

Beauty
Bon Vivant

MAGAZINE



Welcome to Beauty Bon Vivant Magazine

Beauty Bon Vivant Magazine is an online magazine dedicated to personal enrichment in order to live life well. Our content covers a wide range of topics, including beauty, fashion, health and wellness, family, finances, relationships, recipes, and recreation. Enjoy brief informative articles, expert interviews, inspiring stories, and practical tips for personal growth. Our mission is to create a community of life-enriched women who live the life they love and love the life they live!

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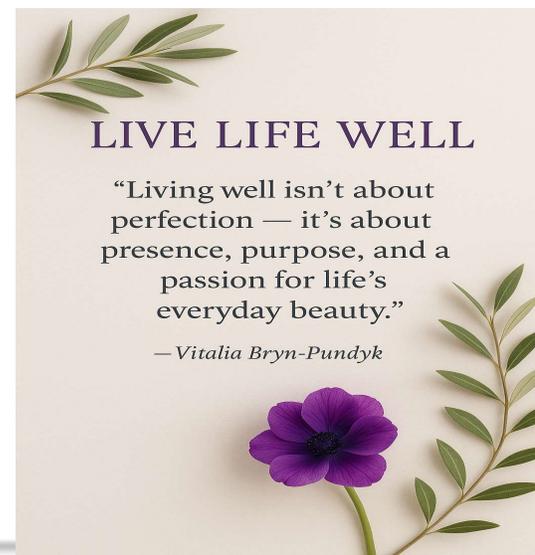
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1: Beauty & Fashion

Tips, trends, seasonal style advice, or product reviews.

January Beauty Trends:

Fresh, Effortless, & Intentional

As we step into the new year, beauty trends are embracing a refreshing balance of simplicity, glow, and self-expression.

January is all about less pressure and more intention — think healthy skin, natural textures, and routines that feel good, not rushed.

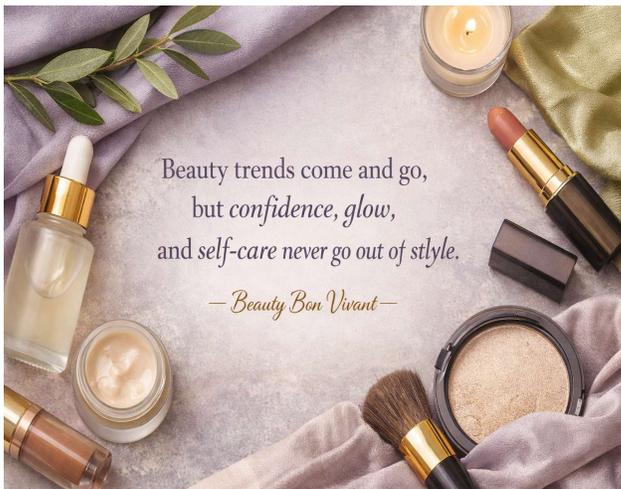
Soft glam is replacing heavy looks, with luminous skin, feathered brows, and subtle color taking center stage.

Hair trends are equally relaxed, favoring lived-in waves, sleek low buns, and low-maintenance cuts that move with ease.

This season also invites us to redefine beauty as self-care.

Nourishing skincare, mindful rituals, and choosing products that support both confidence and well-being are in style.

The trend is clear: beauty that feels authentic, effortless, and empowering — because the most beautiful look is one that lets you shine.



Beauty & Fashion

Winter Fashion Advice:

Cozy, Chic, & Comfortable

Winter fashion is all about mastering the art of layering without sacrificing style.

Think tailored coats, soft knits, and versatile pieces that keep you warm while looking polished.

Neutral tones mixed with rich winter hues — like plum, olive, camel, and charcoal — create effortless sophistication, while textured fabrics such as wool, cashmere, and faux fur add depth and interest.

The key to winter style is balance: comfort paired with intention.

A well-fitted coat, stylish boots, and a statement accessory can instantly elevate even the simplest outfit.

This season, embrace fashion that feels cozy, confident, and uniquely you — because true winter style is about feeling just as good as you look.



2: Health & Wellness

Quick wellness routines, nutrition tips, or health articles.

Healthy Nutrition Tips:

Fuel Your Body, Feel Your Best

Good nutrition doesn't have to be complicated.

The key is choosing whole, nourishing foods that support energy, immunity, and overall well-being — especially during the winter months.

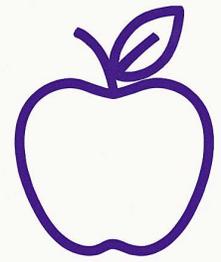
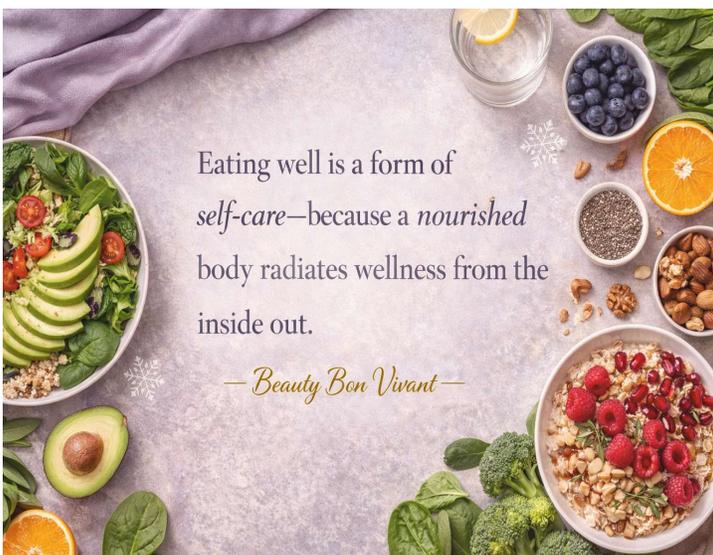
Focus on colorful fruits and vegetables, lean proteins, healthy fats, and plenty of hydration to keep your body fueled and balanced.

Simple choices, like adding more greens, opting for wholesome snacks, and listening to your body's hunger cues, can make a meaningful difference.

This season, think of food as an act of self-care.

When you nourish your body with intention, you support not only your health — but your mood, focus, and vitality too.

Small, consistent nutrition habits can lead to powerful, feel-good results.



Health &
Wellness

Wellness:

Create Calm, Cultivate Balance

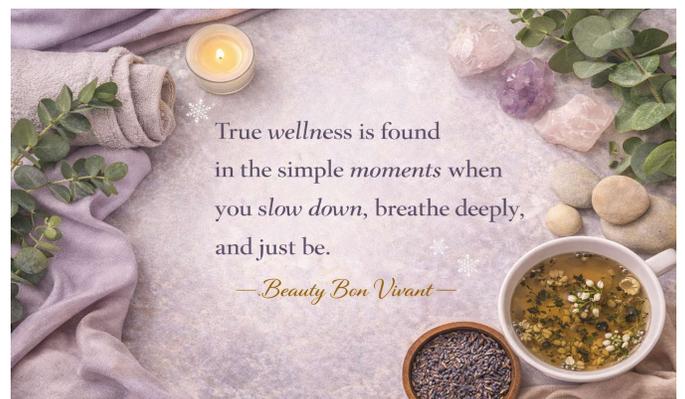
Wellness is about creating small, intentional moments that support your mind, body, and spirit.

In the quieter rhythm of winter, it's the perfect time to slow down, breathe deeply, and reconnect with what truly restores you.

Whether it's prioritizing rest, practicing gratitude, enjoying gentle movement, or carving out moments of stillness, wellness begins with listening to your own needs.

This season, let wellness be less about perfection and more about presence.

