

# VIPA@NEWS

NOTIZIE DAL MONDO DI VILLA PARADISO E DE LA MAISON DU RELAX

villaparadiso.com

## Here's your *magazine!*

January 2020: Vipa@news! Your quarterly magazine to be always updated upon Wellbeing and which will take you through your relaxation. Enjoy your reading!



Joëlle Vassal, Founder of Villa Paradiso.

One of the signature features (probably the most important) in the history of Villa Paradiso and Maison du Relax is communication to our Guests, which starts with our efforts to welcome you with a warm smile and build immediately a positive and successful relationship towards your goal. A kind of empathic connection between us, aimed at making you feel at your ease right from your arrival, following you at the best during your "wellbeing holiday" and giving you answers, not illusions. Communication, nevertheless, is never enough. We need ideas, ventures, some positive attitude, an uninterrupted dialogue to keep you together and well

informed while you move, as I often say, to your Global Wellbeing goal. Our magazine Vipa@news has been conceived right to keep you even more connected to what Villa Paradiso and Maison du Relax represent, a magazine (a real one, don't you think?) to tell you everything about us. Articles, interviews, news, curiosities, new proposals, updates about our Wellbeing Programs and some closer views on topics which line up with the philosophy of Prevention we have been following for over 30 years. A magazine to be read during your stay and to be found online as well on your website ([www.villaparadiso.com](http://www.villaparadiso.com)) featuring a quick, dynamic – and we wish pleasant – style. A new instrument to communicate with you, everyday a little bit more ...

Joëlle Vassal □

by Danilo Maggi

### EDITORIAL

#### Feeling good in every way

When you have your health, you have everything... That's definitely true, when we are fine and healthy, everything we think, we read, we listen to, we do, we look at starts from an essential source of positiveness... in other words, right the Mission of Villa Paradiso and Maison du Relax, which wanna make you like yourself and being liked! That's the reason behind Vipa@news, a magazine aiming at exploring all shades of wellbeing, a journey through all topics which "make us feel good": from health, it goes without saying, to arts, fashion, travels, cooking and interviews to celebs who love Feeling Well and who choose Villa Paradiso and Maison du Relax as their pleasant retreat to relax from daily life stress. A magazine conceived for you, to keep you every day closer to us and tell you about everything which may give you some pleasant time and hopefully a nice reading. Welcome! □

## March 2020 *wellbeing* ... for ladies

by Margherita Leoni

Here we go again, taking care, this 2020, too, about Her in the most suitable month to highlight her being a woman and her leading role in a changing world: Women's month! Never change a winning formula, and Villa Paradiso and Maison du Relax, indeed, are pleased to offer Ladies a one-week (Platinum Detox program) and a 3-day stay (3-day Wellbeing program, available at Maison du Relax only) at a very special price.

Given the high appreciation obtained last year, we will be pleased to gift again our female Guests during that month with a truly important present in Prevention: a breast examination and ultrasound (for the week stay only).



#### Breast ultrasound for cancer prevention: an essential step for women.

Breast cancer is the most commonly occurring cancer in women, representing 29% of all forms of cancers among women, Oncologist Dr. Paola Martinoni explains. Prevention is essential to avoid serious disease, therefore every woman should have a breast examination and ultrasound at least once a year.

Dr. Martinoni is also the founder of Libellule Onlus, meaning "dragonflies", an association which takes care of women who suffered

from breast cancer in the most delicate moment of that experience, to say after surgery. The necessary follow-up period, actually, may represent a devastating routine made of long waiting lists to get an appointment for a check-up, stress and fear. "Libellule" association aims at building up a Prevention program to turn anxiety and negativeness into positivity: "life must start again – says Dr. Martinoni – even better as it used to be".

Our mission, Dr. Martinoni adds, is to "to take women who were diagnosed with breast cancer to a positive future where they may recover their self-confidence, self-respect, inner harmony and desire to like themselves and highlight their femininity."

Definitely a demanding task requiring lots of passion and love, but, as unforgettable Professor Umberto Veronesi used to say,

**Wisdom**  
is to the soul  
what **Health**  
is to the body

F. de La Rochefoucauld

"I fought all my life to struggle against breast cancer and now it's your turn, my brave dragonflies, to get rid of its memory from women's mind".

"As a matter of fact – Dr. Martinoni points out again – we want to give, from the bottom of our mind, every woman a chance: life

goes on, even a cancer should not frighten people, rather constitute an opportunity for them to start again, ready to experience every moment in life with new energies."

