

AMETHYST

A nude woman is shown in profile, facing left, with her arms raised and hands near her head. She is standing on a dark surface. The background is a vibrant, flowing fabric in shades of orange, red, and yellow, creating a sense of movement and depth. The overall aesthetic is artistic and sensual.

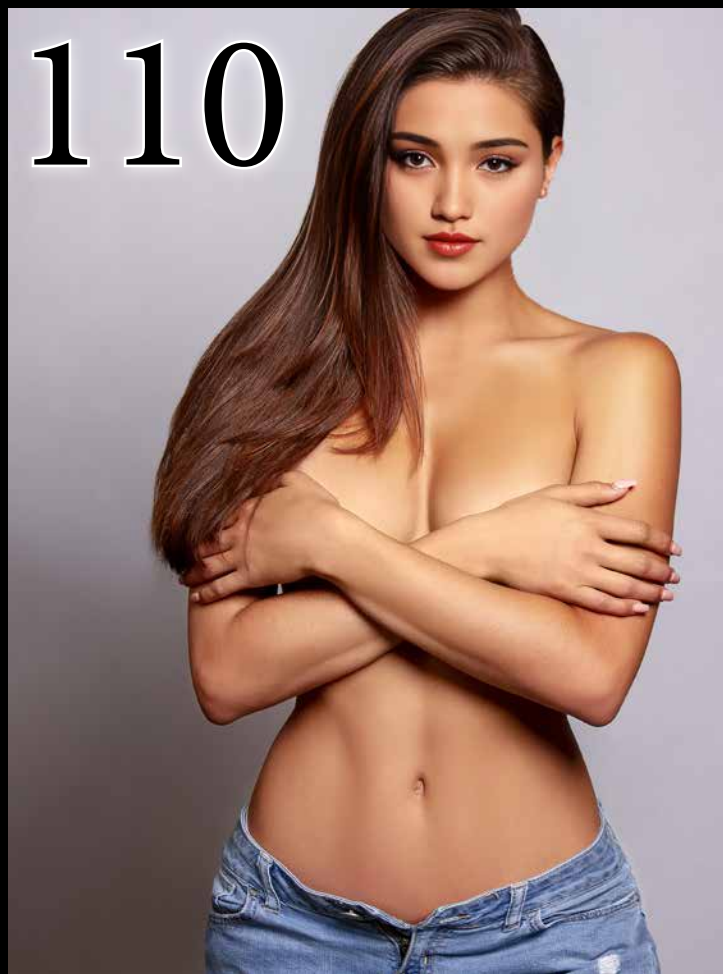
Alice
Andrea
Brooke
Jocelyn
Luci
Zoe

Glam, Grit
and Google Maps:
The Fantasy of Shooting
Boudoir in L.A

Powerful Techniques:
Instantly Calm Your
Mind and Body



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magazine
AMETHYST

July 2025 ~ Issue #20

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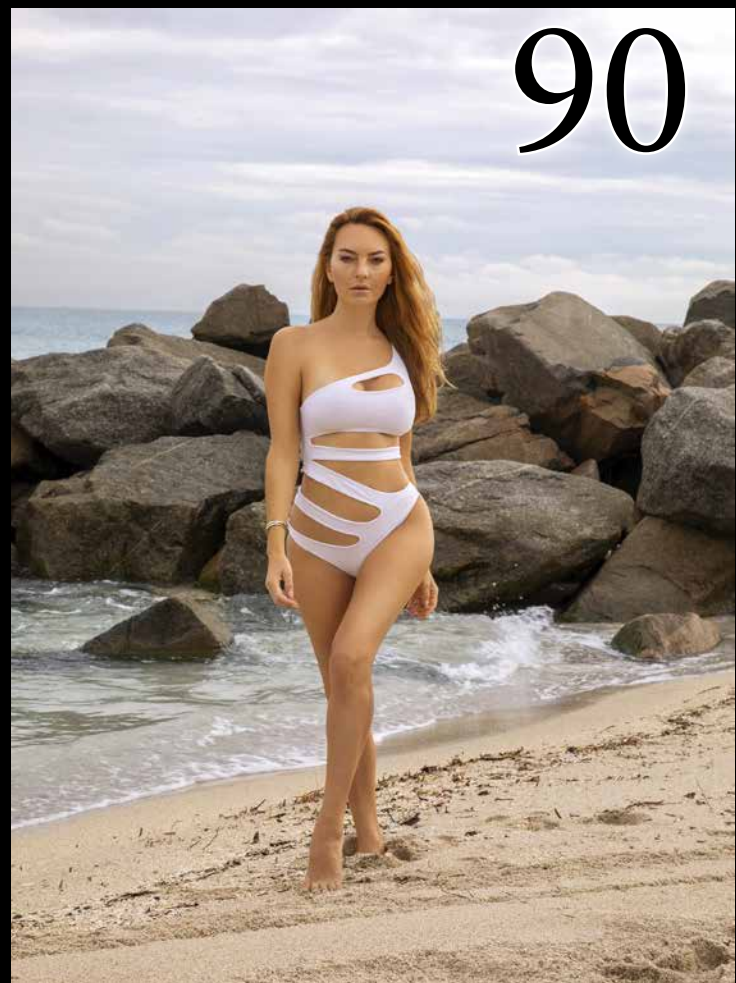
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AMETHYST

