



The **V**egan Beauty

Model of the Week



Bonnee Fahlstrom

Vegan Biography: „Bonnee Fahlstrom“

Since when are you „vegan“?

I was brought up Vegetarian and made the decision 4 years ago to follow a vegan Lifestyle. My mum has been my biggest influence in my life. She was making her own Kombucha when I was small. I remember watching the Scoby Mushrooms growing! Our Kitchen was like a science lab and was always stocked with roses and fresh Organic boxes of Fruit and Veggies. It was a healthy childhood.

Why did you choose to be „vegan“?

The decision was about living a healthy lifestyle that included a better awareness of the foods I eat, which results in being good to my body and the planet. I never dominate my beliefs on anyone, only influence to help understand the importance of saving our planet.

I remember watching „Earthlings“ narrated by Joaquin Phoenix. At this point I gained so much knowledge about the moral and ethical side of consuming; with food, clothing as well as entertainment and consumer goods that I chose to go vegan all the way. I personally believe there is always the possibility to influence those around me and make a difference in the minds of people creating the designs and setting the trends. I believe being a vegan model is something bigger; it's the responsibility of being a role model. I never really got much joy from meat - I have just always been wired this way. When I was younger I went back and forth with vegetarianism, then I watched some movies on PETA's website, and that was it. I couldn't go back. I believe if more people looked into the origins of their food, they would have the same reaction as me.

What are your Experiences in the model industry and how did your career developed?
Since I was young because my Mother was a model too.

I honor my own integrity and believe in the choices I make to be the best I can. I have learnt from my experiences to be strong and not take things on. To always be on time, polite and kind to everyone.

What are you doing besides modeling?

I am a Naturopath and Nutritionist, Influencer, Lifestyle Blogger, Presenter

I am passionate about Health, Fitness, Travel and Beauty, I like to raise awareness on causes related to Animals and the Environment.

My philanthropy and social consciousness endeavours range from volunteering for “Save the Bees Australia”, to repping Social Conscious Organic and Vegan brands on my Instagram/ Social Media.

I love to align myself with brands that represent what I stand for.

New Vegan Face



Ilze Skestere

168cm - 34 EU- 89cm/34" - 62cm/24" - 88cm/34" - 37 - Blonde - Blue

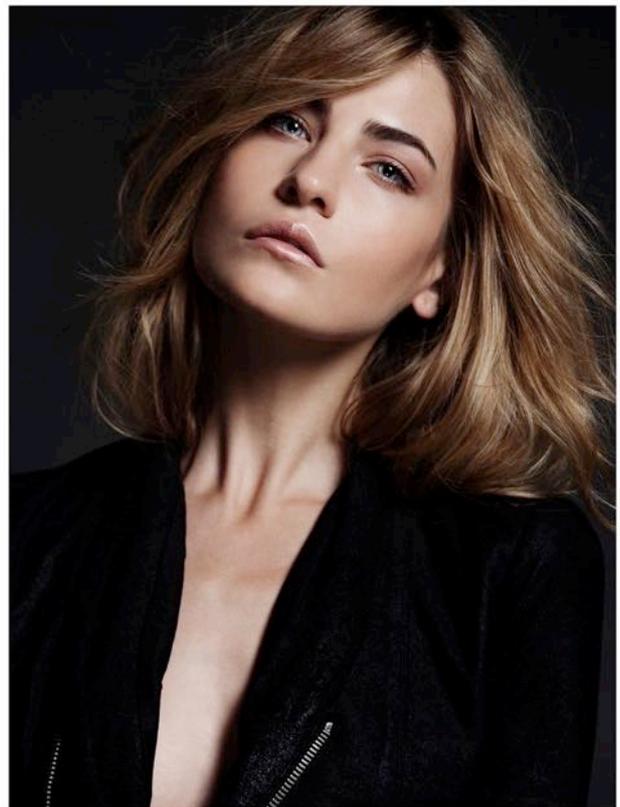


New Vegan Face



Renee Peters

177cm - 36 EU- 84cm/33" - 60cm/23" - 89cm/35" - 43 - Brown - Blue



What to eat as a **V**egan?

