

# THE Sybarite

*The world's leading experiences magazine*

SPRING 25

RENEWAL



TRAILBLAZER  
LIST

THE WORLD'S  
BEST SPAS

SOUL-SOOTHING  
TRAVEL

HEALING  
FRAGRANCES



# THE Sybarite



---

## 20 TRAILBLAZERS, 20 SUCCESS STORIES

---

WE ASKED THESE INSPIRING INNOVATORS WHAT IT TAKES  
TO EXCEL IN THEIR FIELD AND HOW THEY PRIORITISE  
WELLBEING, WHILE ACHIEVING INCREDIBLE THINGS



# Stefán AR Orschel-Read

DIRECTOR OF PROGRAMMES AT JCA LONDON  
FASHION ACADEMY

**S**tefán is the director of programmes at JCA, a fashion academy founded by the legendary Jimmy Choo in London's Mayfair. Run by fashion professionals, rather than academics, it is an immersive incubator for future talent in the world of luxury fashion. Stefán graduated from Central Saint Martin's in menswear fashion and completed his masters at the Royal College of Art before launching his eponymous menswear tailoring label.

## What does it take to be successful in fashion?

Luxury fashion is a field that constantly negotiates flux. While being flexible and responsive to consumer tastes is important, perhaps the most important element

for a fashion brand to be successful is to have a recognisable brand identity.

## What memorable lessons have you learned from someone who inspires you?

I spoke to writer and curator, Colin McDowell, during my masters. To summarise, the lesson is to remain authentic to one's identity. Consumer tastes and trends evolve, but if one tries too hard to modify one's own design signature, it will often stray towards artifice. Authenticity is a key component of luxury.

## In your busy life, how do you prioritise your wellbeing?

Back when I graduated, to work in fashion, it was often expected that one would forego reasonable working



hours and wellbeing. Thankfully, this is not so much the case now. One must take time for family and friends, for food, and allow for days when you do not have the same level of inspiration.

[www.jca.ac.uk](http://www.jca.ac.uk)

# Nada Ghazal

JEWELLER

**H**ailing from Lebanon, Nada had a successful career in advertising before reverting to her childhood ambition to craft jewellery. She creates bold yet feminine sculptural works in 18-carat brushed gold, peppered with precious gemstones and pavé diamonds.

## What does it take to be a successful jeweller?

I believe success in any field comes down to two key qualities – passion and discipline. Talent can open doors, but without hard work and strategic thinking, growth remains limited.

## What memorable lessons have you learned from someone who inspires you?

My mother has been my greatest inspiration. She taught me to never give up, be resilient and create space for myself. She always encouraged me to express myself freely, which gave me the confidence to pursue my passion. Her support helped me develop a strong sense of identity and trust in my creative instincts.

## In your busy life, how do you prioritise your wellbeing?

Balancing wellbeing with a demanding career can be challenging. At times, I struggle to prioritise it. However, I am making a conscious effort to set boundaries and incorporate self-care into my



routine. This includes morning workouts, practising tapping, and re-centring myself at the start of each day.

[www.nadaghazal.com](http://www.nadaghazal.com)