

MAGAZINE

# SOULTECH

# BIO

# HACK

# ING

SHAMAN ISIS ON THE FUTURE OF WELLNESS  
HEALING TRAUMA, SPIRITUAL ART & MORE



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# EDITOR'S LETTER

Welcome to this powerful edition of SoulTech Magazine, where we dive deep into the future of biohacking and how technology, science, and consciousness are merging to redefine human potential.

We are living in an extraordinary time, a moment where the Fourth Industrial Revolution is transforming how we nurture our minds, fuel our bodies, and elevate our consciousness. The intersection of biohacking and high-tech wellness is offering groundbreaking innovations—from DNA-based nutrition plans to neurostimulation devices that boost focus and creativity. But the real revolution? It's not just about physical upgrades; it's about raising human consciousness alongside our biology.

In this issue, we explore the latest biohacks for longevity, mental clarity, and peak performance. We take a look at soundbaths as a biohack for deep healing, the future of high-tech body modification, and how skincare biohacks are evolving beyond beauty into cellular regeneration and age reversal. We also examine how nutrition is being redefined at the genetic and microbiome level—proving that food truly is medicine.

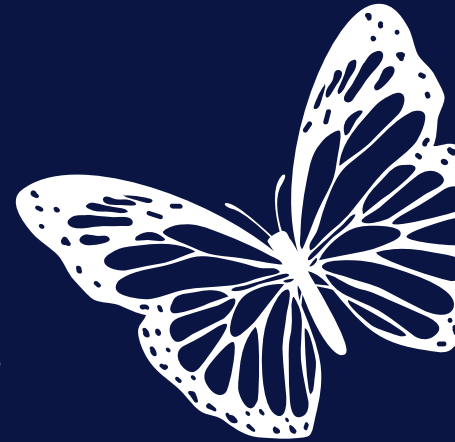
But biohacking is more than just tech and supplements. It's a way of life, a conscious decision to evolve. And as we advance physically, we must also expand mentally and spiritually.

Let this issue inspire you to redefine what's possible, embrace new tools for transformation, and elevate every part of your existence. The future is here—are you ready to step into it?

With love and evolution,

Cynthia L. Elliott  
Shaman Isis

Founder & Editor, SoulTech Magazine  
Editor-in-Chief  
ShamanIsis.com  
SoulTechFoundation.org



- 04 *Healing*
- 08 *Spiritual Badass*
- 10 *Catching Up with Shaman*
- 15 *Shaman's Intention Collection*
- 20 *Spiritual Art*
- 28 *Biohacking Cover Story*
- 34 *Quote of the Day*
- 41 *Health & Wellness*

## Contents

SHAMAN ISIS' SOULTECH MAGAZINE  
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# HEALING GENERATIONAL TRAUMA: SHAMAN'S FAVORITE HABITS FOR TRANSFORMATION

Generational trauma is a silent thread that weaves through our family lineages, often carrying deep emotional and spiritual wounds that have been passed down from one generation to the next. These patterns, sometimes invisible, can control the course of our lives, influencing how we react to the world, how we relate to others, and even how we see ourselves. But healing is possible—and it starts with conscious, loving, and deliberate actions.

As I've walked my own path of healing, I've discovered powerful habits that have helped me release the weight of generational trauma. These habits have allowed me to break free from old cycles and create space for transformation. I want to share these with you, in the hopes that they might support you on your own journey to healing, liberation, and self-love.

## Grounding through Nature

For me, nature is a sacred place of refuge, a place to reconnect with the earth and align my body, mind, and soul. Grounding in nature helps me release the emotional heaviness that can accumulate from the traumas of the past. Whether it's a walk through the forest, sitting by the ocean, or simply feeling the grass under my feet, these moments in nature remind me that I am part of something greater, that I belong to this earth, and that I am supported by her wisdom. Every step I take on the earth is a step toward healing, and I carry that grounding energy with me when I return to my daily life.

