

# AMETHYST

LEXI

Not Another Article About  
Your Online Dating Profile

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Prebiotics vs. Probiotics-  
What Your Gut Really Needs

Akira | BiancaH | Indi | Katherine | Nicci | Victoria



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magazine  
**AMETHYST**

April 2026 ~ Issue #29

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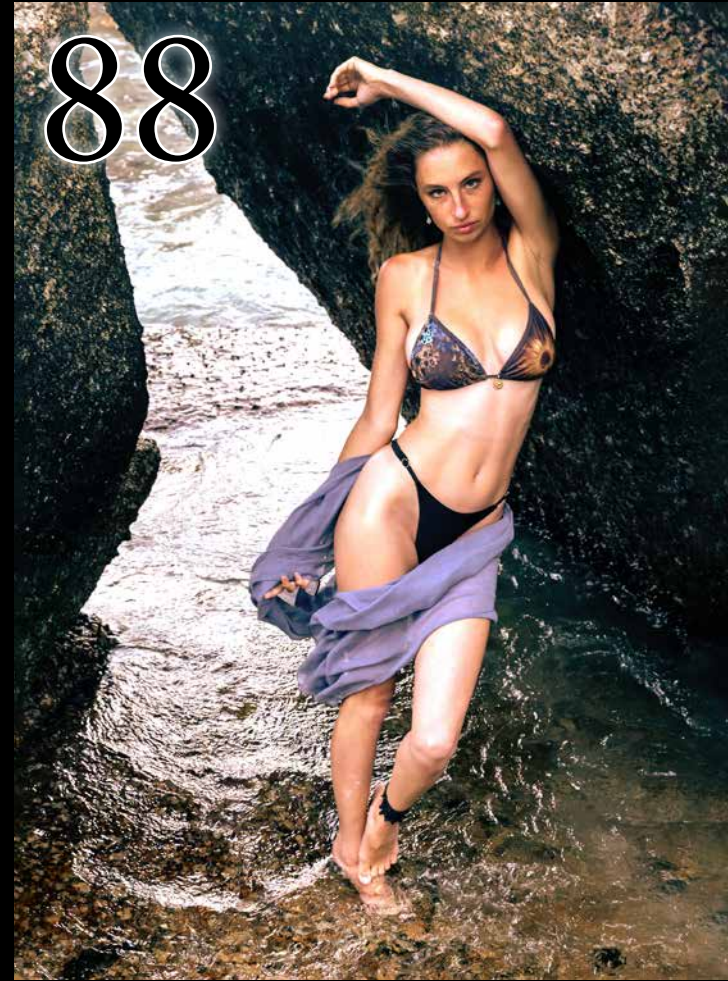
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# AMETHYST

magazine

April 2026

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**ON THE COVER**

Lexi

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## FROM THE EDITOR

Hi everyone, and welcome to Issue#29! Let's explore what's inside.

First up, we have an editorial called "Still, Sensual," featuring our returning model, BiancaH. The shoot was set in a mini Playboy grotto-style pool with a waterfall and slide. It was unheated, but BiancaH was a trooper and got wet anyway, all for the shoot. She looked lovely in a dress blouse and fun t-shirt.

Next, we have "Dream Girl" with Katherine. Photographer Luca De Nardo captured her in a little apartment with natural light. Katherine is becoming a favorite as she is so soft with her posing style.

Then, we have "Golden Girl" featuring Indi. This was shot at a pool location from an earlier editorial with Indi. This time, all in Honey Bridgette lingerie. I thought the pool setting looked like something you'd see in Greece.

Now, let's get into our articles for this issue—two of them this time. "Not Another Article About Your Online Dating Profile" is all about dating profiles and how they are created, but with a light, cute tone to it. Next is "Prebiotics vs. Probiotics- What Your Gut Really Needs," which is a brief education on prebiotics and probiotics, what they are and how to use them effectively.

Now, we've got "Hot Shot" with Nicci. Photographer Joakim Karlsson captured her in Prague. This energetic studio shoot is both fun and sexy with the model in colorful workout clothes. For the simple location, Joakim stuck with natural light and let Nicci shine.

After that, we have Victoria in "Sugar in Shadow," photographed by Ross in Austin, TX. This beautifully lit studio shoot is both fun and sexy, with the model mostly in silhouette and a touch of light on her body.

Next, we see Akira in "Wood and Light." Shot in a studio with richly brown wood walls and floor, the warmth of the wood adds to the color of the natural light shining through the one window. Posing nude on a brown chair, Akira's poses are artsy in nature.

Finally, we have "Saltwater Skin" featuring newcomer Lexi. This editorial was shot by Arran Wright on a beach in Wester Cape, South Africa. The warm late sunlight, soft color of the water, and strong rocks create wonderful visuals.

Now, sit back, relax, and enjoy Issue#29!

Cheers, Jeff Gottlieb (Editor-In-Chief)

**STILL SENSUAL**

**BIANCA H**  
**@withlove\_bia**

**HMUA**  
**KELLY**  
**@violet\_hour\_glam**

**Stylist**  
**J.ALLAN**

**Location**  
**LOS ANGELES, CA**













SPRING TEASE


LIZZY

HMUA  
KELLY.  
@violet\_hour\_glam

Stylist  
J.ALLAN

Location  
AUSTIN, TX.





