

ER
MAG

ERMIONIDA MAGAZINE
FREE PRESS

ISSUE 9
SUMMER 2026
ENGLISH EDITION

*Ermionida
Vibes*

INTERVIEW

LORENA BARICALLA:

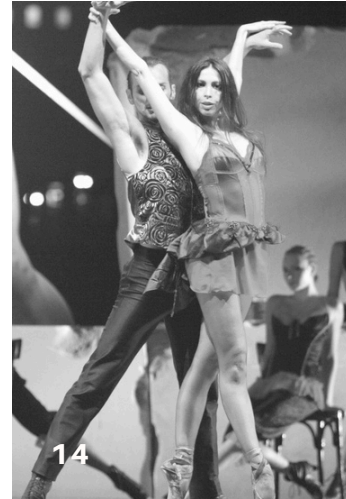
Prima Ballerina and Choreographer,
Singer, Actress, Master of
Ceremonies, Author and producer

Mariza Floratou:

Queen of Patras Carnival 2026

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Cover:
Mariza Floratou



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owner - editor in chief

Greek edition
columnists

**meet
the
team** 



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EDITORIAL

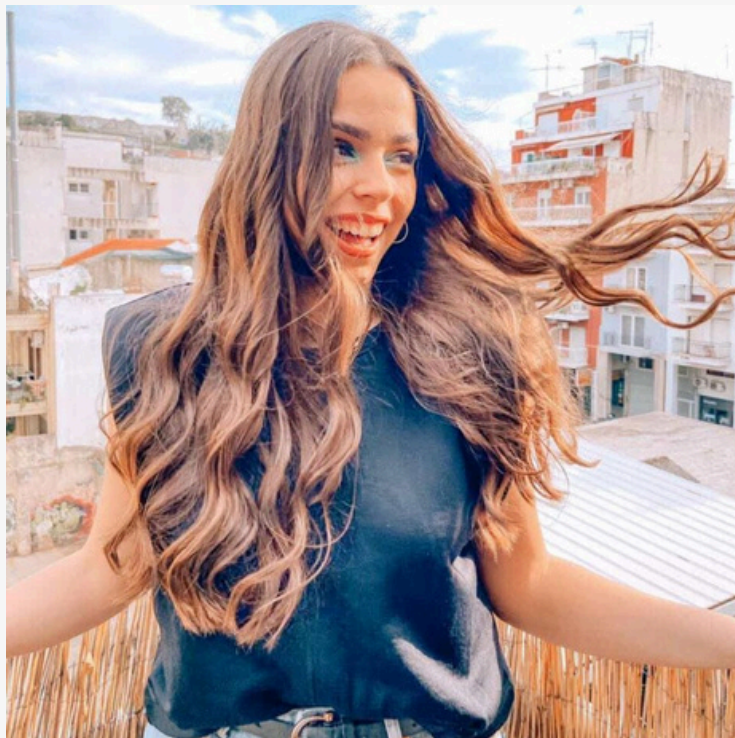
ISSUE 9, SUMMER 2026

This summer ER MAG will be available in Greek, English, French, German, Italian, Spanish, Portuguese and Russian.

In this issue we host **Mariza Floratou**, Queen of Patras Carnival 2026 and **Lorena Baricalla**, Prima Ballerina and Choreographer, Singer, Actress, Master of Ceremonies, Author and producer.

Don't miss our new videos on our YouTube Channel !

DD



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WE ARE CELEBRATING

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The sixth year of our magazine will be completed this October.

Tributes, interviews, reportages and many gifts. Thanks to you, our readers, we will continue more dynamic for the seventh year!

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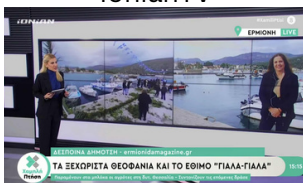
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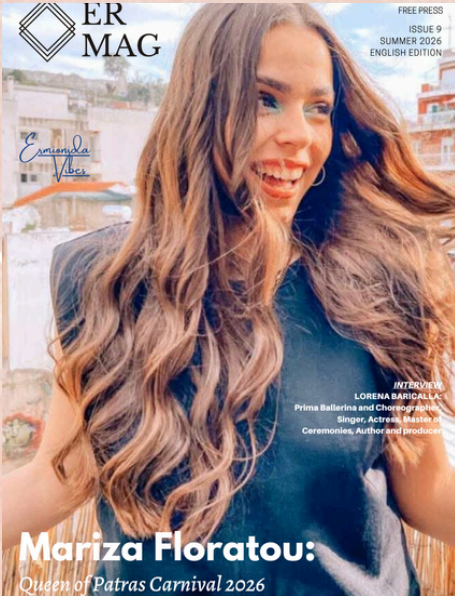


