NOVEMBER 14 - 20, 2026

THE GUARDIAN Life



Losing Weight?
What works for lasting results

DRESS LIGHTER!
LAGOS FASHION WEEK LOOKS FOR HOT DAYS

\+
Your weekly guide to the best of Nigeria

SEGUN JOHNSON:
Owambe's master of hype

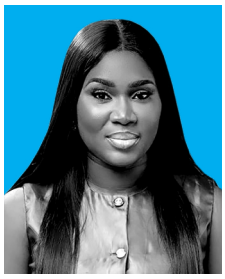
EDITORIAL TEAM

THE GUARDIAN **Life**

Everything you need to live well



Anita Athena Ibru,
Chief Strategy Officer (Global)
anita.ibru@guardian.ng



Editor, Guardian Woman
Ijeoma Thomas-Odia
ijeoma.thomas-odia@guardian.ng
(0703 342 2652)







Acting Editor, Guardian Life
Musa Adekunle
musa.adekunle@guardian.ng

Contributors
Oluwagbemisola Sadare
gbemisola.sadare@guardian.ng

Chidinma Enweani
Chidinma.enweani@guardian.ng

Geraldine Akutu

Ajuluchukwu Brown
mailto:ajuluchukwu.brown@guardian.ng

Ese Oghenetega

Chinonso Ihekire

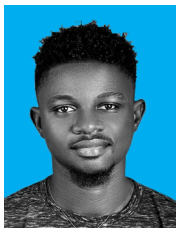












Design/Graphics
Mayowa Iyiola
Adedeji S Samuel





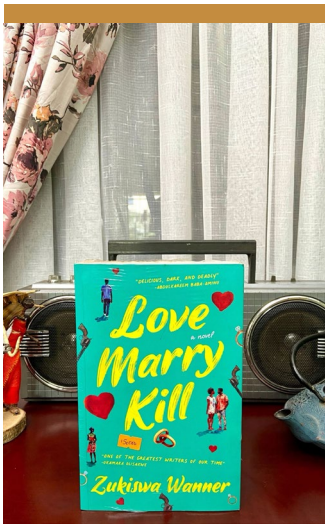
Marketing/Adverts/Partnerships

Andrew Ifeanyi Ibeh
(0808 597 3490)
andrew.ifeanyi@guardian.ng

Cyril Anyika Jnr
(0803 056 7059)
cyril.anyika@guardian.ng



FEATURES



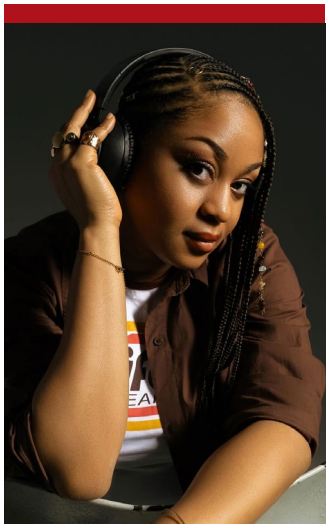
4

BEST OF 5
5 reading spaces to visit in Lagos



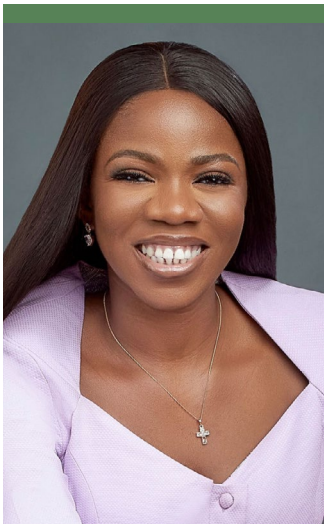
7

COVER
Segun Johnson: Owambe's master of hype



13

GUARDIAN MUSIC
From MBGN to DJing: Muna Abii's many creative lives



15

GUARDIAN WOMAN
Jennifer Awirigwe: Women must move beyond saving money to building lasting wealth

THIS ISSUE



CITY LIFE
Wisdom from our archive of cover stars 11
+
Atekong Street, Calabar The street that changed my life

GUARDIAN ANGELS
Firstborn daughters celebrate sisterhood, strength, and shared experiences 17

GUARDIAN WOMAN FESTIVAL
Women creating wealth…with Bologi Stephen 19

MARIE CLAIRE
What I wore for Lagos Fashion Week as a Fashion Editor 29
+
Marie Claire Nigeria Trend Report: Lagos Fashion Week Spring/Summer 2027

FASHION
Slay in the heat 31

CULTURE
Yoruba tribal marks and the stories they carry 33

WELLNESS
What works for weight loss 38

FASHION
Look stylish in raffia earrings 40

INTERVIEW
Gbemi Olateru-Olagbegi: Telling fashion's untold stories 42

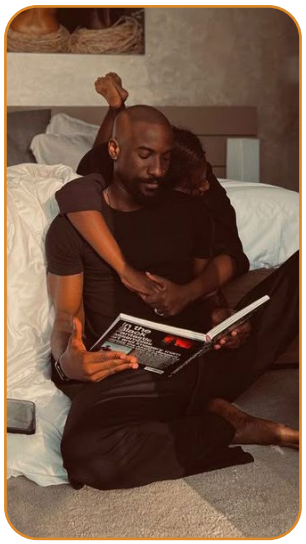
FASHION
The scarf remix 46

ART
Ladi Kwali's legacy, historical memory shape ART X Lagos 2026 48

LOVE AND RELATIONSHIPS
What are you building together? 53

FASHION
Sweatless styles at Lagos Fashion Week 54

LISTINGS
Places for a night out in Lagos 56



5 reading spaces to visit in Lagos

by Oluwagbemisola Sadare



Whether you enjoy reading over a cup of coffee or need a quiet place to study, Lagos has several spaces where you can pick up a book and settle down.
Here are five places to visit.

1

The Jazzhole

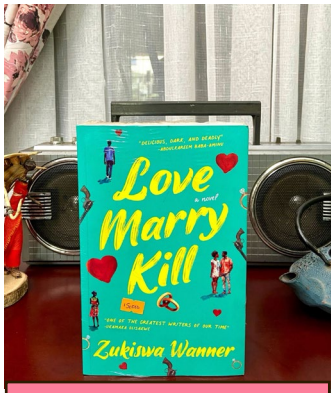
The Jazzhole is a bookstore, music store and café situated on Awolowo Road, Ikoyi. Established as a cultural meeting point, the space brings together literature, music and art. Its shelves feature books across different genres, including African literature, while its collection of vinyl records and music memorabilia attracts enthusiasts interested in exploring Nigeria's musical heritage. Visitors can browse books, enjoy coffee or tea and spend time in its relaxed setting. The combination of reading, music and refreshments makes it an interesting destination for people seeking a different kind of literary experience.

Location: 168 Awolowo Road, Ikoyi, Lagos.

Time: Monday–Saturday, 9:30am –7pm; Sunday, 12pm–6pm (hours vary across listings; confirm before visiting).

Fee: No general admission fee listed. Books, food and drinks are charged separately.





2

Book Fever Bookstores

Book Fever Bookstores is a bookshop and reading-focused community space in Ikate, Lagos. The establishment features an upstairs library and café where visitors can spend time reading while enjoying refreshments. Its collection caters to different age groups, with a dedicated children's section and books across various subjects. The space also provides an opportunity for readers to connect through its book club community. With its combination of books, work areas and café facilities, Book Fever is worth considering for students, professionals, and anyone looking for a comfortable environment to enjoy a good read.

Location: 2 Alhaji Masha Road, Ikate, Lagos.

Time: Monday–Saturday, 9 am–8 pm. Confirm Sunday hours.

Fee: Entry and reading fees not publicly confirmed. Contact the bookstore before visiting.

3. Ouida Books

Ouida Books combines a bookstore, café and workspace in its Opebi location. The bookshop specialises in works by African writers and books about Africa, alongside international fiction, non-fiction and children's literature. Its Sunroom provides a dedicated workspace for visitors who want to read, work or spend time in a quieter environment. The establishment also hosts literary and creative activities, making it a meeting point for people interested in books and contemporary African writing. Visitors can browse its collection, purchase titles, and enjoy the café facilities while exploring the space.

Location: 34 Ajanaku Street, off Salvation Road, Opebi, Ikeja, Lagos.

Time: Monday–Friday, 9 am–6 pm; Saturday, 10 am–5 pm.

Fee: ₦5,000 daily for Sunroom workspace access. Confirm current rates and general reading arrangements.

4. Pan-African Research Centre (PARC)

The Pan-African Research Centre, located at Padà on Lagos Island, is a research library and cultural knowledge space dedicated to African history, heritage and intellectual life. Its collection includes books, magazines and audiovisual materials, offering resources for readers interested in exploring different aspects of African society and culture. The centre is particularly relevant to researchers, writers, students and history enthusiasts seeking materials beyond conventional library collections. In addition to individual research, PARC provides a setting for cultural conversations, workshops and knowledge-sharing activities. Its specialised collection makes it an interesting destination for people looking to deepen their understanding of Africa.

Location: 27 Boyle Street, Lagos Island, Lagos.

Time: Thursday–Saturday, 10 am–4 pm.

Fee: Reported rates are ₦1,000 daily or ₦5,000 monthly. Confirm current charges.

5

American Corner Ikeja

American Corner Ikeja is a learning and cultural resource centre offering visitors access to educational materials, books and digital resources. The facility provides an environment for reading, research and learning, with resources covering subjects such as education, entrepreneurship and technology. Beyond its reading facilities, the centre organises programmes, workshops and discussions that encourage knowledge-sharing and cultural exchange. It is particularly useful for students, young professionals and people interested in developing new skills. Visitors can explore available resources, participate in selected activities and use the centre as a place for individual learning.

Location: 42 Local Airport Road, near Concord Bus Stop, Ikeja, Lagos.

Time: Monday–Friday, 10 am–5 pm.

Fee: No general admission fee listed. Confirm registration and access requirements before visiting.

FEDERAL PALACE HOTEL & CASINO
★★★★★ VICTORIA ISLAND ◦ LAGOS

STAY. UNWIND. EXPERIENCE.

From exquisite dining to beautifully curated spaces, experience the comfort, elegance and service that defines the Palace.



TACO THURSDAY

Every Thursday | 7:00pm

Taco station | Sangria & Margarita station | Exotic cocktails
Happy Hour (buy one, get one free on selected drinks)
Latino music & vibe | **10% off Tacos for ladies** | Free shots



SATURDAY ATLANTIC GRILL

Every Saturday | 4:00PM - 9:00PM

N45,000 Per person

BBQ | GREAT FOOD | MUSIC | WEEKEND VIBES







SUNDAY BRUNCH ROYALE

Every Sunday | 12:00PM - 4:00PM

N50,000 Per person

Welcome Drink | Food | Wine | Cocktails | Live Entertainment





STAY: N220,500

Enjoy 1 Night Luxury stay

- Welcome Mocktail/cocktail
- Complimentary Breakfast
- Complimentary Early Check-In / Late Check-Out

Offer Valid till Oct 31st

@Federal Palace Hotel & Casino, 6-8 Ahmadu Bello Way, Victoria Island , Lagos

ENQUIRIES | RESERVATIONS:

+234 (201) 277 9000 +234 706 497 4458

info@federalpalace.com federalpalace



Segun Johnson:

Owambe's master of hype

by Musa Adekunle



NEED TO KNOW

- Segun Johnson is a Nigerian singer and live-band performer known for his energetic, audience-led shows.
- He began as a church drummer and studied Mass Communication at Osun State Polytechnic, Iree. He also studied music theory at MUSON and production and presentation at FRCN.
- His hype songs include Sho Fine Gan and Sho Ta Lenu, built around call-and-response and audience participation.
- He won Live Band of the Year at the 2021 Cool Wealth Awards and APPOEMN's Best Entertainer award in the Live Band category in 2023, 2024 and 2025.
- His live sets combine popular songs with his own original and customised songs for events.



At Nigerian parties, Segun Johnson can turn a guest's name into a chorus. He calls people to the floor, builds a chant around them and draws the crowd into the response. Songs such as *Sho Fine Gan* and *Sho Ta Lenu* carry that call-and-response style.

Johnson began as a church drummer before building a career as a singer and live-band performer. APPOEMN named him Best Entertainer in the Live Band category for three consecutive years, from 2023 to 2025.

In an interview with *Guardian Life*, Johnson talks about growing up in Okeira, creating his performance style and choosing music over his childhood dream of becoming a footballer. He also discusses composing music at home and expanding his real estate business. What kind of childhood did you have, and what did it teach you about people?

I grew up in Okeira, under Ojodu Local Government in Lagos, and my upbringing revolved around being responsible for myself at a tender age… I remember that none of my friends had parents who were rich, so we all practically grew up with the options of either going to school or learning what we popularly call 'handwork'. This was the foundation I had towards self-discovery and responsibility.

What drew you to praise-singing, and when did you decide to earn a living from it?

From a lifestyle of being responsible for myself, I improved my music talents as a drummer, and that metamorphosed into singing… while playing drums, I played for several music bands that played at events, and I saw how most live bands relate to guests. The conventional style was prevalent, and that was what inspired me to create a new style of entertainment and audience engagement. So, when I started as an artiste, I capitalised on creating something different from the norm.

If performing were not an option, what would you have become?

If performing wasn't an option, I would have been a footballer, although it was so obvious that excelling as a footballer might be tough because of the structure of our sport back then.

What career did your parents want for you, and how did they react to your choice?

My mum wasn't quite open to whatever I chose to do. She was so busy making sure we had food, shelter and a good upbringing. Our choices of career weren't her major areas of concern, she just did her best in giving us a good moral upbringing, which is the best thing we have to date.

What happened the first time a stranger recognised you, and when did that recognition start bringing you bookings?

The first time I got recognition was at a wedding sometime in 2014, the musician that was called for the event disappointed the client, but he sent me as a cover-up. I went with 3 of my friends like a one-man band, and I gave my all, a woman saw me and admired how I was able to perform and sing a lot of foreign repertoire songs of Kool & the Gang., Michael Jackson and the Beatles, she introduced me to Ikoyi Club 1938 and from there I got connected to Ikoyi Club 1938…this woman's name is Mrs Helen Acher

How did you turn Yoruba praise-singing and street slang into your own performance style? Tell us



"If performing wasn't an option, I would have been a footballer."

— SEGUN JOHNSON

how one of your best-known lines came about.
From the beginning, I decided on creating a style that will revolve around audience engagement through catchy lines that will serve as sing-alongs. One of these lines—SHO MA NOWO YEN TAN— was created on stage when the mother of the bride was trying to appreciate us financially, and her younger sister was frowning and cautioning her to stop giving us the money

Take us through how you work a room. What tells you who will respond to praise and who would rather be left alone?
The ability to read the room and understand the mood at a party is more important than the songs or hype itself. Timing is everything; even the most amazing performers might not move the crowd if the timing of his/her performance is wrong. I relate my hype and songs around the mood and vibe of the guest in respect to the attention they giving per time. That is what breaks the wall of conservatism in party guests

Do you rehearse what you'll say before going on stage?
I don't usually rehearse what to say before going on stage because the audience reaction isn't predictable. I once planned to start a performance with a catchy sound from my DJ, not knowing that the previous performer had dropped the vibe of the show, the expected reaction didn't come, and I had to cut off the sound and start my performance at a slower tempo with different engagement techniques

"Timing is everything; even the most amazing performers might not move the crowd if the timing of his/her performance is wrong."

— SEGUN JOHNSON

How do you respond to people who see your performances as a way of getting guests to spray money rather than a musical craft?
When I get such messages from clients, I always play along. I think it's easier for me to achieve this with them because they usually end up getting all that they want during my performance.

What has running a band taught you about money, loyalty and leadership that performing alone could not?
I function in two offices presently; I perform alone as an artiste, and I perform with a band when it is required. One thing I have learnt from running a band is that having a structure is important. Decisions on members of the band shouldn't be taken based on the emotions of the leader but based on the functioning structure.

"The alternative soul style of music is the part of my ability that everyone doesn't know about yet."

— SEGUN JOHNSON

What part of your musical ability have audiences yet to hear, and what are you doing to change that?
The alternative soul style of music is the part of my ability that everyone doesn't know about yet. I remember a couple of alternative soul songs I composed back in the day.

What are your future goals?
My major plan is to expand my real estate portfolio. We presently have a couple of properties in Lagos, and we are looking forward to creating affordable homes and apartments for logicians.

When you're not performing, what does a typical day look like, and what else keeps you busy outside music?
Most of the time, when I'm not performing, I'm indoors creating and composing music.



WORDS TO LIVE BY

Wisdom from our archive of cover stars



"Legacy is one of impact, one of inspiration, one that inspires the messages of resilience and sacrifice."
Falz, 2025



"Being bold means acting on conviction, sometimes even before the world catches up. It's the courage to build what you wish existed, even when others can't see the vision yet."
Remi Martins Johnson, 2025









"Your voice is powerful, and it has the potential to drive change."
Florentina Agu, 2024

"As a young woman, put yourself in positions where you learn new things to grow your career or business, leading to financial independence."
Rewa, 2024



"Value heritage because it acts as a bridge between the past and the future. Shaping these stories is where true luxury lies."
Itoro Okopide, 2025







Atekong Street, Calabar

The street that changed my life

DJ Olodo on discovering his craft in Calabar, embracing an unconventional identity and taking DJ culture beyond the nightclub through Traffic Rave.

ATEKONG STREET, in Calabar, Cross River State, has been central to my journey as a DJ. Interestingly, I did not begin behind the decks. I started out as a club barman while studying at the University of Calabar. Working in that environment exposed me to nightlife, music and the energy DJs brought into a room.

For me, DJing began with curiosity and an unexpected opportunity. It was there that I met DJ Frinzy and DJ Franky, who noticed my interest in music and introduced me to the fundamentals of the craft. One night, when there was no DJ available and the crowd was becoming restless, I was asked to step in. I took the opportunity, got behind the decks and played. That night marked the beginning of my career.

The name Olodo also has an interesting story. It came from a slogan I frequently used during a campaign: "Our Olodo Don Do." I had also played an Olodo character in a movie, and as my popularity grew among students and people on the streets, the name gradually became associated with me. Rather than abandon it, I embraced it and turned it into my identity. What started as an unconventional name eventually became a recognisable part of my brand.

After building my presence in Calabar, I moved to Abuja, where I began exploring ways to take DJing beyond conventional entertainment spaces.

Interviewed by Ajuluchukwu Brown.

Keep up with our Street That Changed My Life Series at **epaper.guardian.ng/publications**

Guardian Music



From MBGN to DJing:

Muna Abii's many creative lives

by Chinonso Ihekire

Winning MBGN in 2007 brought Muna Abii into public view, but music has remained the thread through her work in rap, acting, filmmaking and DJing. She discusses hip-hop's financial challenges, her love of house music and her search for new forms of creative expression.

It didn't take quite long for Muna to realise her creative superpower, which is expression, especially in the context of being a multi-hyphenate. She's confirmed being active as an emerging rapper even before MBGN under the moniker Babyrella in Port Harcourt's underground hip-hop scene, where she often performed with a rap group called Specimen A. She also recorded with Afrobeats icon Terry Tha Rapman during this period.

After her MBGN fame and the successes that came from it, she ventured fully into rap, signing a management deal with Ayo Shonaiya's RMG company. She would eventually record several singles, including "I Feel Real," "Here to Stay," "Down Down Low," and "I Choose You," featuring Lamboginny. She also collaborated with Waje on the inspirational record "So Inspired." In 2011, she participated in the Black Entertainment Television (BET) Hip Hop Awards Cypher, stamping her prowess as one of the fiercest female lyricists in the game.

Somehow, just before the world went into a global lockdown, Muna Abii reappeared on our screens with a role in the 2019 Nollywood blockbuster Living in Bondage: Breaking Free. At this time, her rap career had already begun to simmer away from the spotlight, following the financial difficulties she encountered while pursuing hip-hop professionally.

Her performance in the movie opened an entirely new pathway for her in Nollywood, where she has continued to explore her talents as an actress and filmmaker. Her subsequent screen credits include Finding Hubby (2020) and Obsession (2022).

> *"I live to express myself and to express my creativity, not necessarily to please people."*
>
> — MUNA ABII

With all these hats on her head, 39-year-old DJ Sunrise is reinventing what it means to be a creative artist these days. She has morphed from being a model to a musician, an actress, a filmmaker and now a disc jockey, all in a bid to fully express her creativity, barring any limitations or situations. The closest example to her odyssey is American musician, actress, producer and TV host, Jada Pinkett Smith.
As a DJ, Muna, aka DJ Sunrise, has quickly risen to become a familiar name in Nigeria's electronic music scene, with her selections of house music, particularly Afro-house, becoming a signature part of her artistry. She has performed at numerous events across Nigeria and has continued to preserve that bubbly, experimental and expressive persona across all her exploits.

Catching up with Guardian Music, the woman of many talents opens up about her journey into modelling and winning MBGN, her life as a bohemian artist and restless creative, the hurdles she encountered with rap music, her transition into Nollywood, the allure of becoming a DJ, and her lifelong ambition to explore the many possibilities of artistic expression.

You were studying International Relations when you became the Most Beautiful Girl in Nigeria. How did you go from being a student to winning a national beauty pageant?
I guess I have to thank my friends for that. They kind of dared me to do it, and it worked out. I was in school in Benin, actually, so it was more or less Benin people. A lot of people, not just people from Benin. My friends were Yoruba, Edo, Igbo, all sorts.

How did life change for you creatively after winning the pageant?
Life didn't change immediately. As a matter of fact, I assumed it would because everybody told me that it would, but it didn't change immediately. I went back to school, and I finished, and I was just a regular girl.
I think I knew how to move in silence, if that makes any sense. But you can't really hide because I can't really hide. Those that know, know. For the most part, it would seem like people didn't quite recognise me to start with because I would always wear a T-shirt and jeans. I wasn't always wearing glamorous clothes all the time as they do now.

