

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

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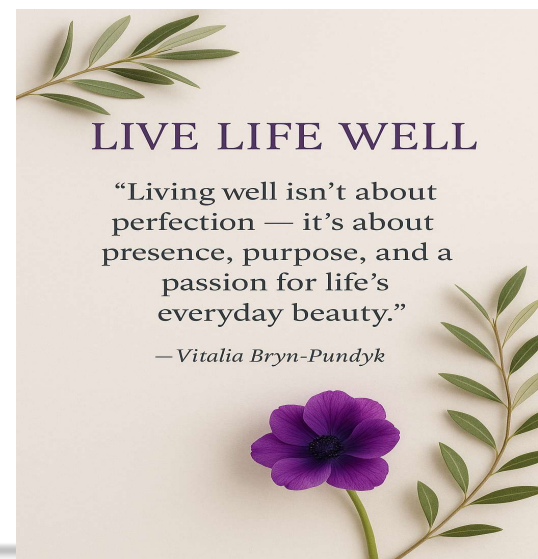
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1: Beauty & Fashion

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

Beauty: Fresh Beauty for a New Season

Spring is the perfect time to refresh your beauty routine and embrace a lighter, more radiant look. As the seasons change, so do the needs of your skin – making it important to adjust with gentle care and intention.

Consider simplifying your routine with hydrating products, soft, glowing makeup, and a focus on natural radiance. A touch of color, a dewy finish, and healthy skin can create a fresh, effortless look that reflects the energy of the season.

True beauty is about renewal. When you refresh your routine and care for yourself with intention, your natural glow shines brighter than ever.



Beauty & Fashion

Fashion:

Light, Fresh Spring Style

Spring fashion is all about lightness, color, and effortless elegance. As the weather warms, it's the perfect time to transition into softer fabrics, brighter tones, and styles that feel both comfortable and refined.

Flowing silhouettes, pastel shades, and breathable materials can instantly refresh your wardrobe. Adding a few statement accessories – such as a colorful scarf or a bold handbag – can elevate even the simplest outfit.

True spring style is not about following every trend, but about choosing pieces that make you feel confident, refreshed, and beautifully in tune with the season.



2: Health & Wellness

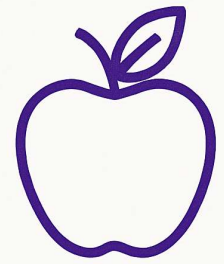
Quick wellness routines, nutrition tips, or health articles.

Health: Refreshing Your Health This Spring

Spring is a natural time for renewal, making it the perfect season to refocus on your health and well-being. As the days grow longer and brighter, small changes can help you feel more energized and refreshed.

Simple habits such as drinking more water, incorporating fresh seasonal foods, and spending time outdoors can make a meaningful difference. Even a short daily walk or a few moments of stretching can help boost both physical and mental wellness.

Good health doesn't require drastic changes — just consistent, mindful choices. When you care for your body with intention, you create a foundation for lasting energy, balance, and vitality.



*Health &
Wellness*

Wellness:

Embracing Everyday Wellness

Wellness is found in the small, intentional moments we create each day. It's not about doing everything perfectly — it's about making simple choices that support your overall well-being.

Taking a few minutes to breathe deeply, step outside for fresh air, or pause and reset can bring a sense of calm and balance. These small acts of self-care help restore your energy and keep you feeling grounded.

True wellness is a daily practice. When you care for yourself with consistency and kindness, you create a lifestyle that supports both inner peace and lasting vitality.

*Nourish your body,
nurture your soul.*

— UNKNOWN



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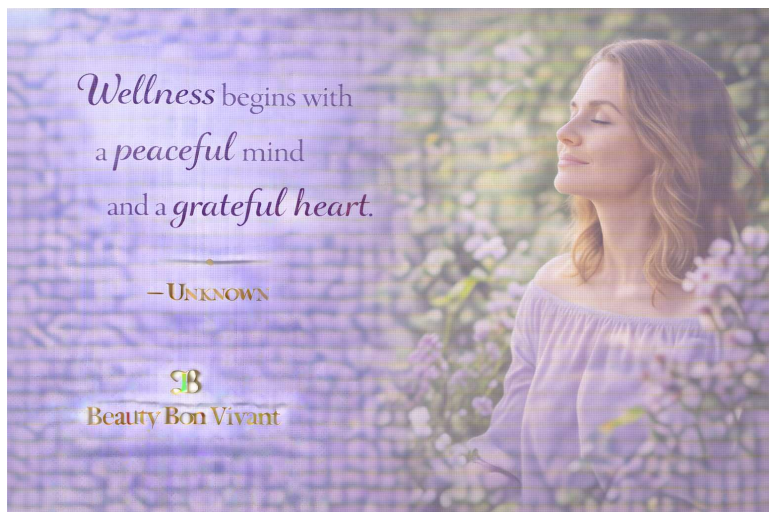


