

MODERNE



2020

MAGAZINE

Welcome

Dear readers,

I hope the contents i have written will be helpful for everyone to understand better about mediterranean and will help everyone who is learning about anything related to mediterranean to find these information usefull.

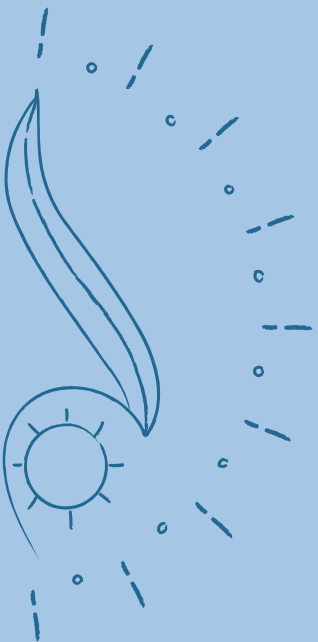


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The Mediterranean Lifestyle

The Mediterranean Lifestyle encompasses more than the diet itself. The secret is not only in discovering the elements of the perfect diet, it is also having the confidence to live life to the fullest, whilst finding the perfect balance in eating, working and living habits. A diet rich in vegetables, pulses, grains and olive oil; an active lifestyle with daily, moderate exercise; low overall stress levels; close relationships with friends and family; interaction and being an active part of a community all greatly contribute to our overall health and well-being and help to shape this distinct lifestyle.



**"TRAVEL MAKES ONE MODEST.
YOU SEE WHAT A TINY PLACE YOU
OCCUPY IN THE WORLD."**

Gustave Flaubert

Mediterranean Fashion



In the Mediterranean region, when it comes to wearing a dress women like only two options. Either the dress will be a light colour such as white, beige, or a light pastel colour or, to wear a beautiful floral print. Yes, these are what Mediterranean women like and it is what makes this region so vibrant and colourful.

The reason for wearing a light colour dress might be because of the hot sunny days and a need to reflect the sun. Also, wearing a dress is just way more comfortable than wearing jeans and is more stylish as well.



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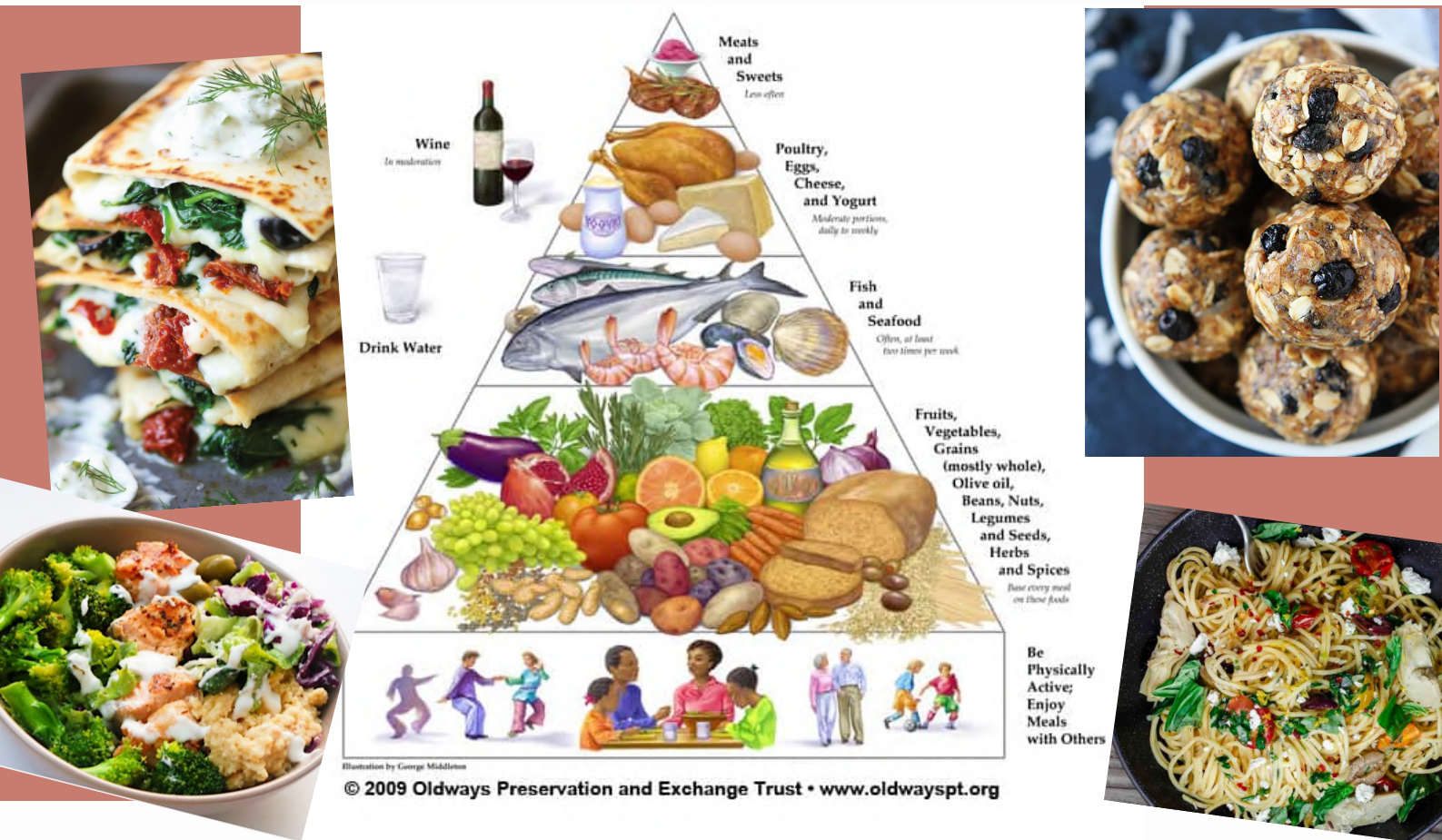
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Mediterranean Diet



The foundation of the Mediterranean diet is vegetables, fruits, herbs, nuts, beans and whole grains. Meals are built around these plant-based foods. Moderate amounts of dairy, poultry and eggs are also central to the Mediterranean Diet, as is seafood. In contrast, red meat is eaten only occasionally. There are no food restrictions in the Mediterranean diet. Everything is pretty much allowed.

09

CATWALK

/kat,wôk/

1.a platform extending into an auditorium, along which models walk to display clothes in fashion shows; a runway.

2.a narrow walkway or open bridge, especially in an industrial installation.

CHANEL TAKES US ON A TRIP AROUND THE MEDITERRANEAN TO CELEBRATE ITS CRUISE 2020/21 COLLECTION

In lieu of Chanel's Cruise 2020/21 show in Capri, Virginie Viard instead invites you on a voyage to the Italian isle via the visual poetry of photography and film

Instead, the Creative Director of Chanel brought Capri to us. Via the irresistibly sun-soaked imagery of Karim Sadli, Viard takes us on “Balade en Méditerranée”, or a trip around the Mediterranean. Awash in the brilliant red of the sun dropping over the sea, Viard’s Chanel Cruise 2020/21 collection comes to life in a campaign particularly stirring given the current travel restrictions.

Inspired by the irrepressible allure and effortless glamour of the legendary actresses of the 1960s when they would holiday on the Italian and the French Riviera, the Mediterranean coast played muse to Viard. “Not only did we decide to use fabrics that we already had, but the collection, more generally, evolved towards a trip around the Mediterranean,” she explains. “The islands, the scent of the eucalyptus, the pink shades of the bougainvillea,” sensory snapshots that birthed the relatively easy-going collection.



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