

AMETHYST

Bella
Hannah
Remington
Steffanie

CHELSEA
AKIRA

How to Keep Any
Conversation Going:
5 Techniques
That Actually Work

Healthy and Free Ways
to Survive a Breakup



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magazine
AMETHYST

March 2025 ~ Issue #16

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ON THE COVER

Hannah

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FROM THE EDITOR

Issue #16 is here and we are starting to get into a groove as we publish new issues every month this year. This is a particularly large issue, our largest to date. We are in the final planning stages for some travel coming up. On the horizon, locations such as the Mohave Desert, Sedona, Imperial Sand Dunes and possibly the Caribbean. As always, we are committed to making our subscriber experience the best it can be.

First up in this issue is 'In Your Dreams' with newcomer Hannah. We've known her for years and shot many times. This is one of our best, shot in my old apartment with natural light. Added some grain and warmth to the photos. You'll be seeing more of her in upcoming issues.

Next is 'Rinse and Reveal', with Steffanie. She's been in the magazine before with 'Steff's Selfies' as a creator. This shoot was located in Austin, TX at an Airbnb. I thought the shower was unique looking so we shot in it having her play with the water and wardrobe.

'Double Exposure' was a very complicated shoot and involved a video reshoot. The Polaroid camera that was being used as a prop kept breaking down so polaroids on the floor had to be digitally replaced with real ones shot two weeks later. It all turned out great, in spite of all the twists and turns. Featuring favorites Chelsea and Akira...and a dog named Chicken.

We've got two dating articles next, 'How to Introduce your Partner to Tantra' by Leola and 'Healthy and Free Ways to Survive a Breakup'. Well written and good reads.

'The Shape of Seduction' features Bella in her return. Her previous editorial was shot in this studio but we changed up her outfit and poses this time. The couch is as interesting as a couch could be and comfy too.

'Midnight in the Loft' brings back Remington, who we just saw in the last issue. This was the main shoot plan for her that day in Honey Birdette lingerie that looks amazing on her. The location's natural light late in the day allows us to have some really moody lighting towards the end of the day.

I hope you enjoy this issue! Don't forget to check the website often for new photos, videos and improvements.

So relax, and enjoy this issue of Amethyst!