*Wellness begins with
a peaceful mind
and a grateful heart.*

— UNKNOWN



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3: Career & Finance

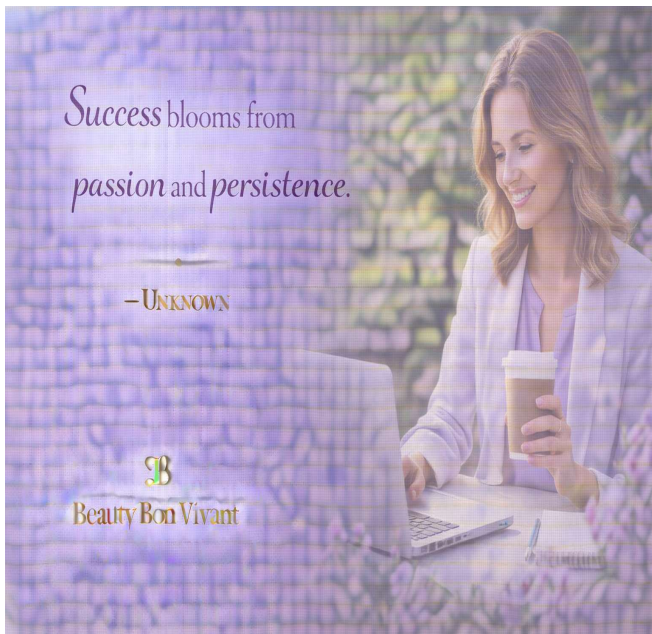
Professional Growth Strategies, budgeting tips, or money mindset.

Careers: Growing Your Career With Purpose

Spring is a season of growth, making it the perfect time to invest in your career and professional development. Whether you're building new skills, exploring new opportunities, or refining your goals, small steps can lead to meaningful progress.

Consider setting aside time to learn something new, expand your network, or revisit your long-term career vision. Even simple actions — such as attending a workshop or updating your goals — can create new momentum.

Professional growth is an ongoing journey. When you approach your career with curiosity, intention, and confidence, you open the door to new possibilities and continued success.



Career & Finance

Finance:

Cultivating a Positive Money Mindset

Your mindset plays a powerful role in your financial well-being. When you begin to view money as a tool for opportunity rather than a source of stress, you open the door to more confident and intentional financial decisions.

A positive money mindset starts with awareness. Focusing on gratitude for what you have, setting clear financial goals, and believing in your ability to grow financially can shift your perspective in meaningful ways.

Remember, financial success is not just about numbers — it's about mindset. When you approach money with confidence, clarity, and optimism, you create a stronger foundation for long-term prosperity.



4: Productivity & Prosperity

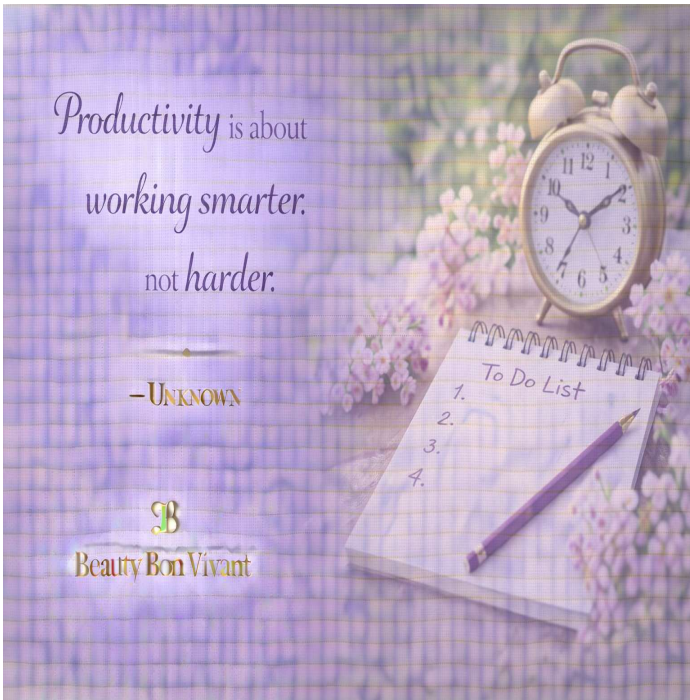
Tools and routines to boost focus and achieve abundance.

Productivity: Refresh Your Productivity

Spring is a great time to reset your routines and bring new energy to your daily productivity. With a fresh perspective, even small changes can help you feel more focused and accomplished.

Start by simplifying your to-do list and prioritizing what truly matters. Focusing on a few key tasks each day can help you stay organized and avoid feeling overwhelmed.

Productivity isn't about doing everything – it's about doing the right things with intention. When you approach your time with clarity and purpose, you create space for both achievement and balance.



Productivity & Prosperity

Prosperity:

Welcoming Prosperity This Season

Prosperity is more than financial success – it is a sense of abundance that touches every area of life. It's found in opportunities, meaningful connections, personal growth, and the ability to appreciate what we already have.

Spring is a beautiful reminder that growth happens naturally when we nurture what matters. By focusing on gratitude, staying open to new possibilities, and taking intentional steps forward, we invite more abundance into our lives.

True prosperity begins within. When we cultivate a mindset of positivity and possibility, we create space for success, fulfillment, and a life that feels truly rich.



5: Travel & Leisure

Weekend getaways, cultural highlights, or travel hacks.