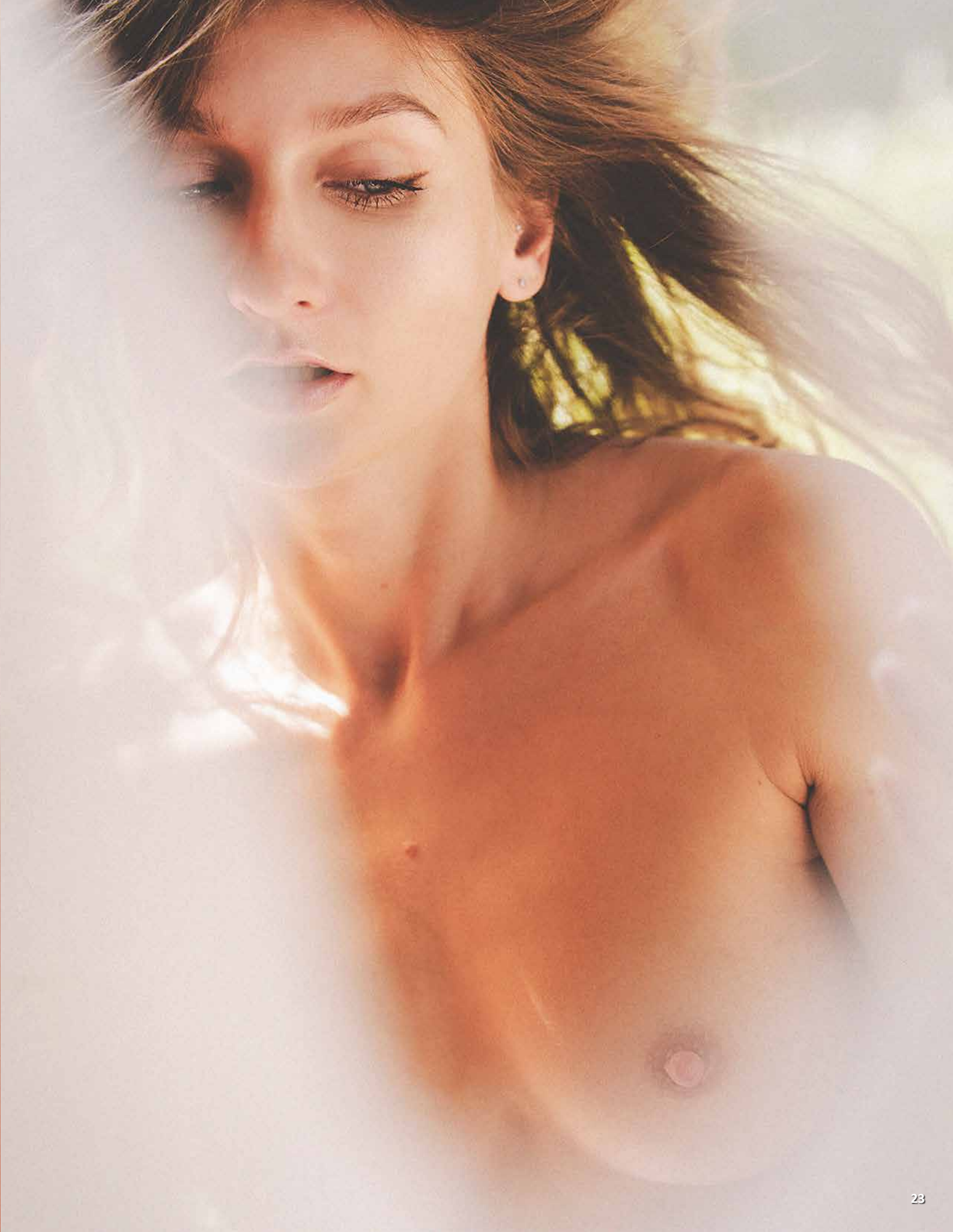
**DREAM GIRL**

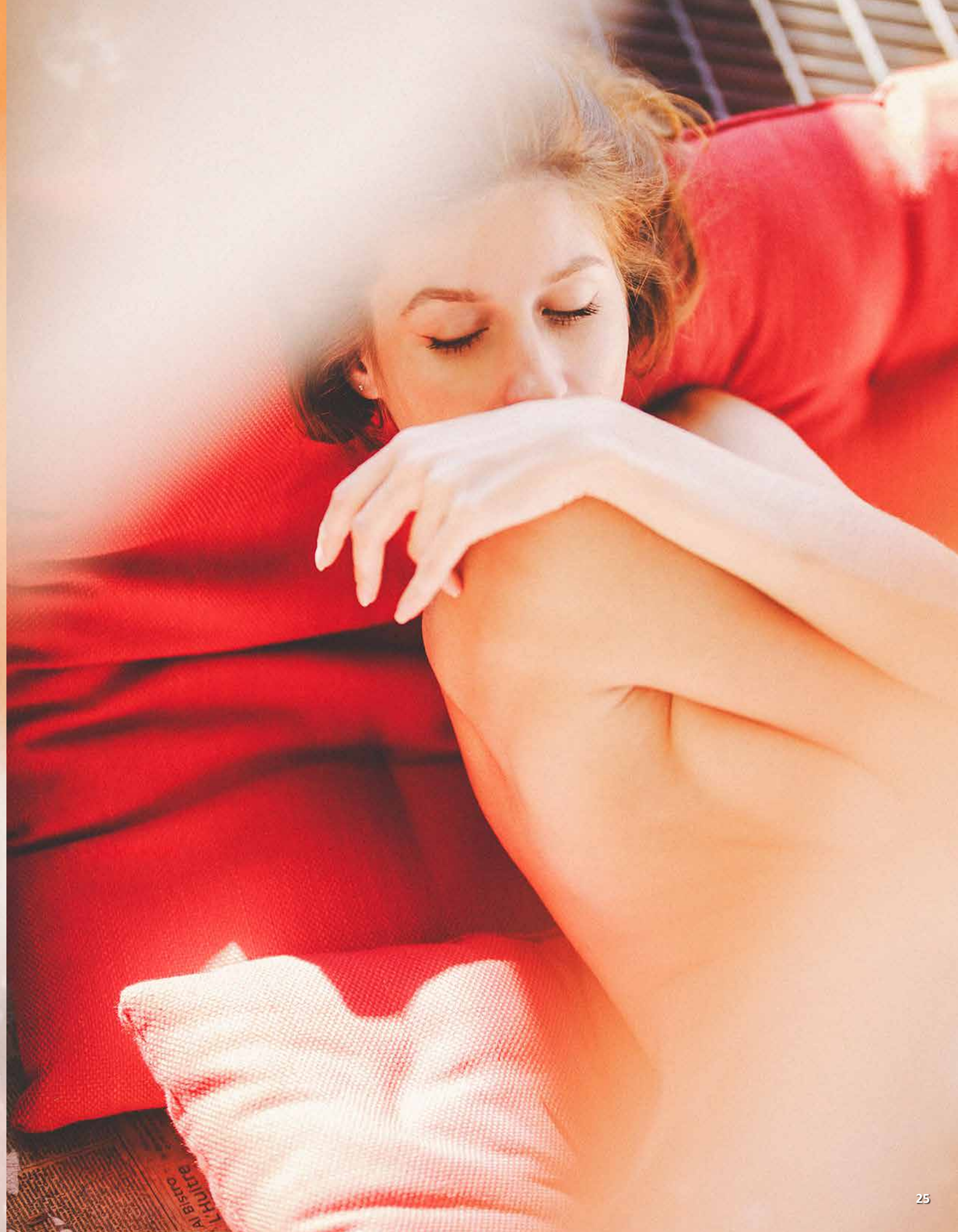
**KATHERINE**  
@kathe\_rinee\_

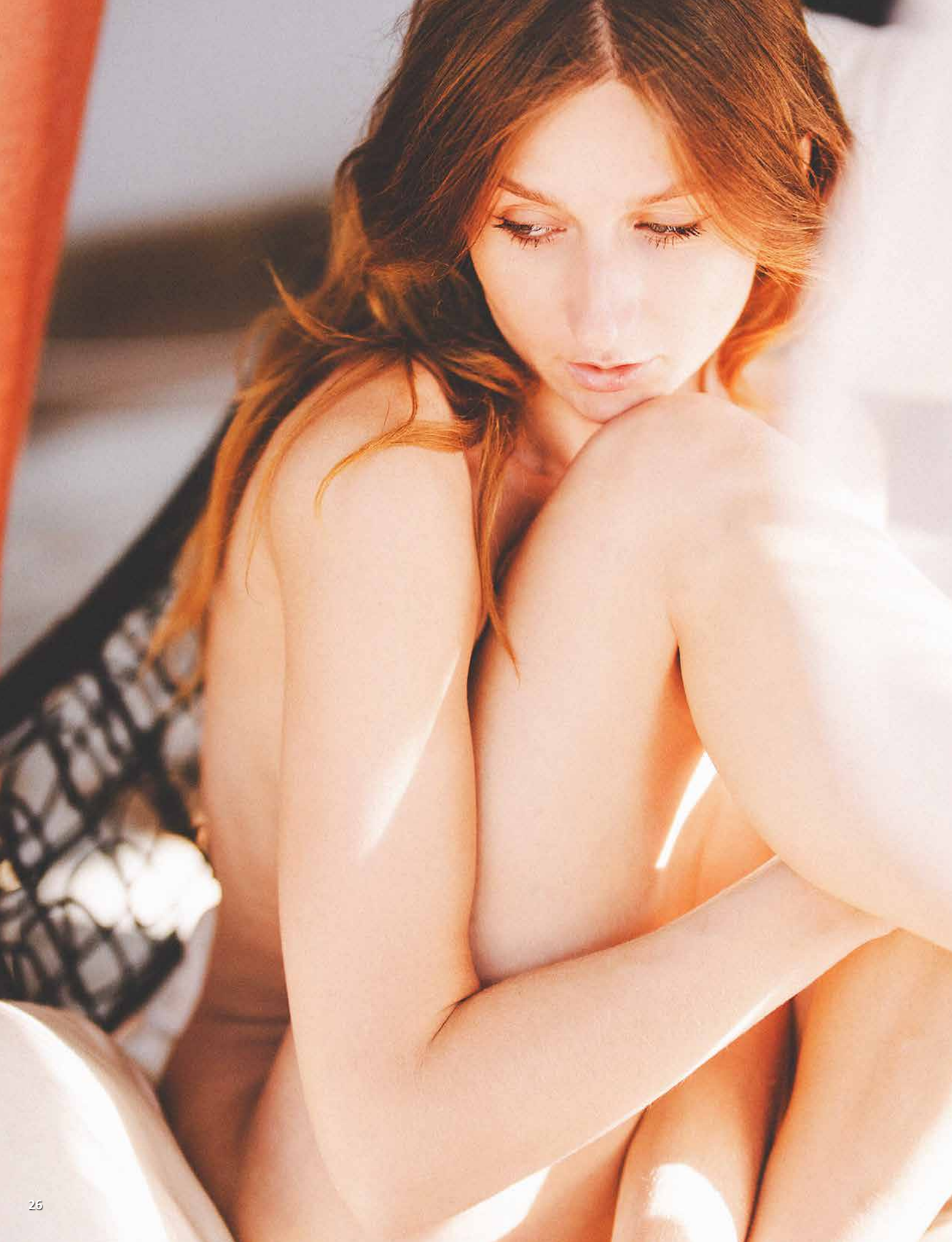
HMUA  
**MODEL**

Photographer  
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Location  
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**GOLDEN GIRL**