I've always been real with myself. I don't like to pretend. I don't like to do more than I can handle, and I don't like to live to impress people. That's how I've always lived my life. I live to express myself and to express my creativity, not necessarily to please people.

Is modelling a chapter you've completely closed, or is it still part of your creative life?
It's my life, so I would always reference that. I don't do runway, obviously, but do I model for products and things like that? I still do, every now and again. That doesn't stop.

One of the most mind-blowing moments of your rap career, for me, was your appearance in the BET Hip Hop Cypher. How did that experience come together?
Someone actually posted it, and I reposted it today, which is so funny.

I wrote the bars maybe the day before the filming of the video, which was rather interesting because they had given me the beat a while ago. I think I was in the States, but I didn't really get around to writing on it. It wasn't necessarily my type of beat, which is weird, right? So it took me a while to actually get into it.

When I got back, Clarence Peters called me and said everybody was in the studio and I should come through. They were shooting the male cypher that day. I remember that.

Mode 9 was teasing me a lot. He's always done that, though. But they had a lot of respect for me, which is something I don't take for granted.

When I came in, everybody was like, "Yo, you're going to do this, right?" And I was like, "Oh my God, guys, calm down."

So I saw what they were doing, and I thought I had to represent. I wrote my bars and recorded them. Then the next day, because we were there till late and I obviously had to go and sleep, we came back in the morning and shot the female version, if my memory serves me correctly.

I wrote those bars on the spot. I had just touched down from Atlanta and LA.

You say rap was the most exciting expression of your creativity?
Absolutely not. I would say it was my most traumatic experience.

Rap is a beautiful form of expression, but there's a thin line between being a subtle rapper, being a rapper with sex appeal, or being a conscious rapper.
I was in between all of them. I wasn't sexual.



I wasn't too conscious, even though I was tilting more towards the conscious side. And I wasn't necessarily very Nigerian in my rap. So there was a lot of, "Okay, she's elite." I never understood that for the life of me. What do you mean, elite? I'm not elite in any way. I'm just me, and I happen to like a certain type of vibe, and I tend to flow like that.

It's unfortunate because people would have certain impressions about me. Just like you have the impression that I'm a nepo baby, which I'm not.
If I told you that I woke up in the morning and went to hustle and sell garri, you would find it hard to connect that with my physical representation. There was a whole lot of disconnect with that. That's why it was very, very traumatic for me.

But you had a distinct identity as a rapper. At the time, there were other women like Weird MC who were comfortable occupying their own spaces within hip-hop. Why did you stop?
It wasn't paying. I'll be honest with you. It wasn't paying.

I love rap, and I probably would still do rap. I got into it thinking that I could follow that line as a source of income. Of course, I didn't know any better because I was young and I was learning.

I got into the game and had

> *"Acting was part of the process of finding other ways to express my creativity."*
>
> — MUNA ABII

expectations of the industry. Obviously, you think people do this to make a living, and I would like to do this to make a living because it's something that I love.

But it was very difficult. It's still very difficult to make money with hip-hop.

Now it's a bit different because there's streaming. You can have your own community and all of that. But it's still difficult because you have to invest money into it.

When you invest money into music, it's not a short-term yield. It's a long-term thing. Whoever is investing in you knows they're not getting their money back immediately. It's a long game.

But if you look at it, I never stopped. I just had to find other ways to come back into what I love.

Continue reading on guardian.ng/category/life/

PLAYLIST OF THE WEEK

by Mayowa Iyiola



PRETTY GIRLS

Joeboy



PARTY

Didi B, Davido



BOLONESE

L.A.X



FERAWA

Magixx, Shoday



OUTSIDE

Boy Muller, Young John



LOVE IS IMPORTANT

Chike



OBAA SIMA

Fireboy

Guardian Woman
EMPOWERMENT • ENTREPRENEURSHIP • LEADERSHIP • MENTORSHIP



Jennifer Awirigwe:

Women must move beyond saving money to building lasting wealth

by Ijeoma Thomas-Odia

Jennifer Awirigwe is a certified personal finance expert, Investment Banker, Chartered Accountant and Chartered Stockbroker. As founder and Chief Executive Officer of FinTribe, Africa's pioneering wealth company for women, she is known as The Women Money Cheerleader, trained over 1,000,000 women in personal finance, guided thousands on their investment journeys, and reached over 7,000,000 people through her online campaigns and financial education classes. As a financial literacy advocate, Awirigwe breaks barriers in the male-dominated world of stock investing. She convenes the Biggest Finance Fair in Africa and advocates closing the gender gap in capital market participation. Her professional background spans auditing, aviation, treasury operations, fixed income, asset management, and fintech, shaping how she teaches and simplifies finance for everyday women across 40+ countries. In this interview, she speaks on her vision to have every woman invest confidently while building a thriving investment portfolio.

You have built an impressive career in investment banking, accounting, stockbroking, and financial education. What inspired your passion for helping women achieve financial independence?

My passion is rooted in a combination of what I saw growing up and my own personal journey with money. Growing up, I saw women remain in unhealthy situations because they lacked the financial means to leave. It made me realise early on that financial independence is about more than money; sometimes, it is about having the power to make choices about your own life.

My own journey with personal finance also taught me that earning money and building wealth are two very different things. Having an income doesn't automatically mean you know how to make your money work for you. Working in the financial services industry gave me the technical knowledge, but these experiences gave me the purpose.

> *"Don't just build a brand people recognise, build a business that makes money."*
>
> — JENNIFER AWIRIGWE

That's why I started FinTribe in 2021 with just 13 women. I wanted to make financial education more accessible, practical and relatable, rather than something that felt intimidating or reserved for people who worked in banks or understood financial jargon. Ultimately, I believe financial independence gives women options, and every woman deserves to have options.

You recently hosted the Finance Fair 2026, themed I CAN. What inspired this year's theme, and what were your biggest takeaways from the event?

The theme, I CAN, was inspired by something I have observed over the years: sometimes, the biggest barrier between a woman and her goals isn't necessarily a lack of opportunity. It's that she doesn't believe she can achieve them. We wanted to challenge those limitations and remind women that they can build, lead, create and pursue whatever possibilities they desire. The response was incredible. We brought together over 10,000 women, with attendees travelling from across Nigeria and countries including the UK, France and Uganda. Beyond the numbers, what stood out was the energy and the conversations around investments, business growth, property ownership, personal branding and wealth creation. One particularly memorable moment was when a young female entrepreneur came prepared, wearing her handmade earrings and looking for an opportunity to showcase her business. During a conversation on stage, Funke Akindele showcased the earrings and promoted her business. That moment has since gone viral. For me, it perfectly captured the spirit of I CAN: showing up, believing in what you're building, and being ready when an opportunity comes.

Ultimately, I CAN is about



possibility, confidence, and refusing to put limitations on what a woman can become.

The Finance Fair brought together women at different stages of their financial journeys. What major gaps in women's financial knowledge and wealth creation did the conversations reveal?

One major gap is that many women understand the importance of saving but haven't necessarily moved from saving to investing and wealth creation. You can save consistently for years, but if your money isn't growing or keeping pace with inflation, you're potentially losing purchasing power. We also saw gaps in how women manage their businesses financially. Some generate millions in revenue but struggle to build personal wealth because they don't distinguish between revenue, profit, and cash flow, or separate business finances from personal finances. Another gap is investment confidence. Some women have the money to invest but lack the knowledge to assess risks, ask the right questions, or identify legitimate opportunities. Ultimately, financial education must go beyond teaching women to save. We need to show them how to grow, protect, and make their money work for them. The goal shouldn't just be women who understand financial terms, but women whose financial decisions and net worth reflect what they have learnt.

Through FinTribe, you have reportedly trained over one million women in personal finance. What measurable impact have you recorded in helping women move from financial literacy to actual wealth creation?

Since we started in 2021, FinTribe has grown to over 20,000 active members across 43 countries, with a digital audience of over one million people across platforms. But what matters most to us is what happens beyond the numbers. Through our ecosystem, we have facilitated over US$8 million in investments, helping women move beyond simply consuming financial information to actively building wealth.

Our Wealth Builders Academy has reached approximately 5,000 students, providing more structured financial education. Through our real estate initiative, we've also helped over 100 women become first-time property owners.

Firstborn daughters celebrate sisterhood, strength, and shared experiences

by Ijeoma Thomas-Odia





For many firstborn daughters, leadership begins long before they understand what it means to lead. They become caregivers, problem-solvers, emotional anchors, and dependable figures within their families, often carrying responsibilities they neither requested nor consciously accepted.

While society celebrates their strength, resilience, and accomplishments, little attention is paid to the emotional demands, personal sacrifices, and unspoken expectations that come with being the first child, born female.

Behind professional achievements, thriving businesses, and seemingly fulfilling lives are a unique demographic of women (by virtue of their birth position alone) learning to navigate family obligations, establish healthy boundaries, embrace vulnerability and, perhaps most importantly, prioritise themselves without guilt.

It was against this backdrop that women from diverse professional, cultural and personal backgrounds gathered for The First Conversations, convened by Anita Athena Ibru, Founder, Investing In Women, co-created with Michelle Nwoga at Federal Palace Resort, Lagos, on Sunday, November 8, 2026.

Sponsored by luxury champagne brand *Bollinger*, the intimate gathering provided a welcoming space for women to unwind, share their experiences, reflect on their journeys and engage in meaningful conversations about identity, responsibility, relationships, personal growth and self-care.

More than a networking event, the conversation offered an opportunity for women accustomed to being everything to everyone to pause, breathe and recognise that their own emotional wellbeing deserves as much attention as the needs of those who depend on them.

For Ibru, the initiative was inspired by her personal journey of understanding what it means to be a firstborn daughter and the expectations that often accompany that position.

Reflecting on her experiences, she recalled how discovering the term firstborn daughter helped her better understand certain patterns in her life, particularly her tendency to offer support to others while struggling to ask for help herself.

Although she had often been perceived as kind and dependable, Ibru admitted that constantly being called upon to resolve family challenges sometimes left her emotionally exhausted, even fed up and impatient because there are just not enough hours in the day to attend to so many matters on behalf of others. She also expressed the juxtaposition of a firstborn daughter being more likely to be branded as having masculine energy than any other female member of the family (if any), having no male sibling ahead of her. Yet she is also expected to be the "mother of the house"? Why not the second father? Surely, that means the expectations to that one particular person in the family are so far-fetched and extreme. This can be confusing and can lead to mixed messages and mixed emotions.

"I realised why I am the way I am, why I don't seek help when I should, but I'm always helping others, I can't help it. As a male friend once observed "I was built to do this," she shared.

She explained that her desire to explore different countries and cultures had, in some ways, also reflected a yearning for independence from the responsibilities associated with being the family's dependable daughter.

For her, the much-needed conversations were about encouraging these women to move beyond the expectation of always being strong and instead to embrace a healthier balance between caring for others and caring for themselves.

Nwoga, who is also a finance professional and the eldest of six children, reflected on more than three decades in the financial sector. She described her career as both challenging and rewarding, particularly as a woman occupying senior leadership positions and navigating the demands of being a firstborn daughter.

The gathering brought together accomplished women across business, finance, media, design, philanthropy, entrepreneurship, international development and the creative industries, whose stories revealed that the experiences

of firstborn daughters often transcend geography, culture and professional status. One of the participants, Joelle, offered a deeply personal perspective on the sacrifices that can accompany being the firstborn daughter. Recounting how her family's circumstances changed after her father lost his factories during a war when she was 16, she explained that she had to adjust quickly to a new reality in which supporting her family became a significant responsibility.

For years, she prioritised the needs of others, often at the expense of her own wellbeing. However, she said a turning point came when she recognised that continually supporting everyone else without extending the same compassion to herself was no longer sustainable. "To love everyone, you need to love yourself more," she said.
She challenged the notion that a firstborn daughter's worth should be measured by how much she sacrifices for others, noting that even highly successful women often struggle with guilt when they are unable to meet every family expectation. "We don't need to prove anything. We are good. We don't need to prove anything," she stressed.
For Joelle, creating a supportive community where firstborn daughters can speak openly



about their challenges without fear of judgment is essential.

Similarly, founder of Exquisite Magazine and the ELOY Awards Foundation, Tewa Onasanya, shared how the responsibilities of being the firstborn of seven daughters became more pronounced as she grew older.
Unlike women who assumed significant family duties during childhood, Onasanya said she enjoyed a relatively carefree upbringing until adulthood brought new expectations.

Now approaching 50, she finds herself increasingly responsible for navigating family decisions, particularly as her father experiences health challenges.
She explained that family members often turn to her for direction on matters involving caregiving, family assets and other important decisions. While she recognises the need for leadership, she also believes that responsibility should be shared rather than placed entirely on one individual.
Another participant, Abiola Dicoya, who spent over 25 years in financial services, described her current season as one of reinvention, reflection and learning to embrace change.

At *The Girls' Club*, women urged to prioritise breast health, early detection



In a bid to promote breast health awareness and encourage early detection of breast cancer among women, The Active Circle, in partnership with Nigerian fashion brand Zephans & Co., recently hosted The Girls' Club, a wellness and educational gathering in Lagos.

Held at West Foster Harbour, Ikoyi, in commemoration of Breast Cancer Awareness Month, the event brought together women for conversations on breast health, preventive healthcare, physical wellbeing and the importance of community support.

The invitation-only gathering, themed Pretty in Pink, combined wellness activities with health education, creating a relaxed environment for women to learn about breast cancer, share experiences and prioritise their wellbeing.

Activities commenced with a beginner-friendly Pilates session led by fitness instructor Dammy Olufowobi, who encouraged participants to incorporate physical activity into their daily routines as part of maintaining a healthy lifestyle.
A major highlight was the Breast Talk session facilitated by Dr. Omolola Salako of Pearl Oncology, popularly known as The People's Oncologist.

The interactive discussion focused on understanding breast health, recognising possible warning signs of breast cancer, available screening options, and the importance of seeking timely medical attention when unusual changes are noticed.

Speaking on the initiative, Convener of The Active Circle, Chisom Okuguni, said the gathering was designed to make breast health conversations more accessible while encouraging women to take responsibility for their physical, mental and social wellbeing.

"At The Active Circle, our mission is to create spaces where women feel inspired to prioritise their physical, mental and social wellbeing. The Girls' Club was born from a desire to make conversations about breast health feel less intimidating and more personal, empowering and actionable.

Women creating wealth ...with Bologi Stephen



The Guardian Woman Festival in partnership with Federal Palace Resort, has rolled out preparations for the 2027 month-long International Women's Month celebration, with the theme, 'Women as Wealth Creators'. In a build-up to the festival, Bologi Stephen, a lawyer, seasoned communications and media professional, producer, talk-show host, public speaker, writer and filmmaker, speaks on her work and how she is creating wealth.

Take us through your career path?

I am a lawyer, called to the Nigerian Bar 11 years ago, with five years of corporate law practice at a top-tier Nigerian law firm before transitioning into media and communications. As an Associate Producer on an international women's talk show, I gained experience in television production and storytelling, while also exploring independent media projects, including short filmmaking. My career journey took another interesting turn when I relocated to Canada. I returned to school and completed a Graduate Certificate in Public Relations – Corporate Communications, graduating as Valedictorian. Today, I work as a communications professional in Canada, bringing together my legal training, storytelling experience and communications expertise. Beyond my professional career, I am also an author, public speaker and public speaking coach. I have written books, facilitated conversations around purpose, relationships and personal development, and co-founded The Family RoundTable with my husband, an initiative focused on strengthening families. My career path has been less about following a straight path and more about recognising my gifts, embracing new seasons and finding meaningful ways to deploy them.

What does women creating wealth mean to you?

To me, women creating wealth means women recognising their capacity to create value and translating that value into tangible economic power. Whether through products, services, skills, knowledge, or innovation, women should create solutions that people are willing to pay for. But wealth creation goes beyond personal financial gain. It is about having the economic capacity to make choices, provide opportunities for our families, contribute meaningfully to society, and create opportunities for others. It is also about building a legacy that outlives us. Ultimately, I believe wealth gives women greater agency over their lives, including the freedom to make choices about their time, aspirations, and the impact they want to make.

How are you creating sustainable wealth as a woman?

One of the biggest ways I approach wealth creation is by understanding who I am, what I have, and how I can deploy all of it meaningfully. We all have different gifts, experiences, skills, and abilities, and I am intentional about translating mine into value. From my legal background and communications expertise to writing, speaking, coaching, and other interests, I constantly consider how my different expressions can solve problems, serve people, and generate income.

For me, the process is threefold: understand yourself, create value, and earn from that value. Then, beyond earning, be intentional about investing so that the money you make can multiply. I am continually learning about finances and investment opportunities in my environment because sustainable wealth goes beyond earning to making informed decisions about your money. I also understand that wealth creation happens in seasons, so I make the most of what I have in each season while consistently building towards the future.

What is your charge to other women on living purposefully?

We live in a time when women have access to opportunities previous generations could only dream of. While barriers still exist, we must not become the ones placing unnecessary limitations on ourselves.

> *"Be intentional about investing so that the money you make can multiply."*
>
> — BOLOGI STEPHEN

Interested organisations can explore sponsorship, partnership and programme-hosting opportunities by contacting Guardianwomanfestival@guardian.ng, Ricketts: +234 802 301 5115 or Olayinka: +234 808 695 1129.

IWD 2027 THEME:

BALANCING THE SCALES

(WOMEN AS WEALTH CREATORS)

FEDERAL PALACE HOTEL & CASINO
VICTORIA ISLAND • LAGOS

× Guardian Woman Festival








Call for sponsors, partnerships and collaboration at the 2027 Edition of The Guardian Woman Festival.
Bookings for spaces now available.

	**1 || Monday** Opening Ceremony	**2 || Tuesday** Book Your Women's Month Event Here	**3 || Wednesday** Book Your Women's Month Event Here	The Guardian
4 || Thursday Book Your Women's Month Event Here	**5 || Friday** Book Your Women's Month Event Here	**6 || Saturday** Book Your Women's Month Event Here	**7 || Sunday** Mothering Sunday	**8 || Monday** IWD 2027 International Women's Day
9 || Tuesday Book Your Women's Month Event Here	**10 || Wednesday** Book Your Women's Month Event Here	**11 || Thursday** Book Your Women's Month Event Here	**12 || Friday** Book Your Women's Month Event Here	**13 || Saturday** Book Your Women's Month Event Here
14 || Sunday Book Your Women's Month Event Here	**15 || Monday** Book Your Women's Month Event Here	**16 || Tuesday** Book Your Women's Month Event Here	**17 || Wednesday** Book Your Women's Month Event Here	**18 || Thursday** Book Your Women's Month Event Here
19 || Friday Book Your Women's Month Event Here	**20 || Saturday** Book Your Women's Month Event Here	**21 || Sunday** Book Your Women's Month Event Here	**22 || Monday** Book Your Women's Month Event Here	**23 || Tuesday** Book Your Women's Month Event Here
24 || Wednesday Book Your Women's Month Event Here	**25 || Thursday** Book Your Women's Month Event Here	**26 || Friday** Book Your Women's Month Event Here	**27 || Saturday** Book Your Women's Month Event Here	**28 || Sunday** Easter Sunday - Brunch Royale Special Celebrating Women
Also celebrating FESTAC 77 50th Year Anniversary	**29 || Monday** Easter Monday	**30 || Tuesday** Book Your Women's Month Event Here	**31 || Wednesday** March Closing Ceremony	

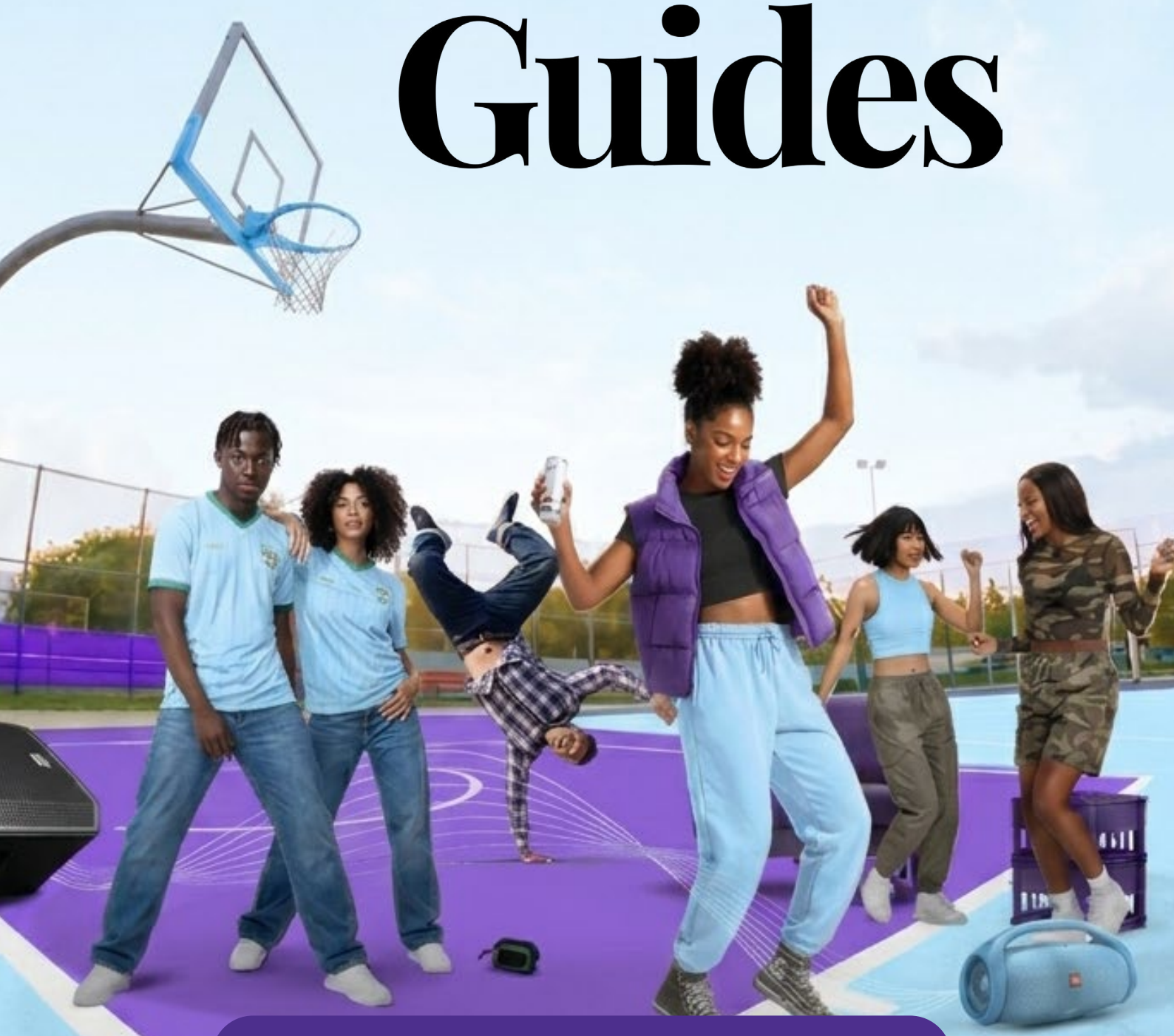
The Guardian | Guardian Woman | marie claire | GuardianTV | Life | GuardianAngels | INVESTING IN WOMEN | WW

LIFESTYLE & CULTURE | HEALTH & WELLNESS | SOCIAL IMPACT | CAREERS & BUSINESS

ENQUIRIES | RESERVATIONS: +234 802 301 5115 +234 808 695 1129

info@federalpalace.com | gwf@federalpalace.com @federalpalace

Guardian Guides



Nigeria | November 14 - 30 2026



Stay out for comedy and nightlife

Laffmattazz with Gbenga Adeyinka

Gbenga Adeyinka brings The Next Chapter to Victoria Island. The booking page lists Omobaba, Okey Bakassi, ATM and Chigurl among the comedians joining him.
Balmoral Convention Centre, Victoria Island, Lagos. Sunday, 15 November, 2 p.m. to 11 p.m.

