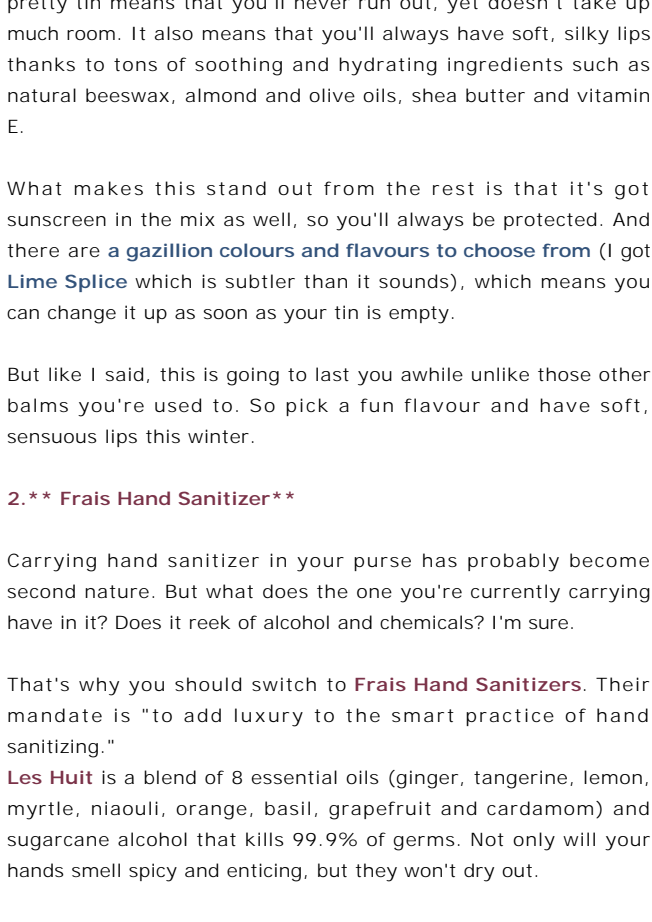


October 30, 2009

### 3 Must-Have Purse Items From Urban Rituelle, Frai's and Use It Again Sam!



We all have things that are essential to have along with us, in our purse, throughout the day.

Here are 3 must-haves that you should consider:

#### 1. \*\*Urban Rituelle Lip Balm\*\*

This is one of the best balms to have in your bag. The large, pretty tin means that you'll never run out, yet doesn't take up much room. It also means that you'll always have soft, silky lips thanks to tons of soothing and hydrating ingredients such as natural beeswax, almond and olive oils, shea butter and vitamin E.

What makes this stand out from the rest is that it's got sunscreen in the mix as well, so you'll always be protected. And there are a gazillion colours and flavours to choose from (I got Lime Spice which is subtler than it sounds), which means you can change it up as soon as your tin is empty.

But like I said, this is going to last you awhile unlike those other balms you're used to. So pick a fun flavour and have soft, sensuous lips this winter.

#### 2. \*\* Frai's Hand Sanitizer\*\*

Carrying hand sanitizer in your purse has probably become second nature. But what does the one you're currently carrying have in it? Does it reek of alcohol and chemicals? I'm sure.

That's why you should switch to Frai's Hand Sanitizers. Their mandate is "to add luxury to the smart practice of hand sanitizing."

Les Huit is a blend of 8 essential oils (ginger, tangerine, lemon, myrtle, niaouli, orange, basil, grapefruit and cardamom) and sugarcane alcohol that kills 99.9% of germs. Not only will your hands smell spicy and enticing, but they won't dry out.

It comes in different sizes, so that you can customize it to your bag - there's the **Pocket, Everyday, Gift, Spa and Travel**.

Why not use a hand sanitizer with healthy ingredients that smells great and won't parch your skin in the process?

#### 3. \*\*Use It Again Sam Reusable Bags\*\*

Hopefully, you've got into the routine of carrying bags with you everywhere you go, now that plastic bags are 5 cents, and we're trying to reduce our use of plastic anything.

What I have discovered in the process is that bags like **SamBags** are perfect because they can hold a lot, yet they are compact and lightweight enough that you can always keep them in your hobo or slouch bag without carrying around the extra weight and bulk (they fold into a pouch to make them extra compact).

And to keep it from getting boring, just look at all the colours you can select from! I got a bunch - **Desert, Unterv, Sea Glass, Iris and Ebony**.