magazine

July 2025

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Luci

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FROM THE EDITOR

Issue #20 is here, and things are going great in 2025! We've been out for six issues now, and it's been a smooth transition to our monthly issue format. Now that summer is here, we're finally planning our travel adventures. And guess what? August is coming up, and it's going to be our first-ever themed issue! Summer is the theme, and it's going to be all about everything that makes summer so awesome. In the meantime, let's dive into this issue and talk about all the exciting stuff we've got in store for you.

First up, we have an editorial called "Doorway Desire." We've got our lovely model Alice back, and she's looking absolutely stunning in a cute white top and panties. The lighting is simple and natural, coming from the window in front and back of her.

Next, we have "La Donna" with the amazing Spanish model Andrea. This editorial was shot in Barcelona at an old house on the outskirts of town. The lighting is all natural, both inside and on the grounds. Andrea has been in the magazine before, and we're thrilled to have her back. We've got plans to have her appear again soon!

Our new model Brooke is next in "Hot July Muse." We shot this at a fantastic backyard with a pool and jacuzzi in the city. You might recognize this location because it's been featured in our magazine before. We shot this on the same day, but it's a completely different editorial.

Now, let's talk about two articles. The first one is "Glam, Grit, and Google Maps: The Fantasy of Shooting Boudoir in L.A." This is a photographer's perspective on setting up a great boudoir shoot. "Powerful Techniques to Instantly Calm Your Mind and Body." is the next. We've got some great tips and tricks to help you stay calm and relaxed.

Luci is next in "Bodyscape." We shot this at a studio downtown with a huge video screen. I played photos to her from my laptop and added some dramatic lighting to the foreground and Luci. It was an experiment that turned out to be really successful. Luci is always a natural in front of the camera, and her poses and movements played a big part in this experiment working so well.

And finally, we have our returning favorite Jocelyn in "Coastal Siren." We shot this in Miami the last time I was there. It wasn't the most beautiful day, but we made the best of it, and thankfully, Photoshop helped a bit. We'll be shooting with her again soon!

Zoe, a new addition to our team, is next up with her latest project, 'Forever in Blue.' The video was shot in a studio setting, with Zoe rocking a stylish outfit of jeans and a jeans jacket. Originally from Japan, Zoe made her home in San Diego a few years back. We're excited to share more of her work with you in the coming months.

Cheers,
Jeff Gottlieb (Editor-In-Chief)



