OFF DUTY

Model Magazine



Wardrobe Essentials

Travel Necessities

Beauty Basics

Digital Guide

& More

Back to the BASICS

FEATURING

ANOK YAI

Interview & Exerpt

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Brightening Dark Spot
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contents



1 What's In Your Bag?

The real essentials models keep on them between castings, flights, and everything in between.

By Tess Barker



3 Building Your Book

The most important photos you'll take. Why building your book still matters most.

By Amora Young



7 Anok Yai

The model who redefined modern beauty—on being discovered overnight, building a global career.

By Caroline Hall

OFF DUTY Fashion

The uniform behind the scenes—simple, consistent, essential.

By Quincy Sams



13

OFF DUTY Beauty

Simple, effortless, and built into the everyday. The perfect neccessities.

By Quincy Sams



14

The Travel Essentials

From castings to terminals, the essentials that travel well every time.

By Tess Barker



15


What's in Your
Bag?



By Tess Barker

A model's bag is never just a bag—it's a reset space between moments. From early call times to last-minute castings and everything in between, it becomes a constant.

What's inside isn't random—it's curated over time, refined down to the pieces that actually get used. Nothing extra, nothing unnecessary—just what works.

At the core are the everyday essentials. A lip balm or gloss that lives at the bottom of the bag, always within reach. A concealer or compact that smooths things out in seconds, bringing the face back to life after long hours or little sleep. A pair of sunglasses that instantly adds structure, pulling together even the most minimal look. These are the items that don't require thought—they're instinctive, reliable, and always in rotation.

Beyond that, there's a category of in-between pieces—the ones you don't notice until you need them. Headphones to create a sense of quiet in crowded spaces. A claw clip or hair tie for quick changes between looks. A small pouch that holds everything else: hand cream, lip liner, mints, a mini fragrance. It's not about having everything, but about having enough to feel prepared without feeling weighed down.

The bag itself becomes a kind of system. Everything has its place, even if it doesn't look like it at first glance. Over time, you learn what stays and what gets left behind. The result is something that feels effortless but is actually very intentional—built around routine, movement, and the unpredictability of the day.

There's also comfort in the smaller details. A notebook or planner, even if it's just for quick notes or reminders. A reusable water bottle, something to keep you grounded and moving throughout long days. Maybe a snack, something easy that you don't have to think about. These aren't standout items, but they make a difference in how the day feels.

And then there are the non-negotiables. Your phone, your wallet, your keys—everything that keeps your day moving without interruption. These are the constants, the things you check for before you leave, the pieces that never change no matter where you're going. What's in your bag evolves, but the intention stays the same. It's about ease, about being prepared without overthinking it. About having what you need, exactly when you need it, without digging or second-guessing. From castings to coffee runs, fittings to flights, it all moves with you.

Because off-duty, it's never about having more—it's about having the right things. Pieces that fit into your routine, that support the pace of your day, and that make everything feel just a little more seamless. A good bag doesn't just carry your essentials—it carries you through it all.

The Bag Itself:

Just as important as what's inside is the bag that carries it. The right tote isn't just about aesthetics—it's about function, durability, and ease. It needs to hold everything without feeling overstuffed, move with you throughout the day, and still look intentional no matter where you're headed.

Our favorite go-to totes:

The Row Park Tote — understated, structured, and endlessly versatile
Saint Laurent Rive Gauche Tote — classic, spacious, and effortlessly polished
Longchamp Le Pliage Tote — lightweight, durable, and perfect for everyday movement
Telfar Shopping Bag — functional, iconic, and designed to carry everything
Celine Cabas Tote — minimal, elevated, and quietly statement-making

Each one brings something slightly different, but the goal stays the same: something reliable, spacious, and easy to reach for without thinking twice.

Build That B

Fool-Proof Guide to Digitals

Digitals are the foundation of every model's book. Before the editorials and campaigns, they're the first thing agencies and clients see—simple, unfiltered, and meant to show you exactly as you are.

The formula is straightforward. Natural light, a clean background, and minimal styling. Hair down, then pulled back. Front, side, and back. A headshot, a full-body, and something in between. Nothing oversized or distracting—just fitted basics that show your shape clearly.

