

LIPSTICKS & MARTINIS

ISSUE 01



**This isn't a crisis or a
makeover montage.
It's just a woman who finally
decided to stop being a
background character and
take the lead, martini in
hand, of course**

MAIN CHARACTER SYNDROME KIT

Stop living on autopilot,
start becoming the
woman you imagine.

Saturday,
18th July, 2026





Editor's

Note

Lipsticks & Martinis

Issue 01 - Main Character

Syndrome Kit

From one lover of aesthetics to another, this magazine is an invitation to become the version of yourself you've quietly imagined. Fashion, beauty, and lifestyle may give that vision shape, but the goal has never been perfection. It's presence. Every first and third Saturday, we'll bring you curated pages and thoughtful indulgences, so the planning stays with us and the living stays with you.

Consider yourself the dream project, the most important one.

Martinis ready. Lipstick applied.
The bill is on us.

*Deepanshi
Srivastava*

Founder & Editor-in-Chief



In this issue

A reset disguised as a magazine. We unpack main character energy, the quiet shifts that change daily life, emotional rewiring, and the kind of rules that make living her life natural. No chaos, no shouting. Just a better script, a clearer head, and a reminder that becoming her doesn't need to be complicated.

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buckle up. she's about to become someone's main character.

Signs you are not living like a Main Character (*yet*)

Let's be honest, if someone asked what you did this week, you'd pause, not because you were unproductive, but because every day looked the same. Nothing terrible, nothing extraordinary. Just routines you moved through efficiently without really inhabiting them. Here are the signs it's time to take the driver's seat.



Wake up. Coffee. Work. Eat. Sleep. Repeat. You're not unhappy, but your happiness feels thin, like coffee spilled across a tabletop: strong, promising but no depth.

Somewhere along the way, you stopped living the day and started getting through it. That's why the week is hard to remember, not because it was bad, but because it all blurred together. At some point, your life stopped feeling hot pink Porsche, you at



—the wheel, music loud, destination unclear and quietly became a Tesla on autopilot.

And you? You're wearing a sleeping mask you can't remember washing. Your routine has one road: no forks, no detours. Even Robert Frost would be disappointed. You eat pizza not because you want it, but because it's easy. You don't pause anymore. Four out of five things you do, you do simply because you did them yesterday.



Awareness isn't criticism.

It's the first opening.

If this were a series, this would be the filler episode - the one right before everything changes.

Quick Box: Editor's Aside



Why do we Crave it?



We're a generation carrying more than bags and deadlines: inherited trauma, rigid expectations, and social rules written for survival, not softness. Our nervous systems are tired, and instead of letting that exhaustion settle permanently into our bodies, we're learning to break patterns.

Just as we beg our favourite character to wake up, see the red flags, and leave the toxic best friend, we want that awakening for ourselves.

The difference? No audience track. No season finale. No script supervisor.

In a world of Pinterest boards, algorithm-fed aesthetics, and the sacred archives of Tumblr and VSCO, tolerating a dull life no longer feels inevitable. We've seen too many versions of what could be to quietly accept what isn't. Main character energy isn't escapism; it's a coping mechanism: a way of taking the wheel back from autopilot and saying, "Actually, I'm driving this."

You're not running from reality. You're finally paying attention to it. In an era of identity confusion, rituals that ground you, *Andie Anderson* confidence meets *Jenna Rink* optimism, aren't dramatic. They're stabilising. Finding a voice that doesn't dissolve into noise isn't indulgent. It's necessary.

Quick Box: Editor's Aside

Main character energy isn't about pretending life is a movie. It's about realizing you don't have to live on autopilot. You don't need a plot twist, a glow-up montage, or dramatic background music, just enough intention to show up to your own scenes. The rest usually follows.



The science behind “Main Character Energy”

While Often mistaken for delusion, narcissism, or a perfectly curated fantasy, main character energy is simply a mindset. Let us help you understand it from a different angle.

What is Main Character Energy?

Imagine walking down the same hallway every day. Same cracked tiles, same echoes, same people avoiding eye contact. Now do it like a Victoria's Secret model: soundtrack on, Nelly Furtado in your ears, *Megan Fox energy* activated, *Jennifer's Body era*, obviously. The hallway hasn't changed. You have.

That shift is main character energy: moving through life as the lead, with intention instead of autopilot. You're not performing or acting. You're inhabiting.



Psychology tells us that perception shapes emotion, emotion shapes behaviour, and behaviour eventually shapes identity. Change the lens, and suddenly the same scene feels different. Same life. New framing.



You can tell someone has Main character energy when they say things like:

“I’ll figure it out when I get there.”

“I don’t rush mornings anymore, that’s when my brain wakes up.”

“This feels off. I’m not doing it.”

“I didn’t quit my routine, I redesigned it.”

“I don’t need closure, I need distance.”

These aren’t affirmations pulled from a Pinterest quote board. They’re behavioural tells. Quiet confidence disguised as casual conversation.

How does it actually help?

- That vague, cinematic self-visualisation builds hope and resilience, making waking up feel purposeful instead of obligatory.
- Validation shifts inward. You stop outsourcing your self-worth.
- The daily shower becomes a ritual: steam, scent, essential oils, glittery bath bombs when the mood requires drama.
- The morning jog stops feeling like punishment and becomes embodiment, a girl caring for her body because it's a temple, not a to-do list.
- Reading transforms from a productive habit into intimacy: annotated pages and ideas that stay longer than the plot.
- Even the protein bowl gets a rebrand. Regina George discipline, evolved. Self-respect with seasoning.

The Reset

Chapter ft.

Demolition

Now that we've unpacked what main character energy is really about, there's one uncomfortable truth: you cannot add to a life already overflowing. Before new habits, routines, or versions of yourself can enter, something has to go.



EMPTY THE BUCKET FIRST

Our instinct is always to add: morning routines, discipline, habits, structure. But look closer.

You wouldn't stack fresh clothes on a full laundry pile or place Louboutins beside broken Zara heels still carrying Sunday regret. Growth works the same way.

Before you add, you subtract.

Self-demolition isn't burning everything down; it's releasing what no longer fits, the familiar habits and former versions of you that have outlived their purpose. Even good things rot when built over what should have been let go.

Before you download the next version of yourself, you clear storage.