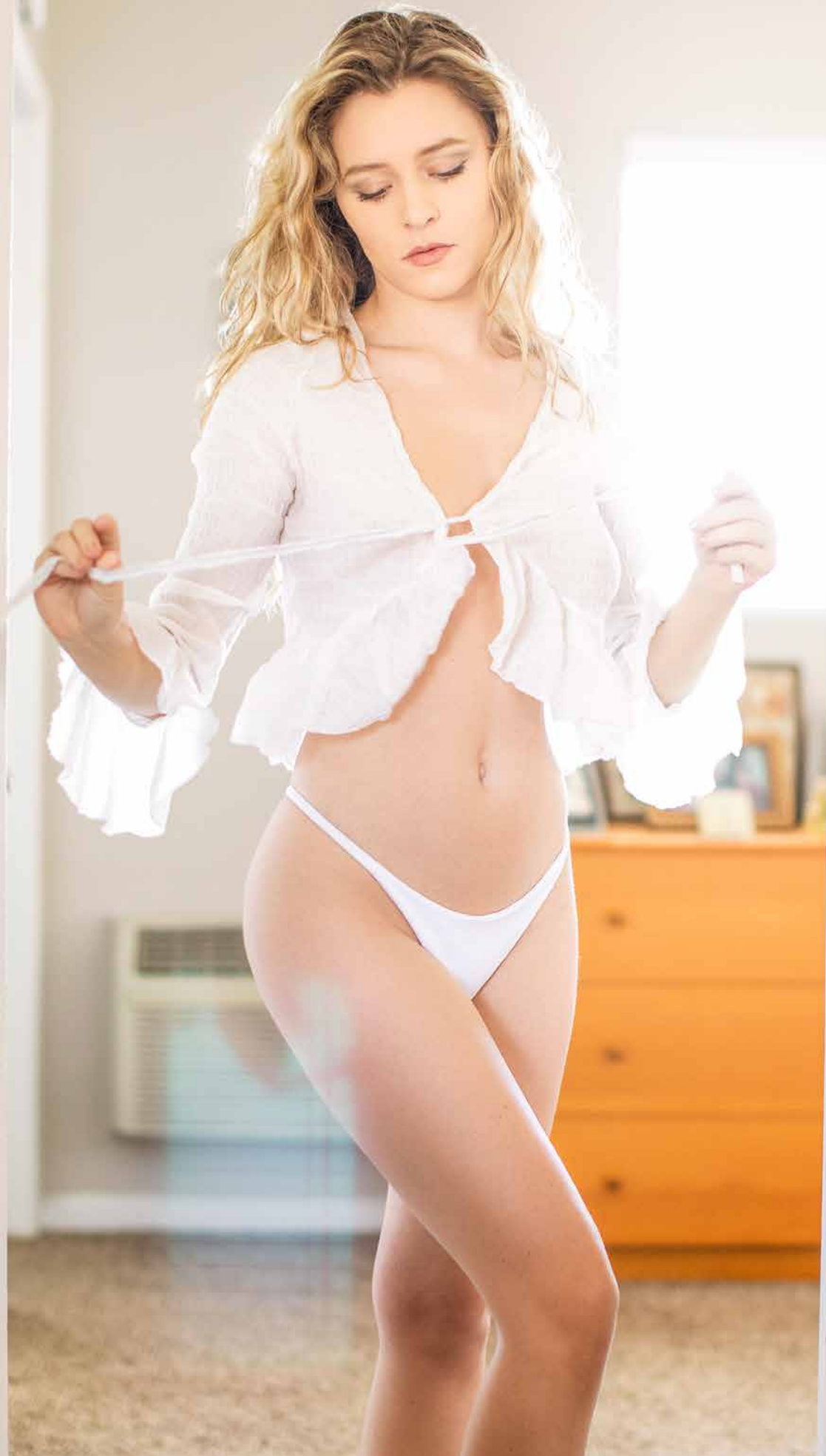
DOORWAY DESIRE

ALICE
@alicetakeover

HMUA
A.ANTOINETTE
Stylist
J.ALLAN

