brow Bar has built its reputation on creating bespoke brows that are expertly tailored to every client. Rather than following trends, the team combines precision brow mapping, facial analysis and personalised treatment recommendations to achieve beautifully balanced, natural looking results. With highly trained brow artists, exceptional customer care and a commitment to consistency, Lab Brow Bar has become a trusted destination for premium brow services in Ellerslie and Hamilton.

labbrowbar.com

BEST IN
BROWS

BEST IN COSMETIC TREATMENT

BEST IN
COSMETIC
TREATMENT**ABOUT SKIN**

About Skin is most famous for its Genesis 'Hollywood Facial'. The preferred laser treatment to the stars, it's a non-invasive solution to improve skin texture, reduce redness, fine lines and address hyperpigmentation. Each advanced Genesis treatment stimulates collagen production and revives dull, tired skin. Results are cumulative. About Skin Genesis treatments start from only \$170 (up to \$500 elsewhere). Call 09 576 1550 for more information or email info@aboutskin.co.nz

aboutskin.co.nz

BEST IN DAY CREAMS

BEST IN DAY CREAMS



LOVESKIN

Tieki. Biomimetic. Restore.

Introducing Tieki: advanced hydration, engineered to mimic skin. Serious barrier science meets beautiful sensory, combining Loveskin's Biomimetic Barrier Complex and Adaptive Hydration Complex with ceramide liposomes, skin-identical lipids, NMF and ectoin to replenish and reinforce the skin barrier, with sustained hydration for up to 72 hours. A rich, cushiony lamellar crème that melts effortlessly into skin, leaving it deeply hydrated, supple and resilient. Made in Aotearoa. Pre-order now at loveskin.co

BEST IN ESSENTIAL OILS



PLANT POTIONS - Essential Oil Blend Set No.3

An iconic trio of the brand's most-loved essential oil blends, reiki-infused and handcrafted on Waiheke from pure, mostly organic botanicals. Presented in a bespoke, cotton travel wrap, this vegan, cruelty-free and refillable set brings mindful aromatherapy to home, travel and everyday rituals. Blend Notes: I AM CALM – Roman chamomile, lavender and mandarin; I AM LOVE – rose, vanilla and lavender; I AM VIBRANT – grapefruit, bergamot and lime.

plantpotions.co.nz

BEST IN FRAGRANCE

BEST IN FRAGRANCE



BLK SHEEP PERFUMERY

Bite Me - Wicked Cherry Eau de Parfum

The right fragrance becomes part of how you feel — confident, sensual, unforgettable. Bite Me captures that allure with black cherry, warm spice, luminous florals and smoky woods, creating a rich, seductive scent that lingers. BLK Sheep Perfumery is an independent New Zealand niche fragrance house creating distinctive unisex perfumes for those who value individuality over convention. Made in small batches with innovative, sustainable ingredients. For rebels, not replicas.

blksheepperfumery.co.nz

BEST IN HOLISTIC SKINCARE

BEST IN HOLISTIC SKINCARE



COSKIN

Prepare your skin to glow with health all summer long. Recover from winter, nurture through summer and spring with CoSkin. CoSkin's carefully curated products are rich with nature's best ingredients including CoQ10, hyaluronic acid, and shea butter. Organic and locally sourced wherever possible, and locally made in New Zealand's beautiful east coast. And of course, completely cruelty-free. Luxurious. Indulgent. Natural.

coskin.nz

BEST IN FACE OILS

**BEAUEVER****Luminova Aurora Glowing Essence Oil**

The Aurora Glowing Essence Oil is a silky, lightweight treatment that melts effortlessly into skin, delivering nourishment and radiance without heaviness or stickiness. Fast-absorbing, it helps soften the appearance of wrinkles and strengthen the skin barrier, with a lightweight finish suitable for all skin types. Best for: early signs of ageing, sensitive, stressed or barrier-compromised skin.

beauevernz.com

BEST IN FACE OILS

**essano****Rosehip Oil**

A long-standing hero in essano's skincare line-up, this facial oil harnesses the power of 99.5% pure organic Rosehip Oil to help improve the appearance of scars and stretchmarks while replenishing and nourishing skin. The remaining 0.5% is vitamin E, an antioxidant included to help stabilise the Rosehip Oil and protect it from oxidative degradation, maintaining its quality, efficacy and freshness over time.

essano.co.nz

**LOVE SKIN****Mārū. Youth. PM Concentrate.**

Mārū is an intensive overnight concentrate for changing skin. More than a face oil, this high-performance treatment combines bakuchiol, ceramides, skin-compatible phytolipids and over 5% vitamin E for intensive antioxidant and barrier support, helping counter oxidative stress while visibly smoothing and restoring. Consumer tested, 100% said skin felt deeply nourished and replenished by morning, while 97% reported smoother skin and softened fine lines. Made in Aotearoa. Pre-order the new formulation at loveskin.co

BEST IN FACE SERUMS

**JEUNEORA****BrightenUp Vitamin C Serum**

BrightenUp is a vitamin C serum formulated with 2% AA2G™ stabilised vitamin C and Superox-C™ Kakadu plum extract. Cruelty-free and dermatologist tested, it is designed to brighten skin, visibly fade dark spots, smooth fine lines and defend against pollution and environmental damage. BrightenUp's two forms of vitamin C are paired with a low molecular weight hyaluronic acid that penetrates deeply to deliver in-depth hydration for all skin types, including sensitive.

jeuneora.co.nz

**LOVE SKIN****Aio.Saturate.Calm.**

Intense hydration. Immediate calm. Aio is made for skin that's thirsty, sensitive or reactive. This is hydration, engineered differently. Loveskin's Adaptive Hydration Complex layers fast-acting and long-lasting hydrators to saturate skin with moisture and keep it there for up to 72 hours. 2% ectoin, madecassoside and targeted calming actives, proven to calm and soothe within 15 minutes, help reduce visible redness and build resilience. Skin is plumper, calmer and deeply hydrated. Made in Aotearoa. Available from October, pre-order now.

loveskin.co

BEST IN FACE SERUMS

**NEAT**

Hydrate is Neat's multi-molecular hyaluronic acid serum – and their most-sold and highest-rated individual skincare product for good reason. Delivering five molecular weights of hyaluronic acid deep into the skin, it locks in lasting, intense hydration, visibly plumps, smooths fine lines and repairs moisture loss without any heavy or sticky feel. A few drops after toning transforms tired, dehydrated skin into its most replenished, radiant self. 100% natural, made in New Zealand.

itsneat.nz



PHOTOGRAPHY: SIGNÝ BJÖRG

WUNDERBALM

This rich hydrating serum is restorative and beneficial for all skin types. Containing vitamin C, pure hyaluronic acid and aloe vera, it supports the skin's natural protective function, increases elasticity, and leaves the skin looking smooth and radiant. A powerful antioxidant that also provides photoprotection, increases the effectiveness of sunscreen, lightens skin tone, fades discolouration, and fights acne.

wunderbalm.com

BEST IN HAIR PRODUCTS



LUSH - Super Milk Shampoo & Conditioner Duo
Are you prioritising protein in your diet? What about your haircare? Revive damaged or limp tresses with the Super Milk shampoo and conditioner duo for deep strength and protection. Packed with plant-based proteins (like soya), this nourishing trio helps strengthen hair bonds while safeguarding your crown against everyday stress.

lush.com



SAN MARGO - In-Residencia Hydrating Duo
Transform wash day with this award-winning Hydrating Shampoo and Conditioner. The fragrance-free duo gently cleanses while restoring lasting hydration, leaving hair soft, healthy-looking and beautifully manageable without harsh sulfates or silicones. Formulated with microbiome-friendly ingredients and cationic hyaluronic acid, it helps care for both hair and scalp. Thoughtfully crafted for every age and stage, because healthy-looking hair begins with a healthy scalp.

sanmargo.com

BEST IN HAIR PRODUCTS

FINNE

VOLUMISING DUO

You know the feeling: hair that's flat by midday, roots that go oily fast, or ends that feel weighed down no matter how "lightweight" the label promises. FINNE's Volumising Duo was created to solve exactly that - without the heaviness, crunch or build-up so many volumising products leave behind.

They don't believe fine or flat hair needs fixing. It just needs the right foundation to unlock its best version. Powered by Voluminis™ for fuller-looking hair from the first wash, plus other science-led actives to strengthen strands, add gentle texture and leave roots fresher for longer, this shampoo and conditioner system works together to deliver hair that's easier to love, with lift that lasts.

Formulated with fine, flat hair in mind and proudly made in New Zealand,



FINNE was born from one woman's years-long search for a fix that never weighed her down - though anyone chasing extra volume will feel the difference too.

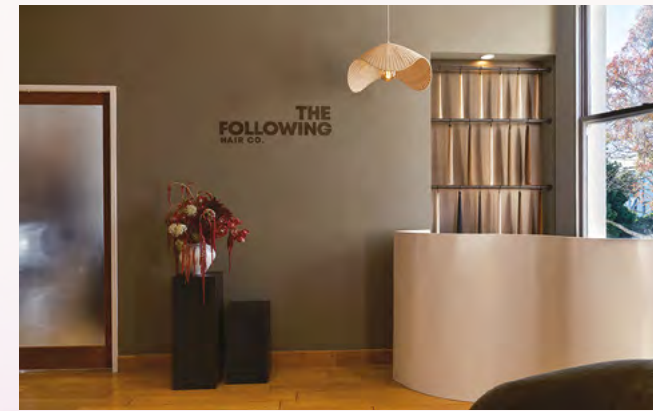
Natural-looking volume, not the stiff, crunchy kind - just hair that feels like

yours again, only lighter and fuller, leaving you feeling more confident every time you walk out the door.

\$10 off your first order with code **VERVE10**

finnehair.com

BEST IN HAIR EXTENSIONS



THE FOLLOWING HAIR CO.

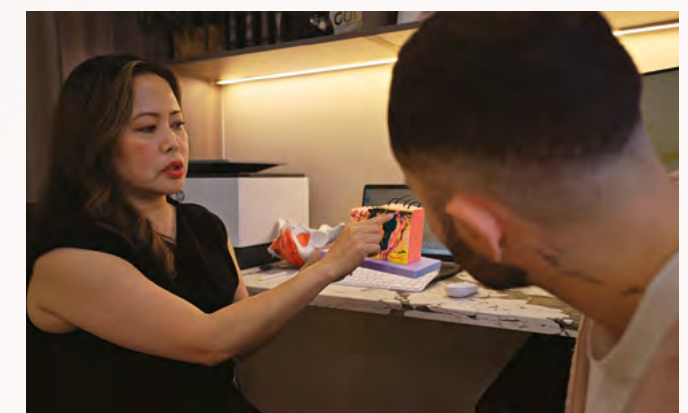
The Following Hair Co. is recognised as New Zealand's destination for luxury hair extensions. As the nation's only Great Lengths educators, flagship salon, and Platinum Salon for three consecutive years, the team continues to lead the industry through world-class education, technical excellence, and uncompromising attention to detail. Every extension service is individually designed to deliver flawless colour matching, invisible blends, and beautiful, long-lasting results.

thefollowing.co.nz

BEST IN HAIR EXTENSIONS

BEST IN HAIR RESTORATION

BEST IN HAIR RESTORATION



JAY'S MEDISPA

If you've started noticing more hair in the brush, you're not alone, and you don't need to figure it out by yourself. At Jay's Medispa, a nurse-led clinic in Birkenhead, hair conversations happen in complete privacy. A clinical consultation comes first, covering what may be driving the change and what can realistically help. One goal from there: a clear way forward for your hair, whatever that takes.

jaysmedispa.co.nz

A Cold Spell?

WORDS — AMANDA WALKER, Clinic 42

Is heating leaving your skin thirsty?

As temperatures drop, many people notice the same seasonal changes in their skin: increased dryness, tightness, dullness, and sensitivity.

While winter may bring cosy layers and warm indoor spaces, cold outdoor air and indoor heating can create one of the most challenging environments for skin health.

The main cause is a loss of moisture. Cold air contains less humidity than warm air, increasing transepidermal water loss, the process by which moisture evaporates from the skin. Indoor heating often compounds the problem by creating a warm but dry environment that further depletes the skin's hydration levels. As a result, the skin barrier can become compromised, leading to flaking, redness, sensitivity, and a rough or uncomfortable texture.

At Clinic 42, we often see patients who find their usual skincare products are less effective during winter. This is because hydration and barrier support become even more important when the skin is exposed to seasonal environmental stressors.

A healthy skin barrier helps retain moisture while protecting against irritants and environmental damage. When the barrier is weakened, the skin struggles to maintain hydration regardless of how much moisturiser is applied. For this reason, winter skincare should focus on strengthening and repairing the skin barrier as a first priority.

One product we often recommend is Synergie Skin's ÜberZinc, a

multifunctional moisturiser designed to support and protect the skin during colder months. Formulated with 21% zinc oxide, it helps shield the skin from environmental stressors while providing antioxidant benefits. Jojoba, meadowfoam, and macadamia oils help reinforce the skin's natural lipid barrier, reducing moisture loss and supporting long-lasting hydration. The result is skin that feels calmer, more comfortable, and better protected throughout winter.

For skin that feels particularly dry or depleted, an intensive hydration treatment can provide additional support. Synergie Skin's MasquErase and Environ's Focus Care Youth Revival Masque are excellent additions to a winter skincare routine. Used once or twice weekly, these treatments deliver a concentrated boost of hydration while supporting barrier repair. They help soothe stressed, dehydrated skin and restore moisture when cold air and indoor heating accelerate water loss. Applied overnight or as leave-on treatments, they can leave the skin looking plumper, softer, and more radiant by morning.

Another important consideration during winter is collagen. Natural collagen production declines with age, reducing the skin's elasticity, firmness, and resilience. Seasonal factors such as low humidity and fluctuating temperatures can make the visible signs of collagen loss, including fine lines and crepey skin, more apparent.

This is where bio-remodelling treatments can play a valuable role. Unlike traditional volumising

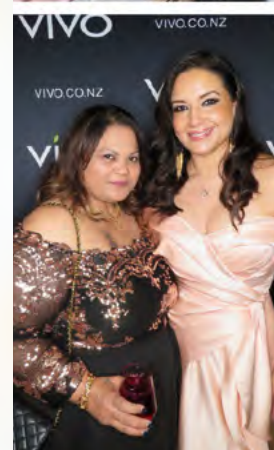
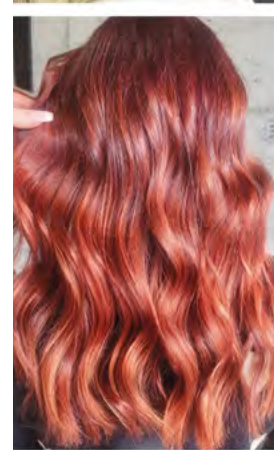
treatments, bio-remodellers stimulate collagen and elastin production while improving skin quality and hydration. The result is firmer, smoother, and more resilient skin with improved overall texture and radiance. For many patients, these treatments offer both a preventative and restorative approach to maintaining healthy skin throughout the year.

Winter does not have to mean dull, dehydrated skin. By combining barrier-supporting skincare, targeted hydration treatments, and collagen-stimulating solutions, it is possible to maintain healthy, resilient skin throughout the colder months.

If you are planning a winter escape to warmer climates, remember to review your skincare routine before travelling. Take particular care with vitamin A products and be mindful of any recent or upcoming IPL treatments, as increased sun exposure may require adjustments to your treatment plan.

At Clinic 42, we focus on strengthening skin health from the inside out through medical-grade skincare, professional treatments, and advanced bio-remodelling therapies. If you would like personalised advice on your skincare routine or treatment options, we invite you to book a complimentary consultation with one of our experienced nurses.

clinic42.co.nz / 09 6384242 /
reception@clinic42.co.nz
or in South Auckland
clinic4o2.co.nz / 050 840 2402



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BEST IN HAIR SALONS



ANTHONY BAYER HAIR

Award-winning Auckland stylist Anthony Bayer has built an impressive career across salon, fashion and international work. Based in Ponsonby, Anthony has led shows at New Zealand Fashion Week and worked backstage at fashion weeks in New York, Paris and London. Most recently, he won New Zealand North/South Island Hairdresser of the Year at the AHIA Awards in Sydney. Anthony Bayer Hair combines international fashion experience with personalised styling and creativity.

anthonybayerhair.com



THE FOLLOWING HAIR CO.

The Following Hair Co. continues to redefine luxury haircare in New Zealand. Renowned for precision cutting, premium colour, and an exceptional client experience, the Auckland salon was proudly named New Zealand Salon of the Year 2025. More than beautiful hair, the award reflects the team's commitment to innovation, education, and genuine care creating confidence-building transformations that continue to set the benchmark for salon excellence.

thefollowing.co.nz

BEST IN
HAIR SALONS



ROGUE HAIR

Set in Parnell, Rogue Hair is a polished neighbourhood salon with a considered point of view. Founded by Robyn Kirkwood, it leans into bespoke colour, precision cutting, and hair that feels tailored rather than trend-driven. An emphasis on wearable, sustainable results: refined blondes, thoughtful colour work, and cuts designed to sit well beyond the first visit. With its warm setting and personalised approach, whether its subtle refresh or transformative change, Rogue Hair is an elevated experience.

roguehair.co.nz



VIVO HAIR YOU LOVE

Your hair, your confidence, their craft. New Zealand's most recognisable hair salon brand, Vivo spans over 80 locations nationwide, so you'll find one close to home. With over 90,000 happy returning clients, you can trust Vivo for your balayage, blondes and creative vivids alongside style cuts and smoothing treatments. With packages to suit every need, there's something for everyone.

vivo.co.nz

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1 YEAR



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20 YEARS



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20 YEARS



MONIQUE
30 YEARS



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ROB
26 YEARS



SHOSHANA
5 YEARS



TOO
8 YEARS

SERVILLES.COM

18 SALE STREET, CITY WORKS, AUCKLAND 1010

BEST IN HAIR TOOLS



YOKUBO AIRSTYLER

The Yokubō Deluxe Airstyler is the ultimate tool for every hair style! This salon-grade 5-in-1 tool combines a hair dryer, blow-dry brush, curling iron, straightener, and volumiser. It's powerful motor delivers salon-grade, fast wet-to-dry styling. Ionic technology fights frizz and adds shine, while three heat settings (50°C, 80°C, 100°C) plus a cold-air option protect your hair against unnecessary damage. This complete system includes a blower, blowout brush, straightening brush, two spiral curlers, heat-resistant glove, and a beautiful travel case, everything you need for every style.

iconhaircarebeauty.nz



SHARK BEAUTY

Shark Glam Hot Tool Air Drying & Styling System

The Shark Glam Multi-Styler is designed to deliver ultra-fast drying with no heat damage*. It offers a combination of heat controlled ceramic and powerful air to achieve glossy blow dries, silky straight styles, and voluminous curls. With five versatile styling tools included, it's your all-in-one solution for salon-inspired results at home.

