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We wanted to share some snaps and recaps of our the @lvstylemag Live Well event (SO much fun) and a few more things we've been up to...

Tomorrow is our 1-month anniversary in our new space!!

In that month we've had classes, restocked the shelves, launched our Valentines Collection and connected with new, amazing wholesale clients. Thank you all for the support!

We've laughed and cried at the same time, and more times than I'd like to admit. With kids and family and business and remodeling and inspections and sales and donations and shipping and...and, and, and! Looking back makes me feel drained - one month feels like 5!

You may have noticed I haven't been at my best, I'm drained, but I'm still showing up because I absolutely love it - completely checking out doesn't work for me but pure exhaustion doesn't either. Month 2 is all about returning to a more balanced state, the 'and' will be back but this time it will have happy hours with friends, playtime with kids, time alone with my husband and self care.

If any of this resonates, I'd love to hear what #selfcare looks like for you. Share any tips, tricks or ideas below.

Happy Saturday!

#balance #healthy #selfcare #greenbeauty #taylormadecosmetics #cleanbeauty #crueltyfree #vegan #family #support

115w

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