



McCaughey Consumer Products



July

Media Coverage

2018



PROSACEA[®]

Prosacea

July 1, 2018

foreveryoungnews.com

Magazine 100,000

Digital 70,000



Prosacea
 This water-based gel helps
 relieve redness, dryness
 and bumps caused
 by rosacea so you can
 indulge in such potential
 triggers as exercising,
 eating and soaking up the
 sun. Available at Walmart,
 Shoppers Drug Mart and
 Loblaws. \$16.49



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Prosacea

July 27, 2018

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The Goods

July 27, 2018 Allie Murray



By Christine Davis

Prosacea

This water-based gel helps relieve redness, dryness and bumps caused by rosacea so you can indulge in such potential triggers as exercising, eating and soaking up the sun. Available at Walmart, Shoppers Drug Mart and Loblaws. \$16.49



yes to[®]

July 5, 2018

reflectionofsanity.com

Website

REFLECTION OF SANITY

FALLING IN LOVE WITH YES TO FACIAL MASKS

How would you describe yourself? Me, well, I am stubborn, fiery *aka* short tempered and fickle. The one thing I have never been fickle about was my blog schedule. I said *was* because it all changed for today's brand. It was supposed to be a part of my **Skincare Saviours For Dry/Dehydrated Skin** (read [here](#)) but I fell so in love with some of these masks, they deserve the spotlight all for themselves.

My crazy work schedule has definitely wrecked havoc on my skin; I have a pimple that erupted like a bloody volcano, persistent dry spot by my lips...yes, first world problem but still a problem nonetheless. And these precious **Yes To** face masks have been heaven sent for my skin. The ingredient lists are brilliant with a reasonable price range and this brand will be a permanent staple in my routine.



A quirky 30 plus Malaysian living in a small town Canada who is trying to find her way in the beauty world.

CONTACT: Se7eNRamiel (at) gmail dot com

Yes To Blueberries Sleeping Mask

bridalguide.com
 July 2018
 Magazine

BRIDAL GUIDE

body file | HEALTH + BEAUTY

WELL RESTED

Be a bright-eyed bride by getting a good night's sleep. **Here's how.** by Mary Clarke

>> And consider the collateral damage that can happen as a result of feeling tired the next day.

Says Engelman: "Stress hormone cortisol levels rise when you're fatigued, which leads to weight gain." Typically, a sleepy bride will look to food to feel more energized says Brooke Alpert, R.D., author of *The Diet Detox*, "more often than not choosing high-sugar foods to give that boost to power through a tired moment." Note that besides being caloric, sugar increases the risk of breaking out, warns Engelman. And adding insult to injury, "When we're sleep deprived, ghrelin—a hormone that stimulates hunger—levels rise, making you want to reach for even more food," Alpert says.

Some ground rules from the National Sleep Foundation.

- Try to stay on a schedule of going to bed and waking up at the same time seven days a week. This will aid in getting your body clock regulated, which will help you fall—and stay—asp



Hydration
 Regenerating
 Night Cream,
 phyto.com

Say Yes to
 Blueberries Skin
 Recharging
 Sleeping Mask,
 yesto.com

One by Twi
 improve slee
 Reserveage
 melatonin a
 include coll
 "It helps yc
 renewal. Plus
 Alpert puts

BRIDAL GUIDE

JULY/AUGUST 2018

714
WAYS TO
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 FOR A DAY
 THAT'S EXTRA
 SPECIAL

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www.bridalguide.com



ISSN 1545-1433
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Yes To Cotton Anti-Pollution Oxygenated Foaming Cleanser

July, 2018
Magazine

Must Love
BEAUTY

ARE YOU OBSESSED WITH SKIN CARE, LIP GLOSS, FRAGRANCE, MASCARA, AND VIRTUALLY EVERY OTHER BEAUTY PRODUCT? ON THE NEXT NINE PAGES ARE ALL-NEW PRODUCTS THAT WE ARE IN LOVE WITH.

