

# Product Review: Make a Splash This Summer with Snow Fox Skincare



By Bre Gajewski

Plant-based skincare is the newest [beauty trend](#), and leading the way is Snow Fox. Snow Fox creates “a professional grade, natural and 100% plant-based formula.” It was originally designed by a Rosacea patient to cater to people with hypersensitive skin; however, it has proven to be extremely effective for all skin types.

## Product Review: [Snow Fox](#) is the summer skincare line used for [celebrity vacations](#) and sultry [date nights](#).

If you are wondering what “plant-based skincare” means and if it really makes a difference, Snow Fox products make sure to notate that their formula includes no parabens, silicones, SLS, palm oil/palm oil derivatives, DEA, MEA or PEG, phthalates, formaldehyde, petrochemicals, phenoxyethanol, mineral oil, sulphates, artificial colors/dyes, artificial fragrances, synthetic preservatives, or animal origin ingredients.



Kourtney Kardashian. Photo: Rich Fury/Getty Images

Even celebrities are going “au naturel” with their skincare. [Kourtney Kardashian](#) uses the Snow Fox Vegan Sheet Mask and made the following testimony:

“Since I’ve tried incorporating natural skincare more and more into my routine, I’ve noticed my skin is less dry. There are

so many chemicals and ingredients in beauty products that strip your skin of its natural hydration and oils...scroll to see my current favorites.”

We love the following three products for glowing skin this summer.



Snow Fox All in One Detox Mask

**[Snow Fox All in One Detox Mask, \\$30](#)**

A powerful mask that moisturizes, brightens and evens out skin tone while tightening pores. Essential oils work to extract impurities from deep within the skin. Key ingredients including Peppermint Oil Extract, Aloe Vera Leaf and 100% Organic Cotton Sheet



Snow Fox Day & Night Defense Multi Cream

**[Snow Fox Soothing Facial Cleansing Mousse, \\$35](#)**

A powerful and gentle formula that removes dirt, oils, and impurities from your face without stripping your skin of moisture. This non-irritant refreshing formula is made from organic peppermint oil extract that provides natural, cooling antimicrobial protection. Key ingredients include Citric Acid, Peppermint Oil and Aloe Vera Leaf



Snow Fox Day & Night Defense Multi Cream

**[Snow Fox Day & Night Defense Multi Cream, \\$55](#)**

Locks in moisture, repairs and protects the skin from environmental stressors. This multipurpose product can be used as a primer, a day cream, a night cream and even a mattifying foundation or BB cream blender. The cream is formulated with antioxidant Ginseng Extract and also works against fine lines, wrinkles and evens out hyperpigmentation. Key ingredients include Olive Fruit Oil, Ginseng Extract, Jojoba Oil and Macadamia Oil.

If you are looking for new skincare products that will give you beautiful, hydrated skin without any chemicals or animal testing, then Snow Fox is for you. Check out their [website](#) and follow them on social media @snowfoxskincare to learn more about their products.

---

# Dress for Success in These Fashion Trends Fit for a Celebrity Lifestyle



By [Mallory McDonald](#)

[Celebrities](#) have personal fashion experts helping them every day looking flawless and hip with the most recent [fashion trends](#). This is why it can feel impossible to look and feel as good in your clothes as the stars do. Don't feel discouraged every day looking at these celebrities social media pages or their red carpet looks anymore. This effortless look can be

achieved especially in the work world and even in your personal life with a few simple tricks.

**With these everyday overall pieces, you can dress for success and take on the world just like your favorite celebrity icons do with these fashion trends!**

**1. Silk patterned dress:** Right now celebrities are rocking a lightweight silk dress with intricate patterns to really stand out from the crowd. Rocking this style is perfect for a night out on the town or a work day in the office.

**2. Low cut blazers:** If you are going to work, rocking a sleek low cut blazer with an undershirt will help you feel confident taking on the day. But also, if you are going out to drinks after a long day of work, ditch the undershirt and rock the blazer on its own!

**Related Link:** [Fashion Advice: 3 Secrets to Finding the Perfect Dress for a Formal Event](#)

**3. Laced up sweatshirt:** On those days you just need to run some errands and don't want to look completely out of the fashion realm, rock a hooded sweatshirt with lace-up ties in the front to be comfy and chic.

**4. Across the shoulder:** Right now across the shoulder shirts and dresses are taking over the fashion world by storm. Celebrity icons such as Jlo and Ciara are making a splash rocking this style.

