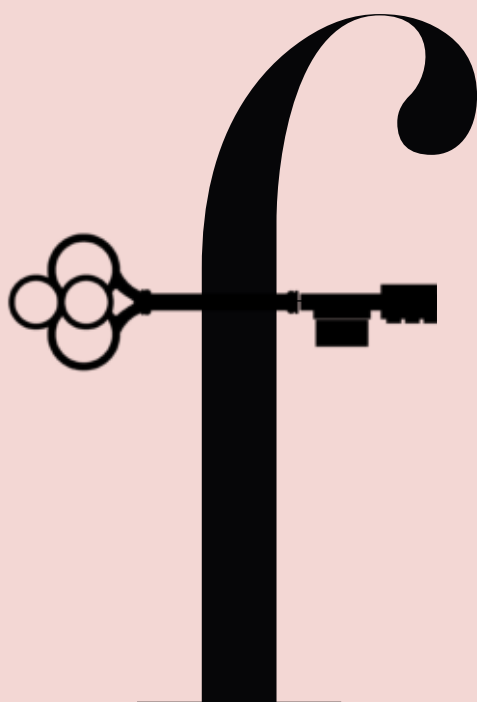


F IS FOR



frenchie

WEEK 5: SECRET REVEALS

internal & external

ASPECTS OF YOUR FRENCHIE STYLE

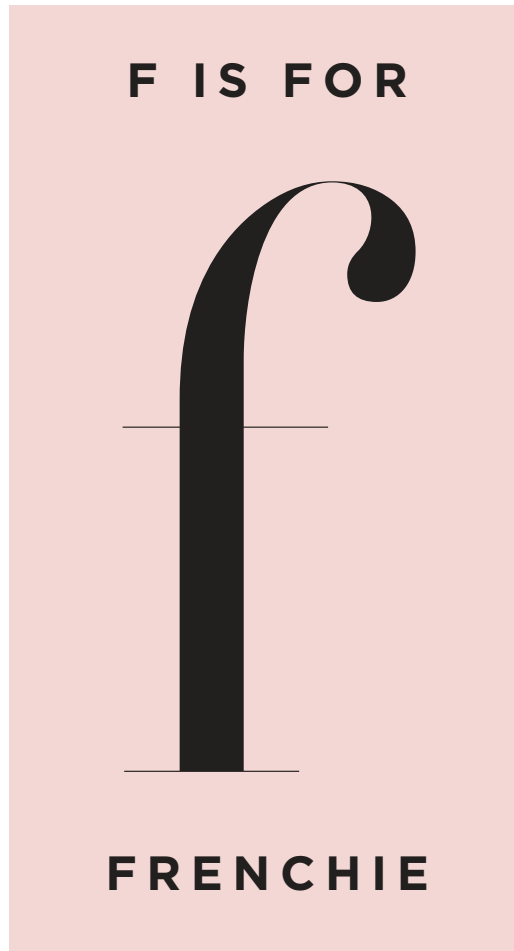
TARA'S GO-TO'S:

- ✓ makeup
- ✓ skin care
- ✓ body care
- ✓ hair care

& WHY IT'S SO IMPORTANT

lingerie

HOW TO
CARE FOR &
HONOR YOUR
WARDROBE



french
PHARMACY FINDS

HOW TO
feel good in
your skin
(no matter what)

BEDSIDE
basics

A LITTLE
session
ON
sex

increasing
pleasure
IN YOUR LIFE

IT'S TIME TO
enjoy



1 WEEK

Why the Frenchie?

- Why enjoyment and beauty are vital in your life
- How to release guilt (my personal tips)
- How to uncover a higher level of permission for pleasure

2 WEEK

Freedom to Play + Enjoy Your Life

- Power of Joy
- Definition of Pleasure
- The importance of enjoyment in your life

3 WEEK

Beauty Sleep + Sex

- How to have it all
- How to trust your body at new levels
- How to say YES to you
- Honoring the urge

4 WEEK

Permission for External Beauty

PART 1: HAIR AND MAKEUP

- The "Not - So - Basics"
- What your mother never taught you
- My go-to brands

PART 2: CLOTHES AND LINGERIE

- How to choose YOU
- Taking care of your investment
- Lingerie for the UNIQUE you
- Investment pieces you don't know about

