

❖ A CELEBRATION OF BEAUTIFUL AND SEXY WOMEN AROUND THE WORLD ❖

GLAM JAM

M A Z I N E

MARCH 2012 | GLAMJAMMAG.COM

GLAMOUR REDEFINED


A LOOK AT SOME OF THE HOTTEST
GIRLS NORTH OF THE BORDER!

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@
GLAM JAM
GIRL!



PLAYBOY'S SANDRA ANN

A SMALL TOWN GIRL WITH DANGEROUS CURVES

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MACRH 2012 - GLAM JAM MAGAZINE




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A woman's legs are the central focus, wearing sheer white stockings and elegant, light-colored high-heeled pumps. A man in a dark suit is ironing the stockings with a steam iron. The background is a dark, ornate damask pattern. The text "GLAMOUR BEGINS HERE" is centered in the upper half of the image.

GLAMOUR BEGINS HERE



BE THE NEXT
GLAM JAM GIRL

BEAUTY AT ITS BEST

LOOK FOR THE SUBMISSION
FORM ON
WWW.GLAMJAMMAG.COM



EDITOR'S NOTE

BY PETER VALENTINO

Glam Jam Magazine is essentially a magazine I wanted to create to showcase the fresh new faces in glamour as well as the hot new photographers all over the world. Being an Internationally published photographer myself (Urban Stylz Photography), I am at a point in my career where I want to give something back and help those who deserve exposure. I remember when I first started, I had to work my ass off to get my work noticed. Everybody needs that first push to get where you want to be. The goal with Glam Jam is to produce a submission driven magazine that will serve as a platform for aspiring glamour models and photographers to showcase their love for glamour, beautiful women and photography. There is too much quality talent out there that does not get the opportunity to be seen. The politics that are involved in mainstream print magazines makes it extremely hard for new talent to brake through. If you are not part of the tight-knit clique, it will not be easy to get the attention you deserve for your quality work.

Glam Jam Magazine is here for you guys!

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Photographer: Urban Stylz Photography

Hair and Makeup: Stephanie Barette



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GLAM JAM

M A G A Z I N E

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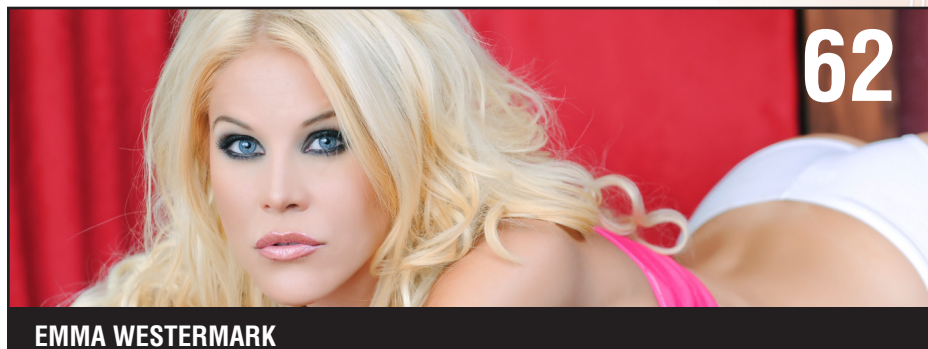
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TO BE THE BEST
YOU HAVE TO PERFORM LIKE THE BEST

THE ART OF SEDUCTION

BY PETE VALENTINO



In the real world of commercial glamour modeling it all begins with your personality. There are many elements that must come together to produce a great model and photograph, but the most critical is strong character development. Understanding that glamour modeling is closely linked to acting is important. As a model, you are acting out scenes through a character you may have given yourself. Your character must inspire not only attention, but devotion, seduction and stimulate psychological arousal. Sure initially most will look at the obvious, but it is how you communicate and seduce with your eyes that will get the initial impact.

The look has to be inviting, sensual yet sexy and bold, as you are essentially the one with the pressure of selling that magazine. This is more true if you grace the cover of it! The pressure to generate sales is on, and your method of seducing the great public, which are mostly men, has to be spot on! Unfortunately, in 2012, your body alone won't be enough. The combination of facial expressions, body language and overall sex appeal is what will separate you from the wannabees.