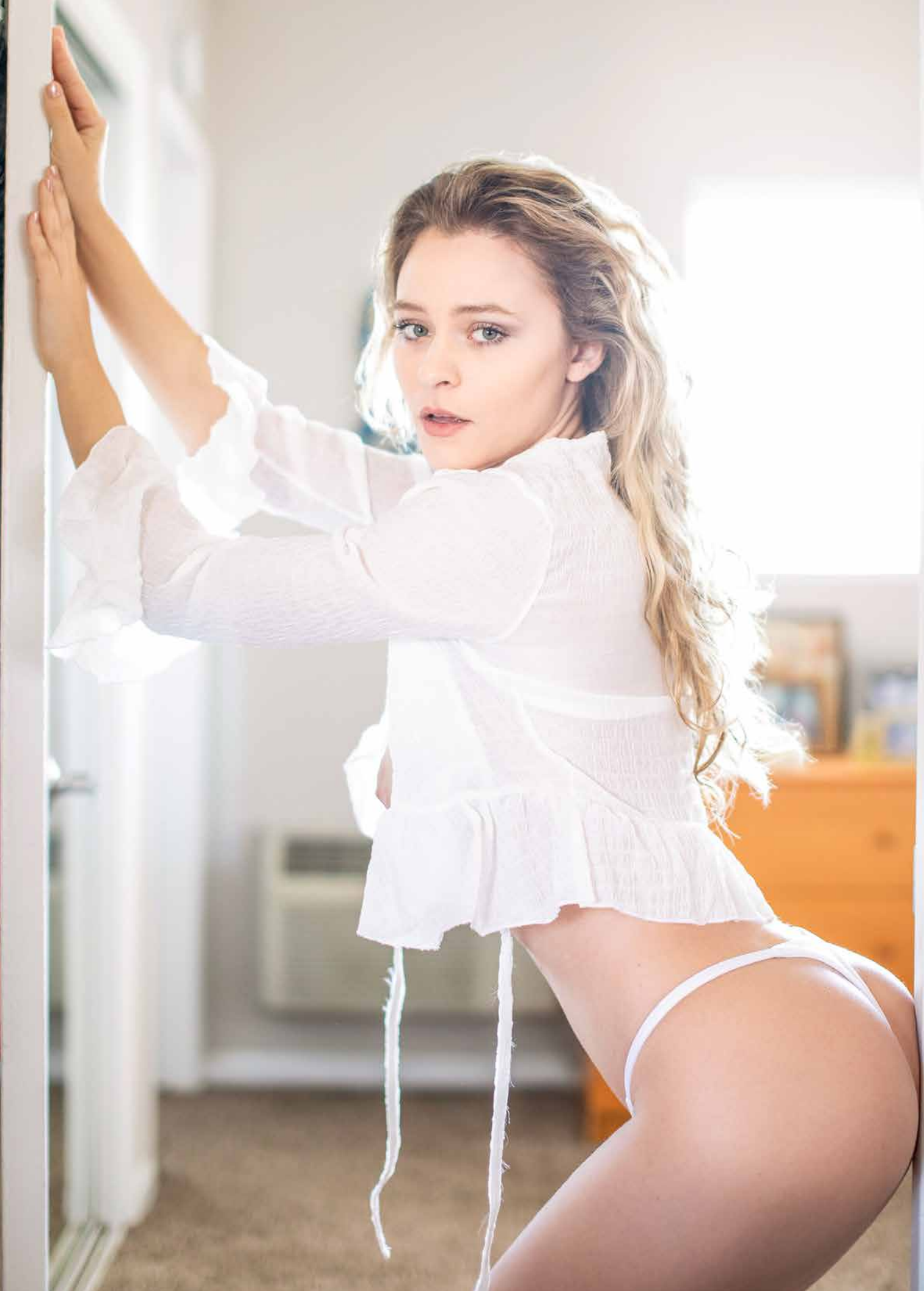
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LOS ANGELES, CA