**INDI**  
@indi.willi

**HMUA**  
**MODEL**

Stylist  
**J.ALLAN**

Location  
**LOS ANGELES, CA**









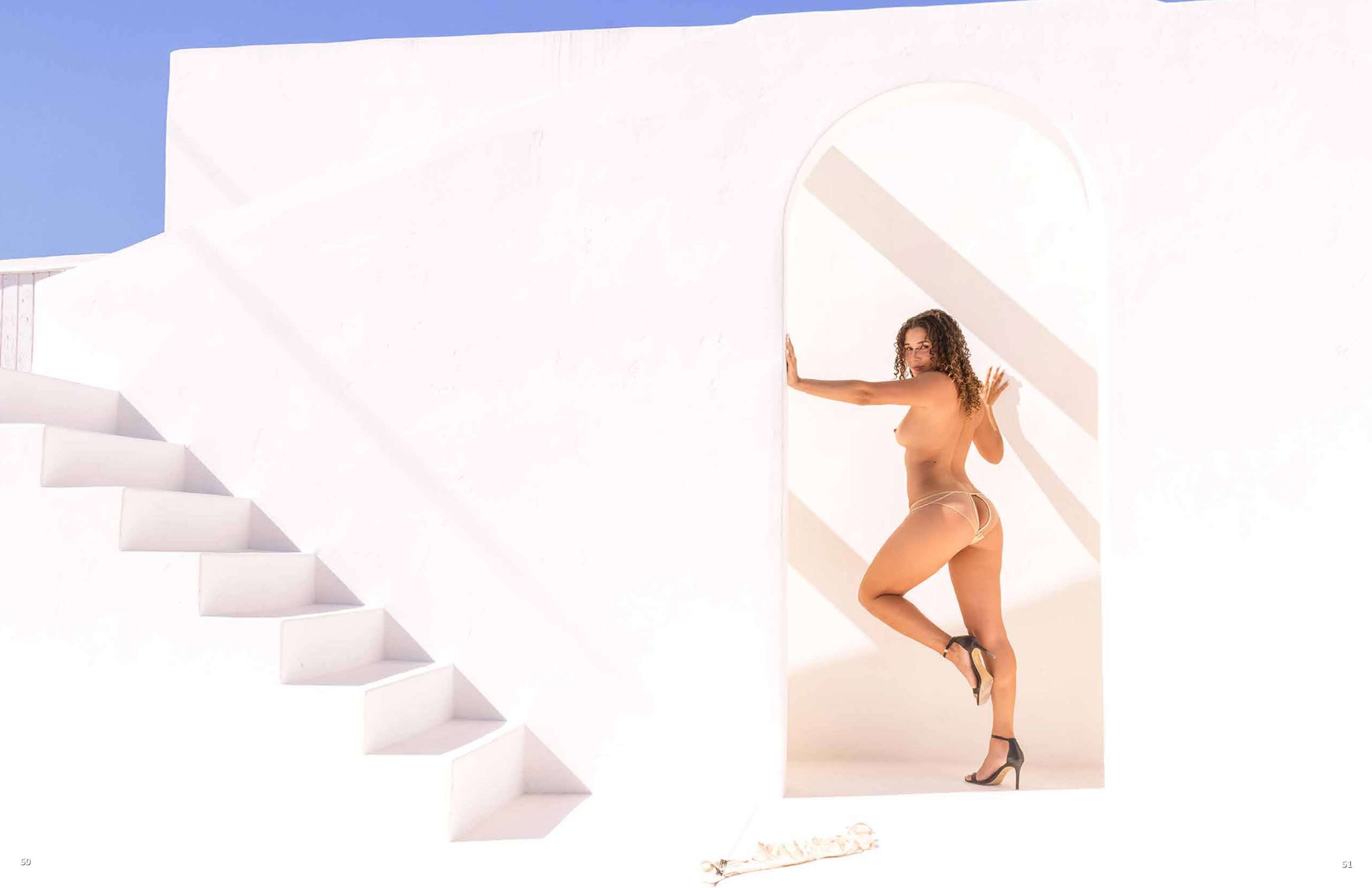












## Not Another Article About Your Online Dating Profile

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Because you've read those already — and they didn't fix the part that actually matters.

Let's start here: you already know how to make a "good" dating profile.

You've seen the advice — probably more times than you can count. Use better lighting. Choose flattering photos. Be witty but not try-hard. Show personality, but keep it broadly appealing.

At some point, it stops feeling like guidance and starts feeling like a performance.

And that's where things begin to go wrong.

Online dating has quietly evolved into something more than just a way to meet people. It's become a space where you're expected to present a version of yourself that is authentic — but also optimized. Effortless — but carefully curated. Unique — but still widely likable.

So you adjust. You edit. You refine.

And without fully realizing it, you drift toward a version of yourself that feels less like you and more like someone designed to be approved of.

### ***When Everyone Sounds the Same***

Spend enough time scrolling and the patterns become obvious.

The same phrases. The same tone. The same carefully balanced mix of humor and relatability.

"I love to travel."

"Fluent in sarcasm."

"Equally happy going out or staying in."

None of it is wrong. It's just... interchangeable.

In trying to avoid saying the "wrong" thing, people end up saying very little that's actually distinctive. Personality gets softened into something safe — and forgettable.

And that's the irony: the details that might make someone pause — your oddly specific interests, your offbeat humor, your particular way of seeing the world — are often the first things to go.

### ***The Myth of Getting It "Right"***

There's an underlying belief that if you can just perfect your profile, everything else will fall into place.

Better matches. Better conversations. Real connection.

But profiles aren't blueprints for chemistry. They're introductions — incomplete and often misleading.

You can do everything "right" and still feel like nothing is working.

Because connection isn't built on perfection. It's built on recognition.

And recognition requires something that perfection tends to erase: specificity.

### ***Why Imperfection Works Better***

A flawless profile might look impressive. But it can also feel distant — too polished, too controlled, too finished.

What draws people in is something else entirely.

## Not Another Article About Your Online Dating Profile

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A photo where you're genuinely laughing, not posing.

A line that reveals something oddly specific about you.

A tone that feels natural instead of engineered.

These small imperfections don't weaken your profile — they humanize it.

They give someone something to connect to, not just something to evaluate.

### ***A Better Question to Ask***

Instead of wondering:

"Will this appeal to the most people?"

