



# New Things You Will Want to Try in 2019



INSTAGRAM @IDASCREATIVELIFE

### 1. DIRTY POURING

It's not as risqué as you think; Dirty Pouring (or acrylic pouring) is an art technique that is popping up on Pinterest pages and Instagram feeds all over and we're feeling it. If you have a blank bit of wall space that needs a new look, nothing could be more bespoke than getting your hands dirty and creating your own. How to do it? Look up self-teach videos on Pinterest and Youtube, hit up an Airbnb Experience while you're travelling (we found classes in Singapore, Australia and Iceland) or visit Visualartists.ie to see who's giving classes in Ireland.

### 2. HORMONAL YOGA

We now know that yoga practice balances our hormonal cycle and ever since exclusive Chelsea Spa Ushvani sold out its Hormonal Yoga Workshop, twice over, we've been further intrigued as to what it might do for us. Yoga Dublin is just one studio that offers fertility-boosting hormonal yoga classes that concentrate on the specific asanas that support the production of all the right hormones for making babies. Or at least, nearly all... Other half not provided. €25 at yogadublin.com.



Looking for a new hobby? The latest food trend? Exercise inspiration? Here are six new trends coming your way for 2019.

### 3. NANO INFLUENCING

It's time to reign in those followers – trend forecasters predict that big businesses will be looking for small players to promote their products (hello, shampoo promo coming to auntie Breda's Insta Story). Just like in real life, it's about having fewer friends, with a more trusting relationship. Join the #under1k revolution now.



INSTAGRAM @PYROGRAPHY.IRELAND

### 4. PYROGRAPHY

According to Hobbycraft, the good people who saw the calligraphy trend coming have pointed to an increase in sales of wood blanks and boxes used in the art of pyrography. That is: burning and etching words and images onto wooden surfaces to make a personal gift or artwork.

### 5. HEMP MILK

Fuse your love for all things CBD with your healthy obsession for



INSTAGRAM @MAGDALENAR.ART

### 6. BOOZE-FREE DRINKING

Strange as it sounds, it was global drinks giant Diageo who tipped us off about this: at The Future of Drinks trends session in Berlin, it announced that low- and no-alcohol alternatives would be the number one tittle trend of 2019. Think zero alcohol cocktails made with high end products like Seedlip, the non-alcoholic gin now stocked in a host of top bars around the world and over 100 Michelin star restaurants. Not only is it better for your health, the chic 0% ABV beverage also helps us tick off the number two trend in tipples: the drinkstagrammable cocktail.




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