BY ROBIN BASILE

simply
the best
south florida + life + style

simply
the best
south florida + life + style

*Fabulous
Fragrance*

**MUST-HAVE
MAKEUP**

**NEW FAVORITES:
SKIN, HAIR & MORE**

**THE
BEAUTY
ISSUE**

+ *Halle Berry*

US \$5.95
JULY/AUGUST 2018

561-340-2100



6 This water-gel moisturizer instantly quenches skin and provides ongoing moisture. Clinically proven to more than double the skin's hydration and hydrate skin for 24 hours. **H2O+ Beauty Oasis Hydrating Treatment**. Available at H2Oplus.com.

7 This new foaming cleanser is formulated with cotton extract and oxygen, along with antipollutants for protecting skin after you wash. The bottle has a built-in massager, which is great for traveling, as well. **Yes To Cotton Anti-Pollution Oxygenated Foaming Cleanser**. Available in drugstores nationwide.

Yes To Cotton Comforting Facial Wipes
 July, 2018
 Magazine



A. PERFECT WIPE FOR: WASHING YOUR FACE
 Need to run out right after Pilates? **Yes To Cotton Comforting Facial Wipes** wash sweat and grime away sans a trip to the locker room. Antioxidant-rich cottonseed oil and vitamin E keep even über-sensitive skin in check without stripping it of its natural moisture (\$5 for 25; [walgreens.com](#)).

Teaser Beauty **Get Groomed**

Swipe Right

Whether you just don't want to lug a full cosmetic bag, or you're just running short on time, cleansing cloths are a great summer go-to. There's a wipe that subs for facial cleanser, body wash, makeup remover, shampoo—even antiperspirant. Read on for some of our favorites.

- B. PERFECT WIPE FOR: REMOVING MAKEUP**
 Long-wearing makeup is a summer lifesaver, but washing it off can be a drag. Solved: **Biossance Squalane + Antioxidant Cleansing Cloths** remove dirt and makeup without irritation while conditioning lashes and brows, thanks to a sugarcane-derived ingredient (\$18 for 25; [biossance.com](#)).
- C. PERFECT WIPE FOR: FRESHENING UP DOWN THERE**
 Humid weather, sweaty workouts and wet bathing suits mean...you might feel a little less than pristine. **The Honey Pot Company Personal Sensitive Wipes** maintain pH balance and don't irritate delicate skin, since they're infused with probiotics, antioxidants, aloe and cucumber (\$10 for 30; [target.com](#)).
- D. PERFECT WIPE FOR: DE-GREASING HAIR**
IGK Swipe Up Charcoal Dry Shampoo Hair Blotting Tissues mimic the idea of blotting papers, but for your mane. The black charcoal powder absorbs excess oil and leaves a light, fresh scent on strands. Stash them in your desk drawer, glove compartment and gym bag for instant touch-ups (\$18 for 16; [sephora.com](#)).
- E. PERFECT WIPE FOR: PREVENTING SWEAT AND ODOR**
 Never be caught without deodorant again. **LA FRESH Travel Lite Unisex Antiperspirant Wipes** protect from wetness and stinkiness (\$20 for 50; [lafreshgroup.com](#)).
- F. PERFECT WIPE FOR: "SHOWERING" ANYWHERE**
 Running water not an option? **Dirty Boy Bamboo Face & Body Wipes** allow you to wash up on the go. With natural antifungal properties, these biodegradable bamboo softies will help you clean up and cool down (\$7.99 for 30; [rebelsrefinery.com](#)).
- G. PERFECT WIPE FOR: APPLYING FRAGRANCE**
 Test-drive 10 different scents to find the one with enough juice on the wipes to cover everywhere you dare to wear it—wrists, neck, décolletage, etc. It goes without saying that they're a great alternative to hauling a perfume bottle around (\$24 for 20; [sephora.com](#)).

THE WORLD'S MOST BEAUTIFUL STUDIOS: THEY'RE WHAT YOUR PILATES DREAMS ARE MADE OF!