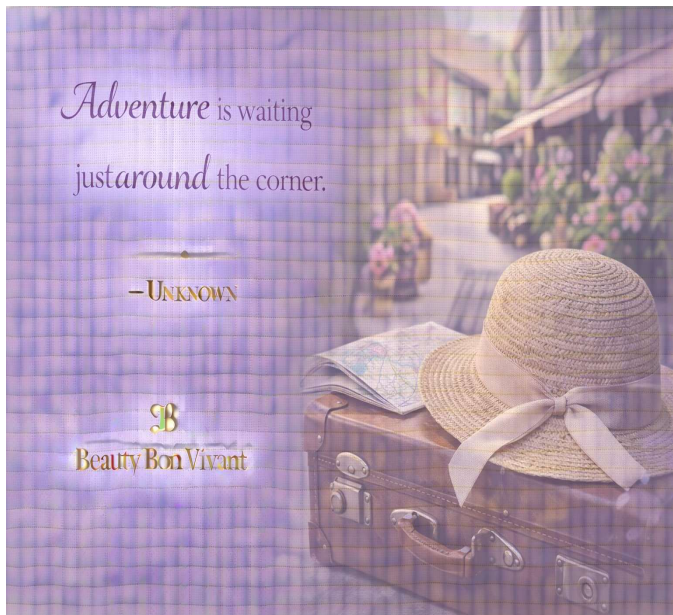
Travel:

Embracing the Beauty of Local Travel

Travel doesn't always require a plane ticket or a long journey. Sometimes the most meaningful adventures are found close to home. Exploring local destinations can offer new experiences, hidden gems, and a deeper appreciation for your surroundings.

A day trip to a nearby town, a visit to a local park, or discovering a new café or boutique can bring a refreshing change of pace. These simple escapes allow you to unwind, recharge, and enjoy the moment without the stress of extensive planning.

Travel is about discovery — no matter the distance. When you stay open to exploring what's around you, every day holds the potential for a new adventure.



Travel & Leisure

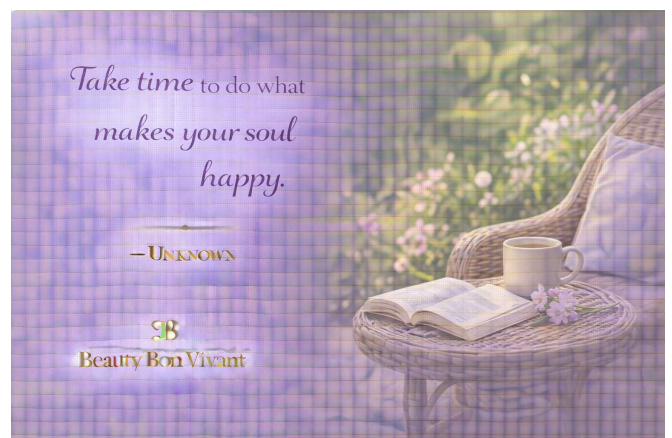
Leisure:

Enjoying the Art of Leisure

Leisure is a gentle reminder to slow down and enjoy the present moment. In the midst of busy schedules, taking time for simple pleasures can bring a sense of calm, balance, and renewed energy.

Spring offers the perfect opportunity to embrace leisure — whether it's sitting outside with a good book, enjoying a quiet cup of coffee, or taking a peaceful stroll in the sunshine. These small moments allow us to reconnect with ourselves and the beauty around us.

Leisure is not about doing more — it's about being present. When we make space for relaxation and enjoyment, we create a more balanced and fulfilling life.



6: Home & Garden

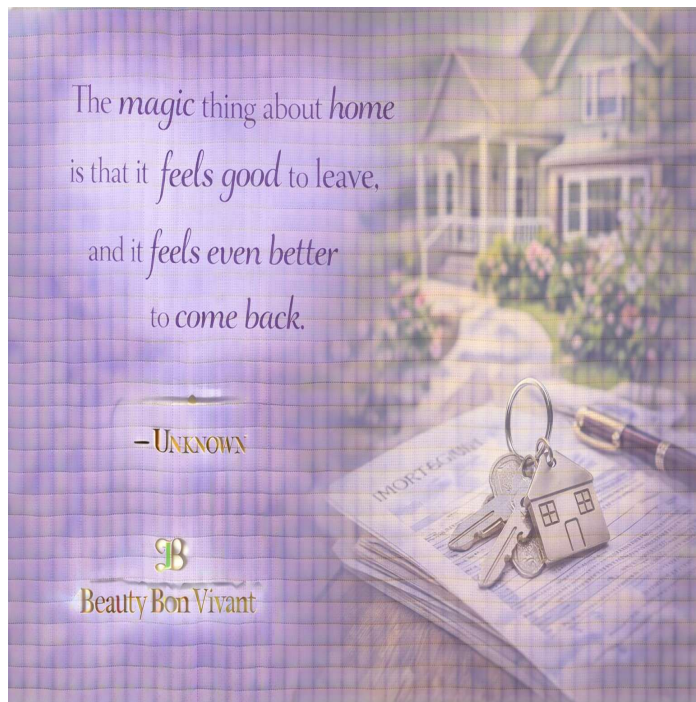
Décor inspiration, DIY projects, or seasonal gardening projects.

Home: Finding the Perfect Place to Call Home

Buying a new home is an exciting milestone and a meaningful step toward creating the life you envision. More than just a financial decision, it's about finding a space that reflects your lifestyle, goals, and sense of comfort.

As you begin the process, take time to consider what truly matters — location, functionality, and the features that will support your daily life. Staying clear on your priorities can help guide your decisions and make the experience more enjoyable.

A home is more than a place — it's where memories are made and life unfolds. When you choose thoughtfully and with intention, you create a space that feels both welcoming and uniquely your own.