You ask:

- *What am I doing on autopilot?*
- *What drains me without giving anything back?*
- *What habits exist only because they're convenient, not aligned?*

Only when there's enough space left, enough mental bandwidth, does real change stick. No Barbie closet required. Just honesty.

SMALL DEMOLITIONS THAT MATTER

- Letting go of routines that make you productive but miserable
- Stopping the reflex to fill silence with scrolling
- Releasing habits that belong to an older version of you
- Choosing rest without justifying it

Our brains protect the familiar, so breaking habits can feel like losing part of ourselves. But not everything you do is who you are. Self-demolition doesn't force a new identity; it clears the noise so the right one can surface.

An Emotional Map

Every main character checks the map before the next scene, not to rush but to locate herself. Every emotional phase has a silhouette. Every feeling dresses differently. This is not a roadmap. It's a location check. Use this page to gently locate yourself before the next chapter unfolds. There's nothing to fix here, only places you've visited, places you're passing through, and places waiting for you.



Using the Map

Every place on the map marks a phase in becoming more self-aware, intentional, and yourself. They aren't destinations or labels, but moments. You may recognise yourself in several or return to the same one. That doesn't mean you're stuck. It means you're living. Here's what each place is quietly trying to tell you.



The Comfort Zone

Familiar routines. Old silhouettes. Safe, soft, and once necessary but no longer where you grow.



The Reinvention Street

New habits. New silhouettes. Some days it feels unfamiliar, that's what growth looks like mid-process.



The Overcomparison Cafe

Other people's timelines look clearer from here. You scroll, you save, you quietly measure. Nothing here is the full story.



The Rest Stop

Unstyled. Unrushed. Nothing productive happens here, and that's exactly why it matters.



The Overthinking Roundabout

Replayed conversations. Outfit changes at midnight. You search for certainty, then move forward without it.



The Future Outlook

Still imagined. Still unfolding. You don't see the details yet, only the direction.



The Quiet Confidence Alley

No trend-chasing. No explanations. This is where self-trust forms quietly, without needing to be seen.

Downloading a Character

Why some stories change us more than we expect

You finish a show and suddenly everything shifts: the way you dress, speak, enter a room. Your Spotify queue changes, your posture sharpens, even your silence feels intentional. You didn't plan it. You downloaded a character.

What's actually happening:

When we binge a show, we don't just watch the character, we borrow their emotional framework and overlay it onto our own lives.

That's why *Jennifer's Body* changes the way some girls walk, *Gossip Girl* makes every moment deserve a better outfit, and *Fleabag* leaves you sharper and more honest. You're not pretending. You're processing.



Why it feels so real

Psychologically, this is called **identity mirroring**. When we connect to a character, our brain runs a low-risk experiment: What if I lived like this? What if I chose myself here? Stories let us rehearse versions of ourselves we haven't stepped into yet. That's why the effect lingers long after the screen goes dark.

IT'S NOT ESCAPISM, IT IS DATA COLLECTION

Downloading a character isn't about running away from your life. It's about noticing what resonates. You don't want their life. You want:

- their decisiveness
- their boundaries
- their softness
- their audacity

The character becomes a mirror, not a blueprint.

THE AFTER EFFECTS NO ONE TALKS ABOUT

- You start dressing for yourself, not occasions
- Silence feels intentional instead of awkward
- You stop over-explaining
- Your routines feel curated, not rushed
- You crave alignment more than approval
- That's not imitation. That's integration.

The Alter-Ego Archive

Main Character Syndrome Kit Edition

The weekend is here which means you're probably carrying a quiet dissatisfaction you haven't named yet. It doesn't have to stay that way. Every issue, L&M brings you a curated set of "hers" to try on because trial rooms were never meant to be limited to clothes. You only get one life, which means experimentation isn't optional, it's necessary. Six personalities, fresh on the shelves, styled with care. No limit on how many you carry into the fitting room. Try one. Try all. Happy shopping.

1 The Opening Scene Girl

The one the camera finds first.

Energy: Observant. Hopeful. Softly cinematic.

Wardrobe: Trench coat, headphones, coffee in hand.

Signature Move: Romanticizing mundane errands.

Film Reference: *The Devil Wears Prada* (Andy before the transformation.)

Try Her On If: You want to believe something big is about to unfold.

2 The Plot-Twist Girl

Mid-movie. New rules.

Energy: Bold. Decisive. Slightly dangerous.

Wardrobe: Red. Leather. Heels you can run in.

Signature Move: Choosing herself publicly.

Film Reference: *Legally Blonde* (Elle proving everyone wrong.)

Try Her On If: You're overdue for reinvention.

3 The Narrator Girl

She has internal monologues.

Energy: Reflective. Emotionally intelligent. Deep.

Wardrobe: Oversized knit, gold hoops, notebook nearby.

Signature Move: Turning heartbreak into insight.

Film Reference: *Little Women*
(Jo writing her own story.)

Try Her On If: You want depth over drama.

4 The Slow-Burn Girl

She unfolds, not performs.

Energy: Magnetic. Gentle. Secure.

Wardrobe: Soft knits, effortless silhouettes.

Signature Move: Eye contact that lingers.

Film Reference: *Pride & Prejudice* (Elizabeth Bennet's quiet power.)

Try Her On If: You want attraction to feel organic.

5 The Redemption Arc Girl

She recalibrated.

Energy: Ambitious. Grounded. Self-respecting.

Wardrobe: Structured blazer, clean lines.

Signature Move: Raising standards quietly.

Film Reference: *Set It Up*
(Harper choosing alignment.)

Try Her On If: You're done auditioning for validation.

6 The Final Scene Girl

She's no longer chasing.

Energy: Calm. Complete. Self-aware.

Wardrobe: Something timeless. Something that fits perfectly.

Signature Move: Walking away peacefully.

Film Reference: *La La Land* (The final glance: Acceptance.)

Try Her On If: You want peace to be your power move

Physical Changes

When confidence enters the body



Movement follows. She slows down, not dramatically, just enough to stop rushing toward a train she never agreed to board. She moves like *Emma Stone in La La Land*: present, not chasing. Urgency gives way to ease.

Eye contact steadies. No scanning the room, no over-smiling to soften herself. Think *Anne Hathaway in The Intern*: composed, comfortable, fully occupying her space. Her hands settle. Lip balm applied slowly. Hair tucked without rush. Comfort reads as confidence. Confidence reads as ease, the very rom-com third-act kind.



