



Media Coverage 2018



Run or walk past The Falls TWICE!, through the Niagara Parks, past the churning rapids, and out and back along the mighty Niagara River. This will be the wateriest course in Canada. Experience this wonder of the world like never before!

PACKET PICKUP LOCATION & TIMES 5K TRAINING PROGRAM

What happens on June 3, 2018 - EVENT DAY!

Plan to arrive by 6:30 am at the start/finish line located at Upper Rapids Blvd at Portage Road, Niagara Falls, Ontario - across from Marineland.

The music and fun begins at our Start/Finish area. Relax, stretch, meet other fantastic women, and be EMPOWERED. Use the toilets early! Avoid the line-ups. **Half Marathon event will start at 8:00 am.**

VICOL









Yes To Charcoal Micellar Water

June 2018

dancemagazine.com

Magazine

Impression: 750,000









Yes To Cucumbers Facial Wipes

June 2018 familycircle.com

Magazine

Impression: 10,115,880

Mini Me

You can't take your full-size bath and beauty products on the plane, but there's no need to go without: These TSA-friendly versions will have your family looking and smelling as fresh as they do at home.



1/ Hampton Sun Hydrating Aloe Mist, hamptonsuncare.com, \$10. 2/ Jack Black Supreme Cream Shave Lather, getjackblack.com, \$13. 3/ Oribe Imperméable Anti-Humidity Spray, oribe.com, \$22. 4/ Bath & Body Works Shea Butter Hand Cream, bathandbodyworks.com, \$4. 5/ Living Proof Perfect Hair Day Dry Shampoo, sephora.com, \$13. 6/ Sphynx Portable Razor, shopsphynx.com, \$15. 7/ Harry Josh Pro Tools Mini Oval Brush, dermstore.com, \$25. 8/ Drybar The Tiny Tress Press, sephora.com, \$49. 9/ Bare Republic Mineral Sport Sunscreen Stick, target.com, \$10. 10/ Fresh Lotus Youth Preserve Face Cream, fresh.com, \$17. 11/ Tata Harper Volumizing Lip & Cheek Tint, tataharperskincare.com, \$36. 12/ Hello Mini Toothpaste, helio-products.com, \$16. 13/ Stowaway Cosmetics Essential Eye Palette, stowaway.cosmetics.com, \$26. 14/ Yes To Cucumbers Travel Facial Wipes, target.com, \$3. 15/ Dove Men-Care Body and Face Wash, drugstores, \$1.50. 16/ Lancôme Crème Mousse Confort, lancome-usa.com, \$15. 17/ Honest Hand Sanitizer Spray, honest.com, \$6 for 2-pack, 18/ Secret Freshies, drugstores, \$5.





FamilyCircle

Style

Yes To Charcoal Mud Mask

June 18, 2018

<u>Diaryofatrendaholic.blogspot.com</u>

Blog

2,000

Sun exposure can be very damaging so your skin needs weekly replenishing treatments to maintain youthfulness. Thankfully Shoppers carries a wide range of rejuvenating face masks including brightening eye pads (\$8.00) detoxifying mud (\$1.99) and purifying charcoal (\$1.99). These are also very convenient for travel.







MONDAY, JUNE 18. 2018

Shoppers Drug Mart Summer Beauty Picks

In the next few weeks I have plans to embark on a few road trips, travel and attend shows, parties and picnics. Summer is short so get out there and enjoy it while you can! Today I am featuring some of Shoppers Drug Mart's top beauty picks to help you navigate the season with confidence.



After a long day of fun in the sun, let your skin breathe by removing all that makeup, sunscreen and sweat. The Life Brand Micellear Cleansing Wipes (\$9.99) gently lift away dirt, oil and impurities with a parabenfree formula and soft plant-based fibers. These refreshing towelettes are great for travel, the gym or your





Wallpapers-Junction.Com



Yardley English Rose Talc & Body Mist

June 7, 2018

ladiesfund.com

Website 20,000

Then, continue to pamper yourself \dots



Yardley's English Rose Perfumed Talc



Yardley's English Rose Body Mist





Yardley Classics

June 22, 2018

Website: 75,000

Magazine: 51,000 - 105,000

foreveryoungnews.com



McGaughey Consumer Products

warmer weather. Mix and match for a custom scent. Available at Shoppers Drug Mart. \$9.99

to \$18.99



http://www.foreveryoungnews.com/lifestyle/the-goods-6/



OC ORONGS beauty & wellness

bodycology[®]