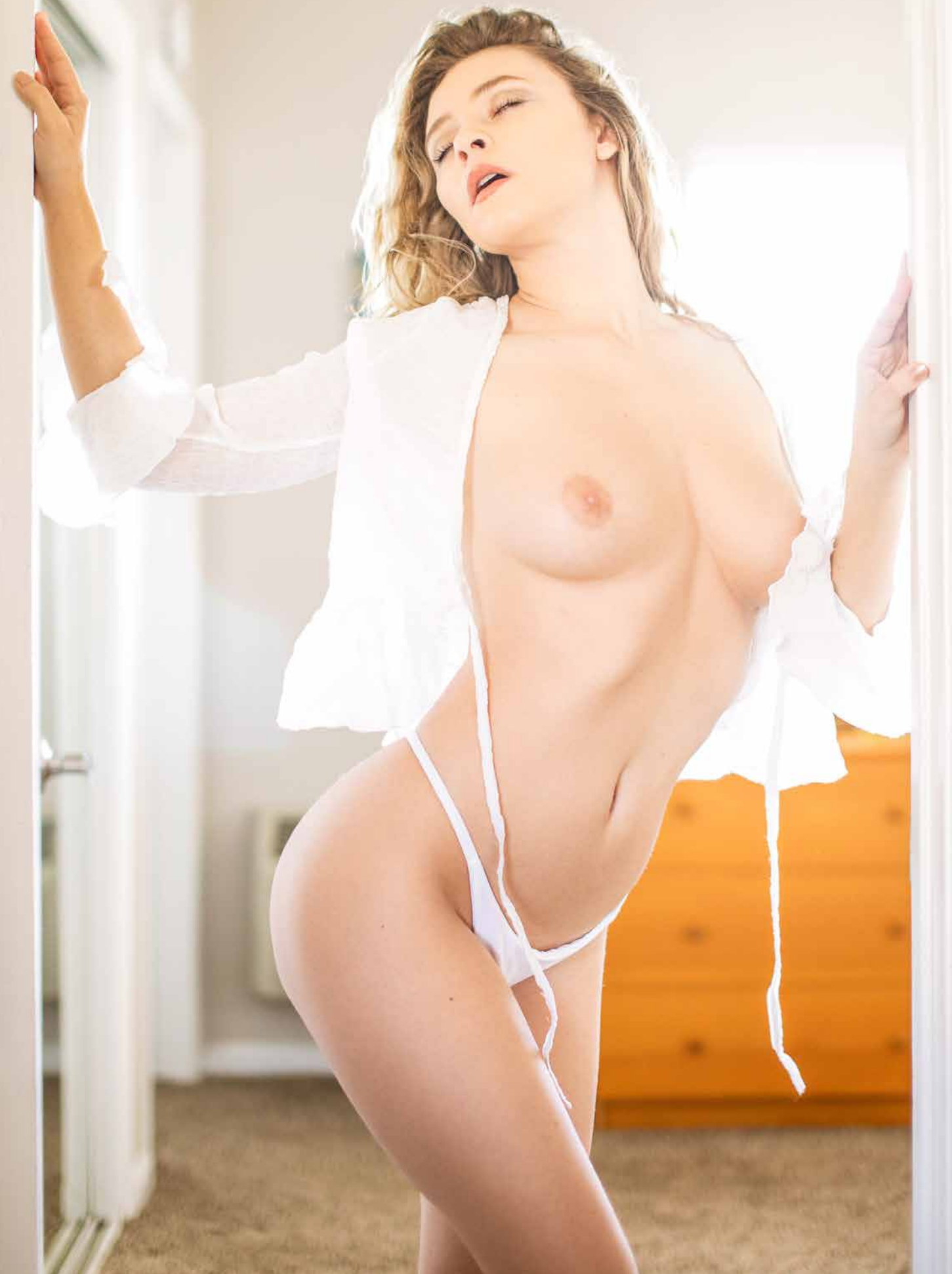




















LA DONNA

ANDREA

@andreagomez_n

Photographer

CHRISTOPH SPECK

@CHRISTOPHSPECK

MUA

A.GOMEZ

Location

BARCAELONA























HOT JULY MUSE

BROOKE.
@neverhadacare

MUA
B.LORRAINE

Stylist
J.ALLAN

Asst.
MANDY

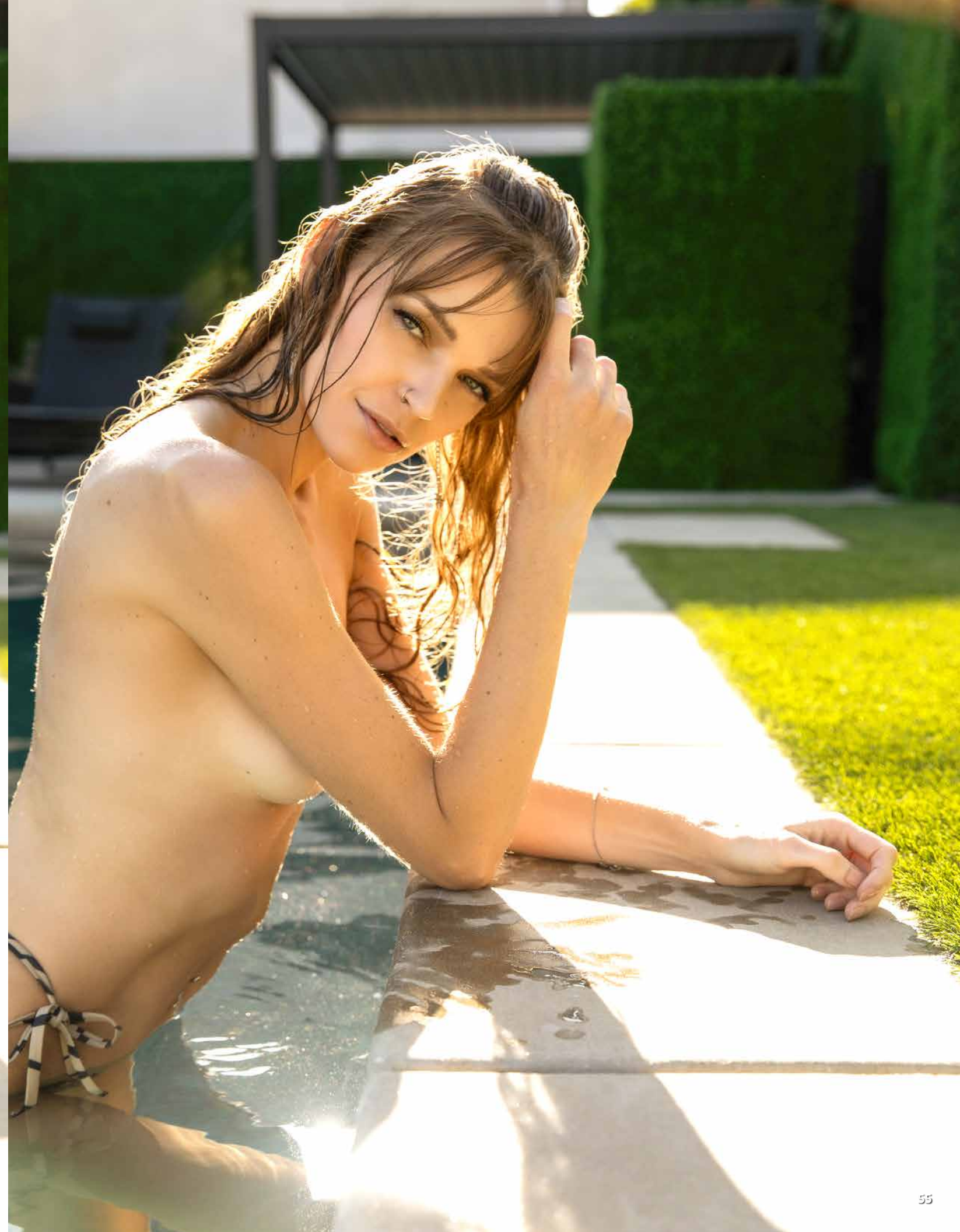
Location
LOS ANGELES, CA





















Glam, Grit, & Google Maps: The Fantasy of Shooting Boudoir in L.A

Let me tell you about the glamorous world of shooting boudoir in Los Angeles.

It starts, like all good L.A. stories, with a lie. The lie goes: “This will be simple.” You just need the perfect location. Easy, right?

A stylish little hideaway in the hills. Big windows. Velvet couch. Sheer curtains that glow like backlit secrets. You fire up Airbnb and fall into the abyss.

Four hours later, you’ve seen 97 units that look like divorce apartments, a converted shipping container with a “zen garden,” and one listing that claims to be “inspired by Kubrick” but looks like a dentist’s office.

Then—finally—you find it. Natural light. Clean design. Actual furniture that doesn’t fold.

You message the host: “Hi there! I’m a photographer working on a small creative shoot.” You leave out the word boudoir—people still confuse it with bachelor party chaos.

The host replies: “No parties?” You reply: “Definitely not.” They say: “Ok.” You book. It’s non-refundable. Of course.

Location Scouting: Just a Casual 60-Minute Round Trip

You drive out to scout the place in person, because you’ve been fooled before by clever lenses and wide-angle lies. You get there. The view is amazing. The house is... almost perfect. The tub doesn’t work. The couch is shedding. The wall art says Live, Laugh, Love in four languages.