* Based on testing done on virgin, untreated hair on the wet-to-dry mode and maximum output temperature of 133 Celsius in highest heat mode with curler tool.

sharkninja.co.nz



iconhaircarebeauty.nz

Hair Essentials

with Icon Haircare & Beauty

Icon Haircare & Beauty offers a carefully curated edit of professional haircare, K-Beauty, and salon essentials, featuring only tried and trusted brands. Here are their picks for this month's beauty edit.

ANGEL EN PROVENCE Camellia Versatile Leave-In Cream

This luxurious cream is ideal for all hair types and helps to strengthen and hydrate, seal cuticles and smooth frizz while preventing breakage and split ends.



PAUL MITCHELL Super Skinny Serum

This best-selling smoothing serum offers up to 232°C heat protection while reducing drying time. Humidity-resistant, it tames frizz, smooths cuticles and leaves hair with sleek, long-lasting shine.



TOVEGAN Color Food Series

K Beauty brand Tovegan's Color Food Series includes a soothing tomato water toner, a gentle wild blueberry cleansing foam, a cleansing balm enriched with sunflower seed and shea butter and an illuminating vitamin C serum.



P'FEEEL Collagen Wrapping Masks

Apply as the final step of your skincare routine to enhance and maximise the effects of your products while replenishing collagen and locking in radiant glow.



FROM9 Signature Foam Cleanser & Cleansing Oil

This botanical-rich foaming clay cleanser and cleansing oil provide a deep but gentle cleanse while soothing and nourishing skin, leaving it feeling and looking fresh, bright and hydrated.



LUST HAIRCARE Eco-Curl Defining Brush

Perfect for both wet and dry styling this curl specific brush helps create separation and enhance your natural curl pattern, resulting in more defined and smoother, bouncy curls.



FROM9 Plior Calming Sun Serum (SPF50+/PA++++)

With the highest approved rating for sun protection, this lightweight serum easily absorbs into skin leaving it feeling hydrated and fresh without any white cast or residue.



WIN WITH VERVE

ONE LUCKY READER IS GOING TO WIN BIG THIS MONTH
scooping up all of these fabulous products!

To win this bumper pampering package – valued at more than \$1700 – head to Verve's website and follow the instructions to subscribe to our mailing list. Tag three friends on our socials in the comments and share to your story for bonus entries. Good luck!



AVÈNE
Cicalfate+ Multi-Protective
Restorative Cream SPF50+ - \$44.99
chemistwarehouse.co.nz/ultra-beauty



MAC
Lustreglass Sheer-Shine Lipstick
& Lustreglass Lip Tint - \$92
maccosmetics.co.nz



EMMA LEWISHAM
Supernatural Face Crème Riche - \$162
emmalewisham.com



BOOST LAB
Neck Firming Serum and Pro-Lift Neck
& Decolletage Cream - \$109.99
boostlabco.com



MEDIK8
Total Moisture Daily Cleansing Gel - \$77
nz.medik8.com



BIT BY BIT
Body Duo Gift Pack - \$66
doingbitbybit.co.nz



ghd
Once Again dry shampoo - \$49
ghdhair.com



JEUNEORA
Hormone Hero - \$88
jeuneora.co.nz



JEUNEORA
Beauty Sleep Powder - \$79
jeuneora.co.nz



LUSH
Acai And Sacha Inchi
Vitamin E Cleanser - \$37
lush.com



ghd
The Blow Dryer radial brush - \$60
ghdhair.com



OXYENERGY
Beauty Collagen Peptides 5-in-1
1100mg - \$64.99
oxyenergy.co.nz



MURAD
Lipid-Enriched
Double Cleansing Balm - \$89
caci.co.nz



EMMA LEWISHAM
The Vitale Elixir Ritual - \$177
emmalewisham.com



CIRCA
Australian Wildflowers
Fragrance Diffuser 250ml - \$52.95
nz.circa.com.au



iS Clinical
Daily Dynamic Hydrator - \$253
clinic1.co.nz



FINNE
Volumising Duo - \$90
finnehair.com



EMMA LEWISHAM
Supernatural Face Oil - \$156
emmalewisham.com

BEST IN HYDRATION

BEST IN
HYDRATION**essano****Hydration+ Daily Face Moisturiser**

For skin in need of lasting hydration, essano's Hydration+ Daily Face Moisturiser combines four molecular weights of hyaluronic acid to target different layers of the skin with a Ceramide Complex of skin-identical lipids. Together, they deliver multi-layer moisture while helping to restore the skin barrier and defend against moisture loss. The result is skin that feels hydrated, plump and comfortable, with dryness relieved and glow restored.

essano.co.nz

BEST IN LASHES

**BORED BROWS**

Introducing the Bored Brows Tubing Mascara Serum, your new lash obsession. Combining cutting-edge tubing technology with a nourishing lash serum infused with biotin and peptides, it creates beautifully long, defined lashes while helping support healthier-looking lashes over time. Smudge-proof, lightweight and easy to remove with warm water, it's designed for effortless, everyday wear.

boredbrows.com

BEST IN
LASHES

BEST IN INJECTABLES

**INHANCE COSMETIC CLINIC**

Weilim Shin, RN, founder of Inhance Cosmetic Clinic, treats every client's face as if it were her own. Her philosophy is simple: enhance, don't alter. Specialising in injectable treatments, she brings evidence-based precision and a genuinely personalised approach to every appointment. The goal isn't for a new face, just a more refreshed, more confident version of it. Continuous learning keeps her ahead of the industry's safest techniques.

inhance.co.nz

**JAY'S MEDISPA**

Maybe you've wondered about injectables for a while, and never quite booked. That's who Jay's Medispa is for. Every treatment at this discreet clinic tucked quietly upstairs in Birkenhead is performed by registered nurses. Your first visit is simply a clinical consultation: what you're curious about, what's realistic, and whether treatment even makes sense for you. No pressure, no hard sell. Subtle and natural, still unmistakably you.

jaysmedispa.co.nz

BEST IN
INJECTABLES**LUXE APPEARANCE**

Led by owner and director Sarah, the team at Luxe Appearance combines extensive expertise in appearance medicine with a passion for achieving natural, refined results. Every injectable treatment is tailored to enhance each client's unique features, with safety, education, and precision at the forefront. Committed to continuous training and the latest techniques, alongside herself, Maritza, Ania and Kelly deliver personalised care that help clients look refreshed, feel confident, and achieve beautifully balanced outcomes.

luxeappearance.co.nz

**PRESCRIPTION SKIN CARE**

For more than 30 years, Prescription Skin Care has helped Aucklanders enhance their natural beauty. Established in 1993, the clinic is one of Auckland's most trusted names in injectables and is known for exceptional patient care. Registered nurses, alongside Dr Julian Lawry, bring decades of clinical expertise to every treatment, specialising in healthy, balanced, natural-looking results. Each treatment plan is personalised, precise, and designed for you. Book a consultation today on (09) 529 5784.

prescriptionskincare.co.nz



BEST IN LASER

ABOUT SKIN

Discover the About Skin difference. With over 20 years' expertise specialising in advanced laser skin therapy, they create bespoke treatments for both men and women across pigmentation concerns, facial red veins, skin laxity, skin texture, fine lines and other signs of ageing. About Skin uses the very best laser technology from Candela & Cutera America with prices starting from \$170 per treatment. Call 09 576 1550 for more information or email info@aboutskin.co.nz

aboutskin.co.nz



LA PELLE

Founded by Dr Rachel Lee, La Pelle offers medical aesthetic and procedural skin treatments. Entirely doctor-led, the clinic offers a wide range of cutting edge, medical grade lasers for advanced skin resurfacing of wrinkles and acne scars, fat reduction and body-contouring. Treatments are routinely 'stacked' with other lasers and injectables for superior results. La Pelle is also the home of Australasia's first EndoliftX® – a next-generation laser treatment for non-surgical skin tightening and lifting of the face and body.

lapelle.co.nz



SAINT BEAUTY

Saint Beauty is a multi-award-winning salon known for its expertise in advanced laser and skin treatments. Their experienced team combines leading technology, extensive knowledge and personalised treatment plans to target pigmentation, redness, texture, ageing and overall skin health. Every treatment is tailored to the individual, with a strong focus on safety, exceptional results and achieving beautifully healthy, glowing skin.

saintbeauty.nz

Clinic 1 On Target

Clinic 1 continues to set the standard for advanced laser and energy-based treatments in New Zealand.



At Clinic 1, technology has always been at the heart of what they do. But after years of working with some of the most advanced laser and energy-based devices available, they know that owning great technology is only part of the equation. What matters just as much is the experience behind it – knowing which technology to use, how to use it, and how to combine treatments to achieve the best possible result for each individual client.

Across their Auckland and Christchurch clinics, they've built one of New Zealand's most comprehensive collections of advanced aesthetic technology, with a particular focus on Sciton – a brand they've worked with extensively for years.

Their Sciton portfolio includes BBL HERO, MOXI, HALO, ClearSilk and ClearV, allowing them to treat an incredibly broad spectrum of concerns – from pigmentation, sun damage and redness to vascular conditions, texture, ageing and overall skin quality.

Alongside the Sciton technology, their clinics also offer Ultraformer MPT for advanced ultrasound skin tightening and lifting, Alma Soprano ICE Platinum

for laser hair removal, AviClear for acne, and Tixel for skin rejuvenation and resurfacing.

It means they're rarely limited to one approach – and that is one of the biggest advantages of having such a diverse technology portfolio.

Skin is complex. The same concern can have different causes, and two clients who appear to have similar skin may require completely different treatment plans. Rather than trying to make one device do everything, their practitioners can select the technology – or combination of technologies – that makes the most sense.

And increasingly, combination treatments are where our expertise really comes into its own.

BBL may be paired with MOXI to address pigmentation, sun damage and texture. ClearSilk can become part of an ongoing skin-maintenance programme or be combined with HydraFacial in our signature HydraSilk treatment. Laser and energy-based treatments can also sit alongside injectables, advanced facials and carefully selected skincare as part of a

much broader approach to skin health and ageing.

Over the years, the team has performed thousands of laser treatments, and that volume of experience matters. Technology continues to evolve, but so does the knowledge of the practitioner using it.

Their Christchurch clinic has continued to grow significantly, strengthening both its team and treatment offering and bringing the same technology-led philosophy that established Clinic 1 in Auckland to our South Island clients.

Today, both clinics are busier than ever, but their approach remains the same: invest in exceptional technology, invest in education, and never compromise on the standard of treatment.

For Clinic 1, being the best in lasers has never been about owning a laser.

It is about knowing exactly what to do with it.

For more information and to book an appointment, visit clinic1.co.nz

BEST IN MEN'S SKINCARE

**TWO DUDES**

Founded in an Auckland garage in 2020, Two Dudes is a proudly New Zealand-owned men's grooming brand making self-care simple, effective and enjoyable. Best known for its natural deodorants and skincare, the brand combines high-performance ingredients with a healthy dose of humour. With products that work and a refreshingly down-to-earth approach, Two Dudes is redefining modern men's grooming while championing important conversations around men's health and is now stocked in over 3,000 stores across New Zealand and Australia.

twodudesproject.com

BEST IN MEN'S SKINCARE

BEST IN MOISTURISER

BEST IN MOISTURISER

**BEAUEVER****Luminova Renewal Replenishing Cream**

A rich, nourishing facial cream designed to support skin structure and intensive cellular repair. It targets signs of ageing by supporting collagen regeneration and strengthening the skin's natural barrier, leaving skin smoother, firmer and deeply nourished. Suitable for morning and evening use. Best for: dull, tired or early-ageing skin seeking advanced anti-ageing care.

beauevernz.com

Beauty at Altitude

beauevernz.com

New Zealand-founded prestige skincare brand BeauEver has announced an exciting partnership with New Zealand's most successful winter Olympian, X Games medallist and three-time World Champion snowboarder, Zoi Sadowski-Synnott.

More than a traditional ambassador relationship, the collaboration will see BeauEver and Sadowski-Synnott work together to develop a new performance-focused skincare range inspired by life in the mountains and the unique challenges of extreme outdoor environments. The upcoming Zoi collection will combine BeauEver's science-led skincare expertise with Sadowski-Synnott's firsthand experience competing at the highest level of international snowboarding.

For Sadowski-Synnott, whose career has taken her to some of the world's harshest alpine environments, skincare is an essential part of both performance and recovery.

"As a professional snowboarder I spend a lot of time in harsh environments, whether it's high UV from sun, snow, altitude or freezing cold," says Zoi. "I need my skin to be protected both on and off the mountain. After a big day, I really like being able to recover and take care of myself and having good quality skincare is an important part of that."

What makes the partnership particularly meaningful is her hands-on involvement in the product development process. Working alongside the BeauEver team from the outset, the snowboarder has been actively contributing ideas, testing formulations and providing feedback to ensure the range reflects the real needs of people leading active outdoor lifestyles. Founded in New Zealand in 2019, BeauEver has quickly established itself as an internationally recognised skincare brand, with operations spanning New Zealand, Switzerland and China. Inspired by New Zealand's alpine environment and powered by science-backed innovation, the brand has built a reputation for combining cutting-edge skincare technology with premium ingredients and global expertise.



Product development is led by Judith Fiedler, former Head of Global Product Development at luxury Swiss skincare brand La Prairie, bringing decades of international experience to BeauEver's growing portfolio. The brand's approach to skin health is guided by its proprietary Holo-Aging Theory, which addresses multiple dimensions of skin ageing through advanced formulations and research-driven innovation.

BeauEver New Zealand General Manager Liam Corkery says the partnership is a natural alignment of values: "BeauEver was founded on the belief that skincare should combine scientific excellence with inspiration drawn from New Zealand's unique natural environment. Zoi's connection to the mountains, her commitment to performance and her authentic approach to life make her an ideal partner for our brand."

As BeauEver continues its international expansion, the partnership signals an exciting new chapter for the brand. Additional details surrounding the Zoi skincare range will be announced in the coming months.

BEST IN NAILS



SATOMI NAILS
 Located inside the Metropolis building on High Street, Satomi blends elite Japanese technical precision with contemporary minimalism. The private sanctuary offers a sophisticated alternative to high-volume nail bars, delivering flawless silhouettes and unmatched structural longevity while strictly prioritising natural nail health.

satominails.co.nz

BEST IN
 NAILS

BEST IN NEW BEAUTY PRODUCTS



BEAUEVER
Luminova Prestige Neck-Jawline Sculpting Cream
 An advanced neck and jawline treatment powered by SCULP-AQ™ and Warm-Touch technology to support blood flow, visibly firm, smooth and redefine while softening lines and promoting even-looking skin. Complete the ritual with the Swan Sculpting Tool, a gua sha-inspired massage tool supporting circulation, lymphatic drainage and contouring. Best for: fine lines, wrinkles, sagging, loss of firmness and uneven tone.

beauevernz.com



essano
Hydration+ Cica Repair Milk Toner
 A new addition to essano's Hydration+ range, this lightweight milk toner is designed to deliver multi-depth, long-lasting hydration. Four molecular weights of hyaluronic acid target different layers of the skin, while Centella Asiatica (Cica), Bisabol and Ginger Extract help soothe and calm. Propanediol helps hold moisture for continuous hydration, leaving skin feeling plump, dewy and refreshed, ready for the next step in your routine.

essano.co.nz

BEST IN NZ BEAUTY BRANDS

BEST IN NZ
 BEAUTY
 BRANDS



ZELANIA SKINCARE
 Zelania's Anti-Oxidant Collection – powered by Zelven+®, a unique blend of seven antioxidant-rich superfruits – is a luxurious New Zealand-made skincare range designed to protect and rejuvenate the skin. Instead of water, it features soothing hydrosol, a byproduct of the distillation of NZ-grown lavender that's upcycled to provide intense hydration, improve firmness, and defend against environmental stressors. A range that highlights the purity and power of New Zealand's natural ingredients.

zelania.skin



HOME ESSENTIALS
 The Home Essentials Hypochlorous Acid Solution launched last May is mind blowing! This science-led spray refreshes between washes, supports blemish-prone skin and fits easily into gentle, clean, and comfortable aftercare for sensitised skin following cosmetic treatments or tattooing. It's surprisingly versatile, remarkably gentle and one of those products you'll keep reaching for. Give it a try and you may wonder how you ever managed without it.

homeessentialsnz.com



NEAT
 Smooth Eye Butter is Neat's newest hero: a silky eye treatment powered by bakuchiol, with green tea and coffee. It delivers retinol-level smoothing and firming, fading fine lines and dark spots, without the irritation or sun sensitivity that comes with retinol. Morning or night, it proves gentle, natural ingredients can still deliver serious results – smoother, firmer, brighter eyes, no compromise required.

itsneat.nz

BEST IN PRETEEN & TEEN SKINCARE



SAHLO
Created specifically for preteens and teens, sahlo is New Zealand-made skincare. Formulated with cosmetic chemist Stacey Fraser, every product is intentionally made for young, changing skin, and is vegan, cruelty free, hormone friendly and free from parabens, sulphates and synthetic fragrance. Beyond the formulas, sahlo is about building simple selfcare routines early and making skincare something preteens and teens genuinely enjoy, while giving parents products they can trust.