Think of glamour modeling as attempting to seduce your own man. When in front of the camera you must visualize in your mind certain scenes to get the appropriate mood and facial expressions out. Flirt coyly. Sure, it's been awhile since you've practiced your coy flirting maneuvers, so now is the best place to dust them off and get them back into rotation. Soon enough, you'll find the coy flirting to be a turn-on for the reader.

For those thinking becoming a successful glamour model is easy, it isn't. You need to master the key ingredients, facial expressions, body language and acting. They work synergistically to produce some of the most captivating photos! Next month we will look at something that is greatly important for the longevity of any type of model - Model Psychology.

WHEN IT COMES TO GLAMOUR SEDUCING YOUR AUDIENCE IS THE ULTIMATE GOAL

Over the years I have had the pleasure of working with hundreds of great models. When it comes to glamour I always see the one who assumes she has it made as long as her body is perfect. **WRONG!**

Defined as the act of enticing someone into a desired state or position, seduction is a portion of the game that forever requires leveling up. Seduction is not lying. Seduction is an art; seduction is a skill. Understanding the fundamentals of seduction is key to developing your skills in the art. Remember, like any art, learning how to swoon and romantically persuade is an ever-growing, ever-evolving set of abilities. Do not abuse these skills; cultivate them.

STATS

AGE: 28

HOMETOWN: Ottawa (Canada)

HEIGHT: 5' 2"

WEIGHT: 110 lbs

OCCUPATION: Model

PLAYBOY'S SANDRA ANN



THIS CANADIAN BOMBSHELL DOESNT ONLY TURN HEADS, SHE MAKES MEN
STOP AND STARE. A SMALL TOWN GIRL WITH DANGEROUS CURVES.

PHOTOGRAPHY: URBAN STYLZ PHOTOGRAPHY
HAIR & MAKEUP: STEPHANIE BARRETTE

COVER GIRL



{ I have a pretty amazing smile.
I think just that gets enough
attention on its own! }



{ Am I Flirty? It depends on how I feel. I can be having a really good day and just chat it up with anyone or you know I can also be very timid. }

COVER GIRL





{ I like my eyes. I don't know why I just think it helps me be who I am in terms of a model and they can speak to you. }



SANDRA ANN

When I invited Sandra Ann over for a shoot I knew she had strong skills to produce some really hot images! The funny thing is, we ended up shooting these photos at around 2 in the morning as I was overbooked that day. The fact that she nailed it with obvious fatigue, is a sign of a true professional! -Peter-

SANDRA, HOW DID YOU GET INVOLVED WITH GLAMOUR MODELING ?

I was registered with a modeling agency when I was 14 and wanted to be a model for high fashion but being curvy and 5'2" it was impossible to make it in the industry. Glamour was always an option and so I decided to give it a go and look at me now.

WHO WERE YOUR INSPIRATIONS IN BECOMING A GLAMOUR MODEL ?

Of course this will sound cheesy and cliché but first and foremost I have to say that it is definitely Marilyn Monroe. She inspires me every-day with her quotes, her ways of life and how she exuded so much passion for what she did. Looking back at her incredible career and how she made it all happen due to her legendary curves and how she embraced being a woman, I appreciate the statement she made.

HOW WAS YOUR PLAYBOY EXPERIENCE, AND WOULD YOU DO IT AGAIN ?

It is definitely a memorable era in my life and continues to be every single day. Its such an incredible feeling to have graced the pages of that magazine considering it is such a legacy and also a great deal of fabulous women have graced those pages and to be one of them is of great honor. I would definitely do it again and again until I am no longer able to.

AS AN ESTABLISHED MODEL, WHAT ADVICE WOULD YOU GIVE TO WOMEN WHO WANT TO START GLAMOUR MODELING?

Follow your heart, if you love what you do and put it the extra effort you can achieve anything you want. Don't be so hard on yourself and keep aiming high. Success is around the corner you just have to keep focus and that goes for anything.

FOR THOSE INTERESTED, WHERE CAN WE FIND OUT MORE ABOUT YOU?

My website is www.sandralicious.com you can follow me on Twitter @sexySandraAnn and also my Facebook like page Sandra-Ann.