Libellule Association spreads its message by means of meetings, charities, forums and social events, often organized in cooperation with important brands in fashion and jewelry which actively support the organization, led by Honorary President Mrs Cristina Milanese, a famous journalist. Villa Paradiso and Maison du Relax are close to them all, enthusiastic supporters of Women's Wellbeing! ([www.associazionelibellule.com](http://www.associazionelibellule.com)) □

# Today's man and "his" *wellbeing!*

They talk about us ... La Repubblica - Beauty

512 thousand Americans have stepped every day into a SPA in 2017 (source: International SPA Association) for an overall number of entries of 187 million and a global turnover of 17.5 billion USD, "eight consecutive years of revenue growth" ISPA President, Lynne McNees, says. Male visitors represent now 47% of this wellbeing tribe: for sure, urban SPAs have done a lot to make this attitude grow, but the main reason of this increase has to be found in a new attitude by men, who do not consider wellness activities merely as a way to pamper themselves, rather as a real need.

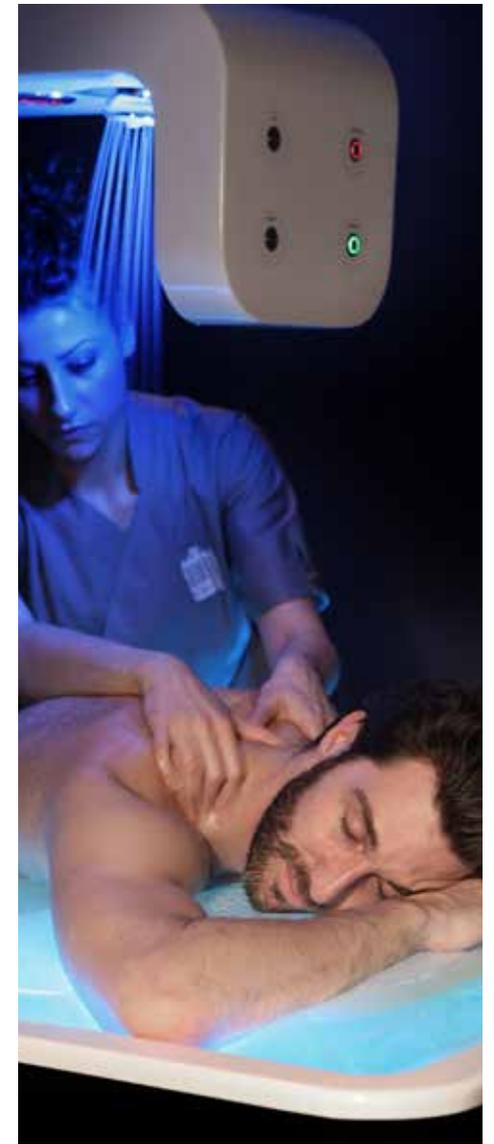
"Men do not any longer rely on women's advice when deciding to start a wellbeing and relaxation program", says Joëlle Vassal, founder of Villa Paradiso in Gardone Riviera, Italy, "actually they do often set and book their holiday on their own or with friends". And if deep and relaxing massages have broken the ice with SPA experience, now customers have become more refined and are ready to go for different proposals." They

ask to be guided towards healthy diets and are eager to try some treatments which, up to a few years ago, were typically required by women, such as draining massages, face masks application or botox injections", adds Mrs Vassal.

No coincidence that the sales of skin care products to male users have grown on a global basis of 11% in 2017, the highest score – as Euromonitor market research institute points out – among all male items, a business worth 6.9 billion USD. "Men are getting more and more focused onto taking care of themselves", says Mark Briant, co-founder of London based Mobfit, an advising company which helps managers developing healthier habits. "They are really willing to learn and we teach them how to overcome obstacles connected with time management, the toughest enemy to every fitness and healthy food program." According to Bryant, there is some new, growing interest into practices such as mindfulness and meditation. "These disciplines are

more and more popular amongst men due to the benefits they deliver when regularly practised". Managers and entrepreneurs, as a matter of fact, wish to be mentally trained to manage stress disorders and are interested into using emotions in a fruitful way". According to the last annual report by Global Wellness Summit, the leading appointment for economy and wellbeing world players, a holistic approach is considered as the key to get "super-powers" like thinking better, faster and in a smarter and more effective way. Wellness, moreover, offers a remedy against isolation caused by digital transformation.