Dr Teal's



BODY FANTASIES®

BF Hearts and Daisies Body Spray

June 1, 2018
Beautycrazed.ca

Blog: 8,000





JUNE 1, 2018

Fragrant Friday - Body Fantasies Hearts & Daisies



Body Fantasies Hearts & Daisies Fragrance Body Spray - 236ml - \$7.99 - a fun summer fragrance with top notes of crisp green apple, watery melon and pear; hear notes of sun-drenched daisy, muguet, ozone and pink peony; and base notes of vanilla and creamy woods.

Go ahead and spray liberally, it has a lovely light, scent that is refreshing on a hot day with the added bonus of very impressive staying power for a body spray!

Available now at Shoppers Drug Mart stores across Canada.

- Lisamarie -



BF Hearts and Daisies Body Spray June 21, 2018 Blog 8,000

Beautycrazed.ca



JUNE 21, 2018

Calgon Hawaiian Ginger Moisturizing Bath Fizzies take you away!



There's nothing like a good soak after a long summer day - made even better when you throw in a **Calgon Bath Fizzy** - it improves circulation, soothes sore muscles and minor aches and pains away as well as detoxifies skin from all that sun! They come in a bunch of amazing scents but this is the one that screams summer to me:

Calgon Hawaiian Ginger Moisturizing Bath Fizzies - $8 \times 60g$ - \$7.99 - revitalize mind and body with a fragrant, moisturizing soak scented with the dazzle of island sunshine and the exhilarating rush of exotic fruit while delivering skin softening Vitamin E.

Of course nobody wants to take a hot bath in the summer and while after a long, hot day a cold bath may seem tempting but would be most unpleasant so stick with tepid water - it will actually cool you down better then a cold bath would!

Available at drugstores across Canada.

- Lisamarie -



Dr. Teal's Coconut Oil Epsom Salt

June 7, 2018 ladiesfund.com

Website 20,000

Soak in a bath ... relax and soften your skin.

We recommend:



Dr. Teal's Pure Epsom Salt Soaking Solution - Coconut Oil.





Dr. Teal's Coconut Oil Epsom Salt

June 12, 2018

<u>Diaryofatrendaholic.blogspot.com</u>

Blog 2,000

4. Do Something Relaxing Before Bed

One of the hardest things to do when I get in bed at night is shut my brain off. I am always thinking about how much I have to get done the next morning, what I should make for dinner and all the deadlines coming up. To help de-stress and calm your nerves after a busy day, try a relaxing activity like reading, exercise, meditation or listening to soothing music. I like to indulge in a little self-pampering by taking a long, hot bath with Dr, Teals Pure Epsom Salt + Coconut Oil (\$8.99 at drugstores nationwide). The rich minerals and nourishing oil helps ease muscle aches and soreness for a more restful sleep.







TUESDAY, JUNE 12, 2018

10 Tips to Improve Your Beauty Sleep

Today I am going to discuss sleep - a topic that many of us need to address for the benefit of our health and productiveness. Life can get pretty chaotic, especially when trying to balance work and responsibilities with family life and leisure. I fall victim to this myself – staying up to write press features, going to bed at 4 am or dealing with terrible jet lag. Sometimes the culprit is weekend partying or bingewatching a new show, but whatever the reason, sleep and relaxation should be one of your top priorities – after all, they do call it "beauty rest."

Getting enough sleep is imperative to cognitive and behavioral functioning but it also has amazing benefits for your skin and well-being. Exhaustion can make your complexion appear dull, sallow and blemished with dark under eye circles and puffiness. You may also be more susceptible to viruses like the common cold.

During REM or deep sleep, the body fortifies immune resistance, heals and regenerates so today I am sharing a few tips and products to help improve your sleep quality.