Try asking:

"Will the right person recognize me in this?"

That shift moves you out of performance and into presence.

Yes, it may narrow your audience. But it also deepens the quality of the connections you do make.

And ultimately, that's what matters.

### ***What Happens After the Match***

Here's the part no profile advice can solve:

A great profile can get you a match.

It can't create chemistry.

It can't carry a conversation.

It can't make someone feel something real in your presence.

That comes later — in how you show up.

Are you curious? Engaged? Willing to be seen beyond the surface?

Or are you still performing, just in a different format?

Because if the profile is the introduction, the interaction is the story.

### ***The Bottom Line***

You don't need another article telling you to tweak your photos or rewrite your prompts.

You already know how to do that.

What matters more is resisting the pressure to turn yourself into something endlessly appealing — and instead allowing yourself to be something more specific, more human, and yes, a little less perfect. Because the goal isn't to attract everyone.

It's to be recognized by someone who sees you clearly — not the curated version, not the optimized version, but the real one.

It doesn't come from getting your profile right. It comes from letting it be real.

## Prebiotics vs. Probiotics: What Your Gut Really Needs

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Gut health is now a big deal in wellness! You've probably noticed the terms prebiotics and probiotics popping up everywhere—on yogurt labels and in supplement stores. They sound alike, are often mentioned together, and it's easy to mix them up.

But they're not the same thing. Knowing the difference can really help you support your digestive health.

### ***Meet Your Gut Microbiome***

Inside your digestive system, there's a huge community of bacteria called the microbiome. Some of these microbes help break down food, keep your immune system strong, and even affect your mood and energy.

Keeping this community balanced is super important, and that's where prebiotics and probiotics come in.

### ***What Are Probiotics?***

Probiotics are live, helpful bacteria. Think of them as the "good" microbes you add directly to your gut.

You can find them in fermented foods like:

Yogurt

Kefir

Sauerkraut

Kimchi

They're also available as supplements.

### **What they do:**

Probiotics help bring back and keep healthy bacteria levels, especially after things like illness, stress, or antibiotics.

### ***What Are Prebiotics?***

Prebiotics, on the other hand, aren't bacteria. They're a type of fiber that your body can't break down, but your gut bacteria can.

They act as food for the good microbes already in your system.

Common sources include:

\*Garlic

\*Onions

\*Bananas

\*Asparagus

\*Whole grains

### **What they do:**

Prebiotics are like the food for good bacteria, helping them grow strong and keep your gut happy!

## Prebiotics vs. Probiotics: What Your Gut Really Needs

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### ***So, which one should you pick?***

The important thing is, it's not about picking one over the other.

Probiotics bring in helpful bacteria.

Prebiotics give them the nutrients they need to stay put.

Without prebiotics, probiotics might not stick around, and without probiotics, you might miss out on some of the good stuff.

They're best when they work together.

### ***A balanced approach***

For most people, keeping your gut healthy doesn't need a complicated routine or expensive pills.

Start with what you eat:

Eat lots of plant foods that are high in fiber

Include fermented foods often

Stick to a routine, not just do things all at once

Supplements can be helpful sometimes, but they're not a quick fix for a balanced diet.

### ***Why it matters***

A healthy gut is more than just how well you digest food. Research shows that gut health is connected to how your body fights off germs, how you feel mentally, and even how inflamed your body is.

Knowing the difference between prebiotics and probiotics helps you move past the latest trends and make choices that really support your body.

### ***The bottom line***

Probiotics are the good bacteria.

Prebiotics are what they eat.

One brings them in, the other keeps them going.

When it comes to your gut, the real goal isn't picking between them—it's creating a place where both can work together to keep you feeling your best.

