

# Lifestyle



Conquer from within.

Sips & Tips

## Ultra Slim Plumping Smoothie

Author: Kimberly Snyder

### Ingredients:

- ¾ cup chopped mango
- 1 ½ cups of coconut water
- ½ cup of unsweetened almond milk
- ½ avocado
- 1 tsp. coconut oil



Blend & enjoy!

Before throwing your soap chips away, try using an organza bag! Put all of your chips in the bag and lather away.



## Have you tried our Spa Essentials disposable washcloths yet?

If you haven't, try them today!



Disposable washcloths pair perfectly with **Aara's skincare products** to thoroughly cleanse your skin. Additionally, they protect your skin from dyes and detergents that can be found on cotton facecloths. No worries if you have sensitive skin...

For best results, use daily!

Ladies, you've applied your makeup and you're ready for the day (or night). Don't forget to clean those brushes



by rinsing them with 91% alcohol to prevent any nasty bacteria from growing.



[www.pinterest.com/pin/5364913743369753](http://www.pinterest.com/pin/5364913743369753)  
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## MIND BODY



### Hydration Steam Treatment

The Hydration Hair Steamer is a conditioning instrument that protects hair quality, softens, and restores moisture to the hair. The Steamer provides proper nutrition absorption by opening up the hair shaft using steam, which allows conditioners to infuse each hair strand providing moisture therapy to the hair. Steam treatments are 20-30 minute sessions. Treatments are recommended once a month.

#### Benefits:

- \*Promotes Healthy Hair
- \*Softens Natural Hair
- \*Helps Remove Dandruff
- \*Stops Dryness & Breakage and Split Ends
- \*Hydrates Hair that is Relaxed and or Color Treated
- \*Opens up the follicles in the scalp to help hair to grow faster
- \*Restores Moisture 5 times than normal conditioning processes

Check with your stylist and schedule your hydration stream treatment today!!!

*New Hair Treatment*

## SOUL SPIRIT

After a long week, you may need to unwind with your favorite glass of grapes. If you are thirsting for change, you may want to try **Francis Ford Coppola Votre Santa Pinot Noir 2013.**

### Wine



#### Tasting Notes

This Pinot Noir has a bright garnet red color with an alluring fragrance of fresh raspberries and rose petals followed by hints of pomegranate, cherries and anise. Notes of sandalwood emerge on the finish as does hints of tea leaves. This is a light, flowing wine with a gentle sweetness that pairs beautifully with grilled salmon, roasted pork or butternut squash atop mixed greens.

### Nail Care

When moisturizing your body, don't forget your cuticles. Use **Aara's Hand & Foot Ghee** daily to keep your nails as healthy as the rest of your skin.



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# Studio 137

UNIQUENESS. COMPLETENESS. PERFECTION.

Discussing *wholeness* in...

## The Quiet Corner by Adrena Jackson

Happy New Year Ladies! Its 2016, another year that God has allowed us to see. Each new year we are all filled with excitement about the new opportunities that will present themselves. For many of us it is time to declare victory over problem areas that have plagued us. Whether it's to lose weight, get a new career, or simply become more devoted to God, we all set out to be better than the year prior. This year, I believe that God wants us to think and see beyond the natural. He wants us to utilize the gift of His spirit and receive His supernatural blessings. This year, we will walk in Wholeness!

The bible defines wholeness as "The state of being perfectly well in body, soul (mind, will and emotions) and spirit. Complete sanctification and restoration". In 2016, God desires for us to be whole in Him. This means giving Him our fears, our desires, and our weaknesses and allowing Him to transform us from the inside out. The path that we take is ever changing and often times becomes overwhelming. We were not created to handle the challenges of life on our own. God is our source for every obstacle that we face. In His "WORD" there is Life. The answers that we so desperately seek can all be found in the Word of God. It is essential that we learn how to embrace the journey and stop living for the moments. This journey was predestined and ordained by God and will unfold into a perfect reflection of His love and goodness towards us.

So today ladies, I challenge you to walk into your Wholeness in Christ Jesus! Isaiah says it perfectly, "Forget the former things; do not dwell on the past.<sup>19</sup> See, I am doing a new thing! Now it springs up; do you not perceive it? I am making a way in the wilderness and streams in the wasteland". Surrender yourselves to the perfect will of our God. You will never regret it.

Be blessed....

## Introducing Aara's by Studio 137



Aara's, named after Gina's grandmother, was created in honor of the lovely woman who understood the importance of a daily skin care regimen. Now, you can check out these skin & body products to jumpstart a daily regimen for yourself!

BUSINESS EXPOSÉ

## Extravaganzas

by Antayia Howard

Easy elegance when presentation means everything

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