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Hello SUMMER



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*The sixth year of our magazine will be completed this October.
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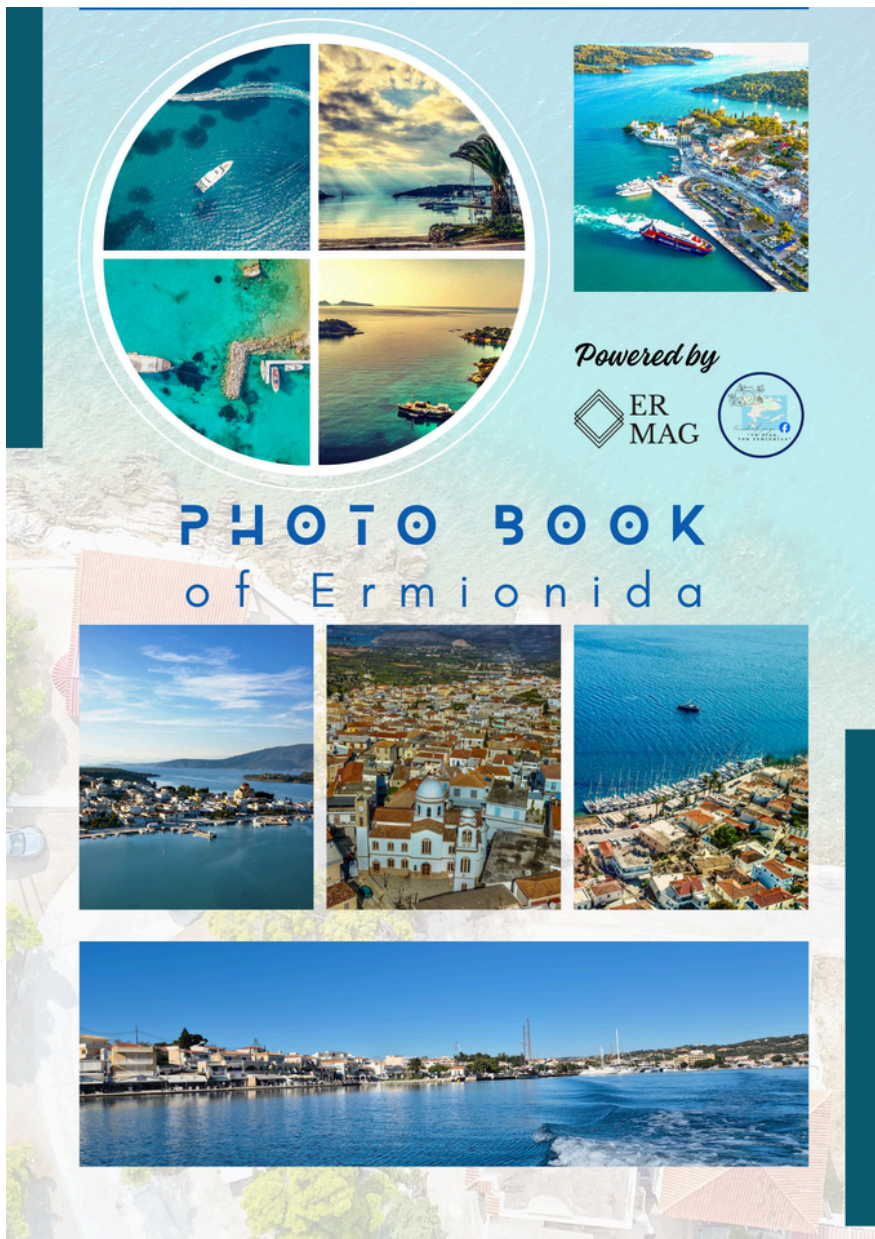
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Photo book 2026 v.1



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Discover the breathtaking beauty of Ermionida through the eyes of its people!

ERMionida MAGazine, in collaboration with the Facebook community "En oida, tin Ermionida," is proud to present the ERMIONIDA Photo Book – 2026 Volume 1. This special edition is a curated collection of the most stunning photographs shared by group members, capturing the soul and scenery of our beloved region.

Inside this volume, you'll journey through:

- The timeless charm of Kranidi: Its historic stone alleys and traditional architecture.
- The coastal elegance of Porto Heli: Serene waters and picturesque sunsets.
- The island-vibe of Ermioni: The scent of pine from Bisti and the authentic harbor life.
- Hidden Gems: The rustic beauty of Kilada, Thermisia, and the rolling landscapes of Iliokastro.

This isn't just a book; it's a tribute to the light, the history, and the vibrant colors of the Argolic land. It is a visual celebration created by the community, for the community.



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Mariza Floratou



Queen of Patras Carnival 2026



Mariza Floratou was born and raised in Patras.

She holds a multidimensional academic profile, having studied Spanish Language and Literature as well as Physical Therapy. She is also fluent in both English and Spanish. Her professional life combines these fields; she works as a physical therapist and she is a professional dancer and choreographer in various schools and conservatories.

Her active involvement in social and community volunteering was explicitly cited by the selection committee as a key factor that strengthened her candidacy. The committee emphasized that she was not chosen solely for her appearance, but for her personality, academic background, and professional achievements in physical therapy and dance.

The Flower Carriage is one of the most historic and beloved elements of the Patras Carnival, and its 2026 design.

The use of 30,000 fresh carnations is a long-standing tradition for this specific float, requiring intense manual labor by the artists of the Carnival Workshop to pin each flower individually just before the parade. The swan and flamingo motif was chosen to symbolize elegance and the arrival of spring.

DD: Welcome to our magazine! We would love to hear your impressions of this year's Patras Carnival, where you held the honorary title of 'Carnival Queen.' How did this year's experience compare to the previous years you've participated?

MF: Without a doubt, for me it was a special year, a special Carnival, one I'll remember forever! It was something completely new. In previous years, as a member of a group, I experienced those moments with my friends. This year, on the Queen's float, I felt like a link between the audience and the carnival participants. I felt immense honor, joy, but at the same time a huge sense of responsibility; however, I believe that... all's well that ends well. Everything was wonderful, and I'll remember it forever!

DD: How much preparation was required for this year's events to achieve that spectacular presence on the Flower Carriage?

MF: In reality, preparations for every Carnival begin many months before the final weekend, so that when the time for the parades arrives, everything is perfect. Personally, as Queen, I began participating in the preparations—which included the float—immediately after my selection. However, as I mentioned, the preparation of my float had begun much earlier.

