

AMETHYST

**Bianca
Lauren
Luci
Macy
Makena
Martha**

**5 Ways to Save
Money That Don't Suck**

**The Voice of a Leader:
4 Tips for Developing a
Confident Speaking-Voice**



magazine
AMETHYST

June 2025 ~ Issue #19

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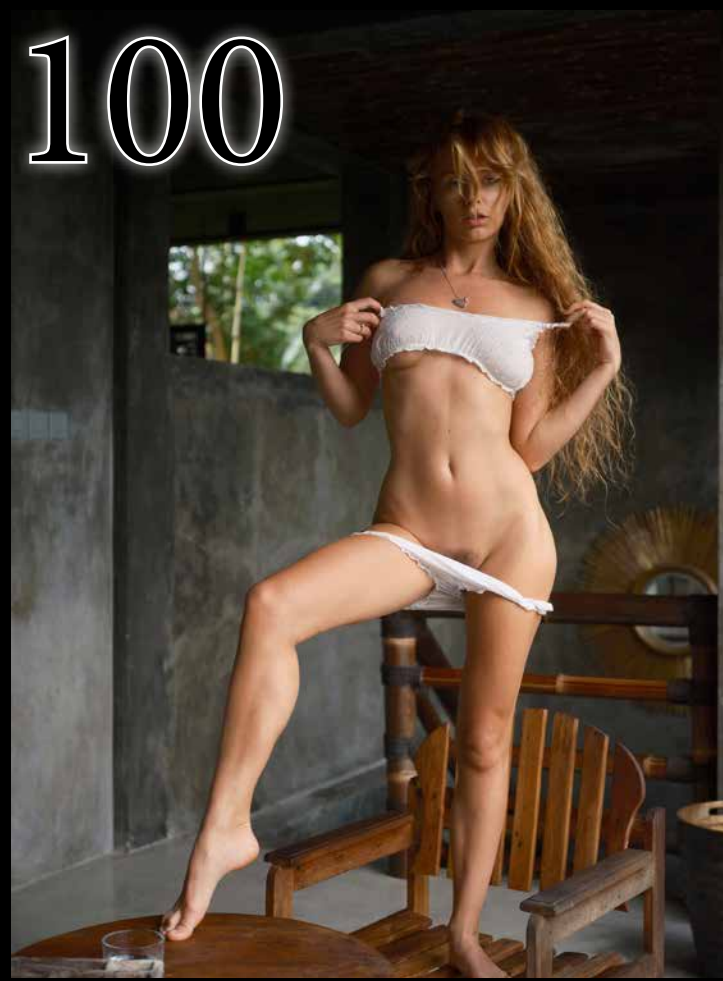
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June 2025

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ON THE COVER

Bianca

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FROM THE EDITOR

Issue #19 is out, and we're super excited about all the editorials, especially the ones shot on location. Traveling to amazing places is a dream of ours for the summer and beyond. We hope you enjoy this June issue!

Our first editorial, titled "Liquid Curves," features model favorite Makena. She's in a simple outfit, well, almost none at all, because she's in the shower after walking to the bathroom, checking herself out in the mirror, and enjoying a casual shower. There's a video on the website too.

Next, we present "Linger in Silk" with former cover model Macy. This editorial was taken in her previous Manhattan Beach house in the bedroom. It's almost bedtime and she is posing and relaxing.

Luci appears next in "Sun Drenched." This was shot at a beautiful location in Los Angeles at a house with a green door. We took photos inside and outside the pool as well as the hot tub/waterfall. The light was amazing that day. You can see the video from this shoot on the website.

Two articles are next: "The Voice of a Leader: 4 Tips for Developing a Confident Speaking Voice" and "5 Ways to Save Money That Don't Suck" offer some great tips on your voice and your bank account.

"Tiki Temptress" is next, with our favorite Bianca at an incredible spot in Tulum, Mexico. There's an oasis next to the grass hut, a raft in the water, and lush greenery everywhere. This was one of the locations we've been dreaming of for over a year, and we finally made it happen. Our BTS cameraman captured some amazing footage, and there are two great videos on the website.

"Modern Muse" is an editorial featuring newcomer Martha and photographer Michael Elworld. We shot it in an apartment's outdoor room and balcony in Bali. We absolutely loved the poses and lighting. We'll be sharing more from this duo in future issues.

