

*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!

Page 1: Beauty & Fashion

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

Page 2: Health & Wellness

Quick wellness routines, nutrition tips, or health articles.

Page 3: Career & Finance

Professional growth strategies, budgeting tips, or money mindset.

Page 4: Productivity & Prosperity

Tools and routines to boost focus and achieve abundance.

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Page 15: Goal-Achievement Strategies

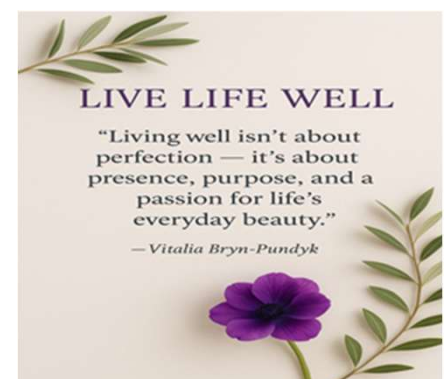
Vision board prompts, habit hacks, or progress trackers.

Page 16: Personal Passions & Pursuits

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

SPECIAL EVENTS PAGE:

<https://www.beautybonvivant.com/upcomingspecialevents>



1: Beauty & Fashion

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

Holiday Beauty Tips: Glow, Glam, & Grace

The holiday season is the perfect time to elevate your beauty routine with a little extra sparkle and self-care.

Keep skin glowing by staying hydrated, moisturizing daily, and adding a gentle exfoliation to combat winter dryness.

For festive flair, try a touch of shimmer on the eyes, a bold holiday lip, or a soft glow highlighter for instant radiance.

Most importantly, remember that confidence, rest, and joy are the ultimate beauty essentials — when you feel good, it always shows. ✨



Beauty & Fashion

Holiday Fashion:

Festive Fabulous & Effortless

Holiday fashion is all about celebrating the season with confidence and style.

Rich textures like velvet, satin, and sequins instantly elevate any look, while classic silhouettes keep outfits timeless and chic.

Add sparkle with statement jewelry, a bold clutch, or metallic heels for a festive finish.

Whether dressed up or cozy-casual, the best holiday style is one that feels joyful, comfortable, and uniquely you.



2: Health & Wellness

Quick wellness routines, nutrition tips, or health articles.

Holiday Health Tips:

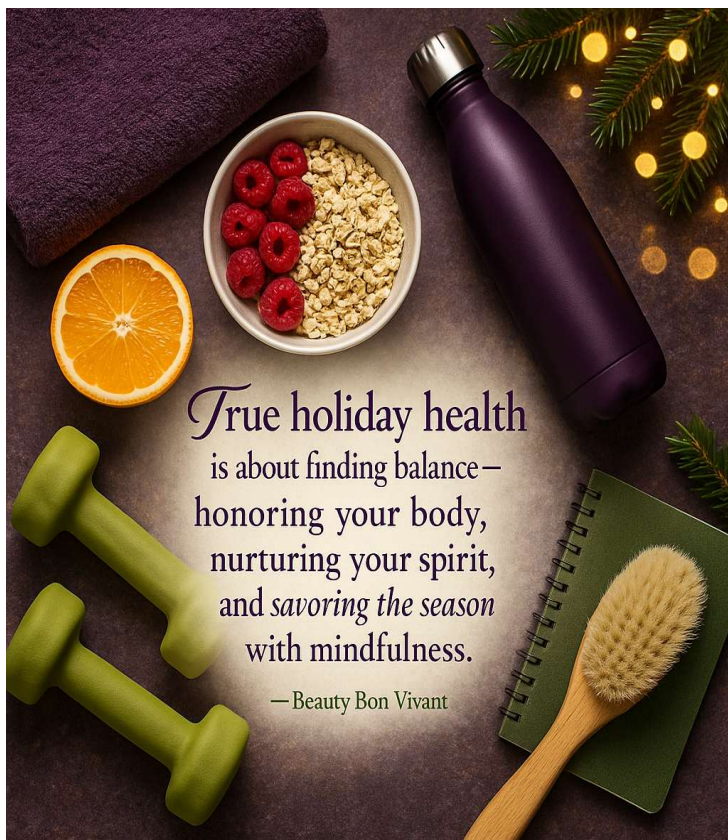
Balance, Energy, & Well-being

The holidays are a time to enjoy, not overindulge.

Support your health by staying hydrated, choosing nourishing foods alongside festive treats, and keeping gentle movement part of your routine.

Prioritize rest, manage stress with deep breathing or quiet moments, and listen to your body's needs.

A balanced approach helps you feel energized, grounded, and ready to fully enjoy the season.



Holiday Wellness Tips:

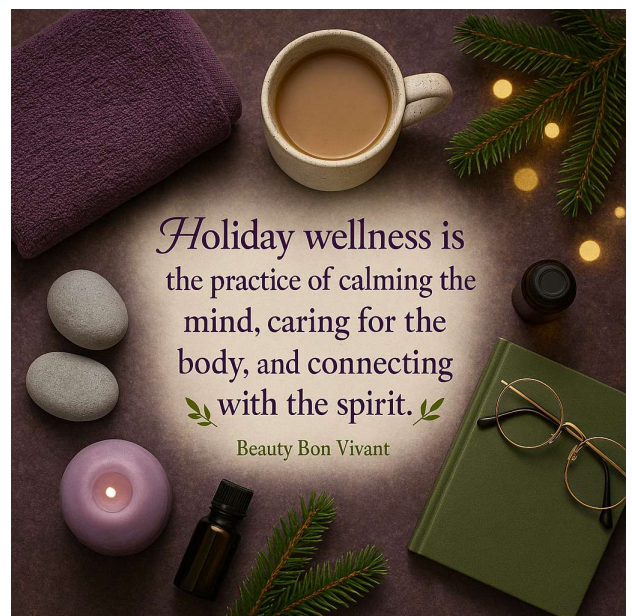
Calm, Care, & Connection

Holiday wellness is about caring for your whole self — mind, body, and spirit.