COVER GIRL





BE THE NEXT
GLAM JAM GIRL

STATS

AGE: 28

HOMETOWN: Barrie (Canada)

HEIGHT: 5' 7"

WEIGHT: 133 lbs

OCCUPATION: Teacher

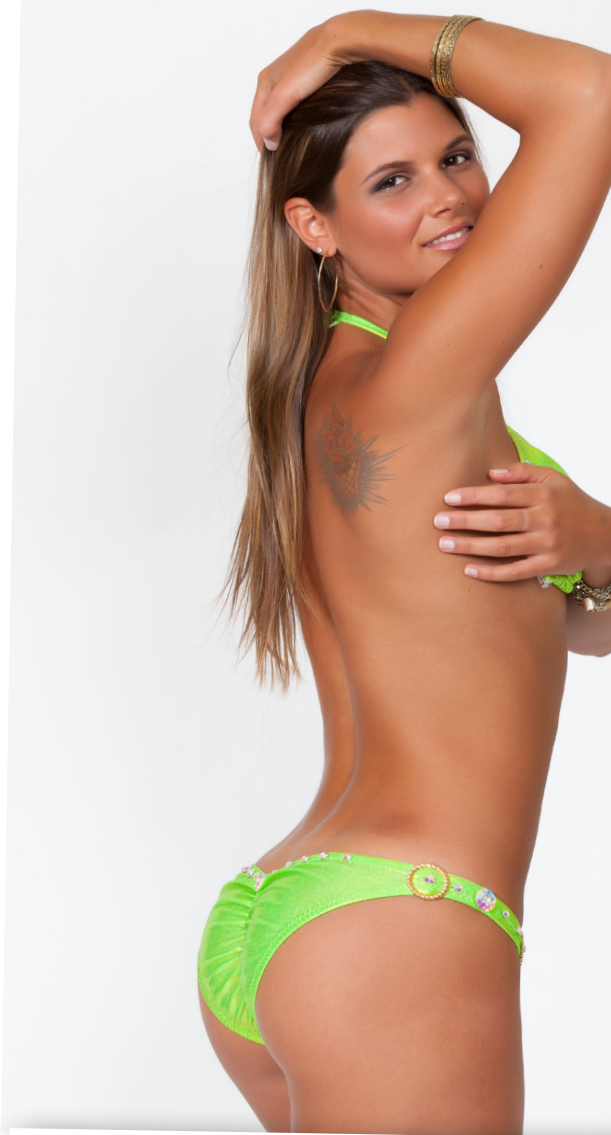
THE SEXY AND HIGHLY ATHLETIC

SARAH WILLIAMS



SARAH, AN ALL AROUND ATHLETE, DEFINITELY KNOWS HOW TO MAKE A STATEMENT WITH THAT TONED FIGURE!

PHOTOGRAPHY: MARK WONG
www.modelmayhem.com/1703044



{ I am very active girl that enjoys
working out and playing sports,
especially basketball. }





A LITTLE MORE ABOUT SARAH

Originally from Barrie, ONTARIO. I have my B.A in Sociology and attended teacher's college in Buffalo. I am currently teaching but enjoy doing modeling on the side. I am extremely active and also played 5 years of college basketball. I love to stay in shape by working out and playing as many sports as I can. I love to travel and I think it would be amazing to do a photoshoot in a different place around the world.

I just got into modeling last year, but things have been moving pretty quickly. I have had the opportunity to work with many talented photographers who have helped a lot with providing me with tips with posing and facial expressions etc. If a model cannot connect with the camera, then the audience will not be able to connect with the model. Furthermore, I love being able to transform in front of the camera and challenge myself to be better everytime. I have done a lot of swimwear and lingerie shoots and look forward to doing more. I am open to new ideas and can't wait to see what the future brings.

*Sarah
Williams*



GLAMOUR MODELS YOU ARE WHAT YOU EAT

**TAKING CARE OF YOURSELF AS A GLAMOUR MODEL IS IMPORTANT,
BUT FOLLOWING A SOUND NUTRITION PLAN IS VITAL**

BY CHRISTEL KARAM

Everyone knows that glamour modeling is not only about having a beautiful face and body. It's also about the attitude and being professional. And that includes taking care of yourself. Wash your face twice a day, be active every day and, of course, eat well! Proper nutrition is by far one of the most important things a model has to do to be in confidence with her body and have enough energy for long photo shoot days. The worst enemy of the model is cellulite! Now unless you have a really good genetics, you should always follow the following advice. Control cellulite starts with prevention and regularity. Your diet plays a major part in your daily routine because if you have toxins in your body, then you'll have cellulite.