Koliko on Duty

Koliko brings his comedy show to Terra Kulture for a Friday outing. Check the booking page for the latest arrival information before setting out.
Terra Kulture, Victoria Island, Lagos. Friday, 20 November. Confirm the start time with the organiser; booking platforms list different times.

The Night Wayve Experience

DJs, hypemen and drummers share the bill at this Victoria Island party. It begins on Friday evening and runs into Saturday morning.
Trib3 Lagos, 288B Ajose Adeogun Street, Victoria Island, Lagos. Friday, 20 November, 7 p.m. to 4 a.m. on Saturday, 21 November.







Funnybone live in Port Harcourt

Funnybone takes his comedy special, Half Man, Half Amazing, to Port Harcourt. The Sunday show takes place at Aztech Arcum on Stadium Road.
Aztech Arcum, Stadium Road, Port Harcourt, Rivers State. Sunday, 22 November, 6 p.m. to 11.30 p.m.

TOLK N Do Tour: Oworo Rave

The tour stops in Oworonshoki for a Saturday street rave. This is a late-night option, with the published listing placing the start at 10 p.m.
Pixel Lounge, 3 Ogo-Oluwa Close, Oworonshoki, Lagos. Saturday, 28 November, 10 p.m.





Trace in the City: Shoday and Friends

Shoday and friends head to Yaba for this edition of Trace in the City. Entry is free with registration.
UNILAG Sports Centre, University of Lagos, Akoka, Yaba. November 13, 3pm to 11pm. Free with registration. @tracewestafrica.



2 Make a night of live music

Afrobeat meets Hip-hop with EmmyX Ogaga

EmmyX Ogaga, Nasser G and the Endless Maroon community bring the two sounds together for an evening of performances in Oniru. Blue Moon Hotel, Oniru, Lekki, Lagos. Sunday, 15 November, 5 p.m. to 11.59 p.m.

Trace in the City: Ibadan

Shoday and Friends take the campus concert series to Ibadan. The published line-up includes Falz, Danny S, Priesst and DJ Neptune, with games also on the programme.
SUB Sports Field, Ibadan, Oyo State. Tuesday, 17 November, 3 p.m. to 8 p.m.



Trace in the City: Calabar

The tour reaches Calabar with Shoday and Friends. Reekado Banks and DJ Neptune are among the acts named on the event listing.
Abraham Ordia Stadium, Calabar, Cross River State. Friday, 20 November, 3 p.m. to 11 p.m.

Anendlessocean: LIAM Tour, Abuja

Anendlessocean brings the Love Is A Machinery tour to Abuja before its Lagos stop later in the month. Follow the Abuja booking link on his official website for venue and arrival details.
Abuja. Venue details through the artist's booking page. Saturday, 21 November.



Euphoria: John Cohen live in concert

John Cohen performs at Solution Arena, with guest Afro-gospel artistes also billed. The afternoon start makes this an option for listeners who prefer an earlier concert.
Solution Arena, 156 Ikorodu Road, by Onipanu Bus Stop, Somolu, Lagos. Sunday, 22 November, 3 p.m. to 9 p.m.

Trace in the City: Uyo

Uyo gets its turn on the tour with Shoday and Friends. The published line-up names Reekado Banks, DJ Neptune, DJ A4 and DJ Stormy.
Main Campus Mini Stadium, Uyo, Akwa Ibom State, as listed by the event page. Confirm campus access through registration. Tuesday, 24 November, 3 p.m. to 11 p.m.

Trace in the City: Shoday and Friends

Shoday and friends head to Yaba for this edition of Trace in the City. Entry is free with registration.
UNILAG Sports Centre, University of Lagos, Akoka, Yaba. November 13, 3pm to 11pm. Free with registration. @tracewestafrica.

Seme Live in Lagos

Catch Seme at Xplug Studio without adding a ticket fee to your weekend budget.
Xplug Studio, Lekki. November 14, 4pm to 8pm. @sememusic.

Malik Abdul Live

The Vault Social House hosts Malik Abdul for an evening performance.
The Vault Social House, Victoria Island. November 21, 6pm. @ malikabdulmusic.



Malik Abdul Live

The Vault Social House hosts Malik Abdul for an evening performance.
The Vault Social House, Victoria Island. November 21, 6pm. ₦5,000. @malikabdulmusic.

Becalization 2026: The Call

Set aside Sunday evening for this concert at Balmoral Convention Centre.
Federal Palace Hotel, Victoria Island. November 22, 6pm to 11pm. @beriola_.

Shaggy Experience 2.0

This Onipanu event belongs in the late-night column, with a 10pm start and a 5am finish.
Church Street, off Onipanu. November 28.. @ celebritydjshaggy_.

Johnny's Room Live 8

Johnny Drille's concert takes over Muri Okunola Park. Gather your concert company for an evening that runs until 11 pm.
Muri Okunola Park, Victoria Island. November 29, 5 pm to 11 pm. @johnnydrille.

3

Meet people and share ideas



Entertainment Week Africa

Choose sessions across music, film, fashion, technology and the business of creative work. The six-day programme combines industry discussions with markets, showcases and evening events under the theme "Closing The Gap".
Lagos, across multiple venues. Use the official schedule to check the location of each session. 17 to 22 November.

Africa Future Leadership Conference and Awards

Government, business and emerging leaders gather for discussions about Africa's future. An awards programme also forms part of the event.
Lagos Oriental Hotel, 3 Lekki-Epe Expressway, Victoria Island, Lagos. Friday, 20 November, 9 a.m. to 3 p.m.

Moms Conference and Exhibition

Mammy Nest's conference covers parenting, health and financial freedom for mothers. The programme also includes entertainment and an exhibition, allowing visitors to fit conversations and browsing into the same day.
NECA Event Centre, Hakeem Balogun Street, Alausa, Ikeja, Lagos. Saturday, 21 November, 10 a.m. to 5 p.m.

Nigeria Leadership Business Summit

Nigeria 2.0: Unlocking Capital, Talent and Technology is the theme of this business gathering. The programme is aimed at company leaders, founders and policymakers.
Eko Hotel & Suites, Adetokunbo Ademola Street, Victoria Island, Lagos. Monday, 23 November, 9 a.m. to 5 p.m.

Build A Vault Global Summit

Personal finance and the running of small businesses are on the agenda at this two-day summit. Rockbanq hosts the gathering with Capstone Microfinance Bank.
Sparklyn Hotels & Suites, 1 to 3 Emeyal Street, GRA Phase 1, Port Harcourt, Rivers State. 27 and 28 November, 10 a.m. to 3 p.m.

Faith and Tech Conference

Technology professionals, creators and founders can join keynote talks and breakout sessions at this Ikeja gathering. The programme also lists networking, a founders' table and a hackathon.
The Covenant Nation, 32 Kudirat Abiola Way, Oregun, Ikeja, Lagos. Saturday, 28 November, 9 a.m. to 4 p.m.



4

Do something different with your day

The Creators Hangout

Trade your usual indoor meet-up for a day at LUFASI Nature Park. Gardenea Prime Consult's programme includes nature walks, paint-and-sip activities and conversations with other creatives. LUFASI Nature Park, Sangotedo, Lekki, Lagos. Saturday, 21 November, 10 a.m. to 4 p.m.

H&S Tennis Championship

Watch competitive tennis at Lagos Lawn Tennis Club during the championship's Lagos debut. The organisers have announced two days of matches, with hospitality and entertainment alongside the sport. Lagos Lawn Tennis Club, Lagos Island. 21 and 22 November. Check the organisers' channels for match times.

Beauty West Africa

Browse skincare, haircare, cosmetics and fragrance exhibitors at this beauty trade exhibition. The programme also includes industry conversations for beauty professionals, retailers and distributors. Landmark Centre, Lagos. 24 to 26 November. Registration and programme: beautywestafrica.com.

Made in Nigeria Shoe Expo

Browse Nigerian footwear and leather products at the eighth Made in Nigeria Shoe Expo. The gathering brings makers, suppliers and fashion schools together at Abuja's Exhibition Pavilion. Exhibition Pavilion, opposite Radio House, Garki, Abuja. 27 and 28 November, 8 a.m. to 6 p.m.

Wellness Expo Abuja

Explore health, fitness, nutrition, beauty and lifestyle exhibitors at this two-day expo. Talks and activities also feature in the announced programme. A Class Event Centre, Kashim Ibrahim Way, Maitama, Abuja. 27 and 28 November, 8 a.m. to 3 p.m.

5

Make a date with art and stories



Art Fest Ogun 2026

Abeokuta's June 12 Cultural Centre hosts an evening of exhibitions, cultural performances and fashion. The programme also lists a market, fireworks and a bonfire, giving visitors several reasons to stay through the evening.
June 12 Cultural Centre Helipad, Kuto, Abeokuta, Ogun State. Sunday, 15 November, 4 p.m. to 11 p.m.
lagosfringe.com.

Eastern Nigeria International Film Festival

ENIFF returns to Enugu for its seventh edition, bringing African cinema and filmmakers together. Check the festival programme for screening titles and session times.
Nile Cinema, Enugu. 18 to 21 November.

Aké Arts and Book Festival

Book chats, panel discussions, poetry and music fill the programme at the festival's 14th edition. This year's theme, Native Intelligence, explores ancestral knowledge and emerging technologies.
Silkwood Hotel Ikeja, 261 Sobo Arobiodu Street, Ikeja GRA, Lagos. 19 to 21 November.

National Festival of Arts and Culture

Head to Enugu for NAFEST, which brings Nigerian cultural performances, craft and indigenous games into one festival. The announced programme includes dance and singing competitions, alongside food and fashion activities.
Enugu. Check the festival's channels for individual venues and the final running order. 21 to 28 November.

ImoIFF Creatives and Film Festival

Owerri hosts three days devoted to film and creative careers. The festival supports independent filmmakers through screenings and film education. Check the organisers' programme for individual films and session times.
Owerri, Imo State. The festival profile lists several venues, including Imo State University; confirm the venue for each session. 26 to 28 November.

marie claire NIGERIA

FASHION



What I wore for Lagos Fashion Week as a Fashion Editor

by Chinazam Ikechi-Uko

Lagos Fashion Week has been a lifelong passion, shaped by childhood memories of attending shows with my eldest sister, who walked the inaugural 2011 edition. From collecting pictures of Nigerian designers to eventually working in fashion and connecting with them, the experience has come full circle. This year, I returned with months of outfit planning behind me and one guiding motto: Be tired, stressed, but never boring.

Pre -Lagos Fashion Week
The fashion season begins before Lagos Fashion Week itself. The final days of October are quintessentially filled with fashion-and-beauty events, and an editor's calendar is no exception.

The Skin Summit — Backless dress, mini skirt and leather boots
My Lagos Fashion Week season began on October 26 with a GRWM shoot with Beverly Naya at The Delborough, followed by coverage of The Skin Summit at Maradiva. I wore a thrifted black backless dress, a blue-striped mini skirt by Miskay, Gikomba boots and a necklace by Vestopazza — a comfortable look for a full day of moving around.

The Sise Label show — Red cape, waist chain and denim skirt
After The Skin Summit, we headed to the Lagos Post Office in Marina for Sise Label's runway debut, presented in partnership with Marie Claire Nigeria and Fenty Beauty. I changed into a custom red crochet cape by Mo's Baskets and a thrifted blue skirt, a look that felt right for the brand's colourful, heritage-inspired approach to fashion.

The House party — LBD, gold-accented boots and a Kisara bag
On October 27, The House, in partnership with Pulse and Kisara, hosted a dinner for fashion insiders. I wore a sleek, backless black crochet dress by Mo's Baskets, finished with a large black Kisara bag picked up at the event.

And so Lagos Fashion Week begins…

The Onalaja show — Golden-orange beaded dress that makes sounds when I walk

As a longtime admirer of Onalaja, attending its SS27 presentation in an off-the-runway piece from its SS26 collection, Marked, felt like a full-circle moment. I styled the gold-beaded two-piece with Anne Klein heels, Unrefyned jewellery and bangles from my mum's closet. It was one of my favourite looks of the season, and I loved it so much that I wore it again to the opening dinner at Vici. A fun detail: the beads glisten in the light and make a calming sound as I walk.

Lagos Fashion Week day two — An ode to the floral bride of YSL SS99
For the first official day of the onsite shows, I collaborated with Mo's Baskets on a red-and-butter-yellow crochet two-piece inspired by the floral bridal look from YSL SS99. I made it my own with a purple-and-gold pashmina, red socks from Lulu's Lingerie, Shekudo wooden heels and an emerald necklace by Unrefyned.

Lagos Fashion Week day three — Sometimes less is more
The day began at the Wanni Fuga brunch, presented in partnership with Marie Claire Nigeria and Instax. I wore a low-waist blue cotton skirt from Ethiopia, a Hemntzang bandeau, Shekudo heels and a green bag by 21 Wool Street. The standout, however, was a multi-layered beaded and gold-plated necklace I made myself.

Lagos Fashion Week day four — The lazy Halloween costume
For the final day of the onsite shows, which coincided with Halloween, I revisited the iconic Gaia print dress by Kai Collective, one of the defining fashion moments of 2020. I paired it with thrifted sabertooth-heeled boots for my take on a Halloween look.

Visit www.marieclaire.ng to read more

marie claire NIGERIA

FASHION

Marie Claire Nigeria Trend Report: Lagos Fashion Week Spring/Summer 2027

by Ashim Ojeh



Running from October 28 to November 1, Lagos Fashion Week 2026 showcased over 60 Nigerian and African fashion designers and brands through runway shows, showrooms and offsite presentations. While the official schedule may be over, the streets remain buzzing, and the fashion conversation is far from finished. To keep the energy going, we're revisiting the key runway trends set to shape the SS27 season.

Checked out

At Ajaneé, several looks featured checkered prints, while Malite, known for its use of African check fabrics, incorporated both check and gingham styles throughout its collection.
FIA adopted a more assertive approach, with larger check patterns making their way into the collection. Elie Kuame also introduced traditional check patterns into its collection.

Metallics and futuristic finishes

At Street Souk, Fahlil presented metallic agbada and senator wear, bringing a contemporary finish to traditional forms. Bloke, through Pelumi Oyewo's "Tzar Bomba" collection, took a futuristic approach, incorporating metallic elements throughout the looks. Ugo Monye also unveiled a collection rooted in heritage, as always, with touches of metallics that enhanced its visual appeal.

The avant-garde shape of things

One of the masters of avant-garde tailoring and sculptural construction, Sevon Dejana presented a breathtaking, almost regal collection, with intricate velvet work and embellishments taking centre stage.
Cute Saint brought exaggerated silhouettes to the runway with a collection inspired by the Egungun season, while Geometric Motion explored structure through utilitarian jackets and skirts. Pettre Taylor embraced the trend through its nomadic styling. Imprint SA also presented a structural collection steeped in tradition.

Ruffles, gathers and tiered silhouettes

At Desirée Iyama, gathers and tulip-tiered hems were among the collection's defining features. Garbe incorporated ruching across its dresses, while MOT. The Label explored tiered skirts and tulip-tiered dresses, staying true to its continued embrace of feminine silhouettes.
Jewel Jemila's impeccable use of ruffles and tiers to bring the collection to life was equally hard to miss. Cynthia Abila presented bubble-hem skirts, while Eso by Liman also explored the appeal of ruffles and ruching in their collection.

Hooked on crochet

Designers explored crochet and knitwear in different ways, moving beyond simple stitches into more elaborate patterns and constructions. Studio Imo presented a crochet-filled collection, weaving the techniques into beautiful pieces. Oshobor experimented playfully with wool, while Y'wande showcased knitwear looks throughout the collection as well. Other brands, including Cynthia Abila and Imprint SA, which used the method in knitted headwear, also embraced the trend.

A head-turning affair

Bakusoraya incorporated traditional regalia hats, while Imprint SA explored straw hats, knitted headwear and men's scarves. Fruché brought the garrison cap to the runway, and Eki Silk presented gold headpieces. Dimeji Ilori made a statement with the gele and royal regalia, while Ugo Monye also showcased traditional caps that tied into the collection's overall direction.

Watch the full video on YouTube @ MarieClaireNG
Visit www.marieclaire.ng to read more

Slay in the heat

by Ese Oghenetega

Weather conditions should not limit our fashion taste; instead, adapting to the season and dressing accordingly should be paramount. As Nigeria is currently experiencing El Niño, which triggers hot weather, check out five stylish ways to slay without compromising your style.





1. Embrace short outfits

During this period, you are encouraged to wear shorts to allow more air to flow into your body.

You can wear a sleeveless blouse with a short skirt or stylish knickers. Short two-piece outfits are in vogue. You can simply add some to your wardrobe collection.



2. Wear loose outfits

During this hot period, avoid wearing tight clothes. Embrace oversized shirts that are cool on your body. They allow air to freely penetrate your body and prevent you from sweating all the time.

One of the reasons you should avoid tight outfits is to prevent discomfort. Depending on the type of outfit you are wearing, you can also pair it with a face cap.



3. Your choice of fabric matters

While you consider wearing loose clothes, also note that your choice of fabric is important.

Some of the fabrics to rock during this El Niño heat period are linen, cotton, and Ankara, which are lightweight. The aim is to be comfortable and avoid sweating profusely.

4. Slay in mild colours

Avoid wearing bright colours this period. When you sweat on fabrics with bold colours, they are usually more obvious and uncomfortable.

Colours such as cream, white, and beige are more suitable this period. You can also rock sunglasses to deliver a more sophisticated look.



5. Use accessories appropriately

When you accessorise your outfit appropriately, you can simply look polished. However, in this hot period, your accessories should be minimal.

Use accessories that are neither heavy nor stick to your skin. If you want to take your fashion game to another level, you can wear fancy hats. It will not only cover you partially from the sun, it can also elevate your overall appearance.





Photos by Pexels

Yoruba tribal marks & the stories they carry





by Oluwagbemisola Sadare

From family lineage and royal ancestry to traditional beauty and community identity, Yoruba facial marks carry stories of belonging, history, and cultural expression.

Facial marks have long been part of the cultural identity of many Yoruba communities in south-western Nigeria. Across generations, the lines cut into the cheeks of men and women have served as more than physical adornment. They have identified families, connected children to their ancestry and, in some communities, distinguished royal lineages.

Known broadly as ilà, these marks were traditionally created through scarification, a process in which the skin is cut to produce permanent lines or patterns. Their appearance differed from one family and community to another. Some consisted of three horizontal lines on each cheek, while others featured vertical, diagonal, or more elaborate arrangements.

Although the practice has declined considerably, Yoruba facial marks remain an important part of conversations about heritage, identity, beauty and the changing relationship between tradition and modern life.

What are Yoruba tribal marks?

Yoruba tribal marks are permanent facial scars traditionally made through deliberate cuts on the skin. They are also known as facial scarification or ilà ojú.

Unlike temporary decorations or painted designs, the marks remain on the face after the cuts heal. Their patterns were not selected randomly. In many communities, they followed established family traditions and helped identify a person's lineage.

The marks were particularly associated with the cheeks, although scarification could also be practised on other parts of the body.

Not every Yoruba person had facial marks, and the patterns were not uniform across Yorubaland. A person's marks could reflect their father's family, a particular community or, in some circumstances, their mother's lineage.

Why did Yoruba people wear tribal marks?

The reasons for facial scarification varied, but family identity was among its most important functions.

Family lineage and ancestry

Facial marks helped distinguish one family from another. In communities where several families shared similar names, occupations, or settlements, the lines on a person's face could provide another way of identifying their ancestry.