When you nurture balance and give yourself permission to pause, you create space for clarity, energy, and inner peace to naturally unfold.



3: Career & Finance

Professional Growth Strategies, budgeting tips, or money mindset.

Professional Growth Strategies:

Grow With Purpose

Professional growth begins with clarity and intention.

Rather than trying to do everything at once, focus on developing skills that align with your goals and values.

Seeking feedback, continuing to learn, and surrounding yourself with supportive, growth-minded people can open new opportunities and strengthen confidence.

Even small steps — like refining communication skills or expanding your network — can lead to meaningful progress.

This year, approach your career as a journey of growth, not a race.

When you invest in yourself with purpose and patience, success becomes more sustainable, fulfilling, and aligned with who you are becoming.



Career & Finance

Finances:

Cultivating a Positive Money Mindset

A prosperous new year begins with how you think about money.

When you approach finances with clarity, confidence, and intention, you create space for smarter choices and greater opportunities.

Instead of focusing on scarcity or stress, shift toward mindful spending, realistic goals, and gratitude for what you already have.

Small habits — like tracking expenses, planning ahead, and celebrating financial progress — build a strong foundation for long-term success.

This year, view money as a supportive tool, not a source of worry.

A positive money mindset empowers you to make aligned decisions, attract abundance, and step into the new year with optimism, balance, and purpose.

4: Productivity & Prosperity

Tools and routines to boost focus and achieve abundance.

Productivity Tools:

Simplify, Focus, & Get Things Done

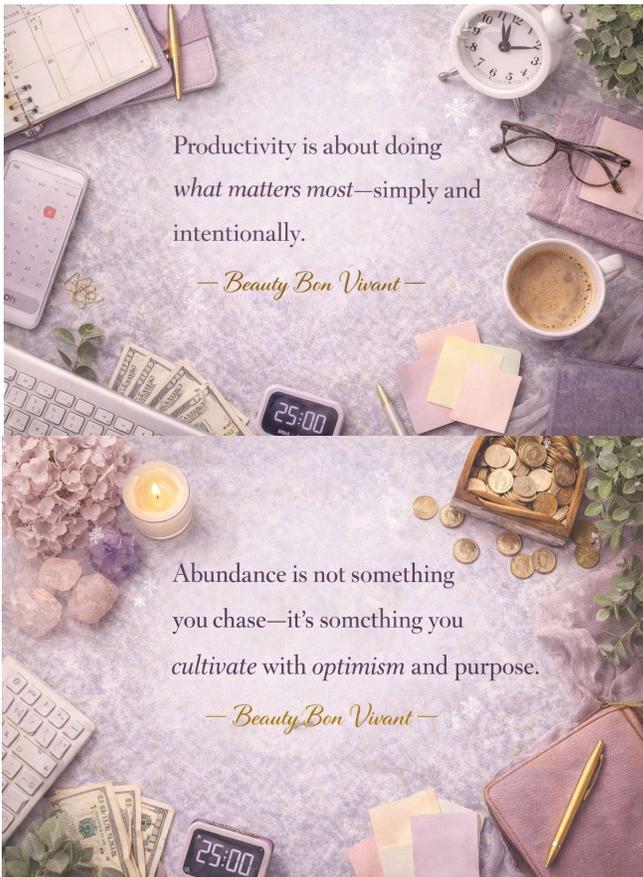
The best productivity tools are the ones that help simplify your day and support your natural rhythm.

Digital calendars, task lists, and note-taking apps can keep priorities clear and reduce mental clutter, while simple tools like timers or planners help you stay focused and intentional.

The goal isn't to do more — it's to do what matters most with greater ease.

This year, choose productivity tools that work for you, not against you.

When your systems feel supportive and manageable, productivity becomes less about pressure and more about progress, clarity, and confidence.



Productivity is about doing
what matters most—simply and
intentionally.

— Beauty Bon Vivant —

Abundance is not something
you chase—it's something you
cultivate with optimism and purpose.

— Beauty Bon Vivant —



Productivity & Prosperity

Prosperity:

Embracing Abundance With Intention

Prosperity begins with believing that abundance is possible and available to you.

It's not only about financial success, but also about cultivating fulfillment, gratitude, and opportunity in every area of life.

When you focus on growth, generosity, and positive choices, you create momentum that attracts more of what you desire.

Small, intentional actions — paired with optimism and clarity — lay the groundwork for lasting abundance.

As you step into the new year, allow prosperity to be a mindset, not just a goal.

When you align your thoughts, habits, and actions with abundance, you open the door to greater joy, confidence, and success.

5: Travel & Leisure

Weekend getaways, cultural highlights, or travel hacks.

Weekend Getaways:

Refresh, Explore, & Reconnect

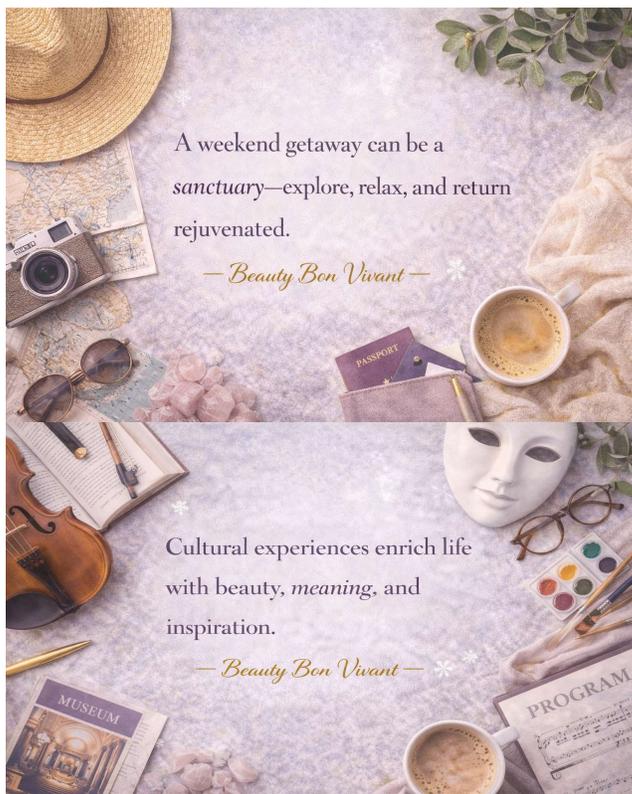
Weekend getaways are the perfect way to step away from routine and recharge your spirit without the stress of long travel.

A nearby town, cozy resort, scenic retreat, or charming city escape can offer fresh inspiration, relaxation, and a change of pace.

The key is choosing destinations that allow you to unwind, explore at your own rhythm, and enjoy the moment.

This season, think of travel as a form of self-care.

Even a short getaway can spark creativity, deepen connections, and remind you how refreshing it feels to experience something new — no passport required.



A weekend getaway can be a sanctuary—explore, relax, and return rejuvenated.

— Beauty Bon Vivant —

Cultural experiences enrich life with beauty, meaning, and inspiration.

— Beauty Bon Vivant —



Travel & Leisure

Leisure:

Celebrating Cultural Highlights

Cultural experiences add richness, inspiration, and connection to everyday life.

From museums and galleries to live music, theater, lectures, and local festivals, cultural highlights invite us to explore new ideas and perspectives.

These moments spark creativity, deepen appreciation for the arts, and remind us of the beauty found in shared stories and traditions.

This season, make space for cultural enjoyment — whether it's discovering a local exhibit, attending a performance, or revisiting a favorite creative pastime.

Leisure rooted in culture nourishes the soul and brings a sense of joy, curiosity, and meaning to the year ahead.

6: Home & Garden

Décor inspiration, DIY projects, or seasonal gardening projects.