## Journaling with Intention

Writing has always been a powerful tool for me to process emotions and clarify my thoughts. When healing generational trauma, I write with intention—whether it's to release old family patterns, acknowledge buried emotions, or express gratitude for my journey. Writing helps me uncover subconscious beliefs that have been passed down, so I can shift them into healthier patterns. Each page is a sacred act of self-reflection and healing, allowing me to clear my heart and mind.

## Meditation & Breathwork

The practice of meditation has been instrumental in healing trauma at its deepest levels. By sitting in stillness and allowing my breath to guide me, I create space for inner peace and clarity. Meditation allows me to connect with my higher self, beyond the ancestral wounds, and receive the wisdom and healing energy I need. Breathwork, in particular, has helped me release pent-up emotions tied to past pain. The simple act of inhaling deeply and exhaling fully opens the channel for emotional release and restoration. I breathe in the love of the universe and exhale the pain of the past.

## Honoring My Ancestors

Healing generational trauma is not about rejecting the past, but about acknowledging it and finding peace with it. I've made it a practice to honor my ancestors, acknowledging the struggles they faced and the resilience they carried. I offer gratitude for their lessons, understanding that I carry their strength in my blood. By honoring them, I free myself from carrying their pain, choosing to transform the family energy into one of empowerment. Sometimes, this is through ritual or prayer, other times through a simple moment of reflection and gratitude.



### Self-Love and Compassion

One of the most transformative habits I've embraced is the practice of self-love. I've learned to forgive myself for the ways I've perpetuated generational patterns, and I've learned to embrace my imperfections with compassion. It's essential to show yourself the same kindness you would offer a loved one who's suffered. Self-love is not a luxury—it is a necessity for healing. It's through this compassion that I've been able to gently release the burden of old trauma and open up to a new, brighter way of being.

### Releasing through Sound Healing

Sound has a profound ability to shift energy, and I've made it a practice to incorporate sound healing into my life. Whether it's through listening to healing frequencies, chanting mantras, or participating in a sound bath, the vibrations of sound help me release the layers of stored trauma. Sound works on a cellular level, helping to restore harmony in the body and spirit. When I tune into healing frequencies, I feel the deep release of pain from the past, and I am filled with a sense of renewal.

### Creating and Expressing Art

Art is a gateway to the soul, and I've found that creating—whether it's through photography, painting, writing, or dance—allows me to express what words sometimes cannot. Art helps me release the emotions held in my body, giving form to the invisible. When I create from a place of deep vulnerability, I am healing not only myself but also releasing the pain that has been carried through generations. Every brushstroke, every word, and every movement is a step closer to breaking the chains of old wounds.

### Ceremony and Ritual

I've come to deeply value the power of ceremony and ritual in my healing practice. These sacred acts allow me to mark the significance of transformation and create a sacred space for personal growth. Whether it's lighting candles in honor of my ancestors, performing a release ceremony to let go of old family patterns, or simply taking time for a ritual of gratitude, these practices help me stay connected to the divine and the energies that guide me. Rituals create sacred moments in time, signaling to the universe that I am ready for healing and transformation.

### Seeking Support

While self-healing is essential, it's also important to seek support when needed. I've worked with healers, mentors, and spiritual guides who have helped me navigate my journey. Having someone to walk with me, someone who can offer wisdom and perspective, has been invaluable. Generational trauma can be complex and deeply ingrained, and it's important to honor the need for support from those who have walked similar paths.

Healing generational trauma is not an overnight process. It requires patience, commitment, and the willingness to face deep, uncomfortable truths. But it is possible. Through these habits, I've been able to release the grip of old wounds and create space for new, healthier patterns to emerge. You, too, have the power to heal, to release, and to break free from the chains of the past.

Remember, the journey to healing is sacred. It is an act of love for yourself, your ancestors, and the generations to come. You are not alone. We are all walking this path together, supporting one another, and reclaiming our power.