13 SECRETS OF SUCCESSFUL STUDIO OWNERS
 DOS AND DON'TS OF GOING FROM START-UP TO BENEFIT GIG

TAKE YOUR WORKOUT ANYWHERE
 THE MAGIC CIRCLE SERIES FOR ALL LEVELS

ADVENTURE CALLING!
 SCALING GLADDERS, DEFEATING PUNCHED THE LUNGES & MORE. MADE POSSIBLE WITH THE METHOD.

PLUS: WHAT PILATES PROS DO FOR SELF-CARE

Yes To Cotton Anti-Pollution Oxygenated Foaming Cleanser
 July, 2018
 Magazine

Easy Beauty

WD editors bring you the best products that save time (and money!).

{ Save Money }

3-in-1 HAIR HERO

Reduce hair-care costs—and clutter—with new Garnier Fructis Smoothing Treat With Avocado Extract (\$8, drugstores). This lightweight multitasker made from softening shea butter works as 1. a conditioner; 2. a nourishing mask (when left on for a minute); and 3. a smoothing leave-in conditioner. It's the perfect solution for frizzy, damaged strands!

{ Save Time }

Fast-Acting Foams

Light as air, these can be applied, absorbed, and rinsed off quickly so you're ready in a flash.

1 BODY WASH Swiftly suds away grime with lush Caress Botanicals Mediterranean Neroli & Green Tea Shower Foam (\$5.50, drugstores).

2 CONDITIONER Natural extracts in Herbal Essences Cucumber & Green Tea Foam Conditioner (\$6, drugstores) hydrate hair while feeling weightless.

3 SUNSCREEN Coppertone Defend & Care Whipped Ultra Hydrate Sunscreen SPF 50 (\$13, drugstores) can be spread on skin speedily for easy protection.

4 FACE WASH Cleanse your complexion in a snap by using the brush to smooth frothy **Yes to Cotton Anti-Pollution Oxygenated Foaming Cleanser** (\$10, Ulta) on skin.

{ Save Face }

Your Best Brows

Full, polished arches define your eyes and face. Find the right new booster for you.

For THIN BROWS
 Glide on a brow pomade with tiny fibers that mimic hairs to add extra volume throughout, like Physicians Formula Brow Last (\$11, drugstores).

For THICK BROWS
 Shape and tame unruly hairs by brushing on a brow gel, which provides stay-in-place hold. Try E.L.F. Beautifully Bare Sheer Tint Brow Gel, \$5, elfcosmetics.com.

For PATCHY BROWS
 A fine-tipped brow tint, like Flower Beauty Brow Vixen Tattoo Effect Stain (\$9, Ulta), lets you fill in and blend bare spots with subtle, hairlike strokes.

Healthy, Radiant Skin P.114

WOMAN'S DAY
 The Best of **SUMMER**

NEW RECIPES!
 SLAWS & SALADS
 TASTY TACOS
 NO-COOK NOODLES

How to Travel for *(Almost)* **FREE**

Fresh & Fun *ice cream* Sandwiches

Supercharge Your Walk!
 Clear Your Mind, Slim Down

4 FACE WASH Cleanse your complexion in a snap by using the brush to smooth frothy **Yes to Cotton Anti-Pollution Oxygenated Foaming Cleanser** (\$10, Ulta) on skin.

WOMEN'S Running

Yes To Cotton Anti-Pollution Oxygenated Facial Mask

July, 2018
Magazine

WARM UP > WE'RE OBSESSED

1 With this foamy **Yes To Cotton Anti-Pollution Oxygenated Facial Mask** (\$16, yesto.com), you can have both a 10-minute facial and protection against environmental pollution. Made with cotton extract and 95 percent natural ingredients, the gel turns bubbly on contact to nourish and condition your skin. This easy-to-use, low-effort facial is just what we need at the end of a long day!



Do you avoid painting your nails because you're afraid of the damage it will do? With the **ORLY Breathable Treatment + Color** (\$10, orlybeauty.com), you won't need to fret—this "breathable" formula allows oxygen and hydration to penetrate the nail and nourishes it with argan oil and vitamin B5. Plus, your mani/pedi will be done in a snap—the all-in-one polish doesn't need a topcoat or basecoat.