**Related Link:** [Fashion Trend: Essential Style Tips for Men to Boost Attraction](#)

**5. Band T-shirts:** Rocking an older band t-shirt such as Aerosmith or The Grateful Deads with a classic pair of ripped jeans and possibly a leather jacket depending on weather will make you stand out in the crowd.

**What are some of your celeb-like fashion trends? Share your comments below.**

---

## **Product Review: Exercise Your Brain Daily With A BrainHQ Subscription**





By [Mallory McDonald](#)

With a lot of our time spent watching reality television, checking social media on our phones and constantly having tasks to do throughout the day, working out your brain just doesn't always make the list. In fact, many people including [celebrities](#) don't make time to exercise one of the most important parts of our bodies. [Fitness trends](#) have been taking over America and healthy dieting options are becoming our go-to. With all of these switches to a more healthy lifestyle, don't skip out on your brain in the process! For less than 50 cents a day, \$14 a month or a \$96 yearly subscription, you can become smarter than you have been in years!

**Don't Waste Your Time On Average Brain Exercises On The Internet. Get a [BrainHQ](#) Subscription and See Results Almost Instantly!**



Posit science has worked countless hours to make sure this product is not wasting your time or your money. BrainHQ's co-founder, Dr. Michael Merzenich is an internationally respected leader in the field of neuroscience. Top researchers from around the world help to test, work and create all of the exercises and courses from BrainHQ. The program has a unique patented approach to keeping your brain fit. Each exercise you will participate in has a specific science basis and training goal.

**Related Link:** [Fitness Trend: Why Aqua Cycling May Be For You](#)

When you subscribe to BrainHQ it unlocks 26+ exercises and more than a dozen special courses. These exercises and courses all specialize in different areas such as attention, memory, people skills, navigation, intelligence and brain speed. Taken together, these exercises and courses exercise the entire brain for broad improvements to many aspects of brain function. Unlike other brain exercises, BrainHQ has been published in over 70 scientific papers published in the Journal of the American Medical Association and other top journals. All of these articles say that BrainHQ provides real benefits to the brain. Results include better memory by an average of 10 years, safer driving due to sharper focus and much more!

**Related Link:** [Product Review: Get Your Fitness Wear By Naja, a Socially Conscious Lingerie Brand](#)

---

## **Product Review: The Perfect Products To Start Your New Year Off Right**





*This post was sponsored by Over EZ, Giorgio Beverly Hills, Hair La Vie and Survivor Eyes.*

By [Mallory McDonald](#)

New Year's Eve is the perfect time to say goodbye to your old habits and make peace with the year that has passed. Once midnight hits, it is time to begin a brand new adventure. To make this new year your best yet by feeling your best and looking your best, we have some products that will do just that. Whether you need something to help recover from a fun night out or are looking for a new you to sparkle this new year, we have the perfect products to reinvent yourself for 2017.

**With the New Year already started, these four products are the perfect way to make sure 2017 is your best**

# year yet!

## [Over EZ](#)

New Year's Eve is one of the most fun and over the top nights of the year. Most of the time this includes drinking. If you are starting to have trouble bouncing back from a long night of too many sugary drinks, Over EZ is the answer you have been looking for. It is an all-natural supplement that reduces hangover symptoms, such as headaches, nausea and vomiting. Just one Over EZ has to be taken during alcohol consumption, and the ingredients, including a mixture of vitamins and herbs, work together to flush out the toxins from the body, resulting in a better morning after, without affecting the effects of alcohol. 12 capsules cost \$60, and for that amount you can go out for 3 months and never have to worry about feeling it the next morning!



## [Giorgio Beverly Hills Glam](#)

Something that can be a real change in your everyday routine is the fragrance you choose to wear. Whether it is your everyday fragrance or you want something new and different for a date night out, Giorgio Beverly Hill's fragrance line came out with their newest perfume targeted to make you feel confident, sophisticated and stylish. [Celebrity](#) Julianne Hough is this brand's spokesperson and could not love this new scent more! The fragrance has an undeniably bold combination of white florals infused with sensuous amber and sandalwood. With

bright, sparkling notes, the scent embodies the instantly recognizable glitz and glamour of California's most famous fashion street. Spice up your scent for \$72, and feel like a new person!



### [Hair La Vie](#)

Something that can be one of the most difficult things to change is your hair. New hair styles can make or break your appearance, and choosing the right thing to do may seem impossible. But instead of trying a bold new cut or a vibrant new color, fall back in love with your natural hair using Hair La Vie. Hair La Vie's Moroccan repair serum is \$35 per bottle and is an all-natural hydration system that protects against damage and frizz, while creating instant shine. The serum's unique combination of hair loss fighting ingredients is perfect for those weak, damaged, brittle strands and split ends. Let this be the year your hair doesn't need a trip to the salon to look amazing!