According to research by Olanikẹ Ola Orie on Yoruba facial scarification, family marks communicated membership, status and the responsibilities associated with belonging to a particular lineage.

In certain circumstances, a child could receive marks associated with the mother's family. This could happen when a woman came from a royal household and her husband chose to honour her lineage.

An account from Orin, Ekiti State, offers another perspective on how tribal marks could serve as markers of identity and protection.

"In my grandparents' home, which was polygamous, wives sometimes killed one another's male children. When my grandmother became pregnant and gave birth to my father, she did not take him home from the local maternity centre. Instead, she sent him to her friend's village in Ondo State to protect him.

"While he was there, he was given a tribal mark to distinguish him from his Orin, Ekiti, origin. He was later brought back home to his mother, who took care of him. The mark served as a form of protection because it made him appear to belong to Ondo rather than Ekiti. Nobody suspected that she was caring for her own child."
– Mr Adebayo Sadare

Community identity

Beyond the immediate family, facial marks could identify a person's place of origin. Different Yoruba communities developed recognisable patterns, and historical accounts document variations among the people of Oyo, Egba, Ijebu, Owu, Ife, Ondo, Ijesa and other groups.
These distinctions were especially important in societies where identity was closely tied to family history, community relationships and inherited customs.

Beauty and personal appearance

Facial marks also had an aesthetic dimension. For some people, the lines were considered attractive and formed part of the traditional understanding of beauty.
Their appeal was reflected in Yoruba names and expressions associated with particular patterns. Names such as Àbàjàwùmí and Péléyẹmí express affection for the appearance of the marks.
However, beauty was not a universal reason for the practice. The meaning attached to a particular pattern depended on the family, community and circumstances in which it was given.

Royal ancestry and status

Some facial patterns were associated with particular royal families and titled lineages.

Historical accounts of Oyo, for instance, describe two sets of three horizontal lines on each cheek as a pattern associated with the royal family. A single set of three lines was linked to the family of the Basorun, an important figure in the Oyo political system.
These associations were specific to their historical and family contexts. A facial pattern should not automatically be taken as proof of royal ancestry without understanding the lineage behind it.

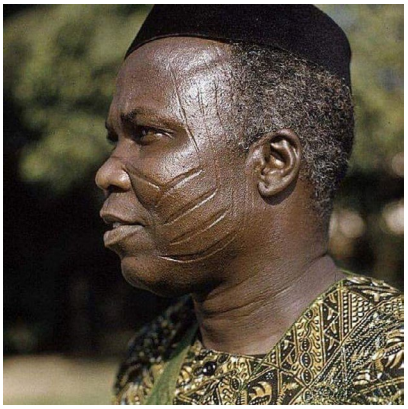
The different types of Yoruba tribal marks

Yoruba facial marks varied in shape, length, number and arrangement. Samuel Johnson's The History of the Yorubas, published in 1921, provides one of the important historical descriptions of these patterns. Later research by Orie also examines their structure and regional distribution.

The following are some of the documented types.

Àbàjà

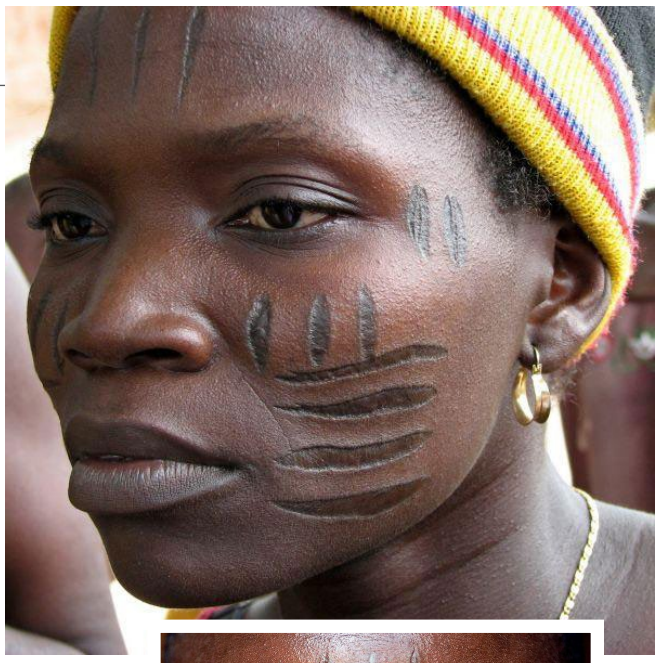
Àbàjà is among the best-known Yoruba facial-mark patterns. It generally consists of three or four horizontal lines cut into each cheek.



The pattern could appear in different arrangements, depending on the family. Some had a single set of lines, while others had double sets or additional vertical lines.

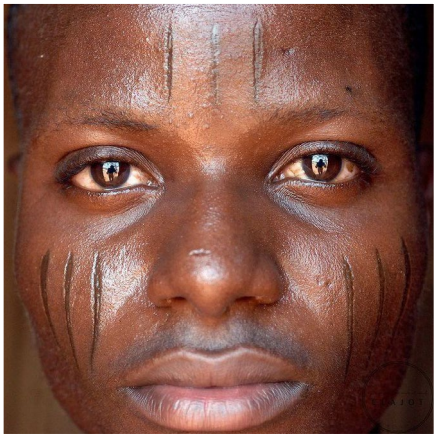
In historical accounts of Oyo, the arrangement of the lines could carry distinctions associated with particular families and social positions. Two sets of three horizontal lines were linked to the Oyo royal family, while a single set was associated with the Basorun's family.

The Egba also had a variation known as Àbàjà Òró, which consisted of three upright lines on each cheek rather than the horizontal arrangement commonly associated with Oyo.



Kéké

Kéké is a pattern formed from diagonal lines. It is documented among Owu families and is associated with a broken or interrupted arrangement of lines.
It is important to distinguish it from Gọ̀mbọ́, another diagonal pattern. Although the two can look similar, their arrangement differs.



Gọ̀mbọ́

Gọ̀mbọ́ also consists of diagonal facial lines.
In the descriptions of Yoruba scarification, it is distinguished from Kéké by its unbroken lines.

The two patterns demonstrate how small differences in the arrangement of facial marks could carry significance within particular family traditions.

Turé

Turé is another documented pattern associated with Oyo. It combines longer vertical lines with shorter perpendicular marks.

Its arrangement differs from the horizontal lines of Àbàjà and the diagonal patterns of Kéké and Gọ̀mbọ́.

Pélé

Pélé is a term that requires some explanation because it appears in different discussions of Yoruba facial adornment.
In Samuel Johnson's historical account, it refers to three short vertical lines over the cheekbones. He describes it as a pattern that was not exclusive to a particular family. Some men, particularly Muslims who did not favour family distinctions on the face, reportedly adopted it rather than leaving their faces unmarked.

Other research discusses Pélé as part of combinations with other scarification patterns. The term has also been used in descriptions of decorative facial marks associated with beauty.

It is therefore important not to assume that every reference to Pélé describes exactly the same practice or carries one universal meaning.

Àbàjà Olówù

Àbàjà Olówù is associated with the Owu people. It combines three horizontal lines with three upright lines above them.

The arrangement gives the pattern a distinctive appearance and reflects the variations that developed among Yoruba communities.

Kéké Olówù

Kéké Olówù is another Owu pattern. It resembles the diagonal Kéké arrangement but is characterised by interrupted or separated lines.

Together, Àbàjà Olówù and Kéké Olówù illustrate the distinctive scarification traditions documented among Owu families.





Tribal marks across Yoruba communities

Although several patterns were shared or adapted across communities, historical records identify regional differences.

Oyo

Oyo is associated with patterns including Àbàjà, Kéké, Gọ̀mbọ́ and Turé. The marks could distinguish families and, in certain cases, indicate specific lineage associations.

Egba

The Egba are known in historical descriptions for Àbàjà Òró, which consists of three upright lines on each cheek.

The marks were sometimes shorter or less pronounced among younger generations, making them difficult to distinguish from other patterns.

Ijebu

Historical accounts identify two principal Ijebu arrangements. One resembles the Owu Àbàjà Olówù pattern, although its horizontal lines are curved. The other resembles the Egba upright Àbàjà Òró.
This variation shows why it is difficult to assign one pattern to every person from a particular Yoruba community.

Owu

Owu facial marks include Àbàjà Olówù and Kéké Olówù. Their arrangements differ from the more familiar Oyo patterns and are linked to particular family traditions.

Ife

The Ife pattern described in historical accounts consists of three horizontal lines, generally shorter than the Oyo arrangement. However, many people in the community traditionally had no facial marks.

Ondo

A common pattern documented among the Ondo consists of one bold line or incision on each cheek, positioned over the cheekbone.

Ijesa

Most Ijesa people were historically described as having plain faces. Some families, however, had five or six closely drawn horizontal lines on each cheek.

Igbomina

Igbomina marks are described as three parallel horizontal lines on each cheek. They are generally longer and more widely spaced than some Oyo patterns.

Yagba

The Yagba pattern consists of three long lines on each cheek. The lines are widely spaced towards the back of the cheek and converge closer to the angle of the mouth.

Efon

Among the Efon, historical descriptions identify several closely drawn lines that form a dark, patch-like area on each cheek.

These regional descriptions are drawn largely from historical accounts. They should not be treated as a complete record of every family or variation within each community.

How were the marks made?

Traditional facial marks were created through scarification.

A practitioner used a sharp instrument to make deliberate cuts on the skin, following the pattern associated with the child's family or community.

In her research, Orie identifies specialists known as olóolà or akòmòlà. A 2006 study by George, Ogunbiyi and Daramola also uses the term okola for the practitioner.

The names and descriptions reflect the terminology recorded in different sources and should not necessarily be treated as interchangeable titles in every Yoruba community.

At what age were children given tribal marks?

The age at which children received facial marks varied.
Orie's research, drawing on earlier scholarship, describes the practice among some Yoruba communities as taking place when a child was between three weeks and three months old.

A 2006 study published in the International Journal of Dermatology, however, records a wider age range, from approximately three weeks to 10 years.

The difference suggests that there was no single age followed by every family. The timing could depend on community custom, family decisions, and the circumstances surrounding the child.
In some cases, marking was delayed if a child was considered too sickly to undergo the procedure.

The ceremony and family involvement

The marking ceremony could involve more than the child and the practitioner.

Historical descriptions record that the family sometimes consulted Ifá before selecting a date for the procedure. It was traditionally performed around dawn, with some communities believing that an early-morning procedure would reduce excessive bleeding. This was a cultural belief, not a medically established fact.

Male relatives could hold the child during the procedure, while women gathered nearby to recite the child's oríkì and offer prayers.
The oríkì is an important part of Yoruba oral tradition. It can recall family history, ancestry, personal qualities, and the achievements of earlier generations.

The women also prayed that the child would live long enough to witness the same ceremony being performed for their own children.
After the procedure, traditional preparations were sometimes applied to the wounds. The 2006 study records the use of palm oil, dyes and herbal preparations, with healing reported to take approximately three weeks.
These accounts document historical practices. They should not be taken as instructions for carrying out scarification today.

Àbíkú and the marks associated with spiritual beliefs

Another aspect of Yoruba scarification is its connection with the traditional belief in àbíkú.

Some children believed to be àbíkú received special marks known as ilà àbíkú or ilà elére. These could include individual lines on the face or multiple incisions on other parts of the body.

The purpose of these marks was understood within the spiritual beliefs of the period. Some were intended to discourage the spirit from returning to the other world.

Not every child believed to be àbíkú received facial marks. The nature of the ritual could depend on the guidance given by a diviner and the family's interpretation of the child's circumstances.

It is important to understand àbíkú scarification as part of a traditional belief system rather than a medical explanation for childhood illness or death.

Tribal marks, war and recognition

Facial marks also had a practical role in recognising people and establishing connections during periods of conflict and displacement.

Historical accounts and oral traditions describe how marks could help people identify members of particular communities. They could be especially significant when people were separated from their families.

Mr Philp Olabode recalls how tribal marks were also used to identify people from different villages during periods of inter-village conflict.

"During inter-village wars, tribal marks were given to people from different villages to distinguish them. This way, survivors could be identified and returned to the villages they belonged to."
– Mr Philp Olabode

Some accounts connected facial marks with recognition during the transatlantic slave trade, when people taken from their communities could potentially be identified by relatives who recognised their markings. Research has also recorded oral accounts of the use of facial marks for recognition during the Nigerian Civil War.

The beauty of facial marks in Yoruba culture

For some Yoruba people, the marks enhanced the face and were regarded as signs of attractiveness. Their appearance could be associated with elegance, family pride and cultural belonging.

The affection attached to certain patterns appears in Yoruba personal names. Àbàjàwùmí, for instance, expresses a liking for Àbàjà, while Péléyẹmí conveys the idea that Pélé suits or pleases the bearer.

Such names show that facial marks could carry emotional and aesthetic value beyond their role in identifying lineage.

The health risks of scarification

Traditional facial scarification involved cutting the skin, and the process carried health risks.
The 2006 dermatological study on cutaneous adornment among the Yoruba records complications associated with facial marks, including keloids and foreign-body reactions.

Keloids are raised scars that develop when scar tissue grows beyond the boundaries of an original wound.
Their development varies from person to person, and not everyone who undergoes scarification develops them.

The use of sharp instruments and the possibility of infection also raise concerns about the safety of the procedure.

These health considerations form part of the contemporary debate about preserving cultural heritage while protecting the wellbeing and rights of children.

What does Nigerian law say about tribal marks on children?

The Child Rights Act 2003 addresses tattooing and skin marking on children.

Section 24 states that no person shall tattoo or make a skin mark on a child, or cause such a mark to be made. The provision also sets out penalties for anyone who commits the offence.

The Act defines a child as a person below the age of 18. However, its application and enforcement must be considered alongside the adoption and domestication of child-rights legislation at state level. It is therefore important to distinguish the federal Act's provisions from the specific legal position and enforcement arrangements in individual states.

Why are Yoruba tribal marks disappearing?

Facial scarification has declined significantly over the years. Several factors have contributed to the change.

Changing ideas about identity

In earlier generations, facial marks were an important way of communicating family and community identity. Today, people can establish these connections through surnames, family records, language, oral history and other forms of cultural expression.

The need for a permanent facial marker has therefore become less central to everyday identity.

Education and changing social attitudes

Education, urbanisation and changing social attitudes have influenced how younger generations view scarification.

For Mr Femi Oyedotun, whose family traditionally gave the Mefa-Mefa mark to first male children, the practice was closely tied to family identity.

"My tribal mark is Mefa-Mefa. I was given this mark because it is the one traditionally given to first male children in my family.

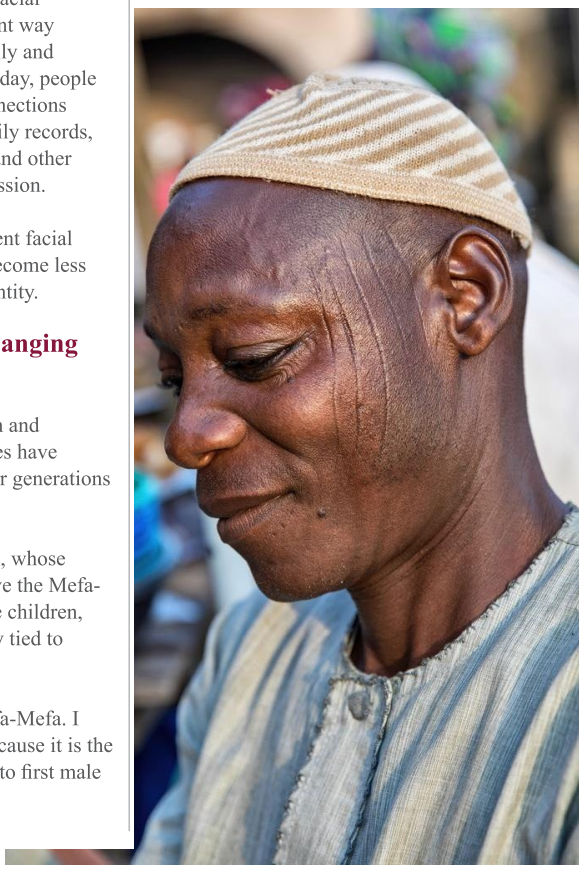
"Tribal marks are important because they help distinguish one family from another and one lineage from another. In the olden days, they served as a means of identifying and differentiating families.
"However, the practice has gradually declined due to civilisation and changing cultural practices. Nowadays, many parents no longer want their children to have tribal marks."
– Mr Femi Oyedotun

Health and children's rights

Concerns about pain, possible complications and children's rights have also contributed to the decline. The question of whether a child should undergo an irreversible procedure without personal consent is increasingly central to discussions about the practice.

Social stigma and discrimination

People with facial marks have not always been received positively in contemporary society. Some have experienced teasing, unwanted attention or discrimination because of their appearance.
As social attitudes changed, families became less willing to continue a practice that could expose their children to such experiences.



RESTORATION

FEDERAL
PALACE
RESORT ★★★★★



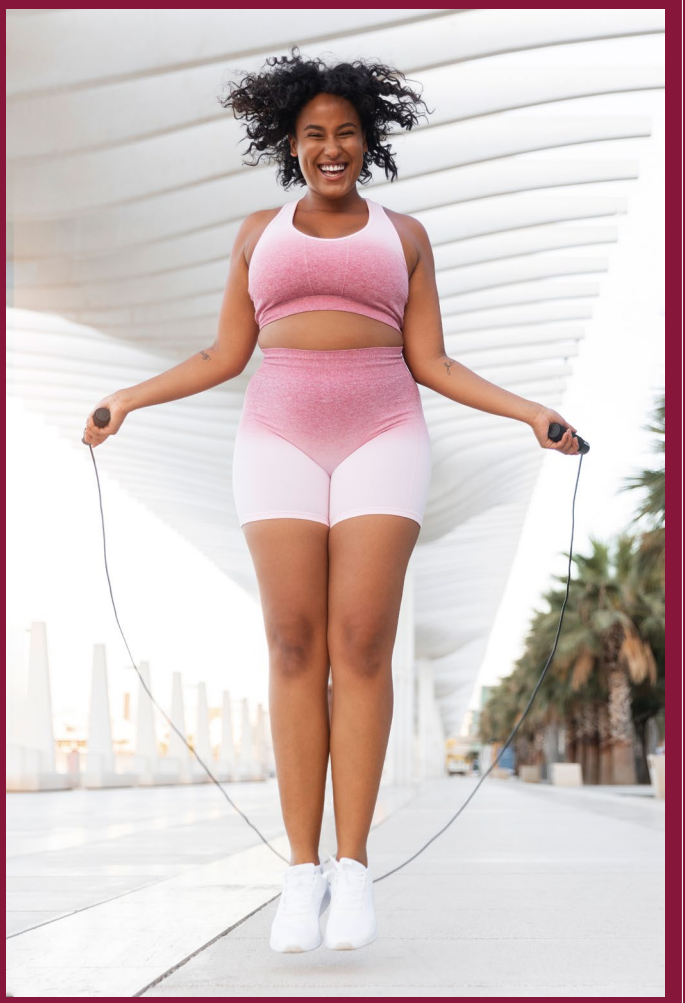
COMING SOON...

What works for weight loss

by Ambrose Chisom

December is fast approaching, and if you're anything like most people, you're probably thinking about how to lose weight before the festivities begin. But beyond fitting into that dress or enjoying Christmas without worrying about how big your belly looks, maintaining a healthy weight has far more important implications for your health.

Every week, I see at least 10–12 patients with hypertension, another 8–10 with diabetes, a couple of women with PCOS, and several others presenting with different health complaints. And increasingly, one of the first things I find myself discussing with many of these patients is their diet and lifestyle.



The relationship between what we eat, how much we move, and our overall health is difficult to ignore. Excess body weight, particularly around the abdomen, is associated with insulin resistance, high blood pressure, type 2 diabetes, and several other metabolic complications.

I've also seen patients make meaningful improvements in their blood pressure and blood glucose readings by simply following changes to their diets and physical activity.

So, you see, weight loss isn't simply about having a December to remember. Sometimes, it is about giving your body a better chance at functioning properly. I know a lot of people are searching for quick fixes. And the internet is ever ready to help with that quest.

Eat once a day! Drink lemon and ginger water! Have you tried this slimming tea? You will purge and purge all your fat out. Cut out carbohydrates! Drink this agbo! Take this pill and lose 10kg in two weeks!
But I think we've all tested and seen that many of these approaches promise far more than they can deliver. The weight might come down initially, but maintaining that loss is another conversation entirely.

So, instead of waiting until one week to December 25, why not start now, following a regimen that actually works?
Let's talk about what the science actually says about losing weight, and more importantly, keeping it off.

It starts with understanding calories

Before we start removing rice, bread, yam, and everything else from our kitchens, there is something important to understand. Weight loss happens when your body consistently uses more energy than it gets from what you eat and drink. This is called a calorie deficit.

Your body needs energy for everything, from breathing and maintaining your body temperature to walking, working, and exercising. Food supplies this energy in the form of calories. When you consistently consume way more energy than your body uses, the excess is stored, largely as body fat. When you consume less than your body needs, your body begins to use stored energy to make up the difference.

This is the number one basic principle behind weight loss. However, creating a calorie deficit does not mean starving yourself, skipping meals, or surviving on cucumber and boiled eggs.

It means making adjustments to how much you eat, what you eat, and how frequently you consume foods that contribute a lot of calories without keeping you full for very long. And no, you do not have to completely eliminate carbohydrates to achieve this.

You don't have to stop eating your favourite foods

One of the biggest mistakes people make when trying to lose weight is treating certain foods as though they are completely forbidden. Rice is bad. Bread is bad. Yam is bad. Plantain is bad. Before you know it, you're eating a very restrictive diet that you cannot maintain beyond two weeks. The truth is that no single food automatically makes you gain weight. What matters is your overall eating pattern, portion sizes, and how much energy you consume over time.