2

It's easy to toss hair back into a ponytail or messy bun, but convenience comes at a cost. Thick elastic bands can cause thinning, breakage and split ends, especially if you tend to secure your hair at the same spot on your scalp each time. To minimize damage, invest in **Cyndibands** (\$5.95 for pack of six, cyndibands.com). The gentle hair tie minimizes breakage and is less likely to create ouch-inducing knots when it comes time to let your hair down.



4

3 Honest products aren't just for babies—the **Honest Shampoo + Body Wash** (\$10, honest.com) is free of chemicals and can clean your body from head to toe. Made with aloe, chamomile, coconut oil and quinoa extract, these two-in-one combos nourish and soften your skin. Sneak in a pre-work sweat sesh at the gym, keep this in your bag and come to the office smelling like one of four pleasant scents!



With this foamy **Yes To Cotton Anti-Pollution Oxygenated Facial Mask** (\$16, yesto.com), you can have both a 10-minute facial and protection against environmental pollution. Made with cotton extract and 95 percent natural ingredients, the gel turns bubbly on contact to nourish and condition your skin. This easy-to-use, low-effort facial is just what we need at the end of a long day!

THE BODY ISSUE celebrating scars, setbacks and overcoming the unexpected

WOMEN'S Running

STRONGER THAN EVER

GEAR REVIEW ALERT!
Sports bras & leggings that work for everyone!

ULTRARUNNER **Hillary Allen** TALKS ABOUT LIFE, DEATH AND THE IMPORTANCE OF RESILIENCE

THE BEST SUNGLASSES
FOR SWEATY SUMMER RUNS

GET CHECK
KEEP YOUR STOMACH HAPPY ON THE RUN





Yes To's summer line helps shoppers put their best face forward

Yes To wants consumers to put their best face and head of hair forward.

LATEST



Just in time to ease the summertime skin woes, the beauty brand has unveiled its new lineup for the season, which includes everything from 3-in-1 masks, scrubs and cleansers, to mask removing wipes and single-use hair clay masks.

To kick off some major skin TLC, the brand is unveiling:

- Yes To Single Use 3-in-1 Mask, Scrub and Cleansers, which treat, exfoliate and cleanse skin. The products are made with 95% natural ingredients and come in Superblueberries Skin Recharging Greek Yogurt and Probiotics, Coconut Energizing Coffee, Tomatoes Detoxifying Charcoal and

eaMoisture uses green coconut, activated charcoal hydration

Cucumbers Calming varieties that retail for \$3.99 each, and can be found at Target and Ulta Beauty;

- Yes To Mask removing wipes, which come in Detoxifying Charcoal and Calming Cucumber, and help wipe away all types of face masks while leaving skin refreshed. A pack of five wipes retails for \$2.99 and can be found at Target and Ulta Beauty;
- Yes To Single Use Mud Masks, which come in Coconut Single Use Energizing Coffee and Superblueberries Skin Recharging Greek Yogurt and Probiotic, that help remove impurities and recharges skin. Each mask can be applied for 5-to-10 minutes, rinsed with water and come in a .33-fl.-oz. single-use pack that retails for \$2.99 at Target and Ulta Beauty;
- Yes To Single Use Peel-Off Masks, which target impurities, hydrate, calm and brighten skin. The masks come in Coconut Energizing Coffee, Cucumbers Calming, Tomatoes Detoxifying Charcoal and Grapefruit Vitamin C Glow-Boosting varieties, and retail for \$2.99 each at Walmart, Target and Ulta Beauty;