"Men are interested into relational aspects of business, too, such as establishing a deeper contact with their inner part and with other people" Bryant says. "Wellness clubs are one of the global top trends we detected", Beth McGroarty, Global Wellness Summit research director, adds. A perfect example is constituted by The Well, a wellbeing ecosystem opening next year in New York: conceived by alternative medicine guru Deepak Chopra and sports medicine physician Keith Pyne (Alex Rodriguez, former baseball star and partner to Jennifer Lopez is among his patients), the club, for a basic monthly fee of 375 USD, will offer a unique location where to find gym, SPA and western and eastern medicine practices. □



Men spend the first half of their lives ruining their health and the second one *trying to recover.*

Leonardo da Vinci



The way we were... Villa Paradiso 80 years ago



## Thoughts

### From... "Diary of a Seducer"

by Søren Kierkegaard

«I just wanted to write you, not to ask you how you are, rather to know how you feel without me. I have never been without myself, therefore I do not know what it is like.

I would like to know how you feel when I am not around caring for everything to be fine, when you cannot hear me laughing, singing softly silly songs, talking, yelling when

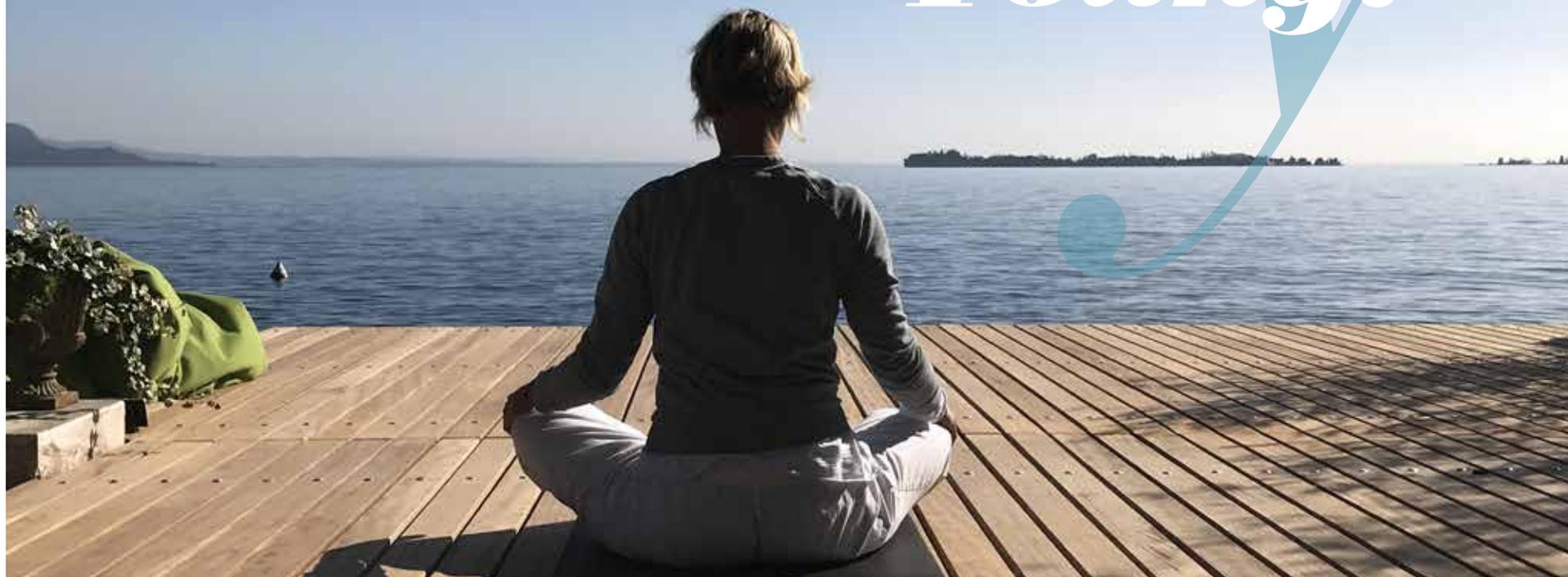
I am angry, letting you vent everything on me, just being ready to do everything I can to make you feel good. Maybe you do feel better, or maybe not. But I have a doubt about that, and I want to know if you sometimes have it, too.

‘Cause, you know, sometimes I wonder how I feel without you, but then I prefer not to answer, never mind.

I have even forgotten myself in order to remember you».

# La Maison du Relax 2020 *Under 40 y.o.*

# Forever Young!



by Giulia Marzi

Life (re)begins at forty! They say it, they believe it and it is actually true. Forty years old means the age of maturity, a starting point to build a stabler path of life in one's own business, affections, health and outer appearance.