SALT

Replace salt in your seasonings by lemon, herbs and seeds. Avoid as much as possible chips, peanuts and frozen meals as they are loaded with sodium.

SUGAR

Foods with high glycemic index (such as white bread and white rice) increase insulin levels and lead to store fat. Replace them with whole wheat bread and brown rice. And do not abuse of fruits. The fructose (fruit sugar) is easily converted into fat and contributes to cellulite. The best is to eat no more than 2 fruits per day.

CAFFEINE

Caffeine provided by many drinks (coffee, tea and sodas) decreased blood flow, which affects the elimination of cellulite.

VEGETABLES

They are your best allies! Encourage colorful vegetables (tomato, spinach, squash, broccoli, cabbage, lettuce) which are rich in carotenoids and flavonoids.

FAT

Avoid butter and delicatessen. Make sure all the fat (including skin) is properly removed before eating meat. Instead of frying, you can also bake, steam or grill to reduce the maximum fat content.

VIRGIN COCKTAIL ?

Yes, a professional glamour model does not party every night! Alcohol contains toxins that, when introduced into your body, promote the accumulation of cellulite. In addition, the calories from alcohol are stored as fat in your body and that doesn't help you to avoid cellulite.

WATER

Now it's time to drink! You have to drink at least 2 liters a day. Did you know that hunger often hides a lack of moisture? Always keep a water bottle with you.



MYTH

Does the weight have an incidence on cellulite? It appears that cellulite is found among both thin women than those who appear overweight. According to experts, weight gain is not the cause of cellulite. However, it could make it more apparent.

SPORTS

Along with a balanced nutrition, exercise is also very important in your life. To walk, ride a bike or run tones your legs and your hips. Swimming helps to train your butt and feet.

SMOKE

It's not a secret: cigarettes contribute to the accumulation of toxins in the body. Smoking also reduces blood flow, causing an increase in cellulite.

STRESS

Studies show that the development of cellulite depends on the level of stress. When under copious amounts of stress, your body loses vitamins and minerals, leading to the development of cellulite. This is a good excuse to go to the spa on a regular basis!

Although cellulite does not affect health, it does affect self esteem and image. The important thing is to have good nutrition, physical activities that you like and manage stress accordingly. Restrict your salt, sugar and caffeine consumption. Avoid alcohol and smoke the two enemies of the beauty!

Christel Karam
Nutrition Specialist

GLAM JAM **DISCOVERY**



BRITISH COLUMBIA'S

CASSANDRA JADE

{ SOMETIMES YOU MEET A MODEL THAT SIMPLY BLOWS YOU AWAY WITH TALENT }

BY PETE VALENTINO

Every now and then you end up meeting a model that just screams talent. This is exactly what happened when I first came across Cassandra's portfolio. Originally from Kelowna British Columbia, where the glamour market is extremely thin, Cassandra now makes her home in Montreal, and luckily for me, I jumped on that fact immediately. Furthermore, her look definitely sparked my interest enough to invite her for a test shoot. I would say after about 25 minutes in to the shoot, I realized Cassandra grasped the importance of facial expressions in producing convincing and seductive images. You see, this is something I preach on a regular basis. All glamour models have to understand that you need to be a good actress also. You are basically attempting to seduce a large audience, in majority being male, by demonstrating sex appeal through playfulness, eye contact and body language. These 3 ingredients have to be present at all times to be effective and successful in this business. The great thing with Cassandra was that her engaging extroverted personality definitely brought the best out of her modeling.




THIS USUALLY VERY MELLOW AND INTROVERTED GIRL IS FINALLY UNLEASHED, AND WE WERE LUCKY TO BE THERE FOR THE RIDE.

PHOTOGRAPHY: URBAN STYLZ PHOTOGRAPHY
HAIR & MAKEUP: STEPHANIE BARRETTE



{ I love snowboarding in the winter,
and rollerblading in the summer. It
keeps my legs and butt nice and firm! }





What turns me on about a man the most are his eyes...but I have to admit, I can't resist my man's ears!

GLAM JAM DISCOVERY

Every now and then you come across a model who simply blows you away with talent! This was the case with Cassandra. This young lady is a real pleasure to work with and she is so down to earth, it makes you wish all models were like this.