Main character energy doesn't arrive with a makeover montage or power anthem. It arrives quietly, when your body stops apologising for taking up space. Posture changes first, not rigidly, but softly. Shoulders relax, jaw unclenches and the body stops bracing for judgment. Confidence begins to look less like effort and more like *Julie Andrews at the end of The Princess Diaries*: calm, grounded, unbothered by who's watching.



She notices her breath. Pauses before reacting. Inhales before speaking. Silence no longer needs filling; stillness finally feels safe. Even dressing changes. Clothes are chosen for feeling, not approval. Fabric, fit, ease. Outfits become expression instead of armour, very *Something's Gotta Give*, very self-assured.

You can't rehearse or Pinterest your way into this. *Confidence begins when you feel at home in your body.*

Daily life changes that shift everything

She doesn't start the day
by being available.

She starts it
by being
present.
Light before
noise. Music
before
motivation.



She walks like she has time.
Even when she doesn't.
Confidence isn't speed,
it's pace.



She eats to care,
not to control.
Food isn't rushed.
Pleasure isn't punished.



One thing at a time.
Attention is treated like currency.
Productivity stops being a performance.



She doesn't fill every pause.
She lets moments finish their sentences.
Stillness becomes a skill.



She doesn't collapse into sleep.
She lands there.
Rest is intentional.



She notices what enters her
mind. Not everything deserves
access. Curation is self-respect.

What's in *HER* Bag?

A main character doesn't carry things just to get through the day. She carries objects that anchor her, small reminders of who she is, where she's going, and how she wants to feel while getting there.



Sentimental object (Your lucky charm)

Carried quietly, never explained.
Not everything meaningful needs context.



Her own Digi Cam

For moments that deserve memory, not metrics.
Some things aren't meant for immediate posting.



Journal & small pen

Thoughts need somewhere to land before disappearing.
She writes things down, even when no one's watching.



Sunscreen Stick

Because future-you exists, and she's watching.
Prevention is a very main character trait.



Wired Earphones

Uncool, reliable, impossible to lose.
She trusts things that don't need charging.



Lip Gloss

To Quote SWV, "Lipstick lasts longer, gloss is more fun."



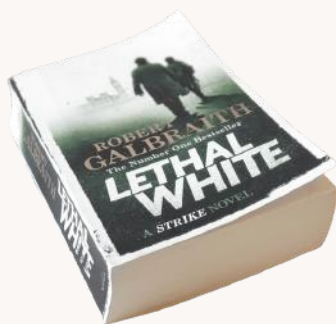
Scrunchie

Prepared for mood shifts, weather changes, and spontaneous reinvention. Control, but make it soft.



Phone case

One that speaks her
Held more than anything else.
If it's always in your hand, it should feel intentional.



Novel

Not always read, but always carried.
Because becoming interesting requires being around interesting thoughts.



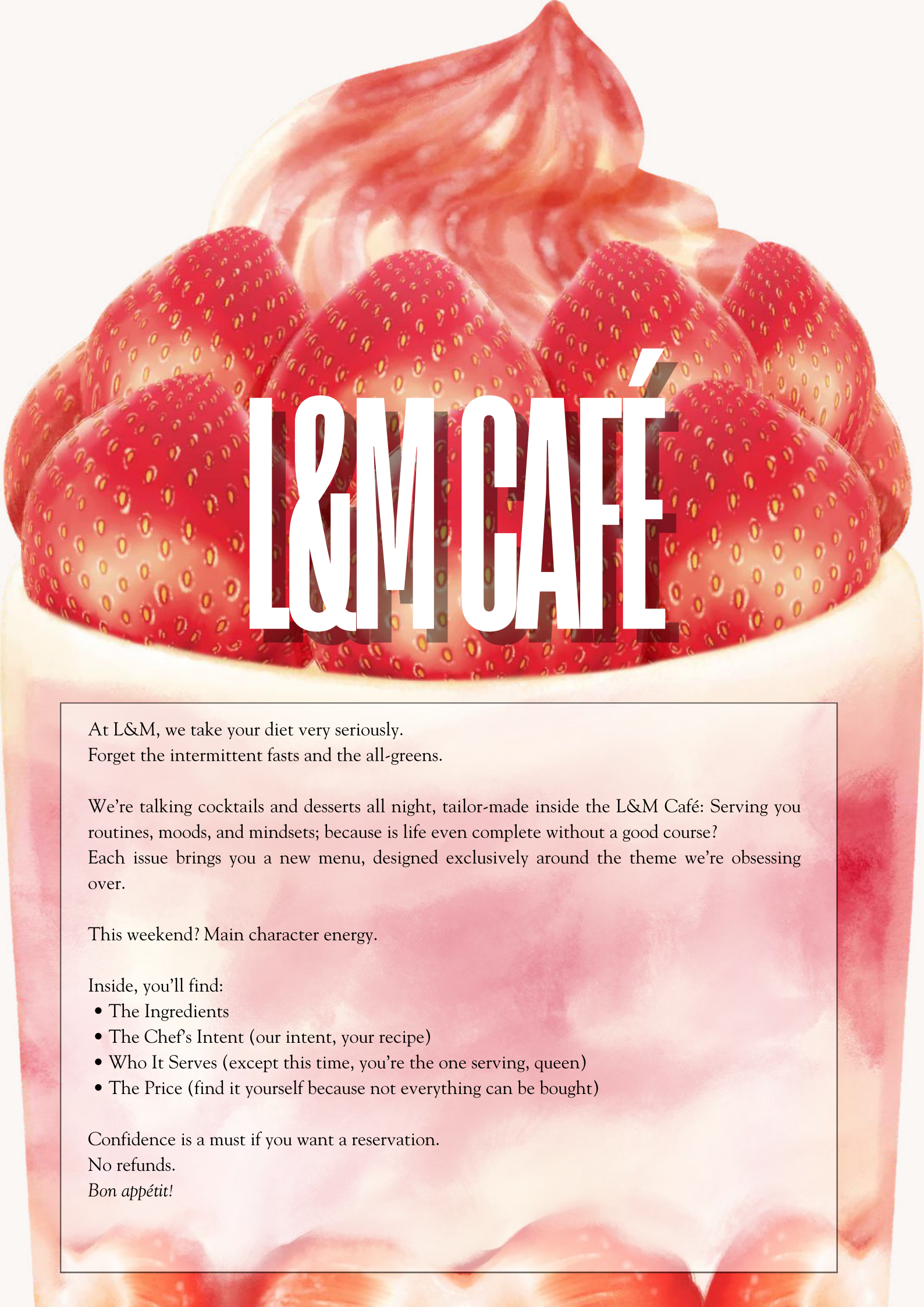
Hand Cream

Applied more for the pause than the dryness.
Sometimes self-care is just stopping for ten seconds.