Create moments of calm by slowing down, setting healthy boundaries, and making space for rest.

Stay connected through meaningful conversations, gratitude, and simple rituals that bring joy.

When you nurture balance and presence, the holidays become not just busy, but beautifully fulfilling.



3: Career & Finance

Professional Growth Strategies, budgeting tips, or money mindset.

Holiday Careers:

Reflect, Recharge, & Reimagine

The holiday season is an ideal time to pause and reflect on your career journey.

Celebrate accomplishments from the past year, express gratitude to colleagues and mentors, and take note of lessons learned.

Use this quieter season to set intentions, refresh goals, and envision what success looks like in the year ahead.

A little reflection now can inspire meaningful career momentum later.



Career & Finance

Holiday Finances:

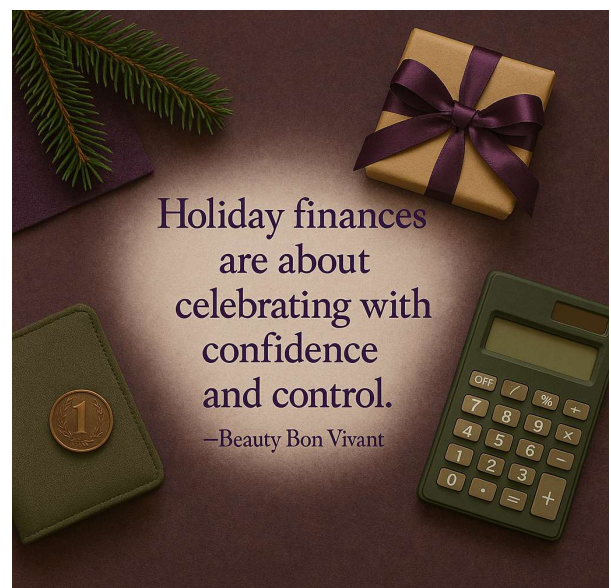
Celebrate with Confidence & Control

The holidays don't have to strain your budget to be joyful.

Set a clear spending plan, prioritize what truly matters, and give with intention rather than impulse.

Thoughtful gestures, experiences, and mindful choices often mean more than expensive purchases.

When you manage your money with purpose, you can enjoy the season fully — without financial stress lingering into the new year.



4: Productivity & Prosperity

Tools and routines to boost focus and achieve abundance.

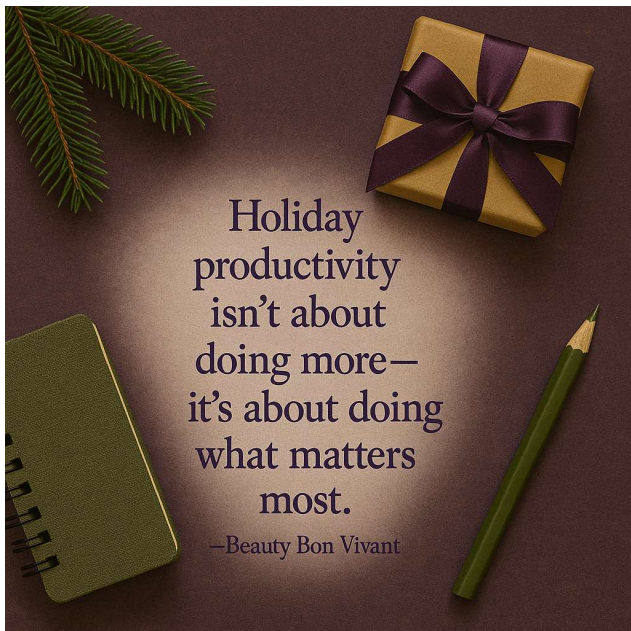
Holiday Productivity:

Simplify, Focus, & Finish Strong

Holiday productivity isn't about doing more — it's about doing what matters most.

Prioritize a few meaningful tasks, let go of perfection, and build in flexibility for rest and celebration.

By simplifying your schedule and focusing on essentials, you'll stay productive without feeling overwhelmed, leaving more time to enjoy the season.



*Productivity
& Prosperity*

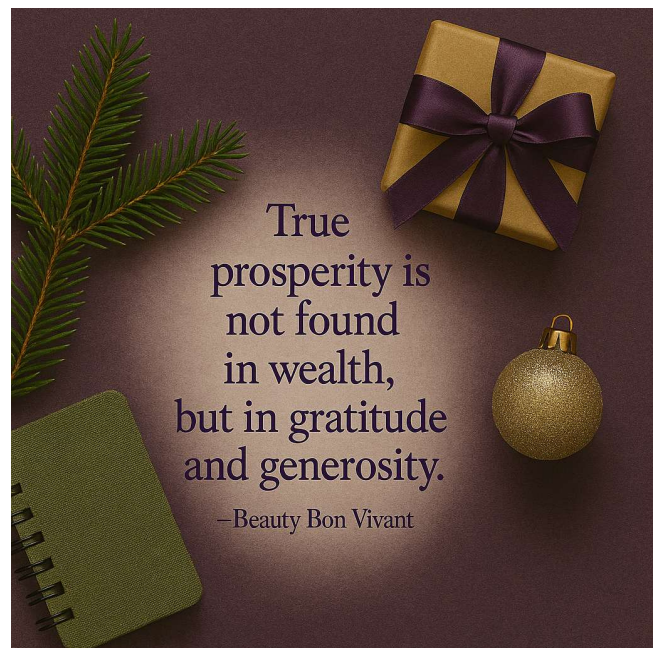
Holiday Prosperity:

Abundance Beyond the Gift Wrap

Holiday prosperity goes far beyond money or material things.

It's found in gratitude, generosity, meaningful connections, and a mindset of abundance.