- Peter -

CASSANDRA, HOW DID YOU GET INVOLVED WITH GLAMOUR MODELING ?

My sister has been a model for as long as I can remember and with that being said, it has always been something that interests me. For years I have had friends, as well as photographers tell me I should give it a try. Being that I am only 5'6, becoming a fashion model seemed unreachable to me. It was after making a list of women I find most beautiful, and realizing that not one of them is a fashion model, that I thought to myself, " You know what, I want to model gorgeous lingerie! "

WHO WERE YOUR INSPIRATIONS IN BECOMING A GLAMOUR MODEL ?

I don't think one woman on this planet can deny how amazing it would feel to be an angel! The Victoria's Secret Fashion show is one of the "most watched" televised productions and to most women, being a part of that show, only exists in dreams. I look up to each and every one of them, whether it's Heidi Klum or Miranda Kerr. I hope to someday become as successful and recognized as they are. I also can't forget to mention, Marilyn Monroe. As a young girl, I hung her pictures everywhere, looking at her simply as a pretty lady. Now, many years later, as a young woman, I can truly see her as the beautiful woman that she was. Marilyn Monroe was one of

WHAT PART OF THAT SEXY BODY ARE YOU THE MOST FOND OF?

I love my body and I am told I have a great butt, but I think I would have to say I am most fond of my eyes.

WHAT IS YOUR MAIN GOAL AS A GLAMOUR MODEL?

My main goal... I don't think I have ever really thought of that. I love photographs and I think when I am an old woman, it will be rewarding enough just to look through all of them. I am of course looking forward to meeting great new people and perhaps travelling to some warm and exotic locales.

HOW WAS YOUR PHOTO SHOOT WITH OUR STAFF PHOTOGRAPHER?

I have had the privilege to do two photoshoots with Urban Stylz Photography and both shoots went great! To me, there has to be some kind of chemistry between a model and a photographer, and if you can't have a decent conversation with each other, how will the photos turn out any better. Working with Urban Stylz Photography was a great experience, I was able to be my regular,

FOR THOSE INTERESTED, WHERE CAN WE FIND OUT MORE ABOUT YOU?

Please check out my Facebook page : www.Facebook.com/CassandraJadexo there, you will find all my twitter and web-site updates.







GET FIT WITH ASHLEY

LADIES, LETS TALK SEXY SWAGGER!

YOU WANT TO BE CONFIDENT? SEXY? STRUTT YOUR STUFF... ALL YEAR ROUND? WELL, YOU'RE IN LUCK!

As a Fitness Model, Personal Trainer, Nutrition Consultant and Business Owner, I am here to lay the path that will get you that sexy swagger-worthy body! I am here to provide you with tips, tricks and timeless tweaks to achieve incredible results. This will include detailed workouts, recipes, nutritional guidance and motivation to make this a lifestyle you won't ever give up on!

NUTRITION

I discuss nutrition first, because it should be your first priority. If you are not willing to eat properly, you may as well stop reading now. Keep it clean to become a machine! We should all know by now fried foods, sweets and alcohol won't do too much except add fat and make us retain unwanted water, just to name a few things. Here are some basic tips to keeping it clean.

WATER - DRINK UP!

Water helps your skin stay beautiful and radiant. Who doesn't love a shimmering glow to go with that killer smile? Water also helps you feel fuller, longer. This also means you can fight those sugar and salt cravings. Who needs a cookie anyway? Did you "accidentally" eat that cookie we just mentioned? Do not fret - drink up! Drinking water can help flush out toxins (sugar, salt etc.) and help you get back on the fast track from that bad decision.

EARTH FOODS

Consume anything that is natural to our beautiful earth! Stock up on fruits and vegetables, they are always a wise choice when reaching for something to eat. Stick with whole grains like brown rice, oatmeal, quinoa, rye, buckwheat. Protein! Build those muscles with chicken, fish, eggs, nuts, legumes, beans, turkey, greek yogurt and cottage cheese!

STAY AWAY FROM PROCESSED FOODS!

You really don't need to follow a crazy, strict, dreadful and unmanageable diet to achieve a body like Rhiana. Keep it simple and stick to the clean basics. Steer clear of packaged, processed, fried, fatty and sugary foods!

EAT! YES, EAT!