DD: Was it a childhood dream of yours to become the Carnival Queen, or did the idea emerge later through your involvement with dance?

MF: My dream since I was little has simply been to participate in the Carnival. I've been doing this since... before I was born, while still in my mother's womb, right up until now. I love the Carnival, I love my city, and I want to be in Patras every year to take part. Declaring my candidacy for Queen was a spur-of-the-moment decision, and ultimately a choice that filled me with experiences that will remain indelibly etched in my heart!

“The truth is that anything is possible, as long as you have the will and the organization.”



DD: How have you managed to balance such a diverse background, from physical therapy to dance and foreign languages?

MF: The truth is that anything is possible, as long as you have the will and the organization. I started studying dance at a very young age, alongside school and foreign languages. When I finished school, I decided to study Spanish literature, and then, when my schedule allowed, I began my studies in physical therapy. Dance was my stress reliever, my "safe haven"! Anything is possible, as long as you have the will, the desire, and a smile!

DD: In terms of learning, how does Sign Language differ from traditional foreign languages? What advice or techniques would you give to a beginner?

MF: Sign Language may seem a little more difficult than a foreign language at first, because it is not based on sound but on hand movements and facial expressions. For us hearing people, it's like discovering a whole new world of communication, a little different from what we're used to. Nevertheless, with practice, it becomes more and more natural. It is very helpful for a beginner to watch videos, practice simple everyday phrases, and, above all, interact with deaf and hard-of-hearing people. Through real-life communication, one learns the language much more easily and effectively.

DD: Your volunteer work has been a consistent part of your life for several years. What inspired you to start, and what are your long-term goals regarding your social contribution?

MF: In my opinion, real change in society begins with individual initiative. Volunteering is the way to turn empathy into action. It is not merely an activity, but an investment. Personally, volunteering taught me the value of giving without expecting anything in return and equipped me to face challenges with composure and solidarity. I started with simple actions, such as donating blood or collecting food for earthquake and flood victims, etc. In the future, I aspire to be able to even organize my own initiatives or events.

DD: Looking ahead, what are your goals for your professional path and the many initiatives you are involved in?

MF: As for volunteer work, I will continue to participate with the same enthusiasm wherever I can, until the time comes when I hope to be able to organize my own initiatives, as I mentioned, while of course continuing to help elsewhere, just as I do now. Professionally, I have already started working as a physical therapist, and starting next year, I would like to add dance classes to my schedule, as I've missed interacting with children. I'll say it again so readers remember: with enthusiasm, organization, and a smile, anything is possible!




queen

Travel

BLOG VIDEOS

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Lorena Baricalla

Prima Ballerina and Choreographer, Singer, Actress, Master of Ceremonies, Author and producer.



Internationally recognized Lorena Baricalla is a multi-talented artist, a creator, innovator, and business-oriented celebrity. A visionary whose creative universes expand from ballet to art, and to fashion.

She is a Ballet Star and Choreographer, Singer and Actress. Moreover she is a Master of Ceremonies in 5 languages for international events, TV Host, Ambassador for fashion and luxury brands with the attendance to events and red carpets, as well as an Author, Role Model and Mentor.

She is a Producer with PromoArt Monte-Carlo Production, her international company based in Monaco. She has performed in theatre and television in over 35 countries throughout the world: America, Russia, Japan, all the European countries and of the Mediterranean area, Qatar and Emirates, and of course in Monaco. She danced the works of the major choreographers: Balanchine, Ashton, Forsythe, the Russian Ballets of Diaghilev, Jiri Kilian, repertory reconstructed by Lacotte, Petipa, Massine, Fokine, Roland Petit. She worked with choreographers such as Serge Lifar, Joseph Russillo, John Taras, Moses Pendleton, Thierry Malandain, Jean Christophe Maillot, Boris Eifman, Nils Christe, Kevin Haigen, Uwe Scholz, Dieter Amman, Philippe Lizon,...

Thanks to her 3-octave voice range, she is the only lyrical soprano who sings while dancing on point shoes.

She performs numerous best hits from musicals in her shows that unite dance and song.