When you focus on what you have rather than what you lack, prosperity flows naturally — bringing joy, peace, and fulfillment that lasts well beyond the season.



5: Travel & Leisure

Weekend getaways, cultural highlights, or travel hacks.

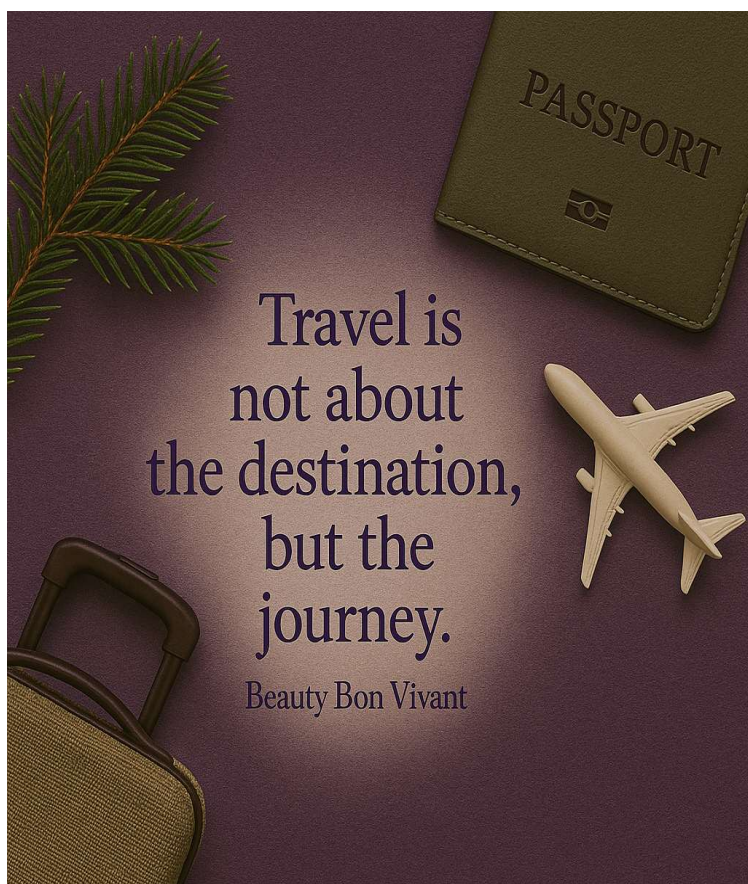
Holiday Travel:

Journey with Joy & Intention

Holiday travel is about more than reaching a destination — it's about enjoying the journey along the way.

Plan ahead, pack mindfully, and allow extra time to move at a relaxed pace.

Whether traveling near or far, embrace the moments of wonder, connection, and adventure that make holiday journeys truly memorable.



Travel & Leisure

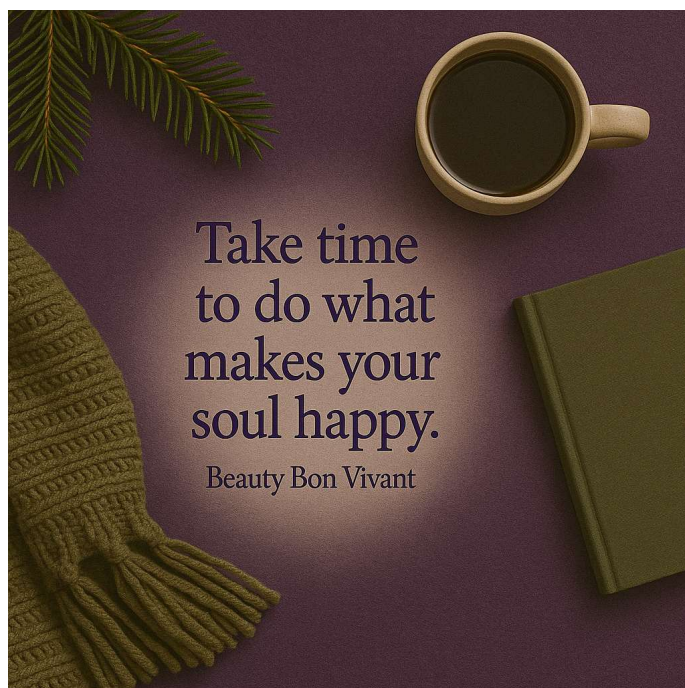
Holiday Leisure:

Rest, Play, & Enjoy the Moment

Holiday leisure is your invitation to slow down and savor simple pleasures.

Make time for rest, laughter, cozy traditions, and activities that bring you joy — whether that's reading by the fire, enjoying a favorite movie, or gathering with loved ones.

When you allow yourself to truly unwind, you return to the season refreshed and reconnected.



6: Home & Garden

Décor inspiration, DIY projects, or seasonal gardening projects.

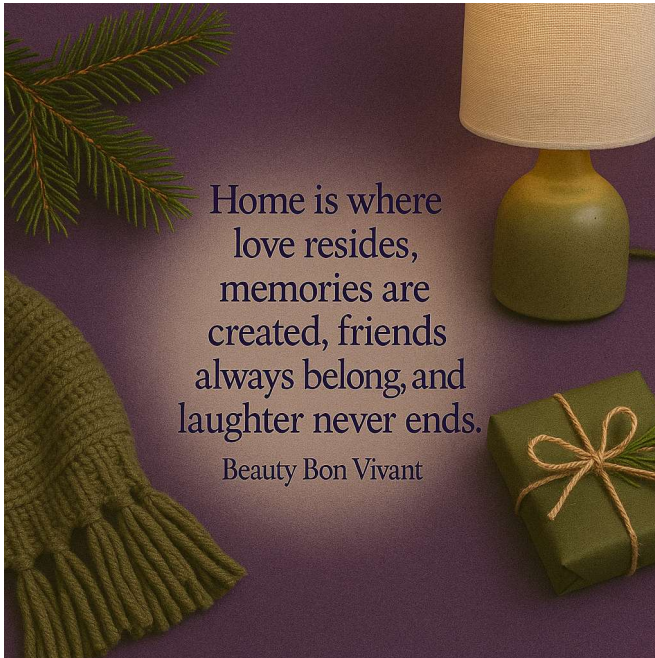
Holiday Home:

Warmth, Comfort, & Festive Touches

Being home for the holidays is about creating a space that feels welcoming and joyful.