You do not need to starve yourself to be sexy! This is a common misconception for many people. The less you eat the less you weigh right? Think again! Your body will naturally go into starvation mode if you do not eat enough. Your body needs food for fuel! If you don't put enough fuel into your car - it doesn't work! Same with your body. If we could, we would all fuel our cars with premium gas right? That's what we need to do so our bodies can run smoothly, function at their best, and look stunning! So, now that we have covered the very basics of nutrition to get you revved up and kicked into high gear, let's discuss WEIGHTS!

TRAIN RIGHT
FEEL TIGHT



WEIGHT TRAINING

LIFT BABY, LIFT!

No you will not become a man, or look like one either! Stop being a wuss and pick up the dumbbells! Weights can, and do create sleek and sexy, toned bodies! Weights build muscle. Muscle burns more calories, and keeps your metabolism burning higher and longer for fabulous fat-burning results. Weights show that you are a woman; a super, tough-ass woman!

WHAT DO I DO?

Good question! There are many answers. How about for now we stick to the basics to get you started. Aim for 3 sets of 10-12 reps for each exercise. Pick at least 3 exercises per body part. Now, let me clarify something for you. When I say 10-12 reps, I do not mean just stopping at 12 reps and then looking around the gym for a minute. What I mean is for you to push yourself so that your body says “NO MORE, PLEASE STOP!”

Now we are getting somewhere. Start with 3 days a week with different muscle pairings. For example: Day 1: Focus on chest/back, Day 2: Legs/Core, Day Three: Shoulders/Arms etc. Switch it up as the weeks go on. Here we are now, you’ve had a delicious and healthy meal, to go along with your iron session. But still there’s something missing from this equation. Our beloved cardio... Lets go!

CARDIO

None of this “I’m texting my BFF while I trot aimlessly on the treadmill” type of cardio either. You might as well stay home and text from the couch! (Couch potato!) Kick it up a notch and sprint into HIIT (High Intensity Interval Training).

HIIT will burn extra fat, in a fraction of the time nonetheless! Yes! It is possible! The concept here is to do intense bursts of cardio with a 2:1 ratio. For example: walk or jog on the treadmill for 1 minute, then sprinting near your max for 30 seconds. This drops your heart rate to a steady pace, and increases it to its near maximum for optimum fat-burning! Try HIIT for 10-15 minutes to start! You can do this on a treadmill, ARC trainer, elliptical, or just about any type of cardio you’d prefer.

SWEAT

Sweating is not gross ladies, it’s pure bliss in training. When you sweat you will also reap the benefits of beautiful, healthy, glowing skin! Sweat helps flush out toxins from your body as well, let those bad boys out.

SWITCH IT UP

Is the treadmill boring you? Hop on the StairmASStter! It’s called that for a reason, it truly is the glute master. You can do many different steps and foot positions to target your glutes from every angle imaginable, creating a firm, round, booty-licious bum! Dive into the pool and get used to sporting a sexy swimsuit, and burn a ton of calories while you’re at it. Spinning is also incredible for fat burning, amping up your heart rate and is a lot of fun. Spin your way to sexiness!

Phew, what a day! Just try convincing yourself you don’t feel incredible right now! There really is no better self-fulfilling feeling than fueling your body with healthy, fresh and tasty foods, proving you can lift and push yourself to the max in the weight room, while finishing it all off with a POW in HIIT training.

Get ready my fit and fabulous ladies, this is just the beginning! Stay tuned to Fitness with Ashley for more workouts, nutrition, recipes, tips, tricks and treats for getting the sexiest fittest body you can imagine!

Ashley Smith
Your Personal Trainer!



TRAIN RIGHT
FEEL TIGHT

“Is the treadmill boring you?
Hop on the Stair**ASS**ter!
It’s called that for a reason, it
truly is the glute master!”

BE THE NEXT
GLAM JAM GIRL

MANDY MONROE



STATS

AGE: 23

HOMETOWN: Toronto (Canada)

HEIGHT: 5' 1"

WEIGHT: 120 lbs

OCCUPATION: Model


MANDY'S EXOTIC LOOK AND BEAUTY WILL DEFINITELY
SPARK YOUR ATTENTION.