They are affordable, go over your shoulder and hold a ton. And here's the best part - they are logo-free, so you can carry your produce, bottle of wine and books and magazines without advertising some company.

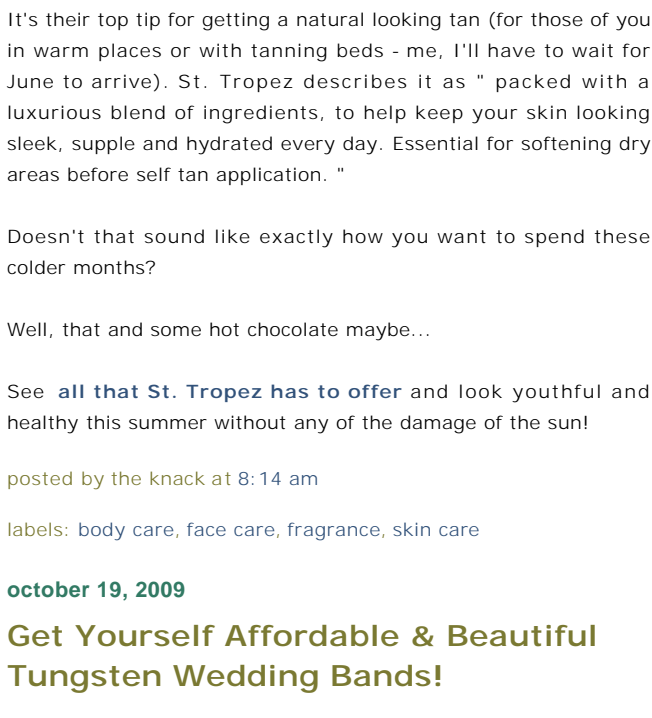
I love my **SamBags** from **Use It Again Sam**. They just make life so much easier - and a little bit more colourful, too!

posted by the knack at 9:00 am

labels: accessories, bags/purses, cosmetics, eco, environment, skin care

October 28, 2009

### Brighten Your Day With These 3 Fab Finds From Giorgio Beverly Hills, The Green Beaver Company & St. Tropez!



It's the middle of the week, and where I am it's raining. I was thinking you might need a little boost, a little pick-me-up.

Here are some fab finds that oughta help - enjoy!

#### 1. \*\*Giorgio Beverly Hills Sunshine\*\*

Remember the 80s? Big zoomers, aqua eyelliner along the bottom of your eye and desert boots? And the Giorgio boutique in Beverly hills was not only one of the most popular stores, but one of the most popular perfumes of its time.

And now it's been revamped for 2009 with Giorgio Beverly Hills Sunshine!

What I like most about it is that it is a warm, sunny scent that instantly makes you feel better. It really is like a boost of sunshine! And now that we're heading into November, wouldn't this be the perfect time to envelope yourself in this feminine scent of bergamot, jasmine, gardenia, tuberose, patchouli and mmm...moss!

Get yourself some Giorgio Beverly Hills Sunshine and feel warm and sunny all winter long!

#### 2. \*\*The Green Beaver Company's 100% Natural Facial Cleanser\*\*

Live up your daily routine with this amazing cleanser that wakes you up with the refreshing scent of grapefruit!

**100% Natural Facial Cleanser** uses grapefruit enzyme to remove impurities from your skin, while also adds moisture & helps keep your sensitive skin as it does not contain harsh detergents, SLS, methyl, preservatives, artificial fragrances, dyes, petrolatum, propylene glycol or animal products.

I use it every morning and evening - just massage onto wet skin and rinse off. It's that easy!

#### 3. \*\*St. Tropez Tanning\*\*

Has your summer tan faded away much like your vacation days, the longing for homemade popsicles and short skirts?

Then it's time for **Everyday Perfect Legs** by **St. Tropez**. This dual-working tan cream allows you to get both a gradual and instant tan and makes your legs look creamy, despite the gray days and cool weather!

It goes on extremely well and even for a beauty klutz like me, I was astounded to see a completely even tan develop before my eyes. So that means anyone can do it!

There are 2 creams - a gradual self tan and a flawless finish of instant bronze especially for legs and arms. And infused with soothing aloe and a marine extract, you'll also get a good supple moisture going as well, so no dry legs this winter!