~ Jeff Gottlieb
Editor-In-Chief



IN YOUR DREAMS

HANNAH
@heyhannerd

MUA
H.HANNERD

Stylist
J.ALLAN

Location
COSTA MESA, CA



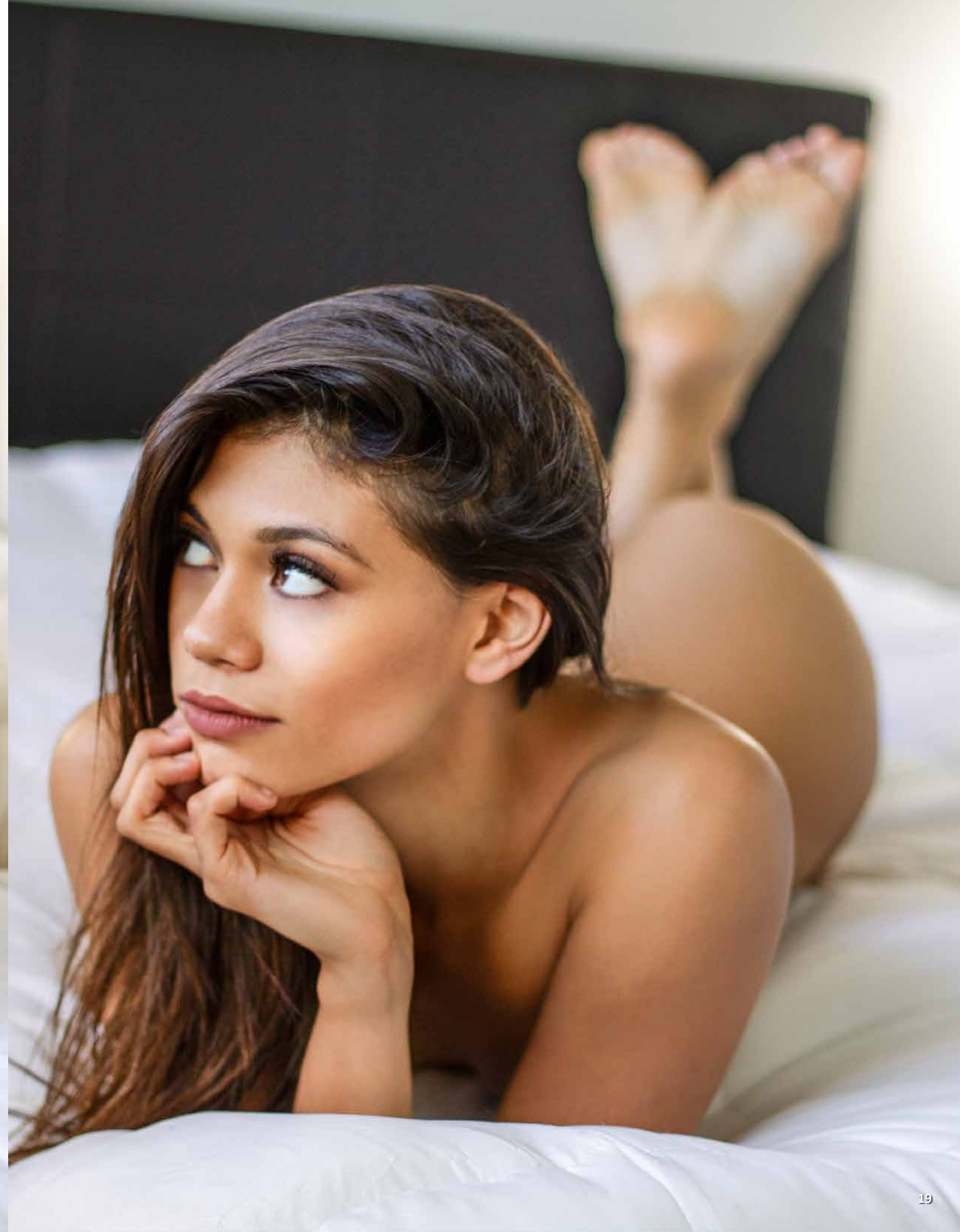






















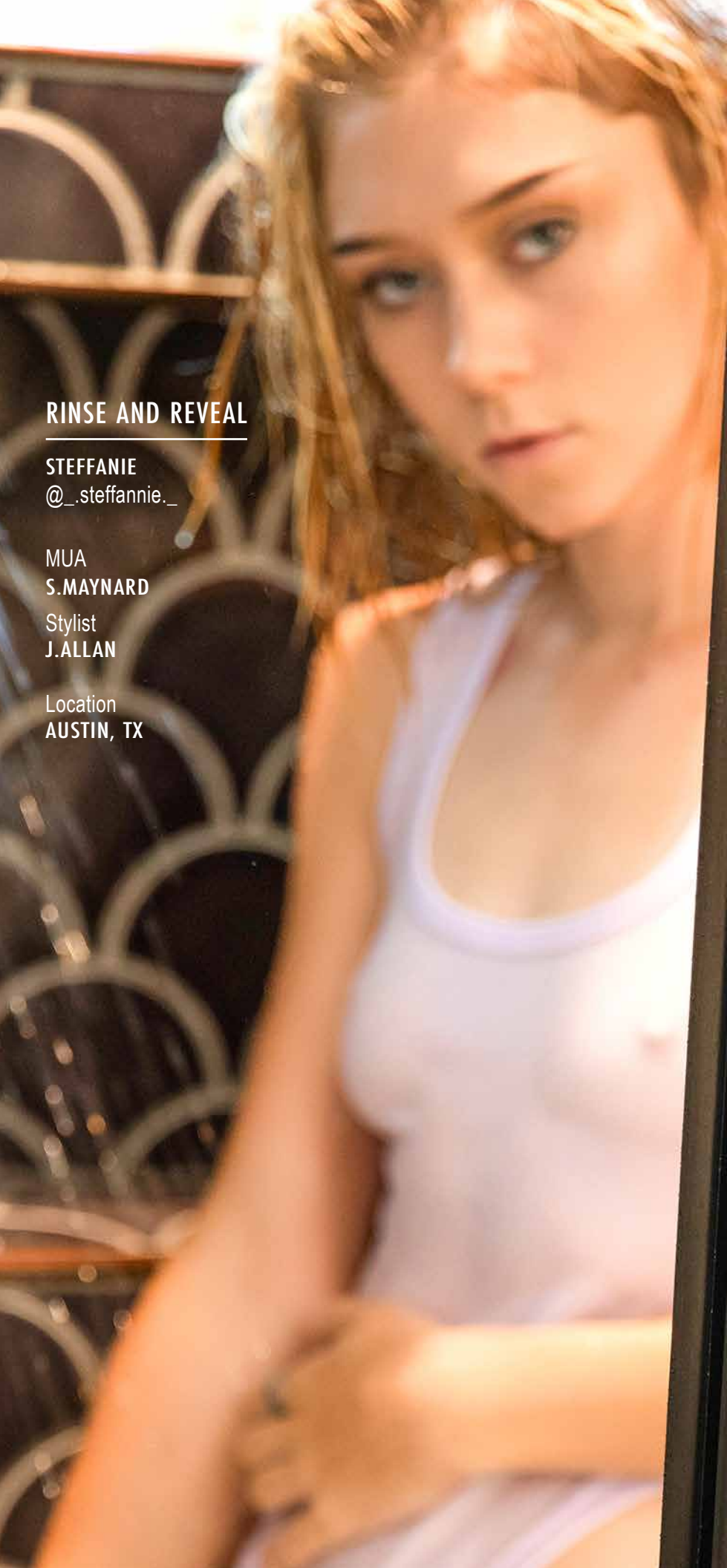


RINSE AND REVEAL

STEFFANIE
@_steffanie_

MUA
S.MAYNARD