Home & Garden

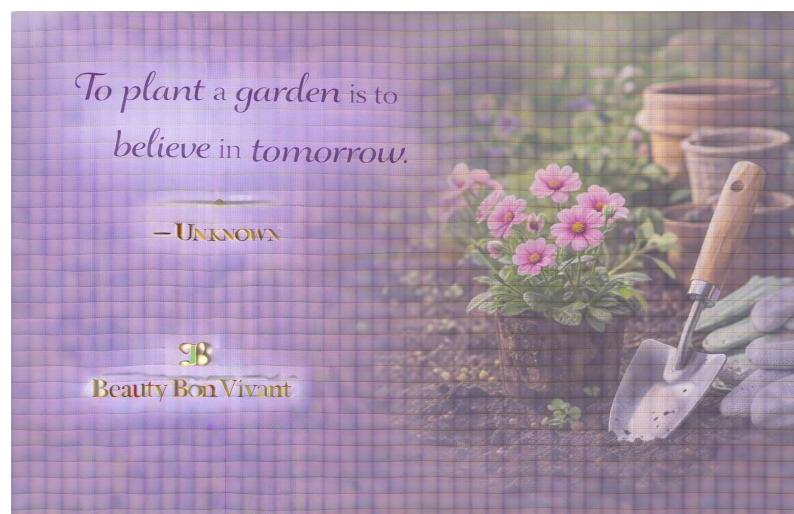
Gardening:

Planting the Seeds of Spring

April is the perfect time to step into the garden and begin planting the seeds of something beautiful. As the earth awakens, even the smallest gardening efforts can bring vibrant color and life to your outdoor space.

Start simple by choosing a few easy-to-grow plants such as herbs, flowers, or seasonal vegetables. Preparing the soil, adding fresh plants, and giving them consistent care can create a rewarding and relaxing experience.

Gardening is more than a task — it's a connection to nature. As you nurture your garden, you'll also cultivate a sense of peace, patience, and joy that grows with every new bloom.



7: Education & Entertainment

Book recommendations, streaming picks, or fun facts.

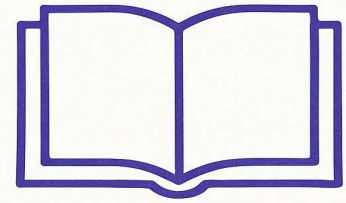
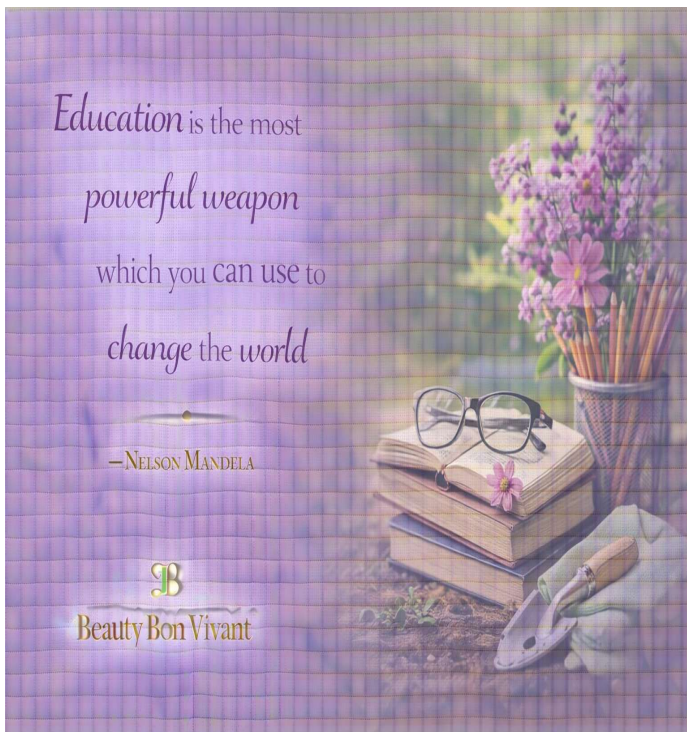
Education:

Growing Through Learning

Spring is a season of growth, making it the perfect time to embrace learning and personal development. Education is not limited to classrooms – it happens anytime we explore new ideas, gain new skills, or expand our understanding of the world.

Whether reading a book, attending a workshop, or simply staying curious, each learning experience adds value to your life. Even small efforts can lead to meaningful growth over time.

Learning keeps the mind active and inspired. When we commit to growing and evolving, we open ourselves to new opportunities and a brighter, more empowered future.



Education & Entertainment

Entertainment:

Enjoying Light-Hearted Entertainment

Entertainment is a simple yet powerful way to relax, recharge, and add joy to everyday life. Whether it's watching a feel-good movie, listening to music, or attending a local event, these moments give us a chance to unwind and be present.

Spring is a great time to explore new forms of entertainment – outdoor concerts, community events, or even hosting a small gathering with friends. These experiences create laughter, connection, and lasting memories.

Taking time for entertainment reminds us that life is meant to be enjoyed. When we make space for fun and creativity, we bring more balance, energy, and happiness into our lives.