Simple décor — soft lighting, greenery, cozy textures, and meaningful accents — can instantly transform your home into a festive retreat.

More than perfection, it's the warmth, comfort, and love shared within your space that truly make the season special.



Home is where
love resides,
memories are
created, friends
always belong, and
laughter never ends.

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Home & Garden

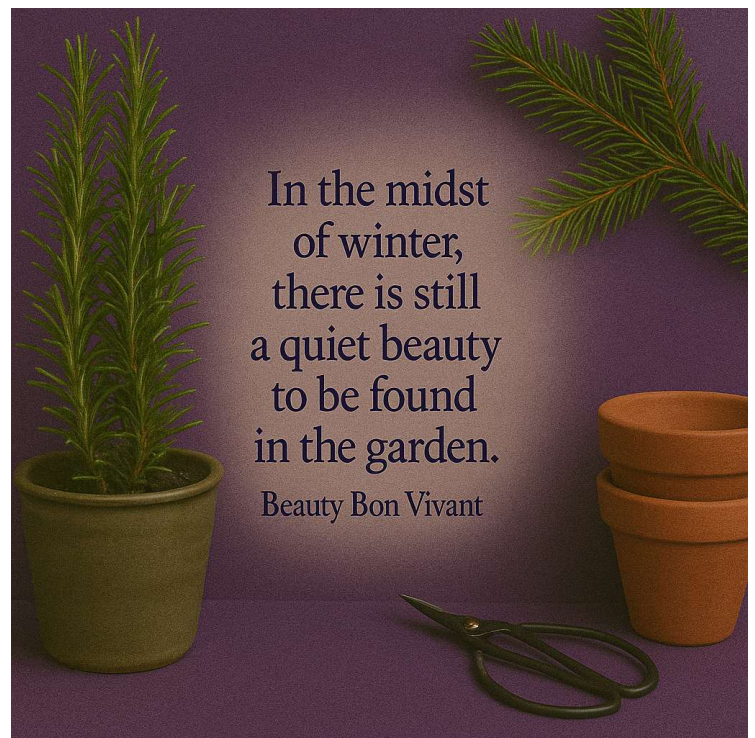
Holiday Gardening:

Nature's Quiet Beauty

Holiday gardening is about appreciating the quieter side of nature.

Winter greenery, evergreens, potted herbs, and simple arrangements bring life and freshness indoors during the colder months.

Tending to plants — inside or out — offers a peaceful pause, reminding us that growth continues even in the stillness of the season.



In the midst
of winter,
there is still
a quiet beauty
to be found
in the garden.

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7: Education & Entertainment

Book recommendations, streaming picks, or fun facts.

Education:

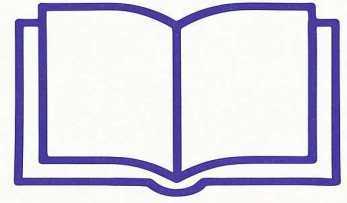
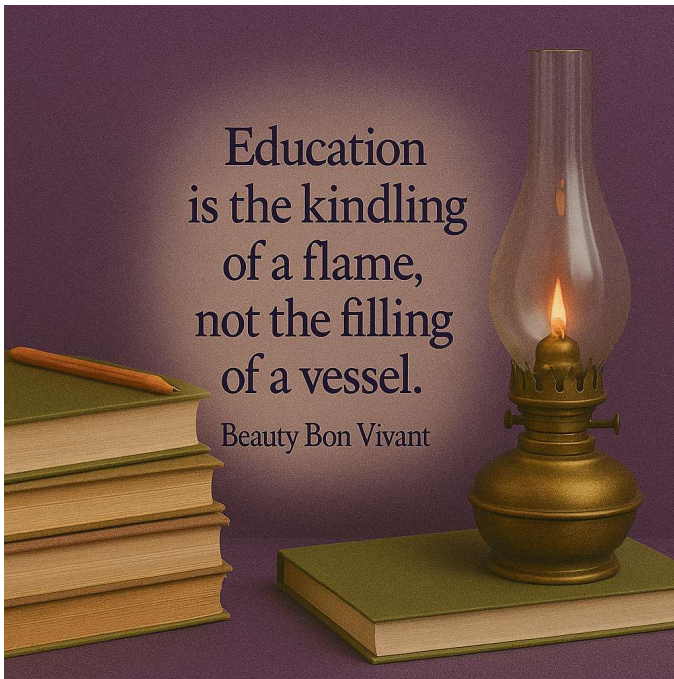
Learning, Growth &

New Opportunities

Education is a lifelong journey that doesn't pause for the holidays.

The season offers a wonderful opportunity to reflect on what you've learned this year and explore new ideas that spark curiosity.

Whether through reading, courses, conversations, or creative exploration, continued learning nurtures growth and opens the door to fresh possibilities in the year ahead.



Education & Entertainment

Holiday Entertainment:

Laughter, Music, & Merry Moments

Holiday entertainment brings people together through laughter, music, movies, and shared traditions.

From festive playlists and classic films to games and gatherings, these moments create lasting memories.

Keep it simple, playful, and inclusive — the best entertainment is about connection, joy, and celebrating the season together.



8: Rest & Relaxation

Mindfulness practices, spa ideas, or restful rituals.