**HOT SHOT**

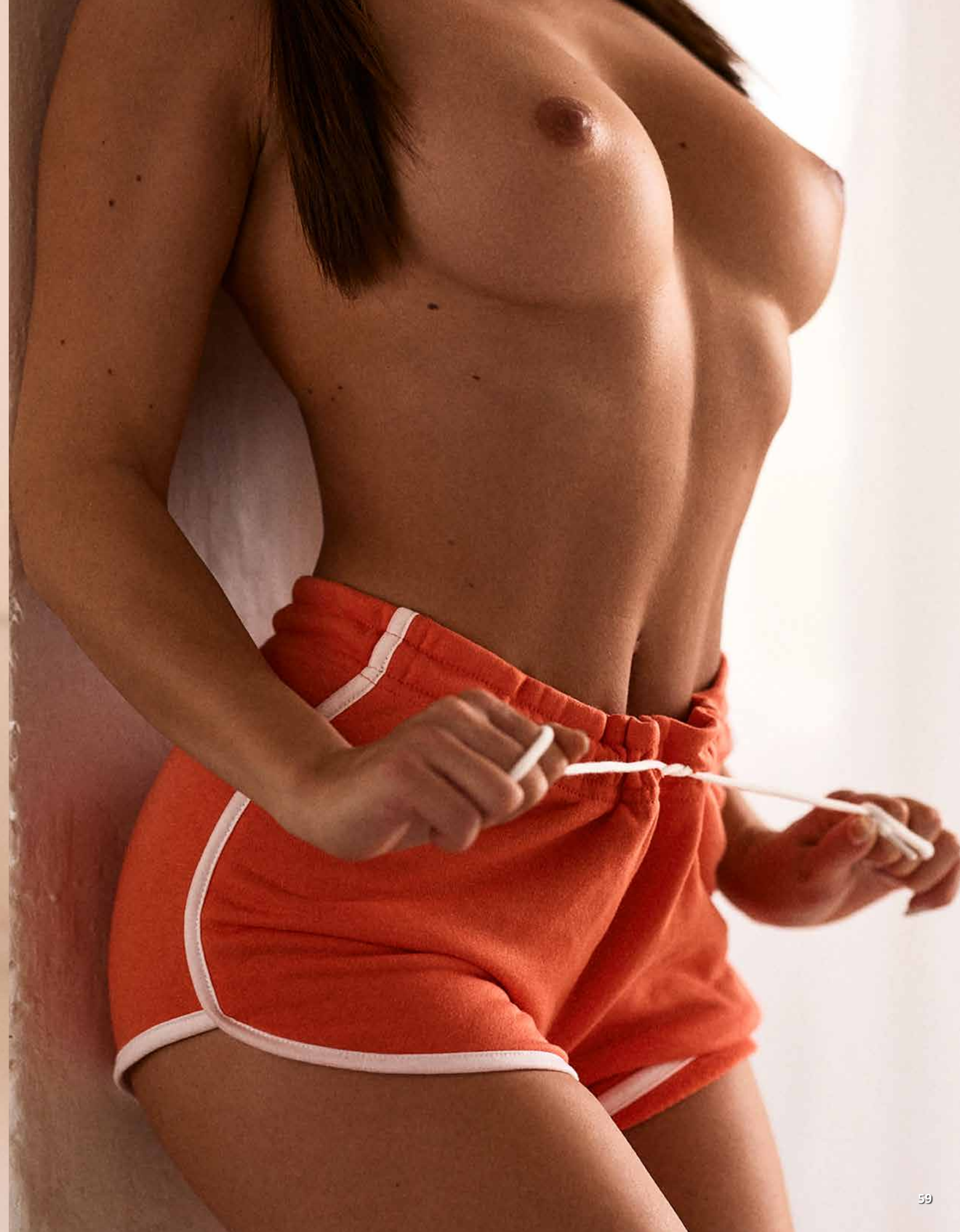
**NICCI**  
@rici.pic

HMUA  
**MODEL**

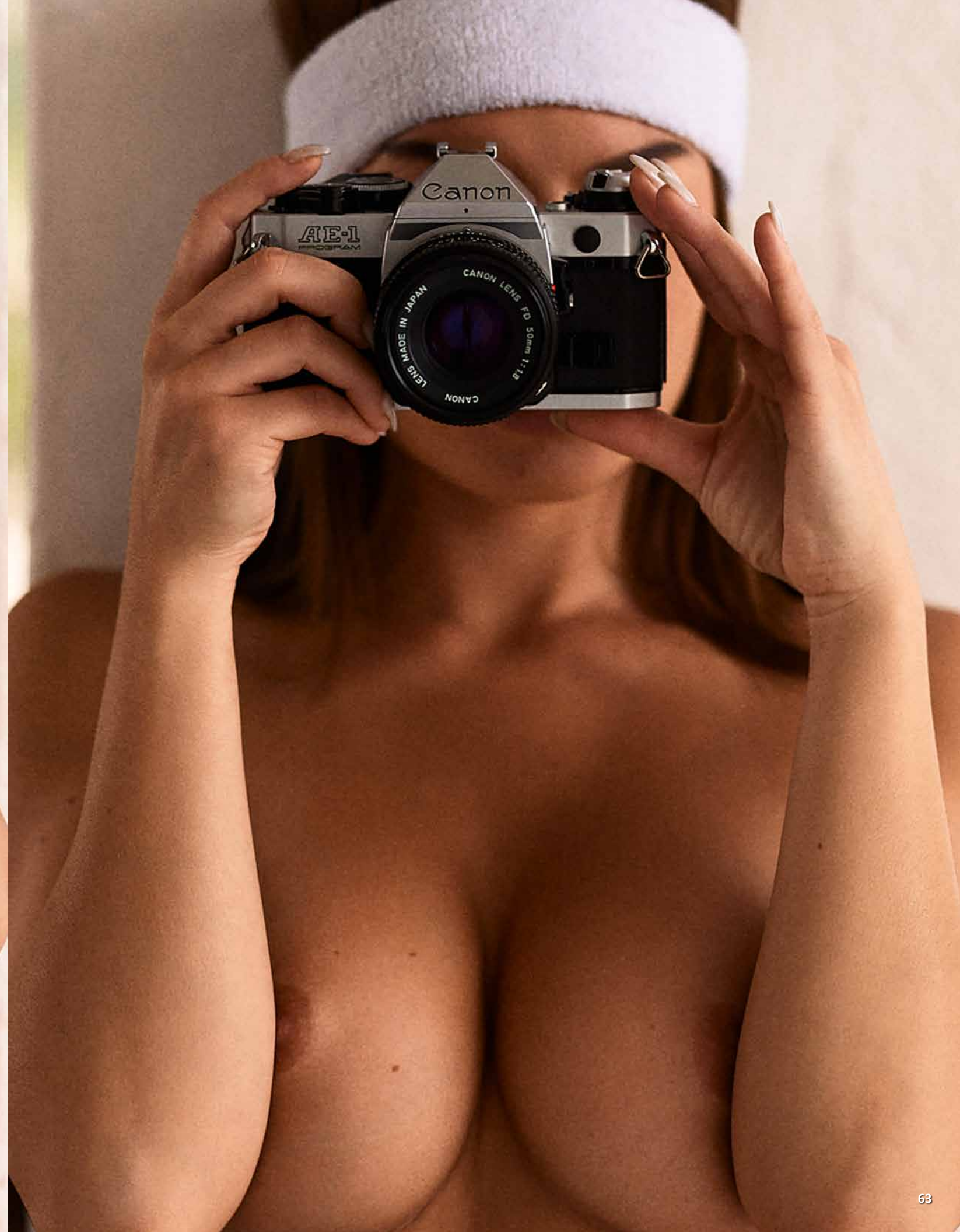
Photographer  
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Location  
Prague, Czech Republic









