

BELLA *mia*

May 2016
ISSUE 10

ARTIST
INTERVIEW
& SOUL
ART DAY

**LAURA
HOLLICK**

COLOR TRENDS
FOR
SPRING 2016

BEAUTY MARKS
& BATTLE
SCARS

**HOLLY
FULGER**
UNCOVERS THE
TRUTH

CELEBRATING
WOMEN

FABULOUS



BELLA *mia* MAGAZINE

The mission is to change the lives of every person open to discovering their souls purpose and living a life they didn't know was possible for them on an individual level.

At BellaMia, we believe every woman is beautiful.

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Dear BellaMia Readers,

Fabulous! All women are Fabulous and we are celebrating you. We have spotlighted some beauties who are over 50.

In this issue we have two very cool showcasings. The first is *Fabulous* and the second is Laura Hollick, renowned artist. With so many woman looking Fabulous these days, people have noticed women are not like our grandmothers. This issue is supporting all women of all ages. We love and support women younger than 50. We love and support the middle ages of women. And we love, and support the older woman. Our belief is "Every Woman is Beautiful".

Laura Hollick is very beautiful on the *Fabulous* cover, in addition to being featured an Editorial. Discover more about her, our other *Fabulous* woman, and about Soul Art Day.

Our SuperFood this month is Turmeric, the miracle spice. It can be used in a number of ways and the benefits include helping eliminate inflammation. Turmeric in BellaMia features tumeric in several recipes, a facial mask in our beauty section, as well as a tooth whitening product. Hail to Turmeric!

We are also graced with the lovely actress Holly Fulger. Holly has a new series called the *Hollywood Beauty Detective*. Holly is up to amazing work empowering women and bringing back a feeling of safety and confidence.

Enjoy all that BellaMia has to share.

Blessings and Love,

Mia



Mia Saenz,
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*Photographed By:
Stephanie Belle*



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Fabulous

*We are celebrating all women
in this **Fabulous** issue.
Although we at BellaMia
believe*

“All Women are Beautiful”

*This issue features women
over 50 and how fabulous
they are and look.*



*We are not our
Grandmothers!*





Kellie Valenti

*The founder of Live Life Years Younger Naturally and affectionately called The Gut Lady. She is a fermentation experimenter, Holistic Wellness Mentor and traditional nutrient-dense whole food activist that is passionately teaching everyone about the possibility that lies in each of us to heal our bodies from sickness and disease and to also be proactive about our health as well as our families health. Why settle for living a life of mediocrity when you can live a life of abundance and vitality, naturally! Let's journey this life together.
www.livelifeyearsyounger.com*

How to Rejoice with a Blissful Half-Life Celebration

By Kellie Valenti



I believe that women in mid-life should rejoice and have a half-life celebration and create more bliss in our lives.

This might look like a reflection of celebrating who you are and where you've been and a great time to look forward and carve out a path of what the future holds with the intention of bliss and happiness.

Now that I'm in my fifties, I feel like I've really hit my stride. I'm much more confident with who I am. I'm more accepting, I'm more at peace in my own skin, I'm healthier and the women I am attracted to, adore and spend time with, are much the same. As women in their twenties, thirties and forties, we sometimes are still trying to figure it all out, balancing careers, nurturing relationships or raising children.

As part of the reflection, when we look back at an earlier time, women were taught that a women's place was in the home, which meant

getting married, having babies and taking care of their families. There wasn't much encouragement to live outside the stereotypical box. Much less to have a voice and express deep inner desires of the heart and to go after those desires and dreams. What does this look like for you? Can you reflect on all that works and all that needs work? What stays and what goes? What's made you stronger and the powerful woman you are today?

Interestingly enough, women in their fifties today are much more different than their mothers. As much as I love and adore my mother and grandmother, I'm not them and I don't believe that women today are. We are much more confident with who we are as women and often encouraged to be the powerhouse we were created to be in all areas of our lives. We take care of our families and we've raised our children to be strong independent

thinkers and dreamers who achieve their goals and to actually live a happy, healthy and balanced life.

So in honor of our half-life celebration and looking forward, part of what we should spend time focusing on is our health and wellbeing. Interestingly enough this is when we are much more accepting of our bodies and celebrate all that our bodies do for us. As an example, what if we actually thanked our arms for the ability to give and receive hugs, and our lips for giving and receiving kisses and our hands for caressing our skin and our legs for taking us on magnificent adventures in nature and our heart and lungs for helping to let life flow through our veins and our pelvis for grounding our lives and our brain for praising and adoring all that is and is possible for the now and the future.

When we are grounded and at peace, we have less stress, we manage



our diets better, we feel the need to nourish our mind, bodies and souls as a whole being rather than just giving ourselves a quick fix. Celebrating you also includes scheduling regular testing to make sure your body is serving you as well as it should and taking the necessary steps to be always be proactive and not reactive. We spend time in meditation, in nature, in nurturing relationships and not so much time in drama and high anxiety situations.

In the end, reflecting and celebrating is paramount. You are a beautiful woman, both inside and out. You are created to be magnificent with a light that shines so brightly and that leads others to you because you have a magnetic personality and a voice that isn't afraid to hide anymore. You are confident, strong, intelligent, beautiful, nurturing and most of all, you are a woman living in this time and place for a very specific purpose.

Go after your dreams, live your life at full throttle, enjoy good belly laughs with your best girlfriends, look through rose colored glasses like a child and realize that you were born to be you and no one else.

I adore you and I believe in the power of you... isn't it time you did the same?
To your health,

Kellie Valenti
www.livelifeyearsyounger.com



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