Full bio: lorenabaricalla.com

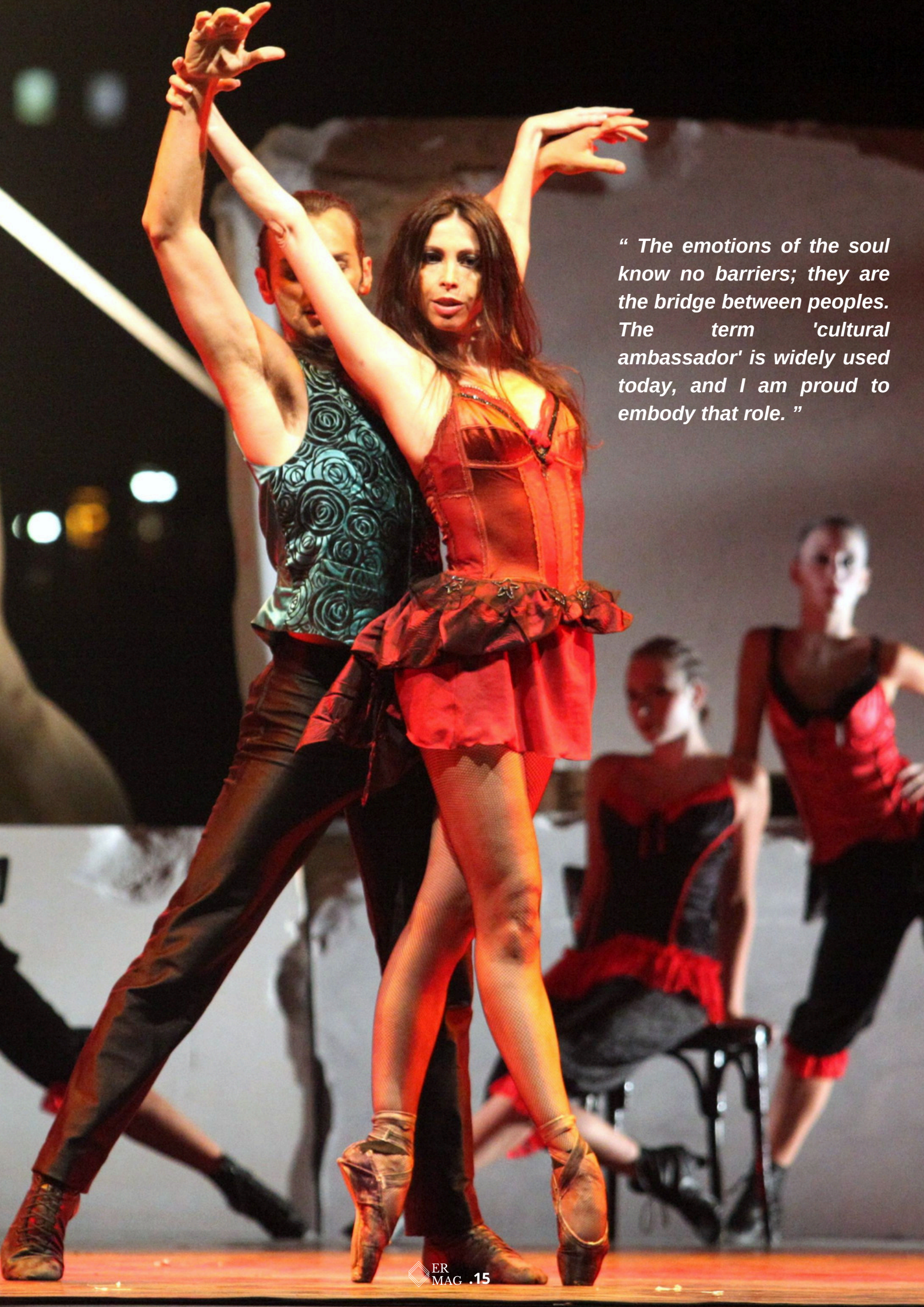
DD: Welcoming you to our magazine, we would like you to tell us how you started training in ballet as a young child and what inspired you to do so.

LB: I discovered dance at the age of four, and this is my very first memory. I still remember it perfectly today. I was walking with my mother in Monte Carlo when we met a friend of hers who was taking her daughter to a ballet class with Marika Besobrasova, the famous Russian teacher. She had been my mother's teacher, and my mother decided to go along to say hello. Marika invited me to join the other girls for a round of 'chassés,' and from that moment, I never stopped. My destiny was sealed then and there, and I'm still in that 'round' today! Becoming a ballerina was an inevitable choice for me.

DD: On your way to becoming a prima ballerina, what were some of the structures and challenges?

LB: Dance requires a lot of sacrifice, and I certainly didn't have a carefree adolescence; I was already dedicated to the rigorous training necessary for a high-level career. From a very young age, I carried the responsibility of performing on major stages. Over time, this became a way of life, and today my day invariably begins with training. I follow a precise, yet varied, diet and maintain an athlete's lifestyle, supported by all the necessary vitamins. I am mindful of my sleep, avoid going out in the period before shows or events, and focus my energy entirely on my work. Over the past few years, my career has taken on different facets as I've capitalized on the diverse talents I've developed. This has added a layer of creative and organizational skills that are deeply absorbing. The challenge is always to surpass oneself. The difficulty remains, as it always has been, in bringing my projects to life.





“ The emotions of the soul know no barriers; they are the bridge between peoples. The term 'cultural ambassador' is widely used today, and I am proud to embody that role. ”

DD: Monaco hosts some of the biggest events in the world, from the Ballets de Monte-Carlo to Formula 1 Grand Prix. How important is for an international personality like you to have you base there, as you are a Producer with PromoArt Monte-Carlo Production.

LB: Monaco is indeed a world-renowned place—an international showcase and a crossroads that everyone loves to visit. For me, Monaco is my true hometown; my family has been here for many generations, and I have a very strong bond with the Principality. Prince Albert has often honored me with his presence at my shows and events. My very first show at the age of four was on the stage of the Monte-Carlo Opera. Subsequently, I danced my first principal roles with the Les Ballets de Monte-Carlo. It was here, with the Producer and my Manager, Tino Genovese, that I founded Promo Art Monte-Carlo Production—an international company through which I continue my career. We produce major shows and events and operate extensively in the film and TV sector, both in Monte-Carlo and internationally across Europe, the Emirates, and beyond. Our current projects include a fascinating movie entitled “The desires of the Moon”, a mysterious love story written by Tino and myself.

DD: You have performed in theatre and television in over 35 countries throughout the world. Tell us a little bit about this experience. Which is your favorite country and why? How different is European culture from the other cultures around the world?