PHOTOGRAPHY: ERIC NGUYEN PHOTOGRAPHY
www.ericnguyen.ca

{ What turns me on in a man is his honesty and loyalty. }







{ My biggest turn off are men who
enjoy lying to their girl and possibly
even cheating on them }

A LITTLE MORE ABOUT MANDY

MANDY, HOW DID YOU GET INVOLVED WITH GLAMOUR MODELING ?

I started out by applying online to Model Search Canada when I was 15 or 16, and since then I just kept doing photo shoots and now, here I am!

TALK ABOUT YOUR CULTURAL BACKGROUND AND WHAT IT ADS TO YOUR STYLE

Well, I am half Russian, half Chinese, and it definitely made me able to get into modeling! It's made my look extremely diverse, and I think that hint of Asian gives me that extra edge.

WHAT INSPIRED YOU IN BECOMING A GLAMOUR MODEL ?

I always knew I looked different, and was constantly told how pretty I was since I was a kid and I started to think, well let's not let these looks go to waste then! Plus i've always loved attention.

WHAT IS YOU'RE GOAL AS A GLAMOUR MODEL?

My main goal is to become a household name, and cover girl like Pamela Anderson.

WHAT PART OF THAT SEXY BODY ARE YOU THE MOST FOND OF?

I would have to say my tiny waist. It definitely gives me that tight and sexy hour glass shape.

FOR THOSE INTERESTED, WHERE CAN WE FIND OUT MORE ABOUT YOU?

Well, I definitely recommend you go like my page at: www.facebook.com/modelmandymonroe And check out my official website www.mandy-monroe.net I am also on Twitter: www.twitter.com/themandymonroe

*Mandy
Monroe*







THE ART OF SEDUCTION

A WOMAN'S POWER OVER MEN

BY PETE VALENTINO

Attraction is part of human nature. Women have an incredible power to induce men into a state of weakness both psychologically and emotionally.

No man can resist a beautiful woman with a great smile and incredible look. I know I can't! Furthermore, her charm and personality while approaching you is addictive. Many do not even realize it, but the woman is likely to be the most photographed subject in the world. That is for sure a sign of total admiration of the most beautiful creature on earth.

BE THE NEXT
GLAM JAM GIRL

STATS

AGE: 25

HOMETOWN: Hamilton (Canada)

HEIGHT: 5' 4"

WEIGHT: 115 lbs

OCCUPATION: Model

MISS HOOTERS CANADA

CRISTINA MIRRA



THE ITALIAN GIRL YOUR MOTHER WANTS YOU TO MEET!

**PHOTOGRAPHY: URBAN STYLZ PHOTOGRAPHY
HAIR & MAKEUP: STEPHANIE BARRETTE**

{ I like men who are confident and
have a great sense of humor. }



Cristina must be the funiest model to work with! We always end up joking around and I usually don't get much work done! On this particular occasion "LiL' Cris" brought her A game to the shoot! I recommend you photographers to book this girl, she is a barrel of laughs all being a pro at what she does. Oh, and the sexiest butt I have ever seen on an Italian woman, hands down! - Peter -

CRISTINA, HOW DID YOU GET INVOLVED WITH GLAMOUR MODELING ?

I started off in local car shows, as I became more popular I got more work and eventually got to branch out into different types of modeling.

WHAT IS IT ABOUT YOU THAT DRIVES MEN "GAGA" OVER YOU?

Humm... I think guys go gaga over my curves.

WHO INSPIRED YOU TO BECOME A GLAMOUR MODEL?

To be honest I wasn't inspired by anyone. I've always done what I wanted. So here I am.

WHAT IS YOUR MAIN GOAL AS A GLAMOUR MODEL?

One of my goals is to get published on some of the hottest magazine covers, and eventually get started in acting. I just want to be successful and hopefully one day be famous for my work.

WHAT PART OF THAT SEXY BODY ARE YOU THE MOST FOND OF?

I don't have a part of my body that I'm most fond of... I love all of me! If I didn't, I wouldn't be doing this type of work. However, I must admit my booty does turn heads constantly.

FOR THOSE INTERESTED, WHERE CAN WE FIND OUT MORE ABOUT YOU?