With love and light,  
Shaman Isis



CARLTON JONES





CARLTON JONES



WHO MADE  
THE LIST

# Spiritual Warrior

WE ASKED THE SOULTECH TEAM TO SHARE SPIRITUAL THOUGHT LEADERS THEY ADMIRE. EACH ISSUE, WE FEATURE A PERSON WE THINK IS A SPIRITUAL BADASS.



# Legend

## *Esther Hicks*



**EACH ISSUE WE  
HONOR AN  
INSPIRING TEACHER**

Esther Hicks is a renowned spiritual teacher, author, and speaker best known for her work with the teachings of Abraham, a group of non-physical entities that Esther channels. Over the years, she has shared their profound wisdom on topics such as the law of attraction, manifestation, and personal empowerment, influencing millions of people worldwide. Alongside her late husband Jerry Hicks, Esther co-authored several best-selling books, including *Ask and It Is Given* and *The Law of Attraction*, which have become foundational texts for those seeking to understand how to consciously create their desired reality.

Esther's unique ability to channel Abraham has captivated audiences for decades, as she offers practical advice and spiritual guidance on how to align with one's true desires and purpose. Her teachings emphasize the importance of positive thinking, emotional alignment, and understanding the vibrational frequencies we emit. By focusing on feeling good and understanding the energetic forces at play, Esther encourages individuals to tap into their innate power to manifest abundance, joy, and love in their lives.

In addition to her books and workshops, Esther continues to speak around the world, sharing her insights and helping others to shift their mindset and embrace the law of attraction. Her work has had a lasting impact on the personal development and spiritual communities, making her one of the most influential voices in modern metaphysical teachings. Through her teachings, Esther Hicks has inspired countless individuals to transform their lives and step into their fullest potential.





BIOHACKING  
HOMOLUMINOUSITY  
AND SPEAKING TOUR

CATCHING UP  
WITH CYNTHIA, AKA SHAMAN ISIS



In the rapidly evolving conversations around biohacking, human potential, and the next phase of human evolution, few voices are as bold and visionary as Shaman Isis. A two-time #1 best-selling author, consciousness expert, and social theorist, she has been at the forefront of the movement to integrate science, technology, and ancient wisdom into a holistic vision for the future.

We caught up with Shaman Isis to talk about her latest work, how she sees humanity evolving from Homo sapiens to Homo Luminous, and why raising human consciousness is not only a spiritual necessity but an economic game-changer for businesses.

Q: You've been leading conversations around biohacking and human evolution. How do you define this shift from Homo sapiens to Homo Luminous?

Shaman Isis: For centuries, humans have operated within the limitations of the five senses, but we are entering a new era—one where we begin to integrate higher consciousness into our daily lives. "Homo Luminous" is a term that describes a human being who has elevated their consciousness to a level where intuition, energy mastery, and expanded awareness become the norm. Biohacking, when done with mindfulness, can support this transition by optimizing the body and brain for higher states of being. The real shift, though, is internal—it's about awakening dormant human potential that has been overlooked for too long.

Q: Many people associate biohacking with technology, but you bring a consciousness-centered approach to it. What sets your perspective apart?

Shaman Isis: Technology is an incredible tool, but the most powerful biohacks are actually rooted in ancient practices. Breathing techniques, fasting, meditation, energy work—these have been used for thousands of years to unlock human potential. The difference today is that we can combine these age-old practices with cutting-edge science, AI, and longevity technology to take human evolution to new heights. It's not just about living longer; it's about living higher—functioning at a level where clarity, joy, and purpose become our baseline state.

Q: You often speak about the ROI of raising human consciousness. How does this apply to business?

Shaman Isis: The data is clear: companies that prioritize mental fitness, consciousness expansion, and holistic well-being outperform their competitors. Employees who practice mindfulness and emotional mastery are 40% more likely to generate innovative ideas, 17% more productive, and experience 50% less turnover. Businesses that invest in consciousness-raising programs see not just higher engagement but a massive financial return because employees are operating at peak creativity and collaboration. It's not just a wellness trend; it's the future of leadership and success.

