

LA FASHIONISTA COMPASSIONISTA

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#fashcompash

**CAN'T
GET
E-NAF!**

Nafsika Antypas
makes TV
history with
her new show
"Plant Based by
Nafsika"!



**TONS OF SKIN & HAIR
CARE ADVICE AND
PRODUCTS TO TRY!**

**HOT & COOL
FASHION FOR
SUMMER
INTO FALL**

**A NEW KIDS SHOW
IS COMING!
DO YOU KNOW
JAMMIN' JUNIOR?**

**ARE YOU THE ONLY
VEGAN AT THE OFFICE?
INSPIRATION INSIDE!**

...and much more!

CAN'T GET E-NAF!

Meet the Host of the Groundbreaking, New TV show, "Plant-based by Nafsika"



Watch
"Plant-based
by Nafsika"
on A&E's FYI channel
starting Wednesday, July
27 at 7:30AM. Set
your DVRs!

Interviewed by Adrienne Borgersen

Photos of Nafsika by Louis Stenos

Photos from the set of "Plant-based by Nafsika", courtesy of the FYI channel. Used with permission.

Nafsika Antypas, a marketing executive from Montreal, is breaking the glass ceiling for vegans on TV. On the tail of trailblazers like Laura Theodore and Jason Wrobel who cleared the path for vegan TV cooking shows and journalist Jane Velez-Mitchell busting media blacklists on animal rights stories through the internet, enter Nafsika! She's bringing it all together with a major cable network TV show introducing not just recipes, but the vegan lifestyle as a whole!

The first season, which launches July 27 on A&E's FYI channel (check your local listings), includes interviews and demonstrations that break the stereotypes of vegans living the off-the-grid, hippie-crunchy-granola life. Filmed at the gorgeous and luxurious Oheka Castle in Huntington, NY, leaders in the vegan community like author Victoria Moran, journalist Jane Velez Mitchell and politician Clifton Roberts

talk openly and candidly about the importance of a compassionate lifestyle for optimal health, of course, the animals and what's truly best for our world.

I was lucky enough to film two segments of the show with Nafsika. In one episode, I emcee an all cruelty free fashion show. In another episode, we discuss and showcase cruelty free beauty products. As we worked together on the show and for this interview,



Adrienne Borgersen, on the set with Nafsika, discussing cruelty free beauty products.

Shea Terra Organics:



Many of the 300 products in this line are completely vegan, including the facial oils and African Black Soap. This soap, made from the ashes of vegetable skins and leaves, com-

combined with natural oils, leaves your skin so clean and soft. It's one of my favorite products.

Johnny Concert:



I love these highly pigmented eye shadows. They are working on expanding their line of cosmetics, coming soon!

Replere:



Developed by leading dermatologist Dr. Debbie Palmer, features a powerful and revitalizing antioxidant-Coffea arabica extract, to help fight against free radicals and reverse signs of aging. They are paraben, fragrance and dye free. I like them a lot.



The Fanciful Fox:

This all natural, full line of skin care for men and women has everything from lip balm to beard oil (tell your guys!) and everything in between. They are opening a brick & mortar store in Brooklyn, NY, so watch for the opening!

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The English Mineral Makeup Co.:

This U.K. based company created this gorgeous line of all natural, mineral makeup in packaging that will make you feel like you're in an English garden. I love the color correctors, they blend really well. And each product comes with its own mini kabuki brush. So cute and easy to carry.

Joshik Nail Polishes:

Who knew nail polish wasn't vegan?? Yup, we have to watch out for this, too. Joshik makes a non toxic, cruelty free line in a wide range of creative and classic colors.



James & Co:

And as a bonus, because I dig you all - I wanted to tell you about this great fall preview piece - this faux leather jacket from James & Co. A very sophisticated and chic twist on a motorcycle jacket. Check out their entire line of fabulousness.