Home:

Tackle DIY Projects With Confidence

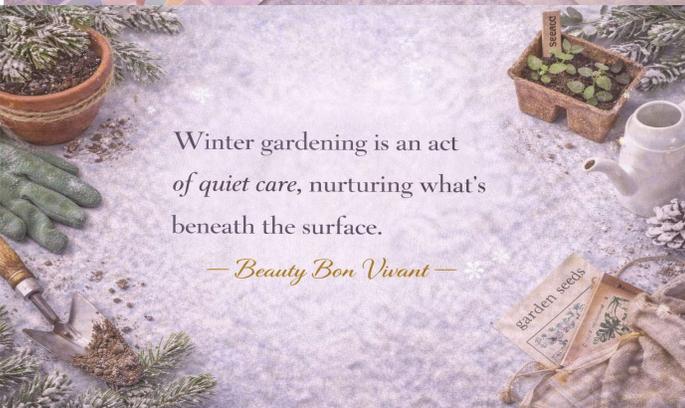
DIY projects are a wonderful way to refresh your home while adding a personal touch.

Whether it's organizing a space, updating décor, or tackling a small repair, starting with simple, manageable projects builds confidence and momentum.

Planning ahead, gathering the right tools, and allowing yourself time to learn makes the process both productive and enjoyable.

This season, approach DIY with curiosity — not pressure.

Each small project completed brings a sense of accomplishment and transforms your home into a space that truly reflects comfort, care, and creativity.



Home & Garden

Winter Gardening:

Nurture Growth Beneath the Surface

Winter gardening is a time of quiet preparation and care.

While the garden may appear at rest, it's the perfect season to protect plants, enrich soil, and plan for the months ahead.

Simple tasks like mulching, pruning dormant branches, tending houseplants, or starting seeds indoors help maintain momentum and set the stage for a healthy spring.

This season reminds us that growth doesn't always look active.

With patience and intention, winter gardening becomes an act of faith — nurturing what's beneath the surface so it can bloom beautifully when the time is right.

7: Education & Entertainment

Book recommendations, streaming picks, or fun facts.

Education - Streaming Pics:

Choosing What to Watch with Intention

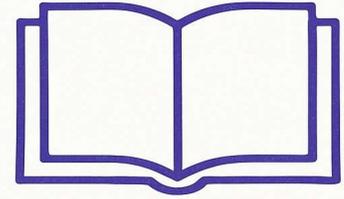
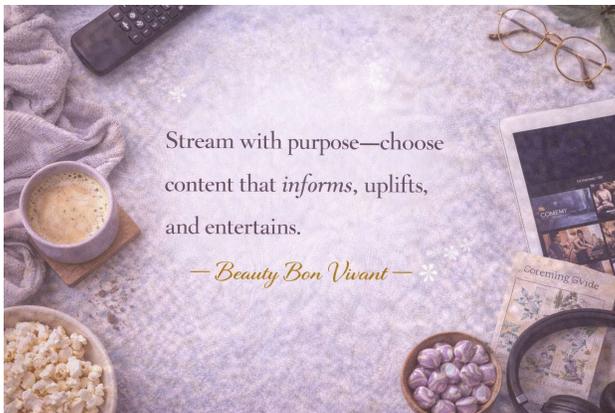
With so many streaming platforms available, selecting what to watch can feel overwhelming.

Streaming picks are curated recommendations — movies, series, documentaries, or specials — chosen based on themes, interests, reviews, or mood.

Learning to navigate categories, ratings, and personalized suggestions can help you make smarter, more enjoyable viewing choices without endless scrolling.

Approach streaming as purposeful entertainment.

Whether you're seeking inspiration, education, relaxation, or cultural enrichment, thoughtful streaming picks turn screen time into an experience that informs, uplifts, and entertains.



Education & Entertainment

Entertainment:

Fun Facts to Delight & Discover

Entertainment has a fascinating way of bringing people together while surprising us along the way.

Did you know that the average person spends more time choosing what to watch than actually watching it? Or that many blockbuster films and hit shows were inspired by books, true stories, or even dreams?

From music and movies to games and pop culture, entertainment constantly evolves — shaping trends, sparking conversations, and fueling creativity.

These fun facts remind us that entertainment isn't just about passing time — it's about storytelling, imagination, and shared joy.

Sometimes, the most delightful moments come from learning something unexpected while simply having fun.



8: Rest & Relaxation

Mindfulness practices, spa ideas, or restful rituals.

Rest & Mindfulness:

Reclaim Calm in Everyday Moments

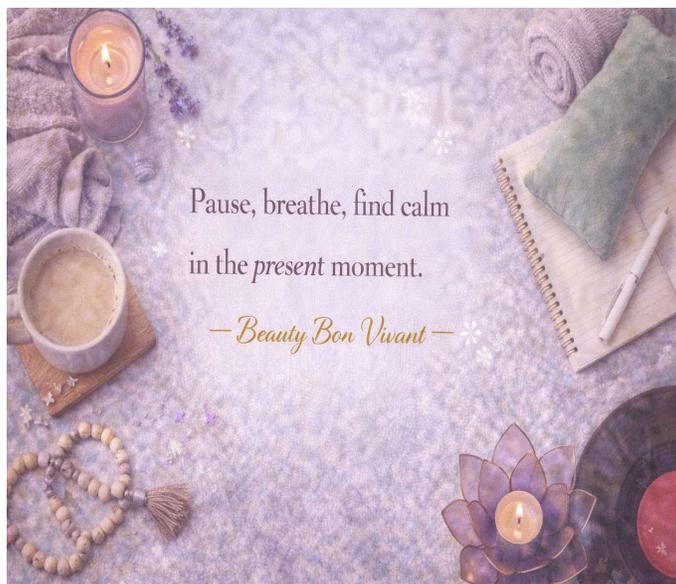
Rest and mindfulness are essential practices for restoring balance and clarity in a busy world.

Simple habits — such as intentional breathing, quiet reflection, gentle stretching, or unplugging from screens — help calm the mind and recharge the body.

Even a few mindful moments each day can reduce stress and increase focus, gratitude, and emotional well-being.

This season, give yourself permission to pause.

When rest becomes a priority and mindfulness becomes a practice, you create space for greater presence, peace, and renewal — one calm moment at a time.



Rest & Relaxation

Relaxation:

Create a Home Spa Experience

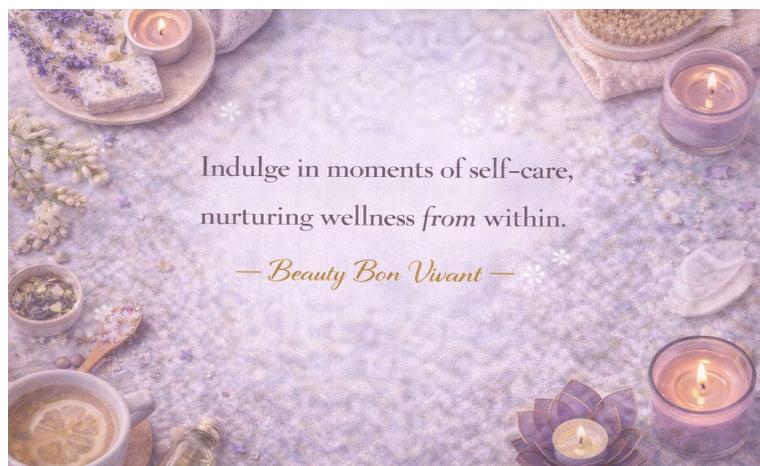
Transforming your home into a spa doesn't require luxury — just intention.

Simple touches like soft lighting, calming music, warm towels, and soothing scents can instantly create a peaceful atmosphere.