8: Rest & Relaxation

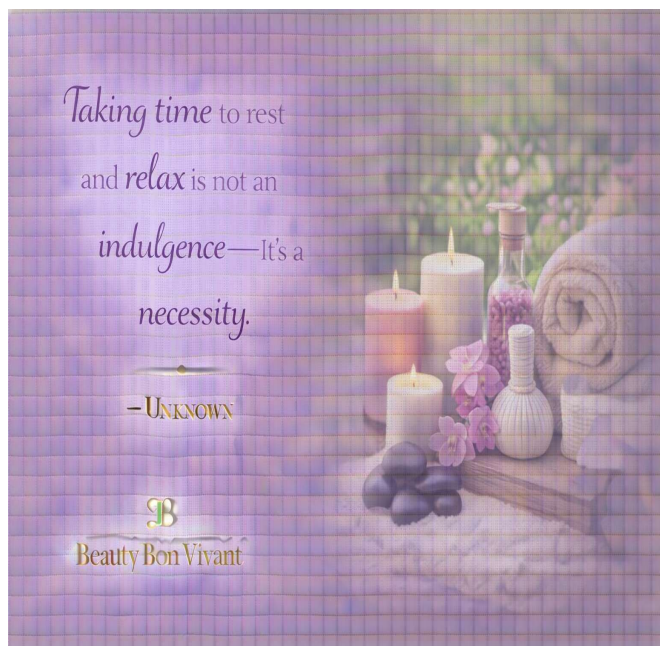
Mindfulness practices, spa ideas, or restful rituals.

Rest: The Power of Rest & Renewal

In a world that moves quickly, taking time to rest is essential for both body and mind. A visit to the spa — or even creating a spa-like experience at home — offers a chance to slow down, recharge, and reconnect with yourself.

Simple rituals like a warm bath, soothing music, calming scents, or a facial treatment can help melt away stress and restore a sense of balance. These moments of care are not indulgences — they are important acts of self-nurturing.

When you allow yourself time to rest and renew, you return to your daily life feeling refreshed, centered, and ready to embrace each new day with calm and clarity.



Rest & Relaxation

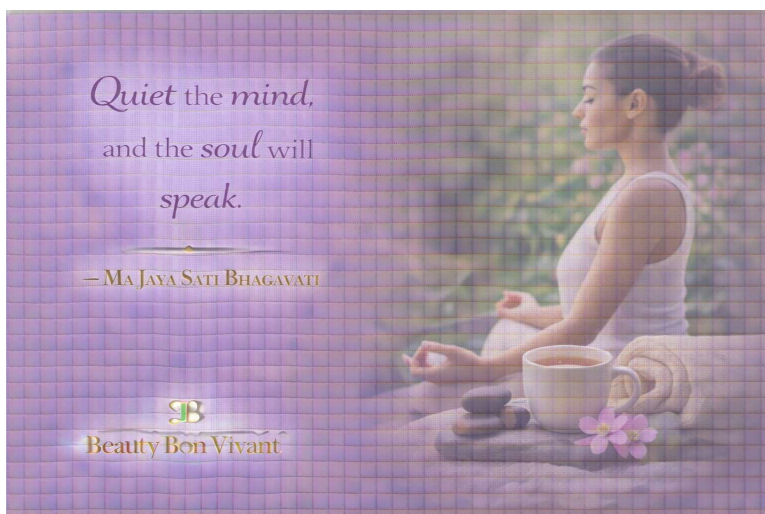
Relaxation:

Finding Peace in Quiet Moments

Relaxation is not about escaping life — it's about creating space to breathe, reset, and simply be. In the middle of busy days, even a few quiet moments can bring a sense of calm and clarity.

Whether it's sitting in silence, enjoying nature, or taking a few slow, deep breaths, these simple practices help ease tension and restore balance. Small pauses throughout the day can make a meaningful difference in how we feel.

When we allow ourselves time to relax, we return to life feeling more centered, focused, and at peace. True relaxation is found in the moments we give ourselves permission to slow down.



9: Relationships & Recreation

Connection tips, social event ideas, or playful activities.

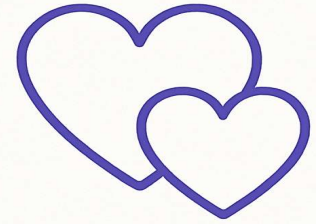
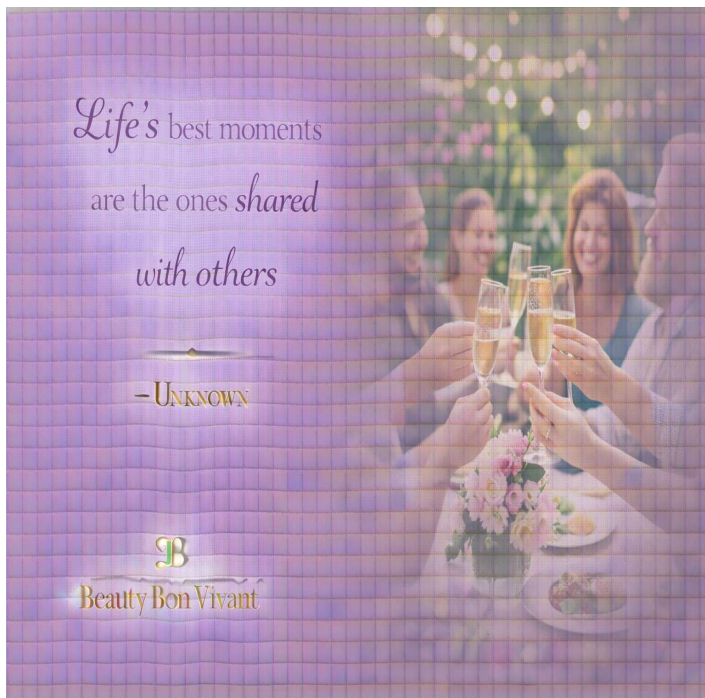
Relationships:

Connecting Through Social Gatherings

Relationships often grow strongest when we come together and share experiences. Social events — whether small gatherings, celebrations, or casual meetups — create opportunities to connect, laugh, and build meaningful memories.