### [SurvivorEyes](#)

One of the latest [beauty trends](#) everyone is still talking about has to do with eyebrows! Having nicely defined and stenciled eyebrows is very important in achieving a perfect overall beauty look! If you have never been good at styling your own eyebrows and need a tool that can help make you feel like a professional, the SurvivorEyes Brow Style Stencil Kit is exactly the product you have been looking for. This particular product was the recent creation of a breast cancer survivor who was inspired to help women struggling with hair loss to look and feel fabulous. The kit is only \$14.95 and comes with 10 eyebrow stencils in unique brow shapes, dual-sided cosmetic applicator brush, instructions for application and stencils and a drawstring pouch for convenient storage. Don't let your eyebrows get the best of you this year!



Reinvent all the best parts of you this year with these products so you can look and feel your absolute best!

---

**Fitness**

**Advice:**

**Which**

# Boutique Fitness Studio Is Right for You?



By [Mallory McDonald](#)

2016 has come and gone, and one thing is for sure, [fitness](#) is still in! The difficult part is deciding what kind of exercise is right for you, what works for your body and what doesn't, can be difficult to figure out. We have some [fitness advice](#) for you: throw out your old 2016 gym membership and do what all the [celebrities](#) are doing by joining a boutique fitness studio! While these boutiques are smaller in scale compared to the bigger gyms, they are much more personalized and it is easier to find which studio is exactly right for you. Depending on what has worked for you in the past, these boutique fitness studios are designed to attract certain

people's workout preferences.

## Here are some of the major fitness boutiques that are taking over the fitness world and how to pick which one you should join!

### Bar Method

Bar method is a fitness boutique that specializes in using a ballet barre for building resistance and working with some of the larger muscles. This routine focuses on building muscle mainly in your legs and your abdominal region. While to some this may not be appealing, if you already have a good cardio workout, and are looking for something to tone muscles this could be your perfect fit. Also, if you have always been flexible, or have done dance as a child but didn't stick with it, this could be a way to do something you once loved while staying in shape!



Photo: Barmethod.com

**Related Link:** [Fitness Trend: Why Aqua Cycling May Be For You](#)

### Orangetheory Fitness

Orangetheory fitness is not for the lighthearted when it comes to working out. If you are looking for a cardio-intensive workout that is going to push you to your breaking point. Each



member must pass through five zones of interval training. Some of these interval training include working out on treadmills, rowing and weights. The after burn of this workout is intense, but if you want fast results and are looking to dedicating yourself to a powerful fitness program, Orangetheory is the place to go!



Orangetheory Studio. Photo:  
Pinterest.com

## **CrossFit**

One of the more popular boutique fitness chains is CrossFit. This fitness plan focuses on functional workouts which include but are not limited to burpees, ab exercises and weights throughout the routine. If you are the type of person who cannot stand doing the same routine over and over again and find yourself not working out because you get bored, CrossFit may be your new fitness home. The routines are constantly varied and you won't ever be doing the same two things. However, it is extremely fast passed with a lot of reps, but they work hard with where you are at physically to make sure you are doing what is best for you body type. CrossFit is known to have very serious members, so if you are looking to join a fitness family this is the right place for you.



Photo: Crossfitaether.com

**Related Link:** [Make Your Love Soar On Date Night With Aerial Classes in NYC](#)

## SoulCycle

If you cannot stand a treadmill or an elliptical but can't find the right cardio workout to shed some calories, SoulCycle is definitely a good option. SoulCycle's aim is to bring some fun into working out which for most people isn't a very fun activity. It is high power indoor cycling and has recently added hand weights and choreography to work on toning your arm and core muscles. The music is very loud and very upbeat to get you set in a good rhythm while your instructor pushes you to your limits! The community within SoulCycle is very strong and if you want to find a good group of friends to workout with you SoulCycle is calling your name!