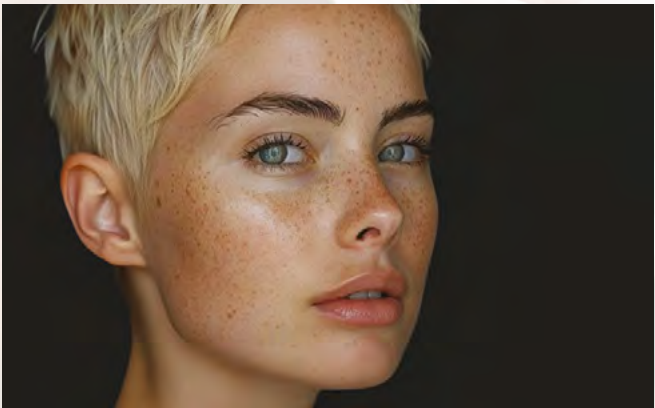
madebysahlo.com

BEST IN
PERMANENT MAKEUP



AUCKLAND LASH & BROWS
Auckland Lash & Brows has been creating beautiful, confidence-enhancing transformations for over a decade. Specialising in eyelash extensions, keratin lash lifts, brow artistry and cosmetic tattooing, their experienced team combines personalised design with meticulous attention to detail. From soft, natural enhancements to more defined transformations, every treatment is tailored to complement you. Visit their salons (Westgate and North Shore) and discover why Auckland Lash & Brows has become a trusted destination for effortless, long-lasting beauty.

aucklandlashandbrows.co.nz



THE REFINERY
Makeup with permanence at its finest. Toss the pencils and embrace a life barefaced! The Refinery has the expertise to revive your colour and restore your sparkle with bespoke eyebrow, lip blush and lashline enhancements. Bold, natural, or somewhere in between? They've got you covered! Face confidence with The Refinery. Get \$50 credit when you book online, use code: **VERVE**

refinerynz.com



IMAGE: SHEILA FERNEYHOUGH, PMU ARTIST AND FOUNDER OF THE REFINERY

refinerynz.com

Zap That Ink Out

at The Refinery.

You're merrily going about your business when you catch a glimpse of yourself under a certain light and notice the brow colour suddenly looks off and maybe the shape now looks a little too bold or more asymmetric than you remember.

Perhaps the lip neutralisation didn't quite hit the desired effect resulting in a darker colour.

These are all indications that it might be time to consider having your permanent makeup lightened, re-shaped or completely removed to make room for a more suitable style and colour.

Or you might rediscover the natural you that's been gone so long that you're happy to welcome back.

Book your next appointment at
refinerynz.com



PEW-PEW
A laser treatment part of The Refinery in Mission Bay who specialise in permanent makeup. Owner Sheila Ferneyhough is excited to bring relief to those in need of tattoo and permanent makeup removal with their pico laser.

Radiation markers from cancer treatments are removed free of charge.

pew-pew.co



PROJECT REVITALISE
Sometimes you need to feel a little more yourself after a life-changing illness.

For those suffering permanent or temporary hair loss due to medical conditions, The Refinery is offering fully funded permanent brow tattoo under their Project Revitalise. Project Revitalise will be available until 30 November.

refinerynz.com/revitalise

BEST IN PREGNANCY CARE



BEST IN PREGNANCY CARE

ed&i

BUMP BALM is a deeply nourishing body balm created to support stretching skin through every stage of pregnancy and beyond. Rich in shea butter, cocoa butter, natural oils, and vitamin E, it helps lock in moisture, improve skin elasticity, and soothe dryness while leaving skin soft, supple, and comfortable. Gentle enough for daily use, it's a simple ritual designed to care for both skin and the journey it's on.

ednibod.com

BEST IN SKINCARE TOOLS



BEST IN SKINCARE TOOLS

SHARK BEAUTY

Shark CryoGlow Cooling & LED Face Mask

Developed with dermatologists, the Shark™ CryoGlow™ Face Mask delivers clinically tested skin-firming and acne-reducing results. Its infrared LED light penetrates to the skin dermis layer, known to help stimulate collagen to reduce fine lines, and rejuvenate skin. The only LED mask that incorporates under-eye cooling to help tighten and refresh under-eyes. Featuring four treatments developed with dermatologists, it's backed by clinical testing — delivering visible, proven improvements in skin radiance from the comfort of home.

sharkninja.co.nz

BEST IN SKINCARE SYSTEMS

BEST IN SKINCARE SYSTEMS



NEAT

Neat's skincare ritual proves that simple works. Balance gently cleanses and exfoliates away makeup and buildup with mineral clay. Soothe tones with organic rose and cucumber, Hydrate deeply replenishes with multi-molecular hyaluronic acid while Nourish seals it all in with cacay oil. Then, Rejuvenate works its magic overnight, so you wake to calmer, plumper, healthier, more balanced skin. Naturally made in Taranaki.

itsneat.nz

BEST IN SUN PROTECTION

BEST IN SUN PROTECTION



JEUNEORA

FullStop SPF50

FullStop SPF50 is a weightless, non-greasy UVA + UVB broad spectrum sunscreen designed for everyone, every day. FullStop has you covered when it comes to nourishing and protecting your skin, not just through summer, but all year round too. Beautifully lightweight, FullStop leaves a silky-smooth finish on your skin, making it the perfect illuminating primer under makeup or simply to add a touch of glow on its own.

jeuneora.co.nz



INKWORKS STUDIO

Inkworks Studio is a specialist paramedical tattoo clinic taking a skin-first approach to scar and stretch mark care. Founder Amy Saunders combines specialised skin revision and regenerative techniques to improve the health, texture and appearance of compromised skin, before considering camouflage where appropriate. She works with surgical scars, stretch marks and pigmentation concerns, while extending the same philosophy to scalp health and hair restoration. The result is healthier skin, natural results and greater confidence.

inkworksstudio.co.nz



NATURAL ZEST SKINCARE

Founded by Amanda, a registered nurse and skincare formulator, Natural Zest's philosophy is simple: healthy skin provides the foundation for lasting beauty, and caring for skin as it changes over time matters – as does what we put on it. Natural actives, botanicals and hydrosols nourish, balance, strengthen and protect. Crafted in New Zealand and celebrated with prestigious international beauty awards, Natural Zest creates purposeful skincare that helps women feel confident and beautiful in their evolving skin.

naturalzestskincare.com

BEST IN SKIN HEALTH



SKINSCAPE 360

Changing the way we see change. Skinscape 360's world-leading technology sets a new benchmark for comprehensive skin imaging, enabling true full-body visibility for screening, diagnosis and long-term monitoring. By seeing more, earlier and more consistently, we help raise the standard of skin cancer care and the confidence that comes with it. Call on 09 8699 360 to find out more.

skinscape360.co.nz

lapelle.nz

Skin Deep & Beyond

For Dr Rachel Lee, founder of La Pelle Skin Clinic, looking after your skin is about understanding the bigger picture.



With a doctor-led approach combining medical expertise, advanced technology and a deep understanding of facial anatomy, Dr Lee is known for subtle, considered treatments where natural-looking results always come first.

La Pelle treats everything from acne, rosacea and pigmentation to wrinkles, skin laxity, deep scarring from acne or surgery, and stretch marks, while offering skin checks, biopsies, mole removal and specialised treatments for conditions such as keloid scarring. On the appearance medicine side, the clinic offers injectables, skin boosters and biostimulators, cellulite and fat-dissolving treatments, alongside an extensive suite of advanced laser and energy-based technologies.

What was the thinking behind La Pelle?

"We wanted to create a holistic, 360-degree approach to managing skin wellbeing," says Rachel. "We believe in combining medical and procedural treatments where appropriate to achieve the best result for the patient."

New patients ideally begin with a comprehensive 45-minute consultation covering their medical and skin history, goals and practical considerations such as tolerance for downtime. Their skin is then assessed using dermatological tools and AI-assisted analysis before a treatment plan is developed.

"Patients often come in requesting one specific treatment, but their perception of what they actually need changes once we have had that comprehensive discussion."

The approach also means patients can seek advice earlier, rather than waiting for a relatively manageable skin concern to become more difficult to treat. While simple and early problems can often be managed through a GP and good basic skincare, some conditions respond particularly well to timely medical or laser intervention.

The doctor is particularly excited by the growing field of regenerative aesthetics, including combination treatments using biostimulators alongside products such as hyaluronic acid or collagen. The idea is to combine an immediate improvement in hydration, glow and lifting with longer-term stimulation of the skin's own collagen production.

One of the clinic's standout technologies is EndoliftX®, a minimally invasive laser treatment that uses a tiny micro-optic fibre beneath the skin to directly contract and tighten tissue while stimulating collagen production. Fifty percent of results can be visible immediately, with further improvement over the following months as the skin remodels.

La Pelle is home to New Zealand and Australasia's first Endolift device, with Rachel having undertaken specialist overseas training in the technology. It can be used on the face as well as areas of the body affected by laxity or stubborn fat.

So, where does laser fit into the picture?

"Lasers are great for correcting specific conditions. The important thing is choosing the right technology for the

right condition being treated and the individual."

Different laser technologies can target pigmentation, rosacea, acne scarring, wrinkles and skin texture, while the clinic also offers treatments including CO2 laser for medical grade skin and scar resurfacing, radiofrequency microneedling, Ultraformer MPT and TriLift.

"People sometimes think they need a particular treatment, but the best approach is to understand their skin first and then determine what will actually deliver the result they want."

And that philosophy extends to everyday skincare. Lee recommends keeping things simple and consistent: a good cleanser, actives such as vitamin C in the morning, vitamin A at night, moisturiser and, above all, sunscreen.

"Regular, gentle maintenance is much easier than waiting until there is significant photoageing and damage that requires more aggressive treatment and downtime."

For La Pelle, it's ultimately about taking the long-term view: treating problems when they arise, protecting the skin from future damage, and combining medical expertise with increasingly sophisticated technology to keep skin healthy at every stage of life.

BEST IN TANNING

**BLACK MAGIC TAN**

Black Magic Tan's Ultra Dark Self Tan Mousse delivers an ultra-rich, flawless bronze with a natural-looking finish that lasts. This professional-strength formula glides on effortlessly, develops into a deep, even tan, and fades beautifully. Enriched with skin-loving natural and organic ingredients, it's fast-developing, vegan, and cruelty-free. Trusted by tanning professionals and loved by glow-getters, it's the ultimate sunless tan for everyBODY seeking confidence and a luxurious, streak-free finish.

blackmagictan.co.nz

**ed&i**

PART TIME TAN delivers a natural, golden glow with a buildable formula that lets you customise your colour from a subtle radiance to a deep bronze. Designed for an effortless, streak-free application, it develops into a flawless, professional-looking tan that won't transfer onto clothing or sheets and fades evenly without patchiness. The result is beautifully bronzed, healthy-looking skin that looks natural from day one to fade out.

ednibod.com

**TAN IN THE CITY**

Tan in the City is New Zealand's go-to destination for flawless, confidence-boosting spray tans. With over a decade of expertise and boutique salons across the country, their expertly trained team delivers consistently beautiful, natural-looking results using premium Black Magic Tan solutions. Every treatment is tailored to the individual, creating a luxurious experience from start to finish. Vegan, cruelty-free, and designed for everyBODY, it's the glow clients trust time and time again.

taninthecity.co.nz

BEST IN
TANNING

Elemental
by Hanmer Springs

Wellness,
as the elements
intended.

Move through sauna, steam, snow and geothermal water spaces, each designed to evoke cycles of heat, cold and stillness. Featuring New Zealand's first purpose-built Snow Room, find your element in this new immersive contrast therapy experience.

hanmersprings.co.nz

Tours and Treatments

Medical tourism is becoming an increasingly popular option for people seeking healthcare overseas, driven by lower costs, shorter waiting times and access to procedures that may be difficult to arrange at home.

Countries like Türkiye have established themselves as destinations for everything from cosmetic surgery and weight-loss procedures to joint replacements, with the potential for significant savings on private healthcare.

Moana McRae is the Türkiye-based owner of Oceanscape Group, supporting New Zealanders seeking specialist treatment overseas. Her recent clients have included patients travelling for spinal decompression surgery and complex reconstructive surgery following cancer, reflecting how medical tourism is expanding far beyond cosmetic procedures.

“What surprised me when I first started looking into the industry was the level of government interest and support from the Ministry here in Türkiye,” she tells Verve. “Regulation, patient safety and building trust are clearly a priority.”

From medical airfare support and complication insurance to tighter advertising regulations, there are, says Moana, smart initiatives that New Zealand could learn from, while considering how medical tourism might also help ease pressure on our health system.

“The other thing Türkiye does incredibly well is efficiency. We can often have a client in front of a highly qualified, experienced surgeon within days, with fast access to diagnostics, technology and treatment planning. That level of access can be a real eye-opener.”

Cost is obviously one factor, but are there other reasons people choose to travel overseas?

I think the idea of cheap surgery abroad helped catapult the industry, but that is not what I am seeing now. More often, people are travelling for expertise, privacy, technology and access. There are treatments, techniques and technologies available in Türkiye that we simply do not have access to in New Zealand, and sometimes the surgeon's level of specialisation is the reason someone travels.

Waiting times are another major driver. People are increasingly asking, “Where can I get the best treatment, from the right person, without waiting months or years?”

What do consumers need to be more aware of when considering treatment overseas?

Consumers also need to be responsible consumers. We talk a lot about choosing qualified surgeons and reputable hospitals, but patients also need to think carefully about where they are getting their information. I'm seeing more people seeking advice from other patients on social media, sometimes instead of following medical advice or travel industry guidance.

Lived experience can be helpful, but it is not expertise. Medical and travel regulations exist for a reason, and that reason is patient safety. The full journey matters too. Preparation, travel, surgery, recovery, flying home and post-care all need to be considered. Medical tourism is not just about the operation.

Where do you see medical tourism heading over the next few years?

I think medical tourism will become much more normalised and simply part of the way we travel.

We will see newer destinations, far more treatments on offer and people incorporating healthcare into trips they may already be taking. It is already moving well beyond cosmetic surgery into areas such as IVF, oncology, eye surgery, diagnostics and specialist treatments.

I also think the conversation will shift away from price. The future is about access to expertise, technology and treatment, wherever in the world that happens to be.

A WORLD OF COSMETIC WONDER

Mexico

Mexico is one of the world's leading medical tourism destinations for procedures including dental care, bariatric surgery and cosmetic treatments. Its established private healthcare sector ranges from specialist clinics in Mexico City, Monterrey and Guadalajara to highly concentrated dental hubs such as Los Algodones.

Thailand

Thailand is a major medical tourism destination, known for modern private hospitals, specialist care and a reputation for combining healthcare with a more comfortable patient experience. Bangkok is a particular hub for international patients, with dental care, cosmetic surgery and orthopaedic procedures among the most popular treatments. Costs can be significantly lower than in many Western countries, while facilities cater specifically to overseas patients.

Vietnam

Vietnam is positioning itself as one of Southeast Asia's next major medical tourism destinations, with dental care, fertility services and cosmetic surgery among its most popular treatments. The country already attracts an estimated 300,000 international visitors for healthcare each year, spending up to US\$2 billion across medical services, accommodation and travel. Under a proposed 2026-2030 scheme, Vietnam aims to attract around 750,000 medical tourists annually.

India

India has become a major medical tourism destination, particularly for complex procedures such as cardiac surgery, joint replacement and oncology treatment. Internationally accredited hospitals in cities including Delhi, Mumbai and Chennai attract patients from around the world. The sector is growing so rapidly that studies estimate it will be worth more than US\$22 billion by 2031, nearly double its current value.

Bali

Bali is emerging as a medical tourism destination, combining growing investment in specialist healthcare with the island's established wellness industry. The new Sanur Health Special Economic Zone is at the centre of this development, anchored by Bali International Hospital, offering specialist services including cardiology, oncology, neurology and orthopaedics. The development also incorporates luxury accommodation, including two five-star hotels, allowing patients to combine medical treatment with a resort-style recovery.



Fight the Tiredness

WORDS — DR LIBBY

Fatigue, brain fog, restless sleep, low mood, anxious feelings, thinning hair, heart palpitations.

These symptoms are so common today that many people simply accept them as part of modern life. But too often, they are signs of something very specific and very addressable: low iron. Data suggests that up to 55% of New Zealand women of reproductive age are iron depleted or deficient, with growing numbers of children and teenagers also falling below optimal levels.

Iron is needed to carry oxygen in the blood, but it also supports brain function, neurotransmitter production (including serotonin, dopamine and GABA), thyroid hormone production, detoxification, mitochondrial energy production and immune health. Menstruating women require 18mg of iron per day just to maintain adequate levels. For pregnant women, the need rises dramatically to 27mg per day to support the baby's development and the mother's expanding blood volume. Children are increasingly at risk too. Rapid growth, fussy eating and shifting dietary patterns mean many are not meeting their iron requirements. Low iron in children can present as poor concentration, frequent infections, delayed growth, irritability, poor focus, pale skin, fatigue, picky eating, low appetite and behavioural challenges.

Those who eat in a vegetarian or vegan way must also pay extra attention. To overcome the hurdles associated with the absorption of non-haem iron (the form found in plant sources of iron), we need to multiply the recommended daily intake for iron by 1.8. Even when people know they're iron deficient, many struggle to correct it. Traditional iron supplements often rely on forms with lousy reputations for causing digestive

side effects such as constipation, nausea and stomach pain. Understandably, many people stop taking them leaving low iron unaddressed.