But the light? The light is money. You take 200 test shots of empty corners. You mentally rip the furniture out and replace it with your vision. You leave thinking, “Yeah, we can work with this.”

Now You Need Her

You’re looking for someone who fits the space—visually and energetically. Not just hot. Right. You start scrolling. Instagram. Casting platforms. You DM five maybe’s, three no’s, and one definite yes who ghosts you.

Then you find her.

She’s got elegance, edge, and presence. The kind of model who knows how to hold silence in a shot. You reach out. You share the concept, the location, the vibe.

She’s in. You negotiate rates. Set the date. Confirm hair and makeup. Everyone’s locked.

You are, for one fleeting second, ahead of schedule.

You’re Also the Stylist, Obviously.

There is no stylist. There is only you and the pile of lingerie in your living room. You build the looks to match the space: Dramatic robe for the windows. Tight black set for the hallway mirror. Nothing but a bedsheet for the floor.

You pack it all. Then repack it. Then add four more “just in case” pieces. And nipple covers. Always nipple covers.

Shoot Day: Where Glamour Gets Sweaty

You arrive early. The host forgot the key code. You call. They’re “almost there.”

Glam, Grit, & Google Maps: The Fantasy of Shooting Boudoir in L.A (con’t)

You break in through a side door with the grace of a tired raccoon. It’s warm. The AC sounds like a dying fan. You light candles for mood—and distraction.

Hair and makeup arrive. The model arrives. Everyone looks like they belong in a music video. And you? You’re the photographer. Stylist. Creative director. Playlist curator. Emergency lighting technician.

When It Works, It Works

Halfway through the shoot, it hits. She turns. The curtain catches wind. Her robe falls just so. The light flares across her collarbone.

