



# The **V**egan Beauty

## Model of the Week



Mary Kolende  
based in Los Angeles, USA

# Vegan Biography: „Mary Kolende“

Since when are you „vegan“?

I have been vegan for three years. However, I stopped eating animals when I was only 9 years old. Luckily, my family was very supportive of my decision.

Why did you choose to be „vegan“?

One day, I had the worst pain from dairy products and I couldn't eat anything for 4-5 days. As a result of this incident, I looked up the vegan lifestyle and came across some documentaries on Netflix ("Forks over Knives", "Vegucated", "Fat, Sick & Nearly Dead", "Food, Inc.", etc.) and that made me understand that I don't only need to stop eating animals, I also need to stop consuming dairy products and eggs. Animals deserve to be treated equally and respectfully. I don't believe in the exploitation of other living and breathing beings on this planet. Animals are here to share this planet with us, not for us to dominate, torture and kill them. The more I know about the meat and dairy industry the more I want to speak out and stand against this brutal and unsustainable so called "agriculture".

What are your Experiences in the model industry and how did your career developed?

I have been working in the model industry for over 8 years now and I have been able to be a part of amazing campaigns, runway shows and collaborations.

I started off in this career as an e-commerce model. Later on, my model career morphed into engaging in campaigns for companies and non-profits as well. My photos have been printed in several magazines. Also, I have been cast in commercials and music videos. Moving to LA, I had to start from scratch again. Fortunately, I was signed with a lifestyle model agency almost as soon as I arrived and they helped me get a job where I was able to be part of a music video for the band Train. Today, I mainly do e-commerce and fitting for various high fashion clothing companies.

What are you doing besides modeling?

Besides modeling I also found my passion in acting. It has been a very enriching and thoroughly rewarding experience for me. It has helped with my modeling career significantly, since I go to a lot of castings. Often, they want me to improvise. This has also assisted me with my camera and print persona to a huge extent. As a result, I am far more outgoing and certainly more fearless than I used to be. I tackle issues with a stronger mindset. While immersed in all of this, I am also a Clinical Psychology grad student. I love learning about the human mind and the reasons behind our actions as a species. These fields are very incredibly empowering and deeply enlightening experiences for me. I am very grateful to be so fortunate.

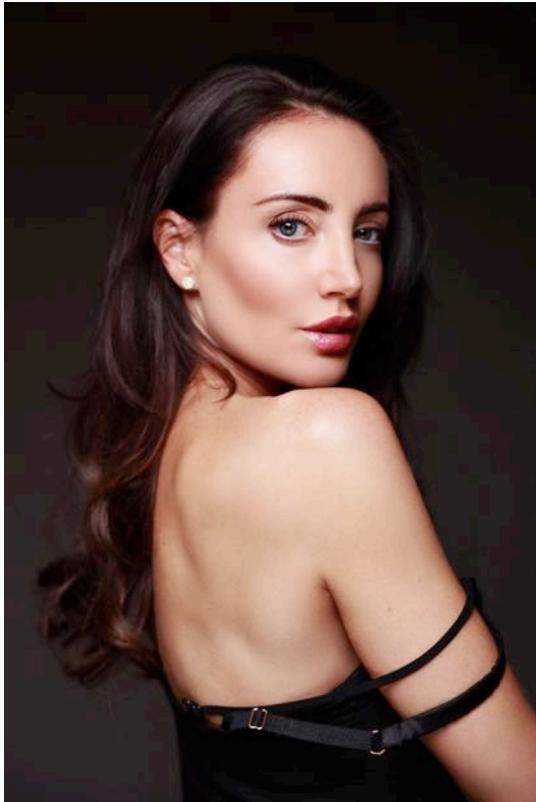
# New **V**egan Face



Ona Rihu



# New Vegan Face



Heidi Mumford

171cm - 36 EU - 86cm/34" - 64cm/25" - 86cm/34" - 37.5 - Brown - Green



# Where to eat **Vegan?**

## Anika's tip of the week

*„also visit: [Ayurvedic Ani Consultation](#) to get your own personal one-to-one consultation for a better vegan Lifestyle“*

This time we are discovering a new vegan restaurant in London, which is according to VOGUE, ELLE, GRAZIA and many other lifestyle-magazines one of the top healthy places to be. Our beautiful nutritionist Anika is convinced that the Restaurant ‚Farmacy‘ matches all our expectations.