The real way to gain - may we say wisely? - this life attitude, nevertheless, is to make it start before celebrating your 40th birthday ...

When young - chronologically speaking - little attention is paid to build up a positive, profitable relationship between body and mind and "Prevention" is definitely a word

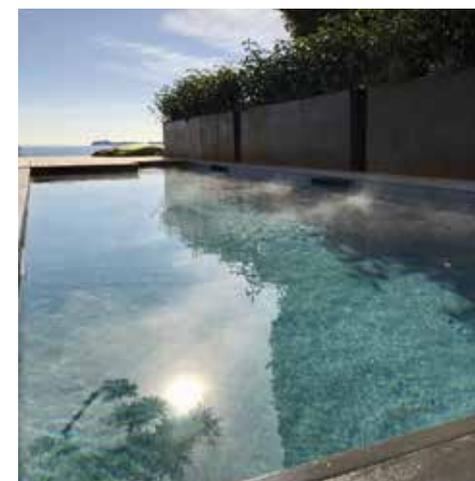
to be approached later ... what a mistake!

Luckily, today's surveys comfort us by showing that approx. 70% of the under-40ers is more and more convinced that it is necessary to start before the age of 40 thinking how to stay young and in good condition.

That's why Maison du Relax offers all its **Under-40ers** Guests an exclusive program.

## Final goal: Forever Young!

A new, amazing program with treatments specifically targeting Guests for whom the philosophy of Prevention is, despite their young age, very important to build a stable and positive attitude which will let them face years with positive energy and in good condition, a guaranteed investment in themselves! □



Not  
*Life* but  
*Good Life*  
is to be chiefly  
valued.

Socrates

## Maison du Relax: magic in the kitchen!

Master Chef Rolando Baruzzi proposes a healthy cooking flavoring creativity and refinement. His recipes are inspired to Mediterranean cuisine and enriched with some wise tricks to make us feel good. Shall we avoid all food temptations when starting a proper health and food program? That's fine, but never forget... not to be too severe!



# Human capital...

Dr. Carlo Lazzarini, MD (member of the Medical Staff at Villa Paradiso)

Everyone enjoys three forms of wealth, regardless of our social status: our time, our look, our health. We may change, improve, lose and regain our look and health, while nothing can be done with time. We cannot buy or borrow any from anyone and cannot retrieve when lost. Therefore, we may only maximize our profit if we invest our time in improving our health and, why not, our appearance as well.

People often spend their time in relaxing stays in beauty farms, SPAs or wellbeing centers: just take care to use this time with full awareness not to waste it, whatever in a very pleasant way. The first step to take is to change our attitude towards our lifestyle by switching from an old cultural heritage of what is "forbidden" to a new "let's do" approach.

If we actually focus only onto living a pleasant experience in a location devoted to Wellbeing without learning what should be done afterwards in order to keep a healthy condition and prevent ailments, and just keep in mind what not to do, we would not get the best out



of that experience. Moreover, we are already familiar, since quite a time, with wrong habits, while we often ignore or neglect what is advisable and should be done as specific to every single person.

The essence of Prevention consists, therefore, in acquiring all those "information" upon one's health conditions and how our

body actually works, a kind of knowledge which is necessary to get real "awareness", to say a proper lifestyle.

It is not important, and consequently profitable, to focus and spend our energies upon what has been left while leaving a Beauty Farm (such as a few pounds), rather we should concentrate upon what we have seized or learnt, in terms of "awareness", during our stay. Weight is temporary, while awareness remains.

The proper "tools" will, therefore, enable us to manage and get the best out of our energy resources to better fight against our functional alterations and/or eventual pathologies in a way which will be always fully customized to everyone's needs. The real

game starts after having left the wellbeing location, so, what to do?

- Choose the food that best fits your individual needs;
- Train according to the most suitable exercise, chosen in compliance to your metabolic activity;
- Hydrate the body according to your specific needs

and never stop correcting any eventual micro-nutrient deficiency;

- Check your vital parameters at regular intervals (bio-chemical as well as instrumental)

This advice may prevent some threats to your health, so to better preserve its integrity and live with serene attitude and new energies as the years go by. □



## Remise en forme Before a wedding

by Elena Pizzetti

I could count on the fingers of one hand the weeks left, but the scales needle does not move. It's totally useless to skip meals or to eat yogurts or seeds, and my wedding dress fitting session is getting closer and closer. And, just next to the bride's jutting belly, have a look at the prominent circumference of the groom-to-be. We look at our navels and ask each other, astonished: "Is it pollution which blows us up like balloons?"

