

bliss

Issue 1.13 | July 2023

\$3.00

cheek to chic

Minimalist makeup, sophisticated vibes, and understated elegance. Minimum effort, maximum satisfaction

feel good essentials

Weekly comedy keeping you in anticipation and excitement throughout the daily grind

curated charm

Bite-size features including travel, food and fabulous mantras to live by

AMUSE BOUCHE
MINI MAG

FOR THOSE WHO
LOVE
DIFFERENT.

BLISS

sassy

chic

understated

quirky

original

playful

authentic

slow to wake



FASHIO

N.

Sexy yet elegant, sultry yet understated,
transparent yet discreet...



fast to rise

Ciao, cutie pie...**BLISS** is back and wasn't date night fun last week?! Invites are pouring in this week, we guess it is a craving for fun, playfulness, and less of the heavyweight types. Oops, Anna, scusi! You know I love you really.

In case we haven't met, date 1 was party night, the big launch. And date 2 was us getting to know each other a little. At **BLISS**, we LOVE doing things differently, you know, spontaneity, unpredictability, and keeping you guessing. None of this 'same old, same old' lark! So, we have upped the ante this week because we love **NEW**. Date 3 is Little Miss Sassy! **BUT**, never anything déclassé, oh no! We are all about quality over quantity, edge over reason, and wow over wilt! With our focus on less is more, we 'feel'. So, Miss Sassy is making a red carpet appearance in this week's theme.

As we said on date 1, think of me as your little *canape de caviar*, when you are sipping champagne and want that little something tasty by your side. Not like those 'stuffed to the brim, indigestion' types in the newsagent! Am teasing of course, we really do LOVE Anna! And besides, we are not planning on sitting on the same shelf. Oh no. **BLISS** is creating a new shelf. You know, the one where you hide something you want to keep for yourself. A table for two. The only thing that should come between us on date night is either a tall, handsome Italian (because at **BLISS**, we love Italians as if you hadn't guessed lol), or a case of wine and a sippy cup. (yes, sippy on occasion is necessary ie white sofa, case in point). Now to the girlies...**Dear Coco** is on it this week. Think she quaffed a month's supply of champers at the launch, and is still in the clouds. How does she come up with that advice?! But, we love her, honestly. And **Lana** or as we call her Lana Cana (cana do, cana have, cana be). If you hadn't heard, she's in Italy on assignment. Sounds like a Charlies Angels episode, but angelic she is not. If you ask me, sweetie, it is just an excuse to do 50 shades of pasta-sucking and flirt her way around Italy. Diego will not be a happy man! She'll be skipping around his cafe singing 'Volare' when she's back! I bet he takes tiramisu off the menu!

OK, my little coconut! Off to joosh things up! Can you believe it will be our 4th date next week! wow!

Kissy Kissy X

B bold, B beauty, B bliss



ABOUT BLISS MINI MAGAZINE

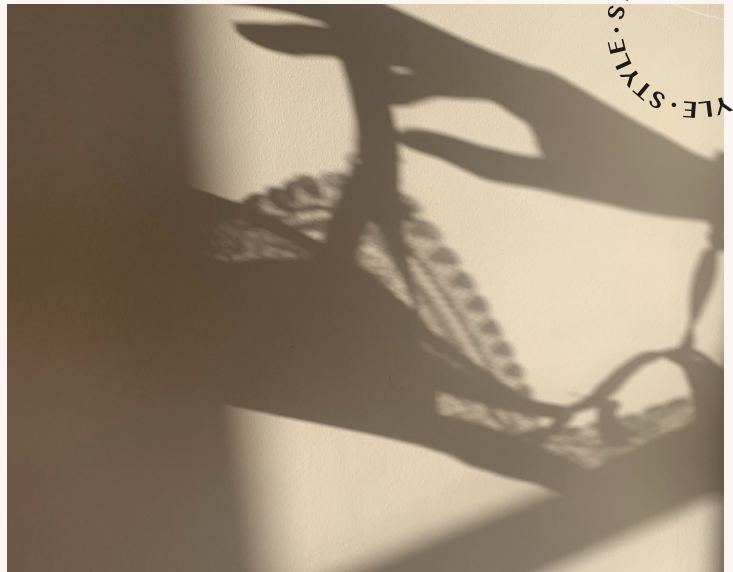
Welcome to **Issue 3** of **BLISS**, an 'amuse bouche' mini mag to savor as a delish, weekly pick-me-up.

About BLISS? We are not about diet fads, gym bunnies or that anti ageing lark. We leave that to the others ;) We are, however about fun, fun and fun. Enough said, my little noodle!

It is our commitment here at BLISS to provide the funniest, and most delightful content. And have a jolly good time in the process!

