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Lingerie Honey Birdette
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The NH Collection Grand Hotel, Amalfi, Italy.
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VIEWS OF ITALY WITH
**JULIA
JUDY**

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Such an absolute honour to have you on Playboy! Tell us about your daily schedule as a model, do you have a routine? I'm thrilled to be here! I do stick to a daily routine when I'm not traveling. I work out 3-5 times a week with cardio and lifting. I normally skip breakfast and make a healthy and filling lunch at home. I love salads and my diet is mainly vegetables and high in protein. I like to schedule my fashion styling client meetings after lunch, and I do most of my personal shopping then as well. For dinner I enjoy going out with friends and I don't restrict myself. Sushi or pasta is my go to dish for most dinners out, paired with a glass of wine of course. I like to be in bed before 10pm and I usually wind down with a book before going to sleep.

How do you like to begin your day? I always start my day by making my bed, drinking loads of water and practicing yoga and meditation.

What are some of your biggest dreams you hope to achieve? My dreams for this year are to move to Florida, get a puppy, and travel to Brazil.

What helps you decompress and relax? Practicing yoga first thing in the morning helps my day to start off relaxing. Other things that rejuvenate me are a long hot bubble bath or a shower, cooking and going for a walk.

Who has been the most influential person in your life and why? My Grandmother. She raised 6 children, had a 73 year marriage, has the biggest heart, is incredibly kind and wise, and she inspired me to pursue a career in fashion, beauty and design. She is 93 years old and still plays with 11 different bridge clubs a month! She has been my role model since I could remember.

How romantic are you? I am very much a romantic. I love red roses, silky robes, lacey lingerie, perfume, chocolate and candles implemented in my day-to-day life. These little things make me feel feminine and I love to romanticize my life on the daily.

What is the most memorable date you've ever had? I remember it was the middle of August and my date had told me that he was going to pick me up at the break of dawn the next day for a surprise. At 5am he pulled up and we drove out into the country for about an hour. I had no idea what the surprise would be. We parked at a big field just as the sun was rising. A man named Larry greeted us and walked us over to a giant rolled up bag on the grass. We unravelled it and our instructor lit a big flame over a basket. We were going hot air-ballooning! We took off as the sun was coming up above the horizon and we sailed for an hour, admiring the scenic landscape. It was tranquil, majestic and absolutely memorable.

What was the biggest lesson from your worst breakup? I realized that if someone likes you, you'll know. If they don't, you'll be confused.

Would you rather be loved, respected, or admired? If I had to pick one, I would say to be loved. Love is the highest frequency in the universe and with love comes admiration and respect.

Are you a city traveller or nature explorer? I adore cities because of the variety of the people, the restaurants, the multitude of events and the vibrancy that comes with the metropolis. Deep down, I am a nature lover, and I would pick a beach or forest over a city. Mother Earth has a kind of beauty and bliss that can't be matched.





What's on your travel bucket list? My top bucket list destinations are Tokyo, Monaco and the Maldives.

Where can our readers catch up with you and stay updated with your work? I am active daily on my Instagram @juliajudyy and my snapchat @juliajudy1. Come say hi!