You shoot. You check the frame. Perfect. No words. You just turn the camera to show her. She grins. You both know.

Final Hustle Before Checkout

Time’s running out. The host is texting. You’re still mid-look five. You skip wardrobe changes and start rapid-fire shooting.

Wide. Tight. Detail. Mood. Floor. Couch. Mirror. You shoot like it’s a montage in a film about your cooler self.

And just like that—it’s done.

Everyone says goodbye, glowy and flushed. You pack fast. You leave no feathers or lashes behind. You sit on the velvet couch for one final moment of silence. You did it.

Now the real work begins.

Time to edit.

Powerful Techniques to Instantly Calm Your Mind and Body

If your heart races before a meeting or your mind won't stop spinning after work, you're not alone. Stress doesn't always make itself obvious - it often slips in quietly, tightening your chest, clouding your focus, and making the day feel heavier than it should.

In those moments, you need something that works - right away. The techniques below offer instant stress relief while also helping you build long-term emotional resilience. Each one taps into the powerful mind-body connection to help you feel more grounded, focused, and in control when it matters most.

1. *The 4-7-8 Breathing Reset*

This simple breathing technique helps short-circuit your stress response by activating the parasympathetic nervous system - the part of your body that signals it's safe to relax.

Breathe in through your nose for four seconds, hold your breath for seven seconds, then breathe out slowly through your mouth for eight seconds. Repeat this cycle four times. That long, steady exhale tells your body to slow down, easing your heart rate and releasing tension almost immediately.

Use this technique before a tough conversation, in heavy traffic, or when your mind won't settle at night. It's one of the most effective breathing techniques for anxiety and nervous system regulation, offering instant calm in high-pressure moments.

2. *The 5-4-3-2-1 Grounding Technique*

When you feel anxious, your mind often jumps ahead to future worries. This simple grounding technique brings you back to the present by engaging your five senses - helping interrupt spiraling thoughts before they take over.

*Name five things you can see.

*Identify four things you can touch.

*Listen for three things you can hear.

*Notice two things you can smell.

*Acknowledge one thing you can taste.

You can do this quick sensory scan anywhere - from a noisy office to a quiet outdoor space. It gently shifts your focus back to the here and now, helping you calm down fast.

3. *Cognitive Reframing*

Stress often gets its strength from the story you're telling yourself. Cognitive reframing lets you pause, question your thoughts, and choose a more helpful or balanced view.

When you're feeling stressed, try asking yourself:

*"What's another way to look at this situation?"

*"What advice would I give a good friend in this exact position?"

*"What part of this situation can I change or take action on?"

Powerful Techniques to Instantly Calm Your Mind and Body (con't)

4. *Progressive Muscle Relaxation*

Stress often shows up in your body before you even notice it - tight shoulders, clenched jaw, stiff neck, or restless hands. Progressive Muscle Relaxation (PMR) helps you release that hidden tension by actively engaging and relaxing each muscle group.

Start at the top of your head. Tense your forehead muscles for five seconds, then let go. Do the same with your jaw, shoulders, and arms - slowly work your way down to your toes. Breathe in when you tighten a muscle and breathe out when you release the tension.

This quick PMR routine is easy to do at your desk, during a short break, or even in your car - when you're not driving. It strengthens the connection between your mind and body, and can help you release tension more quickly in the future.

5. *The Body Scan*

Sometimes the first signs of stress appear in your body - maybe you notice a tightening in your neck, shallow breathing, or a constricted feeling in your chest - long before your mind even registers what's happening. A quick body scan helps you catch those early signals before they really build up.

When it's safe to do so, close your eyes and bring your attention to each part of your body, moving from head to toe. Notice any tension or discomfort you feel. Ask yourself: "What physical tension am I feeling right now, and exactly where is it?"

Once you've identified where you're holding stress, take three slow breaths and consciously try to soften that area. If your shoulders are tight, let them drop. If your jaw is tense, gently release it. This small act of awareness and release can really stop stress from escalating.

Your Path to Lasting Calm: Making These Techniques Your Own

Each technique above offers quick relief - but it's consistency that turns them into powerful habits. Whether it's one minute of focused breathing or a body scan between tasks, small, steady actions lead to real, lasting change.

Pick one technique to start with today. Try it during your morning routine, your lunch break, or as part of your wind-down ritual at night. These simple self-care techniques aren't just coping tools - they're daily acts of self-care and a meaningful step toward better mental health.