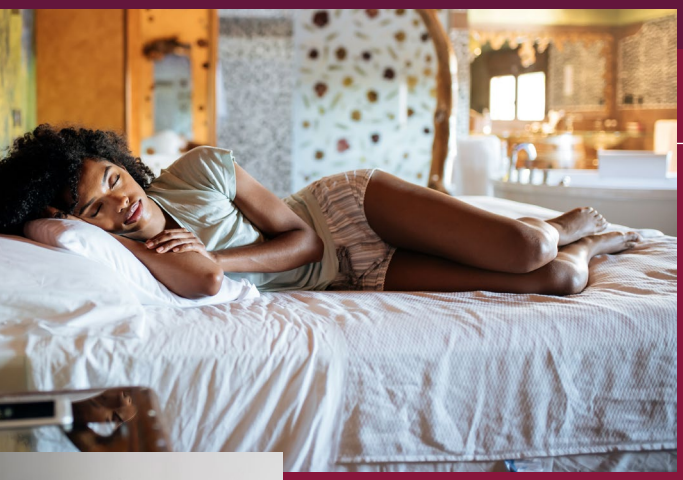
You can absolutely eat rice and still lose weight. For example, you could start by reducing the rice portion, choosing grilled or air-fried chicken more often, adding vegetables and replacing your sugary drink with water. Small adjustments like these can make a huge difference when practised consistently.

It also helps to build your meals around foods that provide fibre and protein. Beans, eggs, fish, chicken, vegetables, fruits and whole grains can help make meals more satisfying and provide important nutrients.

The idea is not to eat as little as possible. It is to eat in a way that supports your nutritional needs without consistently exceeding your body's energy requirements.

Protein and fibre are your friends

If there are two things I would pay particular attention to when planning meals for weight loss, they are protein and fibre. Let's start with protein. Protein helps maintain muscle mass, particularly when



you're losing weight. It also contributes to satiety, which is simply how full and satisfied you feel after eating.



This matters because one of the biggest challenges with weight loss is dealing with hunger. When your meals contain very little protein, you may find yourself getting hungry shortly after eating and reaching for another snack.

Eggs, fish, chicken, lean meat, beans, milk, yoghurt and soy products are all useful sources of protein, and they'll keep you fuller for longer. Fibre is equally important. It adds bulk to meals, supports bowel health and can help you feel fuller for longer.
Good sources include beans, vegetables, fruits, oats, whole grains and nuts. So, instead of having a breakfast that consists entirely of tea and bread, you could add boiled eggs. Instead of eating a plate of rice with very little else, include beans or vegetables and a source of protein.

You don't need expensive protein powders or imported diet foods to make these changes. Your regular foods can do quite a lot of the work.

Exercise is not optional

Now, let's address another common misconception. Some people believe that because they are exercising, they can eat absolutely anything and still lose weight.

Unfortunately, it doesn't quite work that way. Physical activity increases the amount of energy your body uses, but exercise alone may not compensate for consistently consuming more calories than you need.

That said, movement is an important part of successful weight management. The World Health Organisation recommends that adults aim for at least 150–300 minutes of moderate-intensity aerobic physical activity each week. This could include brisk walking, cycling, swimming, or dancing.
You don't have to spend two hours in the gym every day. A 30-minute brisk walk, five days a week, already gives you 150 minutes. I would also encourage incorporating resistance exercises into your routine at least twice a week. These include exercises such as squats, lunges, push-ups, and weight training. Why does this matter?
Because when you lose weight, you don't want to lose muscle unnecessarily along with body fat. Resistance training helps preserve muscle mass, while also supporting strength and overall physical function.



And please, don't underestimate walking. You don't need an expensive gym membership before you can start moving your body more.

Sleep and stress matter too

This is the part many people overlook. You have adjusted your meals, started exercising, and are doing everything you believe you should be doing. Yet, your weight management journey still feels unnecessarily difficult.

It may be worth looking at your sleep and stress levels. Poor sleep can influence hormones involved in appetite regulation, including ghrelin and leptin. These hormones are involved in hunger and fullness signals. When you're consistently sleep-deprived, you may find yourself feeling hungrier, experiencing more cravings, and making food choices that are less aligned with your goals.

Stress can also influence eating habits. Some people eat less when stressed, while others find themselves reaching for food more frequently, particularly foods high in sugar and fat. This doesn't mean that sleeping for eight hours will automatically make you lose weight. Rather, adequate sleep and stress management are part of a healthy lifestyle that supports weight management.

How quickly should you expect to lose weight?

I know. This is the part everybody wants to know. How many kilograms can I lose in one month?

Everybody wants to lose 10kg in 2 weeks, but the generally recommended rate of gradual weight loss is about 0.5–1kg per week, although individual results vary considerably. The National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) recommends an initial weight-loss goal of 5–10 per cent of your starting body weight over six months.

For someone weighing 100kg, that is 5–10kg. And before you dismiss that as too little, understand that even modest weight loss can produce meaningful improvements in blood pressure, blood glucose and other metabolic health markers.

You also need to understand that weight loss is not always linear. You may lose 2kg in your first few weeks, then notice that the scale barely moves for another week or two. This doesn't necessarily mean your efforts have stopped working. Body weight naturally fluctuates because of changes in fluid retention, bowel movements, hormonal changes and other factors.

This is why I wouldn't encourage measuring your progress exclusively by what the scale says every morning. Pay attention to your waist circumference, how your clothes fit, your physical fitness, and relevant health measurements too.

What if you're doing everything right and still struggling?

First, don't immediately conclude that you lack discipline.

Weight management is influenced by several factors, including genetics, age, hormones, medical conditions, medications, sleep, and your environment. For women living with PCOS, for instance, insulin resistance can make weight management more challenging. Certain medications and medical conditions can also influence body weight.

This is why a weight-loss plan should not be a one-size-fits-all arrangement. For some people, lifestyle changes may be sufficient. Others may benefit from structured nutritional support, medical assessment, or prescription weight-management medications.

Medications such as semaglutide and tirzepatide have a role in treating obesity and, in appropriate patients, can support significant weight loss. However, they are not casual slimming products. They require proper assessment, prescribing, and monitoring by qualified healthcare professionals.

If you have been struggling with your weight despite making consistent changes, it may be time to investigate other contributing factors rather than simply eating less and exercising more.

Making weight loss sustainable

Ultimately, the best weight-loss plan is not the one that makes you lose the most weight in the shortest time. It is the one that helps you lose weight while maintaining your nutritional health, preserving muscle, improving your metabolic health and developing habits you can realistically continue. Start by making a few manageable changes. Pay attention to your portions. Include protein and fibre in your meals. Reduce sugary drinks. Move your body regularly. Get enough sleep and monitor your progress. And when you have an occasional plate of party jollof, please enjoy it. One meal will not undo weeks of consistent effort. Weight management is not a punishment for enjoying food, and it shouldn't become a never-ending battle with your body. The goal is to build a healthier relationship with food, movement, and your overall health.

You don't have to wait until December to start looking after your health. And you certainly don't have to wait until January to start again.



Photos by Magnific





Look stylish in raffia earrings

Ese Oghenetega

When you pair your outfits with accessories, they have a way of elevating your look. Raffia earrings belong to this category. They are made from natural fibres and have become an acceptable fashion accessory in recent times.

They give a combination of African and contemporary vibe with a touch of creativity. Regardless of the occasion you are attending, check out five trendy ways to rock raffia earrings.

Pair them with casual outfits

If you desire to look stylish in casual outfits, raffia earrings have the ability to give you that vibe. Being stylish does not necessarily mean you have to rock several accessories. What is more important is to pair your outfit with statement accessories. A simple, beautiful dress with gorgeous sandals and raffia earrings can transform your look.



Rock your raffia earrings on denim

You can look trendy and make a fashion statement when you pair your raffia earrings with your beautiful jeans, be it trousers or a skirt. Remember, being fashionable goes beyond wearing beautiful clothes, what you pair them with and how you pair them is paramount.





Combine with Ankara styles

Upgrade your Ankara styles with classy raffia earrings. These accessories already have an African vibe, hence, this is a perfect combination. Be it Ankara dresses, skirt and blouse, or trousers and tops, adding raffia earrings will give you a stylish look.

Style with corporate designs

There is no limit to what one can rock with raffia earrings. As a fashionista, your ability to blend different designs and still look beautiful is paramount. If you want to look sophisticated in your corporate outfit, try to combine it with raffia earrings. It will give you a statement look and make you the centre of attention.

Make a statement with raffia earrings on aso-ebi attires

Take your fashion game to another level by rocking your aso-ebi outfits with raffia earrings. Whether it is iro and buba, lace, aso-oke, and Ankara combinations, raffia earrings will fit perfectly.

Photos by Pexels

INTERVIEW

Gbemi Olateru-Olagbegi: *Telling fashion's untold stories*

by Musa Adekunle



epaper.guardian.ng

After 16 years on radio, Gbemi Olateru-Olagbegi is bringing her interviewing experience to The Fashion Roundtable. As the podcast enters its second season, she speaks with MUSA ADEKUNLE about the first season's revelations, the cost of telling fashion's stories, and how building her shoe brand, Gbemisoke, shaped her understanding of the business.

Why did you leave radio?

I left radio because I felt like I had reached the peak of my radio career. I had interviewed pretty much everybody. The list is long, from a sitting president to Nigerian and foreign celebrities. I had seen everything.

I had been on radio for 16 years at that point. When I joined radio, we were still using CDs. Then we moved on to software. I had seen the changes in technology, and I was asking myself, "What else is there?" It started to feel the same for me, so I felt it was time to go. When I feel uneasy like that, I know it is time to pivot, move, and do something else.

What drew you to fashion and led you to start a shoe business?

I have always loved fashion. I have always been interested in the world of fashion and pop culture.

I started Gbemisoke Shoes in 2015 because I love shoes. They are my number one accessory. I could buy multiple pairs of shoes but stick to one or two bags for the rest of the year. That is the sort of person I am.

I also started the business because I wanted to solve a problem. Women who wear above a size 10 find it difficult to find shoes. It is not just a Nigerian problem; it is a global problem. I am one of those women. I wear a size 11, which is a 43.

There were so many women like me who were not content with the ugly shoes often available to us just because we wear bigger sizes. Even if you walk into Zara today, for example, you most likely will not find a size 43 for women. If you do, it might be one pair in the whole store. That is why I started Gbemisoke Shoes.

How did your interest in fashion develop into The Fashion Roundtable?

The fashion podcast came about because I realised there was more to the world of fashion beyond the beautiful clothes and aesthetics.

There is a whole ecosystem making sure people look their best. It is not just the designers. People always think of fashion designers and models, but there are photographers, creative directors, pattern makers, beaders and stylists.

In 2025, I started creating content with Nigerian fashion brands. It started as, "Let me just do a few videos," and I ended up working with about 50 fashion brands in that year alone.

I would go to a store, try on a few pieces on camera and ask my audience to pick their favourite outfit. With social media, it is not just about posting. You have to get your comments buzzing.

I was asking myself how I could do that without controversy. If you want attention on social media now, all you have to do is say something crazy or slightly controversial.

I wanted to create content that tied in with my interests, and one of my interests is fashion. While visiting these stores and trying on outfits, I would speak to the founders or creative directors, and they would tell me their stories. Some would say they went through a lot. Some would say they sold their houses.



I would think, "Nobody knows this story. They just know you make nice clothes. They do not know how you got here or how many times you quit or almost quit."

Then I searched. Podcasts are popular right now. There are sports, movie and music podcasts. There is a podcast for everything, but there were not many, if any, long-form fashion podcasts in Nigeria. So I decided to start The Fashion Roundtable.

> ***"I left radio after sixteen years because I felt like I had reached the peak of my radio career."***
> **- Gbemi Olateru-Olagbegi**

What challenges did you face when you started Gbemisoke Shoes?

I started Gbemisoke Shoes in 2015. At the time, logistics were challenging, particularly getting orders out to customers on time.

There was also a capital issue, especially because the shoes are made outside the country.

It took a lot of time and effort to find factories that would agree to make shoes for women with big feet. Most fashion brands stop at size 10, if they get there at all, so most factories are used to stopping at that size.

I had to do a lot of research, travel and convince factories to work with me because we go up to sizes 46 and 47.

There are women who wear those sizes, and they are not necessarily plus-size women. Some are slim and tall and just have bigger feet. Those were my core customers.

Sometimes, factories would say they wanted a minimum order of 2,000 pairs. I would ask, "Am I Zara? Am I ASOS? Who am I to be making 2,000 pairs?"

Logistics were another issue.



Same-day delivery was almost unheard of then, but things have gotten better.

We also had to convince people to shop online. People would say they wanted to come to our store, and we would explain that we did not have one. That was never the business model. It was supposed to be online.

Once in a while, we would do pop-ups, but we were strictly online.
A lot of women were not sure of their shoe sizes, so we had to do a lot of teaching and coaching. Imagine someone saying they want to buy shoes, but when you ask their size, they say, "I actually do not know. Let me go and check."

I think people are better informed about their sizing now.

Foreign exchange was also an issue. When I started the business, it was about 180 to a dollar or something like that. Then, in the same year, it went to 300.

How much did you invest in the business at the start?

It was about three or four million naira. I also did a lot of travelling, and that was part of the expenses. I had to visit different factories.

Who was your first customer?

It was Blackmagic, the artiste. When I announced the business and the press releases went out, he was the first person to reach out and say he would like to buy a pair for his mum.

Did being a recognised media personality help the business?

Definitely. It helped my business. At the same time, I feel some people did not take us seriously. A lot of public figures open businesses, and after a couple of years, those businesses no longer exist. Some people felt it was just publicity, but we are still here. Has it been easy? No.

In the beginning, people did not really take us seriously, but being a media personality helped with awareness. Absolutely.

What was your biggest fear when you were starting?

That it would not work. After spending about a year researching and finally getting a factory, my first set of shoes were flats because that was what I could afford. It was one style in two colours.

About 600 pairs arrived in February 2015. I do not think I realised how much storage space I would need.

I had a tiny apartment in Oniru then. I kept some in my living room, some at my parents' house and some in a colleague's garage.

I was so overwhelmed by the quantity that I would just walk past the shoes in my living room.

One day in May, I told myself, "You cannot continue to ignore 600 pairs of shoes. You need to start."

I was afraid. What if people did not buy? What if people laughed at me? There were so many what-ifs, but I decided to start.

> *"Do not play humble so that people think you are not doing anything."*
> - Gbemi Olateru-Olagbegi

> *"If you want attention on social media now, all you have to do is say something crazy or slightly controversial."*
> - Gbemi Olateru-Olagbegi

My next-door neighbour was also selling shoes, and she suggested putting them on e-commerce platforms.

I also had to think about how I would deliver shoes to customers, so I signed up on Jumia, Konga and the rest. That was how I started.

Which revelations from your guests in the first season of The Fashion Roundtable surprised you most?

I spoke to so many different people in season one, including creative directors like The Style Infidel, who revealed that some people pay as much as $8,000 for their wedding aso-oke.

I remember that episode went viral because I could not believe it, and he was being honest.

I also spoke with two of the most stylish men in Nigeria, and it was interesting to hear their perspectives on the Nigerian fashion scene.

Then there was Kiki of Zephans & Co, a womenswear brand that has been around for about 10 years.

When I became interested in speaking with her, I had heard that she had sold 35,000 pieces in one year. By the time I spoke to her, she said they had surpassed that. They had crossed 100,000 outfits sold in a year.

It was amazing and inspiring to hear that Nigerian brands were

doing big things. They might not make a lot of noise, but they are doing a lot.

Based on those conversations, what are the biggest challenges facing people trying to make a living in fashion?

One of their biggest challenges is that the people they are trying to sell to have limited spending power.

Before people think about clothes or shoes, they think about feeding themselves, getting to work and where they are going to live.

Another issue people mentioned was not having enough fabric. Typically, if you are a fashion brand in Lagos, you might go to Balogun, Yaba or even as far as Aba to buy fabric.

You might not find enough of a particular fabric because a lot of the fabric that reaches our markets comes from samples from factories abroad. There might be only 50 yards.

You make 10 or 20 dresses, post them online, and people love them. Then you receive 100 orders, and everybody wants that particular fabric. What do you do?

Some people go as far as China or Turkey to buy fabric or produce their own. Some print or create custom fabrics because they are tired of disappointing customers.

There is also the issue of staff. If you own a fashion brand in Nigeria, especially if you make the outfits, you have to factor in housing your staff.

If you do not, they may show up late. If your business is in Ikeja, for example, some staff may be coming from far away and spending hours on the road. Why not house them nearby so they can report to work?

Apart from housing, some people provide transportation or feeding to keep their staff happy and comfortable.

These are factors you have to consider when building your business. When people complain about the cost of Nigerian fashion, these businesses are going through a lot. You have the factory where the tailors work. If you have a walk-in store, that is another expense. Then there is accommodation for staff, electricity and everything else. It is very expensive.

Have there been subjects that potential guests were uncomfortable discussing?

There were people I wanted on the show for season two because they had been victims of plagiarism.

It can be upsetting and disappointing to come up with a design, post it and, within three to five working days, have another Nigerian brand copy it completely.

They may use inferior fabric, so theirs is cheaper. Or someone in China copies your design and floods Balogun with dupes.

Some people have created their own logos and monogrammed outfits, and there are fakes being sold on TikTok and in the market.

Some people were not comfortable discussing that.

When we reach out, we explain what we want to focus on. Some would say, "Not right now." Some were still in court and would say it was not a good time, or that we could discuss it when the court case was over.

What has producing the show cost you, and how do you plan to make it sustainable?

In the past year or so, all of us in Nigeria have experienced rising prices, including food, transportation, petrol and diesel. That also affects production costs.

If you want to rent a studio, they are factoring in the cost of diesel. Then you have to pay your crew and rent equipment you may not own. The cost of production has gone up.

When planning the show, I reached out to many brands I thought would be a great fit. I received so many noes.

At first, I was discouraged, but I told myself to keep going. I kept pitching, attending meetings and sending follow-up emails. In the first season, we were lucky enough to partner with Credit Direct. For this season, we are partnering with Flutterwave.

There is a joke on social media about wondering why a business is untapped, then getting into it and realising why. It is expensive. It is expensive to shoot, and you do not want to shoot anything tacky. You want it to look good. You want the quality to be good, and all those things cost money.



One of my guests last season spoke about how fashion suffers when it comes to funding.

When it comes to music, brands are excited. They are chasing music stars, trying to sign them as ambassadors, work with them or pay them hundreds of millions of naira to perform at events and Christmas parties.

If you watch a typical Nigerian YouTube movie, you see product placements from different brands.

For some reason, fashion has still not reached that level, and I do not know why.

I need brands to pay attention, especially now that Nigerian fashion is getting recognition around the world. This is the time to partner and invest.

As a woman in broadcasting and business, have you faced treatment that your male colleagues did not?

Let me start with radio. You would interview a celebrity or a top government official, and the moment the microphone was off, they would ask for your number.

It was not in a "Let us just be friends" way. It was beyond that, and you would be thinking, "I am just here to do my job. Please go. Thank you."

Another aspect was erasure. I had a long career and was able to achieve a lot and work across different platforms.
At some point, I noticed that if you do not speak about your achievements, the things you have done and how you have contributed to a station, your achievements can get erased.

I always encourage female professionals, especially, to post about their achievements and speak about what they have done.

Do not play humble so that people think you are not doing anything.

The scarf remix

by Ese Oghenetega



A scarf serves more functions than merely covering the head. It can turn a simple look into a stunning one. Beyond covering your hair with a scarf, check out five other ways you can slay and make a statement with this fashion piece.

1. Style it around your neck

With a beautiful scarf, you can elevate your style by wrapping it around your neck stylishly. Wrap it loosely and allow one part to fall to the front while the other part falls to the back of your shoulder.

This pattern is cool on blazers or casual wear, and it does not need much jewellery to look elegant.

2. Tie it around your handbag

Aside from adding a scarf to your outfit, you can tie it on your handbag for a classy look.

You can attach a scarf to the handle of your bag or to any part that will add some finishing touches to the fashion item.

In most cases, the scarf should complement your bag or your outfit and give you a show-stopping look.

3. Wear it as a belt

If you are looking at doing away with your regular belts and you desire to snatch your outfit at your waist level, then a scarf is your best option.
You can tie it on your dress or on the belt loops of your shirt or trousers. Using a scarf as a belt gives you a different feeling, and it gives you a stylish vibe.

4. Wrap it around your shoulders

If you are a bold fashionista, you can add a scarf to complement your outfit. By wrapping it around your shoulders, you are turning a simple outfit into a polished one.

This style is mostly suitable for Ankara prints, lace outfits, native or corporate designs. If you wish to convert a casual look into a more stylish one, then you can pair it with a beautiful scarf.

5. Rock it stylishly in your hair

Being a fashionista is your ability to turn a simple look into a breathtaking appearance.

If you don't want to tie your scarf on your head, you can hang it loosely on your hair, giving it the avenue for both edges to fall forward.

This style often needs you to adjust it regularly to give you the feel that you desire.

Next time you are thinking about getting a scarf, know that you can use it beyond a head covering.