And here's the cherry on top: "Dance with the Desert" featuring Lauren. We shot this on a reserve in Phoenix, Arizona, in sweltering 100-degree heat. But the stunning location and breathtaking sky made it all worth it. The wind even helped us pose the cape perfectly. We also shot at another location nearby that'll make an appearance in an upcoming issue.

Take a look at these incredible images and check out our website for more updates, videos, and exclusive content.

Cheers,
Jeff Gottlieb (Editor-In-Chief)



LIQUID CURVES

MAKENA
@makenasegars_

HMUA
M.SEGARS
Stylistt
J.ALLAN

Location
LOS ANGELES, CA















LINGER IN SILK

MACY CHANEL

@macychanelofficial

MUA

GINA FAUCHER

@makeupbygina888

Hair

JENYA

@jkhairtech

Stylist

JADE RAYNAE

@jaderaynae

Location

MANHATTAN BEACH, CA











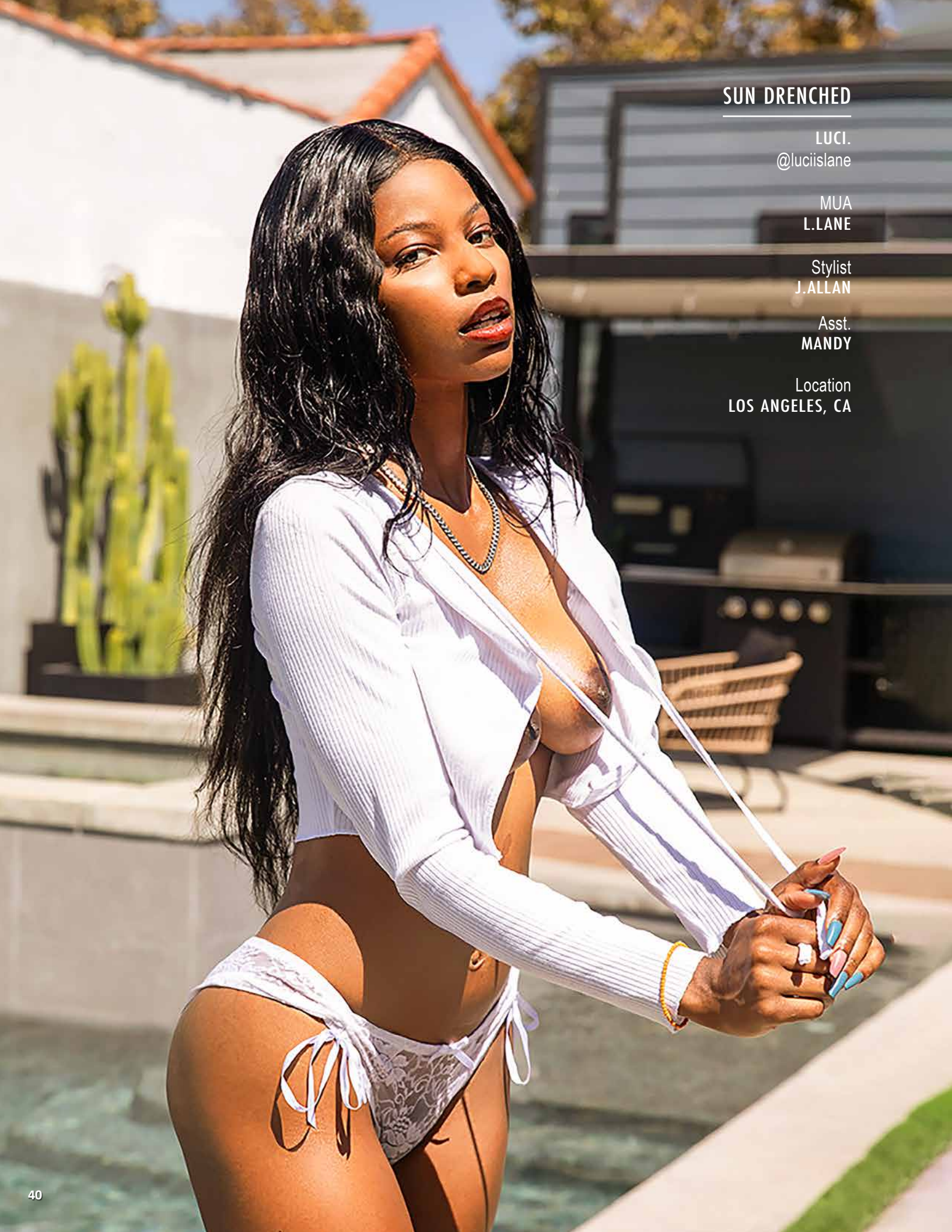












SUN DRENCHED

LUCI.
@lucislane

MUA
L.LANE

Stylist
J.ALLAN

Asst.
MANDY

Location
LOS ANGELES, CA













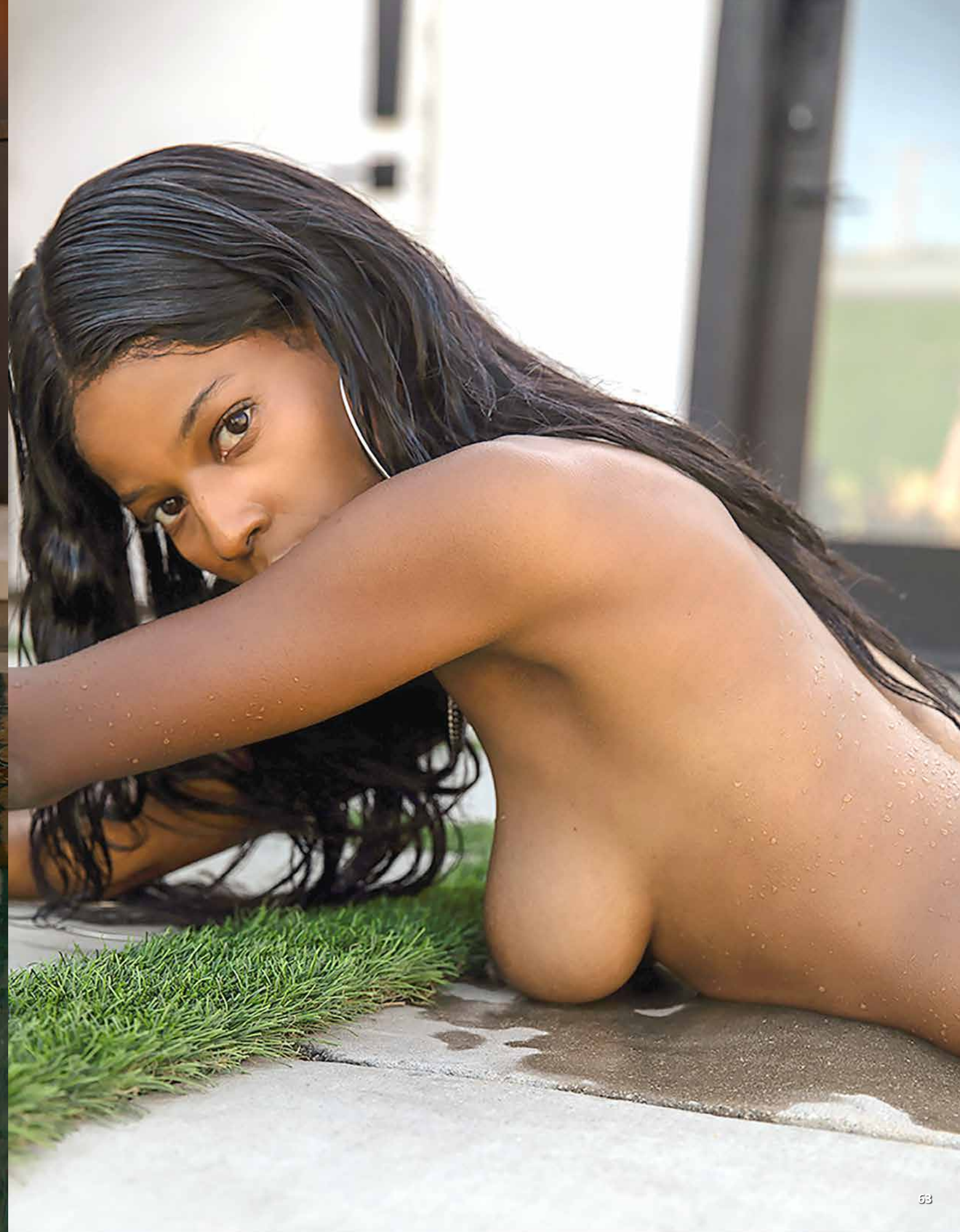












The Voice of a Leader: 4 Tips for Developing a Confident Speaking Voice

Leadership can be defined in many ways. You might say that it's a set of skills and behaviors that demonstrate one's ability to handle major responsibilities. Or, we could look at leadership as a process of influencing and guiding others.