Holiday Rest:

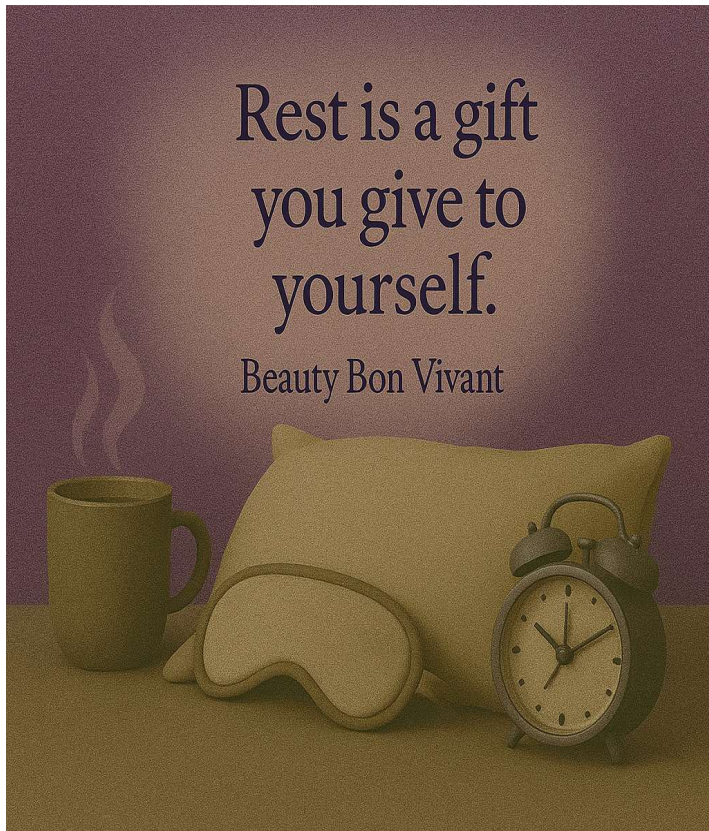
Pause, Restore, & Breathe

The holidays offer a gentle reminder to slow down and rest.

Amid celebrations and commitments, moments of quiet are essential for renewal.

Prioritize sleep, unplug when possible, and give yourself permission to pause.

True holiday joy is easier to feel when your body and mind are well-rested.



Rest & Relaxation

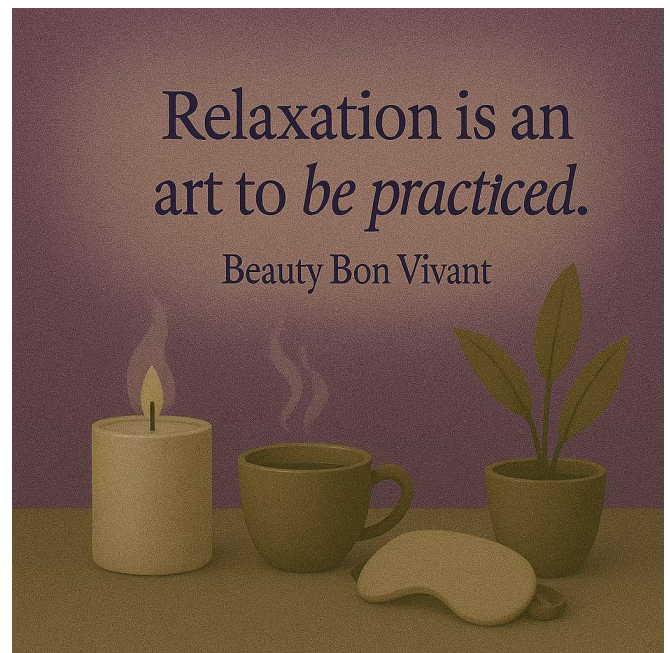
Holiday Relaxation:

Unwind, Release, and Enjoy

Holiday relaxation is about letting go of tension and embracing moments of calm.

Slow down, breathe deeply, and allow yourself to enjoy simple pleasures — soft music, warm drinks, quiet evenings, or peaceful reflections.

When you intentionally relax, you create space for joy, clarity, and renewed energy throughout the season.



9: Relationships & Recreation

Connection tips, social event ideas, or playful activities.

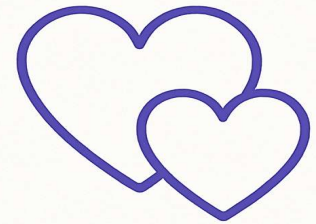
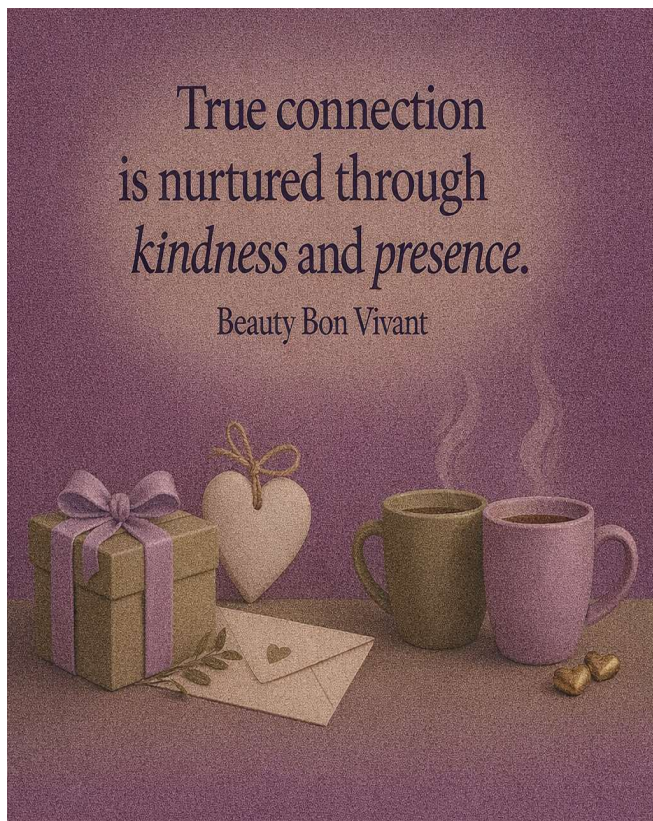
Holiday Relationships:

Kindness, Connection, & Care

The holidays shine a spotlight on relationships and the importance of connection.