Spring is the perfect season to host or attend social events. From brunches and outdoor get-togethers to simple coffee dates, these moments allow us to strengthen bonds in a relaxed and enjoyable way.

Making time for social connection adds energy and joy to our lives. When we gather with others and share in meaningful moments, we deepen relationships and create experiences that truly enrich our lives.



Relationships & Recreation

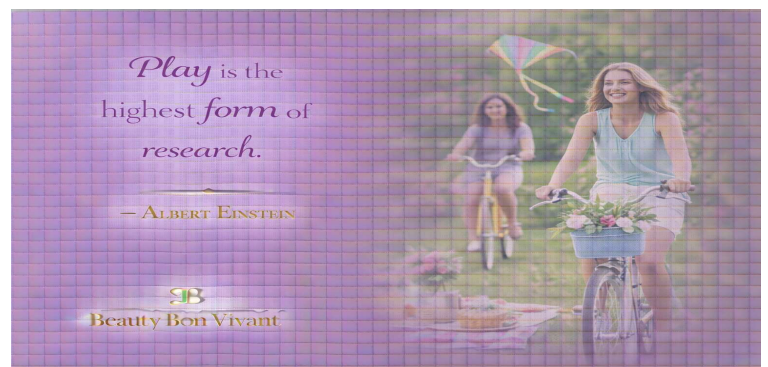
Recreation:

Playful Ways to Enjoy Spring

Spring is the perfect time to step outside, have fun, and embrace a sense of play. As the weather warms and nature comes alive, it invites us to explore simple activities that bring joy and energy to our days.

Consider planning a picnic in the park, taking a scenic bike ride, flying a kite, or enjoying a leisurely walk through a blooming garden. Outdoor games, weekend markets, or even a spontaneous road trip can add excitement and variety to your routine.

Recreation doesn't have to be complicated — it's about making time for fun and fresh experiences. When you embrace the playful spirit of spring, you create moments that refresh your mind and uplift your spirit.



10: Food - Friendship - Fun!

Recipes, party themes, or hosting tips.

Food: Savoring Spring at the Farmers Market

Spring is the perfect time to visit your local farmers market and enjoy the fresh flavors of the season. From vibrant fruits and crisp vegetables to homemade breads and artisanal treats, these markets offer a delightful way to connect with both food and community.

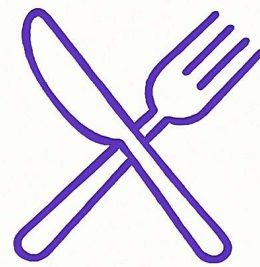
Strolling through a farmers market is more than just shopping – it's an experience. You can discover new ingredients, support local growers, and find inspiration for simple, healthy meals.

Choosing fresh, seasonal foods not only enhances flavor but also encourages mindful eating. When you take time to enjoy what's in season, you bring a little more freshness, nourishment, and joy to your table.

*Eat fresh and eat
local. It shows your
body care.*

— LIDIA BASTIANICH


Beauty Bon Vivant



*Food-
Friendship-
Fun!*

Friendship:

Celebrating the Beauty of Friendship

Friendship brings warmth, laughter, and a sense of connection to our lives. It's often the simple moments – shared conversations, spontaneous outings, or words of encouragement – that make friendships so meaningful.

Spring is a lovely time to reconnect with friends, plan a lunch, take a walk together, or simply reach out and check in. These small efforts can strengthen bonds and create lasting memories.

Friendship thrives on connection and care. When we make time for the people who uplift and support us, we enrich our lives with joy, trust, and a true sense of belonging.

*True friends
are never apart.
Maybe in distance,
but never in heart.*

— UNKNOWN


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This Month's Recipes

Recipes, party themes, or hosting tips.

Springtime Tea Party Mini Lemon Cakes

Ingredients

- 1 box vanilla cake mix
(or homemade vanilla cake batter)
- 3 eggs
- ½ cup vegetable oil
- 1 cup water
- Zest of 1 lemon
- 2 tablespoons fresh lemon juice

Instructions

1. Preheat oven according to cake mix instructions. Lightly grease a mini muffin pan or small cake molds.
2. Prepare the cake batter as directed, then add lemon zest and lemon juice for a fresh spring flavor.
3. Fill molds about ¼ full and bake according to package directions (typically 12–15 minutes for mini cakes).
4. Allow cakes to cool completely.
5. Mix powdered sugar with lemon juice to create a light glaze, then drizzle over the cakes.

Serving Tip:

Arrange on a tiered tray with tea cups and fresh flowers for an elegant, spring-inspired display.

For the Glaze

- 1 cup powdered sugar
- 2–3 tablespoons fresh lemon juice

Optional Garnish

- Fresh berries (strawberries, raspberries, or blueberries)
- Mint leaves
- Edible flowers



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11: Games, Arts & Crafts

Creative challenges, DIYs, or hobby suggestions.

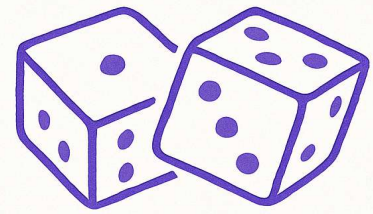
Games: Play, Laugh, Repeat

The Joy of Games

Games are a wonderful way to relax, connect, and bring a little lighthearted fun into everyday life. Whether it's a lively group game with friends, a cozy board game night, or a quick brain teaser, games invite us to step away from routine and simply enjoy the moment.