No matter how you define leadership, communication is a key element.

To be a leader, you have to talk like a leader. That means believing in what you say, expressing yourself clearly and confidently, and avoiding communication pitfalls that weaken your voice.

Here are four proven ways to hone the voice of a leader.

Don't End Your Sentences with "Uptalk"

"Uptalk," also known as upspeak, or high rising terminal (HRT), is the unappealing habit of ending sentences with a rising pitch. Uptalk happens when your tone of voice indicates that you're asking a question, when you're actually attempting to make a statement.

If you're trying to speak more confidently, eliminating uptalk is a great place to start. This unfortunate habit makes everything you say seem layered with uncertainty--as if you won't really believe in your own words until someone else expresses their agreement. That's the opposite of the impression you want to be giving off if you'd like to be seen as a strong leader.

To break the uptalk habit, focus on speaking with a neutral tone. Note that uptalk most often occurs when you finish saying something before waiting for someone else to respond. During these moments, actively monitor the last few words you speak, aiming for a steady, non-rising tone.

Another way to combat uptalk is to cultivate a confident attitude regarding your communications. Before conversations or public speaking engagements, be as prepared as possible. Enter the conversation with the full belief that what you're saying is valid. Although you're open-minded and ready to listen, you don't need anyone else's confirmation that your words are worth saying. Thus, you don't need to frame each statement as a question.

Reduce Your Use of Filler Words

In conversations and public speaking, we all use filler--extra words and sounds that don't contribute information to what we're saying. Common fillers include:

-Um and uh

-Like

-Right

-You know

Filler is used to signal that the speaker is taking a moment to think before they continue speaking. Filler can also be used to control the pace of speech, or as an opening word to gently indicate that you'd like to take your turn in a conversation.

Filler is useful, as long as it's not overused. According to the Harvard Business Review, the optimal amount of filler words is one per minute. Unfortunately, most of us overdo it, using filler around once every 12 seconds.

We've all had the experience of listening to someone who can't stop saying "um" or "like." This overuse is known as "crutch" filler. This type of speaker relies on the constant use of filler because they struggle to maintain a steady flow of speech. As a result, they appear less intelligent and less confident than they would if they were able to keep their dialogue flowing. Anyone listening to a heavy use of crutch filler is likely to have a hard time paying attention, while ending up with a negative impression of the speaker.

To reduce the use of filler, self-awareness is key. Try to slow down your pace. When you need a pause, simply let a moment of silence pass, without filling it up with a "like" or an "um."

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To reduce the use of filler, self-awareness is key. Try to slow down your pace. When you need a pause, simply let a moment of silence pass, without filling it up with a "like" or an "um."

To really tackle a problem with filler, practice in low-stakes conversations with friends or family. Using a timer, try engaging in a complex conversation and aim for the ideal pace of one filler word per minute.

Empower Your Voice with Breath Awareness and Body Language

Your voice is not an isolated system. It's connected to your posture, breath, and the non-verbal physical cues you deliver while speaking.

To help channel your physical being into a more effective speaking voice, start with your breath.

First, consider breath as a tool for calming down. Before public speaking or entering a challenging conversation, use smooth, conscious breathing as a way to lower your heart rate and settle an overactive mind. You can also help establish a pattern of calm breathing that you can keep with you throughout a speech or conversation.

Second, use conscious breathing as a way to maintain a steady tone and pace while speaking. Remember, pauses are good--they allow listeners to process what you're saying. Use your pauses to calmly take in full breaths. This will not only control your pace, it will also help your voice sound loud and strong, instead of breathless and rushed.

Along with your breath, remember that your body is intimately connected to your verbal communications.