Finding calm isn't a luxury - it's a skill you can practice, strengthen, and carry with you wherever you go.



BODYSCAPE

LUCI.
@lucislane

MUA
L.LANE

Stylist
J.ALLAN

Location
LOS ANGELES, CA





















COASTAL SIREN

JOCELYN
@jocelynbinder

MUA
J.BINDER

Stylist
J.ALLAN

Location
MIAMI, FL







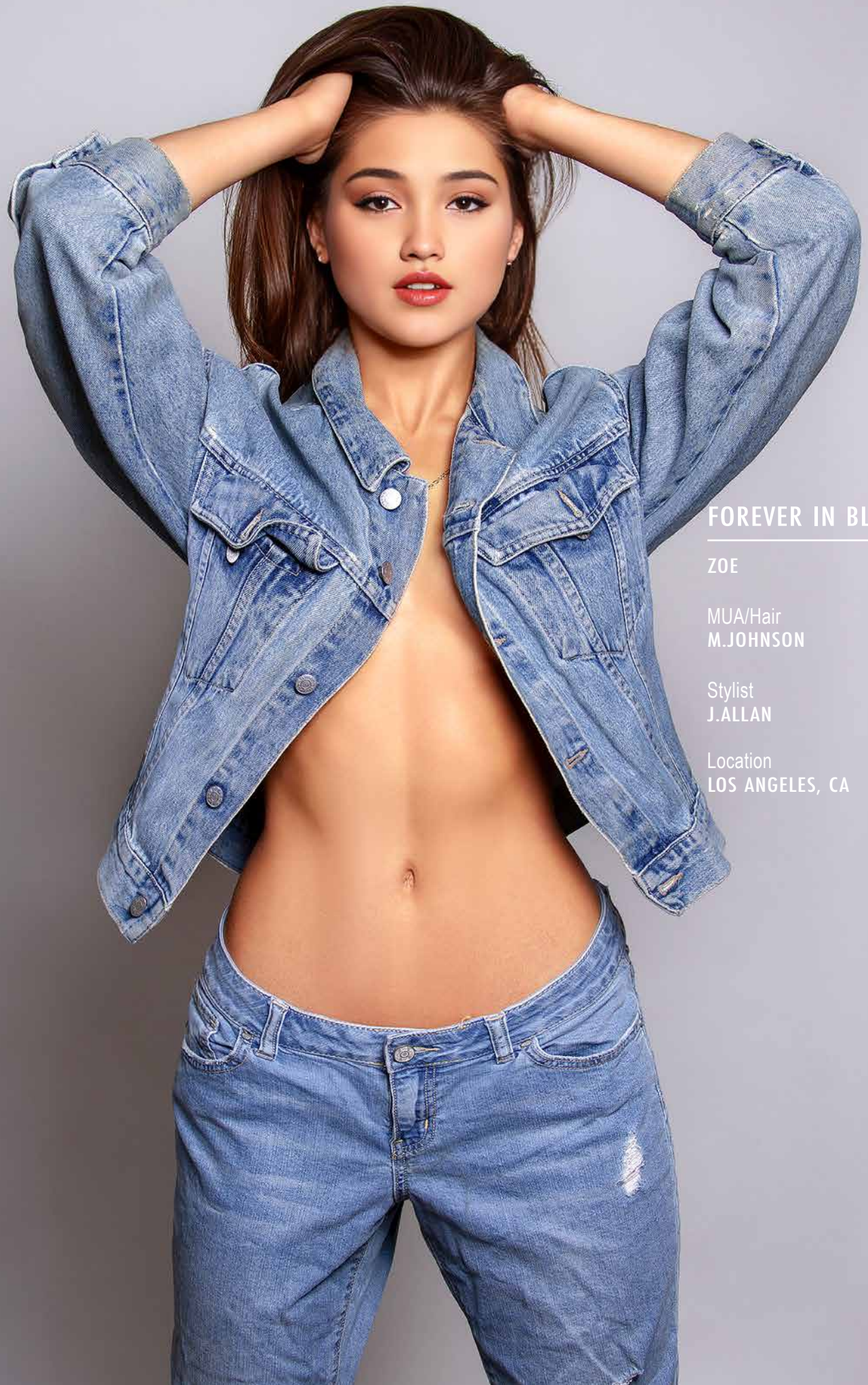












FOREVER IN BLUE

ZOE

MUA/Hair
M.JOHNSON

Stylist
J.ALLAN

Location
LOS ANGELES, CA













COMING SOON ...





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