Spring is a perfect time to incorporate playful activities — outdoor lawn games, card games on the patio, or friendly competitions at gatherings. These shared experiences spark laughter, strengthen connections, and create joyful memories.

Making time for play isn't just fun — it's refreshing for the mind and uplifting for the spirit. Sometimes, the best way to recharge is to simply play.



Games, Arts & Crafts

Arts & Crafts:

Creative Joy – Spring Arts & Crafts

Spring is the perfect season to embrace creativity and bring a fresh burst of color into your life. Arts and crafts offer a relaxing and rewarding way to express yourself while creating something beautiful.

Simple projects like painting, floral arranging, or DIY décor can brighten your space and uplift your mood. Even a small creative moment — like sketching, journaling, or crafting with friends — can spark inspiration and joy.

Creativity doesn't have to be perfect — it just has to be enjoyed. When you allow yourself to create freely, you open the door to relaxation, self-expression, and a renewed sense of inspiration.



12: Inspiration & Innovation

Quotes, creative spotlights, or visionary tools.

Inspiration:

The Power of Positive Affirmations

What you say to yourself matters more than you think. Positive affirmations are simple, powerful statements that help shape your mindset and influence how you show up each day.

By intentionally choosing thoughts like “I am capable,” “I am confident,” or “I am worthy of success,” you begin to replace doubt with belief. Over time, these affirmations can shift your perspective, boost motivation, and strengthen self-confidence.

Start your day with a few meaningful affirmations and repeat them with intention. When you speak positivity into your life, you begin to create it – one thought, one word, and one belief at a time.



Inspiration & Innovation

Innovation: Innovation Begins With a Simple Idea

Innovation doesn't always start with something big – it often begins with a single idea and the courage to explore it. Whether in business, creativity, or everyday life, small improvements and new perspectives can lead to meaningful change.

Being open to new ways of thinking allows us to grow and adapt. Trying something different, asking new questions, or reimagining familiar routines can spark creativity and uncover new opportunities.

Innovation is less about perfection and more about progress. When you stay curious and willing to evolve, you create space for fresh ideas to take shape and flourish.



13: Interpersonal Communication

Tips for clear, kind, and confident conversations.

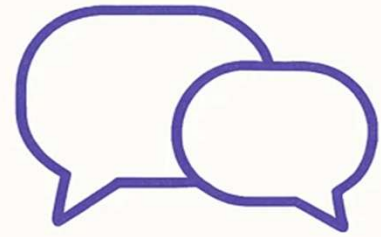
Interpersonal Communication:

The Art of Meaningful Communication

Strong interpersonal connections begin with how we communicate. It's not just about what we say, but how we listen, respond, and show understanding.

Taking the time to truly listen – without interrupting or rushing – creates trust and respect. Simple habits like making eye contact, asking thoughtful questions, and being fully present can transform everyday conversations into meaningful connections.

Effective communication is a skill that grows with intention. When we approach others with openness and empathy, we build relationships that are stronger, more genuine, and more rewarding.



Interpersonal Communication

Interpersonal Communication:

How to Become a More Confident Communicator

Confidence in communication is a skill you can build with simple, intentional habits. Start by slowing down – speaking clearly and at a steady pace helps you sound more composed and in control.

Prepare your key points in advance so you feel organized and focused. Maintain eye contact, use positive body language, and avoid filler words to strengthen your presence.

Most importantly, practice. The more you speak up – in meetings, conversations, or everyday interactions – the more natural and confident you'll become.

Confidence grows with action. When you consistently show up, speak clearly, and trust your voice, you become a communicator others respect and remember.

14: Time & Stress Management

Scheduling systems, relaxation strategies, or balance tips.

Time Management:

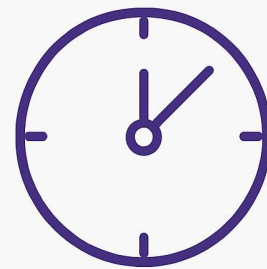
Creating Balance Through

Time Management

Time management isn't just about getting more done — it's about creating space for what matters most. Finding balance between work and personal life begins with setting clear priorities and honoring your time.

Start by organizing your day with intention. Schedule important tasks, but also make room for rest, relationships, and activities that bring you joy. Setting boundaries and learning to say no when needed can help protect your time and energy.

Balance is not about perfection — it's about alignment. When you manage your time with purpose, you create a lifestyle that supports both productivity and well-being.



Time-Management & Stress-Management


Stress Management:

Finding Calm Through Yoga

In today's busy world, stress can easily build up — but simple practices like yoga can help restore balance and calm. Yoga combines gentle movement, breathing, and mindfulness to relax both the body and the mind.

Even a few minutes of stretching or deep breathing can help release tension and improve your overall sense of well-being. Yoga encourages you to slow down, focus on the present moment, and reconnect with yourself.

Managing stress doesn't require complicated routines — just intentional moments of care. When you incorporate yoga into your day, you create space for peace, clarity, and renewed energy.




Balance isn't found in
having more *time*—
it's created by *choosing*
what matters most.



Beauty Bon Vivant
Live life well!



Beauty Bon Vivant
Live life well!



Yoga doesn't just change
the way you move—
it changes the way you *feel*,
think, and *live*.

BREATHE • STRETCH • BE PRESENT



Beauty Bon Vivant
Live life well!

15: Goal-Achievement Strategies

Vision board prompts, habit hacks, or progress trackers.

Goal-Setting: Setting Goals With Purpose & Clarity

Goal-setting is most powerful when it's intentional and clear. Instead of setting vague goals, define exactly what you want to achieve and why it matters to you.