Lighting should always be soft and even. Stand facing a window or shoot outside in open shade to avoid harsh shadows. The clearer your face and proportions are, the stronger your digitals will read.

Posture and presence matter just as much. Stand relaxed but intentional—shoulders back, arms natural, nothing forced. Expression should stay neutral but alive, with just enough energy. Consistency is what ties everything together. Same lighting, same setting, same overall look. When everything aligns, your book feels clean, professional, and easy to understand.

Digitals don't need to be complicated—they just need to be right. Clean, simple, and current, and fresh.



- Natural light, always
- Clean background, no distractions
- Hair both down and pulled back
- Straight angles: front, side, 3/4
- No filters, no edits



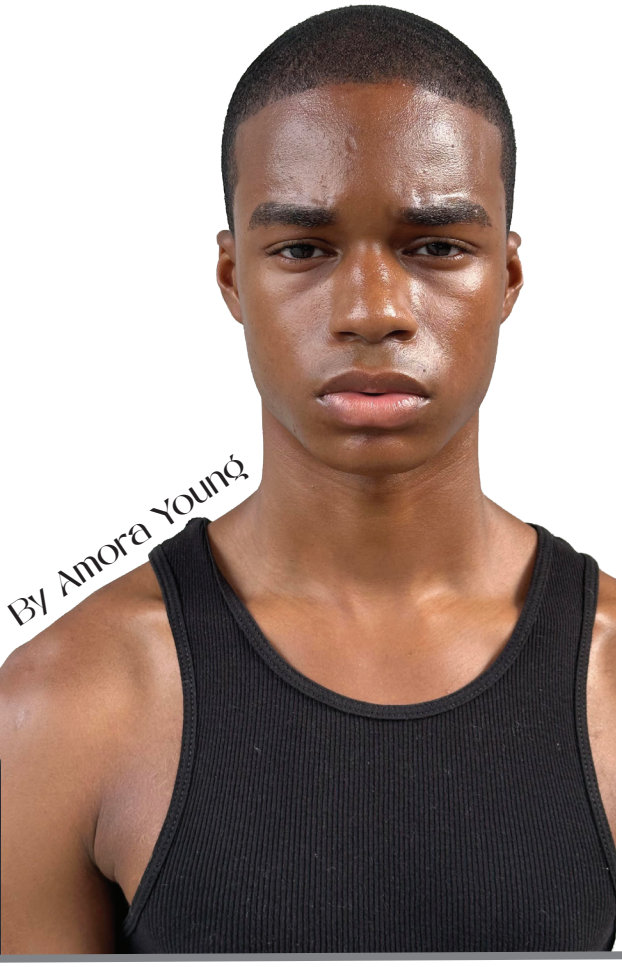
Book, Babe

Clean. Simple. Real.

- Simple, fitted basics
- Skin first, makeup minimal
- Neutral expression, soft presence
- Eye-level camera, no distortion
- Consistency across every shot







By Amora Young





Testing, Testing, Testing...









And More Of It!





Every model starts somewhere—and more often than not, it begins with test shoots. Think of them as your foundation. No clients, no pressure, just you, a creative team, and the opportunity to build something that feels intentional. Test shoots are where you experiment, refine your look, and begin to understand how your face and body translate on camera. It's less about perfection and more about discovery—learning your angles, your energy, and the subtle details that make an image feel elevated.

Building your book isn't about having hundreds of photos—it's about having the right ones. A strong portfolio should feel cohesive while still showing range. Agencies want to see clean, natural images first: minimal makeup, simple styling, and lighting that lets your features speak for themselves. From there, you can build outward. Editorial images, movement shots, and more stylized concepts help show versatility, but they should never overpower your core look. Your book should tell a clear story of who you are, not confuse it.

Collaboration plays a huge role in this stage. Many of the photographers, stylists, and makeup artists you'll work with during test shoots are also building their portfolios, which creates a space for creative exchange. Come in with references and ideas, but stay open to direction. Some of the strongest images come from moments that aren't overly posed—when you're relaxed, present, and fully engaged with the camera. Trust the team, but also trust yourself.