Not only is the application easy and the results incredible, but you won't find any of those cloying "tan scents" that you're used to. Their innovative Aromaguard fragrance technology eliminates the tell-tale self tan aroma by a minimum of 70% and instead gives a beautiful subtle, yet refreshing fragrance.

And to keep your skin nice and juicy this fall and winter, get yourself **St. Tropez's Tan Optimizer Body Moisturizer**!

It's their top tip for getting a natural looking tan (for those of you in warm places or with tanning beds - me, I'll have to wait for June to arrive). **St. Tropez** describes it as "packed with a luxurious blend of ingredients, to help keep your skin looking sleek, supple and hydrated every day. Essential for softening dry areas before self tan application."

Doesn't that sound like exactly how you want to spend these colder months?

Well, that and some hot chocolate maybe...

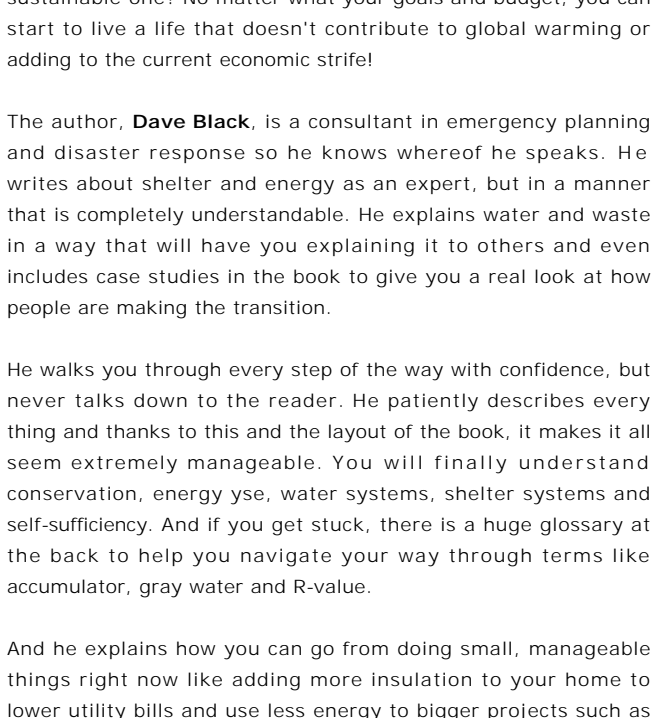
See all that **St. Tropez** has to offer and look youthful and healthy this summer without any of the damage of the sun!

posted by the knack at 8:14 am

labels: body care, face care, fragrance, skin care

October 29, 2009

### Get Yourself Affordable & Beautiful Tungsten Wedding Bands!



In these tough economic times, something as special and spectacular as a wedding band may seem out of reach financially.

But there is an affordable and pretty option available, thanks to **Tungsten Wedding Rings!**

I love the gunmetal gray colour that stands out from the usual silver or gold options. Made from carbide, it's also incredibly durable and scratch resistant, so although the price tag is low, you can be sure that your ring will last through however many turkeys you stuff, bathtubs you clean or shelves you put up in the spare room.

I got the **Womens Tungsten 6mm Dome Wedding Ring**, but as you can see, there are so many designs to choose from!

And yes, you could go out and spend thousands of dollars on your wedding band, but this way you get a band at a price you can actually afford. Which means you can spend your hard earned money on something else, like a vacation or something and still look and feel like a million bucks.

Sounds like a pretty sweet deal to me!

Get your wedding bands at **Tungsten Rings Online** and get beautiful rings that will last and last and won't put you into debt.

posted by the knack at 8:35 am

labels: accessories, design, gifts, jewelry, wedding

October 17, 2009

### Books You Can Sink Your Teeth Into - Food For Fitness, Living Off the Grid & Geek Goddess!



Now that the cooler weather has arrived, I've settled in fall/winter mode - cups of tea to keep warm after dinner, cooking up a storm of comfort dishes (like meatloaf, cornish pasties and roast chicken/vegetable dinners), and hunkering down into good books that delve into subjects that might be of interest.

I thought I'd share some of the titles with you. Lemme know what you think!

#### \*\*Food for Fitness by Anita Bean\*\*

Everyone I know, it seems, is running marathons or training for something. People are reaching for their fitness goals, which I think is so fantastic. And this is just the book to go along with it.