Mini Perfume

Reapplied for private reasons.
Scent is memory's most loyal accomplice.



L&M CAFÉ

At L&M, we take your diet very seriously.
Forget the intermittent fasts and the all-greens.

We're talking cocktails and desserts all night, tailor-made inside the L&M Café: Serving you routines, moods, and mindsets; because is life even complete without a good course?
Each issue brings you a new menu, designed exclusively around the theme we're obsessing over.

This weekend? Main character energy.

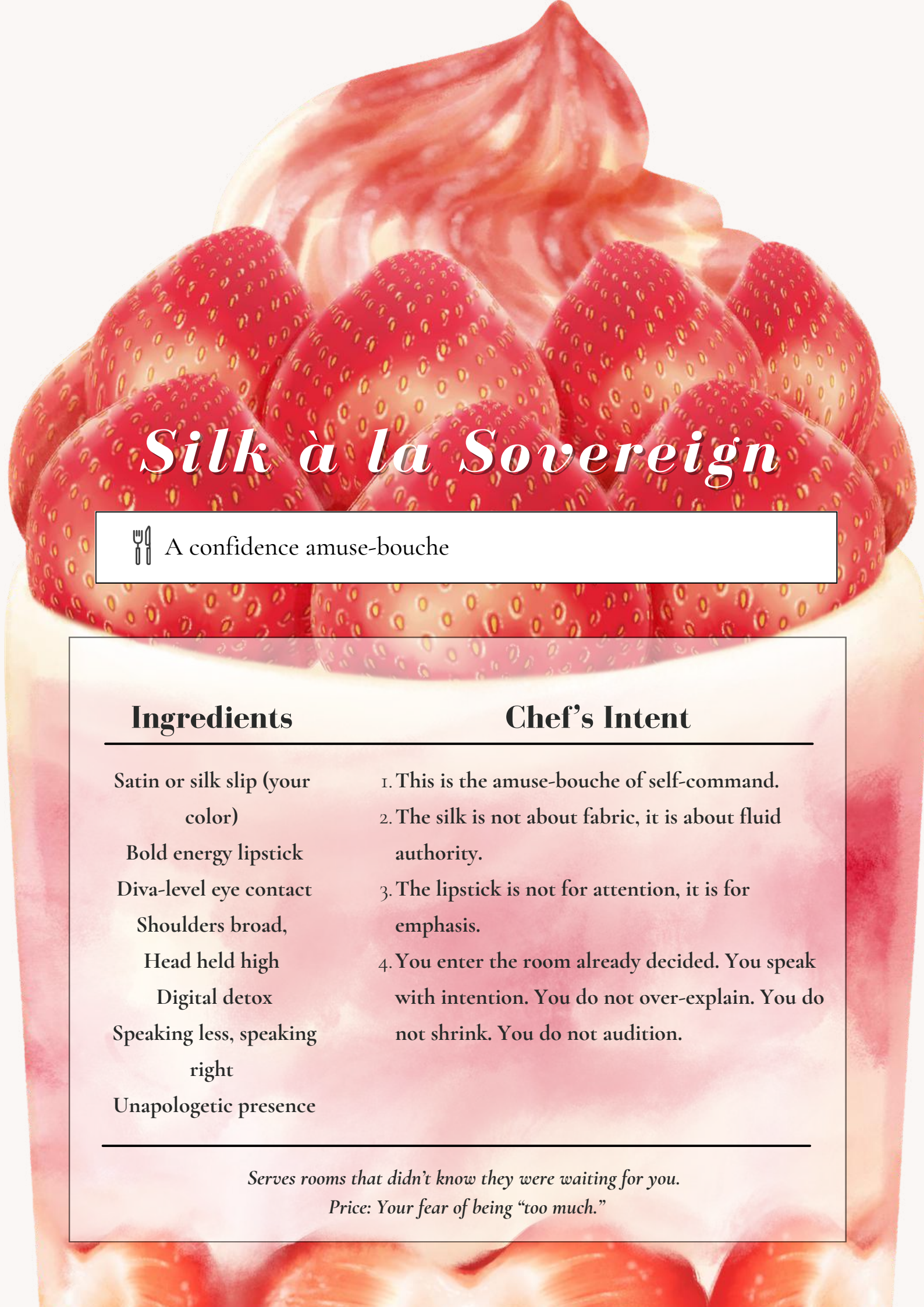
Inside, you'll find:

- The Ingredients
- The Chef's Intent (our intent, your recipe)
- Who It Serves (except this time, you're the one serving, queen)
- The Price (find it yourself because not everything can be bought)

Confidence is a must if you want a reservation.

No refunds.

Bon appétit!



Silk à la Sovereign



A confidence amuse-bouche

Ingredients

Satin or silk slip (your
color)