Editor-in-Chief

www.wanderful.company



In this week's issue

Along with the weekly appearances from **Dear Coco**, and **Lemon, Love**, we have included a quick and easy recipe for one of the most delicious sandwiches. And, because we LOVE to be different, this week is a tribute to SASSY ;) We adore this one! X



HEALTHY & DELISH

One of the things I love doing on my solo travel trails is creating easy recipes that pack a punch. This melt in the mouth sandwich is DELISH! And just like the banana pancakes in Blush Issue 1, this is addictive!

For a cute look (we love cute here), cut the sandwich into 4 and serve as little canapes with a drizzle of caramelised cherry tomato.

Buon appetito!

Method:

Butter both sides of each of the bread slices. Place a few slices of brie on top of one of the buttered slices. Slice the fig and place on top of the cheese. If you don't have fig, add grapes with a spoonful of chutney or fig jam. Sprinkle with a little rock salt and black pepper and close the sandwich. Heat olive oil gently in a frying pan and place the sandwich in. Cook for a minute or two until golden on each side.

Serve warm on a bed of fresh arugula.

BLISS



SANDWIC

Warm brie and fig

H.

Ingredients:

2 slices of country-style bread

A few large slices of brie

1 small fig (or fig jam)

1 small tsp of butter

olive oil

rock salt

black pepper

fresh arugula

Serves one

**Easy & Delish
Recipe!**

dear coco

Dear Coco,

My husband never seems to load the dishwasher and I come back to a pile of plates almost every night. I'm beginning to feel I'm his maid! I want him to notice these things. Could you help please, Coco?

Doris, New Jersey

Ciao, Miss Doris!

Well, I feel ya, my little hula-hoop! Had the same thing myself until I decided to sell the plates and swap them for paper ones. And biodegradable too, (good for my herb garden). Oh, I digress...when he was out, I had the dishwasher removed and replaced with my own juke box. Sure makes for a lot more fun in the kitchen. Winkywoo ;)

PS it isn't his job, sweetie to notice these things. He's doing what he wants. It's your job to give zero F**KS and appreciate his good points.



Coco
advice queen & jolly good egg!
coccocures.inc





EASY LIVING

ISSUE 03 | JULY 2023

EASY LIVING...

MANTRA TO LIVE BY

I AM ALLOWING
DESIRES TO FLOW
INTO BEING
IN PERFECT TIMING
AND UNFOLDING



PASSIO

N.

Love
Live

SPONTANEITY

LUST

SCENT

RISK

POUT

GENTLEMAN

CHIVALRY

OLD SCHOOL

BLUSH

FLIRTY ;)



LEMON, LOVE

Episode Three

First class cabin, flight NYC to Naples...

It's mid flight and Lana is looking out of the window listening to music. Living such a fast paced life in NYC, it feels odd to Lana to be doing nothing. Her mind wanders...Oh, how I miss NYC, she whispers, my apartment, my cafe, my espresso, my NY Times, she pauses...hell yeah, even HIM. Damn you, Diego, she shouts loudly, (unaware she can be heard by most of the cabin). Why didn't we f'k like crazy in the cafe that night over cupcakes and chocolate sprinkles. I want you! Madame, signals a smiley steward, having only heard the end of Lana's rant. Would Madame like a cupcake? We have deluxe freshly in from London. No Madame doesn't want a damn cupcake...she sighs breathing so deeply, she is almost snorting the neighbor's equally deluxe nuts...oh, am so sorry, yes bring me one, please? A minute passes, and Lana pops to the toilet, cupcake in hand. Closing the door firmly, and holding up the cupcake, I don't want to f'k you either you f'king piece of sh't, as Lana witnesses London's finest sucked into oblivion and beyond. Now, she sighs, time to quaff champagne ALL the way to Naples. Minus chocolate sprinkles. I'm free, am fabulous and 3 months to do what I please. Happy f'king vacay!

Lana X





PLAYLIST

L'Appuntamento
Ornella Vanoni

Return To Me
Dean Martin

Vieni Su
Dean Martin

LIFESTYL

E.

That date, that scent, that smile...traveling light..



to do list



bath
tub



espresso
sip



his
eyes



barely
lingerie



Chanel
lipstick



PERFECTLY PRESENT

This moment is NOW. This NOW is moving. This moving is momentum. Now is never still. I opt to BASK in my now and squeeze all the juice out of life that I can. As I focus on being perfectly present, life reveals time and time again, NOW is all there is. Now is perfect.

a huge thank you
for being part of

Bliss

if you love this cutie pie mini mag
as much as we do ;),
we would love your feedback at
hello@wanderful.com

ciao!



B bold, B beauty, B bliss

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