And here's a stunning wedding gift: a week to be spent onto a remise-en-forme program in a very famous and internationally renowned location overlooking Garda lake, Italy, Villa Paradiso Clinical Beauty in Gardone Riviera. It sounds amazing, but, actually, let me just point out that the hubby-to-be has never stepped into a beauty farm in his life, never gone on a diet, leaving aside a beauty treatment, and I fear some animated intolerance attacks will come together with the first pangs of hungers.

What should I do? The management of the resort comforts me "Don't worry, Madam, even the most resistant guests change their mind as soon as they see the first results coming". For the moment speaking, I can just cross my fingers.

First surprise: a top level cooking. No clue how Master Chef Mr. Cristian Duca manages to offer such tasty dishes while keeping under 1000 calories a day when going for the weight loss program, that's some real mystery of expertise. My groom-to-be, a chef himself, gets immediately passionate about ingredients, cooking methods and the fact that he is given some nice tricks and healthy recipes. That's a real bonus offered by Mr. Duca himself, who gifts the guests with a class where he shows cooking

techniques and the perfect combinations for some secret recipes (we even bought his book "The WellBeing Recipes").

The second surprise is almost a miracle: just 24 hours after our arrival, three and half pounds are lost and I can read some merry disbelief in my husband-to-be's eyes. The loss continues till the scales say ten pounds are gone at the end of the stay. The real bonus of the experience, nevertheless, is that those pounds have not been regained, even three months later and without a specific diet being followed. The reason lies in the science behind the approach by Villa Paradiso: physicians and specific tests (blood test, food intolerance tests, antioxidants and free radicals measurements as well as more specific diagnostics, mole mapping ...) detect potential problems and track each one's health condition. Wellbeing is something you can get with prevention, in our specific case the discovery of a totally unexpected intolerance has solved our overweight issues.

Diagnostics at Villa Paradiso, together with exercise, massages, physiotherapy, beauty treatments and relaxation, are to be enjoyed in an amazing garden on the lakeshore. Each day at Villa Paradiso is a tough program of lovely appointments: after our first beauty treatment, someone's attitude suddenly changed and even showed peaks of enthusiasm after some specific treatments, such as shiatsu massage and Acquarelax, where warm oil is massaged while lying under a pleasant steam shower. Consider getting there at least every two years, to feel full of energy, make a profitable investment in your health and – why not – like yourself a little bit more. Even when you're an over-40er, and you wear a wedding ring. □

Always laugh  
when you can. It is cheap  
medicine

Lord Byron

# Olive oil, a loyal friend

You cannot do without olive oil in your diet, it helps and protects us, provided it is extra-virgin. Do you really know it?

by Cristian Duca

“It's not only wine that sings, olive oil sings, too. It lives in us with its ripe light and among the good things of the earth I set apart, olive oil, your ever-flowing peace, your green essence, your heaped-up treasure which descends in streams from the olive tree”.

These words by Pablo Neruda are perfect to poetically describe the rich properties of extra-virgin olive oil, the true king of Mediterranean cuisine, a genuine concentrate of health and benefits for our body.

As many researches confirm, olive oil lowers LDL cholesterol levels and blood pressure, reduces inflammations, has an anticoagulant action and improves the endothelial function (to say, that of the inner coating membrane of the blood vessels).

Unfortunately, not everybody knows that all “other” oils, from olive to seeds oil, are obtained by means of refining processes which use chemical solvents and are performed by industrial refinery sites and not by oil mills as it happens for extra-virgin olive oil.

Extra-virgin olive oil is composed by fats, mainly of the good and essential type, tocopherols, such as E Vitamin, sterols, polyphenols, pigments and chlorophylls which enrich this precious vegetal food considered as a real elixir of longevity in reason of its important healthy properties and as a perfect match for sweet and savory recipes.

**A few details to know everything about extra-virgin olive oil:**

**Why is oil called “extra-virgin”?**

“Virgin” means that the pressing process is

made only by mechanical means, without any addition of solvents, as it happens for many other seeds. An oil can be labelled as “extra-virgin” when it features an acidity grade lower than 0.8%, “virgin” when its grade of acidity is not higher than 2% and “lampante”, meaning “for lamps” when its acidity and taste make it useless for food recipes; this kind of oil was used in ancient times for fueling the lights in the streets, hence the definition “lampante”.