**Anita Bean's Food for Fitness** gives you everything you need in order to not only be in top form, but healthy and strong as well. There is a nutrition guide, a training diet section, what to do before and after training and information about sports supplements, nutrition strategy for competitions and recipes to help you along the way. It's like having a personal trainer and nutritionist right by your side the whole way!

Anita is more than qualified to write this. She is one of the UK's top nutritionists and has written and contributed to many books on fitness and nutrition, with a specialization in sports.

And the best part? It's written and presented in a really approachable manner with tons of vibrant photos, so you don't have to feel like you've got to have a degree in kinesiology or food sciences in order to understand it.

It doesn't take long to get through and you can start implementing changes right away. Just think, you can be on your way to being healthier and more fit in just a matter of moments.

So, what are you waiting for?!

#### \*\*Living Off the Grid: A Simple Guide to Creating and Maintaining a Self-Reliant Supply of Energy, Water, Shelter, and More by Dave Black\*\*

A lot of people are leaning towards what they call "living off the grid." But how does one go about it? What's involved?

This book is a handy guide that will explain everything. Do you want to start a farm or just turn your city life into a more sustainable one? No matter what your goals and budget, you can start to live a life that doesn't contribute to global warming or adding to the current economic crisis!

The author, **Dave Black**, is a consultant in emergency planning and disaster response so he knows whereof he speaks. He writes about shelter and energy as an expert, but in a manner that is completely understandable. He explains water and waste in a way that will have you explaining it to others and even includes case studies in the book to give you a real look at how people are making the transition.

He walks you through every step of the way with confidence, but never talks down to the reader. He patiently describes every thing and thanks to this and the layout of the book, it makes it all seem extremely manageable. You will finally understand conservation, energy use, water systems, shelter systems and self-sufficiency. And if you get stuck, there is a huge glossary at the back to help you navigate your way through terms like accumulator, gray water and R-value.

And he explains how you can go from a big, manageable thing right now like adding more insulation to your home to lower utility bills and use less energy to bigger projects such as building an eco-friendly log cabin!

So, if you've ever considered living off the grid, you really should read this book. And if your only concern is reducing your footprint within the home you currently have, the suggestions here within are worth the affordable price of the book!

#### \*\*Computers with Smarts and Style by Christina Tynan-Wood\*\*

Author Christina Tynan-Wood says, "I decided to write this book so that I could answer the questions my girlfriends asked me about technology at once. Women are working, raising kids, taking care of parents, and running businesses as well as home. They need time-saving and organizing tools, but they also need to grasp technology in order to help their kids navigate it."

Pretty great idea, don't you think? And talk about filling a void!

She discusses whether to buy a PC or Mac and then exactly how to go about it (consider RAM, hard drive, monitor, etc). Step-by-step.

Awesome.

She talks tech in a simple way so that you get it and explains backups and includes screenshots so you know what to look for.

She does girly things like tells you where to get pretty wallpaper and how to shop online, but also fills you in on setting up your home internet and digital cameras (your computer, not your bra, but hey, that's not a bad idea... ). She even touches on accessories like digital cameras and radio, which is nice. And there is a huge last chapter dedicated to love online, which you may or may not want/need.

So basically, if you're of the feminine persuasion and you need help navigating your way around your computer - on and offline - this is the book for you.

Guys, you can read it too. But be prepared for some talk off shoes and purses between advice about ethernet and email!

posted by the knack at 10:42 am

labels: books, gifts, home, office

October 16, 2009

### Get the Right Equipment for the Job with RadaPro, Victorinox Swiss Army & HC Colour



I am always looking for solutions to do things faster, better, stronger... sorry Kanye, but it's true!

After all, we only have so many hours in the day and I want to spend a lot of those with family, friends and doing the things I love.

So I've sussed out some amazing products that allow you to do what you need to do in as little time as possible - and have some fun while you're at it!

#### \*\*Carry a Professional Manicure at Home with the RadaPro Nail Station\*\*

Usually when I do my nails, it's beside my laptop on my tiny little desk. That's its ill-fated space between my computer and my planner and I squeeze my hand in between the two. And with my toes, I literally bend over in my office chair and do them in a kind of haphazard downward dog pose. It's not very elegant, let me tell you.

That's what I love about the **RadaPro Nail Station** - it's like having a salon setup in your very own home!