Stylist
J.ALLAN

Location
AUSTIN, TX













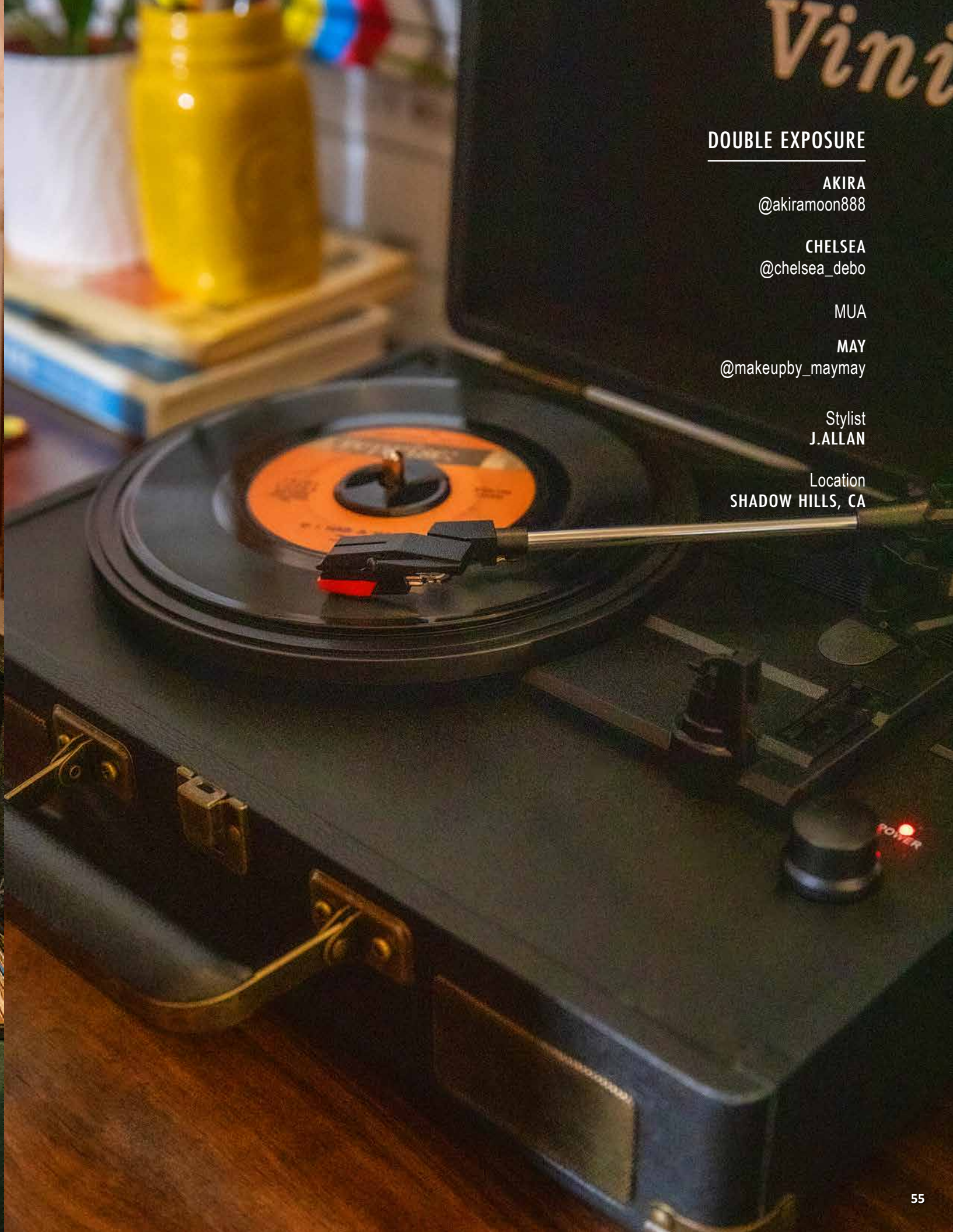












DOUBLE EXPOSURE