Enjoy a relaxing bath, facial mask, hand or foot soak, or a few quiet moments with herbal tea to help melt away tension and restore balance.

This season, let relaxation be a ritual, not a reward.

Creating a home spa experience invites you to slow down, recharge, and nurture yourself — because true relaxation begins the moment you give yourself permission to unwind.



9: Relationships & Recreation

Connection tips, social event ideas, or playful activities.

Relationships:

Connecting With Intention

Strong relationships begin with genuine connection and shared experiences.

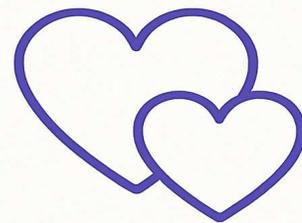
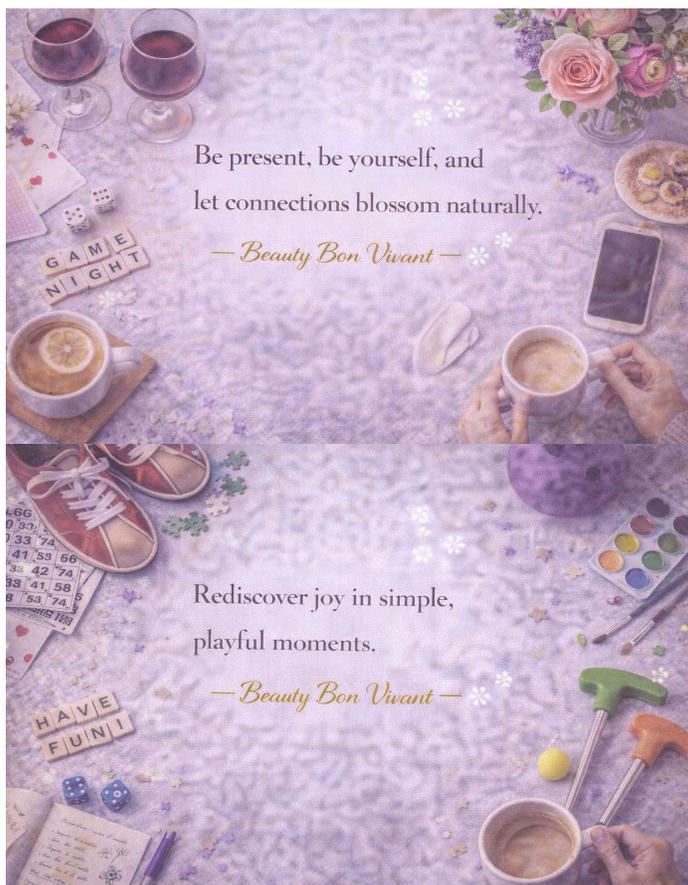
Whether you're dating or nurturing friendships, the key is being present, curious, and open.

Simple dating tips — like listening actively, being yourself, and choosing relaxed settings — create space for authentic conversations.

For social connections, casual gatherings such as coffee meet-ups, game nights, cultural outings, or small dinner parties make it easy to connect without pressure.

This season, focus on meaningful moments rather than perfect plans.

When relationships are built on intention, warmth, and shared enjoyment, connections naturally deepen and flourish.



Relationships & Recreation

Recreation:

Make Time for Play

Recreation brings energy, laughter, and balance to everyday life.

Playful activities — such as game nights, puzzles, bowling, crafting, dance classes, mini-golf, or friendly competitions — offer a fun way to unwind while connecting with others.

Even solo activities like journaling, painting, or trying a new hobby can spark creativity and joy.

This season, give yourself permission to play.

Recreation isn't about productivity — it's about enjoyment.

When you make room for fun, you refresh your spirit, boost your mood, and invite more lighthearted moments into your life.

10: Food - Friendship - Fun!

Recipes, party themes, or hosting tips.

Food:

Savor Simple Pleasures

Food is one of life's everyday joys — meant to be enjoyed, shared, and savored.

Simple, nourishing meals made with fresh ingredients can bring comfort and creativity to your table.

Whether it's trying a new recipe, enjoying seasonal flavors, or gathering with loved ones over a favorite dish, food has a beautiful way of connecting us.

This season, embrace mindful eating and joyful moments around food.

When meals are prepared and enjoyed with intention, they nourish not only the body, but the heart and soul as well.



*Food-
Friendship-
Fun!*

Friendship:

Hosting Fun Gatherings With Ease

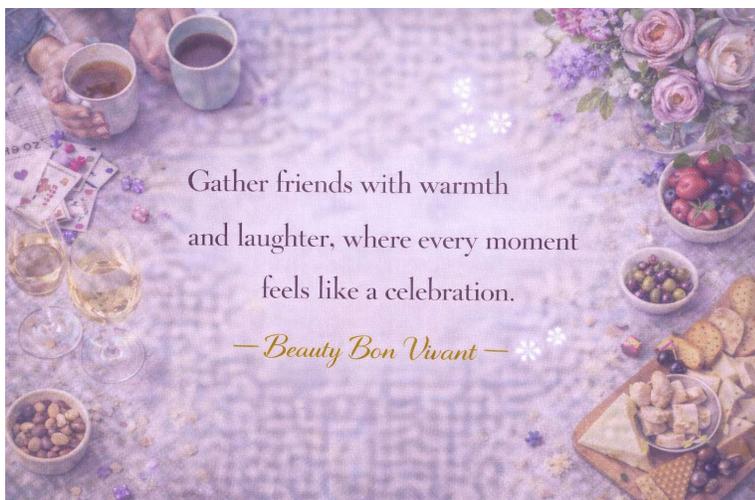
Hosting a fun gathering doesn't have to be elaborate to be meaningful.

Simple touches — good conversation, shared laughter, and a welcoming atmosphere — are what truly bring people together.

Whether it's a casual coffee date, game night, potluck, or cozy get-together at home, the best gatherings focus on connection, not perfection.

This season, open your door and your heart.

When friends gather with warmth and intention, memories are made, bonds are strengthened, and joy naturally fills the room.



This Month's Recipes

Recipes, party themes, or hosting tips.

— *Beauty Bon Vivant* —

Easy Winter Salad

(Fresh & Flavorful)

Serves: 4 | Prep time: 10–15 minutes

Ingredients

- 4 cups mixed greens (spinach, arugula, or spring mix)
- 1 crisp apple or pear, thinly sliced
- ½ cup dried cranberries or pomegranate seeds
- ½ cup toasted walnuts or pecans
- ½ cup crumbled feta or goat cheese
- Optional: thinly sliced red onion

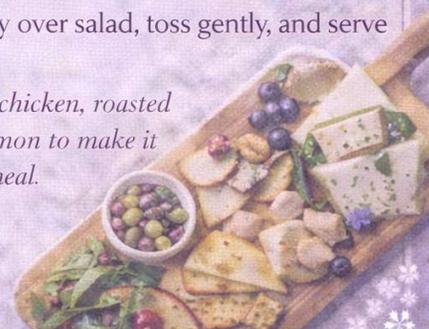
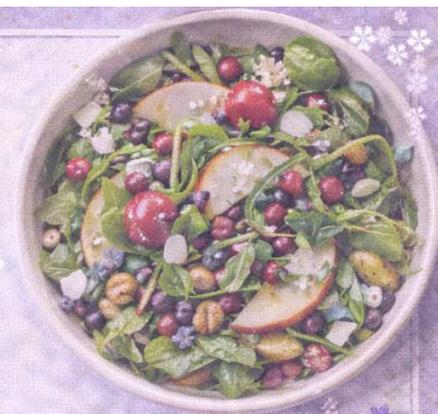
Simple Dressing

- 3 tbsp olive oil; • 1½ tbsp balsamic vinaigrette;
• or apple cider vinegar • 1 tsp honey or maple syrup
- Salt & pepper to taste.