LB: Performing across the globe—first in the starring roles with the Les Ballets de Monte-Carlo, and later with our production company, Promo Art Monte-Carlo Production—has been a truly wonderful experience. I cherish every country I have visited; the world is beautiful because of its diversity, and these unique traditions and customs must be preserved. As an artist—whether as a dancer, choreographer, singer, actress, or master of ceremonies—it is essential to communicate and express one’s emotions to audiences worldwide. The emotions of the soul know no barriers; they are the bridge between peoples. The term ‘cultural ambassador’ is widely used today, and I am proud to embody that role. Unfortunately, art and culture are often dismissed as superfluous or unnecessary. Even worse, they are frequently devalued, where the inane is presented as art and the baseless as culture. In a world where indifference reigns supreme, I believe it is essential to serve as an example for new generations—and for people in general—through rigor, ethics, professionalism, and passion. It was this commitment that earned me the ‘Who is Who International Award’ in Athens—a prestigious honor recognized among leaders in culture, medicine, science, AI, and entrepreneurship.

DD: Singing and dancing at the same time is considered a very difficult task. We read in you bio that “Thanks to your 3-octave voice range, you are the only lyrical soprano who sings dancing on point shoes”. Can you tell us a few things about this skill?

LB: This was, in fact, one of my greatest challenges. When I began performing with our production company, various theaters and television networks started requesting me musicals. I have always possessed a natural operatic voice, but for that very reason, I had to undergo rigorous study. After several years of intense training, I was ready to bridge these two disciplines, performing a repertoire that spans the best hits of both musical theater and opera—from The Phantom of the Opera and Jesus Christ Superstar to Carmen. I learned that breath control is the ultimate secret to mastering both. This versatility has allowed me to evolve into a complete performer, seamlessly blending the grace of dance with the power of the voice.

DD: How you experience ballet as a coach?

LB: Passing on my experience to the next generation is fundamental to me; it is inherent in the very nature of dance and entertainment—professions that have always been transmitted orally and can only be truly taught by those who have lived them. This is why I created the ‘Méthode Russe de Monte-Carlo de Lorena Baricalla.’ My method offers an Academic Training Programme to affiliated dance schools based on international criteria. I train the teachers first, followed by the young dancers, but the scope goes beyond technique alone. It is about training the body, mind, and soul—because a true artist is formed by nurturing every facet of the individual, whether they aim for a professional career or a high-quality amateur experience. I believe everyone deserves a quality education that provides them with values they will carry for a lifetime.”



DD: Can you describe us the innovative entertainment project “Origins – The Answer”?

LB: This is a unique, large-scale entertainment franchise that I conceived and developed alongside the producer and my manager, Tino Genovese. It is the result of years of dedicated work and significant investment, involving a team of over 60 people. We have built an entirely new world—in the vein of Star Wars—which unfolds through a grand arena show featuring 80 artists, and a cinematic trilogy based on the books I authored. The project also extends into merchandise, video games, and more. The legendary Ennio Morricone expressed a deep interest in composing the score; though he has sadly passed, we remain in close contact with his management regarding the use of his unreleased compositions. Furthermore, Sir Richard Taylor—the visionary behind the physical effects of *The Lord of the Rings* and *King Kong*—has enthusiastically expressed his willingness to collaborate. Our focus now is that major studios and leading labels buy the project to bring this production to a global audience.

DD: What do you hope readers will take away from your books?

LB: These books are a grand epic adventure through the universe, bridging the wisdom of ancient Mesopotamian tablets with the complexities of quantum theory. Conceived with the depth of sacred texts, the narrative is rich in symbolism and spirituality, allowing discerning readers to uncover profound layers of meaning. Ultimately, this trilogy seeks to restore a sense of the epic and the ethical within us all. I believe the world is in great need of this today; we must return the values of the individual to the very center of how we live our lives

DD: What are your future plans?

LB: I have many projects underway, as I am currently managing several major initiatives simultaneously. In theater, we are collaborating with Luigi Caiola, who managed Ennio Morricone for 30 years. I will be a guest artist on a major international tour celebrating the 25th anniversary of the Maestro’s historic debut tour. Additionally, I am partnering with the renowned opera singer Mikhail Kotlyarov for an upcoming tour featuring a new singing and dancing production. In collaboration with the international firm STK, we are also relaunching the World Sports Legends Award, a major event we created. This prestigious red-carpet ceremony honors the world’s greatest sporting icons—from Formula 1 and MotoGP to football—and I serve as the Master of Ceremonies, presenting in five languages. Parallel to this is the TV show 'Lorena & Friends – in Monaco,' which offers a unique look at the people and places of Monte Carlo through my eyes, blending lifestyle and stardom with a spirit of simplicity and friendship. Finally, alongside the 'Origins' trilogy, we have a major film project titled 'There is Life on Mars.' Based on a screenplay written by Tino Genovese and myself, it is a family-oriented film on a very timely subject, and I will be starring in a role I absolutely love.



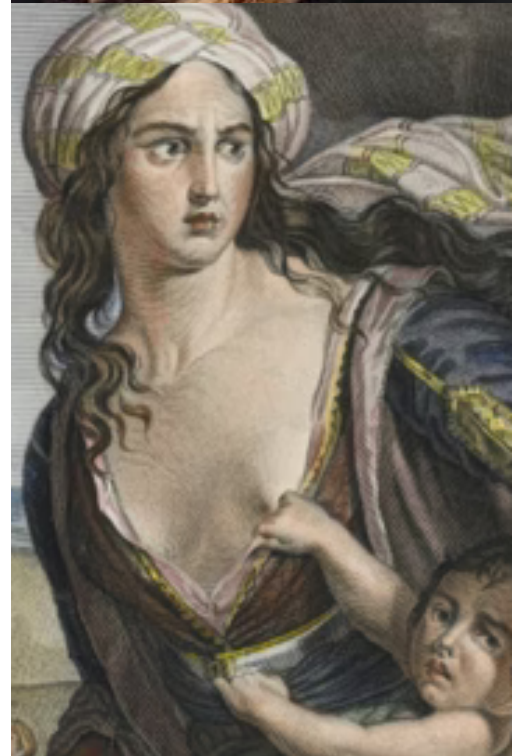
Messolonghi 1826: The Defiance of the Soul

Writing about Messolonghi is a daunting task, not for a lack of facts, but because the weight of what happened there defies the reach of language. By the spring of 1826, the city was a ghost. A full year of siege had ground everything down. With the fall of Vasiladi, Aitoliko, and Dolmas, the perimeter of hope had shrunk to the city walls. Inside, the "Free Besieged" lived on a diet of shadows—starvation and exhaustion were their only constants. They watched the horizon until their eyes burned, waiting for a fleet that would never crest the waves.