Practice patience, listen with empathy, and lead with kindness — especially during busy or emotional moments.

Small gestures, thoughtful words, and quality time strengthen bonds and create memories that last far beyond the season.



Relationships & Recreation

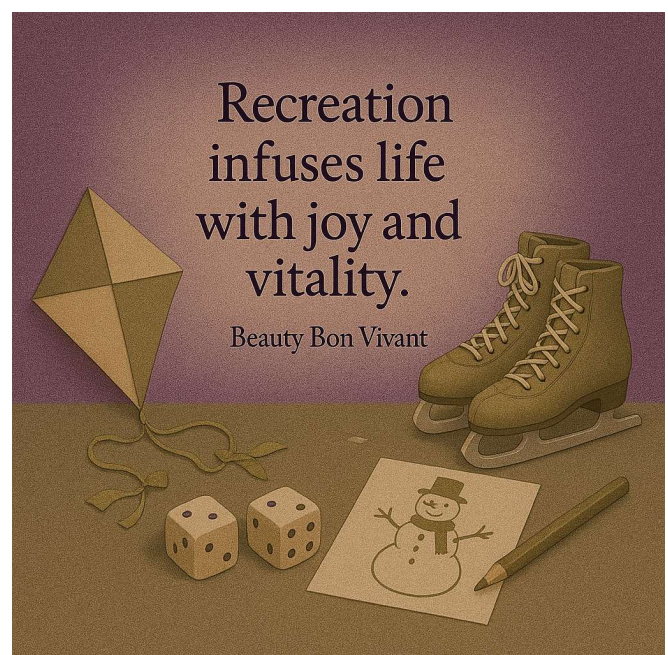
Holiday Recreation:

Play, Move, & Make Memories

Holiday recreation invites you to enjoy the season through movement, play, and shared experiences.

Whether it's winter walks, games with loved ones, festive outings, or creative hobbies, recreation adds energy and laughter to the holidays.

Making time for fun helps balance busy schedules and creates moments worth remembering.



10: Food – Friendship – Fun!

Recipes, party themes, or hosting tips.

Holiday Food:

Savor, Share, & Celebrate

Holiday food is about more than what's on the plate — it's about tradition, connection, and joy.

Enjoy seasonal flavors, cherished recipes, and festive treats while honoring balance and mindfulness.

From cozy comfort foods to special family favorites, sharing meals together creates memories that nourish both body and spirit.



Good food
brings warmth
and cheer to
the holiday table.

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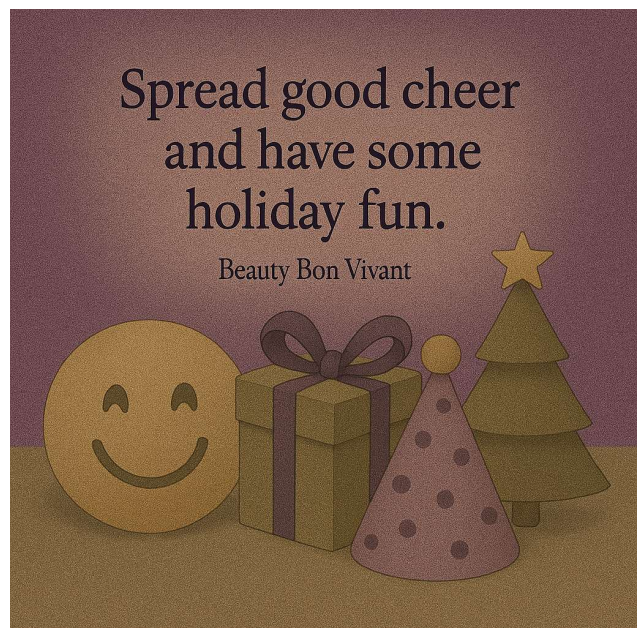
Holiday Good Cheer & Fun:

Laughter, Light, & Celebration

Holiday good cheer is found in shared smiles, playful moments, and heartfelt laughter.

From festive gatherings and spontaneous fun to simple traditions that lift the spirit, joy multiplies when it's shared.

Embrace the lighthearted side of the season — because fun, connection, and positivity are what make the holidays truly magical.



Spread good cheer
and have some
holiday fun.

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This Month's Recipe

Recipes, party themes, or hosting tips.

Holiday Cranberry Orange Sparkle Bark

A sweet, colorful treat that's perfect for gifting, entertaining, or enjoying with a cozy cup of cocoa.



Ingredients:

- 12 oz white chocolate or vanilla candy melts
- ½ cup dried cranberries
- Zest of 1 orange
- ¼ cup chopped pistachios or almonds
- Optional: flaky sea salt or edible gold sprinkles

Directions:

Melt white chocolate gently (microwave in short intervals or double boiler).

Spread melted chocolate evenly on a parchment-lined baking sheet.

Sprinkle cranberries, orange zest, and nuts evenly over the top.

Add a pinch of sea salt or festive sprinkles if desired.

Chill until firm (about 30 minutes), then break into pieces.

🌟 Serve, share, and sparkle!

Cranberry Brie Holiday Bites

Sweet, savory, and perfectly bite-sized — ideal for parties, open houses, or cozy gatherings.



Ingredients:

- 1 sheet puff pastry (thawed)
- 1 wheel of brie cheese
- ½ cup whole-berry cranberry sauce
- Fresh rosemary or thyme (finely chopped)
- Optional: chopped pecans or walnuts

Directions:

Preheat oven to 375°F (190°C).

Cut puff pastry into small squares and place into a lightly greased mini muffin tin.

Cut brie into small cubes and place one cube into each pastry cup.

Top with a spoonful of cranberry sauce.

