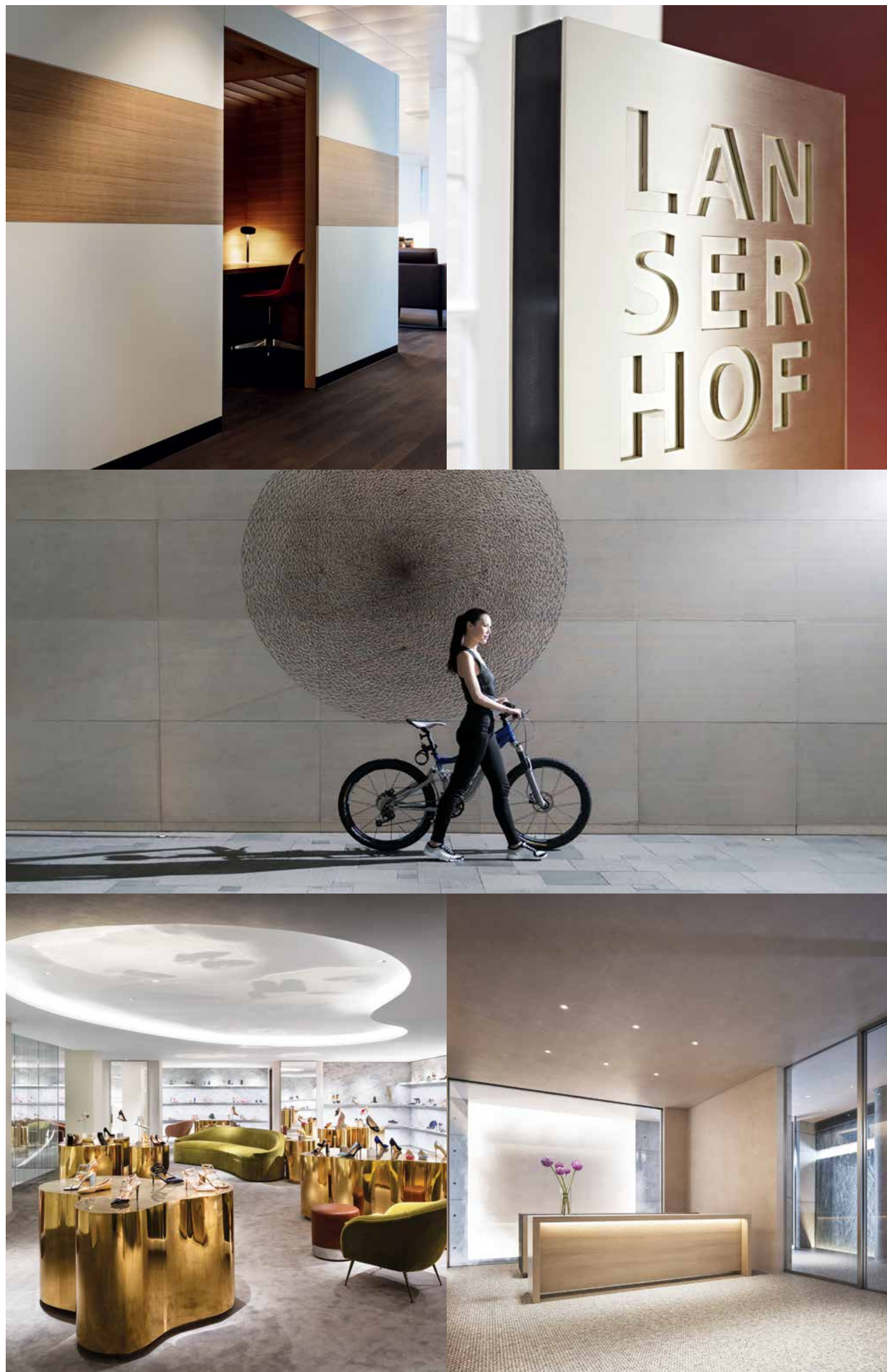


# LIFE STYLE MAG





# Living *Learning* Loving

Seeing her there, so comfortable in her own skin, I began to realize that we're all models; models of character, struggles, values and so much more. Myla Dalbesio has such an effortless spirit about her; she boldly positions herself in front of the camera with such ease, she seems to be so comfortable in the spotlight. This fluent persona is due in large part to Myla's maturity bestowed upon her by way of her life experiences thus far, allowing her to reach an inner peace that we all so avidly seek. One year after arriving in New York, with sights set on continued success for both Evol Content Group and Lifestyle Mag, I started to recognize a growth in both myself and the magazine; a sense of calmness. This serenity, encountered in both myself and the publication, was a direct result of life lessons and experiences directly connected to living each moment of life. We are so quick to adapt ourselves to the standards and principles dictated by the 'global market', but aren't as willing to write our own rules; I believe this is a deep rooted issue that we have all inherited in one way or another. Through this identical subject, regardless of background, we are all able to bond through a more direct and assertive communication of these topics; this is reflected in the depth of our texts and articles that mirror the concerns at hand. We will now be able to tie this all together in our new, all-inclusive, online platform that supports and extends on our comprehensive publication. In this virtual universe we will be able to provide you, the reader, with inside looks into our stories, subjects and featured businesses like never before. We will provide an enjoyable experience in print, online and through our App.

Enjoy,

  
CLAUDIA RIBEIRO  
PUBLISHER/EDITORIAL DIRECTOR  
@CLAURIBEIRO

## TABLE OF CONTENTS

### HEADLINES

#### BRITISH AROMA

Debbie Wild opens the doors of Jo Malone to the world

14

### THE CONNOISSEUR

#### HOLD YOUR BREATH

A dive into the life and career of Fabien Cousteau

20

### TRAVEL

#### ROOM WITH A VIEW

The Upper House in Hong Kong, takes guests up high

26