Then came the decision. On the night of April 10, the Exodus was not a desperate flight for survival; it was a refusal to exist in chains. They didn't charge into the Ottoman lines because they thought they would live—they charged because they could no longer bear the thought of surrendering. In that darkness, they didn't just exit a city; they exited the realm of the defeated and entered the realm of the eternal.

Men, women, and children stood as one—a collective heartbeat in the terrifying silence of the night. They moved with the quiet focus of those who had already said their goodbyes, knowing, perhaps from the very first step, that the path ahead was a narrow one. But the night had eyes. The betrayal had already traveled across the lines, and the enemy sat waiting in the tall grass. What followed was a descent into the visceral: the sudden, jagged roar of gunfire, the screams lost in the smoke, the crushing weight of the dark. In the end, only a few shadows slipped through the chaos into the mountains. They were the ones left to tell the world that Messolonghi hadn't been conquered—it had simply ceased to be.

Two hundred years have passed, yet the air there still feels heavy with that choice. You've touched on the very reason Messolonghi is a sacred symbol rather than a mere historical footnote.



"THE EXODUS" OF MISSOLOGHI"

200 YEARS LATER

KONSTANTINOS MENOUNOS

*"The preparation, through
my own eyes".*



Director:
CHRISTOS ARFANIS

Costume Design: Apostolos Tasioulis

"The role of Mr. Konstantinos Menounos is dressed by the Missolonghi weaver Chryssa Magdalinou. Together with her were Paraskevi and Stathis Magdalinou, as well as little Penelope."

"Musical contribution: Giannis Magdalinou, one of the last Missolonghi weavers of the area who still preserves the traditional sounds with these looms of the Exodus of Missolonghi that were once used for the fighters.

Direction - Cinematography: Christos Arfanis

Summer
2026
Fashion



The Trends Already Defining Summer 2026 Style

The CBK Effect

The intensity of fashion's Carolyn Bessette Kennedy obsession may have dimmed since spring, when *Love Story* debuted and took the world by storm, but its aftereffects will undoubtedly be felt (and seen) for a long time. The late style icon's influence isn't something that burns hot and then flames out because of how classic and timeless her tastes were. So, yes, buy that column skirt, crisp white button-down shirt, and forever pair of Manolo Blahnik slingbacks.



Purple! Purple! Purple!

If you turn away from neutrals for one color this summer, make it purple, particularly of the regal variety. Prada, Celine, Khaite, and more top brands of 2026 have leaned in, so you're next. From a simple triangle bikini to poplin hot pants, there's no end to the routes you can take with this color trend, which is guaranteed to add that something special to every summer outfit.



All About Blazy

Lyst's Q1 2026 Index put Chanel at the top of its list of hottest brands, and there's only one person to credit for its rise: Matthieu Blazy. The French house's decision to pluck him from Bottega Veneta and put him at the helm of fashion's biggest name proved to be a choice for the ages when he unveiled his spring/summer 2026 debut collection and changed, well, everything, offering shoppers a playful, modern twist on Chanel's codes and creating a frenzy.

Sunglasses, Belts, Scarves

Feel free to lean on your basics this summer, that is, as long as you don't forget accessories, which are set to dominate all season long.

Graphics Galore

You know all those graphic T-shirts you've collected over the years from vintage shops, ex-boyfriends, and sporting events? Well, they can now be worn for a lot more than just sleeping. This summer, expect to spot all the coolest girls you follow experimenting with their graphic tees.

Sex Appeal

Prepare for a sexy summer to kick off very soon, with designers like Hermès, Tom Ford, and Gucci leading the charge on the fashion front.



whowhatwear.com

MARRIAGE & KIDS

"Bridal 2026"

ER MAG TEAM

The choice of wedding dress for the wedding in 2026 ranges from elegant, airy designs to modern options with slits, lace or romantic style. Whether classic or boho, the wedding dress should highlight your personality.



Trends and Ideas 2026

Style: Romantic, boho and classic designs dominate.

Details: Slits, lace, impressive backs and busts.

Island Wedding: Airy and elegant wedding dresses, often designed for comfort.

Wedding-Christening: Less exuberant dresses are preferred



BEAUTY



Do Plumping Creams Really Work? Dermatologists Weigh In

My never-ending battle with stubborn hormonal acne aside, my top skin goals include keeping my skin smooth, lifted, and hydrated. At 34, I don't feel the need to seriously consider the more intense in-office treatments just yet. I'm still very mindful of what I inject in my face (I've stopped filler and Botox about three years ago, and only recently went in for a non-invasive Halo Lift treatment for research purposes). Other modalities like lasers and **ultrasound therapy** are something I can only do in doses, years apart because my pain threshold is low and they bring me to tears. What I like to focus on, however, are topical products that keep my skin looking as healthy as possible. This is where plumping moisturizers come in.