Long-term research has revealed the value of ferritin-iron, a unique form of iron sourced from organic peas, which can be concentrated and used in a supplement, like Iconic Iron. Unlike old-school iron supplements where the gut cells are exposed to 'free iron' during the absorption process - which can drive inflammation, oxidative stress and some of the uncomfortable side effects - the natural protection of the ferritin protein shell, houses the iron inside, never exposing the gut cells to 'free iron'. Ferritin-iron is absorbed intact via its own unique mechanism (called receptor-mediated endocytosis) protecting the digestive system from irritation while delivering the iron efficiently and sustainably.

Iron deficiency isn't just a problem in other parts of the world. It's here. It's affecting our children's ability to thrive at school. It's influencing women's experiences of pregnancy, menstruation, perimenopause and beyond. We can change that. And it starts with awareness, and with the right tools to truly fix iron first.

For more information about Dr Libby's development of Iconic Iron, visit onblends.com

When Should I See a Therapist?

Clearhead is an online tool that builds resilience through proactive mental health resources, offering bite-sized, accessible tools to help organisations recognise early warning signs before they reach breaking point.

“When I was a doctor, I was appalled by the fact that New Zealand had the highest youth suicide rate among OECD countries,” co-founder Dr Angela Lim tells Verve. “At the same time, wait times to see a therapist were at least three months long.

“I started Clearhead to help ensure personalised mental health support is available 24/7. This includes access to online or in-person counselling appointments, with a choice of more than 600 clinicians across New Zealand, from Auckland to Christchurch, as well as Australia. Sessions can be funded through a workplace employee assistance programme (EAP) or insurance policy, or you can choose to self-fund.”

Can therapy be useful for people who don't have a mental health condition, but simply feel stressed or overwhelmed?

Absolutely. If you're feeling anxious, low, stuck or overwhelmed, experiencing grief or low self-esteem, or struggling with relationships, burnout from work or the pressures of everyday life, talking to a therapist can help.

Therapy can be especially useful when you want to proactively better understand yourself, build self-awareness around destructive patterns and triggers, change bad habits, develop confidence and resilience, maintain your wellbeing, or navigate life changes. You don't need to have a diagnosed mental disorder or wait until things reach a crisis point.

Why do so many still find it difficult to ask for help, and when is the right time to seek support?

Due to the stigma that can still surround therapy, some people assume that those



PHOTO: DR ANGELA LIM

seeking professional support must have something seriously wrong with them or are unable to cope on their own.

But therapy doesn't have to be a last resort. If you experience persistent negative thoughts or emotions, insomnia or other sleep issues, or communication difficulties, it may be worth talking to a psychologist.

For more information visit myclearhead.com

Nordic Kiwi NORDIC WALKING

Nordic Walking is a fitness activity which uses specifically designed poles to enhance and intensify the natural way of walking. It's essential to learn the correct technique, as the well-performed Nordic Walking action incorporates the upper body, improves posture and engages 90% of muscles, giving a 'total body workout'.

nordicwalking.co.nz



Is That Winter Cough Really a Cold?

As the temperatures drop, coughs become almost as common as scarves and hot drinks. While many winter coughs are caused by viral infections and usually settle within a few weeks, not every persistent cough has its origins in the lungs.

One often-overlooked cause is Gastro-Oesophageal Reflux (GORD). Reflux doesn't always cause heartburn. Instead, stomach acid or other stomach contents can travel upwards and irritate the throat and voice box, leading to a chronic dry cough, frequent throat clearing, hoarseness, or the sensation of a lump in the throat. These symptoms are often worse after meals or when lying down.

A cough that lingers beyond eight weeks, keeps returning, or is associated

with difficulty swallowing, pain when swallowing, unexplained weight loss, vomiting, or coughing up blood should never be ignored. While these symptoms are usually caused by common conditions, they can occasionally signal a more serious problem involving the oesophagus or upper digestive tract.

A Gastroscopy (upper endoscopy) allows a Specialist to examine the oesophagus, stomach and first part of the small bowel using a thin, flexible camera. It can help identify inflammation from reflux, ulcers, narrowing of the oesophagus and other conditions that may contribute to persistent symptoms.

This winter, if your cough simply won't go away, don't assume it's "just the season". Persistent symptoms deserve an

explanation. Identifying the underlying cause is the first step towards effective treatment and getting back to feeling your best. Your GP can help determine the most likely cause and whether referral for further investigation is appropriate.

At Waitematā Endoscopy, we aim to make taking a proactive approach to your gut health easy and can offer most standard Colonoscopy and Gastroscopy appointments within 7 working days of receiving a referral to our group of experienced Specialists.

*Mr Jason Robertson
Upper GI, Bariatric, Laparoscopic
and General Surgeon & Endoscopist
Waitematā Endoscopy
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With increased capacity, Waitemata Endoscopy is able to offer timelier access to a group of experienced Surgeons and Gastroenterologists, dedicated to providing quality and compassionate care.

Appointments are available within 7 working days for most Colonoscopy & Gastroscopy procedures by matching you with the availability of our experienced Specialists*

Talk to your GP about a referral to the Waitemata Endoscopy Group, or you can self-refer at:

www.waitemataendoscopy.co.nz/book

WE have you covered from 'Top to Bottom'

*Visit our website to find out more

a joint venture with

Mr Jason Robertson
Upper GI, Bariatric, Laparoscopic and General Surgeon & Endoscopist

Great Lakes

From bubble gum pink to tempting turquoise the world's great lakes reveal a striking range of extremes thanks to everything from volcanic chemistry to ancient tectonics, and even algae.

LAKE NATRON, TANZANIA

Lake Natron, a soda lake in Tanzania's East African Rift, has a pH near 10.5 due to volcanic-driven sodium and calcium carbonate. Being landlocked and not draining into any rivers, it stays highly concentrated, burning most creatures that touch it and even calcifying those that die close by. Yet astonishingly some, like the lesser flamingo, thrive among the caustic conditions.



ABRAHAM LAKE, CANADA

Nestled in the foothills of Alberta's Canadian Rockies, Lake Abraham spans roughly 33km between the Kootenay Plains and the ghost town of Nordegg. In winter, the only direct route to this manmade lake is the David Thompson Highway – named after the explorer who mapped much of Western Canada. Brutally cold temperatures and winds of nearly 50km/h keep the ice surface so clear that frozen methane bubbles can be seen below. They're created by bacteria breaking down organic matter on the lakebed, releasing methane that rises and freezes into stacked, pearl-like formations.

PHOTO: ABRAHAM LAKE IN ALBERTA
PHOTOGRAPHY: ALEX-PUGLIESE



PHOTO: LAKE HILLIER, AUSTRALIA
PHOTOGRAPHY: IRT / ADOBE STOCK

LAKE HILLIER, AUSTRALIA

Lake Hillier sits on Middle Island in Western Australia's Recherche Archipelago, first mapped by Captain Matthew Flinders in 1802. He named the bubble gum pink lake after crewman William Hillier, who had died of dysentery. Nearly as salty as the Dead Sea, the lake owes its breathtaking hue to red-pigmented algae. Visitors can swim in its non-toxic waters and float with ease thanks to the lake's extreme salinity.

LAKE WAKATIPU, AOTEAROA

New Zealand's second-largest glacial lake covers 290sqkm and plunges to nearly 400m deep. The iconic curling 'S' shape was formed, according to Māori legend, when the giant Matau was burned to death with Queenstown resting on his knee. Fed by the glacial Dart and Rees Rivers in the north, the lake drains via the Kawarau River near Queenstown, held by a natural moraine dam at its foot.

PHOTO: LAKE WAKATIPU, SOUTH ISLAND
PHOTOGRAPHY: ANDREAS SJÖVALL



PHOTO: LAKE BAIKAL
PHOTOGRAPHY: SERGEY PESTEREV

LAKE BAIKAL, RUSSIA

Unesco-listed Lake Baikal in south-east Siberia spans 3.15 million hectares. The world's oldest – 25 million years – and deepest – 1,700m – lake holds a staggering one-fifth of the Earth's unfrozen freshwater reserves! Dubbed the 'Galapagos of Russia', its age and isolation have fostered one of the world's richest, most unusual freshwater ecosystems.



PHOTO: LAKE PUKAKI SEEN FROM PETER'S LOOKOUT
PHOTOGRAPHY: KUNO SCHWEIZER

LAKE PUKAKI, AOTEAROA

Lake Pukaki, the largest lake in the local region, is famed for its stunning views of Aoraki/Mount Cook, the country's tallest peak, and the striking turquoise water caused by glacial flour – fine rock particles from the Hooker and Tasman Glaciers deposited by the Tasman River. Sunlight reflecting off these particles gives the lake its brilliant blue hue.

Kingly Lands

From ancient limestone caves to Hobbit holes, acclaimed black-sand surf breaks and award-winning gardens, the Waikato region packs an astonishing range of wonders into a compact patch of the North Island. Here are some of the best...



PHOTO: LOOKING UP THE WAIKATO RIVER OVER THE CITY OF HAMILTON (KIRIKIRIROA)
PHOTOGRAPHY: MIKE WALLEN / ADOBE STOCK

HAMILTON

Hamilton stands on the site of several former Māori settlements, most notably Kirikiriroa ('a long stretch of gravel'), on the west bank of the Waikato River. Such heritage is well represented in the city museum, where a large waka watches over the waterway, Aotearoa's longest and visible from vantage points including Hamilton Gardens – the city's crown jewel.

Hamilton Gardens' internationally recognised exhibits sit on a site that has served as a pā, a British military post, a Victorian rifle range and even a rubbish dump! Its transformation into a celebrated urban oasis won

it International Garden of the Year at the 2014 Garden Tourism Awards, joining past winners such as the Gardens of Trauttmansdorff Castle in Merano, Italy.

The botanical collections serve as an outdoor museum, tracing 4,000 years of gardening history across civilisations. Relax in the Japanese Garden of Contemplation, wander the Italian Renaissance Garden, or admire the roses in the English Garden. Native plantings shelter a traditional Māori productive garden guarded by carvings, while a giant pop-art Marilyn Monroe watches over the American Modernist Garden.



PHOTO: HAMILTON GARDENS
PHOTOGRAPHY: CAMILLA RUTHERFORD, 100% PURE NEW ZEALAND



PHOTO: HOBBITON™ MOVIE SET TOURS, WAIKATO
PHOTOGRAPHY: MATT CRAWFORD, 100% PURE NEW ZEALAND

HOBBITON

The Hobbiton Movie Set brings a slice of cinematic magic to a Waikato sheep farm 15 minutes from the farming town of Matamata. It served as the Shire for the *Hobbit* and *Lord of the Rings* films, and is one of New Zealand's most popular attractions. Tours take in Hobbit Hole doors and even tastings at the Green Dragon Inn.



PHOTO: RAGLAN, WAIKATO
PHOTOGRAPHY: PAUL ABBITT, 100% PURE NEW ZEALAND



PHOTO: MANU BAY, SURF BEACH, RAGLAN
PHOTOGRAPHY: KATIE / ADOBE STOCK

RAGLAN

Raglan, a short drive west of Hamilton, is one of Aotearoa's most laid-back towns, a world-renowned black-sand surfing destination with a strong boho streak with craft stores, fashionable cafes and a creative, alternative community. Manu Bay's legendary left-hand break – made famous in the 1966 film *Endless Summer* – can carry surfers up to 2km. Ngarunui is the region's largest beach and best for novices, though, while Whale Bay and the windswept Ruapuke Beach are best left to experienced riders.

Nearby, a gentle 10-minute bush walk leads through native forest to the top of the hypnotic Wairēinga/Bridal Veil Falls, often crossed by a rainbow.



PHOTO: BRIDAL VEIL FALLS, WAIKATO
PHOTOGRAPHY: JOSHUA / ADOBE STOCK



PHOTO: WAIKATO REGION NEAR CAMBRIDGE
PHOTOGRAPHY: COURTESY CAMBRIDGE.CO.NZ



PHOTO: CAMBRIDGE SHOWING HISTORIC VICTORIA BRIDGE
PHOTOGRAPHY: COURTESY CAMBRIDGE.CO.NZ

CAMBRIDGE

Cambridge sits in the heart of rural Waikato, a picture-perfect town of tree-lined streets, boutique shops and chic cafes. Long famed for thoroughbred racing and Olympic-level rowing and cycling talent, little wonder it's often referred to as the 'Town of Trees and Champions'. It's now a cycling capital too, thanks to the Avantidrome velodrome and the gorgeous Te Awa River Ride.

The Waikato River also winds past the town, offering jet-boating and riverside dining, while nearby Sanctuary Mountain - Maungatautari offers some standout conservation experiences, home to the critically endangered kakāpō. Oh, and don't miss the local Saturday farmers' market!



PHOTO: CAMBRIDGE
PHOTOGRAPHY: COURTESY CAMBRIDGE.CO.NZ



PHOTO: TE AWA RIVER RIDE
COURTESY WAIKATONZ.COM



WAITOMO

Waitomo's limestone labyrinth, in the iconic King Country region of Waikato, harbours vast glowworm colonies that lure visitors from the world over. Formation began 30 million years ago, when an ancient seabed was uplifted by volcanic activity and was then carved by flowing water. Today, alongside the glowworm-lit caverns, the around 300 caves also offer underground river sailing, blackwater rafting, wall climbing and rappelling. Aboveground walks are also worth exploring.

Fun fact: glowworms are actually fungus gnat larvae which dangle sticky silken threads to snare prey drawn in by their bioluminescent glow, caused by a natural chemical reaction.

PHOTO: WAITOMO, WAIKATO
PHOTOGRAPHY: MILES HOLDEN, 100% PURE NEW ZEALAND



PHOTO: OWHAROA FALLS
PHOTOGRAPHY: FOTO-JAGLA.DE / ADOBE STOCK



PHOTO: KARANGAHAKE GORGE TUNNEL
PHOTOGRAPHY: EDD / ADOBE STOCK

HAURAKI RAIL TRAIL

This laidback, leisurely cycling trail follows old railway lines between the historic gold towns of Thames, Paeroa, Te Aroha, Waihi and Matamata, tracing the Shorebird Coast along the way. It's flat and easy, contrasting birdlife-rich Firth of Thames wetlands with the lush Hauraki Plains and a relic-strewn Karangahake Gorge. Complete it over 3-5 days with atmospheric overnight stops or ride it in day sections using local bike hire and shuttles. Highlights include a 1,100m glowworm tunnel, Owcharoa Falls, and Te Aroha's hot pools.

A New Dawn



First established in 1866 and rebuilt in 1912, The Clements is Cambridge's "newest oldest hotel", a Qualmark 5-star Gold landmark lovingly restored for a new generation.

In the heart of Cambridge, this elegant 29-room boutique hotel blends historic character with contemporary luxury. Beautifully appointed rooms and suites, warm personalised service, thoughtful details and relaxing manicured gardens make The Clements as much a destination as a place to stay.

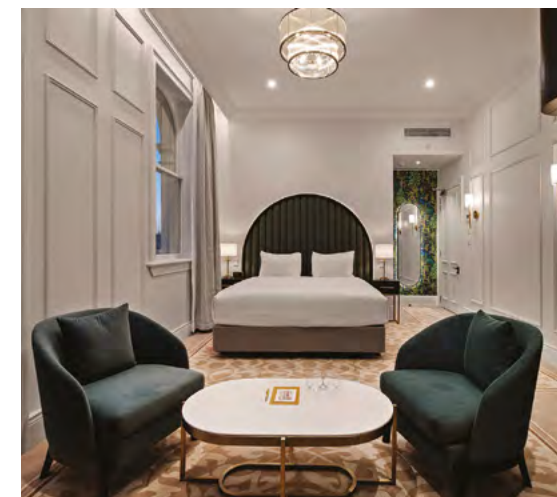
Acknowledged by the *Michelin Guide*, The Gallery restaurant invites guests to linger over coffee, lunch, dinner or drinks, with seasonal menus celebrating quality local produce. Downstairs, hidden beneath the hotel, 1866 offers an intimate speakeasy experience with cocktails, live music and a distinctly glamorous atmosphere.

The Clements is also a memorable setting for weddings, private celebrations, meetings and events, with character-filled spaces, tailored catering and attentive service.

Beyond the hotel, guests can explore Cambridge's boutique shopping, galleries, cycling trails and world-class equestrian scene, while the Hobbiton Movie Set and Lake Karāpiro are within easy reach.

Elegant, welcoming and unmistakably Cambridge, The Clements brings a little old-world glamour back to the Waikato, to create an unforgettable escape.

clements.co.nz



auraandessence.co.nz

Scents and Reflection

Benny Jones opened Aura & Essence in Cambridge to give people a reason to pause – and built a business around scent, ritual and personalised gifting in the process.



What inspired you to create Aura & Essence?

I started Aura & Essence from a simple but important belief: people need a space where they can pause, reconnect with their inner selves and prioritise their wellbeing. As a lawyer, mother, entrepreneur and community leader, I understand how easily personal wellbeing can be pushed aside while we meet the demands of work, family and service to others.

I wanted Aura & Essence to be more than a retail store – a sanctuary where people can step away from life's stresses and intentionally care for themselves. Whether someone visits the store or receives one of our gifts, I want the experience to remind them that wellbeing is not an indulgence; it is something they deserve to prioritise.



Aromatherapy is a big part of the collection. What makes scent such a powerful part of our daily rituals?

Scent reaches us before words do. A fragrance can shift the atmosphere of a room, bring back a memory, lift our mood or signal to the body that it is time to slow down. That is why I see scent as more than decoration – it can become an anchor in a daily ritual. Our Tranquillity blend, for example, brings together rose geranium, lavender, ylang ylang and bergamot. The ritual itself matters: it is a small but powerful way of saying, "This moment is mine."

What are some of your biggest sellers?

Fragrance is one of the strongest attractions in the store, particularly the Valeur Absolue perfumes and sample collections, because customers enjoy discovering a scent that reflects how they want to feel. But the experience people remember most is the personal curation. They can tell us about the recipient, the occasion and their budget, and we help them build something thoughtful rather than generic. Often, that conversation is the most valuable part of the purchase.