### COVER STORY

#### MYLA DALBESIO

The model who redefined international fashion standards and measures

48

### ART

#### ART CLUB

The Cultivist members have access to the best art around the world

64

### DSGN

#### SHAPE AT HEART

Marcel Wanders reveals what is most human in his creations.

70

### EQUILIBRIUM

#### JOIE DE VIVRE

Gretchen Rubin's best-seller trails the path to happiness

76





OCEAN HERITAGE

*restless search*  
**DEEP INTO THE SEA**

THIS IS NOT A PASSING PHASE: FABIEN COUSTEAU, LIKE HIS GRANDFATHER, JACQUES, IS TRULY INTERESTED ABOUT THE DEEP SEA, WHERE BEYOND ANSWERS, HE IS SEEKING FOR NEW QUESTIONS

PHOTOS: CARRIE VONDERHAAR

To keep up with Fabien Cousteau you will have to become familiar with the depth of his thoughts and the profound richness of his life. Cousteau has immersed himself into scientific research and exploration in order to continue on the legacy left by his grandfather, Jacques-Yves Cousteau. The senior Cousteau was a renowned French documentary filmmaker who devoted his career to exploring and protecting oceans and seas. Although the salt water is practically part of Cousteau's DNA, for three years, Fabien was encouraged to live on the surface and work in marketing. "My family has always encouraged me explore beyond our universe. I have practiced diving since the age of four and gone on expeditions since I was seven. I needed to develop other talents and marketing is a very useful tool. Working with communication was a wonderful experience - and financially rewarding - but it was never my passion," he explains. Following his personal and professional instincts, Fabien returned to the place he should never have left: the deep ocean. He returned in quite the unlikely manner, aboard Troy, a submarine shaped like a shark. "That was a crazy idea, I got

from a comic book I read during my childhood, 'The Adventures of Tintin - Red Rackham's Treasure'", he laughs and quickly becomes serious again, "my grandfather used to say that if you want to film a fish, you have to become a fish. This idea inspired me to create the camouflage, one of the ways I found to observe that magnificent

"EVEN WITH ALL THE RESEARCH MY GRANDFATHER AND OTHER SCIENTIFIC PIONEERS HAVE DONE, WE KNOW LESS THAN 5% ABOUT OUR OCEAN. THAT IS NOT A LOT."