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MUA

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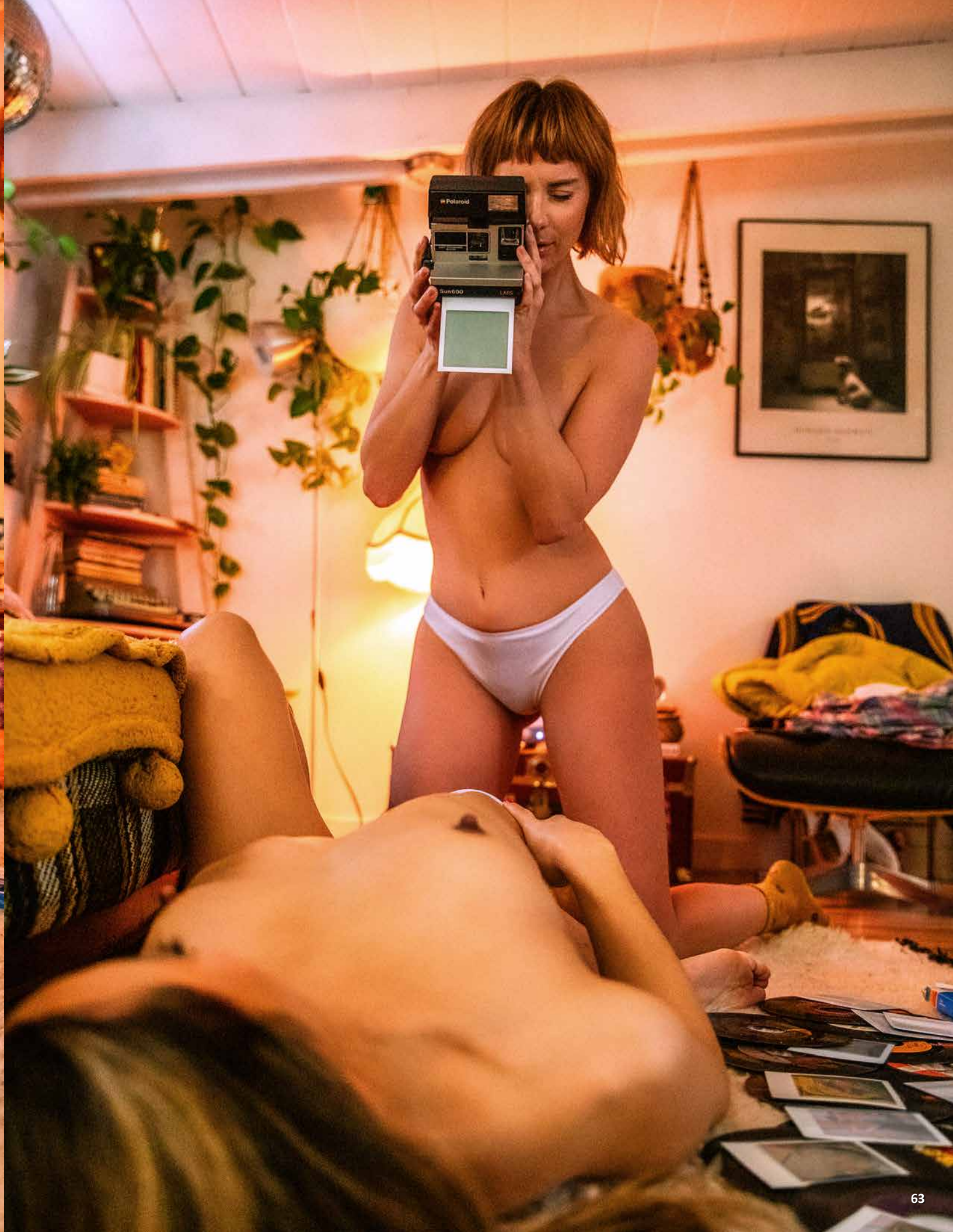
Stylist
J. ALLAN