The best storage bins for oil are not, as someone may think, the ones made in clay, rather those in stainless steel or frosted glass in order to prevent oxidation; for the same reason, oil has to be kept hermetically sealed in a dark and fresh place.

“**Did you know that you need 5 kgs of olives to get 1 liter of extra-virgin olive oil?**”

**Why is olive oil bitter?**

Precious polyphenols are responsible for the sour taste of olive oil; polyphenols are anti-oxidant substances extremely healthy to our body. The intense bitter taste comes from olives being harvested when still unripe and milled together with their leaves. We may, anyway, learn to appreciate the taste of bitter oil, too, for example by using it raw on veggie soups and toasted bread.



Extra-virgin olive oil by Pietracavalla, used at Villa Paradiso and Maison du Relax.

**Why does extra-virgin olive oil change of color?**

Many factors are responsible for this shift, mainly due to the chemical reaction caused by the combination of chlorophylls and carotenes; the conditions of this combination and their different proportion determine the color. The other reasons lie with the specific variety of olives used and their ripening.

**Why does extra-virgin olive oil deliver a tingling sensation in the throat? Can we trust its quality?**

Feel free to enjoy an extra-virgin olive oil having a tingling taste, an indication of good quality and safe product. Tingliness, actually, is not linked to acidity, as people who are not familiar to oil production may think, as this parameter can only be detected and measured in a laboratory and not by simple tasting.

**Which is the most expensive olive oil in the world?**

Be ready to spend euro 200 for half a liter bottle or up to 11.000 euro for a customized packaging of the Greek oil Lambda, known as the “Rolls Royce of oils”, usually labelled as “extra-virgin ultra premium olive oil”, obtained from a super-secret blend of Koroneiki and Kolovi variety olives.

**Wanna get a few hints for a proper olive harvest?**

Olives should be harvested when their color starts turning from green into purple-black; actually, when olive ripening is still at its first steps, normally between the end of October - beginning of November, the oil will be fruity, bitter and spicy as richer in polyphenols, as well as healthier because of the anti-oxidant properties boasted by these precious components.

**Why do professional tasters use a little blue glass at time of oil tasting?**

As we said, color does not affect the quality of oil, nevertheless experts prefer a dark glass not to be influenced by the shade of the product in their judgment.

**Extra-virgin olive oil, finally, favors a mild sensation of satiety;** as a matter of fact, it has got a lower fattening power in comparison to other oils and it's the best oil to be used for all frying needs, as it better resists high temperature than seeds oils.

**The olive oil from Garda lake is one of the most appreciated in the world** because it is light and rich in precious properties (actually it is amongst those having a very low acidity rate): regularly used by Villa Paradiso and Maison du Relax in their Mediterranean-inspired cooking recipes, it delivers a nice bitter and tingling sensation with an almond aftertaste. □

**For information: [info@pietracavalla.com](mailto:info@pietracavalla.com)**



# HOLIDAYS: DREAMING AND RELAXING

## *Tsarabanjina* Heaven in Madagascar

by Elena Pizzetti

There are places on earth which have got a healthy liberating power from physical, mental, emotional and, more and more necessary, digital stress. One of this places is Tsarabanjina, in Mitsio archipelago, Madagascar, a group of 15 tiny islands scattered in the Mozambique Channel, all deserted but Grand Mitsio, hosting 250 inhabitants.

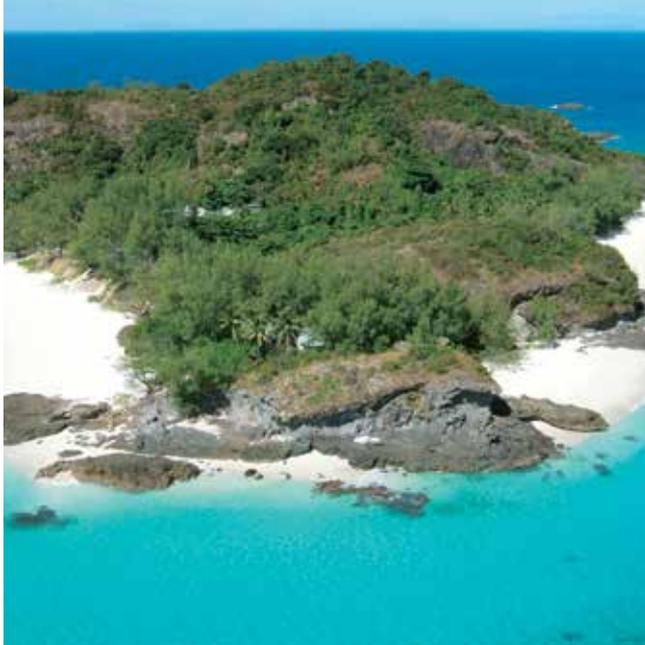
It's easy to get there: after having landed in Nosy Be, a jeep takes you for 13 miles through the jungle and, as soon as the tide is favorable, you can sail to the island. One hour after, four black basalt guardians arise from the cobalt-blue waves of the ocean: you are facing "Les Quatres Frères", meaning "The Four Brothers", volcano rocky peaks populated with boobies, frigate-birds and African fish-eagles. After a few minutes you will land on the island, but not actually onto a pier: put your feet into the crystal-clear waters and be ready to step over the pure-white softness of the sand of Tsarabanjina all your stay long. That's right, on the island everything can be done bare feet and restaurants and bars are on the sand, too, to grant you a full immersion in the nature, everywhere you go.