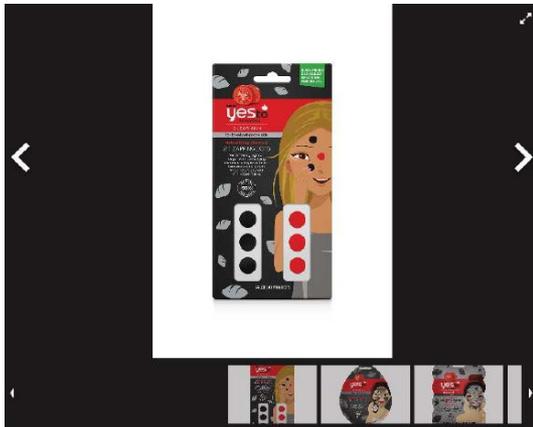
- Yes To Single Use Bubbling Paper Masks, which start bubbling on contact to help infuse skin with oxygen to purify and deep clean skin. Each mask leaves skin replenished, refreshed, dewy soft and glowing, and comes in Tomatoes Anti-Pollution Detoxifying Charcoal, Cucumbers Calming, Coconut Energizing Coffee, Grapefruit Vitamin C Glow-Boosting and Tomatoes Acne Fighting options. To use the mask, consumers simply need to apply it to clean skin, watch the bubbles appear, leave on for 10 minutes, then remove it and rinse off skin. Each mask retails for \$3.99 each and can be found on the shelves of Target and Ulta Beauty;

- Yes To Single Use Hair Clay Masks, which are formulated to cater to such specific hair types and concerns as soothing scalp relief, and curly and frizzy tresses. The rinse-off formulas provide essential moisture as they deep clean both the hair and scalp. Featured ingredients bentonite and kaolin clays help remove buildup and leave tresses feeling smooth and soft in just 5-to-10 minutes. The clay masks come in Superblueberries Single Use Frizz-Fighting and Tea Tree Oil Single Use Soothing options, which retail for \$3.99 each. To use the masks, consumers need to apply it to wet or dry hair from roots to tips and leave in for about 3-to-5 minutes. It can then be rinsed out or shampooed out if used before washing hair;

- Yes To Tomatoes Anti-Pollution Detoxifying Charcoal Oxygenated Foaming Cleanser, which is formulated to gently cleanse and not strip the skin, while also removing impurities and balancing skin's moisture level. The product's foam is formulated with antipollution protection and is dispensed through a soft, flexible, built-in cleansing brush that helps remove makeup, while also deep cleaning and providing a mini face massage. The cleanser comes in a 3.8-fl.-oz. size that retails for \$9.99 and can be found at Target; and

- Yes To Tomatoes Detoxifying Charcoal Zit Zapping Dots, which are mini masks-targeted for the treatment of acne. Formulated with charcoal, salicylic acid and tomato extract, the dots help fight and prevent future breakouts while also drawing out pore-clogging dirt and impurities. The Zit Zapping Dots can be kept in place for 8-to-10 hours and come in a pack of 24 that retails for \$8.99 at CVS, Target, Walmart Ulta Beauty and Walgreens.

As with other products from the brand, all of Yes To's newest launches are made with 95% natural ingredients, and formulated without parabens, SLS and silicones, and also are Leaping Bunny certified.





Lornamead



Shield – 2n1 Shampoo/Conditioner & Detangling Spray

July 14, 2018

Justjodishaw.com

Blog 35,000

summer camp checklist

- Hair Ties (girls) or Hat
- Glasses/contacts and cleaning
- Lice Shield 2 in 1 Shampoo
- Prescription medication
- Sunglasses
- Lip Smackers Lip Balm
- 2 Towels for shower/swim
- Swim shoes
- Light spring/rain jacket
- Jogging pants/play pants
- Rain gear
- Shorts
- Sweatshirt
- Swimsuit / Swim Trunks
- Sunscreen SPF 50 or above
- T-shirts
- Tank tops
- Underwear
- Socks
- Pajamas
- Socks
- Bras
- Water bottle
- Deodorant
- Feminine hygiene products
- Bug repellent
- Nail Clippers
- Tissue
- Soap
- Toothbrush, Toothpaste
- Camera
- Flashlight
- Laundry Bag
- Bedding / Sleeping bag
- Journal to write home
- Spending money (if allowed)
- Favorite stuffie or photo
- Deck of cards
- Board game
- Book to read
- Small backpack for daytrips
- Pocket knife for crafts
- Band-aids
- Sandals / Flip-Flops
- List of Allergies/foods
- Stamps/envelope for mail
- washcloth
- Compass