Sprinkle with herbs and nuts if desired.

Bake 12-15 minutes, until golden and bubbly.

11: Games, Arts & Crafts

Creative challenges, DIYs, or hobby suggestions.

Holiday Games:

Play, Laugh, & Connect

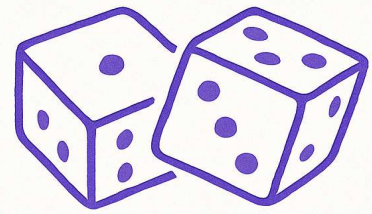
Holiday games bring people together through laughter, friendly competition, and shared fun.

From classic board games and card games to festive trivia and party favorites, games create joyful moments for all ages.

A little playful spirit goes a long way in turning holiday gatherings into unforgettable memories.

Holiday games: play, laugh & connect

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Games, Arts & Crafts

Holiday Arts & Crafts:

Create, Express, & Celebrate

Holiday arts and crafts invite creativity and connection into the season.

From handmade decorations and gift tags to simple DIY projects, crafting adds a personal touch to holiday traditions.

Creating something by hand brings joy, sparks imagination, and turns everyday moments into meaningful memories.



12: Inspiration & Innovation

Quotes, creative spotlights, or visionary tools.

Holiday Inspiration:

Hope, Gratitude, & New Beginnings

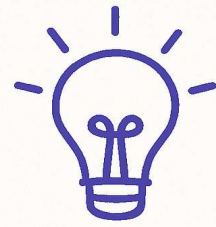
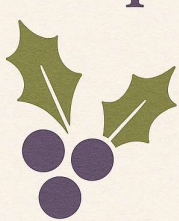
The holiday season is a powerful reminder to pause, reflect, and find inspiration in simple moments.

Acts of kindness, expressions of gratitude, and quiet reflection can spark renewed hope and clarity.

Let the warmth of the season inspire you to carry joy, purpose, and possibility into the year ahead.



May the spirit
of the holiday
season fill your
heart with
hope and joy.



Inspiration & Innovation

Holiday Innovation:

Fresh Ideas & Festive Creativity

The holiday season is the perfect time to embrace innovation in small, meaningful ways.

Try new traditions, simplify routines, or add a creative twist to familiar celebrations.

Innovation doesn't have to be big — sometimes a fresh idea or new perspective is all it takes to make the holidays feel exciting and memorable.



13: Interpersonal Communication

Tips for clear, kind, and confident conversations.

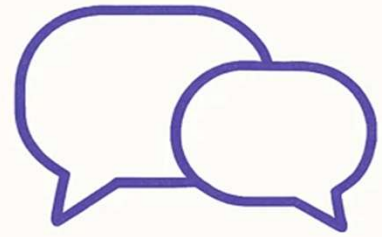
Holiday Interpersonal Communication:

Listen, Speak, & Connect

The holidays are an ideal time to strengthen communication through presence and understanding.

Practice active listening, express appreciation, and choose words that uplift and unite.

Thoughtful communication — spoken with kindness and clarity — helps deepen connections and brings greater harmony to holiday interactions.



Interpersonal Communication

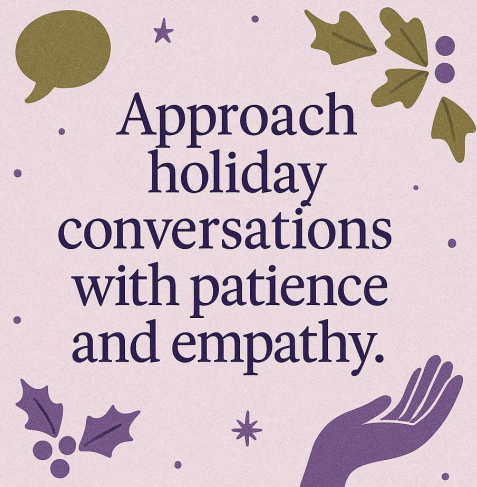
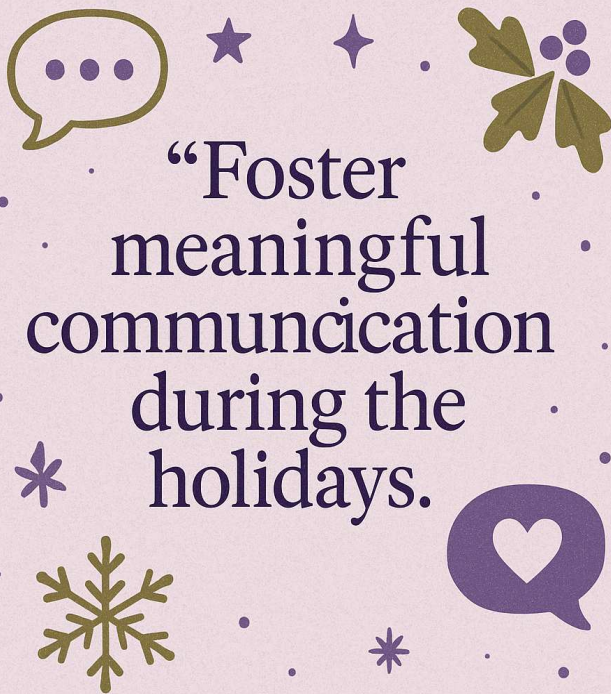
Holiday Interpersonal Communication:

Grace, Boundaries, & Understanding

Holiday conversations are most meaningful when guided by grace and respect.

Set gentle boundaries, respond thoughtfully, and allow space for differing perspectives.

Clear, compassionate communication helps maintain harmony and ensures everyone feels heard, valued, and respected during the season.



14: Time & Stress Management

Scheduling systems, relaxation strategies, or balance tips.