Bold energy lipstick

Diva-level eye contact

Shoulders broad,

Head held high

Digital detox

Speaking less, speaking
right

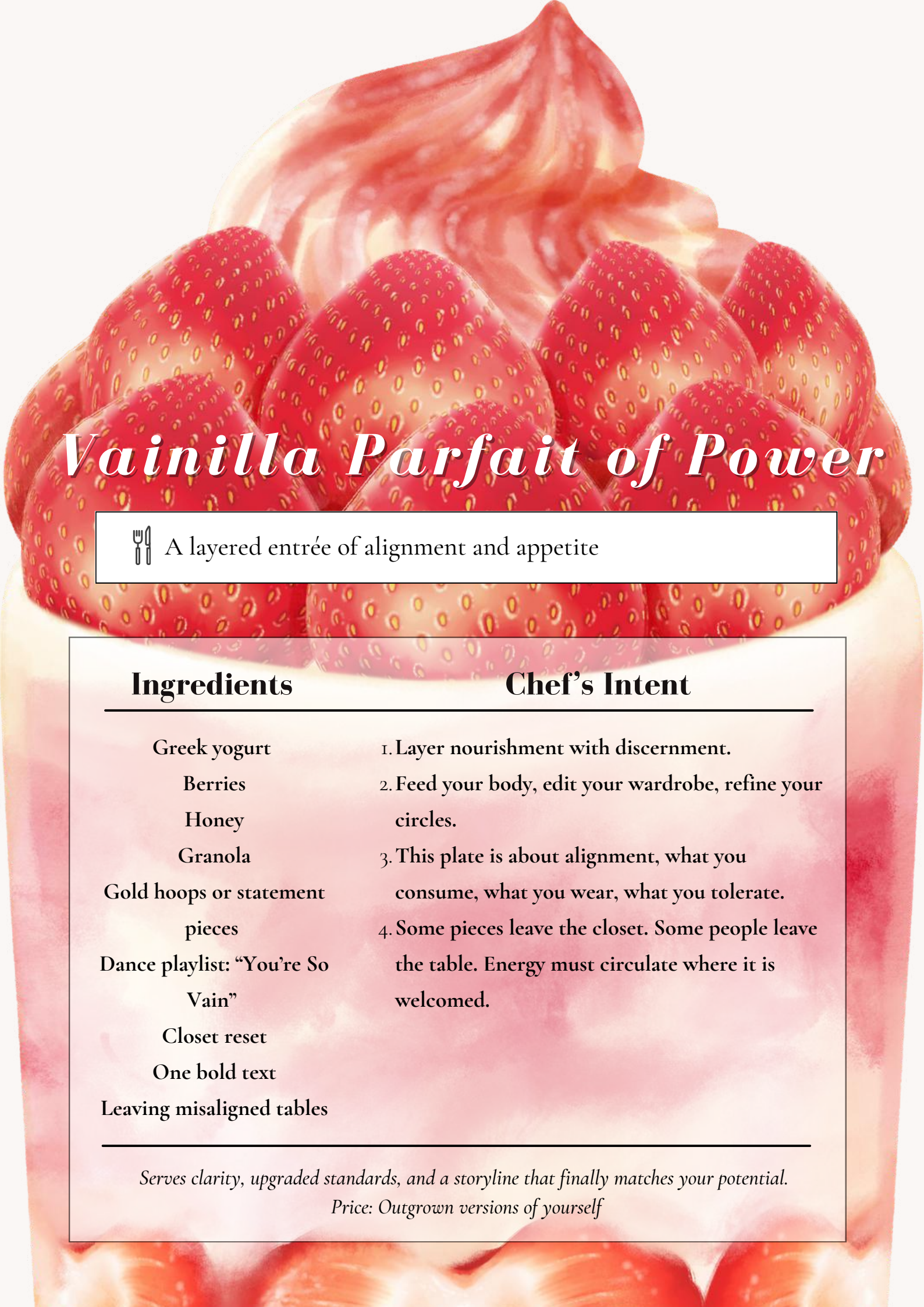
Unapologetic presence

Chef's Intent

1. This is the amuse-bouche of self-command.
2. The silk is not about fabric, it is about fluid authority.
3. The lipstick is not for attention, it is for emphasis.
4. You enter the room already decided. You speak with intention. You do not over-explain. You do not shrink. You do not audition.

Serves rooms that didn't know they were waiting for you.

Price: Your fear of being "too much."



Vainilla Parfait of Power



A layered entrée of alignment and appetite

Ingredients

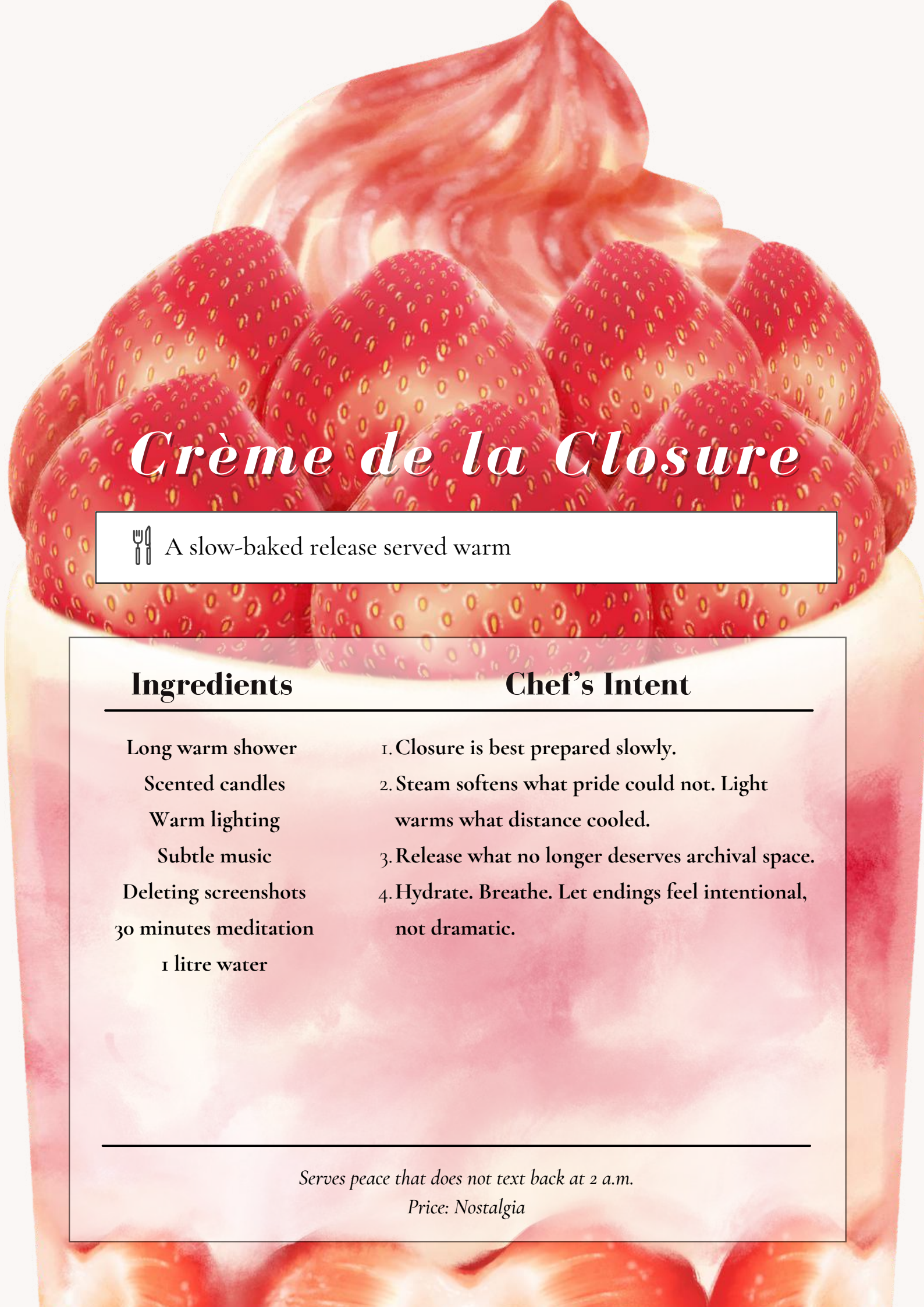
Greek yogurt
Berries
Honey
Granola
Gold hoops or statement
pieces
Dance playlist: "You're So
Vain"
Closet reset
One bold text
Leaving misaligned tables