Lice Shield

I cannot stress enough how an itchy head full of bugs can put a damper on camp. Lice can attack at any time – anywhere. Put forty or more kids together and you are bound to deal with pesky lice at some point or another which is why I never send my son to camp without Lice Shield 2 in 1 Shampoo & Conditioner (\$10.99) at Walmart and Lice Shield leave-in conditioner (\$10.99) which you can spray into their hats, scarves or anything they wear to shield them from a lice attack so they can run around and play without worrying. Lice Shield is non-tox using a blend of natural oil extracts to repel lice that include Citronella (mosquito repellent also) and Eucalyptus.

Just Jodi Shaw UNPLUGGED



5 MUST HAVE THINGS KIDS NEED TO PACK FOR SUMMER CAMP + LICE SHIELD GIVEAWAY!

Summer camp is something I remember as part of my childhood memories as being one of the best times of my life. Now it is time for me to ship my son off for a week, and my nerves are always on overload. Organizing what he needs to bring is essential. I hate forgetting to pack things for him, especially when he has special needs. Forgetting things like his favorite pillow and toothbrush, okay not great but we can get by. Sunscreen is a must as is NO electronics. So this year I discovered 5 must have things kids need to pack for summer camp so they can enjoy themselves and make memories of their own.

Time For A Giveaway!

One lucky Canadian reader of Just Jodi is going to win a Lice Shield Summer Camp Essentials Pack which includes 2 in 1 shampoo/conditioner and conditioning spray. Please enter using the form below. Good Luck!

GT Lice Shield Summer Camp Giveaway!

Ends: 7/29/2018 2:59 AM EST Options

Entries: 281

Email:

Name:

Remember Me

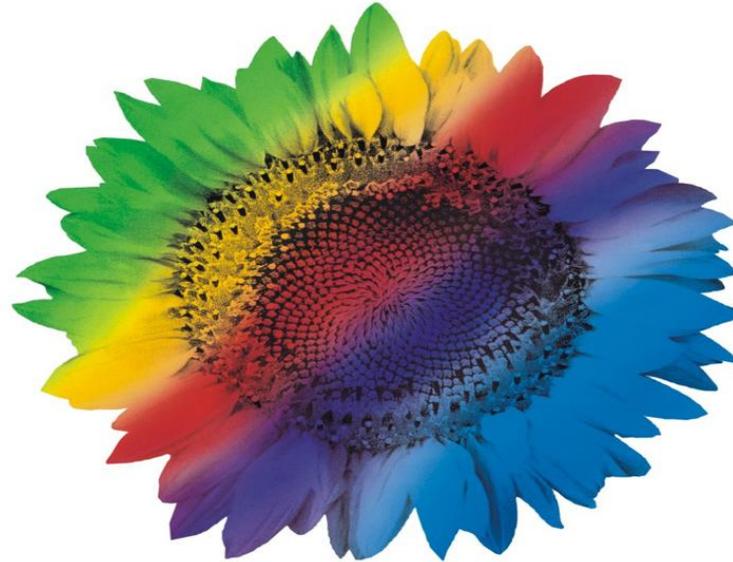
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Entry form powered by **Giveaway Tools**

<https://justjodishaw.com/5-must-have-things-kids-need-to-pack-for-summer-camp-lice-shield-giveaway/>



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YARDLEY
LONDON

Yardley English Rose Perfumed Talc

July 22, 2018

Website

Beautyvixen.ca



Yardley English Rose Talc Powder

I reviewed Yardley London's English Rose line back around Mother's Day, and well I adore the stuff. I love how it smells just like real roses and it lingers on the skin in such a nice way. Well, now it is ridiculously hot where I live and I feel like sweaty melty mess. I knew I liked their scented talc powder, but I wasn't aware how much I needed it in my life until the heat hit.