**SUGAR IN SHADOW**

**VICTORIA**

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**HMUA**

**MODEL**

Photographer

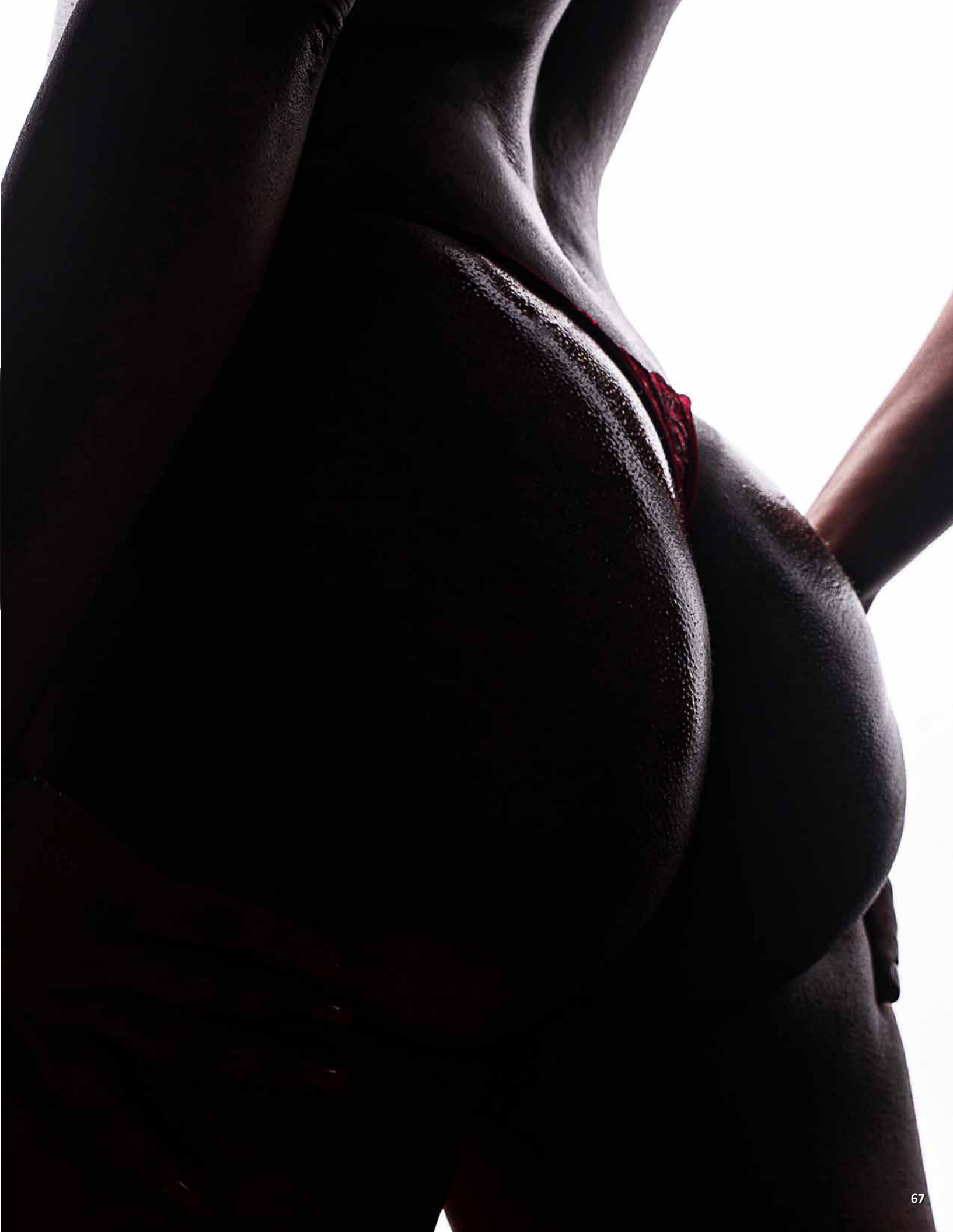
**ROSS**

@rossthephotoboss

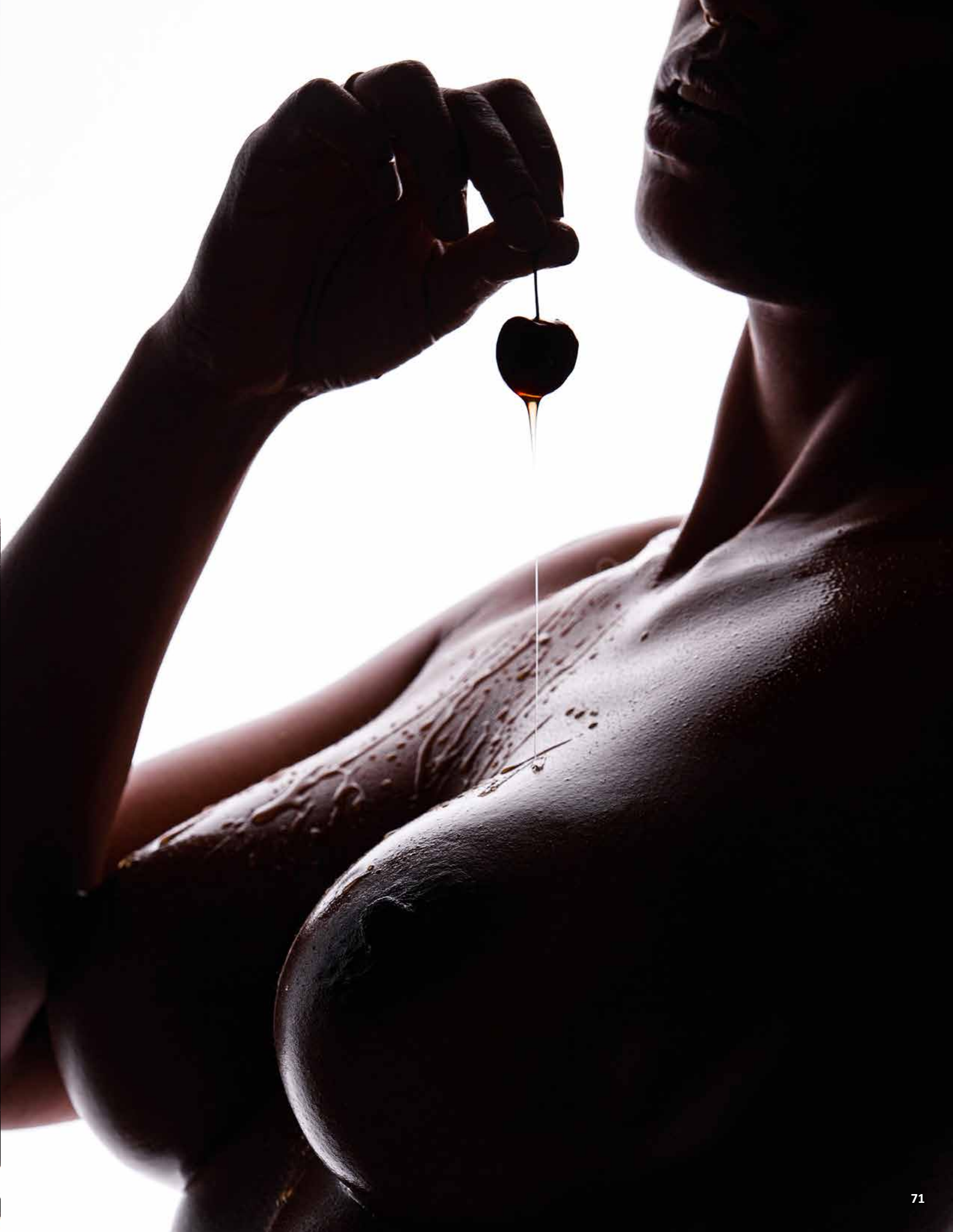
Location