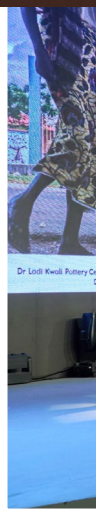






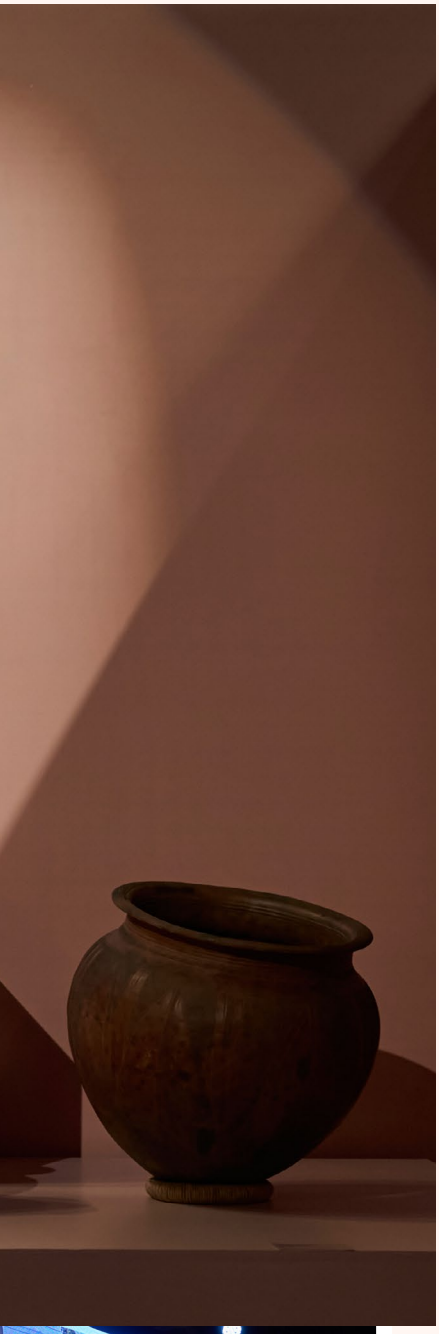






Ladi Kwali's legacy, historical memory shape ART X Lagos 2026

by Musa Adekunle





Pottery, a weathered canoe and the experiences of Chibok mothers gave ART X Lagos visitors different ways to engage with Nigeria's past and present. The fair's 11th edition also examined the work of sustaining artistic communities and preparing younger generations to participate in them.

Ladi Kwali's pottery and the traditions of women potters formed a central exhibition at the 11th edition of ART X Lagos, which closed on November 8 after four days of exhibitions, performances, screenings and conversations at the Federal Palace Hotel, Lagos.

Held under the theme "A New Chapter, A New Decade", the fair brought together 15 galleries alongside artists, filmmakers, musicians and educators. Its programme examined how cultural knowledge is preserved, how difficult histories are represented and how artists build spaces for others to work.

The exhibition Ladi Kwali: Beyond the Vessel, conceived and developed by curator Dr Jareh Das, placed the potter's work alongside the women and traditions that shaped her practice.

Through ceramics, archival materials and works by different generations of potters, the exhibition offered a fuller account of Ladi Kwali beyond her familiar appearance on Nigeria's twenty-naira note. Supported by Zenith Bank, the presentation also informed The Masterclass, which gave 10 emerging artists opportunities to learn from established practitioners. A related ART X Talks session featured a documentary on Kwali, followed by a conversation between Das and ceramic artist Isis Dove-Edwin about her influence, ceramic practice and women's experiences in the arts.

The attention to teaching extended to the fair's Schools' Programme, which organisers said reached more than 750 young Nigerians.

Facilitated by artist and educator Tolulope Ami-Williams, organised with Teach for Nigeria and sponsored by ZTL Liquids Transfer Limited, the programme used clay, storytelling and activities inspired by Kwali's work to introduce students to artistic expression.

Three students received recognition for their work: Shakirat Ayomide Tijani of Oluwa Memorial Junior Secondary School, Raphael Ozogwue of Boys Junior Academy and Victory Ocheleka of Creek Junior High School.

Elsewhere, a weathered canoe became the central object in Ndidi Dike's Residues of Past Encounters II, 2026. Curated by N'Goné Fall and supported by Chapel Hill Denham, the installation evoked Badagry's Point of No Return and addressed the legacies of the transatlantic slave trade.
The work connected the fair's interest in cultural inheritance with histories of displacement, memory and loss. Dike also joined Fall and collector Femi Lijadu for a discussion of her career and the histories informing her practice.
Film provided another means of examining how experiences are recorded and remembered. ART X Cinema presented Mothers of Chibok, directed by Joel Kachi Benson, bringing the experiences of women in Chibok into the programme.

Following the screening, Benson participated in a conversation moderated by singer-songwriter Falana about how film represents tragedy, resilience and humanity.

Historian and curator Ed Keazor also presented a lecture-performance marking 100 years of Nigerian cinema. His presentation traced the development of storytelling through film and Nigeria's efforts to reclaim its cinematic gaze.

Visitors could contribute their own voices at Speakers' Corner, where Yinka Bernie's Moving Parts drew inspiration from Lagos' pedestrian bridges. Co-curated by Papa Omotayo and Fikayo Adebajo, the installation combined sound and image.

Visitors selected question cards and recorded their responses through a microphone, adding personal accounts to a work concerned with connections between people, places and generations.

The ART X Library offered a different form of participation through reading and research. Curated by Missla Libsekal and sponsored by Stanbic IBTC Pension Managers, it included books on loan from the G.A.S. Foundation.



ART

Across the Main and Spotlight sections, participating galleries presented work by established and emerging artists from Africa and its diaspora.

The Main section included Affinity Art Gallery, Afriart Gallery, Alexis Galleries, AMG Projects, Gallery 1957, kó, Kokopelli Gallery, Nike Art Gallery, O'DA Art, SMO Contemporary Art, TAFETA and Yenwa. Adegbola Gallery, Nomadic Art Gallery and Windsor Gallery participated in Spotlight.

The Art Across Borders programme, Walkers with the Dawn, brought together African artists whose practices also involve education, community initiatives and cultural infrastructure.

Supported by Afreximbank, it featured Nigeria's Victor Ehikhamenor, Angola's Kiluanji Kia Henda, Zimbabwe's Georgina Maxim, Kenya's Kaloki Nyamai and Morocco's Ghizlane Sahli. That concern with the structures supporting artistic work continued at The Development Forum, titled Laying Ground, Lifting Horizons: African Artists as Builders.

Nyamai, Maxim, Sahli and Kia Henda discussed their initiatives alongside representatives of independent creative spaces in Lagos: Tushar Hathiramani of 16/16, Moni Aisida of G.A.S. Foundation, Wura Natasha Ogunji of Treehouse and Faridah Folawiyo of FF Projects.

Moderated by Fikayo Adebajo and Nelson C.J, the forum considered how such spaces begin, sustain their activities and contribute to their surrounding communities.

Music formed another part of the programme through ART X Live!, curated by Lanre Masha and sponsored by Champion Brands.

The lineup featured taves, Kunmie, Solana, EKENE, LULU, Lodù, Nora and WEAREALLCHEMICALS, with a special appearance by Ladipoe. Falana also performed at the official VIP after-party at VICI.



April Kamunde









The fair began with a private Collectors' Preview on November 5, followed by its official opening on November 6. Guests included Lagos State Governor Babajide Sanwo-Olu, government representatives, collectors and members of the fair's advisory board.
Ahead of the opening, founder and director Tokini Peterside-Schwebig hosted private tours for international delegations, including members of the Tate International Council and a Creative Africa Nexus delegation.

Speaking at the opening, Peterside-Schwebig said the fair's next phase would require attention to the durability of its work.
"As ART X Lagos enters this new chapter, I am thinking more about the depth and sustainability of the impact we can create," she said.
"Over the past ten years, we have demonstrated that an institution conceived and built in Africa can establish itself as an internationally recognised platform, attract global audiences and contribute meaningfully to our creative economy."

Founded in 2016, ART X Lagos has welcomed more than 700,000 visitors across its editions, according to the organisers.

"The next phase is about building on that foundation with greater ambition and intention. As we look ahead, I want us to continue building a cultural institution that is grounded in excellence, deeply original in its thinking and expression, and unapologetically true to who we are."





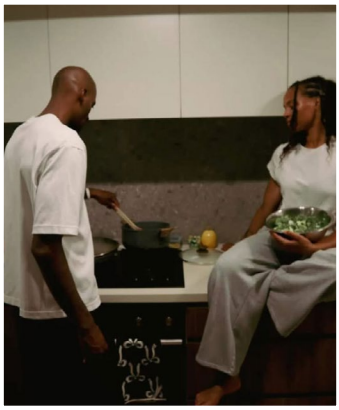








What are you building together?



COLUMN



Dolly Ohanyere is a Lawyer, Relationship and Marriage Counsellor, NLP Practitioner, and Founder of The Healthy Marriage Hub and Thrive360 Limited. She coaches individuals and couples toward identity, purpose, and thriving relationships.

I want to ask you a question that most couples have never sat down and answered together.

What are you building?
Not individually, together — as a unit, as a family, as a partnership that exists for a reason beyond the two of you.

A relationship without a shared vision is two people living parallel lives in the same house. They may love each other, be faithful to each other, be good people individually, but if they have never defined what they are building together, they will gradually pull in different directions without realising it — until one day, they look across the table at a person who feels like a stranger and wonder when the distance happened.

Shared vision is not about having identical dreams.

It is about having a direction you have chosen together.

Where are you going as a couple? What values will govern your home? What kind of parents do you want to be, or what do you want your partnership to produce in the world?
What does financial flourishing look like for your family? What legacy do you want to leave, not just in property and possessions, but in how you loved each other and what you modelled for the people watching you?

These are not romantic questions; they are foundational ones and couples who answer them together who align on vision before they are deep into the life they are building, navigate the hard seasons with a shared map that couples without vision simply do not have.

Purpose in a relationship is not just about what you do; it is about what you are becoming together and what your partnership is producing in the world. When two people are clear on that, they face difficulty differently. They make decisions differently. They choose each other differently, not just on the days when it is easy, but on the days when it costs something.

Questions every couple should answer together before the end of this Year

1 What are our core values as a couple?

Not just as individuals, but as a unit. What principles will govern your home, your decisions, and how you treat each other and the people around you? Write them down together. A couple that has named their shared values has a compass for every difficult decision.

2. What does success look like for our family?

Financial security? A specific lifestyle? A home? Education for your children? Freedom to travel? Generosity toward others? Define what you are working toward so that you are both pulling in the same direction.

3. What kind of home do we want to build?

Not the physical structure; the emotional one. What is the atmosphere you want your home to have? What do you want people to feel when they walk through your door? What do you want your children to grow up experiencing?

4. What is our legacy?

In twenty, thirty, fifty years, what do you want people to say about your relationship? What will your children and grandchildren have witnessed in how you loved each other? Legacy is built in the ordinary moments of a marriage, not in its highlight reel.

5. What are we each called to do, and how do we support each other in it?

Two purposeful people in a relationship are not in competition; they are a team. What is each person called to contribute to the world, and how does the partnership make that possible for both of them?

A relationship without a shared vision is two people living parallel lives in the same house. Define what you are building together. It will change everything about how you do it.



Sweatless styles at Lagos Fashion Week

by Dorcas Ayoola

Getting dressed in Lagos often feels like a negotiation between style and survival. You assemble an outfit you love, step outside, and within minutes the heat has you questioning every layer, accessory, and styling decision.

But what if dressing for the weather did not require compromising your style?

At Lagos Fashion Week 2026, designers offered a convincing answer. Across the runway, collections embraced airy silhouettes, breathable fabrics, flowing separates, and thoughtful styling, proving hot-weather dressing can be as fashion-forward as any other season. Held from October 28 to November 1 at the Federal Palace Resort, the event showcased designers who approached tropical dressing from different angles. Some prioritised lightweight fabrics, others leaned into relaxed tailoring, while several demonstrated how movement, colour and clever accessorising can elevate even the simplest outfit.

The result was a masterclass in looking polished while staying cool. When temperatures soar, clothing that clings too closely to the body can quickly become uncomfortable. Sometimes, the smartest styling choice is simply giving your outfit room to breathe.

Fiu Negru illustrated this beautifully with a look built around earthy hues, fluid proportions, and intricate detailing. A sand-toned crop top with a scooped neckline was paired with voluminous balloon trousers that floated around the legs, creating an effortlessly relaxed silhouette. Amber and tortoiseshell-toned beads adorned the straps and pockets, adding character without overwhelming the look.

The gathered hems were an especially thoughtful touch, enhancing the trousers' sculptural shape while maintaining a sense of ease and playfulness. Paired with chunky platform sandals, the outfit demonstrated that loose-fitting clothing can be both practical and refined.

Zacchi Lagos, showing through Street Souk, delivered a similarly compelling approach to menswear. A sleeveless button-front vest with a mandarin collar was styled with cropped, wide-leg trousers in textured tan fabric. Finished with a simple wristwatch and soft grey clogs, the ensemble struck a balance between comfort and sophistication.

It was the kind of coordinated set that makes dressing look effortless without appearing uninspired. The cropped length offered relief from heavy, full-length trousers, while the relaxed tailoring ensured freedom of movement throughout the day.

Let the fabric do the work

Surviving the heat is not only about silhouette. Fabric often makes the biggest difference.

Ajanée explored this idea through reworked textiles and unexpected combinations. One standout look featured an oversized shirt constructed from panels of stripes, checks and gingham in shades of teal, blue and cream. Layered over lightweight striped shorts, the ensemble mixed patterns with confidence while remaining visually balanced.



The patchwork construction gave the shirt a distinct personality, while its loose shape allowed it to sit comfortably away from the body. Silver sandals and bold eye makeup completed the look, proving that practical dressing can still command attention.

Studio Imo offered another



interpretation of breathable style with a relaxed green crochet top featuring a deep neckline finished with rust-coloured edging. Paired with a navy drawstring skirt gathered at the hem, the outfit balanced comfort, texture and movement.

The open-knit construction of the top created natural ventilation, while the adjustable skirt enhanced flexibility and ease. Finished with a slim black crossbody bag and chunky cream sneakers, the look felt particularly suited to navigating a busy city without sacrificing style.

Go light, don't fade away

Few combinations feel as appropriate for a hot afternoon as light colours paired with flowing silhouettes. Desirée Iyama captured that sensibility in one of the week's most memorable moments.

A white off-shoulder top featuring layered ruffles was





paired with a tiered skirt composed of long, flowing strips of fabric. Every step brought the garment to life, creating movement and drama without relying on heavy embellishment.

Set against a desert-inspired backdrop dotted with cacti, with another model in vivid orange moving in the background, the look perfectly embodied the spirit of summer dressing. Romantic, playful and elegant, it challenged the notion that white must be understated.

Dust of the Earth offered a more grounded interpretation. A loose taupe tunic dress, adorned with hundreds of cascading strands extending beyond the knees, delivered texture and movement while maintaining a relaxed silhouette.

The styling elevated the look further. A bright red woven bag accented with yellow and purple streamers injected energy into the neutral palette, while deep green strappy heels provided an unexpected finish.

It was a reminder that neutrals need not be boring. Sometimes, a single statement accessory is enough to transform an entire outfit.



Not every runway look is meant for midday

Of course, dressing for warm weather does not mean every outfit must be minimal or understated. Some pieces are simply better suited to evenings, when the sun has set and the temperature is a little more forgiving.

though its richer textures felt better suited to evening occasions than long afternoons in the heat.

Jermaine Bleu embraced drama through bold colour and embellishment. A fitted beaded halter mini dress featuring red, yellow and cream stripes stood out for its fearless use of texture and pattern. Styled



Abiola Olusola explored colour, texture and embellishment through stripes, tie-dye treatments, fringe and feather detailing. One standout ensemble paired a sleeveless cream top featuring a feathered collar with structured navy trousers finished with feather accents at the hems.

The look was visually striking,

with gold heels and a small brown handbag, it was the kind of outfit designed to make an entrance.

Together, both looks underscored an important truth: dressing for the weather is also about understanding context. The right outfit depends not only on the temperature, but also on where and when you plan to wear it.



Where to go



Places for a night out in Lagos

Lagos truly owns the night, and the energy of the city completely changes once the sun goes down. From dodging chaotic traffic to spotting your favorite Afrobeats stars popping bottles in Victoria Island, the adrenaline here never stops.

NOK by Alára

Address: Victoria Island, Lagos

Opening Hours: Tuesday to Sunday: 12:00 PM – 4:00 PM, 6:00 PM – 10:00 PM (Friday & Saturday until 10:30 PM); Closed Mondays

Overview: NOK by Alára offers a relaxed, unhurried dining experience filled with striking African art and a colourful outdoor garden. Featuring a menu that draws from different parts of the continent, it provides a calm and sophisticated environment for friends looking to catch up over great food.

The House Lagos

Address: Victoria Island, Lagos

Opening Hours: Daily: 10:00 AM – 2:00 AM

Overview: Designed to feel like visiting a stylish home rather than a traditional restaurant, The House Lagos features distinct indoor rooms and cozy outdoor corners. The comfortable seating, food, and ambient music create an energetic yet intimate atmosphere for an effortless night out.

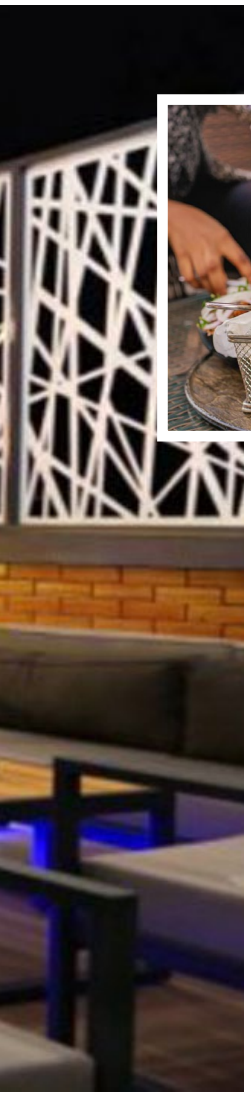
Cactus Restaurant

Address: Victoria Island, Lagos

Opening Hours: Monday to Thursday: 7:30 AM – 10:00 PM; Friday & Saturday: 7:30 AM – 10:30 PM; Sunday: 7:30 AM – 10:00 PM

Overview: Providing a welcome escape from city noise, Cactus Restaurant is best known for its breezy waterfront terrace. Guests can enjoy meals by the water as the weather cools down, complemented by live band performances on selected nights for a familiar and easygoing vibe.







New Afrika Shrine

Address: 1 NERDC Road, Agidingbi, Ikeja

Opening Hours: Open 24 hours daily (Best vibrant energy after 7:00 PM)

Overview: The legendary spiritual home of Afrobeat, run by the iconic Kuti family. Far from a polished VIP lounge, this massive open-air cultural hub offers a raw, completely authentic Lagos experience filled with sweat, palm wine, heavy political consciousness, and hypnotic live music.

Dynasty Lagos

Address: 24 Idejo Street, Victoria Island, Lagos

Opening Hours: Daily

Overview: Dynasty Lagos offers a sleek, high-energy environment designed for guests looking to experience the vibrant nightlife of Victoria Island. With stylish interiors and a lively crowd, it stands out as a prime spot for late-night socializing and upscale partying.

Buzz Barr

Address: 30 Adetokunbo Ademola Street, Victoria Island, Lagos

Opening Hours: Daily

Overview: Buzz Barr is a popular staple on a bustling Victoria Island strip, known for its electric atmosphere, vibrant music policy, and social crowd. It is a go-to destination for anyone wanting to kick off an energetic night out with

Shiro Lagos

Address: Victoria Island, Lagos

Opening Hours: Monday to Thursday & Sunday: 12:30 PM – 12:00 AM; Friday & Saturday: 12:30 PM – 1:00 AM

Overview: Shiro Lagos delivers a polished Pan-Asian dining experience defined by high ceilings, dramatic interiors, and curated music. The atmosphere transitions smoothly from a calm dinner setting into a livelier nighttime lounge as the evening progresses.

Terra Kulture

Address: Victoria Island, Lagos

Opening Hours: Daily: 9:00 AM – 10:00 PM

Overview: A vibrant cultural hub where an evening can seamlessly transition from authentic Nigerian cuisine to a play, concert, or live performance. It is a premier destination for visitors looking to combine dining with rich local arts and entertainment.

Piano Bistro

Address: Delborough Lagos, Victoria Island, Lagos

Opening Hours: Daily (Operating during hotel dining hours)

Overview: Located within The Delborough Lagos, Piano Bistro maintains a refined, tranquil mood with elegant interiors and gentle live piano music. The soft background sound ensures guests can dine and chat comfortably, making it well-suited for quiet dinners or small celebrations.

RSVP Poolside

Address: Victoria Island, Lagos

Opening Hours: Daily (Evenings and late night)

Overview: Tucked behind RSVP's main dining room, The Poolside offers open-air seating, music, and an informal vibe. It strikes the right balance for friends looking to unwind, eat, and enjoy the night without diving into a crowded club.

Circa Non Pareil (Penthouse/Lounge)

Address: 12 Mandilas Road, Lekki Phase 1, Lagos

Opening Hours: Daily

Overview: Perched with striking views in Lekki Phase 1, Circa Non Pareil combines sophisticated penthouse lounging with a vibrant nightlife pulse. The space is ideal for guests seeking a mix of fine dining, signature cocktails, and a chic party atmosphere after dark.

W Bar Lounge

Address: LASWA Yard, Under Falomo Bridge, Ikoyi, Lagos

Opening Hours: Daily

Overview: Set against a unique waterfront backdrop under the Falomo Bridge, W Bar Lounge offers an open-air vibe complete with cool breezes, good music, and an energetic crowd looking to unwind by the water.

Escape Nightclub

Address: 234B Adeola Odeku Street, Victoria Island, Lagos

Opening Hours: Nightly

Overview: Located on one of Victoria Island's most famous avenues, Escape Nightclub delivers a high-octane clubbing experience. Known for its celebrity sightings and vibrant party energy, it is a staple of Lagos nightlife.

355 Restaurant and Lounge

Address: 9A Oko Awo Street, Victoria Island, Lagos

Opening Hours: Daily

Overview: 355 blends a classic Mexican-inspired dining experience with a lively lounge setting. As the evening progresses, the atmosphere shifts smoothly from a relaxed dinner spot into an energetic hub for late-night drinks and socializing.