Q: What's next for you?

Shaman Isis: I'm launching new programs that bring biohacking and consciousness expansion into boardrooms and businesses. My speaking tour is under way. Meeting people face-to-face is wonderful. I'm also working on my next book, which explores the future of humanity beyond AI and how we can use this moment in history to become the highest version of ourselves. The time is now, and I'm here to help people and businesses glow up at the highest level.

With her visionary insights and unshakable passion, Shaman Isis is redefining what it means to be human in the 21st century. As conversations about AI, longevity, and human potential heat up, she stands as a powerful guide toward a luminous, conscious future.



# BEHIND THE SCENES



Photos by Shaman Isis



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# SHAMAN ISIS

ON BIRDS, BUTTERFLIES AND THE POWER OF SPIRITUAL ART



# Spiritual Art: Healing Power of Creation

During my spiritual journey, there came a moment when the universe whispered to me to return to my camera, the very one that had once captured the world through my lens but had been left dormant for years. I had always been drawn to the beauty of nature, but I was now seeing it through a different lens—one of deep healing, transformation, and connection.

The birds, the bees, the butterflies—these creatures became my guides. They were sent by the universe to help me heal, their presence a constant reminder of the interconnectedness of all things. With my 355mm camera in hand, I ventured outside, feeling the warmth of the sun and the gentle breeze that seemed to carry messages of hope and rebirth. In every flutter of a butterfly's wings, in every chirp of a bird, I felt the energy of the universe embracing me, lifting me up, and supporting me on my journey.

As I captured these moments, I began to realize that these photos were more than just pictures—they were spiritual art. Each shot was a manifestation of my healing, a way to express the profound connection I felt with the world around me. The act of creating became an essential part of my process, allowing me to tap into something beyond myself. It was no longer about capturing a beautiful scene, but about honoring the energy that flowed through me and the world at large.

Creation is a sacred act. Whether we are painting, writing, dancing, or taking photographs, we are channeling something greater than ourselves. Through the act of creation, we align with the universe and express our deepest truths. In every photograph I take, I am not just capturing a moment in time; I am connecting to the divine, to the natural world, and to the energy that flows through all of us.

This collection of photos, which I am sharing in SoulTech, represents more than just my personal healing journey. It's a reminder that we are all artists, creating our lives moment by moment. The creation process is a powerful tool for human beings to reconnect with our true essence, to heal, and to express our unique gifts to the world. These photos are my spiritual art, but they are also an invitation for you to find your own form of expression, to reconnect with the divine, and to share your own light with the world.

So, I encourage you to pick up that paintbrush, camera, pen, or whatever it is that calls to you. Let the act of creation guide you on your own journey of healing and transformation. Trust that the universe is with you every step of the way, just as it was with me, sending you the birds, the bees, and the butterflies as reminders of your own power and potential.

In the end, we are all artists. We are all part of this grand, beautiful masterpiece that is life. And when we create, we help to shape the world in ways we can't always see—but the impact is profound.

Trust the process. Create from your heart. And let the universe guide you toward your highest expression.

With love and light,  
Shaman Isis







































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# BIOHACKING: THE CONSCIOUS EVOLUTION OF MIND, BODY & SOUL

Welcome, luminous beings, to the next frontier of human evolution—biohacking. As we transition from Homo sapiens to Homo luminous, we are awakening to the profound truth that our bodies, minds, and spirits are not fixed entities but dynamic forces we can optimize, elevate, and master. The world is shifting rapidly, and those who embrace conscious biohacking are at the forefront of this transformation of human potential. But what exactly is biohacking? At its core, biohacking is the intentional practice of upgrading the human experience through science, technology, nutrition, and spiritual mastery. It's about unlocking peak performance, enhancing longevity, and stepping into a higher state of being. Think of it as a self-directed evolution—where we become the architects of our own energetic frequency, health, and consciousness.