For someone wanting to create a simple wellbeing ritual at home, what would you suggest starting with?

Start small and make it repeatable. Choose one moment in the day – perhaps the first quiet 10 minutes in the morning or the point at which you finish work and

protect it. A simple starting trio would be a calming scent, a beautiful tea and one body-care product that feels pleasurable to use. The aim is not to create another task on the to-do list. It is to create a gentle signal that you are allowed to pause.

What are people looking for from wellbeing products now that they weren't necessarily looking for a few years ago?

People are far more discerning now. They are not only asking, "Is this beautiful?" They're also asking, "Does it fit my life, reflect my values and make me feel better?" In a pressured economic climate, value also means longevity and usefulness – not simply the lowest price. A considered product that is used and loved is more meaningful than a trend-driven purchase that is quickly forgotten.

What's your favourite Aura & Essence ritual?

The evening transition from work to home. I light a Valeur Absolue Harmonie or Sérénitude candle – or use the Tranquillity essential-oil blend – then make a beautiful cup of tea and give myself a few quiet minutes before returning to everything that still needs my attention. The ritual does not need to be long. What matters is that it restores a sense of self.

Shop online at auraandessence.co.nz



Living better is living together

What if leaving the city didn't mean leaving the life you love behind?
What if it simply meant having more time and space to enjoy it?

Set on the outskirts of beautiful Cambridge, Te Awa Lifecare offers a refreshing alternative for those ready to leave behind the traffic, congestion and pace of the big city – without feeling far away from family, friends or the things that matter.

Just three minutes from the Waikato Expressway, Te Awa is remarkably well connected. Auckland is an easy drive, while closer to home, Cambridge offers an enviable lifestyle of boutique shopping, excellent cafés and restaurants, markets, walking and cycling trails, and a genuine sense of community.

There's plenty happening beyond town, too. The world-class Velodrome is just minutes away, Lake Karāpiro is virtually on the doorstep, Mystery Creek hosts some of the country's best-known events, and Hamilton's new BNZ Theatre brings outstanding arts and entertainment to the Waikato.

That strong sense of community extends to Te Awa, proudly 100% locally owned – not part of an overseas-owned corporate group. There is a genuine commitment to supporting the region, employing

local people and, wherever possible, working with local contractors and businesses. It's about investing in the community Te Awa calls home.

At Te Awa itself, life can be as relaxed or as social as you choose. Beautifully architecturally-designed independent villas sit within spacious, landscaped grounds, complemented by exceptional facilities, activities and a welcoming community. And should your needs change over time, Te Awa offers a continuum of care, including Serviced Cottages and a dedicated Care Centre and Dementia unit.

For adult children, that brings something equally valuable: peace of mind. Mum and Dad can enjoy their independence, friendships and a full life of their own, with support and care available if and when it is needed.

Perhaps retirement isn't about slowing down at all.

Perhaps it's about choosing more of what makes life good – more space, more connection, more experiences and more time for each other.



TE AWA
Lifecare Village

7 Arikirua Lane, Cambridge
Phone 07 827 6103
nikki@teawalifecare.nz
www.teawalifecare.nz

Where family matters, heritage lives, and lifestyle flourishes.

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Love The Centre

Wind your way through the streets of Hamilton's city centre and discover a vibrant hub of independent retail experiences.

Wander through welcoming laneways and boutique shopping filled with gorgeous apparel, stylish homewares, impactful art and bespoke jewellery. With riverside parks offering a perfect stay-and-linger atmosphere and hospitality to match, fill your cup and your shopping bags as you browse these hidden gems.

Find out more at lovethecentre.co.nz



Solstice Returns!

Spring's arriving early at Commercial Bay. **Solstice – the precinct's annual collision of fashion, music and street-level spectacle – is back for a fourth year, taking over the laneway from 24-27 September.**

The centrepiece takes the shape of two open-air runway shows, staged on a 26m catwalk carved straight through the ground-level laneway with towers rising on either side – seated guests get the front row; everyone else can watch free from the airbridges on Levels One and Two.

Behind the scenes is Sammy Salsa – Auckland stylist, creative director, and one of the city's most in-demand names, with an NZ Television Award for The Panthers on his shelf and a client list running from Stan Walker to Ladi6. He's curating and styling both shows this year, pulling looks from Commercial Bay's retail floor – expect spring/summer collections from Zambesi, Juliette Hogan and Hugo Boss.

Legendary New Zealand DJ P Money is billed to soundtrack both runway slots.

Head of Consumer Marketing Lily Montana is as excited as ever about the event. "Commercial Bay has always been shaped by the city around it," she says. "As Auckland continues to evolve, so does the precinct. It's become a place where people come not only to shop and dine, but to discover, connect and experience something new."

Solstice, she goes on, "captures that energy through fashion, creativity, music, hospitality and moments of unexpected discovery".

This year's lineup specifically celebrates New Zealand's creative talent alongside an exciting new mix of retailers with spectacular live runway experiences taking over our iconic laneway, showcasing the season's key looks in a way that is immersive, inspiring and instantly shoppable.

"Alongside the catwalk, visitors can enjoy a curated programme of experiences, activations, offers and surprises that transform the precinct into a place to explore and enjoy," adds Lily.

Find out more at commercialbay.co.nz/solsticeevents

Showcasing the best of New Zealand designer fashion, from Obi and Deeanne Hobbs to Madly Sweetly. With over 30 years of experience dressing women in sizes 14+, discover our thoughtfully curated pieces that celebrate individuality, quality and confident style.

📍 22 Morrow Street, Newmarket 🌐 www.zebrano.co.nz

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PLUS SIZE FASHION

VERVE'S FASHION SPOTLIGHT

Lost and Led Astray

Lost And Led Astray is an underground boutique brand with an unmistakable style.

The belief that clothing can transform how women see themselves lies at the heart of every Lost and Led Astray collection – a philosophy shaped by founder Sarah-Jane Duff. In a career spanning over 25 years, she has been at the forefront of New Zealand's body-positivity movement and a driving force for inclusivity. Ripping up the rulebook for measurement standards along the way.

Lost and Led Astray is, at its core, design-driven and uncompromising on construction. The label develops exclusive colours and prints in-house, with quality, fit and ease of wear at the forefront of the design process, alongside a love of rich fabric textures and bold silhouettes. Each collection is designed in Aotearoa, with a commitment to producing garments transparently, using natural, eco-conscious fabrics, and delivering quality finishes built to last.

The Karangahape Road studio store makes every visit feel like a personal styling session. LaLA offers something rare: a space where everything fits.

"I could not love my LaLA dresses more! You make me feel amazing!"

Find the latest collection at lostandledastray.co.nz

1. Eyelet Box Tee 2. Cleo Dress 3. Box Tee in Black 4. Ruffles Dress in Black 5. Wrap Tee and Bell Pant



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Where History Lives

Bordered by the Black, Aegean, and Mediterranean Seas, historic Türkiye is a vast peninsula that bridges Europe and Asia – Istanbul, its largest city, even straddles both continents.

To the east, Mount Ararat towers to more than 5,000m, sacred to many cultures who believe to be the site where Noah beached his ark following the Great Flood.



PHOTO: ANTIQUE COLUMNS, OFF THE COAST OF THE AEGEAN SEA, TROY, TURKEY
PHOTOGRAPHY: APHONUA / ADOBE STOCK



PHOTO: TROJAN HORSE, ÇANAKKALE TURKEY
PHOTOGRAPHY: MURATART / ADOBE STOCK

TROY

A Unesco World Heritage Site since 1998, Troy carries 4,000 years of history and ranks among the world's most famous archaeological spots. German archaeologist Heinrich Schliemann began excavating here in 1870, uncovering remains now considered the clearest evidence of early contact between Anatolian and Mediterranean civilisations, long before the country of Türkiye came to be. The siege of Troy by Spartan and Achaean warriors in the 13th or 12th century BC, immortalised by Homer (and, more recently, Nolan!) in the *Iliad* and the *Odyssey* has inspired artists for millennia. Heading south from the port town of Çanakkale, signs for *Truva* (Troy) soon appear; half an hour later, you're walking among scattered ruins, an enormous wooden horse, and the plains where the legendary Trojan War was fought.



PHOTO: PAMUKKALE, TURKEY
PHOTOGRAPHY: MDOSMAN / ADOBE STOCK

PAMUKKALE

From afar, Pamukkale resembles a snow-capped ski slope but its brilliant white terraces are actually travertine (a type of limestone) formed by mineral-rich hot springs – some emerging near boiling point. Long before modern tourism, Greeks and Romans visited for its thermal waters and the nearby Plutonium, revered as a gateway to the underworld. Today Pamukkale and the ancient city of Hierapolis above it form a Unesco World Heritage site drawing large numbers of visitors.

TURKISH BATHS

Visiting a bathhouse, or *hamam*, is one of Türkiye's essential experiences, also serving as a chance to unwind after a day of sightseeing! Found throughout the country, with Istanbul home to some of the grandest historic examples, *hamams* were modelled on Roman baths and once served as communal washing facilities and gender-segregated social spaces before indoor plumbing existed. Bathers move from the cool *soğukluk*



PHOTO: TURKISH BATH - HAMAM
PHOTOGRAPHY: KRITSKIY / ADOBE STOCK

(cold room) to the warm *ılıkılık* (warm room), before reaching the domed *sıcaklık* (hot room), which is a steamy chamber heated past 40C, centred on the marble *göbek taşı* (navel stone), where attendants scrub and wash guests.



PHOTO: HOT AIR BALLOONS, CAPPADOCIA
PHOTOGRAPHY: ALINA PROKOFYEVA



PHOTO: STREET CAFE ISTANBUL IN THE KADIKÖY DISTRICT
PHOTOGRAPHY: FRANZ12 / ADOBE STOCK

CAPPADOCIA

Göreme National Park and the Rock Sites of Cappadocia, in Central Anatolia showcase a UNESCO-listed landscape shaped by erosion into fairy chimneys and cave dwellings. Inhabited since the Hittite era (1800-1200 BC), the region's precarious position between rival empires like the Greeks and Persians drove residents to carve refuges into the rock. From the 4th century, Christian monks built underground towns up to eight stories deep, adding frescoed cave chapels from the 7th century – remarkably, some dwellings remain as homes or hotels today.

TASTE

Introduced to the Ottoman Empire from Yemen in the 16th century, Turkish coffee commands a central place in social ritual. Finely ground beans, cold water and sugar are brewed slowly in a cezve (coffee pot) until the foam forms just right, then served in small cups. Traditionally drunk in coffee-houses over conversation, it remains a symbol of hospitality and friendship, and was added to the UNESCO Intangible Cultural Heritage List on 5 December 2013 – a day which now serves as World Turkish Coffee Day. Türkiye's most famous food is of course kebabs, but



PHOTO: TRADITIONAL TURKISH COFFEE
PHOTOGRAPHY: MKAANKAYMAZ / ADOBE STOCK

the cuisine goes well beyond that with olive-oil dishes from the Mediterranean coast, hearty pastries from central Anatolia, and subtly spiced offerings from the east and southeast. Piyaz salad is a standout – its secret lies in *çandır*, a small white bean grown in the inland Antalya province the dish takes its name from. (Head to page 92 for some Turkish recipes.)

Dreaming of Istanbul

WORDS —
ELLE WATSON

I dreamed of arriving in Istanbul by ship at dawn. The sky was just beginning to lighten as our vessel glided from the Sea of Marmara into the Bosphorus.

The first Fajr call to prayer echoed across a skyline of domes and minarets, drifting out to sea. On the distant hilltop, Sultanahmet Camii – the Blue Mosque – towered over the harbour like an Ottoman prince. A pilot boat sailed in parallel, escorting us into a world of empires that had enthralled travellers for centuries.



PHOTO: GALATA BRIDGE OVER THE GOLDEN HORN HARBOUR
PHOTOGRAPHY: IBRAHIM UZUN

BEYOĞLU

Stepping off the ship and down the gangway at Galataport, I strolled through Karaköy's ultramodern precinct of shops and restaurants before emerging onto the road. Beneath a canopy of sycamores, rush-hour traffic crawled by grand mosques and the imposing limestone walls of the Tophane-i Âmire.

Few cities have stood at the crossroads of faith, culture, and history quite like İstanbul. Formerly Constantinople, the metropolis spans two continents, clasp together Europe and Asia, Thrace and Anatolia. Over millennia, grain, silk and spices flowed as emperors and sultans rose and fell in this ancient 'New Rome'.

The sweet fragrance of flowering Tilia trees wafted through the heat and clamour of the streets. On impulse,

I hiked up the steep Boğazkesen Caddesi, past men drinking tea with cats lazing at their feet. Art, leather and textile boutiques lined the pavement, while the earthy aroma of coffee drew me into a café for a morning Türk kahvesi.

By mid-morning, I was on the T1 crossing the Galata Bridge over the Golden Horn harbour. As the tram pulled up to the bustling waterfront of Eminönü, the Dhuhr call to prayer sounded from Yeni Camii – the New Mosque.

FATİH

Mesmerised by the cascade of domes and semi-domes, I hopped off the tram and crossed the square toward the mosque, where women arriving for prayer hurried through the gateway, sweeping scarves over their hair with practiced ease. I pulled out my own scarf and flung it over my head.



PHOTO: YENİ CAMII - THE NEW MOSQUE
PHOTOGRAPHY: JOVANNIG / ADOBE STOCK



PHOTOGRAPHY: HASAN / ADOBE STOCK



PHOTO: THE SPICE BAZAAR
PHOTOGRAPHY: FILIZ ELAERTS

In the interior courtyard, sunlight bounced across the veined marble paving, laid sometime in the 17th century. Under a colonnade of arches, blue and green İznik tiles adorned the facade.

Next to Yeni Camii was the famed Egyptian Spice Bazaar. Through a stone archway under a vast vaulted ceiling, colourful mounds of saffron, sumac, isot pepper and baharat blends filled stall after stall. Outside in the alleyways, more merchants beckoned me to try their baklavas and fındıklı lokum (Turkish delight).

Deeper into the dense streets and markets of the Fatih district, pashminas, handbags, glass lamps, and Turkish rugs overflowed onto streets centuries old. At lunch at Huzur Café, I enjoyed Iskender and lahmacun outdoors in the cool shade while the owner, Aydın, chatted with me enthusiastically about Gallipoli, FIFA and his hopes of visiting New Zealand.

OLD SULTANAHMET

Eventually, I found myself in Sultanahmet Square where two of the world's most breathtaking architectural

feats – Hagia Sophia and the Blue Mosque – rested almost within a stone's throw of one another.

Sparrows and parakeets chattered noisily above palms and planes as visitors queued for the sixth-century Ayasofya. We were ushered into the cavernous interior of the former Byzantine church, where light streamed through gridded windows, illuminating the upper vault in ochre tones. Massive medallions of Arabic calligraphy hung from walls of the central nave as dark marble columns stood like mighty guardians.

Within a golden-hued Deçsis mosaic, the remaining vestiges of Mary, Jesus, and John the Baptist interceded on behalf of humanity.

I absorbed the atmosphere of a building that had witnessed centuries of conquest, neglect, restoration, and profound changes to its iconography.

Across the square at the Blue Mosque, worshippers swept me along through its stately white gate, past the ablution fountain toward the inner entrance. We

slipped off our shoes and stepped onto the soft carpet of the prayer hall. A hush fell beneath the canopy of domes, ringed by hundreds of revzen stained-glass windows scattering ethereal blue light. Chandeliers hung low before the mihrab and minbar, highlighting gold inscriptions and walls covered by more than 20,000 blue and turquoise İznik tiles.

Outside in the courtyard, I sat in a long silence watching the sun lower behind the minarets. A young rug peddler sat beside me. "You live in the best city in the world," I said. He smiled, pleased.

Sometime after Isha, when night fell, Venus hung high over the Blue Mosque as our ship departed port, slipping past the sparkling city lights of Üsküdar on the Asian side and the seven hills of İstanbul on the European side.

I left the rest of İstanbul for the next dream, bidding farewell to a city that had called to me for decades from halfway across the world.

And still does.



PHOTO: HAGIA SOPHIA, ISTANBUL, TURKEY
PHOTOGRAPHY: YANA HURSKA

Grilled Chickpea Hummus

SERVES: 6

INGREDIENTS:

500g (2 ¼ cups) dried chickpeas, soaked overnight
 4 teaspoons sunflower oil
 80ml (⅓ cup) tahini
 1½ tablespoons lemon juice
 1 clove garlic, minced
 1½ teaspoons salt
 1¼ teaspoons white pepper
 2 teaspoons garlic powder
 Smoked olive oil for drizzling
 Store-bought or home-made pide, to serve (*optional*)

METHOD

Drain the chickpeas. Place in a large pan and add twice its volume in cold water. Bring to a boil, then simmer for 45 minutes. Drain well, then set aside in a colander to drain for another hour.

Preheat a charcoal grill over high heat until the coals are white hot. Oil half of the chickpeas. Add the oiled chickpeas to a grill sieve (or metal sieve) and grill for 5 minutes, until charred all over. (If using a metal sieve, toss continuously.)

Transfer both charred and cooked chickpeas to a blender and pulse until broken down. Add the remaining ingredients and blend until smooth. If grainy, add 1 or 2 ice cubes.

Drizzle with smoked olive oil and serve with pide, if using.



Edited recipe extract from *Mangal II: Stories and Recipes* by Ferhat and Sertac Dirik, published by Phaidon, phaidon.com
 On sale now \$80

PHOTOGRAPHY: JUSTIN DE SOUZA



Chicken Shish

SERVES: 4

INGREDIENTS:

100g (½ cup) Turkish tomato paste or tomato purée
 100g (½ cup) Turkish or Greek yogurt
 3½ tablespoons sunflower oil
 4 teaspoons salt
 2 teaspoons Aleppo chilli flakes
 2 teaspoons white pepper
 2 teaspoons ground cumin
 1kg skinless, boneless chicken breasts, cut into
 3cm cubes

To serve

Grilled vegetables
 Sumac onions
 Store-bought or home-made pide

METHOD

In a large bowl, combine all the ingredients except the chicken. Mix well. Fold in the chicken. Cover with clingfilm and refrigerate for 12 hours to marinate.