Posture and body language goes from your feet all the way up to your head. Whether your standing or sitting, the lower back is key. Tilt your chest and pelvis slightly forward so that your lower back takes on its natural curve, rather than a slouch.

Meanwhile, remember these keys to nonverbal communication:

-Eye contact that's consistent but not constant

-Expressive, varied facial expressions

-Hand gestures that accompany your spoken words

-Intentionally communicating messages like openness (through uncrossed arms) or confidence (through power poses) through your body language

Skills like conscious breathing, good posture, and intentional body language don't come naturally. But, with practice, anyone can use these behaviors to their advantage.

Better Communication and Better Leadership

Every leader recognizes the essential nature of effective communication. If you think of the best leaders and the best communicators that you've come across, there's probably plenty of overlap among those two groups.

When it comes to great communication, there's no secret trick--just the knowledge that communication is a skill. And that, like any skill, it requires goal setting and practice to achieve excellence.

5 Ways to Save Money That Don't Suck

(Yes, You Can Still Have a Life)

Let's be real: traditional money-saving advice can feel like a total buzzkill. "Stop buying lattes." "Cancel all your subscriptions." "Just stay home forever!" Thanks, but no thanks. Saving money shouldn't mean sucking the joy out of life. If you want to be smarter with your spending without feeling like you're being punished for wanting a little fun, this guide is for you.

Here are five actually do-able, non-depressing ways to save money while still living your life.

1. Do a Fun Spending Freeze (But Make It a Game)

No, this isn't about eating beans and rice for a week straight--unless you love beans and rice (no judgment). This is about doing a short-term, low-pressure spending freeze on just one category that tends to get a little wild--like takeout, impulse Amazon buys, or clothing.

The trick? Make it a challenge. Set a 7-day or 2-week "pause," track how much you would have spent, and then put that money somewhere visible (like a savings jar or a new "treat yourself" account). Bonus points if you get a friend to do it with you for a little accountability (and friendly trash talk).

2. Get Ruthless With Subscriptions--But Keep the Ones That Spark Joy

Subscription creep is real. One day it's just Netflix. Next thing you know, you're subscribed to six streaming platforms, a meditation app, and something that mails you exotic hot sauce once a month. It adds up fast.

Instead of canceling everything, do a monthly audit. Ask yourself: Did I use this in the last month? Would I miss it if it disappeared tomorrow? If not, pause or cancel guilt-free. Keep the ones that bring you value or genuine joy--no shame in loving your Spotify Premium if it keeps you going.

3. Romanticize the Free (or Almost-Free) Stuff

Saving money becomes a lot easier when you stop thinking of it as sacrifice and start thinking of it as intentionally living your best budget-friendly life. Go full main-character energy with free or low-cost fun: cozy nights in with homemade popcorn and a thrifted movie, long walks with a killer playlist, or picnic lunches at the park.

Libraries are also magical, underrated money-saving havens. Books, movies, ebooks, audiobooks, workshops--free 99. Channel your inner cottagecore or cozy academic aesthetic and fall in love with living well on less.

4. Meal Plan Like a Lazy Genius

Hear us out--meal planning doesn't have to mean prepping 42 identical Tupperware meals on Sunday and hating your life by Thursday. It can be as chill as jotting down 3-4 meals you know you'll actually want to eat, buying ingredients for just those meals, and rotating leftovers.

It's like creating a personal menu for your week. You'll save money by avoiding last-minute takeout and reduce waste from random grocery runs. Add in a "fun food night" where you try a new recipe or recreate your favorite restaurant meal at home for bonus good vibes.

5. Automate Your Savings Like It's Just Another Bill

Here's the secret sauce: treat your savings like it's non-negotiable. Set up an automatic transfer--whatever you can swing, even \$10 or \$20--from your checking account to a separate savings account right after payday.

You won't miss what you don't see, and watching that account grow (even slowly) is low-key addictive. Make it visual with a savings tracker or goal thermometer if that helps. Suddenly, saving money feels way more satisfying and way less like punishment.

Final Thoughts: You Don't Have to Be Miserable to Be Money-Smart

Saving money doesn't mean saying goodbye to fun, comfort, or spontaneity. With a little intention and a lot of creativity, you can still enjoy your life while building up your financial cushion. The goal isn't to become a money monk--it's to spend smarter so you can live better. Now go forth and save--without sucking the joy out of your weekend plans.