Far away from the stereotype of a tropical resort, Constance offers 25 villas located between the southern and the northern – wild and untamed – beaches of the island, all made of natural materials and, even though equipped with every comfort, free from TV, phone, wi-fi and swimming pools. If you need an internet connection, the only chance is to head for the reception, as the bar and the restaurant, too, are internet-free. You will be given the key of your room, but that's just a pro-forma: you'll have no need for it.

The horizon, 180° around, makes you feel like sailing, lulled by the rhythmic sound of the waves,

and the waters of the sea are so rich in plankton that they shine in the night, brightened up only by the starlight, and glow with silver at time of full moon. Hidden in the middle of 17-acre jungle, sand and rocks, a small group of semi-nomad fishermen live in a little village; at sunset, they come to Constance on board of their pirogues carrying lobsters, snappers, carangidae and unforgettable wild oysters. Greens and poultry come from the islands of the archipelago or from Nosy Be as well, and Master Chef Claude Wing Sheng and his staff take utmost care to cook them as delicately as possible to offer a light, natural cooking in full harmony to the spirit of the place.

From mid-August to mid-October you may see whales, as well as dolphins, whale-sharks and turtles, whose eggs are protected and cared for by the local Turtle Center. If you like snorkeling and diving, just enjoy a "flight" through gardens of corals, turtles, clownfishes, butterflyfishes, angelfishes and sea-stars. The dazzling-white beach turns gold at sunset, when hermit crabs start coming out. No boat interrupts the harmony of the sea, and you can sail for hours without meeting anyone. Rent a catamaran to sail south-west of Grand Mitsio along the famous "Organ Pipes", basalt columns plunged into the ocean where some brave tree insists on growing, and reach Nosy Komba to meet lemurs, fluorescent chameleons and lazy box turtles. Freedom is to forget the wallet, too: Crystal all-inclusive special formula includes every kind of pamper, from gorgeous wines to cocktails, from rhum arrangé to laundry services to get all your clothes cleaned and ironed in two days time ... you just need to pack your hand luggage to go to Heaven, don't you? Nothing to add, just let the pics tell you the magic which stole our heart. □





Giovanni Gastel pictured while he signs the panel he made exclusively for Villa Paradiso and Maison and Relax and which now welcomes Guests into the treatment areas. Bottom, while he looks intently towards Garda lake.



**People: Giovanni Gastel**

## ***My Wellbeing?***

Writing, taking pictures, loving and living for the moment!

Movie stars, showbiz celebs, fashion designers, artists, tycoons ... they all have been portrayed by Giovanni Gastel! A dear friend to Villa Paradiso and Maison du Relax, the Master reveals himself in this interview to Vipa@news!

by Elisabetta Pina

It is not by chance that I step into Giovanni Gastel's studio, a photographer and a poet, while Lucio Battisti sings from the sound system "... my job is living my life, no matter if everyday's or unknown". A large square table in the middle of the room, bookshelves all around as high as the ceiling, pictures, letters and aphorisms hanging on the walls: all this would be already enough to understand Giovanni Gastel. Here he comes, sharp eyes and a warm smile, and starts apologizing for being late ...

**Giovanni, can you tell us what Wellbeing is to you?**

Wellbeing is, to me, to try to get a physical and psychological balance, even though this is a hard goal for Western culture. We pay an extremely high importance to our intellectual side, and do not listen to our body. Yoga, for instance, is a discipline which may help us retrieving harmony between body and mind. We have been used not to spend too much time thinking of us, men especially: it was not a man-like behavior to exercise to stay fit and to use skin care products, while, actually, in the Christian religion, too, as well as in the Eastern ones, body has got a lot of importance, a starting point we should move from again.