Biohacking is more than just a trend; it is the bridge between ancient wisdom and cutting-edge science, empowering us to take radical responsibility for our well-being. It invites us to transcend limitations, reprogram our biology, and achieve the unimaginable—longer life spans, enhanced intelligence, accelerated healing, and elevated states of awareness.

Now, let's explore the four major pillars of biohacking that are helping modern seekers step into their full power.

## Nutritional & Supplement-Based Biohacking

The foods we consume and the supplements we take are either fueling or draining our energy, making nutrition one of the most accessible biohacking entry points.

**Intermittent Fasting & Ketosis:** By limiting eating windows and encouraging fat metabolism, these practices optimize cellular repair, enhance brain function, and boost longevity genes.

**Nootropics & Smart Supplements:** Brain-enhancing compounds like Lion's Mane, Alpha-GPC, and L-Theanine improve memory, focus, and mental clarity.

**Adaptogens & Herbal Alchemy:** Ancient plant wisdom, including Rhodiola, Ginseng, Maca, and Reishi mushrooms, balances stress hormones, enhances immune function, and builds resilience.

**Gut Microbiome Optimization:** Understanding and feeding the billions of bacteria in your gut with prebiotics, probiotics, and fermented foods directly influences mental clarity, mood stability, and immune function.

## Tech-Based Biohacking

We live in an age where technology, when used consciously, can elevate the human condition. The integration of science and wellness is revolutionizing how we optimize health.

**Red Light Therapy & Infrared Saunas:** By stimulating collagen production, enhancing mitochondrial function, and reducing inflammation, these light-based therapies promote healing and accelerated recovery.

**Cryotherapy & Cold Exposure:** Regular cold exposure improves circulation, reduces chronic inflammation, and activates longevity genes that increase resilience and endurance.

**Neurofeedback & Brainwave Optimization:** Techniques such as binaural beats, transcranial stimulation, and EEG biofeedback fine-tune brain activity to enhance focus, creativity, and emotional regulation.

**Wearable Technology & Bio-Monitoring:** Devices like Oura Rings, WHOOP bands, and continuous glucose monitors provide real-time biometric data that help fine-tune sleep cycles, heart rate variability (HRV), and stress levels for peak performance.







## Consciousness-Based Biohacking

Higher consciousness isn't just a state of mind—it's a vibrational frequency that can be cultivated and expanded through intentional practices.

**Breathwork & Pranayama:** Oxygen is life-force energy, and conscious breathing techniques like Holotropic Breathwork, Wim Hof Method, and Kundalini Breathwork can activate dormant DNA, clear emotional trauma, and enhance awareness.

**Meditation & Sound Healing:** Whether through guided meditation, binaural beats, or crystal singing bowls, these practices help rewire the brain, lower stress levels, and open gateways to expanded consciousness.

**Kundalini Activation & Energy Work:** Ancient traditions teach that spinal energy, when awakened, unlocks hidden human potential and deepens spiritual connection. Practices like Qigong, Reiki, and Chakra Healing expand our energetic intelligence.

**Lucid Dreaming & Astral Projection:** Conscious exploration of non-physical realms has been practiced for centuries. Modern biohacking techniques like theta-wave entrainment and dream incubation allow access to profound insights and healing.

## Longevity & Regenerative Biohacking

What if aging was a disease—one that we could slow, halt, or even reverse? Welcome to the future of radical life extension.

**Stem Cell Therapy & Peptide Treatments:** These cutting-edge therapies help regenerate tissues, heal injuries, and slow cellular degeneration, allowing for longer, healthier lifespans.

**Hormone Optimization & Genetic Reprogramming:** Bio-identical hormone therapy, combined with nutritional gene expression modulation, can increase energy, vitality, and resilience while slowing the aging process.

**Epigenetics & DNA Activation:** Studies show that lifestyle, mindset, and environmental factors can influence genetic expression, meaning we have more control over our destiny than we once thought.