Skewer the chicken onto 4 thick skewers. Refrigerate, uncovered, for 2-3 hours to set the shape.

Preheat a charcoal grill over medium-high heat until the coals are white hot. Add the chicken skewers and grill for 10 minutes, turning occasionally, until all sides are caramelised and slightly charred. Set aside for 5 minutes, until the chicken reaches an internal temperature of 75°C.

Transfer to a serving platter and serve with vegetables, sumac onions and pide.



Edited recipe extract from *Mangal II: Stories and Recipes* by Ferhat and Sertac Dirik, published by Phaidon, phaidon.com
 On sale now \$80

PHOTOGRAPHY: JUSTIN DE SOUZA



Baklava

SERVES: 6

INGREDIENTS:

For the fig leaf syrup

Peel of 1 lemon
100g (½ cup) caster sugar
1½ tablespoons glucose
1½ tablespoons honey
1 teaspoon citric acid
5 fig leaves

For the blackberry cream

200g (1¾ cups) blackberries
100ml (scant ½ cup) double cream
4 tablespoons caster sugar
2 tablespoons milk

For the baklava

2 (480g) packs filo pastry sheets
500g (4½ sticks) butter, melted
400g (3⅔ cups) chopped pecans
1½ teaspoons sea salt
150g (scant ½ cup) honey
Cultured kaymak, to serve (*optional*)
Fresh berries, to serve (*optional*)

METHOD

Fig leaf syrup

Combine all the ingredients except the fig leaves in a pan. Pour in 100ml (scant ½ cup) of water and heat over medium heat until the mixture is translucent.

Place the fig leaves in a bowl, then add the hot syrup. Refrigerate overnight to infuse.

Strain the syrup through a fine-mesh sieve, squeezing out all the remaining liquid from the leaves. The macerated fig leaves can be used as a garnish and the syrup can be added to the kaymak when finishing the baklava.

Set aside to cool, then chill until needed.

Blackberry cream

Combine all the ingredients in a blender and blend until smooth. Strain.

Baklava

Preheat the oven to 170°C (Gas mark 3).

Stack one package of filo pastry sheets on a chopping (cutting) board. Trim the filo to the dimensions of the baking sheet. Place a filo sheet onto the baking sheet, then brush with melted butter. Ensure all areas are covered. Repeat until all the sheets are used up, finishing with a final layer of butter.

In a bowl, combine the pecans and salt. Sprinkle the pecan mixture over the pastry. Spoon the honey on top. Layer the second package of filo pastry, lightly brushing butter over each sheet. Set in the refrigerator for at least 2 hours and up to 48 hours.

Bake for 30 minutes. Reduce the heat to 130°C (Gas mark ½) and bake for another 40 minutes. Increase the heat to 230°C (Gas mark 8) and bake for 10 minutes, until golden.

Pour the cold fig leaf syrup over the hot baklava, which will sizzle. Set aside to rest for 30 minutes, allowing the syrup to soak through. Serve with blackberry cream.

Serve hot or cold with cultured kaymak and berries, if desired.

PHOTOGRAPHY: JUSTIN DE SOUZA



Edited recipe extract from *Mangal II: Stories and Recipes* by Ferhat and Sertac Dirik, published by Phaidon, phaidon.com
On sale now \$80





RUG HOUSE

Turkish rugs have a way of settling naturally into a home. Their traditional patterns, softened colours and slightly worn-in look make them easy to live with and easy to style. Rug House NZ has a carefully selected range of Turkish rugs, each with its own details and variation, suited to everything from contemporary spaces to more traditional interiors.

rughouse.co.nz
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A TASTE OF AOTEAROA MEETS TURKEY

Bringing together the rich culinary traditions of Turkey with the fresh spirit of Aotearoa, Turkish Kitchen's hummus is made with freshly smoked or roasted garlic for sharing. Choose the smooth, creamy Original Hummus, or discover the distinctive Manuka Smoked Garlic Hummus - where subtle New Zealand mānuka smoke meets authentic Turkish flavour.

Delicious with warm bread, crackers, mezze or simply enjoyed by the spoonful.

turkishkitchen.co.nz

bialetti.co.nz

Italian Glamour

For more than 90 years, the iconic Bialetti Moka Express has been at the heart of Italian coffee culture.

Now, Bialetti and Dolce&Gabbana continue their celebrated partnership with the Leopardo Collection, blending Italian craftsmanship with Dolce&Gabbana's unmistakable glamour. Featuring the bold Leo motif, each Moka Express and Moka Induction is crafted in Italy and individually decorated with the exclusive Leopardo design. Completing the collection is Perfetto Moka Audace, a bold ground coffee blend presented in a collector-style Leopardo tin.

Available from 15 September 2026, the collection starts at \$39.99 at Bialetti NZ and selected retailers nationwide.



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Life is predictably unpredictable, and change is inevitable. Nowhere is this more evident than in our financial lives.

As life becomes more complex, so do the financial decisions that come with it. Whether navigating tight cash flow, managing wealth, running a business, dealing with an inheritance, selling assets, or making investments, having a trusted team to help navigate life's financial pathways can make all the difference.

History shows that the right financial team can play a critical role in building a successful financial life. That team needs to understand the implications of each decision and how those decisions fit within the broader personal, family, and business picture. It also needs to ensure decisions made are implemented effectively. In Auckland, this integrated approach is available through the collaboration of Greenlion, ClockworX and New Zealand Family Trust Services. Working together, they provide a seamless combination of advice and assistance, taking a wide view rather than considering each financial matter in isolation.

This broader perspective helps clients make informed short- and long-term personal and business decisions, whilst spending less time navigating between advisers. This permits people to focus more time on what matters most: their families, their businesses and building a financial life that enables them to do the things they want to do.

SENSIBLE, STRATEGIC, STREET-SMART ADVICE

Getting your personal and business life in financial order is rarely just about the numbers. It's about running your business profitably, addressing key issues and achieving your goals. Acting in this manner enables funds to be generated by your business, providing money to build the personal life you envisage.

Help in achieving business success is at hand with Greenlion, a Parnell-based chartered accounting practice. They assist their clients to gain a deeper understanding of their business operations, including identifying opportunities to improve the bottom line – essential to financial success.

Frequently, business owners need advice on structuring and tax. Beyond preparing financial statements and tax returns, Greenlion advises clients on these

matters, aiding in operation efficiency and profit maximisation.

Business proprietors may also have investments outside their business, such as commercial or residential property. Understanding how these types of investments fits in with a business owner's financial life is critical when preparing year-end financial statements and income tax returns as it expedites all matters to be considered in the best interests of a client overall.

COMPETITIVE ADVANTAGE – INFORMATION

Correct timely information can provide a competitive financial advantage. A step in gaining that advantage is derived from possessing accurate financial statements, which rests on a client providing their accountant with complete and accurate information.

Managing volumes of information and maintaining records can be a challenging exercise. Missing or incorrect information wastes time and can lead to poor decisions, incorrect accounts and damaging financial outcomes. To combat these problems, Greenlion works with ClockworX, a bookkeeping firm extraordinaire.

Whilst assets can take years to build up, a single event can put them at risk.



ClockworX manages clients' day-to-day financial administration, keeping information accurate, current, and organised. Its services include bookkeeping, payroll, GST returns, reconciliations and month end reporting, delivered through Xero and its ecosystem of integrated applications, helping business remain compliant and efficient. Having ClockworX provide these services ensures the information provided to accountants can be relied upon to be accurate. Consequently, preparing financial statements and returns can be simplified.

ClockworX clients aren't just companies. It works with individuals, sole-traders, trusts, and partnerships – those that understand accurate complete information is power.

Working together, Greenlion and ClockworX create a seamless flow between bookkeeping and accounting, reducing duplication, improving accuracy, and giving business owners and trustees the information they need to make sound financial decisions.

PROTECTING FRUITS OF YOUR LABOR

A successful business enables owners to receive good wages and dividends, providing the ability to create personal wealth and acquire assets such as homes, rental properties, and investments.

Whilst assets can take years to build up, a single event can put them at risk. Business creditors or relationship claims can threaten accumulated wealth. Trusts are used to mitigate these risks.

Trusts provide asset protection, assist with estate planning and support tax management. These benefits only endure however if the people (trustees) looking after the trust assets satisfy their legal obligations and the trust remains compliant. This is where New Zealand Family Trust Services (NZFTS) provides valuable assistance.

NZFTS can act as an independent trustee. It also ensures trustees meet their legal duties and requisite administration is completed in a cost-effective manner. When working it adopts a holistic perspective, interacting with a client's accountant, solicitor, and financial advisor, ensuring all advisors are cognisant of a client's affairs. Having financial accounts to hand greatly enhances NZFTS's ability to carry out its role. Therein lies the value of accurate complete financial statements.

Through NZFTS help, trustees can satisfy their legislative duties, resulting in the trust under their remit retaining its integrity and thus, the benefits it bestows. In essence, the humble compliant trust protects what the successful business has grown.

A SUCCESSFUL FINANCIAL LIFE BY DESIGN NOT CHANCE

Success is rarely accidental. Financial success requires sound advice, accurate information and smart decision making. The right collaborative team can provide you with the practical advice and personalised support you need to navigate your financial pathway with clarity and confidence. Greenlion, ClockworX and New Zealand Family Trust Services is your trusted team for just this purpose. Helping you build today for your tomorrow.



PICTURED: ANGELA FISHER, CO-FOUNDER & DIRECTOR, CLOCKWORX, PAUL MCCORMICK, DIRECTOR, GREENLION & JANET XUCCOA, MANAGING DIRECTOR, NEW ZEALAND FAMILY TRUST SERVICES

squeegee.co.nz

Squee:gee Clean

One visit. The whole home.
Our standard.

WORDS —
MAX DAWSON

There's a particular kind of satisfaction that comes from standing back and looking at a home that's been properly cleaned. Not touched up. Not rinsed down. Properly cleaned. From the underside of the gutters to the path, windows and all. The way it probably looked the day you first fell in love with it.

Most Auckland homes never quite get there. Not because their owners don't care. Because finding one team to do all of it, to the same standard across every surface, has always been harder than it should be.

That changes with Squee:gee.

We've always been known for window cleaning. Auckland's most reviewed, with over 300 five-star Google reviews. But the homes we work on told us something over time. Clean windows on a tired exterior only go so far. The glass catches the light beautifully and the cladding behind it tells a different story. Salt



PICTURED: SQUEEGEE FOUNDER MAX DAWSON

air, lichen, construction dust from the development down the road. The slow creep of Auckland's coastal climate works on every surface, not just the glass.

So, we expanded. Squee:gee now offers full house washing alongside our window cleaning. The two services are built to work together. Every house wash includes a complete exterior window clean as standard. One visit, one team, the whole home done properly. Glass, frames, sills, cladding. Every surface, every time.

The unseen work done to the same standard as the visible work. The sill nobody looks at. The high corner behind the downpipe. The frame behind the pot plant. We call it painting the back of the fence. Same care, every time, whether anyone is watching or not.

Not because it's on a checklist. Because that's who we are.

Before we leave a job we ask whether we'd be happy coming home to this ourselves. We look at what the homeowner will see when they come home. That question is the whole standard. Quiet, unglamorous, and non-negotiable. It's how a team of people who genuinely give a damn operate. If we don't hold that line, who will?

Spring is short. Book now at squeegee.co.nz and come home to the version of your home you've been meaning to get back to.

Your home. Our standard.

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NEWMARKET
34 Morrow Street, Newmarket, Auckland
09 376 7589

Design of September

Gentle earth tones whisper through abstract layers of green, blush, and cream.



French Country Collections

Dana Bedside

Defined by its curved silhouette and warm oak grain, the Dana Bedside brings a sculptural quality to the bedroom. The softly rounded form, single drawer and open shelf balance form and function, creating a considered piece with enduring simplicity. frenchcountry.co.nz



Source Mondial

Albrecht Rug

The 'Albrecht' rug takes inspiration from the great New Zealand abstract painter, Gretchen Albrecht. With its glorious colour palette of blush pinks and ochres, fluidity in design, this hand-knotted, hand-carved rug in natural silk and wool, is a textural masterpiece. sourcemondial.co.nz

Refined Living

La Vella Dining Chair in Sophie Linen

A dining chair that pairs sculptural curves with understated elegance. Upholstered in Sophie Linen, its gently curved profile and supportive back create a comfortable, contemporary seat. Beautifully versatile, La Vella works just as naturally around the dining table as it does in a bedroom or office. refinedliving.nz



Mr Ralph

Remi Wide Shade Coloured Rattan

With its tight rattan weave, this lamp shade will give your home a French Mid-Century feel. Although thick and substantial, this lighting statement size has great proportions. mrralph.co.nz

Trenzseater

COMO Sofa

The COMO sofa is a very relaxed, generous sofa which has been designed to sit alongside the Como armchair. Tailor made in your choice of fabric or leather, feather / fibre seat and back cushions. trenzseater.com



Refined Living

Halo Solstice 2 Seater in Native Linen

A sofa that invites you to settle in with its generous feather and fibre-filled cushions and relaxed, welcoming silhouette. Removable, washable slipcovers add everyday practicality, making it a comfortable and considered addition to the living space. refinedliving.nz



Kovacs Design Furniture

Elton Ottoman

Named after the singer known for his incredible style - and for backing the swagger with soul and substance - this ottoman is designed specifically for the Elton Modular. Its solid framing, springing, and superior cushioning deliver lasting ergonomic support. kovacs.co.nz



Design Italia

Belladonna Velvet Swivel Armchair

Designed for those who appreciate bold design, this armchair brings contemporary elegance to any space. Upholstered in luxurious 80 Green velvet, this striking piece offers a rich, inviting texture. designitalia.co.nz



Refined Living

Trent Coffee Table in Antique Grey

This coffee table offers a contemporary look to living spaces. Its clean lines emphasize a modern design. A distinctive cross-style base anchors the piece. Natural oak veneer on the tabletop introduces warmth and texture. The Antique Grey finish gives the piece a sophisticated, understated character. refinedliving.nz



Jardin

Rest'o Round Table

A smart, space-saving table with clean lines and clever function, the Rest'o 60cm Round Table combines Fermob's design know-how with everyday practicality. jardin.co.nz

Source Mondial

Jori Fuga Armchair

Created by Dutch designer Frans Schrofer, the FUGA translates sober design and pure craftsmanship into a markedly elegant silhouette. Its cocoon form achieves the perfect balance between design and functionality, inviting you to nestle safely and comfortably in its contours. sourcemondial.co.nz/jori



Design Pain

Architecture design is sometimes painful.

WORDS —
PAUL LEUSCHKE

The hardest part of being an architect is seeing the lost opportunities and horrors.

My favourite is a magazine photo with the toilet featured in the background of the shot. At least they could have shut the door or located the toilet behind the door, so it isn't on display when the door is left open!

Services at the front door, power boxes, gas boxes or heat pumps. I have seen very expensive houses with rubbish bins on display because there was nowhere to hide them.

I have come across a lot of garages at 2.2m stud height. A couple of extra digger buckets is all it took to get 2.4m. The cost to rectify is huge.

Windows with a high windowsill – 900mm or 1,000mm high – making the room feel enclosed. Worse is a wall with a great view but no window. I have a pet dislike for those horizontal windows over a bed; all I feel is the cold and early mornings awakenings because how do you curtain those things!

Ugly additions, especially if they are new. Pop-tops with a different roof pitch

from the main roof, different types of dormers on the same roof, flat dormer next to a gabled dormer. Mean window sizes especially in dormers.

Aerial hot water cylinders as though your neighbour would be grateful to look at it because it's so beautiful.

Modernising with inappropriate materials. Think of false bricks, plastic weather boards or those thin Hardie's weather boards. Bungalow windows on villa houses.

Not sure if I like roofing iron on walls which seems all the rage. Low maintenance and cost, I get it, but clunky detailing and it looks cheap. Copper or zinc cladding is different.

Wrong sized rooms, oversized dining room and a small lounge. I have seen a kitchen in a big open-plan room which I mistook for a bar as it was so undersized. Or a snug so small the furniture is in danger of catching fire being so close to the fire.

Why would you separate the en-suite and walk-in-wardrobe? Walking across the bedroom from one to the other while you are naked seems silly. I also dislike the

ensuite directly off the bedroom, the toilet is so close. The walk-in-wardrobe between the ensuite and the bedroom separates them.

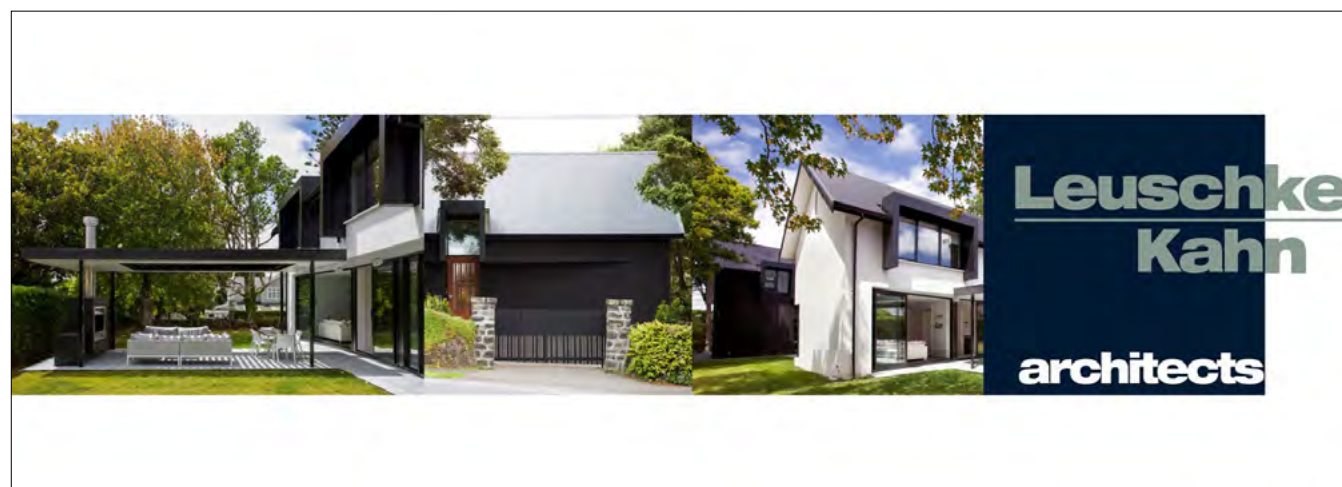
Window in every wall, a builder's house. Why not bigger windows for sun or view and no windows facing south. The cost isn't just the window unit itself but the cost of framing out and cladding around a window.