Chef's Intent

1. Layer nourishment with discernment.
2. Feed your body, edit your wardrobe, refine your circles.
3. This plate is about alignment, what you consume, what you wear, what you tolerate.
4. Some pieces leave the closet. Some people leave the table. Energy must circulate where it is welcomed.

Serves clarity, upgraded standards, and a storyline that finally matches your potential.

Price: Outgrown versions of yourself



Crème de la Closure



A slow-baked release served warm

Ingredients

Long warm shower
Scented candles
Warm lighting
Subtle music
Deleting screenshots
30 minutes meditation
1 litre water

Chef's Intent

1. Closure is best prepared slowly.
2. Steam softens what pride could not. Light warms what distance cooled.
3. Release what no longer deserves archival space.
4. Hydrate. Breathe. Let endings feel intentional, not dramatic.

Serves peace that does not text back at 2 a.m.

Price: Nostalgia



The Delulu Spritz Martini



A house cocktail for dramatic entrances

Ingredients

Cherry
Citrus
Subtle delusion
Black silk dress
Hair tucked behind ear
“Gasolina” playing softly

Chef’s Intent

1. Confidence, shaken not questioned.
2. This cocktail does not create delusion, it refines belief.
3. Enter dramatically. Exit memorably.
4. Lock eyes across rooms like you wrote the script.

Serves productive confidence with a finish stronger than caffeine and far more elegant.

Price: Playing small



HASTA LUEGO!

LIPSTICKS & MARTINIS, M.D.

Prescriptions for Modern Girl Problems

📌 Issue 01

Published per issue. Side effects may vary.

Patient's Name: *You, Obviously* **Age:** *Irrelevant* **Date:** *Whenever life feels under-soundtracked*

Diagnosis:

Patient presents with:

- Chronic overthinking
- Sudden confidence dips
- Unprovoked nostalgia
- Romantic delusions
- Strong belief that life should feel more cinematic

Prescribed Soundtrack Medication:

1. *Say It Right* – Nelly Furtado

Dosage: 2 times daily

Administration:

- Once after sunset
- Once while walking alone with headphones
- Indication: Mysterious energy, emotional depth, quiet confidence

2. *Paris* – The 1975

Dosage: 2 times daily

Administration:

- While staring out of windows
- During soft delusion hours
- Indication: Romanticising life unnecessarily (but beautifully)

3. *SexyBack* – Justin Timberlake

Dosage: As needed

Administration:

- Before entering any room you wish to own
- Mandatory volume increase
- Indication: Confidence restoration, hot girl relapse

Disclaimer: Side effects may include delusion, confidence, and unnecessary self-reflection.

Follow up: *At the next identity crisis*

LIPSTICKS & MARTINIS, M.D.

Prescriptions for Modern Girl Problems

Issue 01

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4. Toxic – Britney Spears

Dosage: 1–2 times daily

Administration:

- With dramatic eye contact in the mirror
- Indication: Controlled chaos, unapologetic main character behaviour

 May increase bold decisions.

5. good 4 u – Olivia Rodrigo

Dosage: Once per emotional trigger

Administration:

- Loud
- No texting allowed during dosage
- Indication: Emotional release, rage therapy, closure without confrontation

6. Gasolina – Daddy Yankee

Dosage: Emergency use only

Administration:

- Preferably while walking fast or dancing alone
- Indication: Energy boost, confidence override, zero-thought mode

7. Shut Up and Dance – WALK THE MOON

Dosage: 2 times daily

Administration:

- Morning commute
- While pretending life is a rom-com
- Indication: Carefree energy, social confidence, daylight optimism

8. The Way I Are – Timbaland

Dosage: Once daily

Administration:

- Repeat until self-worth stabilises
- Indication: Confidence independent of circumstances

Follow up: *At the next identity crisis*

The Main Character Bingo

TICK WHAT RESONATES. AWARENESS COUNTS.

<i>Romanticised a mundane moment</i>	Took the long way home	<i>Didn't reply immediately</i>	Chose comfort and style	<i>Let silence exist</i>
<i>Left when it felt off</i>	<i>Said no without explaining</i>	<i>Ate slowly, on purpose</i>	<i>Walked like you had time</i>	<i>Didn't check your phone first thing</i>
<i>Protected your morning</i>	Cancelled plans unapologetically	FREE SPACE: Self-awareness entered the chat	Played music before checking notifications	<i>Reapplied lip gloss just because</i>
<i>Didn't over-explain yourself</i>	<i>Chose peace over drama</i>	<i>Noticed a pattern instead of an apology</i>	<i>Took yourself on a solo date</i>	<i>Let a moment finish its sentence</i>
<i>Dressed for yourself, not the room</i>	Paused before reacting	<i>Journalled instead of doom-scrolling</i>	Treated your time like currency	<i>Left space for rest without guilt</i>

Editor's Disclaimer: This isn't about perfection or consistency. It's about noticing when you choose presence over autopilot. Even once is a plot shift.

The Rules She lives by

1. She doesn't chase, she attracts.

What's meant for her doesn't need convincing.

2. She chooses peace over plot twists.

Life doesn't need to feel like Gossip Girl Season 3

3. She doesn't over-explain herself.

This isn't a courtroom drama.

4. She dresses for the version of herself she respects.

Not the one seeking approval.