Start by breaking larger goals into smaller, manageable steps. This makes progress feel achievable and keeps you motivated along the way. Writing your goals down and reviewing them regularly can also help keep you focused and accountable.

The key is consistency. Small, steady actions taken each day lead to meaningful results over time. When your goals are clear and aligned with your purpose, success becomes not just possible — but inevitable.



Goal-Achievement Strategies

Goal-Achievement Strategies: Turning Goals into Results

Setting goals is important — but achieving them requires consistent action and focus. The key is to move from intention to execution with clear, practical steps.

Start by prioritizing your most important goals and creating a simple action plan. Focus on one step at a time rather than trying to do everything at once. Tracking your progress and celebrating small wins can also keep you motivated along the way.

Stay flexible and adjust when needed, but remain committed to your overall vision. Success doesn't happen overnight — it's built through steady effort, persistence, and a willingness to keep going.

When you combine clear goals with consistent action, you turn possibilities into real, lasting results.

16: Personal Passions & Pursuits

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

Personal Passions: Following Your Passions

Living Your Adventures

Life becomes more meaningful when we make time for the things that truly excite and inspire us. Personal passions and small adventures bring energy, creativity, and a sense of fulfillment to our everyday lives.

You don't have to travel far or make big changes — sometimes the greatest adventures are found in trying something new, exploring a hidden interest, or simply saying yes to experiences that spark joy.

When you follow your passions, you create a life that feels vibrant and uniquely your own. Embrace the journey, stay curious, and allow each new experience to add richness and excitement to your story.



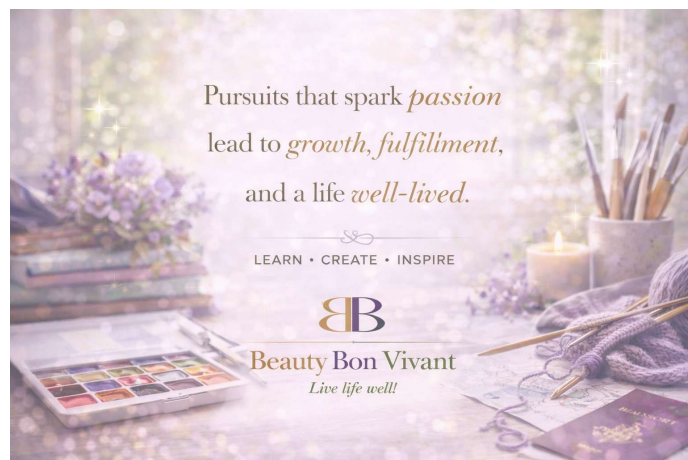
Personal
Passions & Pursuits

Personal Pursuits: Making Time for Meaningful Pursuits

Personal pursuits are the activities that bring purpose, fulfillment, and a sense of personal satisfaction to our lives. These are the things we choose to do — not because we have to, but because they enrich who we are.

Whether it's learning a new skill, working toward a personal goal, or dedicating time to something you truly enjoy, these pursuits help you grow and stay inspired. Even small, consistent efforts can lead to meaningful progress and a deeper sense of accomplishment.

Life becomes more rewarding when you make time for what matters to you. When you invest in your personal pursuits, you create a life filled with intention, growth, and lasting fulfillment.





*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 FREE women’s social & adventure club designed to foster more friendships, fulfillment, and fun!

See Membership Enrollment Details & Benefits Below!

Membership includes:

Invitations to Monthly “in-person” social connects.*

*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:

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Questions?

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

Vitalia Bryn-Pundyk
Founder of Sisterhood Sorority, LLC



May your days be filled
with *beauty* and your
moments with *gratitude*.

— UNKNOWN



Beauty Bon Vivant



Monthly Message from Vitalia

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



Please visit us at www.beautybonvivant.com

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

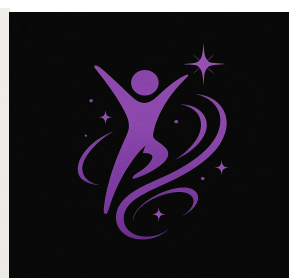
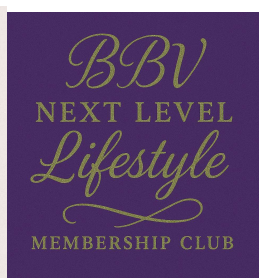
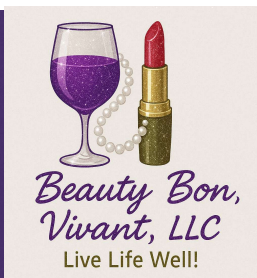
- * Are you a woman with a busy life?
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If you answered yes, to any of these questions, then we invite you to join the [Sisterhood Sorority](#) - a women's social & adventure club designed to foster more friendships, fulfillment, and fun!

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





A Personal Note from Vitalia ♡

As we step into the beauty of spring, I'm reminded that this season is all about *renewal*, *growth*, and *new possibilities*. It's the perfect time to refresh our routines, reconnect with what inspires us, and embrace the opportunities ahead.



I hope this issue of Beauty Bon Vivant encourages you to *take time for yourself*, pursue what brings you joy, and create moments that *truly matter*.

Wishing you a season filled with happiness, inspiration, and *beautiful new beginnings*.

With warm wishes,

Vitalia ♡



“Every new season brings a chance to *bloom*, *be inspired*, and live life *beautifully*.”

 Beauty Bon Vivant
— Live life well! —