Nitro Nightclub

Address: 14 Adeola Hopewell Street, Victoria Island, Lagos

Opening Hours: Nightly

Overview: Nitro Nightclub is built for serious nightlife enthusiasts, featuring heavy basslines, dynamic lighting, and a packed dance floor. It is a premier destination in Victoria Island for dancing late into the morning hours.

Island Breeze

Address: Landmark Beach, Water Corporation Road, Victoria Island, Lagos

Opening Hours: Daily

Overview: Island Breeze brings a coastal, festive atmosphere to the shoreline of Landmark Beach. Guests can enjoy music, drinks, and ocean views in an open-air setting that feels like a permanent beach party.

Bay Lounge

Address: Plot 10, Admiralty Road, Lekki Phase 1, Lagos

Opening Hours: Daily

Overview: A long-standing favorite in Lekki, Bay Lounge offers a relaxed waterfront terrace overlooking the water. It seamlessly transitions from a breezy spot for evening drinks and grilled platters into a lively weekend hangout.





The Vibe Lagos

Address: 16b Akin Olugbade Street, Victoria Island, Lagos

Opening Hours: Daily

Overview: True to its name, The Vibe Lagos delivers an energetic blend of great music, social networking, and nightlife culture. It draws a stylish crowd looking for an electric atmosphere right in the middle of Victoria Island.



Cage Lagos

Address: No. 2 Shalom Street, Ago Palace Way, Lagos.

Opening Hours: Daily (with club setups running Friday – Sunday)

Overview: Cage Lagos brings a premium, upscale Island-style nightlife experience to the Mainland. Combining a beach-like poolside aesthetic with a high energy nightclub, it is a highly popular, visually striking spot for groups looking to enjoy Afrobeats, elite DJ sets, an energetic crowd without crossing the bridge.

Club Quilox

Address: 873 Ozumba Mbadiwe Avenue, Victoria Island

Opening Hours: Wednesday to Sunday, 10:00 PM – 8:00 AM (Closed Mondays and Tuesdays)

Overview: This is West Africa's most iconic luxury megaclub. Drenched in rich gold and red lighting, it is a high-octane paradise for big spenders, corporate moguls, and A-list celebrities looking to pop bottles and dance to world-class Afrobeats DJs until the sun comes up.

Sky Bar Rooftop

Address: Lagoon Compound, 1c Ozumba Mbadiwe Avenue, Victoria Island

Opening Hours: Monday to Sunday, 6:00 PM – 2:00 AM

Overview: Perched comfortably above the city's chaos, this high-end rooftop lounge serves up panoramic waterfront views and premium cocktails. It provides a sophisticated, breezy atmosphere that is perfect for a relaxed early-evening social hour or a romantic date night.



Zaza Lagos

Address: 19 Agoro Odiyan Street, Victoria Island

Opening Hours: Wednesday to Sunday, 7:00 PM – 2:00 AM (Closed Mondays and Tuesdays)

Overview: A stylish restaurant and high-energy playground that flawlessly transitions from fine dining to interactive theater shows and late-night dancing. It attracts an exclusive, fashion-forward crowd looking for great food, upscale design, and high-energy music in a more intimate setting.

Kaly Restaurant and Bar

Address: Victoria Island, Lagos

Opening Hours: Daily: 12:00 PM – 12:00 AM

Overview: Kaly combines high-end rooftop dining with sweeping panoramic views of Victoria Island and Eko Atlantic. After sunset, the open-air setting sparkles with city lights, offering selected live entertainment alongside a relaxed space to eat and talk.

Hard Rock Cafe Lagos

Address: Oniru, Lagos

Opening Hours: Monday to Thursday: 12:30 PM – 10:00 PM; Friday to Sunday: 12:30 PM – 12:00 AM

Overview: Set against a stunning beachfront backdrop, Hard Rock Cafe Lagos offers spacious seating and regular live music. Whether catching a high-energy performance or enjoying a relaxed ocean view during a quieter program, it delivers a classic social experience.



Cinemas and theatres across Nigeria

Find cinemas, private screening rooms and theatre venues across Nigeria.

MUSON Centre

Location: Onikan, Lagos Island, Lagos

What it is: The grand, elegant high-society hub for classical music, opera, and premium stage plays in Nigeria.

Why go: If you want to swap popcorn for a glass of wine and experience some world-class orchestral strings or breathtaking musical theatre, this is your spot. Dress up smart; the crowd here takes arts culture beautifully seriously.

National Theatre

Location: Iganmu, Surulere, Lagos

What it is: Nigeria's ultimate cultural monument. Shaped like a military cap, it is an architectural icon from the 1970s that recently got a massive, modern facelift.

Why go: It is pure history. Going here is a rite of passage for any culture lover. It is the birthplace of Nigeria's performing arts scene, and the massive halls are built for grand, unforgettable spectacles.

Terra Kulture

Location: Victoria Island, Lagos

What it is: A buzzing, lively cultural hub that combines an art gallery, an authentic Nigerian restaurant, and a top-tier theatre hall.

Why go: This is the beating heart of modern Nigerian theatre. If you want to see high-energy, Broadway-style Nigerian musicals with incredible dancing and costumes, Terra Kulture does it better than anyone else. Plus, you can grab amazing pounded yam right after the curtain falls.

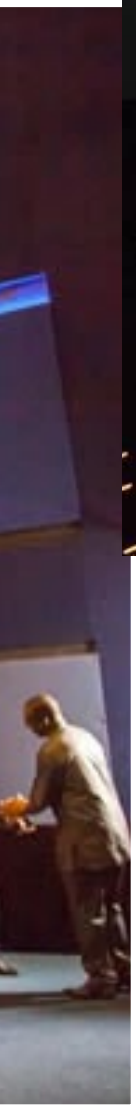
Glover Memorial Hall

Location: Marina, Lagos Island, Lagos

What it is: One of the oldest and most historic performance spaces in Nigeria, beautifully restored to host cutting-edge modern stage plays and cultural festivals.

Why go: It perfectly blends old-school Lagos heritage with fresh, contemporary stage productions. The acoustics are fantastic, and it is a brilliant place to catch rising stars in the local acting scene.





Deja Vu Private Cinema Abuja

Location: Wuse, Abuja

What it is: An ultra-exclusive, private screening lounge where you rent out the entire room for just you and your favourite people.

Why go: Total privacy. You get massive screens, cosy plush couches, and custom food service without having to share the room with strangers. It is absolutely perfect for an intimate birthday bash, a romantic proposal, or a VIP gaming night.

Cinema Club Private Cinema Port Harcourt

Location: Elimgbu, Port Harcourt

What it is: A hidden, high-end private cinema lounge designed for exclusive, small-group entertainment.

Why go: It completely redefines "movie night." Instead of standard theatre seats, you get a luxury private space with premium sound and absolute comfort. It is the ultimate way to celebrate a special occasion with a close circle of friends.

Grenhauz Cinema Port Harcourt

Location: Port Harcourt

What it is: A beautiful, highly-rated boutique entertainment spot that offers intimate screenings and excellent customer care.

Why go: It feels much more personal and cosy than a giant commercial multiplex. The staff treat you like a VIP, the seating is incredibly comfortable, and it is a fantastic escape if you want to avoid the usual crazy weekend mall crowds.

EbonyLife Cinema

Location: Victoria Island, Lagos

What it is: A super-chic, boutique luxury cinema designed for film lovers who want a five-star, glamorous movie-going experience.

Why go: It is the ultimate date-night spot. Think plush reclining chairs, trendy neon lights, a beautiful rooftop bar, and artisanal snacks. It is where you go to watch the latest Nollywood blockbuster while feeling like royalty.

Filmhouse Cinema

Location: Ado Bayero Mall, Kano

What it is: The go-to modern multiplex in northern Nigeria for catching both massive Hollywood blockbusters and popular Kannywood films.

Why go: It brings high-tech cinema culture right to the heart of Kano. The screens are huge, the sound shakes your seat, and it is the perfect lively weekend escape inside a bustling mall.

Genesis Deluxe Cinemas

Location: Kano

What it is: A sleek, reliable, and comfortable commercial cinema franchise offering a crisp digital viewing experience.

Why go: It delivers a flawlessly smooth movie night. If you want great projection, perfectly salted popcorn, comfy seats, and a completely stress-free environment to watch the latest trending movies, Genesis always hits the mark.

Ozone Cinema Kano

Location: Kano

What it is: A trendy, youthful, and high-energy cinema spot that focuses on bringing the biggest entertainment hits to movie lovers.

Why go: The vibe here is always electric and full of life. It is the best place to watch big action films or hilarious comedies because the crowd is super expressive; expect plenty of laughing, gasping, and shared fun.

Your next **adventure spot**

A canopy walk, a museum visit, or an afternoon at a park offers a different way to spend your day. These six Lagos destinations cater to visitors interested in nature, history, culture, and outdoor recreation.



Badagry Heritage Museum

Location: Lander Road, Marina, Badagry, Lagos.

Opening hours: Confirm with the museum before visiting.

Housed in a former colonial district officer's office, Badagry Heritage Museum documents the history of the transatlantic slave trade. Its collections provide context for understanding Badagry's place in that history. Allow time to read the displays rather than rush through the building.

Omu Resort

Location: Bogije town, off the Lekki-Epe Expressway, Ibeju-Lekki, Lagos.

Opening hours: Monday to Saturday, 9am to 6pm; Sunday, noon to 6pm.

Omu Resort brings several attractions together, making it an option for families and groups planning a full day out. Check the available ticket packages before booking, as access to individual attractions depends on the package selected.

Lekki Conservation Centre

Location: Km 19, Lekki-Epe Expressway, Lekki, Lagos.

Opening hours: Confirm current visiting and canopy walk hours with the Nigerian Conservation Foundation.

The 78-hectare reserve offers a chance to spend time among trees and wetland habitats within Lagos. Its canopy walkway is a draw for visitors seeking a view above the trees, while the reserve's paths offer another way to explore the grounds. Check access arrangements before setting out.







Freedom Park

Location: 1 Hospital Road, Lagos Island, Lagos.

Opening hours: Daily, 9am to 9pm. Food court and bar hours extend on event nights.

Built on the site of the former Broad Street Prison, Freedom Park combines colonial history with an active arts programme. Visit to see the grounds and memorial features, or plan your outing around a concert, exhibition or festival. Check the programme before visiting, as some events require separate tickets.

Ndubuisi Kanu Park

Location: Mobolaji Johnson Avenue, Alausa, Ikeja, Lagos.

Opening hours: Confirm current park hours before visiting.

Ndubuisi Kanu Park offers space for outdoor recreation on the mainland. Following renovation work, the Lagos State Parks and Gardens Agency announced preparations for its reopening in October 2025. Check which facilities are currently available before planning your outing. The Rec Room, a children's play venue within the park, operates its own visiting schedule.

John Randle Centre for Yoruba Culture and History

Location: Onikan Roundabout, Lagos Island, Lagos.

Opening hours: Wednesday to Monday, 10am to 6pm. Closed on Tuesdays.

The John Randle Centre focuses on Yoruba culture and history through its museum displays and public programmes. It suits visitors interested in cultural exhibitions, with workshops and family activities also forming part of its programme. Check the centre's calendar for activities scheduled on your chosen date.

Coffee shops across Nigeria

by Chidinma Enweani

Whether you need a quiet spot to work on your laptop, a sunny place for weekend breakfast, or a really good cup of coffee, Nigeria's coffee space is growing fast.

These great coffee shops double as stylish spaces, creative hubs, and top food spots.



Coffee Bar, Abuja

Sleek, minimalist, and intensely functional, this venue is built for focus and flavour. The atmosphere is sharp and modern, designed with clean lines, comfortable seating arrangements, and a serious dedication to productivity. They serve meticulously roasted coffee beans brewed into potent americanos, smooth flat whites, and refreshing iced beverages.

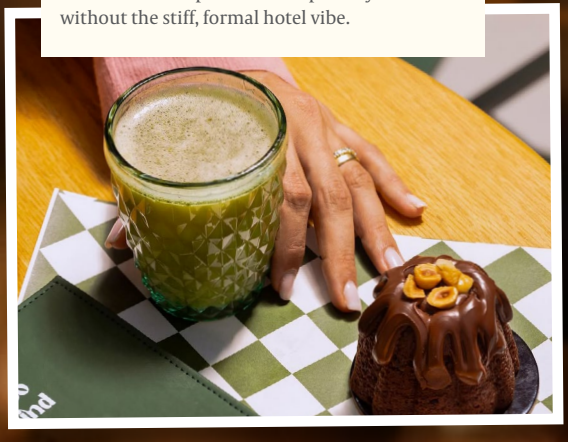
Why you should visit: You should visit if you are a remote worker, digital nomad, or creative professional looking for high-speed Wi-Fi paired with a serious caffeine kick to power through your deadlines.



Ziya Federal Palace

The Lobby Café x Ziya brings Ziya Delicacy Boutique's cult-favourite bakes, pastries, and signature drinks straight into the iconic Federal Palace Hotel lobby.

Why you should visit: It is the ultimate spot for a chic, low-key catch-up or a solo treat when you want incredible pastries and specialty coffee without the stiff, formal hotel vibe.



Café Flour

This intimate neighbourhood favorite smells entirely of comfort the second you cross the threshold. The ambiance is warm, unpretentious, and deeply welcoming, featuring rustic wooden accents and gentle lighting that encourages you to linger. They excel in artisanal baking, serving fresh-out-of-the-oven loaves, buttery croissants, and robust, expertly pulled espresso shots.

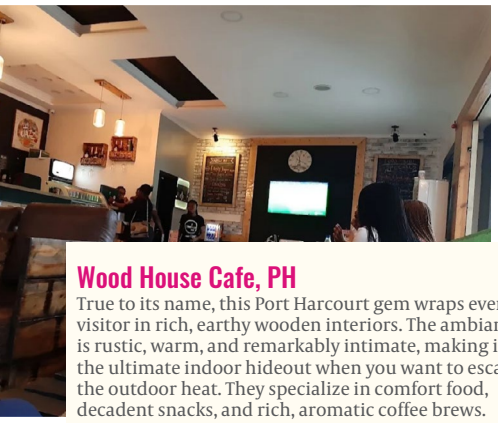
Why you should visit: Good for a quiet breakfast date or when you need a comforting slice of homemade cake paired with a hot cup of coffee to reset your day.



Pink Bear, Abuja

Tucked away in the capital, this pastel-drenched dreamscape is a whimsical escape from the city's formal pace. The interior is bathed in soft pink hues and plush, cozy seating, making it feel less like a traditional eatery and more like a curated film set. They specialize in velvety lattes, Instagram-worthy sweet treats, and delicate pastries that taste just as good as they look.

Why you should visit: Perfect for a relaxed afternoon catch-up with close friends or whenever your social media feed is screaming for a vibrant, cheerful backdrop.



Wood House Cafe, PH

True to its name, this Port Harcourt gem wraps every visitor in rich, earthy wooden interiors. The ambiance is rustic, warm, and remarkably intimate, making it the ultimate indoor hideout when you want to escape the outdoor heat. They specialize in comfort food, decadent snacks, and rich, aromatic coffee brews.

Why you should visit: To enjoy a quiet afternoon with a good novel or when you are craving a grounded, unpretentious space to slow down your pace.

ART CAFE, Lagos

A legendary bohemian sanctuary steeped in the creative history of the city. The atmosphere is eclectic, artistic, and bursting with soul, featuring vintage furniture, walls plastered with local art, and an effortlessly cool crowd. They serve a diverse menu of comforting meals, fresh juices, and dependable coffee classics.

Why you should visit: Visit if you would love to soak up the inspiring creative energy, sketch in your notebook, or lose track of hours conversing with fellow artists, writers, and thinkers.



Dulce Cafe & Bakery, Lagos

As a long-standing fixture on the island's luxury dining scene, this spot delivers refined elegance on every level. The ambiance is upscale, polished, and sophisticated, featuring chic contemporary furnishings and an expansive display of confections. They are masters of luxury baking, offering gourmet desserts, heavy-duty breakfast spreads, and premium coffee pairings.

Why you should visit: Beautiful spot to celebrate a milestone, impress a business date, or treat yourself to high-end pastries in an environment that feels effortlessly exclusive.

Nikkybell cafe, PH

A warm, community-driven neighborhood fixture that prioritizes comfort above all else. The atmosphere is friendly, unpretentious, and instantly puts you at ease the moment you walk through the door. They serve dependable, classic espresso drinks alongside comforting local and continental snacks.

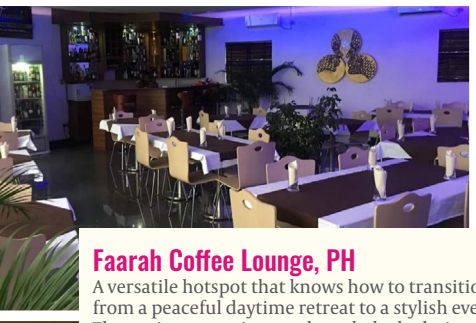
Why you should visit: Pay a visit when you want to bypass the scene-y pretension and simply enjoy a genuinely good cup of coffee served with a smile in a relaxed environment.



TOP BEANS. Coffee, Lagos

This is where casual coffee drinkers transform into purists. The atmosphere is sleek and dedicated, stripped of unnecessary fluff to put the absolute focus on the craft of brewing. They source exceptional beans and employ precise, scientific extraction methods to create everything from delicate pour-overs to rich, concentrated espresso shots.

Why you should visit: Visit if you view coffee as an art form and want to experience what a truly well-roasted, masterfully brewed cup of coffee tastes like.



Faarah Coffee Lounge, PH

A versatile hotspot that knows how to transition smoothly from a peaceful daytime retreat to a stylish evening lounge. The environment is upscale and plush, designed with mood lighting and comfortable lounge seating that invites you to stay a while. They craft exceptional coffees alongside a sophisticated menu of small plates and specialty drinks. Why you should visit: You should visit when your day calls for a seamless shift from catching up on emails over morning espresso to winding down with upscale relaxation in the evening.



Marley and Blue, PH

A design-forward, trendy addition to Port Harcourt's expanding culinary map. The aesthetic is vibrant, youthful, and contemporary, filled with clever design details and a buzzing social atmosphere. They offer inspired brews, creative drink formulations, and delicious pastries that cater to modern palates.

Why you should visit: You should visit if you want to be seen at the newest cool spot in town, catch up with your social circle, or simply enjoy a wonderfully crafted latte in a genuinely inspiring space.

Cafe One Yaba

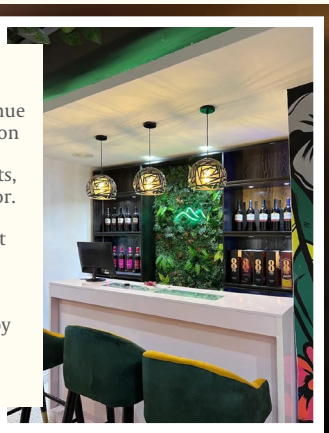
Nestled right in the pulsating heart of the mainland tech district, this space acts as an incubator for ideas and caffeine alike. The vibe is innovative, young, and dynamic, functioning seamlessly as both a collaborative workspace and a relaxed social lounge. They supply high-speed internet, steady workspace power, and reliable, energizing coffee options.

Why you should visit: You should visit if you want to plug into the local tech and startup ecosystem, collaborate with bright minds, or simply need a buzzing, productive atmosphere to get things done.

Tahilla Café, PH

Sleek, modern, and effortlessly chic, this venue brings a touch of metropolitan sophistication to the Garden City. The decor features contemporary lighting, clean seating layouts, and a stylish crowd that matches the interior. They serve a diverse lineup of artisanal coffees, specialty teas, and delightful dessert selections.

Why you should visit: You should visit to kickstart your weekend with style or to enjoy a trendy midday hangout that feels fresh, upbeat, and visually appealing.



Best spots for games and adventure



Looking for somewhere to play games or try something new? Here are gaming and adventure spots in Lagos.

1. Crusifix Games and Lounge

Location: Space 103, The Palms Shopping Mall, Oniru, Victoria Island.

Opening Hours: Daily 9:00 AM – 11:00 PM.

Why Go: It is the ultimate spot to blow off steam after a long week.

What to Expect: A beautifully designed modern lounge buzzing with neon accents and cosy seating. Expect top-tier virtual reality simulators, cutting-edge PC and console setups, and an intense multiplayer arena.

2. VR Place Nigeria

Location: 14b Karimu Kotun Street, Victoria Island, Lagos.

Opening Hours: Daily 11:00 AM – 9:00 PM.

Why Go: It is one of the most comprehensive and dedicated virtual reality playgrounds in the city, making it a fantastic destination for tech-forward date nights or friendly group battles.

What to Expect: Complete sensory immersion. Step inside to find massive active VR bays hosting fan favourites like Beat Sabre and heart-pounding horror shooters like The Walking Dead.

3. Rufus & Bee

Location: Twinwaters, Okunde Blue Water Scheme, Off Remi Olowude Street, Lekki Phase 1, Lagos.

Opening Hours: Daily 12:00 PM – 10:30 PM.

Why Go: It is a massive, multi-level wonderland that channels classic American boardwalk energy with a vibrant Lagos twist.

What to Expect: An overwhelming, beautiful sensory overload of flashing lights and nostalgic sounds. You will find over 100 arcade games, including classic basketball hoops, racing simulators, dance pads, and coin-pushers.

4. Enzo Reality

Location: Lekki Town Square Mall, 8 Providence Street, Lekki Phase 1, Lagos.

Opening Hours: Mon–Sun 10:00 AM – 10:00 PM.

Why go: This highly-rated tech hub focuses heavily on providing premium, mind-bending VR adventures backed by exceptional, attentive customer service.

What to expect: A stunning, futuristic space packed with the latest augmented reality (AR) and virtual reality (VR) tech. Expect to buckle into intense 360-degree rotating simulator chairs that make virtual rollercoasters and flight fights feel shockingly real.