5. She protects her mornings like Rory protected her reading time.

Non-negotiable.

6. She notices patterns, not apologies.

One sorry doesn't erase five red flags.

7. She leaves rooms the moment she feels smaller.

No dramatic exits. Just absence.



Cosmic Character Pass



YOU

Protagonist of her life

Energy Level: ★★★★★



COSMIC HOROSCOPE

The stars aren't predicting your week, they're styling it. Every sign has been cast in a role for this issue, a mood to embody, a silhouette to lean into, a storyline to step through. Find your sign, accept the part and enter accordingly.

Aries

21/03 - 19/04



Assigned Role: The Fearless Lead

Main Character Move: Make the first move before doubt arrives.

Style Note: Cropped jacket or fitted tank. High-waisted tailored shorts or flare denim. Black Mary Janes or sleek sandals. Slouchy hobo bag. Gold statement jewellery. Clean base, sharp liner.

Plot Warning: Not every pause is a challenge to win.

Mantra: "I go first."

Taurus

20/04 - 20/05



Assigned Role: The Soft Power Muse

Main Character Move: Raise your standards quietly but firmly.

Style Note: Ribbed tank or satin cami. High-rise shorts. Neutral sandals. Structured shoulder bag. Minimal gold jewellery. Dewy skin, glossy lips.

Plot Warning: Comfort should not limit ambition.

Mantra: "I attract."

Gemini

21/05 - 20/06



Assigned Role: The Plot Twister

Main Character Move: Change direction without apologizing.

Style Note: Fitted tee under open shirt. Korean baggy pants or mini skirt. Sneakers or loafers. Crossbody bag. Playful jewellery. Fresh skin, brushed brows.

Plot Warning: Chaos needs intention to work.

Mantra: "Watch me shift."

Cancer

21/06 - 22/07



Assigned Role: The Emotional Auteur

Main Character Move: Romanticize your personal growth arc.

Style Note: Airy blouse. High-rise denim shorts or satin slip skirt. Ballet flats. Shoulder bag. Delicate jewellery. Glossy lips, soft blush.

Plot Warning: Stop rewriting scenes for others.

Mantra: "Soft, not weak."

Leo

23/07 - 22/08



Assigned Role: The Spotlight Architect

Main Character Move: Step into visibility without hesitation.

Style Note: Fitted blouse. High-waist trousers or sleek skirt. Strappy heels. Structured handbag. Bold earrings. Glow skin, defined cheeks.

Plot Warning: Attention isn't always affirmation.

Mantra: "I command."

Virgo

23/08 - 22/09



Assigned Role: The Quiet Strategist

Main Character Move: Execute flawlessly without announcing plans.

Style Note: Clean fitted tee. Linen trousers or tailored shorts. Simple flats. Structured tote. Minimal jewellery. Natural base, sleek hair.

Plot Warning: Perfection delays momentum.

Mantra: "Refined power."

Libra

23/09 - 22/10



Assigned Role: The Aesthetic Diplomat

Main Character Move: Choose yourself without explanation.

Style Note: Tonal set or matching co-ord. High-waist shorts or flowy midi. Low sandals. Structured shoulder bag. Balanced jewellery. Soft glam makeup.

Plot Warning: Balance shouldn't silence you.

Mantra: "I define."

Scorpio

23/10 - 21/11



Assigned Role: The Magnetic Enigma

Main Character Move: Observe before revealing intention.

Style Note: Deep-toned fitted tank. High-rise flare denim. Strappy heels. Mini structured bag. Minimal jewellery. Matte skin, defined eyes.

Plot Warning: Intensity must stay strategic.

Mantra: "I pull."

Sagittarius

22/11 - 21/12



Assigned Role: The Untamed Wanderer

Main Character Move: Take the unexpected turn

Style Note: Oversized shirt worn open. High-waist shorts or baggy jeans. Chunky sneakers or boots. Slouchy tote. Simple jewellery. Fresh skin, loose hair.

Plot Warning: Freedom needs direction.

Mantra: "I expand."

Capricorn

22/12 - 19/01



Assigned Role: The Legacy Builder

Main Character Move: Focus on the long-term storyline.

Style Note: Crisp sleeveless top. Tailored linen trousers or structured shorts. Slingback flats. Structured handbag. Classic studs or watch. Polished makeup.

Plot Warning: Achievement needs presence.

Mantra: "I build."

Aquarius

20/01 - 18/02



Assigned Role: The Rule Rewriter

Main Character Move: Do it differently and visibly.

Style Note: Statement tank or graphic tee. Embellished jeans or tailored shorts. Bold sandals. Unique handbag. Chunky jewellery. Graphic liner or bold lip.

Plot Warning: Innovation shouldn't isolate you.

Mantra: "Unrepeatable."

Pisces

19/02 - 20/03



Assigned Role: The Dream Director

Main Character Move: Turn imagination into execution.

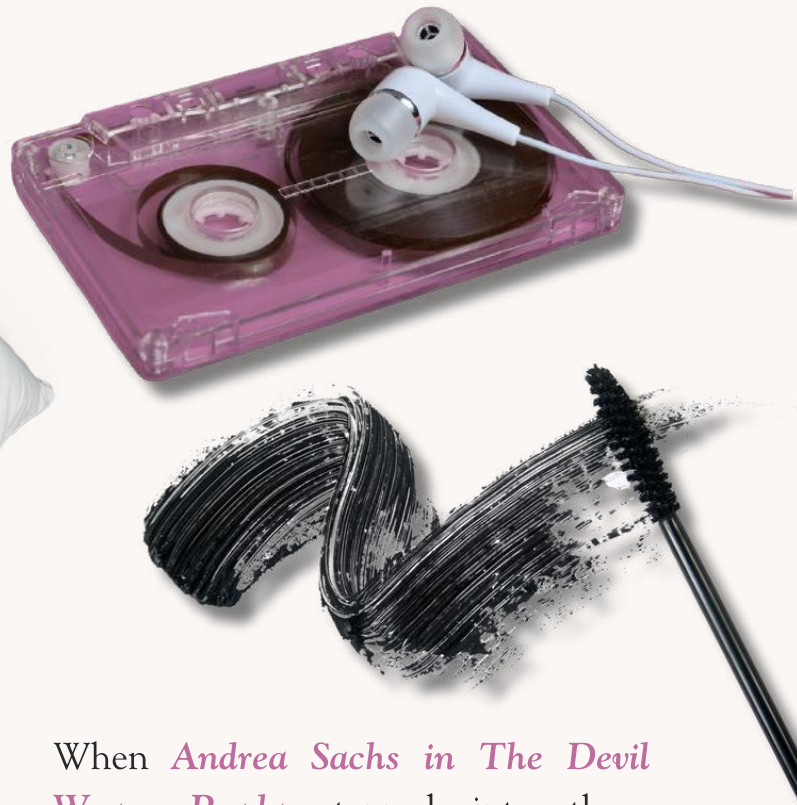
Style Note: Flowing blouse or soft knit tank. High-rise flare denim or satin skirt. Ballet flats or soft sandals. Shoulder bag. Subtle jewellery. Luminous skin, gloss.