Location
SHADOW HILLS, CA





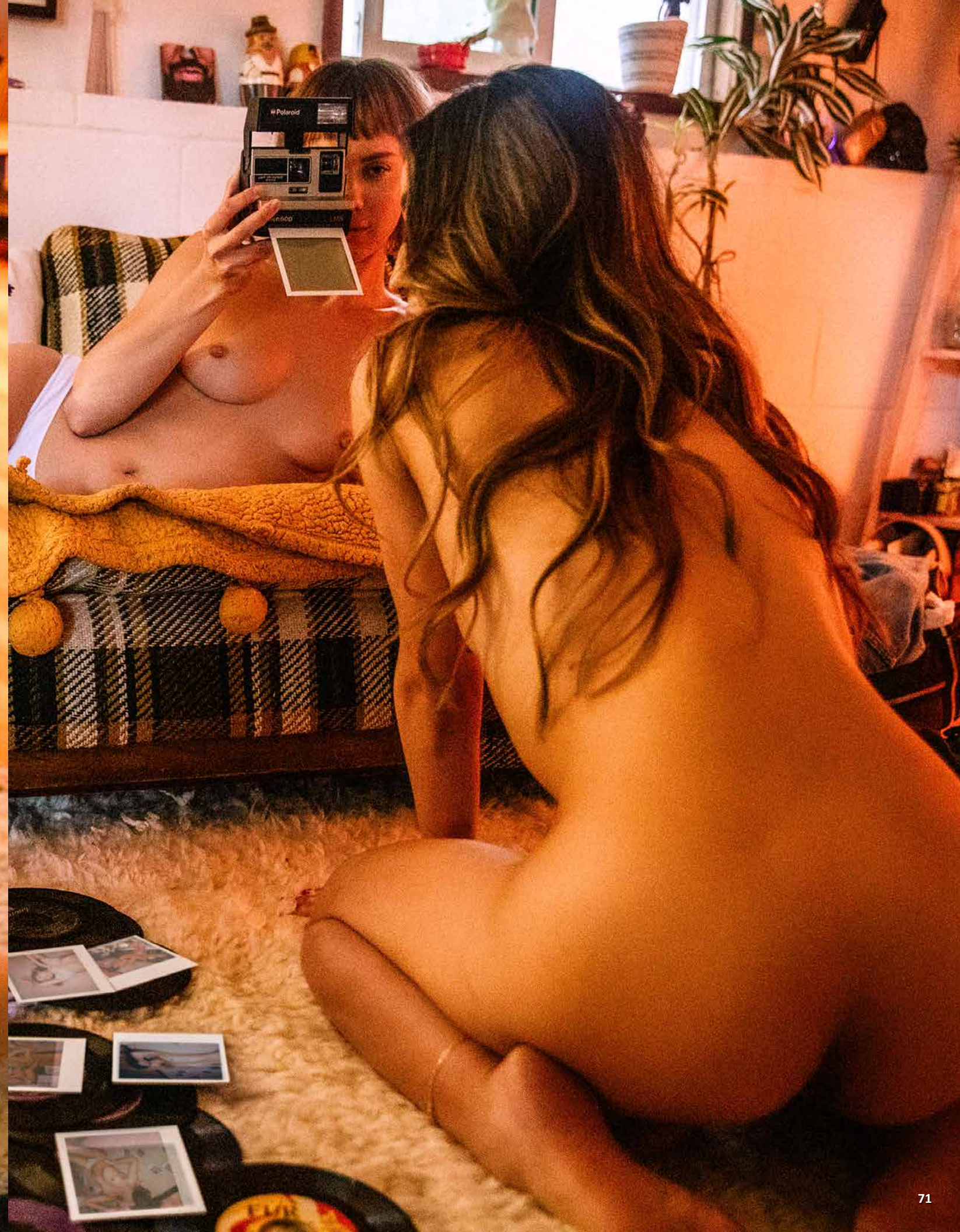








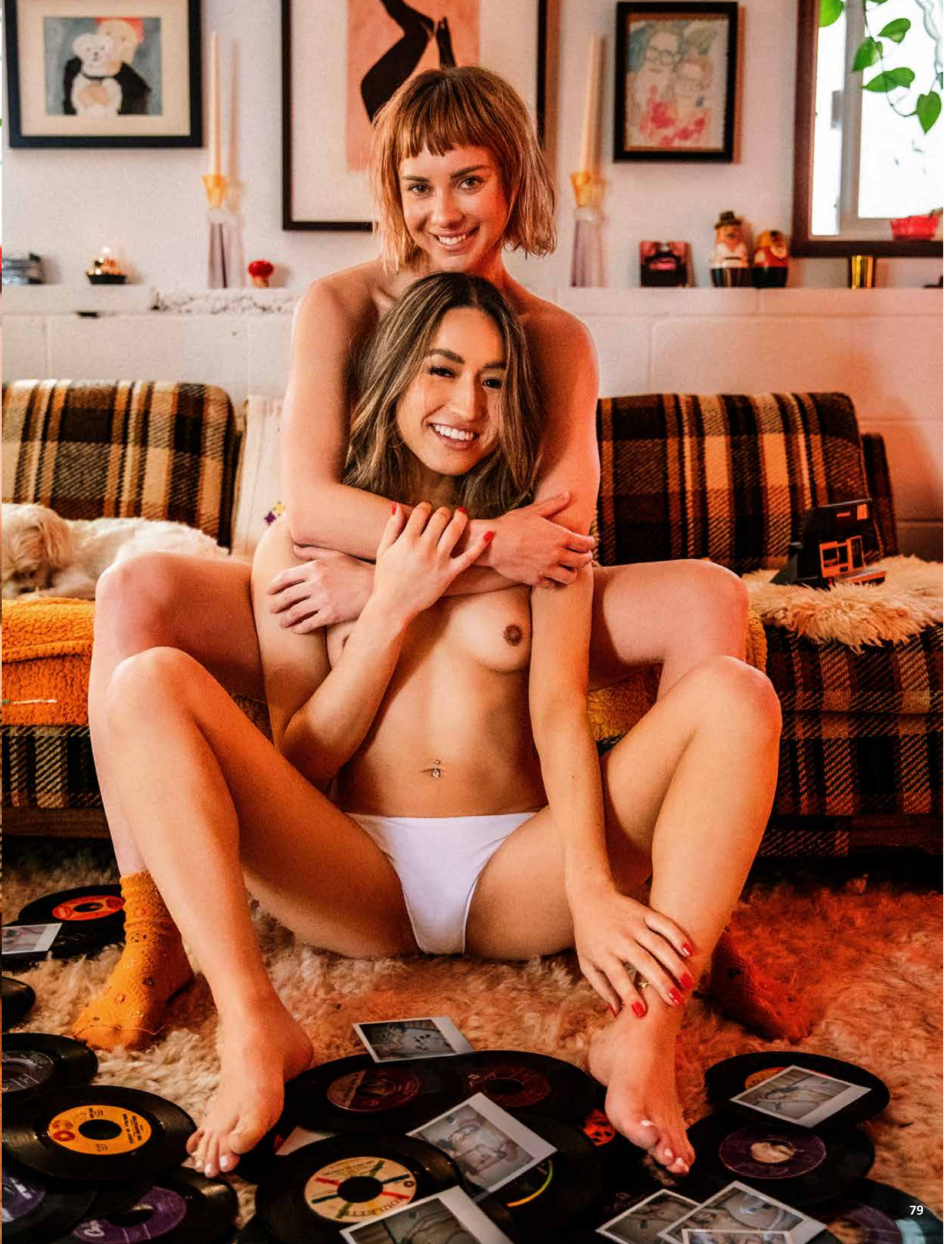












How to Keep Any Conversation Going: 5 Techniques That Actually Work

If you've ever found yourself stuck in a conversation, unsure of what to say next, you're definitely not alone. Whether it's a first date or a social event, keeping the conversation going can sometimes feel like an art form. The truth is, it's a skill anyone can learn.

1. Use Your Surroundings as Conversation Starters: When a conversation stalls, take inspiration from what's around you. Your environment is full of potential topics - it's just about noticing them. Not only does this take the pressure off, but it also creates shared experiences to talk about.

At a coffee shop, noticing the wallpaper could turn into, "That vintage wallpaper is really nice - have you tried any decorating projects lately?" At a party, an interesting piece of artwork might spark a discussion about personal taste. On a date, a simple compliment on a unique watch could lead to something meaningful: "That's a really cool watch - does it have a story behind it?"

And don't stop at just what's in front of you. At a restaurant, you might ask: "Have you been to that bookstore down the street? They do poetry readings on Thursdays."

The key is to make observations that encourage stories rather than short replies. Look for unique details, interesting design choices, or anything that could lead to a bigger conversation.

2. Try the Spokes Method: Think of conversation like a wheel - your topic is the hub, and "spokes" extend into related subjects. This keeps things flowing naturally and prevents awkward dead ends by giving you multiple directions to explore.

Talking about travel? Spokes could include: *Food: "What was the best meal you had in Italy?" *Language: "Did you pick up any fun phrases?" *Future trips: "Where's next on your list?" *Culture: "What surprised you most about life there?"

Chatting with a friend about a concert? Shift to other performances, music preferences, or upcoming shows.

The beauty of this method is its flexibility - if one topic slows down, pivot smoothly to another spoke instead of forcing a brand-new subject.

3. Listen with Genuine Curiosity: Great conversations aren't just about talking - they're about truly listening. Instead of just waiting for your turn to speak, show real interest in what the other person is saying.

