

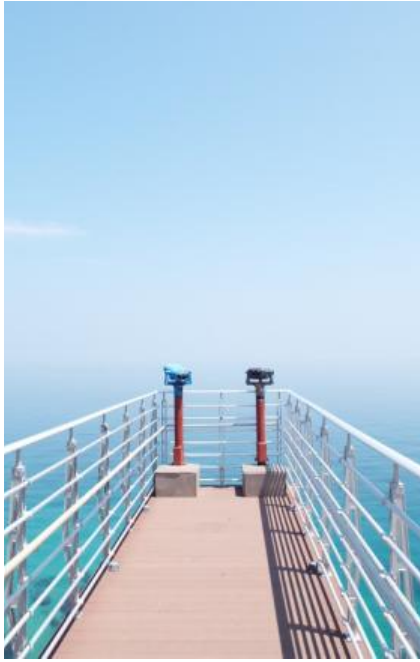
Issue No. 03 • JULY 2021 • \$0.00

# Macaroon

TRAVEL | LIFESTYLE

*Take me away*





## Issue 03

# MACAROON LAUNCH EDITION

### *Italia*

Inspiration from  
the south of Italy

### *Solo Travel*

Want a 10 year vacation?  
And yes, it is possible!

### *Lifestyle tips*

A healthy dose of the  
happy tunes!

### *Fashion feast*

Less is more:  
minimalism and neutrals

### *Italiano Class*

Easy peasy Italian  
you can learn today



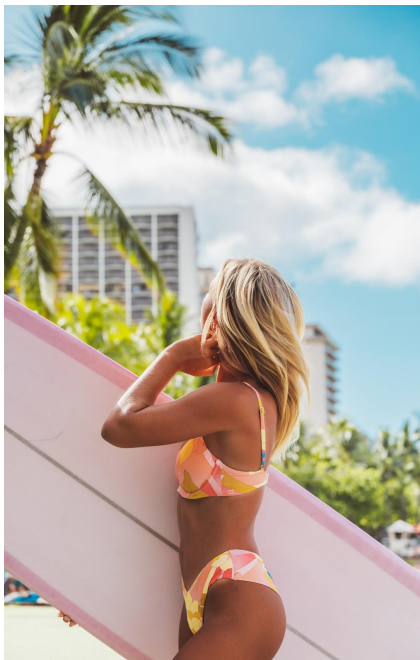
## STAPLES

Editor's Note

Carrie Clops Does Motown

Solo Travel - San Remo

Luxury For Less



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# Editor's Note

*From solo travel tips and hidden gems to the 'lounging with locals' series and yummy recipes, Macaroon celebrates the unadulterated pleasure that is travel...*



**A very warm welcome lovely peeps to the July issue of Macaroon, a monthly travel + lifestyle magazine inspired by 15 glorious years of non-stop solo traveling.** I'm Kirsteen, the magazine's founder, and a solo travel expert who has one intention, to create 100 percent feel-good factor content.

In a world of fast-moving technology and media, downtime is more important than ever in the quest for well-being. Knowing I wanted to bring this to the brand, I came up with the idea of Macaroon. And besides, if you can't find something, create it yourself! LOL.

I also want to introduce you to Carrie Clops, a character created in 2019 who is a cheeky blend of Bridget Jones, Mr. Bean, and Benny Hill. Making a monthly appearance, Carrie takes a comedic view that life is way easier and funnier than it seems!

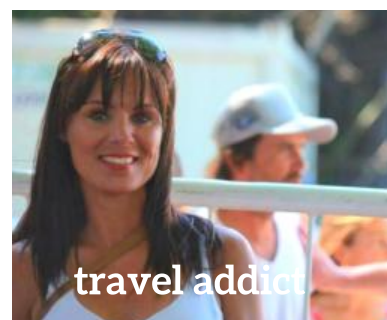
A huge thank you for being here...lots of love...

KIRSTEEN COWAN  
**Editor-in-Chief**

*xo Kirsteen*



country bumpkin



travel addict



business girly

## Why Macaroon?

After many hours spent thinking of a cute name, I kept coming back to Macaroon.

Amusingly once I'd chosen the name, I realised that Macaroon is in fact 2 words: Mac a typical Scottish name (my home country) and 'aroon' Scottish slang for 'about'. Given I'm a Scottish nomad, it seemed apt.