Not staining the timber fence or timber retaining wall. They look so unfinished and raw. A tin of stain is affordable and gives it a finished appearance.

Lastly, sensor lights high up the neighbours house wall that illuminates your backyard like a fairground.

It is amazing how a little design thought can make such a big difference.

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newmarket-central.co.nz

Hosting History

When James Botting first walked into Newmarket Central – a heritage-listed hotel springing from the former Newmarket Police Station – he was “speechless”.

“The character, history and uniqueness immediately stood out,” the hotel manager tells Verve. “As the hotel was already established, our focus was on building on what was here and creating a genuine hospitality experience where guests feel welcomed and connected.”

Do you have a favourite part of Newmarket Central?

The Cells and the Sergeant’s House. Both have a strong sense of history and character, but in very different ways. The Cells allows you to really feel the history of the original building, while the Sergeant’s House has its own charm and personality.

They’re an important part of the story, and I’d encourage guests to take time to explore them.

What sort of guest will get the most out of staying here?

We welcome couples, families, business travellers, people visiting Auckland for shopping or events, and guests here for medical treatment. I think those who appreciate character, individuality and genuine hospitality will get the most from the experience. Whether they stay for one night or several weeks, we want them to feel comfortable, welcomed and looked after.



Aside from the history, what sets Newmarket Central apart?

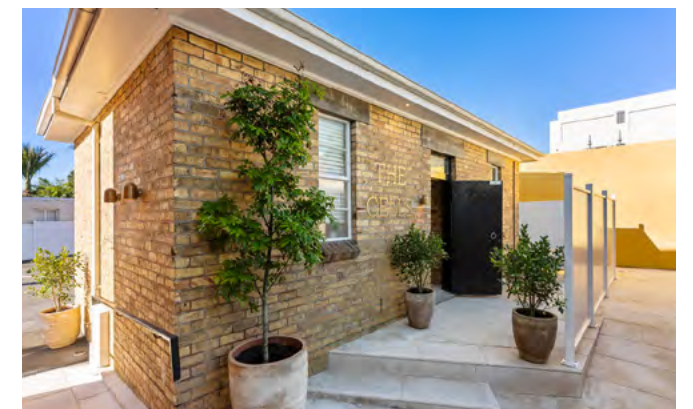
For me, it’s the genuine hospitality and the feeling we want guests to have. We’re not trying to be a big corporate hotel; we want people to feel recognised and looked after. Our spacious, flexible suites also provide more of a home-away-from-home experience, particularly for longer stays, families and business or medical travellers. Then there’s the location, with shopping, restaurants, cafes, transport and medical facilities all close by.

What makes Newmarket work so well for a hotel?

Newmarket offers convenience and accessibility while still feeling like a neighbourhood with its own character. We’re close to shopping, restaurants, cafes, public transport, the CBD and major medical facilities, making it a great base for exploring Auckland while having everything you need nearby.

What are your best recommendations for the local area?

I’d definitely recommend exploring Newmarket on foot. There’s great shopping at Westfield, along Broadway and around the boutique laneways of Teed Street and Osborne Lane. For something more relaxed, the Auckland Domain and Museum are close by, while Newmarket has plenty of excellent cafés and restaurants. Take your time and explore the neighbourhood rather than always heading into the CBD. The beauty of staying at Newmarket Central is that you can experience so much of Auckland without travelling far.



What does a great stay in Auckland look like to you?

For me, it’s about relaxing, exploring and enjoying the city at your own pace. Starting the day with a good coffee, discovering a great restaurant, walking around the Domain or exploring Newmarket, then returning somewhere comfortable and welcoming. It’s about enjoying Auckland without feeling rushed.

What do you hope guests remember about their stay?

I hope they remember the unique character and boutique feel. From the moment they arrive, we want it to feel distinctive, thoughtfully presented and full of personality. Most of all, I’d love guests to leave remembering it as somewhere a little different, with its own character and a fantastic Auckland location.

Find out more at newmarket-central.co.nz

pebl

NEW OUTDOOR COLLECTION

We are excited to launch the PEBL outdoor collection in all our stores this Summer, PEBL is a premium, internationally recognised outdoor furniture brand renowned for its contemporary Belgian design, flexible modular systems, and weather-resistant craftsmanship.



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www.trenzseater.com



thefoundationvillage.co.nz

The Next Chapter



The vision for The Foundation was to create a world-class haven of refinement, sophistication and care for seniors – a place to feel energised, at home and rewarded in your later years.

Abbott Residences, the second residential stage of The Foundation, has now opened its doors, adding its own distinguished layer to that story. The 60-apartment building sits in the heart of Parnell, building on the success of Nathan Residences and the award-winning restoration of Pearson House.

The one-, two- and three-bedroom apartments combine classic design with contemporary finishes, creating a refined canvas for personal expression. Generously proportioned, open-plan interiors feature full-height windows, double glazing and high ceilings, enhancing natural light and a sense of



space, while integrated air conditioning ensures comfort throughout the year. Chef's kitchens, sculleries and full laundry rooms support a practical, clutter-free lifestyle, with every detail considered to elevate daily living, and state-of-the-art security includes secure underground parking and keyless entry.

Atop the building, a rooftop terrace offers panoramic views across the Auckland Domain, the Auckland War Memorial Museum, the city skyline and the Waitemata Harbour – an elevated sanctuary that serves as the perfect backdrop for sunset drinks, resident gatherings or quiet moments of reflection.

Generus Living, the group behind The Foundation, has been deliberate in crafting an environment where every detail counts – a philosophy that has defined the company through more than 15 years of building boutique retirement communities in some of New Zealand's

most sought-after locations. Generus Living director Graham Wilkinson says Abbott Residences represents everything The Foundation stands for.

“Beautifully crafted homes, outstanding amenities and personalised care within a community that celebrates design, heritage and hospitality,” he says. “From the apartments and rooftop terrace through to the artwork and landscaped courtyard, every element has been created to enrich residents' daily lives while offering the confidence of care should it ever be needed.”

Abbott Residences also introduces something new to the precinct: Awhina Suites, The Foundation's boutique care residence, offering respite, rest home, hospital-level, palliative and memory care exclusively for village residents. It means residents can remain within the community they know while receiving personalised care delivered with dignity, compassion and respect.

Art and heritage run through the building as thoroughly as its architecture. Its defining feature is 'Whispers in the Canopy', a six-level sculptural installation conceived by interior designer Stewart Harris, reinterpreting New Zealand's native flora and fauna through handcrafted ceramic leaves, glass birds, copper branches and gilded moths, made by a collaboration of leading New Zealand artists. Drawing on the decorative tradition of chinoiserie, it offers a contemporary, three-dimensional counterpart to the bespoke de Gournay wall coverings found

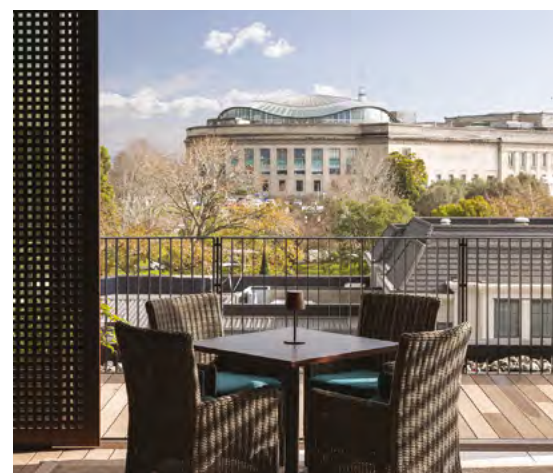
throughout the building. At ground level, a landscaped courtyard is centred on a 150-year-old persimmon tree, rescued from the historic Woodstock Estate orchard in Papakura after flooding in 2011 and now given a permanent home here – a living connection between the site's past and its future.

Beyond Abbott Residences, residents have exclusive access to Pearson House, a fully restored 19th-century architectural treasure overlooking the Domain. Pearson House is home to Maddington on the Domain, a cafe and eatery offering an uplifting setting to gather with family and friends. Its original colonnade has been brought back to life, seamlessly linking the Drawing Room and Reading Room, while upstairs has been redesigned to house a luxurious boutique cinema, billiard room, lounge, art studio, cardio studio and wellness suite.

With Abbott Residences now open, The Foundation's vision is becoming a reality – a place where architecture, hospitality, art, nature and care come together to create a considered and rewarding way of living.

Get in touch today to book a private tour of the show apartment and experience The Foundation's immense potential first-hand. Apartments are priced from \$1,825,000.

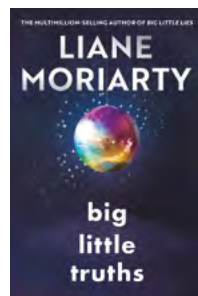
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Big Little Reads

— books that pack a great punch.

WORDS — KAREN MCMILLAN, bestselling author
karenm.co.nz | nzbooklovers.co.nz



BIG LITTLE TRUTHS

Liane Moriarty

The sequel to *Big Little Lies*, which was made into a TV series, returns with the same friends now parenting teenagers. Each is traumatised, in different ways, by the death of Celeste's husband 10 years earlier, but they are attempting to get on with their suburban lives. But then a severed finger is sent to the local high school, and everything begins to fall apart. Exceptionally good.

Pan Macmillan, RRP \$38



TO RULE A RULER

Kaarina Parker

Fulvia, a real-life woman who lived in a turbulent time during the Roman Empire, is fictionalised and brought to life in this sweeping and compelling historical novel. Ambitious and clever, she marries Mark Anthony when civil war erupts and Julius Caesar is assassinated, intent on helping him rule Rome. She is determined to fight for her legacy, whatever the cost.

Echo Publishing, RRP \$38



THE PRICE OF DESIRE

Rose Marie Murphy

From post-war Manchester to the shores of New Zealand, Rose's real-life story unfolds through the many facets of her life as a wife, mother, friend and lover. This is an unconventional love story of a woman who sacrificed many things for love, paying a huge price for following her heart. A warm, compelling and moving story of marriage and motherhood, written with insightfulness and reflection.

Your Books, RRP \$38



SCHOOL FOR LIFE

Annabelle Chauncy

A remarkable real-life story. 21-year-old Annabelle visited a school in Uganda as a backpacker and, shocked by what she saw, set out to bring about change. 18 years, her foundation, School for Life, has changed the lives of thousands of families for the better. This story is told with honesty and is a powerful reminder that individuals can make a difference in the world.

Pan Macmillan, RRP \$40

Luxury Retirement Living

The Foundation is about retirement without compromise. It is a place for you to enjoy your retirement years with security, vitality and engagement. Abbott Residences are now open, introducing a new collection of one-, two-, and three-bedroom apartments in the heart of Parnell.

Contact us today to book a private tour of our new show apartment and experience The Foundation's immense potential first-hand.

Apartments priced from \$1,825,000
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THE FOUNDATION
PARNELL

GENERUS LIVING

About Town

What's hot and happening around
Tāmaki Makaurau...

OLIVIA DEAN

17 October

Western Springs

Sold-out demand has bumped Olivia Dean's Auckland show from Spark Arena to the newly transformed Western Springs Bowl, christening the venue's next chapter. Papua New Guinean artist Kaiit supports. "I'm so excited to return to Australia and New Zealand!" says Dean, celebrating record-breaking NZ chart runs with second album *The Art of Loving*.

aucklandlive.co.nz

MANAWA ORA: TAURITE

7–8 October

Q Theatre

Manawa Ora: Taurite brings 20 rangatahi together with artists including Diggy Dupé and Karlos Saunders Tunks, through Ngā Rangatahi Toa's kaupapa Māori youth development model. Using music, dance and honest storytelling, the production explores balance as a seesaw – life's highs, lows and the ongoing practice of recalibrating.

qtheatre.co.nz



IMAGE: OLIVIA DEAN

KARANGAHAPE ART WEEKEND

18-20 September

K' Road

Karangahape Road transforms into one giant gallery for the inaugural Karangahape Art Weekend, a free three-day celebration of contemporary art. Galleries, artist-run spaces and studios unite for late-night openings, exhibitions, talks, tours and live music – inviting Aucklanders to wander the iconic street and discover the creative energy anchoring the city's leading contemporary art district.

karangahaperoad.com

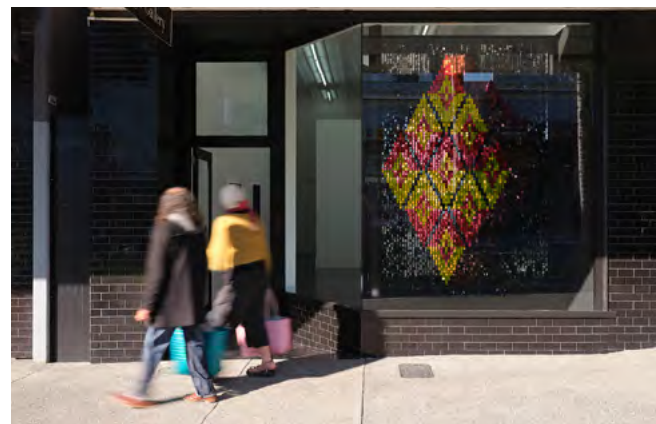


IMAGE: KARANGAHAPE ART WEEKEND, MELANIE RODGER GALLERY



IMAGE: WE THE YOUNG, POPS!

THE LOVER AND THE COLLECTION

3-8 November

TAPAC, Western Springs

Potent Pause Productions marks 25 years with a double bill of Pinter's *The Lover* and *The Collection* – dark comedies of deception, jealousy and illusionary identity. One follows a married couple's game to revive their stagnant sex life; the other, a fashion designer accused of infidelity by a stranger at his partner's door. Also showing at the Meteor Theatre, Hamilton, 23-24 October.

potentpause.co.nz

TITANIC: THE HUMAN STORY

Until 25 October

Smith & Caughey's Building

More than a century after the Titanic claimed 1,496 lives, *Titanic: The Human Story* opens in an Auckland-exclusive season at Smith & Caughey's Building. Created by Musealia and historian Claes-Göran Wetterholm, the immersive exhibition features genuine artefacts, life-size interior recreations and an audio-guided journey back to 1912.

titanicexhibition.com/auckland

WE THE YOUNG

25 September – 11 October

Various Locations

We The Young returns to Auckland's city centre with over 25 performances for tamariki and whānau, spanning theatre, music, circus, puppetry and creative play. Highlights include Mario the Maker Magician, Suzy Cato's Animal Antics, Wonderverses and The Kids' Election. More than half the events are free!

aucklandlive.co.nz

PORK AND POLL TAXES

16-19 September

Aotea Centre

Pork and Poll Taxes returns to the Herald Theatre five years after its sold-out premiere, now reimagined under director Chye-Ling Huang. Written by Talia Pua, the production confronts New Zealand's Chinese Poll Tax through a story of migration, family, resilience and belonging – restaging one of Aotearoa's often-overlooked histories.

proudlyasiantheatre.com



IMAGE: POTENT PAUSE PRODUCTIONS

THE PEARL FISHERS

23, 25 & 27 September

Kiri Te Kanawa Theatre

The Pearl Fishers returns in a bold new staging set at The White Pearl, an exclusive resort where image and ambition rule. As old loyalties fracture, this visually stunning NZ Opera and State Opera South Australia co-production reveals a human story of friendship and sacrifice beneath the luxury. One vow. One love. One impossible choice.

nzopera.com

hellsgate.co.nz

Embrace the Power

Nestled within an active geothermal reserve, Hell's Gate offers New Zealand's only geothermal mud bath experience.

A treasured place of healing and revitalisation for Māori for more than 500 years, our geothermal mud is unique to this area and renowned for its therapeutic benefits and rejuvenating properties.



Begin your journey by immersing yourself in geothermal pools as you lather yourself head to toe in silky smooth mud. Relax as nature nurtures the body and mind, opening the pores and exfoliating, detoxifying and nourishing the skin, leaving it feeling rejuvenated and refreshed.

Following this indulgent experience, soothe the body in nutrient-rich sulphur spas while taking in the unique view over the geothermal landscape. Unwind to the sound of waterfalls and native birds or revitalise the body and take the plunge in the cold pool. Promoting relaxation, relieving aching muscles and

offering relief for various skin ailments, the healing waters of Tikitere have been sought out for centuries.

Immerse yourself in an active geothermal reserve and connect with nature in its most primal form at Hell's Gate. It's a Rotorua experience you'll never forget.

Visit hellsgate.co.nz for hours, tours, and shuttle details. Follow for inspiration at [@HellsGateNZ](https://twitter.com/HellsGateNZ).

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At RockRidge, the details are taken care of. With luggage transfers and genuine country hospitality, all you need to do is arrive, lace up your boots and let the High Country do the rest.

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Beauty, the French Way

What if beauty could be spoken?

French has a wonderfully nuanced vocabulary for *la beauté*. *L'éclat* is a radiant glow. *Le teint* is your complexion. *Le charme* is that irresistible, hard-to-define quality. *L'élégance* goes beyond appearance, it is an effortless way of being. Then there is *avoir bonne mine* – to look fresh, healthy and glowing. And, “*Tu as bonne mine!*” – “You look great!”