You can see some of my work on model mayhem : www.modelmayhem.com/cristinamirra

You can follow me on twitter: @cristinamirra

Like me on facebook :
www.facebook.com/misscristinamirra

For bookings: book.cristinamirra@gmail.com

*Cristina
Mirra*



{ My ideal 1st date would be a romantic candle light dinner where we can talk and get to know each other. }



SOPHIE BERTHIAUME

THIS SEXY NURSE IS MORE THAN CAPABLE OF REVIVING PATIENTS

PHOTOGRAPHY: URBAN STYLZ PHOTOGRAPHY
HAIR & MAKEUP: STEPHANIE BARRETTE

A SIT DOWN WITH A PERSONAL TRAINER AND NURSE WITH GREAT AMBITIONS





I work hard in the gym and I am very proud of my round sexy butt! It's one of my best features!






I am very active girl that enjoys working out in the gym and playing sports.







The most important advice I can give girls is to never take products to lose weight or gain muscle mass.

A LITTLE ABOUT SOPHIE

Sophie is one of my favorite models to work with. She just has it in her blood. Knows how to move, when to move, pulls out some of the sexiest yet cute facial expressions. Although she is a petite model at 5'1, she is equipped with an incredible booty and fantastic S curve! - Peter -

SOPHIE, HOW DID YOU GET INVOLVED WITH GLAMOUR MODELING ?

At the age of 18 I enrolled in a modeling agency and unfortunately the things they offered had no class. I was a little discouraged and I needed a new challenge so I started to do fitness competitions in the hopes of becoming a fitness model. Despite the many competitions I had one I never got a shot at a photoshoot., until one day I ended up winning one with Pete (Urban Stylz Photography) which discovered the femme fatale within me. Pete has helped me allot and after getting published in Summum Magazine, with his help, I later started getting several contracts here and there.

WHO WERE YOUR INSPIRATIONS IN BECOMING A GLAMOUR MODEL ?

Actually I never really had someone to inspire me. My belief is that everything happens between photographer and model. My inspiration occurs when I am put in a concept and start shooting. For me a photoshoot is a performance where I always try to give it my all to achieve the best possible results.

HOW MUCH DO YOU TRAIN TO MAINTAIN THAT TIGHT BODY ?

I train 4 times a week. I mostly do weight training but I try to practice as many sports as possible. I am a very active woman.

AS PERSONAL TRAINER, WHAT FITNESS ADVICE WOULD YOU GIVE GLAMOUR MODELS?

The most important advice I can give girls is to never take products to lose weight or gain muscle mass. You need to accept your curves and essentially, those are what makes the woman such a fantastic creature and not a bag of bones or with manly features. Just be confident, feel good about yourself and I guarantee you will produce much better results.

FOR THOSE INTERESTED, WHERE CAN WE FIND OUT MORE ABOUT YOU?

To see pictures of me in competition: I'm on Facebook or Sophie Berthiaume on Bodyproud.com Also, to see more glamur photos of me, you can visit my photographer's web site www.urbanstylz.net



INTERNATIONAL BOMBHSELL

PHOTO: URBAN STYLZ PHOTOGRAPHY
HAIR & MAKEUP: STEPHANIE BARRETTE

EMMA WESTERMARK



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JESSICA VAUGN

Hometown: Los Angeles

Age: 24

Web site: www.jessicavaugn.com

Jessica Vaugn is the prototypical girl next door loaded with talent. Jessica, a 23-year-old glamour model from Wichita, Kansas, now lives in Los Angeles pursuing a career as a glamour model. Jessica has a Bachelor's of Science in Psychology from Friends University in Kansas. It doesn't stop there, Jessica is also a hair stylist and makeup artist as well! What does this young lady not do, you may ask!

You have probably seen her all over the place such as, Playboy, FHM, Maxim and every other highly regarded magazine and publication.

The most remarkable thing with Jessica is her versatility. She is extremely capable of crossing over to the fashion world and back to glamour with the greatest of ease.

Keep following her as the future is very bright for this all natural beauty!

HOW DO I GET FEATURED?

To Apply, it's actually very easy. All you have to do is fill out the form located on our web site at www.glamjammag.com and attach several photos in bikini/lingerie/beauty and you could be the next featured Glam Jam Girl!

INTERNATIONAL MODELS

We want to hear from you! Glam Jam is all about beautiful and sexy women all over the globe! Be the next lucky lady to be part of our 8 page International Bombshell feature.

PHOTOGRAPHERS

Showcase your talents by submitting some of your best glamour photography. If selected, you can be the next featured photographer!



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