



The **Vegan** Beauty

Model of the Week



Sabrina Podolak
based in New York, USA

Vegan Biography: Sabrina

Since when are you vegan?

I have been vegan for **2 years** now, was vegetarian for about 5 years before that.

Why did you choose to be vegan?

I first went vegetarian in the beginning stages of my modeling career to try and be more fit and lean, after reading the book "**Skinny Bitch**".

But I noticed I was **feeling sluggish** and my goals weren't being reached. I did some research and realized I was eating all **processed foods** to help the transition going vegetarian. So I researched further, and what I found was **shocking** and disappointing, that the food on our plates are making a huge impact not only to our **health** and the **suffering of animals** but to the **environment** as well. After watching many documentaries and reading books, I made the transition to **vegan**. And I couldn't be happier! I have way **more energy** and I feel great!

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

I have been modeling now for 8 years, **since 2009**. Most of my work consists of **commercial catalog** and **beauty**.

I started out in the industry as a **junior model** doing lots of fun **promo advertisement** and junior catalog type jobs. Then branched out to more agencies and built **relationships** with steady clients doing beauty, catalog, lifestyle and sometimes video. Which is mostly what I do now. For the most part I have had a pretty **positive experience** in my modeling career, with some great people guiding me along the way!

What are you doing besides modeling?

I am a **makeup artist**, with a cosmetology license, and have been doing that on side for about 5 years.

I also love to cook so I am currently **building a website** to share all my **vegan recipes** and **sustainable health, lifestyle, and beauty tips!** You can stay up to date with that and view photos of my food on my other Instagram page.

I plan to do some online courses in the future to be a **certified holistic nutritionist**.

New **Vegan** Faces



Rachel Ford

175cm - 32 EU - 81cm/32" - 61cm/24" - 86cm/34" - 38 - Blonde - Blue



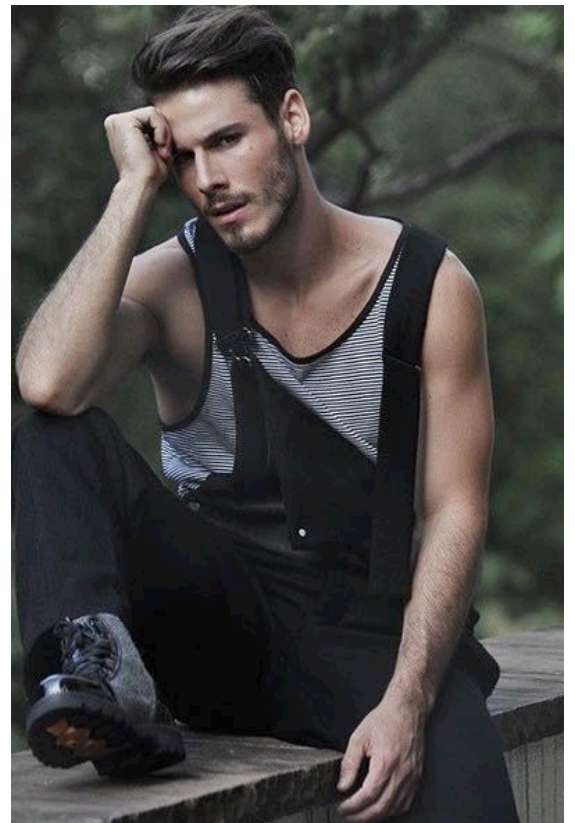
New **Vegan** Faces

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Lucas Bernadini

183cm - 40 EU - 79cm/31" - 89cm/35" - 40 - Brown - Brown



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THE VEGAN BEAUTY

Favorite **vegan** Spot: London

When it comes to vegan traveling and trying new vegan options, it is always helpful to have someone guide you along the way, who knows the city as their own closet.

Ayurvedic Nutritionist Anika tried them all and here is her favorite **vegan restaurant**, which you definitely must try, when in **London**.

Redemption Bar



Redemption Bar is **strictly vegan**, refined sugar free and my favourite part.. alcohol free. Their mocktails are to die for, my favourite is the **'bombay love'** which is a mix of fresh lemon and ginger, fresh carrot, organic turmeric root and coconut kefir. They also offer **daily 'buddha bowls'** on the menu which is usually a daily special containing an ayurvedic twist, which as a vegetable curry, pilaf rice/quinoa or dahl. So far I have tried a variety of the daily bowls and they have always been incredibly tasty and nourishing.

read more about other great vegan restaurants in London: [Ayurvedic Ani](#)

About: the **vegan** Beauty

JSW Models is a new International Model Agency, founded by Jamila Sidki-Weise.

JSW Models pursues the Intention to make the Fashion and Advertising Market more humane and to keep our Models grounded in the fast moving Industry. JSW Models stands for the **Philosophy** of the **plant-based (vegan) diet** and makes sure that our Models shine also from the inside and are expressing their **inner Beauty** with Nutritious and plant-based food.

We offer a well-chosen selection of **Runway, Beauty & Lingerie Models** that will impress your customers with real Beauty and Charisma.

For vegan Model inquiries please feel free to contact us here: jsw-models@mail.de