Consistency is what separates a good portfolio from a great one. Showing up prepared, maintaining your look, and treating every shoot—paid or unpaid—with professionalism builds your reputation quickly. People remember reliability just as much as they remember great images. The way you carry yourself on set becomes part of your brand.

It's also important to edit your book as you grow. Not every photo needs to stay. In fact, knowing what to remove is just as valuable as knowing what to include. Keep your portfolio current, intentional, and aligned with the direction you want your career to go. Trends shift, your look evolves, and your book should reflect that progression.

At the end of the day, your portfolio is your visual résumé. It should feel like you, just refined. Strong, clean, and confident—without trying too hard. The goal isn't to be everything at once, but to be memorable for the right reasons.

Back to Basics w/ Anok Yai



Before the campaigns, the runways, and the global recognition, there was just the work. Anok Yai's story isn't just about being discovered—it's about what happens after. The discipline, the pressure, and the quiet confidence that built her into one of the industry's most compelling faces.

Interviewed & Authored
by Caroline Hall





In 2017, a photo taken at Howard University's homecoming went viral. It wasn't staged, it wasn't curated, and it wasn't meant to introduce the world to its next major model. But it did. Within days, Anok Yai went from being a biochemistry student to fielding calls from agencies across the globe. It's the kind of discovery story that feels almost too perfect, too cinematic—but for her, it was just the beginning.

"I didn't even think modeling was something I could do," she's said in past interviews. "It wasn't part of the plan."

And that's what makes her rise so compelling. It wasn't built on years of chasing the industry—it was built on what came after. The decision to step into it. The discipline to stay. And the ability to navigate an industry that moves fast, demands more, and rarely slows down.

Just months after being signed, Anok Yai made history. In 2018, she became the first Black model to open a Prada show since Naomi Campbell in 1997. It wasn't just another runway appearance—it was a moment that carried weight. Opening for Prada is one of the most coveted positions in fashion, and doing so as a relative newcomer immediately positioned her as someone to watch.

But more than that, it signaled a shift. Her presence wasn't just about visibility—it was about redefining what that visibility looked like. Strong, composed, and unmistakably self-possessed, she didn't walk like someone trying to prove herself. She walked like someone who already knew.

"I felt the pressure," she's admitted. "But I also knew I deserved to be there."

From there, everything accelerated. She quickly became a fixture on the runways of major fashion houses—Versace, Chanel, Louis Vuitton, Dior—each show adding to a growing presence that felt both powerful and effortless. Her walk was precise. Her presence, controlled. There was no excess, no overperformance—just clarity.

At the same time, campaigns followed. She became the face of major beauty and fashion campaigns, including work with Estée Lauder, marking another major milestone as one of the few Black models to lead a global beauty campaign at that level. Editorials in Vogue, Harper's Bazaar, and i-D Magazine solidified her place not just as a model, but as a visual presence shaping the industry's aesthetic.

Still, despite the scale of it all, there's a sense that she approaches it differently. "I don't think about it as being everywhere," she's said. "I think about doing things that feel right."

What makes Anok Yai stand out isn't just the work—it's the restraint. In an industry that often rewards constant visibility, she's maintained a level of distance. She's not overexposed. Not overproduced. There's an intentionality to what she chooses, and maybe more importantly, what she doesn't.

That restraint translates into her presence on set and on the runway. There's a quiet confidence there—one that doesn't demand attention but holds it anyway. "I've learned that you don't have to be the loudest in the room," she's said. "You just have to know who you are."

For someone whose career started in a moment of unpredictability, there's something grounded about the way she's built it. It comes back to the basics. The posture. The presence. The understanding of movement, light, and control. Modeling, at its core, isn't about excess—it's about precision. And Anok Yai embodies that in a way that feels both modern and timeless.



Even now, years into her career, there's no sense of rushing. No need to constantly reinvent. Instead, there's refinement. "I'm still learning," she's said. "Every shoot, every show—it's all part of understanding myself better."

Today, Anok Yai exists in that rare space where recognition meets respect. She's not just part of the industry—she's shaping it. Her image has become synonymous with a new kind of modeling: less about performance, more about presence. Less about fitting into expectations, more about redefining them.