At Alliance Française Auckland, we believe learning French is about discovering these beautiful little expressions – and the culture and *savoir-faire* behind them. Discover the beauty of French. Come and find your French *je ne sais quoi*.

alliance-francaise.co.nz



Introducing Glen Firth

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Earn


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Our newest Quest in Havelock North is now open, giving you another great place to stay for work trips, weekends away, and everything in between.

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PHOTO: THE WHARF SHED, GLENORCHY
PHOTOGRAPHY: BRAYDEN / ADOBE STOCK

Finding Wes

WORDS — LUCY KENNEDY

Wes Anderson's filmography has served as an ever-present stylistic inspiration, a constant place of refuge and artistic influence during my teenage years.

I could probably be classified as a devout fan of Anderson's work, having seen every single one of his films (multiple times). I certainly remember being drawn to the dazzling, meticulous visual language of his films.

Anderson is perhaps most famed for the precise, theatrical, candy-coloured aesthetics of his later films, soaked in admiration for retro design. His characters are always clothed in vintage garb that I could only dream of happening upon at flea markets (Margot Tenenbaum's fur coat... I'm looking at you). This can certainly be seen in *Asteroid City*, set in an isolated American desert community in the mid-20th century. The pure azure sky is stark against the arid desert, which is populated by strange 50s-clad characters overcoming struggles both personal and extreme.

Like many others around the world who love Wes Anderson's aesthetic, I search for his style in the world around me - **accidentallywesanderson.com** is a whole website dedicated to this! New Zealand can feel fairly removed from the worlds created by Anderson, populated by European architecture and American design. However, themes of isolation play a massive role in every Wes Anderson film, either visually or in the lives of his protagonists. I think this is exactly what allows fans of Wes in New Zealand to find traces of his style across our motu. Wes Anderson covets the unusual, the culturally specific, the lone outposts engulfed in glorious landscapes. He adores a blocky typeface to formally herald some minute structure.

These miniscule dwellings have definite charm. They act as vestiges of humanity in otherwise desolate landscapes, micro-settings for self-contained stories that the audience are allowed a glimpse into. In *The Grand Budapest Hotel*, characters Monsieur Gustave H and Zero the Lobby Boy are on the lam, endeavouring to evade the authorities. They travel from a rail-side telephone booth to a clandestine meeting at a mountain-top observatory, then journeying by gondola to remote cloisters. These structures are made microscopic by the background that surrounds them, perhaps reminding the viewer that in the grand scheme of things, our human dramas are mere trifles.

Some critics argue Anderson's films prevail style over substance. I could not disagree more. The plots of his films examine the subtleties of emotion, introspective worlds, and strife-filled relationships, linking and weaving like rivulets of a stream. Wes Anderson's style and status as an auteur is firmly established, and he could be considered one of the most aesthetically recognisable filmmakers of the 21st century.

Across these pages we've curated some Anderson-esque, minute abodes here in Aotearoa. With their symmetry, colour, and isolation, these places would be right at home in Anderson's films.



PHOTO: BREWSTER HUT, LOCATED IN MAKARORA AREA AND MOUNT ASPIRING NATIONAL PARK IN THE OTAGO REGION
PHOTOGRAPHY: TIMON / ADOBE STOCK



PHOTO: KOHEKOHE CHURCH, AWHITU PENINSULA
PHOTOGRAPHY: MARC / ADOBE STOCK



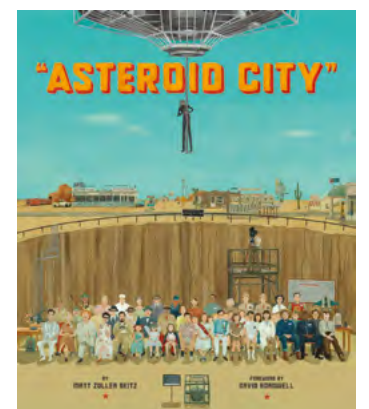
PHOTO: POUTO POINT LIGHTHOUSE, POUTO PENINSULA
PHOTOGRAPHY: ZENSTRATUS / ADOBE STOCK

THE WES ANDERSON COLLECTION: ASTEROID CITY

by Matt Zoller Seitz, published by Abrams Books,
distributed by Thames & Hudson Australia, \$79.99

Cultural critic and *New York Times* bestselling author Matt Zoller Seitz presents the complete story behind *Asteroid City*'s conception via interviews with Wes Anderson and Jason Schwartzman and illuminating behind-the-scenes photos, ephemera, storyboards, models, miniatures, and artwork. This 256-page book is the official behind-the-scenes companion to *Asteroid City* from the bestselling Wes Anderson Collection series.

We have one copy to giveaway to one lucky fan. To enter visit vervemagazine.co.nz, click **WIN** then follow the directions.



Art of September

CURATED BY —
LUCY KENNEDY

A collection of Auckland's best exhibitions, bringing together standout works and emerging voices from across the city's best spaces.



ARTWORK: BELINDA WILSON, *SORT OF SILENCE 3*,
TURUA GALLERY

TURUA GALLERY
Neighbourhood
Group Show

11-23 September

The much-loved *Neighbourhood* exhibition returns with the most wonderful lineup of artists, all celebrating the local areas we live, work and play. If you're unable to make the opening night and would like to secure a work before, look out for presale details on 10 September (presale details yet to be confirmed). Participating artists: Belinda Wilson, Gilly Sheffield, Harriet Millar, Josh Lancaster, Judith Milner, and Kylie Rusk.

10A Turua Street
turuagallery.co.nz

Art & Culture



ARTWORK: SMALL WORLD,
STUDIO ONE TOI TŪ

STUDIO ONE TOI TŪ
Small World
Pon Huey Min, Peter Simpson, and Melody Renaud

3 September – 1 October

In Aotearoa, insects represent the vast majority of our animal diversity, yet they often go unnoticed. *Small World* is an interactive digital installation that invites audiences to draw their own bugs and release them into an evolving ecosystem. This work celebrates creativity and quiet observation. By participating and viewing these digital creations, the audience is invited to slow down, reflect, and find empathy for the small lives that sustain our world.

1 Ponsonby Road
studioone.org.nz

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ARTWORK: GAVIN HURLEY, *BOY WITH ILLINGWORTH'S FLOWER*,
MELANIE ROGER GALLERY

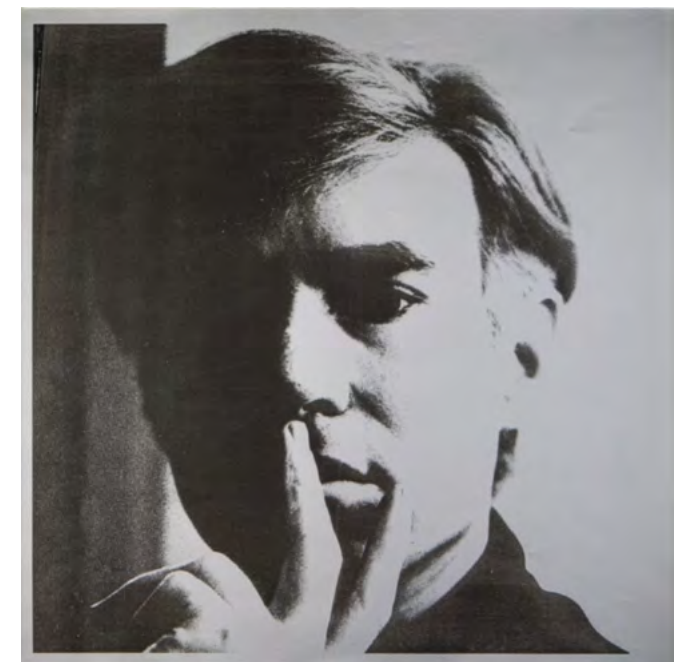
MELANIE ROGER GALLERY
Other People's Flowers
Kirstin Carlin, Julia Holderness, Gavin Hurley

Until 20 September

In *Other People's Flowers*, Kirstin Carlin, Julia Holderness and Gavin Hurley turn to the language of flowers to speak both with and through the history of New Zealand art. The exhibition takes its title from the act of gathering what already exists – motifs, compositions and gestures – and re-presenting them not as imitation, but as a form of attentive response. Flowers become intermediaries: symbols of homage, translation and quiet disruption.

444 Karangahape Road
melanierogergallery.com

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ARTWORK: ANDY WARHOL, *SELF-PORTRAIT (FELDMAN & SCHELLMANN II.16)*
GOW LANGSFORD GALLERY

GOW LANGSFORD GALLERY
The Studio and the City
Group Show

12 September – 17 October

For more than a century, New York has been a city of artists' studios. From converted warehouses and industrial lofts to purpose-built workspaces and private retreats, the studio has served as both a site of production and a stage for artistic identity. It is where artists test ideas, develop visual languages and negotiate their relationship with the city around them. This exhibition brings together works by those whose practices have been shaped by New York's creative landscape across generations.

4 Princes Street, Onehunga
gowlangsforgallery.co.nz

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September 2026

SEPTEMBER Box Office



IMAGE: OASIS: DON'T LOOK BACK IN ANGER

OASIS: DON'T LOOK BACK IN ANGER 10 September

A documentary that charts Liam and Noel Gallagher's triumphant reunion tour, Oasis Live '25, one of the most anticipated rock 'n' roll comebacks of our time. The film is an unapologetically uplifting account that captures the experience and emotions of the band and their fans across the world. The unique perspective includes rehearsals and backstage and onstage access as well as the first joint interviews with Noel and Liam in over 20 years.

RESIDENT EVIL 17 September

From the mind of visionary filmmaker Zach Cregger (*Weapons*, *Barbarian*) comes a thrilling – and terrifying – reinvention of the *Resident Evil* franchise. In an all-new story, Resident Evil follows Bryan (Austin Abrams), a medical courier who unwittingly finds himself in an action-packed, non-stop race for survival as one fateful, horrifying night collapses around him in chaos.

DIGGER 1 October

The most powerful man in the world embarks on a frantic mission to prove he is humanity's saviour before the disaster he's unleashed destroys everything. Academy Award-winner Tom Cruise stars in this original film from Academy Award-winning director Alejandro G Iñárritu.

THE SOCIAL RECKONING 8 October

A companion piece to the hit flick *The Social Network*, it's based on the events that gave rise to the *Wall Street Journal*'s shocking exposé 'The Facebook Files'. The film is inspired by the true story of how Frances Haugen, a young Facebook engineer, enlists the help of Jeff Horwitz, a *WSJ* reporter, to go on a dangerous journey that ends up blowing the whistle on the social network's most guarded secrets.

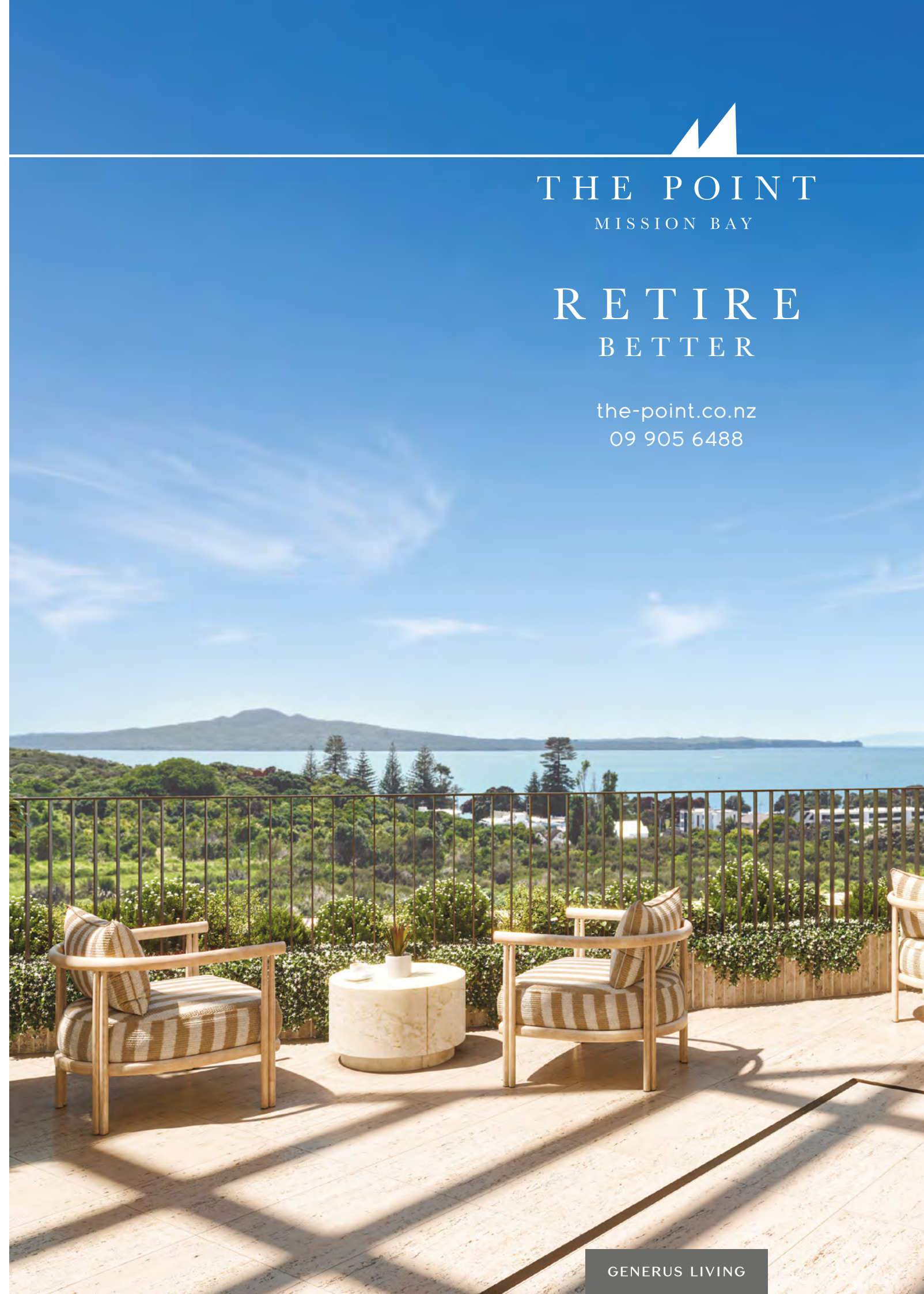


IMAGE: THE SOCIAL RECKONING

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Leading Kind



The superb *Leading with Fierce Compassion* by clinical psychologist and executive coach, Dr Mary Miller, offers leaders practical, evidence-based tools to blend courage and kindness.

The book emerged from years spent in session with “high-performing leaders” – people the world praised, but who were quietly falling apart.

“Existing leadership frameworks often focus on productivity or goal-based outcomes,” Mary tells Verve. “While these approaches can be useful, what they often miss is the internal experience of the leader, their relationships and the systems that shape how they function.”

She witnessed leaders who were “thriving and suffering at the same time”. Mary believes that tension between “perfectionism and self-criticism” is one of the most under-examined costs of modern leadership: “We may perceive these traits as helpful, and society may reward us for the results. But the costs remain hidden.”

The research is stark: both traits are linked to poorer mental and physical health, reduced performance, damaged relationships, and higher risk of burnout.

For New Zealand leaders navigating the layered pressures often described as ‘polycrisis’ – the compounding upheaval across economy, society and environment – the experience is shared but not identical.

“It is like we are all sailing in the same storm, but how we experience it depends on what boat we happened to be in when it hit,” Mary adds.

But embedding compassion-based leadership isn’t simple. “Systems with high levels of competition, aggressive behaviour, time pressure and fear of risk make it harder for individuals to act or feel compassionate,” Miller notes.

Mary pushes back when asked whether society is failing to produce compassionate humans in the first place: “I don’t think I would say that society is failing. Society doesn’t create compassionate humans, or uncompassionate ones, in isolation. We co-create the conditions we live in, which means we also have the capacity to shift them.”

Modelling rest, connection and self-compassion, she says, is slow but compounding cultural work, but we are all “part of the foundations”.

Perhaps her most counterintuitive idea is that the urge to “work harder” can be a signal to do the opposite. Mary acknowledges it often takes a crisis – often burnout – before people are willing to examine it. Her approach starts with self-compassion (“to understand why

we have become overly reliant on that particular coping strategy”) followed by curiosity (“when is working hard genuinely helpful, and when is it not?”). Self-compassion, she suggests, is often harder to access than compassion for others, and culture plays a large role. “We absorb messages about what self-compassion means, and while some of those messages may be helpful, others end up blocking our capacity for it,” she says.

Her practical suggestion: “Next time you’re stuck in self-criticism, try asking what you would say to a friend in the same situation.”

Writing the book, Mary admits, became its own test of her own philosophy. Forcing herself to sit at a screen for long stretches didn’t always work – but walking on the beach often did!

“Writing about my own experiences with compassion felt vulnerable, and I needed a lot of self-compassion to embrace my fear of sharing,” she says.

But sharing that vulnerability, she believes, is precisely the point, because “it connects us to each other’s humanity”.

Learn more about Mary and her book at drmarymiller.com

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BIG GIRLS DON'T CRY

Set during the summer of 2006, *Big Girls Don't Cry* follows 14-year-old Sid as she navigates the awkward, exhilarating territory between childhood and adulthood as she imitates the people, she longs to be loved by. Featuring a breakout performance from Ani Palmer alongside Noah Taylor and Rain Spencer the film captures the intensity of first crushes, shifting identities and the desperate desire to belong.

WIN one of five passes to this beautifully observed Kiwi coming-of-age story from exciting new filmmaker Paloma Schneideman.



WHITTAKERS

Whittaker's Cocoa Lovers Collection welcomes its new 70% Togo Dark 100g block, a smooth, rich and bittersweet single-origin chocolate showcasing the distinctive flavour of cocoa beans sourced from Togo. Made beans-to-bar in Porirua, it uses 100% Rainforest Alliance Certified and fully traceable cocoa beans.

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