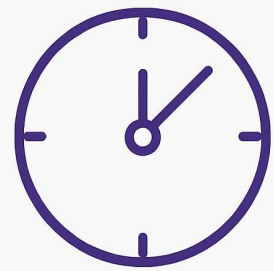
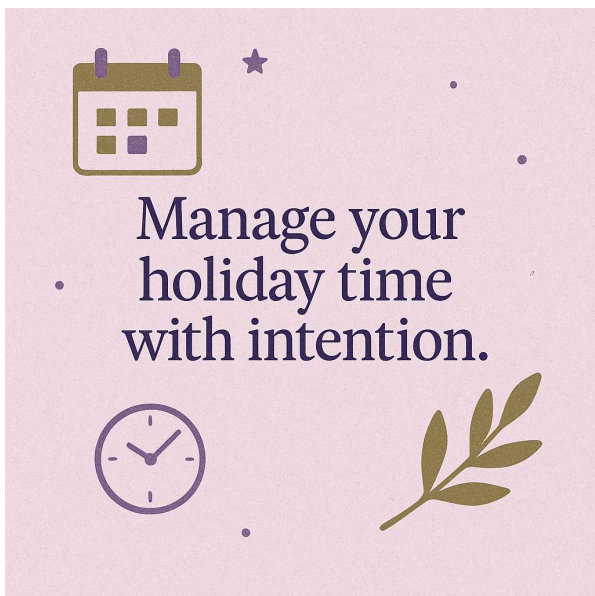
Holiday Time Management:

Plan With Purpose & Peace

Holiday time management is about creating space for what matters most.

Prioritize key commitments, simplify your schedule, and allow flexibility for rest and joy.

When you manage your time with intention, the holidays feel less rushed and far more meaningful.



*Time-Management
&
Stress-Management*

Holiday Stress Management:

Breathe, Balance, & Be Kind to Yourself

The holidays can be joyful — and busy.

Manage stress by simplifying expectations, taking mindful breaks, and practicing deep breathing or quiet moments of reflection.

Remember to say no when needed and prioritize rest.

When you care for yourself with intention, the season becomes calmer, brighter, and far more enjoyable.



15: Goal-Achievement Strategies

Vision board prompts, habit hacks, or progress trackers.

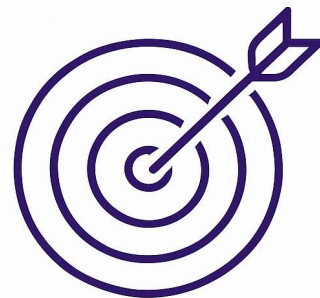
Holiday Goal-Setting:

Reflect, Refocus, & Reset

The holiday season is a natural time to reflect on the year behind and set intentions for what's ahead.

Celebrate progress, release what no longer serves you, and choose a few meaningful goals for the coming year.

Thoughtful goal-setting now creates clarity, motivation, and momentum moving forward.



Goal-Achievement Strategies

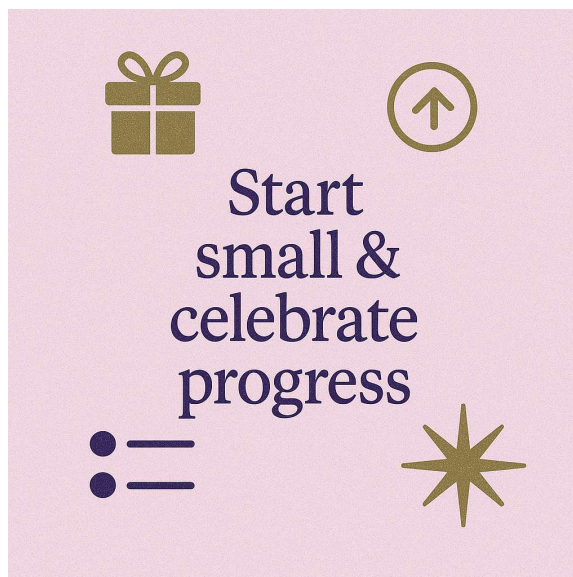
Holiday Goal-Achievement Strategies:

Start Small & Stay Consistent

Turning goals into reality begins with simple, intentional steps.

Break big goals into manageable actions, focus on progress over perfection, and celebrate small wins along the way.

Even during the holidays, consistency and clarity help transform intentions into meaningful achievements.



16: Personal Passions & Pursuits

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

Personal Holiday Passions:

Joy, Purpose, & What Lights You Up

The holidays are a wonderful time to reconnect with personal passions that bring joy and meaning to your life.

Whether it's cooking, creating, giving back, or simply spending time with loved ones, honoring what lights you up nurtures happiness and fulfillment.

When you make space for your passions, the season becomes richer and more joyful.



Make
time for
what brings
you joy



*Personal
Passions & Pursuits*

Personal Holiday Pursuits: Intention, Growth, & Discovery

The holidays are a wonderful time to explore personal pursuits that nurture growth and curiosity.

Whether learning something new, starting a creative project, or revisiting a favorite interest, these pursuits add purpose and fulfillment to the season.

Small steps taken now can inspire meaningful momentum in the year ahead.



Try
something
new this
holiday
season





Beauty Bon, Vivant, LLC

Live Life Well!

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"



BBV

NEXT LEVEL

Lifestyle

MEMBERSHIP CLUB

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



Schedule
TIME WITH
Vitalia



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!

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Vitalia@beautybonvivant.com

Vitalia Bryn-Pundyk
Founder of Sisterhood Sorority, LLC



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!

Monthly Message from Vitalia

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

A Personal Note From Me:

As the year comes to a close, I want to thank you for being part of the Beauty Bon Vivant community. May this holiday season bring you moments of joy, peace, and connection, and may the year ahead be filled with health, happiness, and purpose. Wishing you a beautiful holiday season and a bright new year.



With gratitude,
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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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.
- *Friday Friendship Day.
- *Customized VIP Day.
- *Lunch & Laughter.
- *Coffee Connections.
- *Girlfriend Gatherings.

Please visit us at www.beautybonvivant.com