And maybe that's what makes her story resonate. It didn't start with a plan. It didn't follow a traditional path. But through discipline, awareness, and an unwavering sense of self, she built something that feels intentional—something that lasts beyond the moment.

Because in the end, it was never just about being discovered. It was about what she chose to do next. And what she chose to do next wasn't defined by speed, but by intention. In an industry that often pushes for constant visibility, Anok Yai has moved with a kind of quiet selectiveness—choosing moments carefully, letting absence speak just as loudly as presence. It's a balance that many try to achieve but few actually maintain.

There's a discipline to that kind of restraint. The ability to say no. The understanding that not every opportunity is the right one. And in a space where overexposure can quickly dilute impact, her approach has only strengthened the way her image is received. When she appears, it matters.

That awareness extends beyond the runway and into the way she carries herself in every frame. There's a stillness to her work that feels deliberate. Even in motion, nothing feels rushed. Every pose, every turn, every glance feels considered—like she's fully in control of how she's being seen.

"I've always been very aware of myself," she's shared. "Not in a self-conscious way, but in a way where I understand how I move, how I come across. That's important in this industry."

It's that awareness that translates so clearly through her work. Whether she's in a stripped-back studio setting or a high-production campaign, there's a consistency to her presence. She doesn't disappear into the clothes—she elevates them. Not by overpowering them, but by grounding them.

Over time, that consistency has built something stronger than just a portfolio—it's built trust. Designers return to her. Photographers understand her range. Creative directors know what she brings without needing to over-direct. And in an industry that thrives on collaboration, that kind of reliability becomes its own form of power.

But with that visibility also comes expectation. The pressure to maintain a certain image, to evolve without losing identity, to stay relevant in a space that is constantly shifting. It's something every model faces, but not everyone navigates successfully.

For Anok, it seems to come back to the same core idea: staying rooted.

"I try not to get too caught up in everything," she's said. "It's easy to lose yourself if you're always thinking about what's next."

Instead, she focuses on what's in front of her. The work. The moment. The ability to be present in an environment that often feels anything but.

That mindset has allowed her to move through different phases of her career without forcing change. There's been growth, but it's felt natural.

ANOK YAI

There's a kind of beauty that doesn't try too hard—it just is. That's what makes Anok Yai so magnetic. Not just her look, but the way she carries it. Her start wasn't planned. A photo taken at a college event—natural, unposed—circulated online and quickly caught the attention of agencies. What looked like an overnight breakthrough was actually a quiet decision behind the scenes: is this something I want? From there, everything moved fast—but not without learning curves. Without a traditional path into modeling, she built her understanding. Watching, adjusting, refining. Every shoot became practice in something deeper than posing: presence. Because modeling,it its core, isn't about doing the most—it's about doing just enough. Early on, the challenge wasn't getting noticed—it was staying grounded. In an industry full of opinions, it's easy to become what others expect. Instead, Anok learned to trust her instincts. To filter out noise and define herself on her own terms. That shift—from reacting to owning—became the foundation of her growth. It shows in her work. There's a restraint to it. Nothing feels forced or overdone.

A slight turn, a steady gaze, a controlled stillness—she proves that the smallest details carry the most weight. In a world of excess, her strongest moments are often the simplest: clean skin, natural light, no distractions. And maybe that's what "back to the basics" really means. The ability to hold attention without forcing it. To be seen without overperforming.

There's also something to be said about control—not in a rigid way, but in the quiet awareness she brings into a space. You can feel when someone understands themselves, and with Anok, that understanding translates visually. She doesn't rely on exaggerated movement or heavy styling to create impact. Instead, she lets subtle shifts do the work. A softened expression, a pause between poses, the way she holds eye contact just a second longer—it all builds something that feels intentional without looking calculated.

That kind of presence doesn't come from perfection. It comes from repetition, from being in front of the camera enough times to know what feels real. And more importantly, from knowing when to pull back. There's a discipline in that. Not every moment needs to be elevated. Not every shot needs to be dramatic. Sometimes the strongest image is the one that feels the most effortless.

