

Exhibit Z



16 NOV 2020 Kimberly West Comments Off Beauty, Skincare, Spa

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TREAT YOURSELF LIKE ROYALTY WITH THESE SPA DAY TIPS #NATIONALPRINCESSDAY

Wednesday, November 18th is National Princess Day – and even if you aren't actually a princess, you can still celebrate by treating yourself like royalty with a luxurious and pampering spa day worthy of the Duchess of Cambridge.

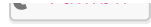
To plan a DIY spa day, look no further than TheSoul Publishing's popular [5-Mintue Crafts Girly](#) YouTube page for spa tips that will help you relax and channel your inner nobility. A few of the tips include:

- Activated charcoal has numerous benefits for your skin, from unclogging pores to smoothing texture; start your spa day with a **DIY charcoal bath bomb** made with baking soda, activated charcoal, citric acid, and essential oils (instructions [here](#)).
- Exfoliate your skin with a **homemade citrus scrub** that smells as good as it feels! Mix sea salt, orange zest, lemon juice, and oils for a luxurious scrub that removes dead skin cells (instructions [here](#)).
- Revitalize limp hair or split ends with a **nourishing hair mask** made with household items: just mix crushed aspirin and shampoo, and let it sit on your hair for a few minutes. You'll notice an immediate difference (instructions [here](#)).

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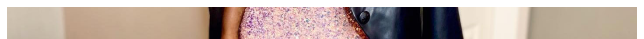
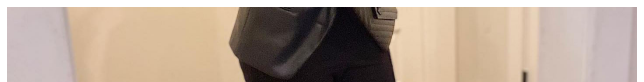
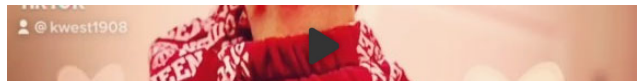
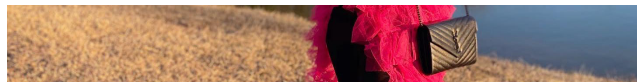
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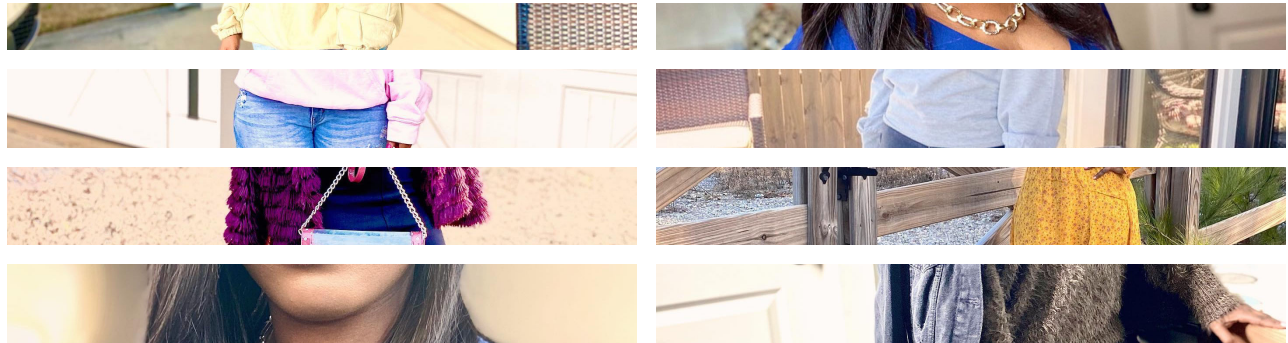
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