As Marisa Garshick, MD, board-certified dermatologist at MDCS Dermatology, explains—a plumping moisturizer is designed to boost hydration and improve your skin's overall texture. If you're wanting to look more lifted, glowy, and smooth, this is the product you should be using in your daily routine. "They work by boosting hydration levels in the skin and supporting the skin barrier," Dr. Garshick explains. "Often, [they have] ingredients that also help build collagen."

Per Dr. Garshick, it's really as simple as applying the cream once or twice a day to reap their benefits. Those who opt for a morning plumping moisturizer will find that it can help create a smooth, hydrated base for makeup, while nighttime offerings work to replenish moisture and help the skin repair itself as you sleep. Generally, they're also well tolerated, often paired with soothing ingredients like hyaluronic acid, ceramides, or growth factors to offset any irritation.

So if this has piqued your interest, an edit of the ten best face creams for plumping skin to consider adding to your routine. You—and your skin—can thank us later.

By Audrey Noble, Vogue.com



Greece as a Global Cinematic Canvas by Christos Arfanis

When we speak of "Cinema in Greece," we are talking about how the world sees itself through our light. For decades, the international film industry has looked at our craggy coastlines and ancient marbles as characters in their own right, rather than just a backdrop.

From the celluloid classics of the 20th century to the high-tech spectacles of 2026, Greece continues to be the ultimate set. The world's love affair with Greek locations truly ignited in the 1960s. Who can forget Anthony Quinn dancing on the sands of Crete in *Zorba the Greek* (1964)? The film that captured a spirit—the kefi—that defined Greece for a global audience. Before that, we had Sophia Loren emerging from the Hydra waters in *Boy on a Dolphin* (1957) and the Piraeus docks coming alive in *Never on Sunday* (1960). These films utilized the natural, unfiltered Mediterranean sun to create a visual language that felt more "real" than anything Hollywood could build on a soundstage.

In recent years, the trend has only accelerated. The "Mamma Mia effect" turned Skopelos into a global pilgrimage site, proving that cinema is the most powerful tourism brochure ever devised. We've seen the Peloponnese provide the intellectual backdrop for the walking-and-talking intimacy of *Before Midnight* (2013), and the volcanic cliffs of Santorini host the high-octane adventures of *Lara Croft*.

As we stand in 2026, the stakes have been raised. We are seeing a shift from simple scenic beauty to deep, mythological storytelling.

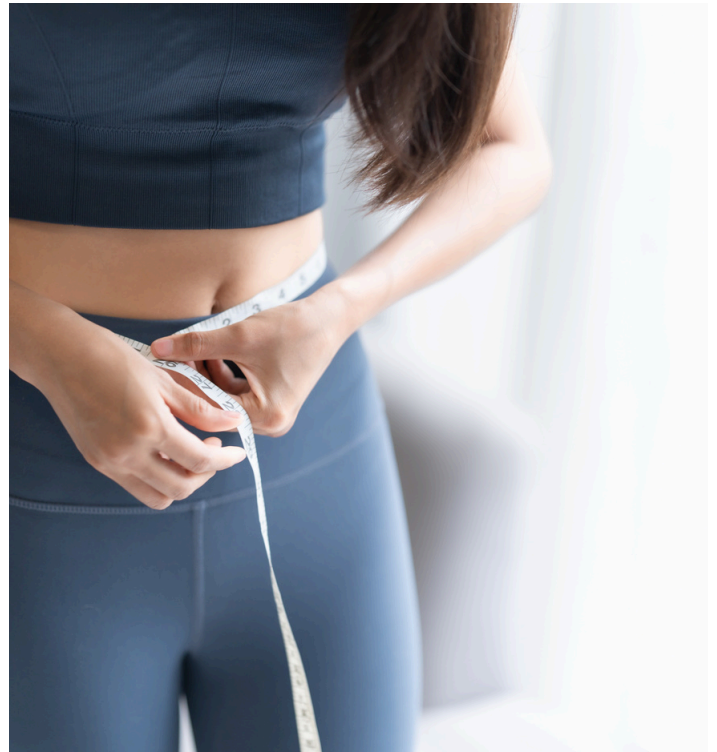
- **The Return (2024):** Seeing Ralph Fiennes and Juliette Binoche breathe life into Odysseus and Penelope on our shores reminds us that these ancient stones still hold modern relevance.
 - **The Odyssey (2026):** With major directors like Christopher Nolan exploring Mediterranean landscapes for epic retellings, Greece is once again proving it is the home of the "Big Story."
- As a filmmaker living and working in Athens, I see the arrival of these "Hollywood giants" (most recently the buzz around Brad Pitt's upcoming projects in Hydra and Athens) as a double-edged sword. While they bring technical expertise and economic growth, our responsibility as Greek creators is to ensure our own voices aren't drowned out.

We shouldn't just be the "hosts" for foreign productions. We should be the collaborators. The technical crews in Greece today are some of the best in the world, blending traditional craftsmanship with the latest digital innovations. The next time you watch a film set in Greece, look past the beautiful blue shutters and the turquoise water. Look at the way the light hits the stone. That light has been the same for three thousand years. It is a light that demands honesty from the actor and precision from the director.

Whether it's a small indie film or a \$200 million blockbuster, Greece provides a soul, rather than being only a location.

Summer diet - Tips

A healthy summer diet focuses on hydration, high-fiber, and seasonal produce to stay refreshed and manage weight. Prioritize water-rich foods like cucumbers, tomatoes, and berries, along with lean proteins (grilled fish, chicken, legumes) and whole grains. Limit high-sugar, high-sodium, and processed foods, and opt for fresh, colorful, and locally grown foods.