Caroline's tip of the week:

ARTICHOKE & TOMATO SPREAD

„also visit: [Caroline's Choice](#) to see more tips and tricks for a better vegan Lifestyle“



- 1 glass artichoke hearts
- 400gr tinned tomatoes (I always use [these](#))
 - 1 eggplant
 - 500gr cherry tomatoes
 - 1 red onion
- fresh basil & pepper to taste
 - green olives

STEPS

- Start by cutting the onion, eggplant and cherry tomatoes and artichoke heart in your preferred size.
- add a tiny bit of water to a non sticky pan and stir the onion and eggplant on medium to high heat.
- add the cherry tomatoes and artichoke hearts (and olives) after a few minutes and stir for good 5 minutes.
- add the tinned tomatoes and let it simmer for 10 minutes on medium heat
 - take half of the spread and blend it in a mixer so it gets creamy
- add the blended sauce back in the pan and let it cool down for 15 min. That way it'll be nice and thick.
- Serve it on toasted sourdough bread or use it with any pasta. It goes well with brown rice penne or fusilli.

The **V**egan Beauty

Sustainable Brand of the Week



BERLIN

„We are convinced, that love and mindfulness to our soul, mirrors true beauty. SAVUE Cosmetic’s beliefs in taking responsibility for luxuries beauty products, which feel great and natural.“ - Swantje & Annika van Uehm

NUI Cosmetics is the vegan subcompany of SAVUE Cosmetics and based in Berlin.

They only use raw & sustainable materials, which are highest quality and are chosen on a basis of best skin compatibility and efficiency.
Some are listed here:

- Aloe Vera
- Glycerin
- Hydrastis Canadensis
- Isotearyl-Palmitat
- Chamomilehydrolat
- Lecithin
- Palm-oil
- Capuacubutter
- Tocopherol
- Vanilla Planifolia

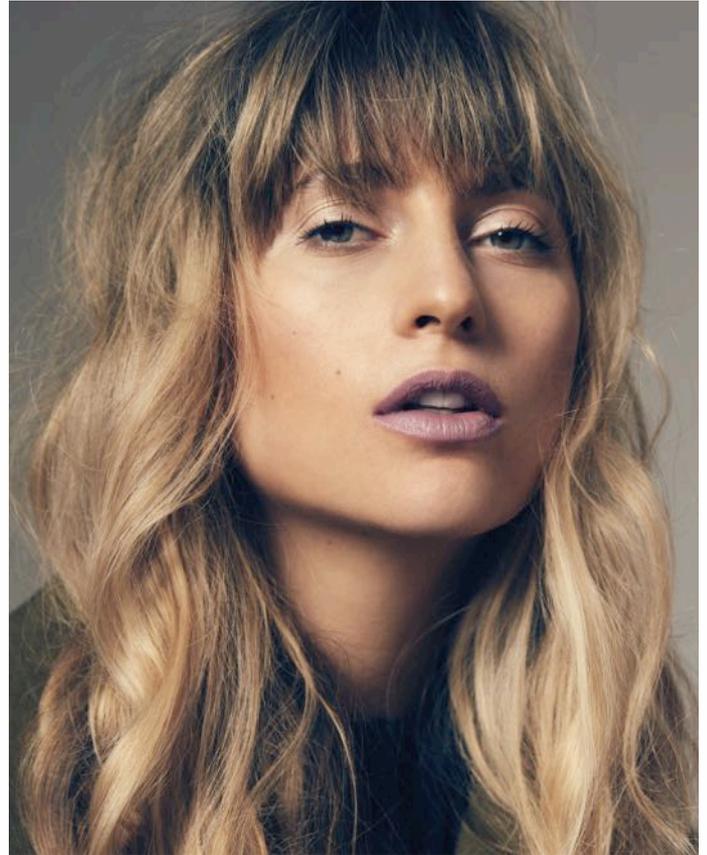


100% natural & 70% organic
100% vegan & cruelty-free
100% gluten-free

The **V**egan Beauty

Sustainable Brand of the Week

NUI Cosmetic - [Shop the Look](#)



Model: [Natascha Elisa](#) ; Photography: [Anna Daki](#) ; Visagistin: [Victoria Plekhanova](#) ; Stylist: [Christianna Quack](#)



About: The Vegan Beauty

JSW Models, founded by Jamila Sidki-Weise, is the first vegan Model-Agency which serves as a platform for sustainable Brands and Models alike.

Our objective is, to promote healthy modeling and Eco-friendly, cruelty-free Fashion.

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

You are a designer or responsible for the marketing department of a sustainable Brands?

JSW Models is more than happy to arrange Production Services for your up coming Look Book, Website, Catalogue Shooting or Fashion Show and provide Models who share your Brand values.

As with everything, one size rarely fits all, so our marketing strategies are putting the focus clearly on what matters most to your sustainable company.

Please contact us, so we can give you and your brand some ideas, how we can help to reach direct costumers and its fullest potential.

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.



Founder
Jamila Sidki Weise