**Sleep & Circadian Rhythm Mastery:** Sleep is nature's most powerful biohack. By aligning our sleep cycles with natural rhythms, using techniques like blue light blocking, magnesium supplementation, and sleep tracking, we can enhance recovery, cognitive function, and longevity.

## The Future is Conscious Biohacking

The greatest biohack of all? Higher consciousness.

Biohacking is not just about living longer—it's about living more fully, more vibrantly, and more aligned with our highest potential. The deeper we integrate science, spirit, and self-mastery, the more we transcend limitations and step into a higher octave of human evolution.

We are no longer passive participants in our own existence. We are the alchemists, the architects, the creators of our future.

The Age of Aquarius is upon us. The time for radical self-mastery is now.

So, luminous ones, are you ready to biohack your way to the next level of human potential?

The journey to your most awakened, optimized self begins today.

Shine on, powerful souls. The future is ours to create.



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REALITY.  
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MIND.”**

**- SHAMAN ISIS**





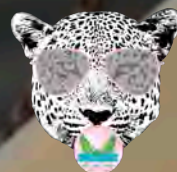
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# SOUND BATHS: THE ULTIMATE BIOHACK FOR MIND AND BODY OPTIMIZATION

In the world of biohacking, where cutting-edge science meets ancient wisdom, sound baths have emerged as a powerful tool for optimizing mental clarity, emotional balance, and physical healing. This practice, rooted in ancient traditions from Tibetan, Indigenous, and Eastern healing arts, is now being validated by modern neuroscience for its profound effects on the nervous system, brain function, and overall well-being.

A sound bath is an immersive experience where harmonic vibrations from crystal bowls, Tibetan singing bowls, gongs, tuning forks, and chimes work at a cellular level to shift the brain into deep meditative states. These frequencies entrain the brain into alpha, theta, and delta waves, which are linked to deep relaxation, improved cognitive function, and accelerated healing.

From a biohacking perspective, sound baths serve as a nervous system reset, activating the parasympathetic response, lowering cortisol levels, and reducing stress and inflammation. Scientific studies show that vibrational therapy can enhance neuroplasticity, improve sleep, increase focus, and support pain relief, making it an essential hack for mental and physical resilience.

Unlike more invasive biohacking methods, sound baths require no effort—just relax, breathe, and allow the frequencies to recalibrate your system. Whether you're seeking deeper meditation, emotional release, or enhanced energy flow, this ancient practice is proving to be a modern necessity.

Are you ready to harmonize your mind, body, and spirit? The future of peak performance and conscious living is vibrational.



# THE FUTURE OF HIGH-TECH BIOHACKING & BODY MODIFICATION

The future of biohacking and body modification is accelerating at an unprecedented pace, blending cutting-edge technology, neuroscience, and genetic engineering to enhance human capabilities. We are entering an era where science fiction becomes reality, and the next wave of biohacking will push the boundaries of what it means to be human.

At the forefront is neural enhancement, with devices like Elon Musk's Neuralink aiming to create a seamless connection between the brain and AI. This could revolutionize memory, cognition, and communication, turning humans into hyper-intelligent beings capable of processing vast amounts of information in real time.

Genetic biohacking is also making waves, with CRISPR technology offering the potential to reprogram DNA for increased longevity, muscle growth, and even resistance to diseases. Some biohackers are already experimenting with self-administered genetic modifications, sparking ethical debates about human evolution and enhancement.

For those seeking physical augmentation, bionic implants, exoskeletons, and subdermal enhancements are becoming more advanced. From night vision contact lenses to implantable health monitors that detect disease before symptoms arise, the body is evolving into a self-optimizing machine.

Meanwhile, bioelectronic tattoos and nanotechnology are paving the way for real-time health monitoring, biometric security, and sensory augmentation, offering a glimpse into a world where humans can customize their biology like never before.