*Did you know that macaroons were invented in Italy...*

freedom...









macaroon life



# FREEDOM ANYONE?

BY KK COWAN

I never imagined back in the early days of office life, that freedom was even an option. I'd sit at my desk wishing the time would fly until my next vacation. Don't get me wrong, I wasn't someone who hated hard work or corporate life and actually thrived for the most. But one thing was always missing and that was the freedom to do what I wanted.

We seem to go through life accepting things as they are. We grow up believing it's all about education, a good job, marriage, kids, retirement. And yes there is nothing wrong with any of that.

But as time goes on, we see many young people wanting a new type of life, one which means no compromise and putting one's own pleasure first.

Freedom doesn't have to mean freedom from something. It is the freedom to be you: freedom to feel good, to wake up feeling good, to have clear thoughts, to think what you want, freedom in the mind, freedom to let people be, freedom to see people, freedom to choose how you feel, freedom to not be in a rush, and take time, freedom to all you choose to be, freedom to nap, sleep, freedom to migrate to keep happy.

And all of this is found in abundance in solo travel meaning you are allowing the ultimate in well-being.

If you want to know more about solo traveling and learn how to travel alone with ease, please visit my website [www.wanderful.company](http://www.wanderful.company)



"I never get tired of the blue sky"

Van Gogh



# CARRIE CLOPS

## A REBEL'S GUIDE TO LIVING HAPPILY EVER NOW

Taken from the book "Carrie Clops Does Motown" launching autumn 2021.

Carrie is no normal girly. She's a badass rebel with a big heart who has always believed there's so much more to life than "eat, sleep, work, repeat". Her refusal to accept boredom, sadness, or believe life was just bad luck at times, led her to question it all. And boy, does she question! And incessantly like a madwoman because she knows this life lark is meant to be a whole lotta more fun...

### Chapter 2 Love Me A Cowboy

Carrie just loves knowing LOVE is on its way. The Love Train, the Love Boat, or let's face it The Love 'any flipping way transportation' please Universe if you're listening...

Going left when the world goes right, she's in no rush to join the 'couples' status which the globe seems to deem the only acceptable way to live. As a rule breaker and non-conformist, she has just created her own category of relationship called 'Let's See How It Goes'! No ties, no permission to go out with friends, no 24/7, no couples nights, just 'let's see how it goes'. She pops on another Motown hit "At Last My Love has Come Along"!



# MOTOWN MELODIES

She knows he's on his merry way from the Universe's cowboy-making factory and is happily waiting with a huge expectant grin. She knows only the best will do and nothing less because why would she ever fly cattle class Ryanair knowing a FIRST CLASS BRITISH AIRWAYS TICKET is on its way. :)

She can't settle for the sake of a PLUS 1. No damn way Jose. She wants the one, THEE ONE. A horsey boy outdoorsy specimen. A real man, the countrified gentleman type who loves his animals and worships them as much as her. The type who celebrates women for their sexiness and their femininity. He's only for her, her beauty, her mind, her soul. HER, her craziness, her humor, and maybe her eyelashes, a stray eyebrow hair, and a dimple!

Wow, butterflies move over in that tummy, make way for doves with big wings! Things are about to get a whole lot more interesting around here!

She slips into imagination for the afternoon and climbs on board her high flying plane. Time to do "loop the loop" sky diving, hair propelled back by the G Force, this is what life's about!!! Not a friggin, lights out, yawn yawn spooner, grey pants on the floor, dirty socks in the dishwasher he think it was washing machine type with a tummy like a bouncy castle that has as much sex appeal as wet lettuce in winter. NO THANKS SHE SAYS, NO BLOODY WAY, She wants that lettuce to shimmy on down past her to the lettuce worshippers, she wants the lettuce where it belongs, being eaten by snails who have lost their taste buds. She is flying high in her LOVE PLANE , way up high with the doves strapped in, in the back seat. No rush, just anticipation. OIE DOVES, get back to work! Wing me a cowboy.



**'Just My Imagination'**  
by The Temptations

**'At Last'** by Etta James

**'I Can't Help Myself'**  
by The Sugar Tops



SOLO TRAVEL BUDGET TIP

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**Forget buying  
moisturizers full of  
chemicals!  
A dab of olive oil  
massaged into the  
skin each day will  
bring out that  
JLO glow...**

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*And you'll feel happy it's 'au naturel'!*

# LUXURY FOR LESS

One of the fun challenges I set myself no matter where I go is to find new ways to taste a little 'luxury for less'.