In the mornings when I wake up a little bit sweaty from the night (just that little dewyness that I hate) I apply some and feel so much better (and don't worry about smelling). When I get home from my long bus commute home I love to put some on to make me smell nice and absorb any wetness from the heat. Most of all my boobs love it. Any woman who has ever dealt with the heat knows, our chest can get a bit sweaty too. Now I am very lucky that I don't suffer from this too bad, but bras still cause sweat and chafing, and pretty much I hate it all in this weather. I pat some talc on and I not only do I smell good, all extra moisture disappears and I seem to stop sweating for the next couple of hours anyways. I really am liking it for early mornings and at night after work for a quick refresh if I have to pop out again. I am also getting lots of compliments on how I smell when I wear it, which is positive since I have been so insecure about it.



Five Things I am Loving Right Now - Summer 2018 Edition

BY JILL OLIVER · SUNDAY, JULY 22, 2018 · 5 THINGS, 5 THINGS I AM LOVING RIGHT NOW, GLOTION, HAIR, HIGHLIGHTER, L'OREAL GLOW, LEAVE IN, LOREAL PERSPIREX, TOTAL REPAIR, TOTAL REPAIR 5, YARDLEY



It is summertime, which means one thing, Five Things I am Loving Right Now - Summer Edition. Let's take a peek at 5 things I am loving for this hot summer that we are having.

pdcc brands
beauty & wellness



BODY
FANTASIES®

BF Hearts and Daisies Body Spray

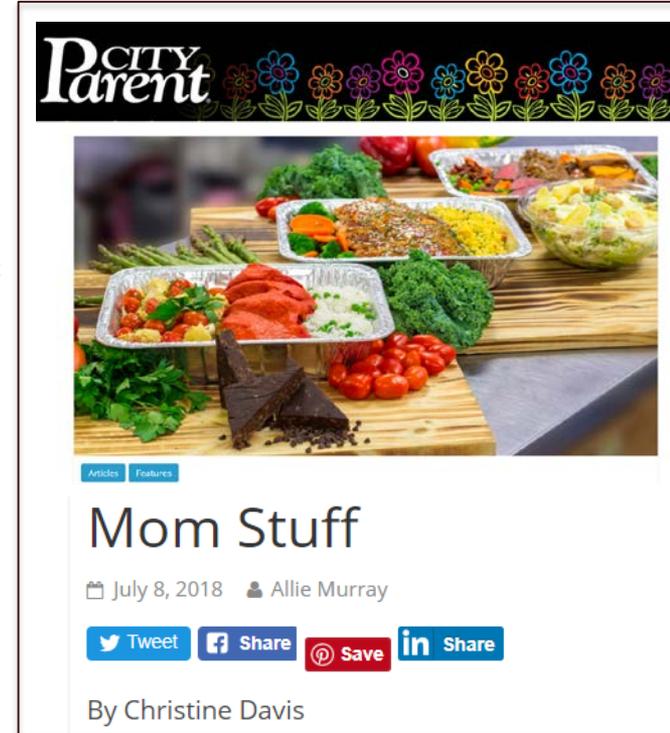
July 8, 2018

Cityparent.com

Online 50,000

Body Fantasies Hearts & Daisies

The fruity and floral notes in this new fragrance mist create a flirty scent that's perfect for summer. Available at Shoppers Drug Mart and Walmart. \$7.99



City Parent

Articles Features

Mom Stuff

July 8, 2018 Allie Murray

Tweet Share Save in Share

By Christine Davis

BF Hearts and Daisies Body Spray
July 9, 2018

makeupmostwanted.com/

Online 1,000

MAKEUP MOST WANTED

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09
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2018

Makeup Most Wanted June 2018

categories: [Bath And Body](#), [Body Care](#), [Cruelty Free Makeup](#), [Hair Reviews](#), [Makeup Most Wanted](#), [Makeup Reviews](#), [PR Sample](#), [Uncategorized](#)

It seems like the weather in Toronto went from winter to middle of summer in two days. As a result June was hot and sticky and the products I loved the most definitely reflected that.