If they mention a weekend hike, don't just nod along - ask, "What did you like most about that trail?" If they love documentaries, try "Which one had a big impact on you?" Then, build on their answers to keep the conversation going.

Look for shared experiences and dig deeper. If you both grew up near the ocean, ask, "Did your family have any beach traditions?" Small details often lead to the most meaningful conversations. The key is to pay attention - people reveal a lot when you're genuinely engaged.

4. Ask More Open-Ended Questions: The right questions can turn small talk into a real connection. Instead of yes/no questions, ask ones that encourage people to share more.

Rather than "Did you enjoy college?" try "What was the most memorable part of college?" Instead of "Have you been to Japan?" ask "What did you like about Japanese culture?" These tweaks encourage people to open up.

Asking for recommendations also builds rapport. "What's your go-to restaurant in town?" reveals personal tastes, while "What hidden gems have I missed?" taps into their local knowledge.

The best open-ended questions encourage deeper thinking, leading to conversations about values and perspectives - not just facts.

5. Use Call-Backs: Bringing up something mentioned earlier shows you're really listening. These "call-backs" create flow, add depth, and make conversations feel more natural.

On a date, if they mentioned loving horror films, bring it back later: "So, what do you enjoy most about horror movies?" At a gathering, try "You said you grew up near the coast - what do you miss most about it?" This validates what they've shared and keeps the conversation going.

To use call-backs effectively, pay attention to emotional responses or passionate descriptions. These reveal what matters to someone, so revisit those moments and ask more about them.

How to Practice Your Conversation Skills: Real-world interactions are the best way to improve. Start small - chat with baristas, locals, or shop assistants using these techniques.

Join groups based on your interests, book clubs, hiking groups, cooking classes, or volunteer events are great ways to practice.

Listening to podcasts or interview shows also helps. Notice how hosts keep conversations engaging - how they transition between topics and ask follow-up questions.