Directions

1. Place greens in a large bowl.
2. Top with fruit, nuts, cheese, and onion (if using).
3. Whisk dressing ingredients together.
4. Drizzle lightly over salad, toss gently, and serve.

Tip: Add grilled chicken, roasted chickpeas, or salmon to make it a hearty winter meal.



— *Beauty Bon Vivant* —

Hearty Winter Vegetable Soup

(Comfort in a Bowl)

Serves: 6 | Prep time: 15 minutes | Cook time: 30–35 minutes

Ingredients

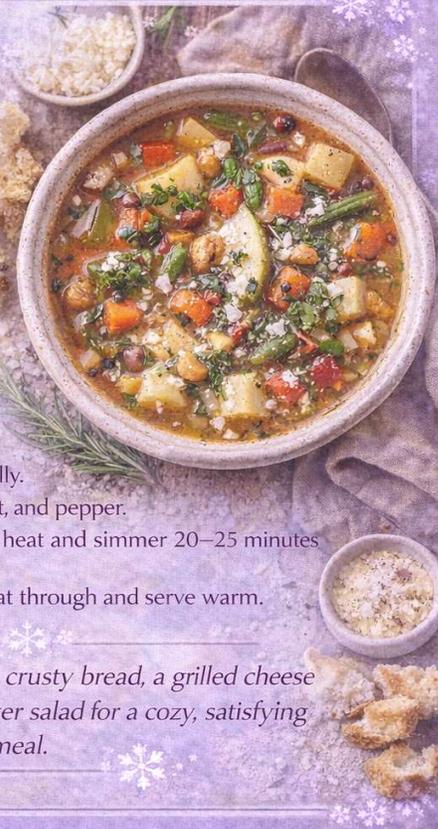
- 2 tbsp olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 2 carrots, sliced
- 2 celery stalks, sliced
- 1 cup diced potatoes or sweet potatoes
- 1 cup green beans or zucchini, chopped
- 1 can (14.5 oz) diced tomatoes.
- 6 cups vegetable or chicken broth
- 1 tsp dried thyme or Italian seasoning
- Salt & pepper to taste

Optional: 1 cup cooked beans (white beans or chickpeas) or shredded chicken

Directions

1. Heat olive oil in a large pot over medium heat.
2. Sauté onion and garlic until fragrant and soft.
3. Add carrots, celery, and potatoes; cook 5 minutes, stirring occasionally.
4. Stir in tomatoes, broth, herbs, salt, and pepper.
5. Bring to gentle boil, then reduce heat and simmer 20–25 minutes until vegetables are tender.
6. Add beans or chicken if using; heat through and serve warm.

Serving Tip: Pair with crusty bread, a grilled cheese sandwich, or your winter salad for a cozy, satisfying meal.



11: Games, Arts & Crafts

Creative challenges, DIYs, or hobby suggestions.

Challenging Games:

Play to Think, Learn, & Grow

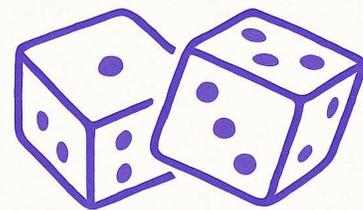
Challenging games are a fun way to sharpen the mind while enjoying a little friendly competition.

Strategy games, puzzles, trivia, word games, escape-room challenges, and even classic card games encourage critical thinking, problem-solving, and creativity.

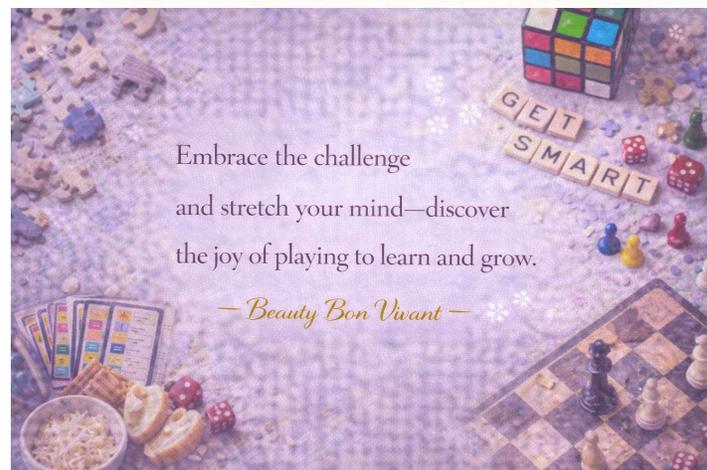
Whether played solo or with others, these games stimulate the brain and keep mental agility strong.

This season, embrace games that stretch your thinking.

A little challenge adds excitement, boosts confidence, and reminds us that play can be both entertaining and enriching.



Games, Arts & Crafts



Embrace the challenge
and stretch your mind—discover
the joy of playing to learn and grow.

— Beauty Bon Vivant —

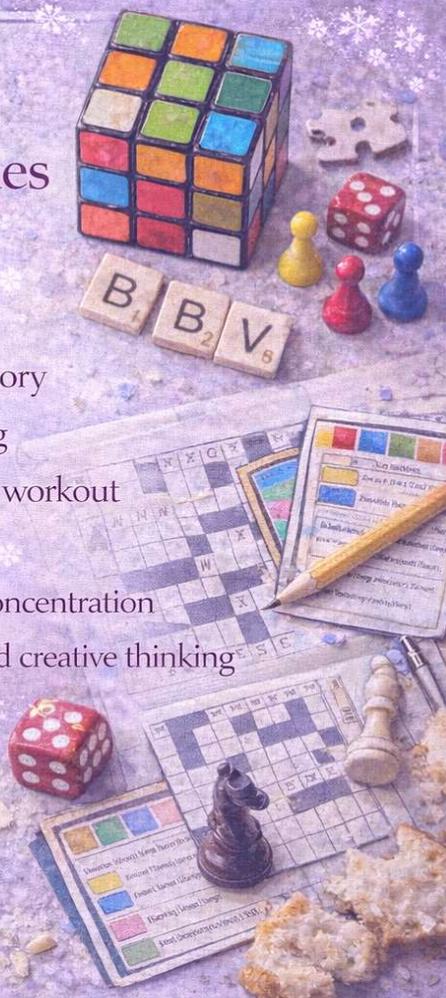
— Beauty Bon Vivant —



Favorite Brain-Boosting Games

- ✦ **Sudoku & Logic Puzzles** – Strengthen focus and problem-solving
- ✦ **Crossword & Word Games** – Boost vocabulary and memory
- ✦ **Chess & Checkers** – Sharpen strategy and critical thinking
- ✦ **Scrabble & Bananagrams** – Fun word play with a mental workout
- ✦ **Trivia Games** – Improve recall and general knowledge
- ✦ **Jigsaw Puzzles** – Enhance patience, visual-spatial skills, and concentration
- ✦ **Escape Room-Style Games** – Encourage teamwork, logic, and creative thinking

BBV Tip: Mix solo puzzles with group games for both mental stimulation and social fun.



12: Inspiration & Innovation

Quotes, creative spotlights, or visionary tools.

Inspiration - A New Year

Fresh Energy, New Possibilities

A new year is a beautiful invitation to begin again with intention and hope.