One of the luxury high-end products I came across while solo traveling in France was a body scrub from Caudalie. It's truly the best one I've found. It looks like brown sugar and smells yummy too. it will set you back about 24 USD. One day, I decided to have a go at making my own and started to gather up the brown sugar sachets that were always given in cafes. I mixed some with a tiny amount of olive oil and tried it on my skin. Et voila, a fabulous result of silky smooth skin, and it was FREE. :)

Another thing I love to do is to put slices of cucumber on my eyes and leave them there until the juice has been absorbed. It works miracles by making the eyes seem more open and bright. Anything chilled I guess is most likely to do the same.

My last 'luxury for less' trick I love to do is to take a cheapish handbag that you can easily find in the Asian shops in Europe and dress it up with a gorgeous silky scarf around the handle. You can also tie the scarf around bracelets and it looks divine. ps if you go to Paris, pop into one of the high-end stores and ask an assistant to show you how French women tie scarfs. I don't know how they do it but it always looks *tres chic!*

Have a luxury day wherever you are!

MACAROON















MINIMAL





AQUA  
ALLEGORIA  
PERA GRANITA

*Guerlain*

**I HAVEN'T  
BEEN  
EVERYWHERE,  
BUT IT'S ON  
MY LIST.**

SUSAN SONTAG

MACARON



A close-up, low-angle portrait of a woman's face, tilted slightly. She has bright red lipstick and is looking directly at the camera with a slight smile. Her hair is pulled back. The background is softly blurred, showing what appears to be a white towel or fabric. Overlaid on the top half of the image is the word 'Macaroon' in a vibrant purple, cursive script. Below it, the words 'TRAVEL | LIFESTYLE' are written in a clean, white, sans-serif font.

# Macaroon

TRAVEL | LIFESTYLE

# SOLO TRAVEL



**Italy Does It Best...**

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BY KIRSTEEN



# 'YOU MAY HAVE THE UNIVERSE, IF I MAY HAVE ITALY'

- GIUSEPPE VERDI



If you have never visited Italy before, add it to the bucket list because you will not be disappointed.

I've had the fortune of visiting Italy on many occasions and loved every minute. There are still many regions I want to see and am slowly working my way to.

The Amalfi Coast boasts some of the most breathtaking views of the entire Mediterranean and is a hot-spot for the yachts of the rich and famous. You can also pretend to be JLO for the day and go on one of the many boat tours available.

Italy is a country full of color and that also includes its sunsets. Just imagine sitting at a sea-view restaurant with a glass of fine Italian wine watching the skies change from blue to coral to purple as you enjoy the most delicious food lovingly created by the locals.

One of the most stunning towns perched high above the turquoise waters of the Med is Positano, a true jewel in the Italian crown.

If you are solo traveling, one of the best things to do is to take the time to work your way along the coastline taking a few days in each town as you please. Of course, unless you book it advance, avoid August if you want to make sure you get accommodation easily. You can also stop off and do some cookery classes or eat your own body weight in gelato! :)

I would also suggest packing very lightweight clothing because you will want to buy so many things there. Italy has the best shops and fashion is in the DNA. Take a seat outside and just people watch!

One thing not to be missed it to sample the regions local food. Italians LOVE their food and you will not want to miss the fresh fish. Don't forget to visit cake shops.

Italians have the expression 'Dolce Far Niente' which means the sweetness of doing nothing. A very wise bunch me thinks! lol...

Until next time...



**"i don't know where i'm going,  
but i'm on my way."**

*image of the month*



## Italian Solo Travel Tunes

Renato Carosone - Tu vuo' fa' l'americano

Fred Buscaglione - Buona sera signorina

Mina - Nessuno

Fred Buscaglione - Guarda che luna

Nicola Arigliano - I Sing Ammore

Enrico Caruso - O sole mio



*attitude...*

MACARON



## italiano

good morning - buongiorno

good evening - buonasera

good night - buonanotte

hi - ciao

very good, thank you - molto bene, grazie

my name is - mi chiamo

coming up next month...



Solo Travel: Positive Health Benefits  
Lounging With The Locals Series: France  
Hidden Gems of the Mediterranean

No Ciao



wanderful co.

TRAVEL + LIFESTYLE



*so team Macaroon*

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