Behind that ease, though, is awareness. Of angles, of lighting, of how the body interacts with space. She understands how to work with the camera instead of against it, which is what separates someone who looks good from someone who translates on camera. skill that's built quietly, over time, without needing to be announced.

And that's what makes her career feel sustainable. It's not built on a single viral moment, even if that's how it started. It's built on consistency. On showing up, refining, and staying connected to a sense of self that doesn't shift with every trend. In an industry that constantly pushes for more—more drama, more styling, more presence—she's proof that restraint can be just as powerful.

Because at the end of the day, the most lasting kind of beauty isn't loud. It doesn't chase attention. It holds it.

> "I didn't have to become somone else to belong here... I just had to trust that who I already was was enough."



She didn't plan it—she just showed up as herself, and it worked. Anok Yai proves that in an industry built on more, presence is everything.



By Quincy Sams

OFF DUTY —— Wardrobe Staples

In modeling, your wardrobe is never just your wardrobe. It's part uniform, part identity, and part strategy. Whether you're running between castings, shooting digitals, or grabbing coffee after a long day on set, what you wear quietly communicates everything—your professionalism, your versatility, and your understanding of the industry itself.

The strongest model wardrobes aren't built on trends. They're built on discipline. On knowing that the right white tee can do more for you than a statement piece ever could. On understanding that simplicity isn't boring—it's powerful.

This is the foundation of a model's closet: pieces that move seamlessly between off duty ease and on duty precision.

Off duty, style is instinctive. It's about looking effortless without being careless, polished without appearing styled. The uniform is familiar—straight-leg denim, a perfectly cut tank, an oversized blazer thrown over the shoulders as if it's always been there. There's a quiet confidence in repetition. The same pair of jeans worn three different ways. The same neutral palette—black, white, grey, denim—reworked again and again until it feels like a signature.



Comfort plays a role, but never at the expense of intention. A worn-in hoodie or a structured crewneck becomes part of the look, not an afterthought. Footwear follows the same logic: clean white sneakers, simple sandals, or a sharp black boot depending on the day. Accessories are minimal but considered—a pair of dark sunglasses, a leather tote, gold hoops that catch just enough light.

There's a reason this formula works. Off duty style is not about standing out. It's about being remembered. When everything is stripped back, what's left is you.

On duty, the approach shifts—but only slightly. Where off duty allows for softness, on duty demands clarity. Casting outfits are intentionally stripped down to their most essential elements. A fitted black tank. Clean, well-cut jeans. Simple heels. Nothing that distracts, nothing that competes.

This same philosophy carries into digitals. Natural light. Minimal makeup. Hair pulled back or left as is. The same black tank, the same jeans, the same quiet consistency that allows agencies to see you clearly, without interpretation. It's a discipline that requires restraint, especially in an era that constantly pushes for more—more styling, more personality, more noise.

But modeling has always favored the opposite. Less, but better.

The real strength of a model's wardrobe, though, lies in its overlap. The pieces that work hardest are the ones that exist in both worlds at once. A black tank that reads effortless with denim during the day and casting-ready an hour later. An oversized blazer that elevates an off duty look but adds structure when needed. A crisp white button-down that can be styled open and relaxed or buttoned and sharp.

This is where the idea of a capsule wardrobe becomes more than just a trend—it becomes a necessity. Fewer pieces, chosen carefully, worn repeatedly, and understood completely. Every item has a purpose. Every silhouette has been tested. Nothing is accidental.

There's also an unspoken rule in the industry: consistency builds recognition. When your look is grounded in strong, simple staples, you become easier to remember. Not because you're louder, but because you're clear. it's supported by it.

And that's ultimately the goal.

By Quincy Sams

The Best Beauty —— OFF DUTY



A lip product that does more than just sit on the surface. Summer Fridays Lip Butter Balm brings hydration, shine, and just enough tint to wake up the entire face. It's the kind of everyday essential that moves with you—from early call times to in-between moments—keeping you looking fresh, put together, and never overdone.

Other favorites include Laneige Lip Sleeping Mask, Rhode Peptide Lip Treatment, Dior Lip Glow Oil, and Glossier Balm Dotcom.