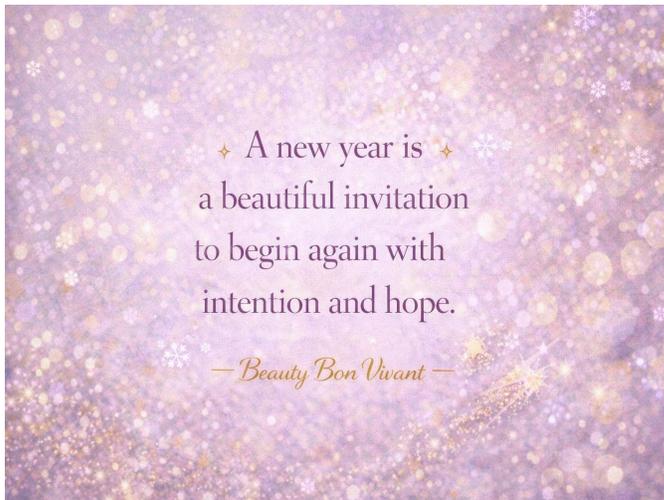
It's not about perfection or pressure — it's about progress, presence, and possibility.

Each day offers a fresh opportunity to choose growth, joy, and self-belief.

Small steps, positive thoughts, and consistent care can create meaningful change over time.

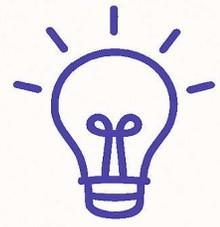
As you step into the year ahead, trust yourself and honor your journey.

When you move forward with optimism and purpose, you open the door to new experiences, deeper fulfillment, and a life lived well.



☀️ Positive Quotes for the New Year

- ❖ “Each new year is a fresh page—write a story you’re proud of.”
- ❖ “Small steps taken consistently create powerful change.”
- ❖ “This year, choose progress over perfection.”
- ❖ “Every day is a new chance to grow, shine, and begin again.”
- ❖ “Believe in new beginnings and trust your path.”
- ❖ “Let intention guide you and joy follow.”
- ❖ “You are capable of creating a beautiful year ahead.”



Inspiration & Innovation

Innovation: The Power of Visualization & Affirmations

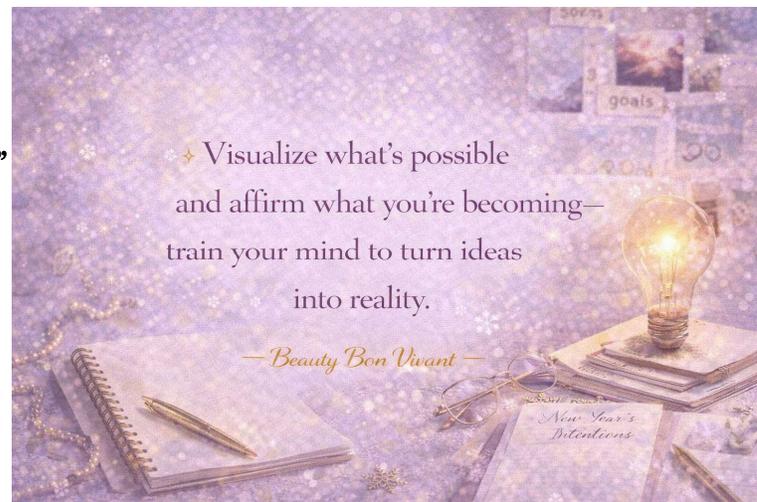
Innovation often begins in the mind before it ever takes shape in the world.

Visualization helps you imagine new possibilities, clarify goals, and mentally rehearse success, while affirmations reinforce confidence and belief in your ability to create change.

Together, they form a powerful mindset tool — aligning thoughts, emotions, and actions toward purposeful growth.

This year, embrace innovation from the inside out.

When you consistently visualize what's possible and affirm what you're becoming, you train your mind to recognize opportunities, take inspired action, and turn ideas into reality.



— *Beauty Bon Vivant* —

A New Year: Fresh Energy,
New Possibilities

✦ A new year is ✦
a beautiful invitation
to begin again with
intention and hope.

— *Beauty Bon Vivant* —

— Reflect & Set Intentions —

- ✦ What do I want more of this year?
- ✦ What am I ready to release?
- ✦ What intention will guide me forward?

✦ *Positive Thoughts* ✦
for a Powerful Year

- ✦ Each new year is a fresh page—write a story you're proud of.
- ✦ Small steps taken consistently create powerful change.
- ✦ This year, choose progress over perfection.
- ✦ Believe in new beginnings and trust your path.
- ✦ You are capable of creating a beautiful year ahead.

BBV Tip: Progress over perfection.
Small steps create lasting change.

13: Interpersonal Communication

Tips for clear, kind, and confident conversations.

Interpersonal Communication:

The Art of Listening

Strong communication begins with truly listening.

Giving someone your full attention — without interrupting or planning your response — creates trust and understanding.

Simple habits like maintaining eye contact, asking thoughtful questions, and acknowledging feelings help conversations feel meaningful and respectful.

This season, practice listening with intention.

When people feel heard, communication deepens, relationships strengthen, and connections naturally flourish.

Interpersonal Communication:

Speaking With Clarity & Kindness

Clear communication isn't about saying more — it's about saying what matters with honesty and care.

Choosing words thoughtfully, expressing needs calmly, and being mindful of tone can prevent misunderstandings and build stronger connections.

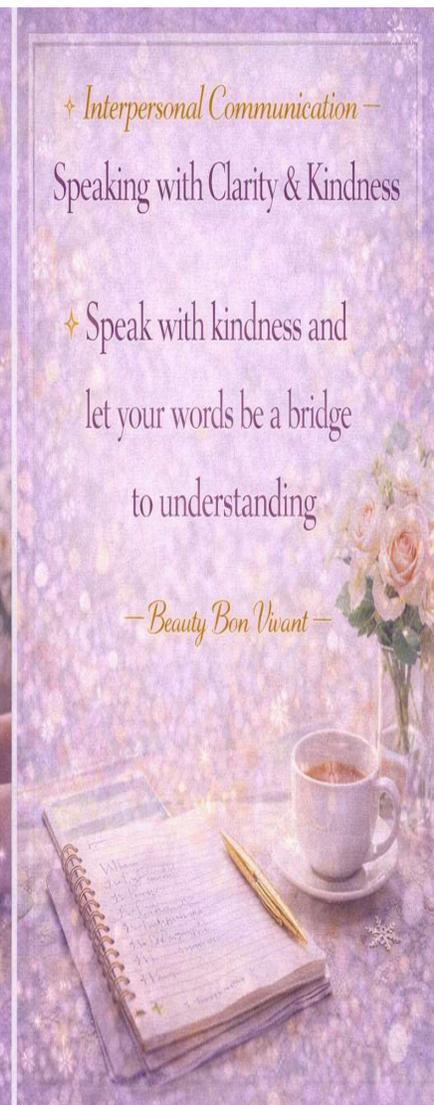
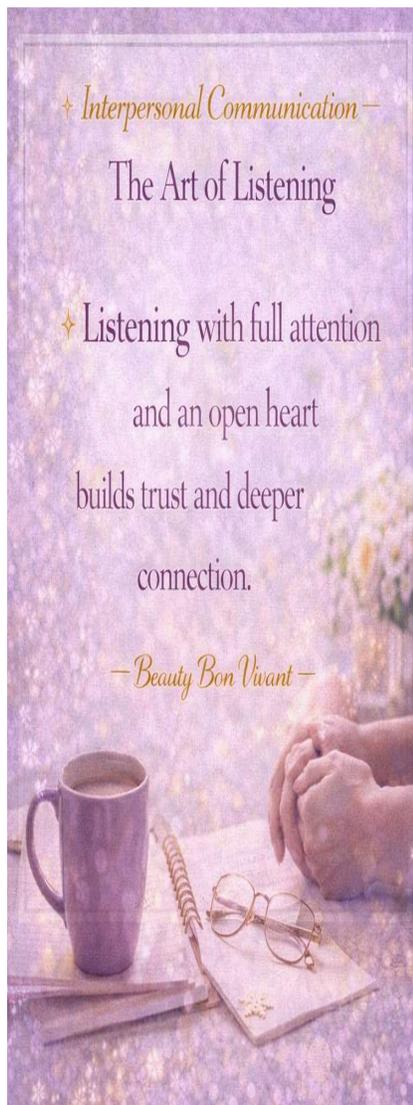
Clarity paired with kindness allows conversations to feel supportive rather than stressful.