Body Fantasies Hearts & Daisies



When the weather is hot, I tend to like a body spray over a perfume since they're generally lighter. And just in time for summer, Body Fantasies have released Hearts & Daisies, a light, fruity and floral scent. With notes of green apple, pink peony, daisy and creamy woods, this is a great summer body spray.

Me!Bath – Pomegranate & Cucumber Melon

July 13, 2018

cityline.tv/

Website 45,000

TV 935,100



Cityline

VIDEOS TODAY'S SHOW CONTESTS JOIN US RECIPES

WEIGHT LOSS CHALLENGE DAILY PRIZING MENU 



July 13, 2018 – Fashion Friday

43:25 July 13, 2018

July 13, 2018. Fashion Friday. Lynn Spence goes shopping for hot summer buys, plus has the latest technology to look for in bras. Tracy Peart has the perfect plus size dresses for any event. Alison McGill brings the hottest bridal trends. Anne Zimmerman and Sal Leonetti giving one lucky audience member a makeover!

PACIFIC WORLD™

C O S M E T I C S

SENSATIONAIL®

SENSATIONAIL – Nail Express Gel Kit

July 10, 2018

Fashionableheart.com

Blog 5,000



9. SensatioNail Express Gel Kit

<http://www.fashionableheart.com/2018/07/instajune2018.html>

Fashionable Heart

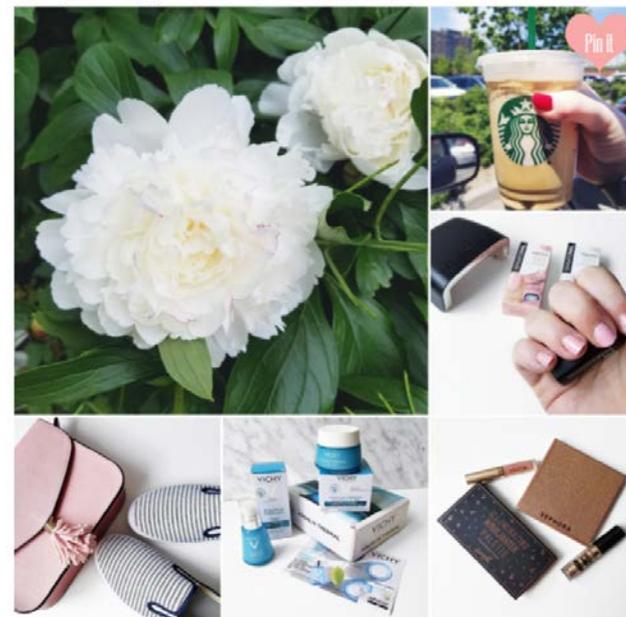
TUESDAY, JULY 10, 2018

InstaMonth for June 2018 and a Book Recommendation

June went by quickly! With July 1st come and gone, we are officially in the latter half of the year. Someone tell me how that happened. We're all going to blink and see Christmas decorations pop up out of nowhere. Granted with how fast stores get them out these days, I wouldn't be surprised if that happens soon anyway! Just let me enjoy my beloved autumn first, please!

June ended on a scorching heat wave. Did you get one where you are? I stayed in as much as possible on those days. One of the days saw me staying up until 5am reading *Crazy Rich Asians*. I let this book escape my attention for the longest time and that was a big mistake on my part. Kevin Kwan wrote such a steamy and gossipy story and it pulled me into a world that was completely new to me. This is a perfect summer read and just in time for the upcoming movie, which is actually what made me interested in reading the book. I loved the trailer for it! I've already placed my name on the waiting list for the next book in the series.

Here are a few highlights of what I've been up to over on my Instagram!



7. My MIL's garden. // 8. Addiction at its finest. // 9. SensatioNail Express Gel Kit
10. All that glitters is gold. // 11. New Vichy from Influenster. Review coming! // 12. National Pink Day.