And you can do your nails comfortably for once, thanks to a hand/foot support stand that comes with 100% cotton slip covers. Ahhh, that's much better!

And, not only will you have all of your supplies easily at hand with this little caddy complete with accessory tray, but there a push bottle for polish remover (just like the pros use!) and the polish holder can be moved to any position (or detached if you wish), making doing your nails at home a complete dream.

#### \*\*Carry Your Items Safely & Effortlessly with Victorinox Swiss Army's Teardrop Mole Sling\*\*

Victorinox Swiss Army is celebrating it's 125th year in business. The brand has come along way since the introduction of the Swiss Army knife in 1909 - now it includes fragrances, cutlery, clothing and my favourite, durable travel gear that also looks great.

The company has created an Anniversary collection of travel and lifestyle accessories that offer "unmatched protection, superior organization, packing efficiencies and security solutions. Having essential accessories is about having the right tool for the task at hand."

And the **Teardrop Mole Sling** is a perfect example of that.

The padded shoulder strap sits comfortably across your body, keeping your hands free and the bag secure. The strap includes an invisible zipper pocket so that you can keep your cellphone, mp3 player or money and ID safe and secure. There is also a front zippered pocket and another pocket so that you've got easy access to the things you need when you need them.

The back is soft to the touch and also padded, ensuring that your bag is *comfortable at all times* - crucial not only in your very busy day-to-day life, but especially when you're traveling.

The main compartment is big enough for your wallet, phone, keys (a key fob has been thoughtfully added, so no more scrunching), a paperback and notebook and there's a loop at the top should you want to take it off and carry it (like through customs, etc.).

In other words, it's been designed to make your life easier. To carry what you need with you without imposing itself upon you.

Which is exactly what we've needed this whole time (and it comes in 3 classy colours).

Happy Anniversary, indeed!

#### \*\*Get Salon Highlights at Home with the HC Colour Fantasies Kit\*\*

I have been colouring my hair outta boxes and bottles since I was 13. A long, long time ago.

And what I've learned is all of that time is going for the quality product each and every time because you will be pleased with the results.

And that's what I like about the **HC Colour Fantasies Kit** - it gives you the results you get at the salon, but without the exorbitant price, time or hassle that comes with going to your hairdresser.

And of course, the ease of use, because Lord knows I'm no expert when it comes to trying to pretty myself up. This "mistake-proof kit" has everything you need to highlight your hair professionally:

- a patented highlighting tool (it looks strange, but it works!)

- applicator tips

- colour cream

- bleach booster

- tintal comb

- HC Colour Locking Cleanser and Conditioner

- protective cape

- gloves

- hair clips

- instructional styling guide

- DVD

And basically, you follow the instructions, colour only the strands that you want to and wash and rinse to reveal a whole new you. It really is \$29.95, it's damn affordable too!

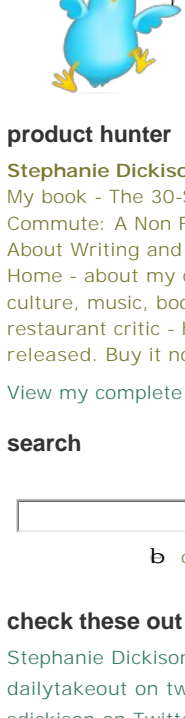
posted by the knack at 7:30 am

labels: accessories, bags/purses, bathroom, cosmetics, design, hair care, home, nail care, travel

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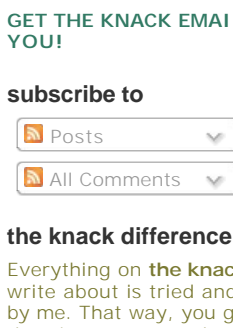
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I try to write about products and services that you may not know about or things that will improve your life.

My honest reviews and thoughts and you can buy my favourite reviews. They come by my carefully selecting products and then trying them.

Many thanks for reading and your ongoing support!

Stephanie Dickson  
Publisher & Editor of the Knack

LinkedIn

don't forget to check out previous posts!

I know that you're probably at work right now, and you've got a million things vying for your attention.

This is just a reminder that you should be sure to check out the **Blog Archives** below for posts about Writing and Working From Home that started long before you subscribed.

Just because they weren't written recently, doesn't mean they aren't worth a look.

Check out the good folks and products below.

Many thanks!

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