**What is your concept of time?**

I believe in hic et nunc, "here and now" and try to treasure each moment of my life. A creative mind, in my opinion, can only behave like that, as well as not maximizing any eventual bad moment. Moreover, I am sure that this consideration of time has been, to me, the only way not to relax after my success. I have been very famous since I was a teenager, but I never believed everything I managed to get was a final arrival; that's why I have been choosing to focus on the moment, as a way to stay forever young.

**What about the bad moments you mentioned?**

I go for "chemistry". I have been suffering, since I was very young, from panic attacks, which I can widely control thanks to specific drugs, no problem to admit. As I wrote in one of my poems, "I am what I am, all pills I swallowed, all vodka I drank, all people I loved and those I quit. I am what I am, I feel neither shame, nor sense of decency".

**We may understand you work with pictures, for sure, and with words, too ...**

I earn my living with photography, and I tell my history with poetry; I keep these two worlds separate, albeit I use pictures to figure out the world as I would like it to be. As soon as I stepped out of the gorgeous mansions I used to live in, I realized that life was dramatically different. I had been told I would meet gentlemen and ladies and that I should believe in values such as my Homeland, but when I left my golden world I met "red brigades" and "black brigades", left and right-wing terrorists. My poems are, instead, a tool to start a dialogue and not a way to boast myself. I write in a simple language about simple life, which everyone can understand.

“

**Someone said that being portrayed by me is even better than paying a visit to Lourdes!**

”

**What's your relationship with social media like?**

I love them and I personally care for mines, although no-one trusts me! Social media are my "agora" and a leap into human nature: I thank those channels because they made me understand that I was loved, as a man and as an artist.

**Do you feel good when you take pictures?**

It's an ecstatic moment. When I have to portray someone, I start a ballet to stupefy my subject, to make it feel at ease and show me its best: that's the moment where I shoot, I shoot, and I shoot again, and, yes, that makes me feel so good! I try to make my model brighter, and someone even said that being portrayed by me is even better than paying a visit to Lourdes! (laughing).

**What's the value you prize most?**

Elegance, which, to me, is not only aesthetic, rather moral. This means to pay taxes, be available to do all what needed and commit to give one's best; otherwise, as my mom used to say, we deserve to be beheaded! □

# SPRING FASHION TRENDS



## and *colors* everywhere!

Wellbeing means also keeping an eye onto the newest season's fashion trends while never forgetting one's own elegance and personality. Vipa@news has stolen a few hints to welcome the mildest of seasons.

by Chiara Dalla Tomasina

A touch of vintage, maxi floral prints, jungle and can't-do-without denim in every possible shade: these are the main trends proposed by fashion designers for Spring-Summer 2020 collection.

### Vintage forever, no matter how old

Prada recalls the 20s with a super bon-ton and bourgeois collection featuring large white collars (onto slim coats as well) and classy pencil-skirts worn with granny's accessories.

Victoria Beckham honors gutsy 70s with suits for her (with trousers or maxi-length skirts) and pointed collars as sharp as a knife blade.

Unforgettable 80s are the inspiration for Balenciaga, whose designer Demna Gvasalia can't do without big shoulder pads and generous cuts.

A short step takes us to 90s recalled on the runaway by Alexander Wang, who goes for Matrix-style black leather maxi coats worn by boys and girls and denim bomber-jackets.

### An explosion of flowers (it's springtime, isn't it?)

Flowers, too, but in a maxi size, as if just picked-up from a tropical garden, have bloomed onto dresses and accessories, such as N° 21's, which proposes wild, tiny buds in delicate shades of brown and green, and Fendi's, who goes for a very 70s-like style with its orange, brown and ochre flowers. Jungle fever has burst along Dolce and Gabbana's catwalk, where huge green leaves move against dark backgrounds brightened by colorful flowers and wild animals.

### The triumph of denim, from coveralls to extremely chic style

Never more without the coveralls in a very dark denim and workaholic touch by Bottega Veneta. The king of workwear fabrics is also proposed in other shades, such as Celine's navy blue: creative director Hedi Slimane goes for comfy denim sports shirts worn onto stone-washed high-waisted trousers and basic blue blazers for a practical, chic and urban style, suitable to every woman: top choice! □



Dolce & Gabbana



N°21



Prada



From Dolce and Gabbana to Prada, a burst of flowers for Spring-Summer 2020 collections, enriched by fresh and sunny details and accessories.