SLICE OF SUMMER

BROOKE.
@neverhadacare

MUA
B.LORRAINE

Stylist
J.ALLAN

Location
LOS ANGELES, CA



TIKI TEMPTRESS

BIANCA.
@biancaarvidsson

MUA
B. ARVIDSSON

Stylist
J. ALLAN

Location
TULUM, MEXICO





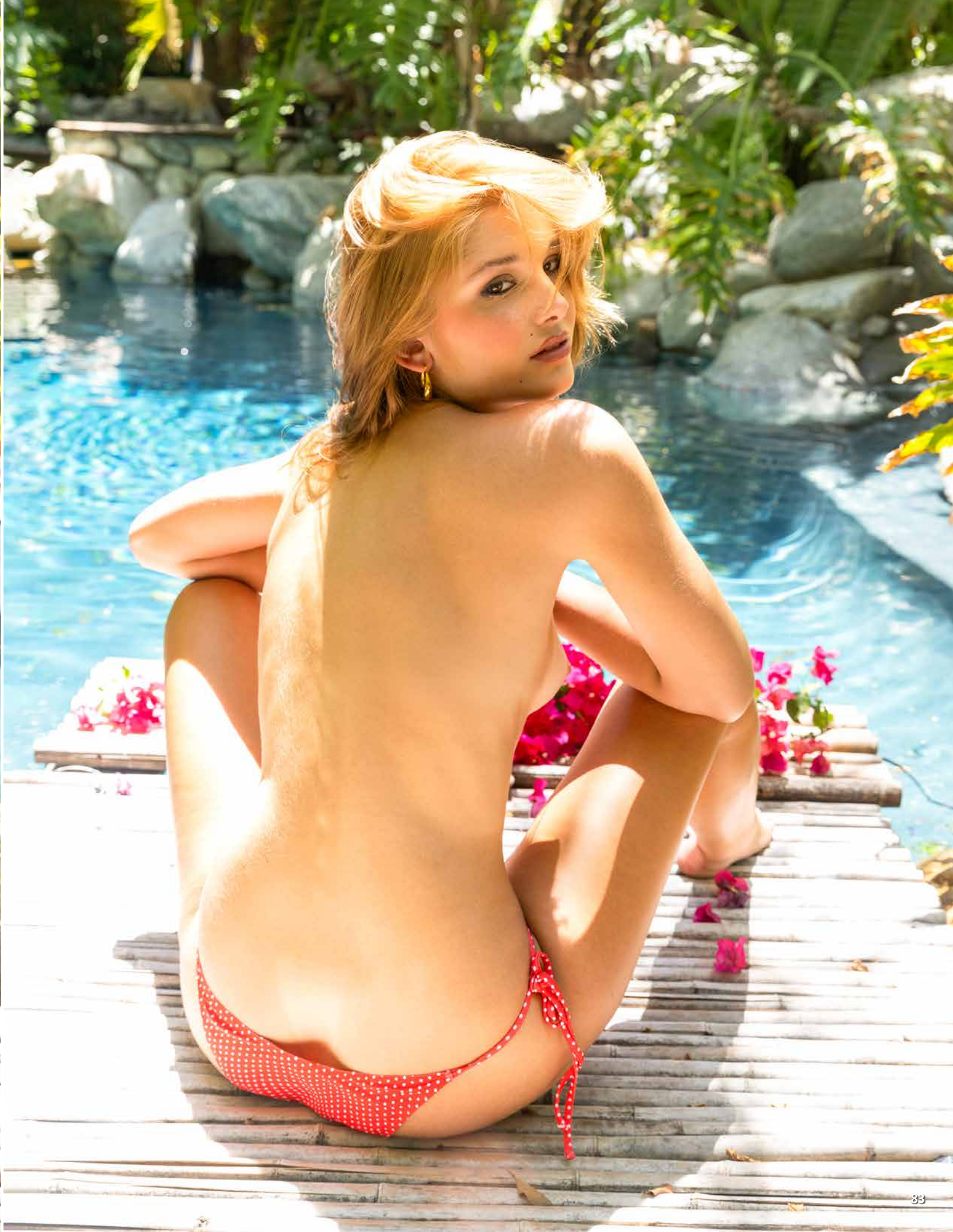






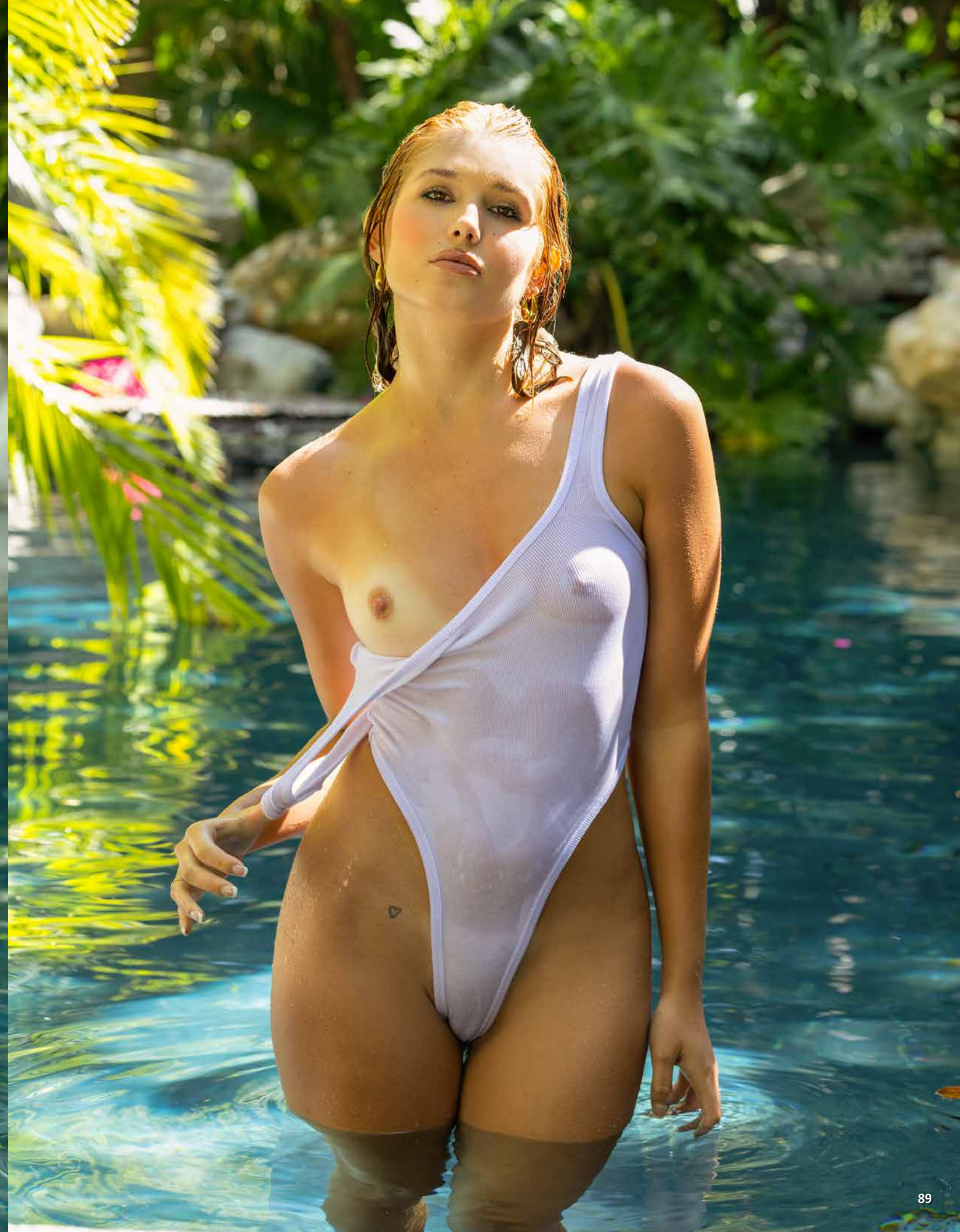






















MODERN MUSE

MARTHA
@martha_model_

Photographer
MICHAEL_ELWORLD

Location
BALI

















DANCE WITH THE DESERT

LAUREN

@shawty_got_loe

MUA/Hair

L. ROETTELE

Stylist

J. ALLAN

Location

PHOENIX, AZ



























COMING SOON ...





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