Following what Ayurveda calls a “sattvic” or pure diet, as best as I can, Farmacy is ideal as it offers plant based dishes and ayurvedic options food and drink wise. From the ‘ayurvedic beetroot dahl’, to the macrobowl, clean curry, turmeric and maca lattes.

My ultimate favourite comfort foods on the menu are the clean curry and the farmacy veggie burger. Farmacy has such an extensive menu with so many amazing options, I always try something different and I am never disappointed. Even when I have been for lunch or dinner with carnivore lovers, they have been very impressed and haven't craved a steak afterwards!



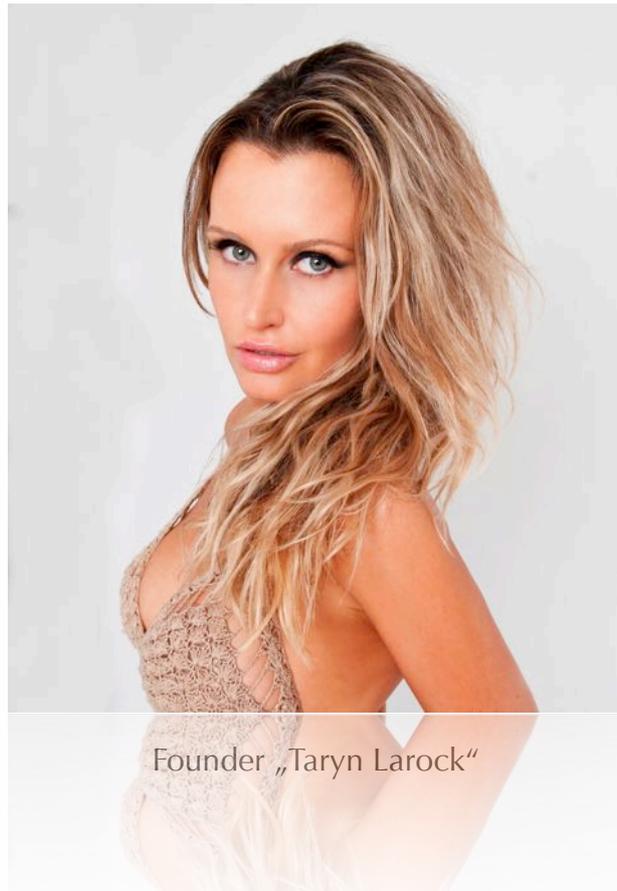
Anika at „Farmacy“ Notting Hill, farmacylondon



# The Vegan Beauty

Brand of the Week

„SAGELAROCK“



Founder „Taryn Larock“

SAGE LAROCK was founded by Los Angeles based model turned designer Taryn Sage Larock with the intention of creating fashion that is both stylish and sustainable.

SAGE LAROCK is committed to environmental and social excellence throughout every stage of production, utilizing only the highest quality materials and local garment manufacturing. They use only sustainable fabrics such as organic OEKO-TEX® certified cotton, recycled polyester, which is made of recycled plastic bottles, and extra soft hemp jersey, which is grown and produced without any chemicals.

Their current apparel collection is ethically handmade in LA, using high quality deadstock cotton gauze materials. The swimwear is created from recycled fishing lines and plastic debris recovered from the ocean. A percentage of all proceeds are donated to Sea Shepherd and [HealthySeas.org](https://www.healthyseas.org) to help protect our oceans.

visit: [SAGELAROCK](https://www.sagelarock.com) to read more about the vegan Brand and buy her new sustainable Collection online

# The **V**egan Beauty

Brand of the Week

## SAGELAROCK - The Collection

Our LA based vegan Models had the honor to model for Taryns new Collection.



Photography: Felicia Lasala

Models from left to right: Aleksandra Schiffer; Mary Kolende ;Rachel Ford ;Natascha Elisa ; Angela Daun



# About: The Vegan Beauty

Jamila Sidki-Weise, who comes modeling, founded JSW Models 2016 with the slogan „The Vegan Beauty“.

JSW Models objective is promoting healthy modeling and eco-friendly, cruelty-free Fashion.

Our models are supporting the philosophy of plant-based (vegan) diet and endorse their performing beauty with nutritious food.

We focus mainly on vegan social media marketing, which is designed to keep you in total control of your messages across various social media networks, and is based on understanding your own unique business challenges and objectives. As with everything, one size rarely fits all and so our social media service puts the focus clearly on what matters most to your vegan company.

Thank you for taking the time to learn about the services we offer and we are looking forward to assisting you in any way we can by marketing your vegan brand to reach its fullest potential.



Founder  
Jamila Sidki Weise