5. Upbeat Centre

Location: 11 Admiralty Road, Lekki Phase 1, Lagos.

Opening hours: Tue–Sun 9:00 AM – 9:00 PM.

Why go: If your idea of gaming involves getting airborne and breaking a real sweat, this massive indoor trampoline sports park is the holy grail.

What to expect: High-flying physical action. Expect an enormous grid of interconnected trampolines, foam pits, dodgeball courts, and a challenging ninja warrior obstacle course. It is an electric, high-cardio environment perfect for unleashing your inner child or challenging your mates to a slam-dunk contest.

6. Escape Room 33

Location: 33 Fola Osibo Road, Lekki Phase 1, Lagos.

Opening hours: Tue–Sun 12:00 PM – 9:00 PM.

Why go: To put your intellect, teamwork, and nerves to the test. It is the perfect destination for live-action puzzle solving in the city.

What to expect: Atmospheric, highly detailed themed rooms where you and your team are locked inside with exactly 60 minutes to escape. Expect to hunt for hidden keys, crack cryptic codes, and unravel mysteries under the ticking clock. It is high-stakes, thrilling, and a brilliant ice-breaker for groups.

7. Illusions Zone

Location: Garnet Plaza, Igbo-Efon, Lekki-Epe Expressway (with a Mainland branch at Ile Oja Mall, Opebi).

Opening hours: Mon–Sat 10:00 AM – 5:00 PM (Lekki).
Why go: It is a brilliantly quirky, interactive exhibition designed to completely warp your perception of reality and upgrade your social media feed.

What to expect: A maze of mind-bending optical illusions, Ames rooms that distort your height, mirrored infinity chambers, and perspective tricks. Friendly on-site guides are on hand to show you exactly where to stand to capture the perfect, gravity-defying photo.

8. Funzia World

Location: 3B Anthony Etukudo Close, Lekki Phase 1, Lagos.

Opening hours: Daily 10:00 AM – 7:00 PM.

Why Go: A highly interactive entertainment centre engineered perfectly for young families and kids' birthday celebrations.

What to expect: A clean, brightly coloured paradise of safe indoor play. Expect multi-level soft play structures, obstacle courses, ball pits, and a gentle selection of beginner-friendly arcade machines designed to keep toddlers and pre-teens thoroughly entertained for hours.

9. Providha Fun City

Location: 79 Mobolaji Bank Anthony Way, Ikeja, Lagos.

Opening hours: Daily 9:00 AM – 8:00 PM.

Why go: A fantastic indoor entertainment hub that brings premium island-style gaming luxury straight to the Mainland.

What to expect: A sprawling, high-energy layout that has a little bit of everything. Expect sleek, modern bowling lanes, a massive array of prize-winning arcade cabinets, virtual reality simulators, and a swimming pool area. You buy a gaming access card at entry to tap your way through the various activities seamlessly

10. Funsation NG

Location: Penthouse Floor, Centro Lekki Mall, Admiralty Way, Lekki Phase 1, Lagos.

Opening Hours: Daily 10:00 AM – 8:00 PM.

Why go: A versatile indoor amusement park that perfectly balances casual family hangouts with vibrant children's event spaces.

What to expect: A joyful mix of physical play areas and digital entertainment. Expect bumper cars, a small indoor train ride, virtual reality setups, and an array of classic carnival-style arcade games that dole out prize tickets.

Where to eat Thai in Nigeria



Here is our guide to Thai and Asian-fusion restaurants in Nigeria.

TT Lagos

Location: 5 Olosa Street, Victoria Island, Lagos

Opening hours: Tuesday to Sunday, noon to 10.30pm. Closed on Mondays.

The vibe: A hidden retreat away from the bustle of Victoria Island. Formerly known as Thai Thai, this intimate, family-run boutique restaurant limits its seating capacity to keep the dining experience personal. Its decor features minimalist furnishings and green accents.

Why visit: The menu includes chor muang, flower-shaped purple dumplings, and classic pad Thai, which combines sweet tamarind with smoky wok flavours. The restaurant offers an intimate setting for diners who value privacy and careful presentation.

Kunakorn Thai Restaurant

Location: Ahmadu Bello Way, Wuse, Abuja

Opening hours: Daily, 11am to 10pm.

The vibe: Understated and traditional, with a focus on food. Located in Wuse, Kunakorn has a warm, welcoming interior reminiscent of a Bangkok eatery.

Why visit: Its dishes include green papaya salad, known as som tum, and coconut curries. Consider it for a relaxed lunch or a midweek dinner.

Siam City Thai Restaurant

Location: Plot 2044, 54 Aguiyi Ironsi Street, Maitama, Abuja

Opening hours: Daily, noon to 11 pm.

The vibe: An upscale setting in Maitama, with woodwork and modern fittings.

Why visit: The menu includes massaman curry with tender meat and layered spices, alongside crisp, seasoned fish dishes. The setting suits celebratory dinners and business meals.

Orchid House Thai Restaurant

Location: 14 Konoko Crescent, Wuse, Abuja
Opening hours: Tuesday to Sunday, 11am to 10pm. Closed on Mondays.

The vibe: Bright and airy, with a garden-like setting suitable for families and groups.

Why visit: Its tom yum soup combines lemongrass, galangal and lime leaves. The menu also includes vegetarian and vegan options.



Asia Town Restaurant

Location: 38 Forces Avenue, Old GRA, Port Harcourt

Opening hours: Daily, 11am to 11pm.
The vibe: A spacious setting with high ceilings, dramatic lighting, and an open-plan layout.

Why visit: The menu offers Asian-fusion dishes, including Thai-inspired seafood. Options include pineapple fried rice served in a carved-out pineapple shell, spring rolls, and sweet-and-sour stir-fries. The venue accommodates birthday dinners, anniversaries, and group outings.

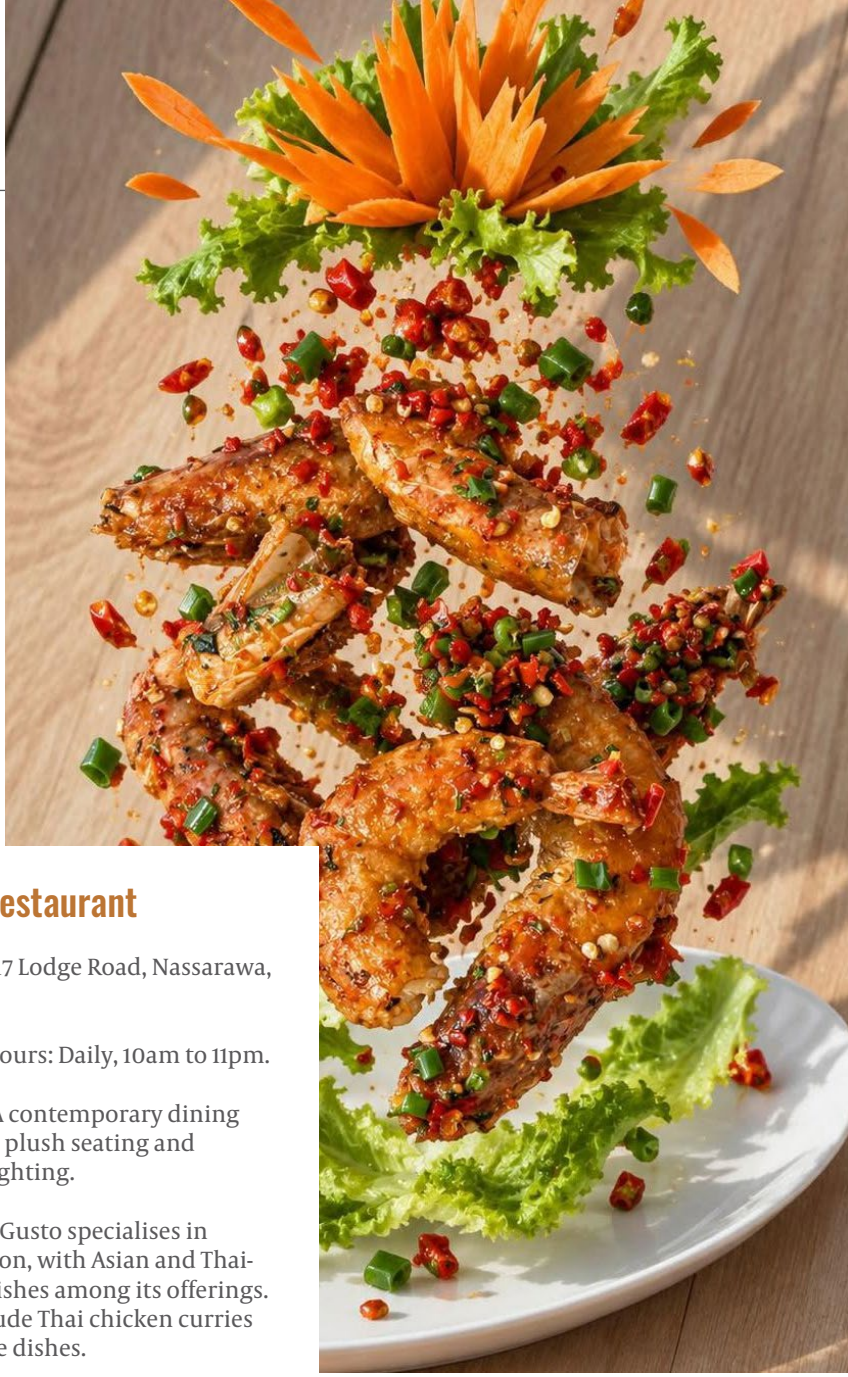
Miso Japanese and Thai Restaurant

Location: Summerset Continental Hotel rooftop, 34 Usuma Street, Maitama, Abuja

Opening hours: Daily, noon to 11 pm.

The vibe: Rooftop dining with views of the city's skyline and a pan-Asian menu.

Why visit: The menu combines Japanese and Thai dishes, making it an option for groups with different preferences. Choices include sashimi and Thai basil stir-fry, known as pad kra prow. Drinks and weekend music also form part of the offering.



Gusto Restaurant

Location: 17 Lodge Road, Nassarawa, Kano

Opening hours: Daily, 10am to 11pm.

The vibe: A contemporary dining space with plush seating and ambient lighting.

Why visit: Gusto specialises in global fusion, with Asian and Thai-inspired dishes among its offerings. These include Thai chicken curries and noodle dishes.

Asia Town Restaurant: Alternative entry

Location: 38 Forces Avenue, Old GRA, Port Harcourt, Rivers State

Opening hours: Daily, noon to 10.30pm.

The vibe: An upscale restaurant with Mediterranean-influenced decor and a lounge area, suitable for birthdays, dates and group dining.

Why visit: Its Asian menu includes spicy Thai prawns and chicken in massaman curry sauce, alongside spring rolls and cocktails.

Siam City Thai Restaurant: Alternative entry

Location: Plot 2044, 54 Aguiyi Ironsi Street, Maitama, Abuja

Opening hours: Monday to Thursday, 11am to 11pm; Friday, 11am to 12.15am; weekends, 2pm to 11pm.

The vibe: An outdoor garden lounge with bamboo huts, open lawns and warm lighting.

Why visit: The menu combines Thai dishes, such as pad Thai, with Nigerian options, including spicy grilled catfish. The supplied information also lists a Friday salsa dance party.

Chi Thai Revolution Restaurant

Location: 15 Rhine Street, Maitama, Abuja

Opening hours: Daily, noon to 10 pm.

The vibe: A relaxed space with an indoor dining room, an outdoor garden with gazebos, a koi pond, and a rooftop area.

Why visit: The pan-Asian menu includes pad Thai, sushi, spicy Korean chicken wings, and dumplings. The supplied information lists karaoke nights on Wednesdays and Saturdays from 6 pm.

FILMS

to watch in cinemas this November

★★★★★

by Musa Adekunle

A campus romance, a cybercrime drama, and a ghost scam gone wrong feature on November's watchlist. Here are eight films to watch this month. Check our cinema listings for showtimes near you.

01 Street Fighter



Ryu and Ken reunite when Chun-Li recruits them for the World Warrior Tournament. A hidden conspiracy raises the stakes, forcing the fighters to confront their past and face each other. Kitao Sakurai directs the action film, with a cast that includes Andrew Koji, Noah Centineo, Jason Momoa, Callina Liang, and Curtis "50 Cent" Jackson.

02 Wire Transfer



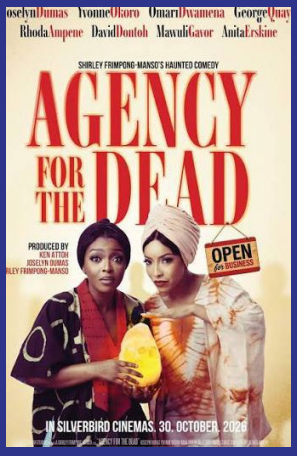
Tega enters a world of cybercrime and fast money, where betrayal makes every decision dangerous. As the authorities close in, he must navigate divided loyalties and decide how far he will go to protect himself and those around him. Directed by Lawrence Uchechukwu, the action drama stars Charles Okocha, Deyemi Okanlawon, Gideon Okeke, Hanks Anuku, Nkechi Blessing, and Segun Arinze.

03 Tele x Zikora



Zikora leaves her comfortable but lonely life in Houston for a semester at Lagos Metropolitan University. A demanding group project pairs her with Tele, a brilliant but guarded engineering student, and their frequent clashes gradually give way to romance. Adenike Adebayo-Esho directs the drama, whose cast includes Mike Afolarin, Daniel Etim Effiong, Ibrahim Chatta, Mercy Aigbe, and Olumide Oworu.

04 Agency for the Dead



Sisters Phebe and Sophia fake supernatural encounters to escape eviction, only to awaken real spirits. With ghostly visitors multiplying and suspicious detectives watching, they must find a way to contain the chaos their scam has unleashed. Shirley Frimpong-Manso directs the Ghanaian comic thriller, starring Joselyn Dumas, Yvonne Okoro, Mawuli Gavor, David Dontoh and Anita Erskine.

05 A Land Apart



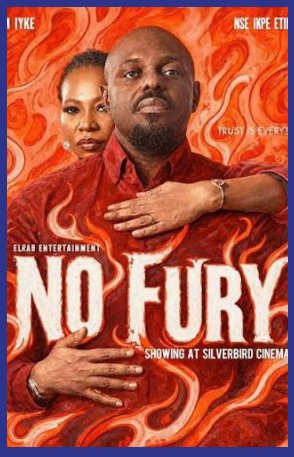
In an alternate Nigeria where agriculture drives national wealth, the illegitimate daughter of Africa's richest agripreneur inherits his empire. Her inheritance comes with a decision that extends beyond the family: which world power should receive her father's life-saving crop formula? Directed by Pever Bem, the drama features Richard Mofe-Damijo, Onyeka Onwenu, Sam Dede, Daniel Etim Effiong and Jide Bolarinwa.

06 Clayface



Rising Hollywood star Matt Hagen undergoes a horrifying transformation when scientific ambition strips him of his identity and humanity. His descent into a revenge-driven monster forms the centre of this horror thriller. James Watkins directs, with Tom Rhys Harries, Naomi Ackie, Max Minghella, Eddie Marsan and Nancy Carroll among the cast.

07 No Fury



A couple's seemingly perfect life falls apart when a hidden betrayal comes to light. The wife's pursuit of revenge sparks a conflict that threatens the bonds between their families, leaving her to confront whether their love can survive the deceit. Akay Mason directs the drama, starring Nse Ikpe-Etim, Jim Iyke, Nosa Rex, and Kameel Audu.

08 Arnie & Barney



Two clumsy ants with big ambitions stumble through life in the meadow, causing trouble wherever they go. Their misadventures turn everyday setbacks into a story of friendship, failure and small victories. Directed by Sean Heuston, the animated comedy features the voices of David Cameron, David Collins, Juliette Crosbie and Shane Dundas.



Spanish Gambas al Ajillo recipe

by Chidinma Enweani

There is nothing quite like bringing a little taste of sunny Spain right into your own kitchen. With just a few simple, fresh ingredients, you can make something that feels fancy and special, yet is wonderfully easy to put together.



Here is a simple and delicious recipe for Gambas al Ajillo.

Ingredients

- 12 to 15 Large prawns (peeled and deveined)
- 4 to 6 cloves thinly sliced garlic:
- Olive oil
- Red pepper, a pinch (or fresh small chilli, chopped, if you like it spicy)
- Chopped fresh parsley
- A Squeeze of lemon juice (optional)
- Salt to taste
- Crusty bread or baguette for serving

Instructions

Wash your prawns and pat them completely dry with a paper towel. (Dry prawns cook better and won't make the oil splash too much!) Season them lightly with a pinch of salt.

Pour the olive oil into a small skillet or frying pan and place it over medium-low heat.

Add the sliced garlic and red pepper flakes right away into the cold oil. This lets the garlic slowly flavour the oil as it heats up without burning.

Let the garlic cook gently until it turns a soft, golden brown and smells amazing (usually about 2 to 3 minutes). Watch it closely so it doesn't burn.

Turn the heat up to medium-high. Drop the prawns into the sizzling garlic oil.

Cook them for about 1 to 2 minutes on one side, then flip them over.

Cook for another minute until the prawns turn pink and opaque.

Turn off the heat, squeeze a little fresh lemon juice over the top, and sprinkle with chopped fresh parsley.



Spanish gin & tonic recipe (Gin-tonic)

Known across Spain as the Gin-Tonic, this drink mixes crisp tonic water, rich botanicals, and fresh citrus oils into a beautiful, ice-cold masterpiece. It makes the perfect partner for hot tapas or a great starter before a good meal.

Here is how to make this drink at home.

Ingredients

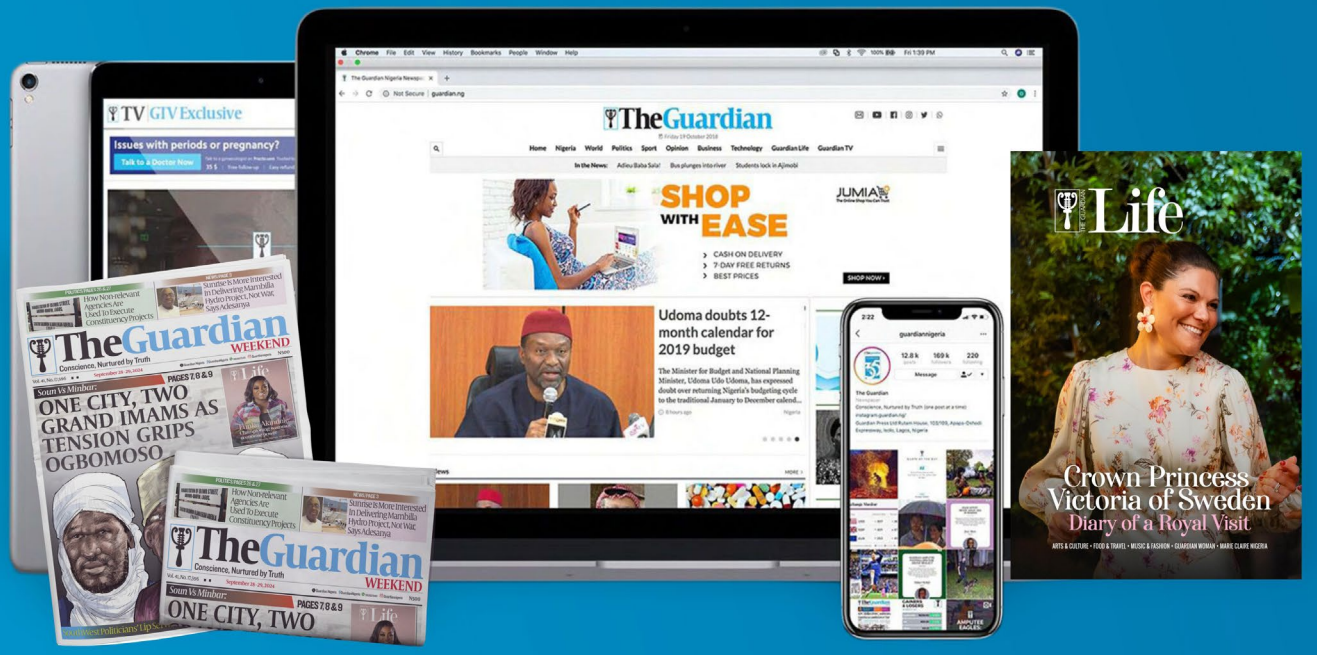
- 50ml premium gin (citrus-forward or Mediterranean style)
- 150ml premium tonic water (chilled)
- Large, solid ice cubes (to prevent dilution)
- 1 thick strip of orange peel
- 1 thick strip of lemon peel
- 1 sprig of fresh rosemary
- 3–4 dried juniper berries (gently bruised)

Instructions

- Fill a large balloon glass to the brim with ice. Stir for 10 seconds to frost the crystal, then strain out any melted water.
- Drop the bruised juniper berries into the glass. Slap the rosemary sprig against your palm to release its essential oils, then tuck it deep into the ice.
- Measure 50ml of gin and pour it directly over the ice and herbs.
- Pour the chilled tonic water slowly down the inside of the glass to preserve the carbonation.
- Twist the orange and lemon peels skin-side down over the glass to express their oils across the surface. Rub the rims with the peels before dropping them in.
- Give the drink a single, gentle lift with a long spoon from the bottom of the glass. Avoid vigorous stirring to retain maximum fizz..



The Guardian is Nigeria's most credible and trusted newspaper.



Visit: www.guardian.ng

Available in print, online, e-paper and digital TV formats, appealing to a global audience.

TheGuardian Conscience, Nurtured by Truth · Life Everything you need to live well · Guardian Woman · Guardian Angels

GuardianTV · marie claire NIGERIA · Guardian Woman Festival