As Homo sapiens transitions to Homo Luminous, the fusion of consciousness and technology will redefine human potential, longevity, and the very essence of existence. The question is—are you ready to evolve?



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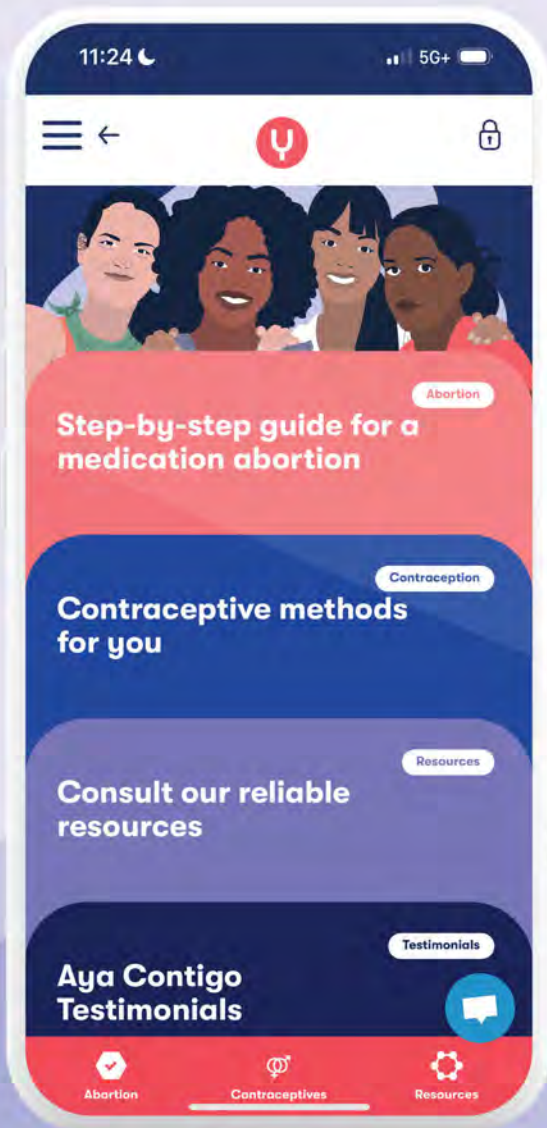


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# RAISING CONSCIOUSNESS, ROCKING LIFE



# THE LATEST IN BIOHACKING NUTRITION: FUELING THE FUTURE OF HEALTH

Biohacking nutrition has evolved far beyond counting calories and following diet trends. The latest breakthroughs in nutritional science and personalized health optimization are rewiring metabolism, enhancing longevity, and unlocking peak performance at the cellular level.

One of the most exciting advancements is nutrigenomics, a field that tailors nutrition to an individual's DNA. By analyzing genetic markers, experts can now recommend customized diets that optimize nutrient absorption, reduce inflammation, and prevent disease. This means what works for one person may not work for another, making personalized nutrition the new frontier.

Another major shift is ketone-based biohacking, where exogenous ketones and low-carb diets help fuel the brain, boost energy, and accelerate fat loss without traditional fasting. Metabolic flexibility—the ability to switch between burning carbs and fats—has become a key focus, with biohackers using strategies like intermittent fasting, time-restricted eating, and cyclic keto to optimize energy levels.

In the world of supplementation, nootropics and adaptogens are gaining ground for their ability to enhance cognitive function and stress resilience. From Lion's Mane mushroom for brain health to Ashwagandha for hormone balance, these plant-based biohacks are redefining performance nutrition.

Additionally, precision probiotics are revolutionizing gut health. By analyzing an individual's microbiome, researchers can now create custom probiotic formulations that improve digestion, reduce inflammation, and even enhance mood.

With biohacking nutrition, the future isn't about restriction—it's about unlocking your body's full potential through science, technology, and nature's wisdom.