creature, the shark, in the least invasive way possible." It took three years for the idea to take off, mostly because of the time needed to develop the submarine according to the oceanographer's criteria. Once it was ready, the challenge was finding a favorable

location for consecutively scuba diving. "We spent four months and a half exploring the same location with the same shark submarine," he recalls. All the material filmed then was later used towards the documentary "Mind of a Demon", aired in 2006 in the United States by CBS. At the time, the documentary peaked second in audience viewing in that time slot. This filled the producers with justified pride. This was an accomplishment, over the past 25 years, it was the first time a documentary about the ocean was broadcasted on American television. The positive outcome and Fabien's continuous thirst for saltwater led him to take on another extreme challenge, which he called Mission 31. This project - he prefers to call an "adventure" - took a group of scholars and had them "live" 31 days in Aquarius, the last active underwater habitat in the world. This rare environment was located almost 20 meters deep in the Florida Keys. From there, the explorers would collect material daily for future research. Besides being a noble scientific experiment, Fabien was also emotionally invested; his grandfather and five other professionals made history in 1964, when they spent 30 days

studying and filming ten meters deep under the Red Sea. Supported by a team of equal size, Fabien experienced his own private adventure in July 2014. “Even with all the research my grandfather and other scientific pioneers have done, we know less than 5% about our ocean. That is not a lot. And in order to study new species, the influence of climate change in the oceans and the consequences of pollution, we need these kinds of expeditions.” This, however, is not as simple as it sounds; Fabien confesses that “it was very difficult to make this dream come true, it required lot physically, psychologically and emotionally from the team. To experience an entire lunar cycle (31 days) in an underwater marine laboratory is very expensive and somewhat risky. “Despite the obstacles along the way, the explorer does not regret for a second having to face the challenge. “It was one of the most rewarding experiences I have ever had the pleasure to experience. I left this better informed about what is going on down there. The countless hours of research were worth it; in 31 days underwater we collected sources for three years of study,” he affirms. Part of the success of Mission 31 was attributed to the possibility of checking in with the surface daily - thanks to the internet and new technologies - the researchers taught 70 virtual classes for children and teens directly from the carrier, that has a floor area of less than 60 m². Not even the small working spaces and the large workload could discourage a new,

similar mission. Although it is early to say when, how and where this adventure will happen, Fabien is now focused on the Fabien Cousteau Ocean Learning Center, a nonprofit center planned to open in 2016 created to make come true Cousteau’s dream of positively impacting the world. “Our research is leading to conclusions and disseminating the information we have gathered is necessary - and that is the purpose of the Fabien Cousteau Ocean Learning Center. We will host special projects and awareness and education initiatives so that everyone understands the importance of protecting our waters and marine species”. The Ocean Learning Center will focus on Special Projects, Education and Public Awareness initiatives. These activities and initiatives include creating educational resources for schools, universities, museums and other institutions, and empowering communities and children to help restore local water ecosystems. The Fabien Cousteau Ocean Learning Center headquarters will be located in New York, but in a near future, the oceanographer plans to establish bases in different parts of the world, like the Caribbean and France - this, however, is still just a distant dream. Every effort to share research and data with the world has a reason: Fabien believes that any human being could become a hero with access to accurate information. According to Fabien’s logic, after a lifetime of research, we will witness the birth of a new hero. ●

“MISSION 31 WAS ONE OF THE MOST REWARDING EXPERIENCES I EVER HAD THE PLEASURE OF EXPERIENCING. I LEFT THIS ADVENTURE MUCH BETTER INFORMED ABOUT WHAT IS GOING ON DOWN THERE. THE COUNTLESS HOURS OF RESEARCH WERE WORTH IT: IN 31 DAYS UNDERWATER, WE COLLECTED DATA FOR THREE YEARS OF STUDY. MY GRANDFATHER USED TO SAY THAT IF YOU WANT TO FILM A FISH, YOU HAVE TO BECOME A FISH.”





MADE WITH LOVE IN NYC

*Myla wears Dior*

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LIFESTYLE MAG IS A BIMONTHLY MAGAZINE

PUBLISHED BY ECG-EVOL CONTENT GROUP

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The perfect place for a culinary getaway.

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