This year, let your words reflect both confidence and compassion.

When communication is clear and kind, it creates harmony in both personal and professional relationships.



Interpersonal Communication



14: Time & Stress Management

Scheduling systems, relaxation strategies, or balance tips.

Time Management:

Make Time for What Matters

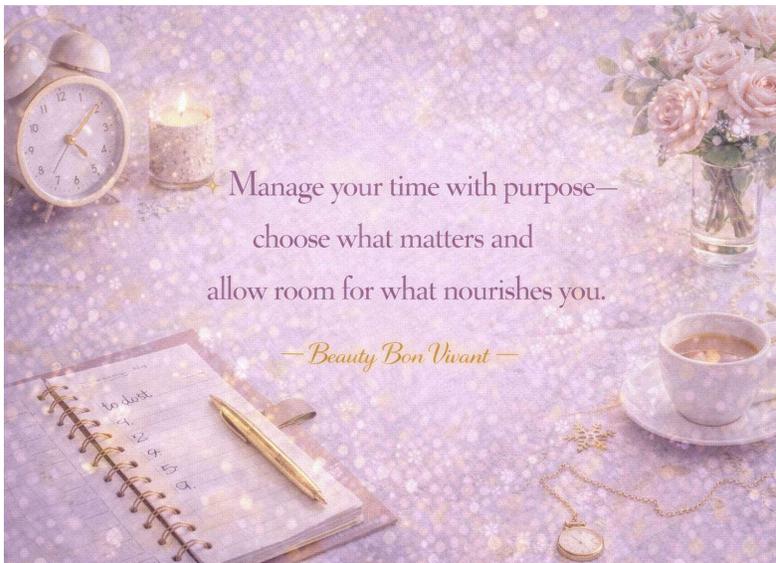
Time management isn't about filling every minute – it's about choosing what deserves your energy.

Setting clear priorities, planning your day with intention, and allowing space for rest can transform how productive and balanced you feel.

Simple habits like writing a short daily to-do list or scheduling focused time blocks help reduce stress and increase clarity.

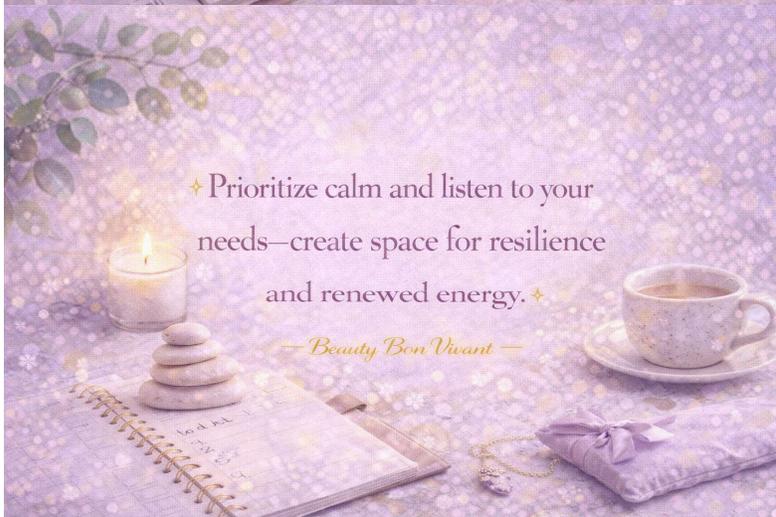
This year, treat your time as a valuable resource.

When you manage it with purpose, you create room for progress, presence, and the things that truly matter most.



✦ Manage your time with purpose—
choose what matters and
allow room for what nourishes you.

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✦ Prioritize calm and listen to your
needs—create space for resilience
and renewed energy. ✦

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Time-Management & Stress-Management

Stress Management:

Restore Calm & Reclaim Balance

Stress is a natural part of life, but how we respond to it makes all the difference.

Simple practices — like deep breathing, mindful pauses, gentle movement, or setting healthy boundaries — can help calm the nervous system and restore balance.

Even small moments of intentional rest throughout the day can reduce overwhelm and increase clarity.

This season, treat stress management as an act of self-care, not a luxury.

When you prioritize calm and listen to your needs, you create space for resilience, peace, and renewed energy.

15: Goal-Achievement Strategies

Vision board prompts, habit hacks, or progress trackers.

Goal-Setting: Start With Clarity

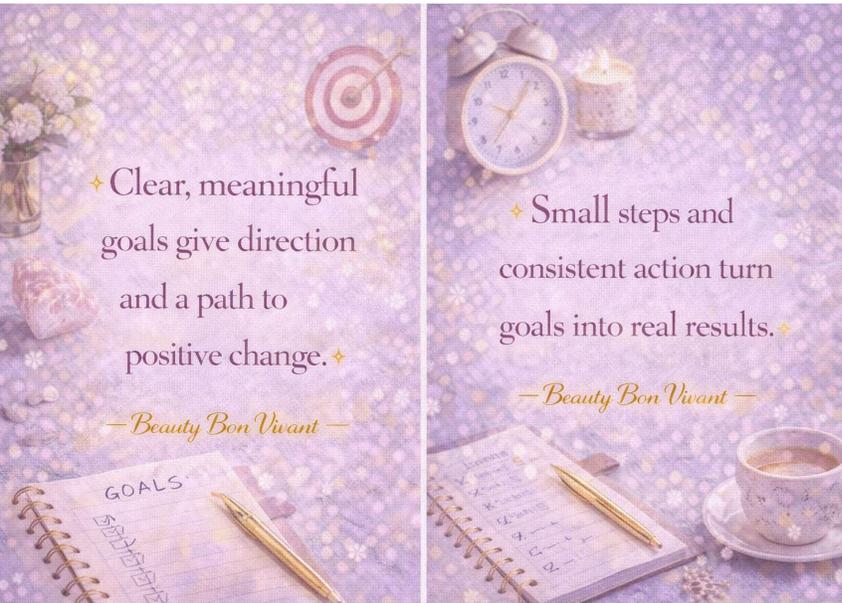
Effective goal-setting begins with clarity and intention.

Rather than setting vague resolutions, focus on goals that align with your values and the life you want to create.

Clear, realistic goals give direction, boost motivation, and make progress easier to measure.

This year, set goals that inspire you — not overwhelm you.

When your goals are meaningful and well-defined, they become powerful guides for growth and positive change.



✦ Clear, meaningful goals give direction and a path to positive change. ✦

—Beauty Bon Vivant—

✦ Small steps and consistent action turn goals into real results. ✦

—Beauty Bon Vivant—



Goal-Achievement Strategies

Goal-Achievement Strategies:

Turn Goals Into Action

Setting a goal is only the beginning — achievement comes through consistent action.

Breaking goals into small, manageable steps makes them less intimidating and more attainable.

Creating routines, tracking progress, and celebrating small wins help maintain momentum and confidence.

This season, focus on progress over perfection.

With patience, persistence, and purposeful habits, your goals can move from intention to reality — one step at a time.

Struggle is not the most efficient way to success.

Focus on your own evolution and the rest naturally unfolds.