SoulCycle Studio. Photo:  
SoulCycle.com

**Make sure before joining any fitness boutique to consult the instructors and the studio on your personal body type, what you want to gain and payment plans!**

---

# Product Review: Give Your

# Friends & Family the Perfect Holiday Beauty Products



*This post is sponsored by GLOW for a cause, Jewel Tone Nail, BioClairty, Born Skincare and FACE atelier.*

By [Mallory McDonald](#)

It is that time of the year again when deciding what to get your friends and family becomes a challenge. This year, you don't have to feel that pressure! [Beauty](#) products are a great gift for friends and family, especially because finding the right beauty product is just as challenging as finding the perfect gift. During the holiday season, there are lots of events and parties that we all want to look our best for! This can sometimes become difficult with the harsh weather

conditions, and we try to keep ourselves feeling great, but sometimes fall short. Not only do we have the perfect products for you to gift to your friends and family, but you may just want to keep them for yourself!

**GLOW for a cause, Jewel Tone Nail, BioClarity, Born Skincare & FACE atelier** have the perfect holiday beauty products to get you ready for the season!

### **GLOW for a cause**

GLOW for a cause is an amazing company that not only has some of the best perfumes and skincare products available, but they also donate 5% of all proceeds to six fantastic charities! With natural ingredients like coconut oil, jojoba oil and Vitamin E, your skin will radiate a healthy glow while providing the nourishment it needs to stay vibrant. Each GLOW for a cause product is made with care because they know the importance of high-quality ingredients. Their products are clean, natural, cruelty-free, made in the USA, and some are even vegan! For \$24, you can get all of their products with their TRY IT ALL in a bag set which includes body butter, facial moisturizing cream, facial nourishing cream, facial clay scrub & facial clay mask.



GLOW for a cause products.

## Jewel Tone Nail

Having the time during the holidays to go sit and get a manicure is not always realistic. Instead, you can gift your friends and family with a manicure right at home. Jewel Tone Nail is also the perfect stocking stuffer! Like gel polish, but better, [Glossique](#) offers a safe and creative way for women to express themselves through nail art and achieve a picture perfect manicure in under five minutes! Unlike other nail polish and nail wrap brands, Glossique is non-toxic & chemical free, made in America and requires no heat to apply. Safe for children and adults, they are chemical-free and each Glossique set is offered in standard and petite sizing and has a total of 19 wraps in various sizes. Glossique retails for \$15, and each set is enough to achieve three uses!



A few of the 200 designs you can get with Jewel Tone Nails!

## BioClarity

As temperatures begin to drop, sweater weather sets in, and pumpkin spice flavored everything hits stores, another autumn and winter tradition also takes residence: dry, itchy, and irritated skin. This holiday season, count on BioClarity to restore, soothe, and heal your skin during the chilly season. BioClarity is a unique twice daily, 3-step skin treatment system that's putting chlorophyll (the green stuff in plants) to work in the fight against acne. The BioClarity formula is non-greasy, paraben free, oil free,

and cruelty-free, and suitable for all skin types- including oily, dry, combination, normal, and sensitive. BioClarity is available online without a prescription and shipping is always free with the monthly subscription fee of \$29.95.



BioClarity's Three Step Skin Treatment System

## **Born Skincare**

Born Skincare products utilize one of the richest known sources of antioxidants to provide you with an organic and natural beauty product you need. If you found yourself outdoors during the summer sunshine, your skin could have been exposed to toxins and chemicals. Now with the colder weather, you want to make sure to revitalize your skin before the cold weather sets in. For your friends and family that have sensitive skin, gift them with the Pure Foaming Cleanser to remove makeup and gently clean out their pores. Our organic cleanser is made for both men and women. Your friends and family will love you for gifting them with a beauty product that will make their skin feel refreshed and hydrated upon use. You can feel great about this gift that won't break your bank because it is only \$28.



## Born Skincare Products

### **Face Atelier's Haute Eye Shadows**

This is the perfect stocking stuffer for your friends and family that love a bold or simple eye for going out. This holiday season, you and your friends can fall in love with [FACE Atelier's Haute Eye Shadows](#), available in 41 different shades and textures. FACE atelier offers versatile, age and race neutral cosmetics that enjoy a cult-like following among beauty industry professionals, [celebrities](#), and consumers worldwide due to their superior performance and versatility. Made with a highly pigmented micronized formula, each eye shadow glides smoothly over the eyelid, offering maximum performance and long-lasting coverage. You can choose between a four or twelve-well palette to create your own custom eye shadow set. FACE atelier eye shadows are sold pan only, giving makeup lovers the ability to design their own palette that best complements their skin tone and style. For \$17 a set you can design a few palettes for your friends and family to find the perfect one for them!



## FACE Atelier's Eye Shadow Palette's

**Don't let this holiday gift giving stress you out, with these awesome beauty products your friends and family will be happier than ever!**