Plot Warning: Escaping isn't evolving.

Mantra: "I create."

We created this star-aligned horoscope as a reminder that the universe meets you at the level of energy you choose to show up with. Audacity attracts momentum, confidence attracts opportunity, and the frequency you carry is often the frequency you experience. These roles are our styled interpretation of that energy, whether you're a Gemini navigating duality or an Aquarius rewriting the rules. They're meant to inspire, not instruct. Pick your sign, borrow another, mix the moods; you can be a fearless Aries and still steal Pisces' ballet flats. After all, style like identity is never limited to one label.

Disclaimer: This horoscope is a creative, fashion-led interpretation and is not professional astrological advice. It's meant for inspiration and self-expression, not literal prediction. It is simply a nudge to experiment, align, and step into whatever version of yourself feels most powerful.



Now we talk about what happens off-camera, the quiet story no one sees, but everyone feels. Emotional shifts don't ask you to feel less. They ask you to feel with awareness.

The change is subtle: life becomes more breathable, not easier, just more spacious. The goal isn't to suppress emotion under bright lights, but to make sure "lights, camera, action" never becomes self-abandonment.

What happens when the camera turns inwards

When *Andrea Sachs in The Devil Wears Prada* stepped into those Jimmy Choos, her professional ascent swept through her personal life and yes, we still think about Nate.

The lesson isn't to fear transformation. It's to remember that growth shouldn't feel like drowning. You're allowed to pause, question the script, and rewrite it when the story stops feeling like yours. Not every emotion needs action; some only need to be witnessed and allowed to pass.

Move at the speed of understanding, not expectation. Joy steadies. Pain feels less alarming. Presence replaces panic. Emotional maturity isn't constant composure; it's trusting yourself to feel deeply without losing yourself.

THE 3AM PAGE

(Best read when the world is asleep and it's just you and your thoughts)



From the moment you wake to the second you disappear beneath silk sheets, the day belongs to transformation, to-do lists, reinvention, and slowly becoming the main character you know you're meant to be. But when the curtains fall, the audience leaves, and the music fades, your inner monologue takes the spotlight. Since we asked you to read this issue late at night, we owe you something in return: peace. Sleep. Because beauty doesn't come from skincare and —

—discipline alone. It comes from rest. It's 3AM, and every thought becomes a question. Do people notice when you change? Does self-reflection make you seem unsure? Will you ever look like the flawless girls everywhere or is being "too much" exactly what makes someone unforgettable? Maybe you're not wasting time; maybe you just need a waist of time. You wonder if confidence can be worn before it is felt, whether change will ever arrive, or whether becoming someone new might cost you who you are. Maybe you even wonder if he will ever—

—notice you. The revenge dress is ready; you're just not sure you are.

We've all been there. Ambition is never carried perfectly. Even the strongest people have nights when confidence slips and doubt enters. At 3AM, an exhausted brain still searches for something to process and when the world goes quiet, it turns inward.

Those thoughts aren't reality. They're echoes of the uncertainty that comes with becoming someone new.

They're common, but they aren't permanent.

Doubt isn't the problem. It often proves you're doing something unfamiliar, beyond your comfort zone, something that requires courage. Letting it take control is optional.

Your mind would worry either way. The difference is whether it worries about growing or staying stuck. When you challenge your reality, doubt appears because the old version of you is negotiating with the new one.

That isn't failure. It's transition.



Remember this: you are not your thoughts. No matter how much changes around you, one thing remains constant: **You.**

Think of Barbie: a new career, outfit, world, and storyline every day, yet the doll remains the same. So does the girl beneath every transformation, the one bold enough to want more, and strong enough to carry it.



Let's answer the questions keeping you awake tonight.

Yes, it will work out. Yes, one day you'll look in the mirror and genuinely admire yourself. People may judge when you start moving differently, *but at least you're no longer the spectator. You're the conversation. You're the tea.*

Yes, you'll have the revenge dress, and the revenge body to match. Yes, you are that girl.

Yes, you are the main character.



And when you finally let these thoughts rest, the sun will rise as it always does. Tomorrow brings new scenes, chances, and possibilities. For now, take off your crown, place it gently on the bedside table, and sleep like royalty. Your next chapter begins in the morning.

A Note to her



We're almost at the bottom of our martinis, just enough left to leave the stain of a lipstick shade you'll never forget.

Let this issue be where you return when life feels heavy, the story feels unfamiliar, or a scene needs rewriting instead of enduring. Some parts of life come pre-set, but once you recognise your wants, instincts, and presence, the script belongs to you. No one else gets the steering wheel.

Let the Tesla rest in the garage. Take the long route in your favourite sports car. Change gears. Turn the volume up. You're already becoming her. You deserve it all, and you've always had the wildcard to hit the plot-twist button.

Before handing you fashion, beauty, and lifestyle in our very first issue, we needed to make sure of one thing: that you're driving your own car, not sitting in someone else's passenger seat.

Now that you're here, we're right beside you. slightly stunned, honestly, watching you take the wheel.

Martinis empty. Lipstick reapplied.
And the bill? That's on us.
Until the next L&M Saturday

Yours truly,
Lipsticks & Martinis



We'll be back on the very first Saturday of August, with new pages, new rituals, and a few details you didn't know you needed yet. Consider it a pause between chapters, not an ending. Live the days in between slowly, notice what feels worth romanticising, and come back when you're ready for another round. We'll be right here.

Bibliography



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Deepanshi Srivastava

Lipsticks & Martinis

Lipsticks & Martinis

serving every first and third Saturday



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