Key Components of a Summer Diet

- **Hydration:** Drink at least 8-10 glasses of water daily. Increase intake if sweating or exercising, as fatigue from dehydration is often mistaken for hunger.
- **High-Water Foods:** Incorporate hydrating foods like cucumbers, celery, leafy greens, radishes, watermelon, and tomatoes.
- **Seasonal Produce:** Eat locally sourced fruits and veggies like berries, peaches, plums, zucchini, and peppers for maximum nutrients.
- **Lean Protein & Grilling:** Focus on grilling or broiling fish, chicken, or plant-based proteins like legumes, which are lower in fat and easy to prepare.
- **Fiber-Rich Foods:** Increase fiber to stay full, using whole grains, fruits, and veggies





For 11 consecutive years, Nafplio has hosted the world's premier exhibition for professionally crewed pleasure boats, underscoring the vital role of maritime tourism in Greece.

The 11th Mediterranean Yacht Show (MEDYS) transformed the historic port into a global hub for the yachting industry. Professional charter brokers, organizers, and exhibitors from around the world had converged on the city to inspect the finest details of the fleet. With over 130 impressive yachts on display, the event offered a unique opportunity to admire the pinnacle of luxury maritime design.

The exhibition remained open to visitors and industry professionals through Wednesday, May 6, serving as a dynamic showcase of the strength and prestige of the Greek yachting sector.



Lamborghini Fenomeno Roadster Is the Ultimate Open-Top V-12 Beast

Lamborghini is well-versed in the world of limited-production vehicles. From the Batmobile-esque Reventón of the late 2000s to the Countach homage of 2022, the Italian automaker has shown its expertise in creating few-off supercars by pairing outrageous styling with equally scintillating powertrains. The Fenomeno Roadster is Lamborghini's latest special creation, an open-top version of the radical Fenomeno Coupé revealed last year, with only 15 units set to be built.

The Roadster looks just as crazy as the coupe, the main difference being the lack of a roof. The front end has piercing headlights that glare out from beneath large black panels in the hood that house air ducts, while the bumper is festooned with vents, spoilers, and vanes. The overall shape is the classic Lamborghini wedge, and deep air intakes are carved into the rear fenders. The taillights form a "Y" shape on either side of a ginormous centrally mounted exhaust.

Lamborghini says the Roadster has a unique aerodynamic setup to account for the missing roof, allowing it to match the coupe's downforce levels despite the significant chunk of bodywork that's been removed from above the occupants' heads. The louvers atop the engine bay are redesigned, and a new spoiler on the windshield directs the air over the cockpit and into these vents.

The Fenomeno Roadster rides on manually adjustable racing dampers, while carbon-ceramic brake rotors help slow this rapid supercar. The Fenomeno also wears a set of bespoke Bridgestone Potenza Sport tires in a staggered setup, with 265/30 rubber wrapped around 21-inch wheels up front and 355/25 tires on 22-inch rear wheels. Lamborghini says it will also offer a bespoke semi-slick Bridgestone tire focused on track driving, but it's still homologated for public roads.

There's no word on price for the Fenomeno Roadster, but with the Revuelto starting at \$608,358 and the Fenomeno Roadster limited to just 15 units, the cost is presumably well north of a million dollars. Still, with styling this wild and a thumping 1065-hp 12-cylinder heart, we bet the astronomical price tag is well worth it.

caranddriver.com





World Cup Fast Facts



Here's a look at the World Cup football (soccer) tournaments. The World Cup is organized by FIFA, the Federation Internationale de Football Association. Men's and women's tournaments are held every four years.

June 11-July 19, 2026 - The Men's World Cup is scheduled to take place in Canada, Mexico and the United States.

July 20-August 20, 2023 - The Women's World Cup takes place in Australia and New Zealand. Spain defeats England 1-0 to win its first Women's World Cup.

November 20-December 18, 2022 - The Men's World Cup takes place in Qatar. Argentina defeats France in a penalty shootout after a 3-3 draw to win its third World Cup.

June 7-July 7, 2019 - The Women's World Cup takes place in France. USA defeats the Netherlands 2-0 to become the only country to win four Women's World Cup championships.

June 14-July 15, 2018 - The Men's World Cup takes place in Russia. France defeats Croatia 4-2 in the championship game to win its second World Cup.

Teams with the most World Cup titles:

Men's: **Brazil has won five times - 1958, 1962, 1970, 1994 and 2002**

Women's: **USA has won four times - 1991, 1999, 2015 and 2019**

Max Verstappen wins Azerbaijan Grand Prix after Oscar Piastri crashes out on first lap.



Max Verstappen won his second consecutive race on Sunday, claiming a comfortable victory in the Azerbaijan Grand Prix. The four-time Formula One champion began in pole position after a chaotic qualifying session on Saturday and was never troubled after making a good start in Baku. "This weekend has been incredible for us ... last (race), it was already great, but for us to win here again is just fantastic," Verstappen, who won previously in the Azerbaijani capital in 2022, said in his post-race interview.

"It was very straightforward. Of course, it's not easy around here - very windy today, so the car is always moving around a lot. But yeah, of course, incredibly happy with this performance."

The Red Bull driver has endured a difficult season by his own high standards, with victory last time out in Monza his first since mid-May, but is now enjoying his best form of the year.

The same cannot be said for drivers' championship leader Oscar Piastri, who watched the majority of the race from a plastic chair trackside after he crashed less than halfway through the first lap.

The Australian started in ninth after he crashed during qualifying, and looked out of sorts straight away on Sunday, jumping the start before quickly stopping, ending up dead last, and then impacting the wall on turn five.



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