A signature scent—clean, subtle, and personal—becomes part of your presence without ever overpowering it. It's the final layer, something that lingers softly and adds a sense of identity, even in the most minimal, off-duty moments. For models, it's about finding something that feels like you—easy, familiar, and never distracting, whether you're heading into a casting or catching a flight.

Other favorites include Byredo Mojave Ghost, Maison Francis Kurkdjian Baccarat Rouge 540, Glossier You, Le Labo Santal 33, and Chanel Chance Eau Tendre.

Complexion products should feel invisible, and Tower 28 Swipe Serum Concealer does exactly that. It evens, brightens, and smooths without masking your skin, which is key in an industry that values authenticity. For long days, quick touch-ups, and everything in between, it's about looking like yourself—just more awake, more even, and quietly refined.

Other favorites include NARS Radiant Creamy Concealer, Kosas Revealer Concealer, Maybelline Instant Age Rewind Concealer, and Rare Beauty Liquid Touch Brightening Concealer.



Brows are the quiet foundation of the face, and Glossier Boy Brow gets it right every time. It adds just enough structure to lift and frame without ever looking heavy or overworked. For models, where natural features are the focus, it's essential—something that enhances what's already there while keeping everything soft, effortless, and casting-ready.

Other favorites include Anastasia Beverly Hills Brow Wiz, Refy Brow Sculpt, Benefit Gimme Brow+, and Kosas Air Brow.



travel essentials



FROM CASTINGS TO TERMINALS: THE ESSENTIALS THAT ALWAYS TRAVEL WELL

By Tess Barker

Travel, in the off-duty sense, is less about overpacking and more about knowing exactly what earns a place in your bag. Whether it's a last-minute flight for a casting or a long-haul reset between cities, the pieces you bring should work as hard as you do—effortless, reliable, and always put-together.

Start with comfort that doesn't compromise style. A great pair of worn-in jeans is non-negotiable—the kind that fits perfectly, moves easily, and looks just as good stepping off a plane as it does walking into a meeting. Paired with a simple top or an easy layer, it becomes a uniform you can rely on—something that feels familiaAdd a lightweight knit or oversized button-down, and you have an outfit that adapts to shifting temperatures and unpredictable schedules.

For long flights, small luxuries make all the difference. Noise-canceling headphones create your own world midair, turning background noise into silence and giving you a moment to reset. An eye mask becomes essential, not optional—signaling rest even when sleep doesn't come easily. Together, they transform travel time into something quieter, softer, and more manageable, so you arrive feeling grounded instead of drained.

Then there's the survival pouch—the quiet hero of any carry-on. It's the one thing you reach for again and again. Lip balm, hand cream, a mini fragrance, concealer, hair ties—small details that keep you feeling like yourself between time zones. It's not about packing everything, but about curating what matters. When everything has a purpose, nothing feels excessive.

Accessories should be functional, but intentional. A structured carry-on that fits everything without feeling overstuffed, a reliable passport holder that keeps documents in place, and a pair of sunglasses that instantly pull you together—even after hours in transit. These are the pieces that move with you, seamlessly blending practicality with polish.

At its core, travel style is about ease. It's trusting that everything in your bag works together, that nothing is there by accident. From castings to terminals and everywhere in between, it's not about having more—it's about having exactly what you need, and nothing you don't.

And while clothing sets the foundation, it's the in-between pieces that make travel feel effortless. A soft, oversized layer—something you can throw on without thinking—becomes your constant. It doubles as a blanket on cold flights, a cover-up between stops, and a finishing touch that pulls everything together. The goal isn't variety, it's versatility.

Footwear follows the same rule. One pair you trust—easy to slip on, comfortable enough for long walks, and polished enough to carry you through unexpected plans. When every piece serves more than one purpose, packing becomes instinctive rather than overwhelming.

Because at the end of the day, travel isn't just about getting somewhere. It's about how you move through it. The rhythm, the transitions, the in-between moments that define the experience just as much as the destination itself. And when your essentials are right, everything else falls into place—naturally, effortlessly, and always on your terms.




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