**AUSTIN, TX**











WOOD AND LIGHT

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MODEL

Stylist  
J. ALLAN

Location  
LOS ANGELES, CA.





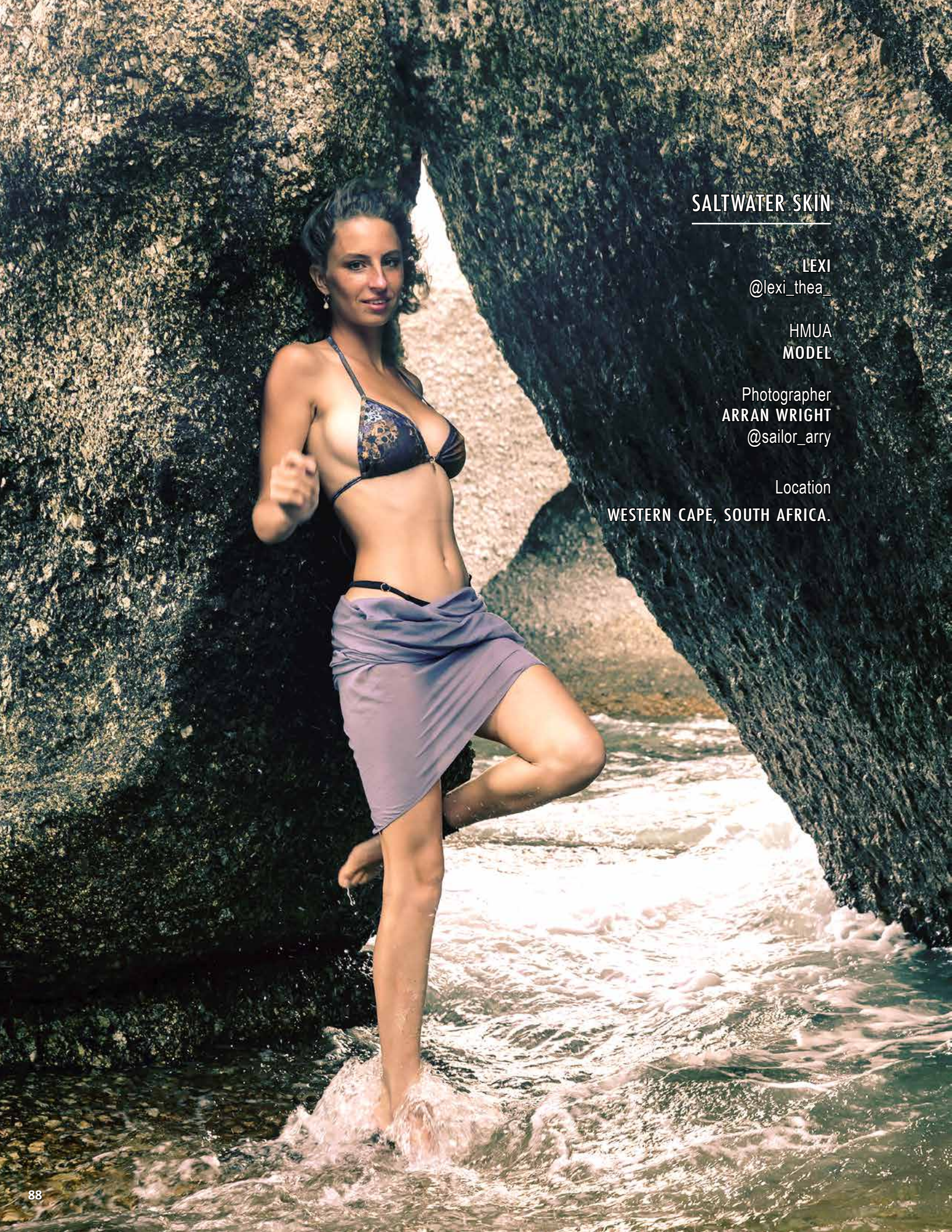












**SALTWATER SKIN**

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