Building Better Relationships, One Conversation at a Time: Great conversations don't come from memorizing clever lines or forcing small talk - they happen when you're genuinely curious, paying attention, and building on what the other person says. These five techniques make conversations feel more natural and enjoyable, helping you connect with others. Like any skill, becoming good at conversation takes practice.

Healthy and Free Ways to Survive a Breakup

Whether it's your first heartbreak or another tally on the wall of your heart, breakups can be mentally and physically detrimental to both parties. Your chest hurts and your heart cries out when you think of them. Even if you were the one to break up with your ex-partner, you may feel just as broken after all is said and done. The length of your relationship can also greatly impact how long the hurt continues, with longer relationships requiring commensurately longer healing. Of course, the process is different for every person, but there are some steps that can be taken.

Determine if You're Obsessed

Firstly, it's most important to determine if you're obsessed with the person. It's natural to wonder from time to time what they're doing and who they're with, romantically or not. It's unnatural and dangerous to have them latched onto your mind and etched into your brain, thinking about them every second of the day. If you've passed the days thinking constantly about how they wronged you or how you wronged them, playing the memories on an infinite loop, and overall ruminating over every aspect of them and your former relationship, you might be obsessed with them.

If you find that you're obsessed it's vital to get yourself out of this rut. Accepting that you are actually obsessed is the first step to doing so. Obsession can be quelled in many ways, but professional help may be the most effective option. If you are unable to have professional help, distracting yourself initially and searching for meditations and affirmations may aid you. Overcoming obsession is also a personal process. Whether you're obsessed or not, the following activities will help ease your pain.

Connect With Friends and Family, Disconnect from Your Ex

Having to cut someone you love out of your life may feel like excising a piece of your own heart. Nevertheless, it's necessary. Unless you have a necessity to see this ex, like having a child with them, it's best to go completely no-contact. Having the door even slightly ajar on a relationship increases the probability of you going back to talk to them or vice versa when communication may be only unilaterally wanted. While better in the long run, it'll most likely feel really bad, for lack of a better word. You may feel incredibly isolated after closing the door on your relationship. In these times, it's more necessary than ever to talk to a loved one, whatever that may entail for you.

Even if you don't want to talk about your relationship, just being together with someone else in any capacity can do wonders. You could have a picnic or cook something together, go for a walk together, or just talk on the phone or computer if you're not in close proximity. Self-isolation is a dangerous game when you're vulnerable.

Get Your Body Moving!

Another trite suggestion that actually works is exercise. It won't cure the problem at the source, but moving your body can help your brain release endorphins that will make you feel good. Additionally, if you're having trouble focusing on something other than your past relationship, it can give you another task that requires all your brainpower and physical energy. Even taking a walk, especially in nature, can be meditative. Partake in whatever your favorite form of exercise is and you'll see that with time, it'll make you feel good.

Take Time to Grieve

The all-too-ubiquitous "rebound" usually does not end well. It's crucial to take time to grieve after a relationship is over, even if you saw it coming. Grief is a strange and hungry animal and may visit when you least expect it. Some people miss their exes at night when they're turning off the lights to go to bed. Maybe you expect a good morning text, forgetting that they're not there anymore. Whatever the case may be, jumping into a new relationship when you miss your ex and feel deeply hurt about them may cause new problems and complicate your romantic life even further. You shouldn't use another person as a balm on your heart. Waiting until you're in a good place is beneficial to everyone involved.

How Do You Know When You're Healed?

It's not really a certain thing. Different people handle grief in different ways, and that's okay! There is no set amount of healing time after a breakup. Ultimately, the decision rests in your hands. What's most important is a consistent feeling of stability and self-love, without constantly thinking about your ex. You shouldn't worry about what you could've done differently. Once you're able to close that chapter of your life, whether through reconciling with them after a good amount of time has passed or through coming to terms with the events yourself, you'll be able to find love again. It may even be better for it to find you! When it blossoms naturally and you feel that same giddy pull in your stomach you did for all of your other relationships, you'll know you're ready.



THE SHAPE OF SEDUCTION

BELLA
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HMUA
MAY
@makeupby_maymay

Stylist
J.ALLAN

Location
LOS ANGELES, CA

























MIDNIGHT IN THE LOFT

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COMING SOON ...





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