Dr. Teal's Coconut Oil Foaming Bath & Epsom Salt Dr. Teal's Sea Kelp Foaming Bath & Mineral Soak June 16, 2018

justjodishaw.com

Blog 35,000









Dr. Teal's Relax & Unwind

Even dad needs to unwind and relax and there is no better way than with Dr. Teal's to allow him to get those aching muscles and kinks out. Two specific products fit for dad are Dr. Teal's Epsom Salts and Bath & Foaming Bath in new Infused with Coconut Oil or Sea Kelp. Coconut oil is the most desired of moisturizing oils and helps heal skin irritations and soothes skin. It's a powerful moisturizer that is beneficial to restoring dry or flaking skin and contains powerful antioxidants to naturally help fight wrinkles while keeping the skin moist and is proven to help anti-inflammatory properties.







BEST FATHER'S DAY GIFT IDEAS 2018

June 16, 2018 / Life & Family, Shop & Blog Feature / 2 Comments

He's supportive, caring and always there for you, and each year we take a moment to celebrate dads, and this year Father's Day Gift Ideas for 2018 are exploding. No more neckties. No more socks. This year, Father's Day gifts are things dad can actually use, and need. Everything from Father's Day gift cards so that dad can go shopping, to finding that perfect Father's Day recipes dad can do up on the grill. I've put together my favorite Father's Day Gift Ideas for the year for you to consider getting dad, so let's jump to it!

https://justjodishaw.com/best-fathers-day-gift-ideas-2018/



PACIFIC WORLD

SENSATIONAIL

SensatioNail Gel Polish & Express Gel Manicure Kit

June 4, 2018

Canadianfashionista.net

Blog 280,465

I was traveling this month, and the last thing I wanted to worry about was, my nails. Keeping your nails picture perfect for two weeks is often a challenge, unless you get a professional manicure. Sadly, to say, I didn't have the time before I left to get to the salon, so I relied on my SensatioNail Express Gel Complete Manicure Kit. Unlike traditional gel manicures, that must be cured under a LED lamp for upwards of 20+ minutes, this system cures the polish in just 30 seconds. The kit contains everything you need for a flawless mani at home, and since it doesn't require a base or top coat, you'll have professional quality nails in half the time and at a fraction of the cost. The gel polish is pigmented enough that you only need a single coat, and it also provides an ultra-shiny finish that lasts for days without chipping or fading. I had no problem getting a solid 10+ days of wear-time out of it. It retails for \$59.99 and each polish is sold individually for \$13.







A FASHION, BEAUTY AND LIFESTYLE BLOG

May 2018 Monthly Favourites

Beauty Faves

It's been a crazy busy month, between spring cleaning, traveling and planning our next holiday, I don't know how I managed to fall in love with so many new products. I guess when you love what you do, it doesn't really feel like work (testing out new products). I still wake up each morning and pinch myself to make sure this blogging thing is for real. Never in my wildest dream would I think I'd be making a living off testing out new makeup, playing dress-up and sharing my love for all things fashion and beauty with the world. I guess dreams really do come true?



Trim Kit
June 7, 2018
ladiesfund.com
Website

20,000

Then, give yourself a mani-pedi:



Trim Tip to Toe





McCaughey Consumer Products

SENSATIONAIL EXPRESS GEL MANICURE KIT

June 21, 2018 Blog 5,000

Fashionableheart.com



THURSDAY, JUNE 21, 2018

SensatioNail Express Gel Kit - Red Your Profile, Made Him Blush, Not My Nana's Pearls

The SensatioNail Express Gel formula is new to me. I've never tried these at-home gel kits with the lamps, but I always wanted to try them. Because I always do my nails at home. Sitting in a nail salon is not my thing. My first and last nail appointment was before my wedding 12 years ago. Don't get me wrong, my nails were gorgeous and better than I could ever do them myself. But it hurt. It took forever. And it just wasn't for me.

If my nails don't look professionally done, I'm okay with that. Maybe that's also down to me being a chronic nail biter for over twenty years and finally (most of the time) kicking that habit and I actually HAVE NAILS NOW. I just enjoy painting them myself and being able to change the color whenever I like (because I'm so freakin' indecisive in this department). And now we can get fancy gel nails at home? Count me the heck in.

I was sent the Complete Manicure Kit in *Red Your Profile*, as well as two Express Gel polishes in *Made Him Blush* and *Not My Nana's Pearls*. If you've interested in seeing these shades and hearing what I think about the collection, just keep reading!