# INTENTION



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# BIOHACKS FOR RADIANT SKIN: THE FUTURE OF SKINCARE

Skincare is no longer just about applying creams and serums—it's evolving into a science-driven, biohacking revolution that optimizes skin health at the cellular level. By combining cutting-edge technology, nutrition, and regenerative therapies, biohackers are unlocking the secrets to ageless, glowing skin from the inside out.

One of the most exciting breakthroughs is red light therapy (RLT), which stimulates collagen production, reduces inflammation, and accelerates cellular repair. Devices like LED masks and infrared panels are making at-home light therapy a powerful biohack for reducing wrinkles and improving elasticity.

Another game-changer is cold therapy, such as cryofacials and ice rolling, which constricts blood vessels to tighten pores, reduce puffiness, and enhance circulation, leaving the skin firmer and more sculpted.

On a deeper level, peptide and exosome therapy is redefining anti-aging by delivering growth factors and regenerative proteins directly into the skin. These treatments work at the DNA level to reverse damage, boost repair, and enhance skin resilience.

Internally, collagen supplementation and NAD+ therapy are revolutionizing skin health. Collagen peptides support hydration and elasticity, while NAD+—a coenzyme essential for cellular regeneration—helps combat skin aging from within.

For those embracing high-tech solutions, bioelectric facials and nanotechnology-infused serums are paving the way for personalized, DNA-based skincare that adapts to individual needs.

By biohacking your skincare routine, you're not just treating your skin—you're future-proofing it, ensuring a youthful, luminous glow for years to come.



# THE ATTITUDE WE WEAR

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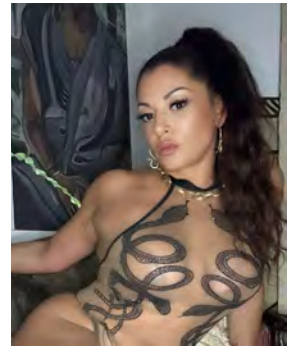
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# Special Contributors

Fab Bliss is a native New Yorker whose path has been a wild journey from the world of entertainment media and public relations to the holistic & sensual arts. She graduated from The New School for Social Research in 1996 as an already published author and launched MIA, the first English-language Latino lifestyle magazine, in the same year. Her freelance journalism career ran the gamut of the NY culture scene from being a nightlife reporter for Paper and Next magazines, to entertainment columnist for the NY Post to having her very own relationship advice column for BET.Com. She has written for a variety of major publications both in print and online and worked as a publicist for NBC news.

In 2003 Fab took a hiatus from the accelerated pace of content creation to pursue her passion for holistic healing and spent many years studying the esoteric practices of tantra, yoga, and shamanic breathwork. As a certified Tantra instructor and life coach, she brings a unique perspective to her work and is passionate about turning people on—not simply in a physical sense, but to experiencing sensuality as a gateway to the wisdom of your body, mind and spirit. Currently she is the CEO of Bliss Bodytemple, a multi-tiered collective of brands that promote holistic sensuality through bodywork, wellness retreats, and events.



Carlton Jones began turning heads early in his career as the stylist to begin the transformation of the image of Queen Latifah from rapper to the beautiful songstress we know today. With over two decades of experience serving as an image consultant, fashion director, style correspondent and wardrobe designer, Carlton began combining his love of style and fashion, with elation received from traveling to some of the most breathtaking destinations imaginable. The genesis of his eponymous, resort-inspired collection utilizes his experience dressing bodies, ranging from Halle Berry and Erykah Badu to Aretha Franklin and Michelle Obama

As a result of this aptitude and ambition, in 2020 Carlton became one of the recipients selected for the Icon 360 x A Common Thread \$1 Million Grant facilitated by The CFDA and VOGUE. These resources fuels Carlton's ambition to create travel inspired clothing that are suitable for the streets of any metropolitan city. Carlton has fused his fondness of relaxed fluidity, sensual fabrics, colors and prints along with a seasoned ability to forgive and accentuate. With that, aesthetic comes the brand's anchoring belief; Resort isn't a destination; it's a Feeling!

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