When you focus on becoming magnificent, the rest easily and almost effortlessly falls into place.

Money, opportunity, fulfillment, love, health, friendship, and achievement flow easily into your life.

Get clear on your goals and let go of the limiting beliefs, fears, and judgements that bind you.

16: Personal Passions & Pursuits

Spotlights on readers' hobbies, dream projects, or lifestyle adventures.

Personal Passions:

Make Room for What Energizes You

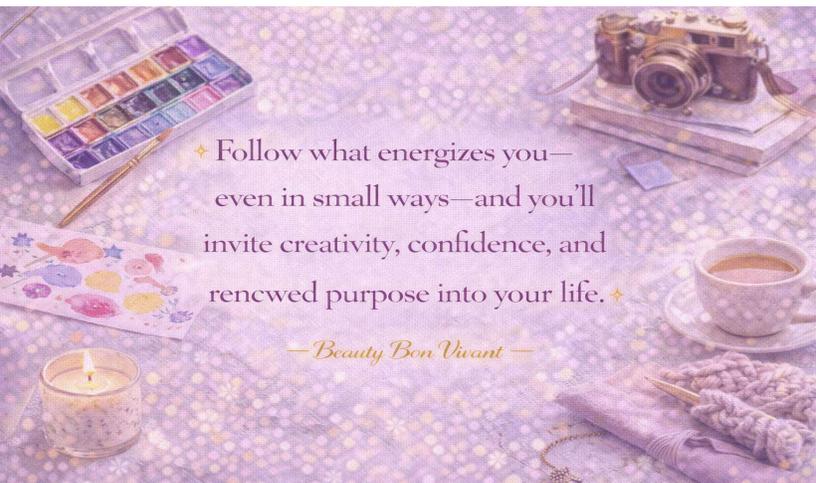
Passions aren't always grand pursuits —they're often found in small moments that spark curiosity, creativity, or joy.

Trying something new, revisiting an old interest, or simply allowing yourself time to play can reignite enthusiasm and motivation.

Passions evolve, and giving yourself permission to explore without pressure keeps life feeling vibrant and engaging.

This season, think of passion as energy in motion.

When you follow what energizes you — even in small ways — you invite creativity, confidence, and renewed purpose into your everyday life.



LIVE LIFE WELL

“Living well isn't about perfection — it's about presence, purpose, and a passion for life's everyday beauty.”

—Vitalia Bryn-Pundyk



Personal Passions & Pursuits

Personal Pursuits:

Turning Interest into Action

Pursuits are the intentional activities you choose to explore, develop, and grow over time.

While passions spark inspiration, pursuits bring structure and momentum — transforming curiosity into meaningful experiences.

Whether it's learning a new skill, committing to a fitness routine, starting a creative project, or dedicating time to personal growth, pursuits help you move forward with purpose.

This season, choose pursuits that align with where you want to grow.

When you take consistent, inspired action, even small pursuits can lead to confidence, progress, and a life lived with intention.





*Beauty Bon,
Vivant, LLC*
Live Life Well!

BBV
NEXT LEVEL
Lifestyle
MEMBERSHIP CLUB

Discover a world of luxury and personal growth at Beauty Bon Vivant. Immerse yourself in exclusive workshops and rejuvenating retreats tailored to elevate your mind, body, and soul.

Become a member today to unlock a treasure trove of benefits and gain access to our coveted special events. Embrace a life of sophistication and fulfillment with BBV as your guide to a more vibrant and enriched lifestyle.

Live the life you love and love the life you live with special curated carte blanche personal enrichment workshops that help you to live life well!

Vitalia Bryn-Pundyk
"Beauty Bon Vivant"



Note: *We offer 4 different Membership Levels, each with their own exclusive benefits and events.*

So, whether you join us for our monthly on-line Coffee Connections and Cocktail Conversations, or our quarterly curated lifestyle mini Lunch & Learn Webinars and in-person half-day workshops, we look forward to welcoming you to our BBV Community.

For more info and membership details, go to:

www.beautybonvivant.com

Questions? – Contact Vitalia directly at:

Phone: (952) 221-1701 or

Email: vitalia@beautybonvivant.com





Become a member of the Sisterhood Sorority!

- * Are you a woman with a busy life?
- * Are you seeking stronger feminine connections?
- * Do you seek more work and play balance?
- * Do you yearn for more fun but need to plan it into your schedule?

If you answered yes, to any of these questions, then we invite you to join the Sisterhood Sorority – a women’s social & adventure club designed to foster more friendships, fulfillment, and fun!

See Membership Enrollment Details & Benefits Below!

The BBV Sisterhood Sorority Club requires a one-time \$50 enrollment fee plus \$120/year membership fees.
(Total \$170 for initial year)

Membership includes:

- 1) Monthly 60-minute Motivational Morning Coffee Connections – Vitalia shares some inspiration and selects curated topics for deep-dive discussions. These take place on the 2nd Thursday of the month on ZOOM from 7:00am-8:00am CST.
- 2) Invitations to Monthly “in-person” social connects.*
- 3) Annual: Super Savvy Sip & Swap Summer Soiree (hosted by Vitalia)

*Note: Monthly “in-person” social connects may incur additional fees for various food, transportation, lodging, admission, or ticketed events. These are well-organized, planned outings, such as: field trips, dinners, lunches, brunches, movies, game nights, museums, art exhibits, theater, sports, concerts, fairs, etc.... and will occur on various dates. Every effort will be made to provide at least a 2-3 month notice detailing upcoming “social connections.” We look forward to having you join us for as many as you can!

For more info and membership details, go to:

www.beautybonvivant.com

Questions?

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Phone: (952) 221-1701 or Email:
Vitalia@beautybonvivant.com

Vitalia Bryn-Pundyk
Founder of Sisterhood Sorority, LLC



Monthly Message from Vitalia

Thank you for reading! Stay inspired, stay beautiful. Live life well!

A Personal Note From Me:

As we step into a brand new year, I wish you happiness, peace, and prosperity in all that you do. May this year bring moments of calm, inspiration, growth, and joy – along with the confidence to follow what truly matters to you. Thank you for being part of the Beauty Bon Vivant community. Here's to living well and embracing all the possibilities ahead.

With warm wishes,

Vitalia 💜 ✨

Come join our community - There are many ways to connect!

Subscribe to our free monthly newsletter, "The BBV E-zine."

Beauty Bon Vivant Magazine (BBV E-zine), is an online magazine dedicated to personal enrichment in order to live life well. Our content covers a wide range of topics, including beauty, fashion, health and wellness, family, finances, relationships, recipes, and recreation. Enjoy brief informative articles, expert interviews, inspiring stories, and practical tips for personal growth. Our mission is to create a community of life-enriched women who live the life they love and love the life they live! - www.beautybonvivant.com

Become a Member of BBV

Next Level Lifestyle Membership Club offering curated carte blanche personal enrichment workshops and weekend retreats. Note: We offer 4 different levels of membership with exclusive event invitations for each! - www.beautybonvivant.com

Become a member of the Sisterhood Sorority! - www.beautybonvivant.com

- *Are you a woman with a busy life?
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If you answered yes, to any of these questions, then we invite you to join the [Sisterhood Sorority](#) - a women's social & adventure club designed to foster more friendships, fulfillment, and fun!

Schedule time with Vitalia! - Call (952) 221-1701 or

Email: vitalia@beautybonvivant.com

- * One-on-one weekly/monthly in-person and/or zoom coaching sessions.
- * Friendship Friday.
- * Customized VIP Day.
- * Lunch & Laughter.
- * Coffee Connections and/or Cocktail Conversations.
- * Girlfriend Gatherings.

Please visit us at www.beautybonvivant.com