5 WEEK

Q+A

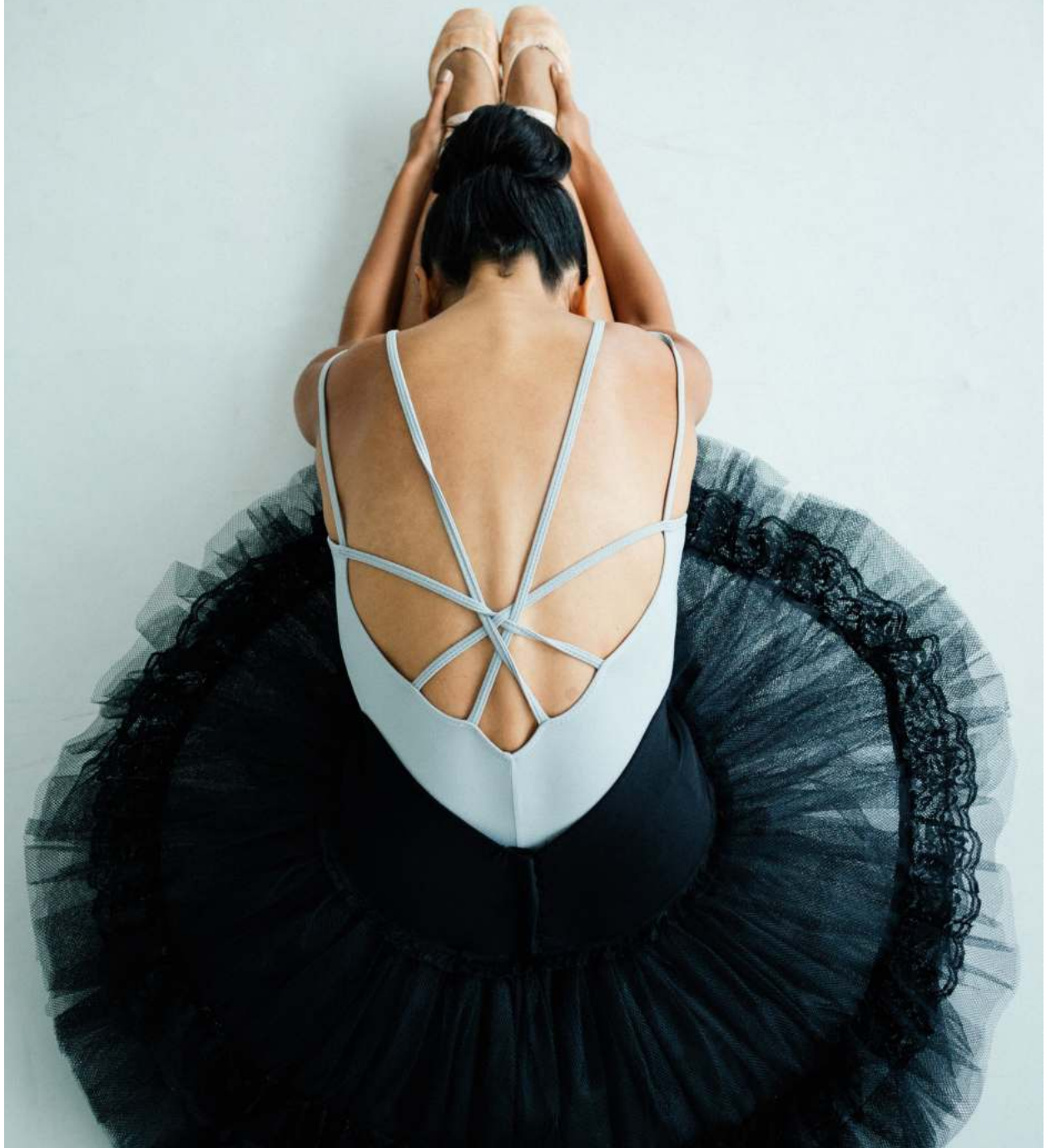
- Secret reveals
- Your Frenchie questions answered!

secret *reveals*



LOVE X STYLE X LIFE BY GARANCE DORÉ

BALLET BEAUTY





1. CROPPED YOGA TOP | 2. 90 DEGREE BY REFLEX WOMENS POWER FLEX YOGA PANTS | 3. SATIN SLIPPERS
| 4. EKO LITE® YOGA MAT | 5. NEOPRENE DUMBBELL PAIRS AND SETS WITH STANDS | 6. S'WELL WATER
BOTTLE | 7. SWEETHEART HALF-SLEEVE LEOTARD | 8. SWISS DOT WRAP SKIRT

LA DOLCE VITA



TRAVEL TIPS FOR YOUR FRENCHIE

Ask your Frenchie:

WHAT DO YOU WANT TO ENJOY AT THE LOCATION
YOU ARE TRAVELING?

WHAT DO YOU WANT TO EXPERIENCE?

WHAT IS UNIQUE ABOUT WHERE YOU ARE GOING
THAT YOU CAN EXPERIENCE MORE FULLY WITH YOUR
WARDROBE?

Feel into your Frenchie and think of the pieces you can wear in the location you're going to that you would not typically wear anywhere else.

For example: long white dresses, large pieces of jewelry, hand sewn blouses in crisp white and soft blue for sailing around the Mediterranean. Perfectly aged denims, cowboy boots, handmade moccasins and turquoise jewelry for a trip to the ranch.

Explore new aspects of your style by being inspired by the local culture, scenery and flavor. Allow the abundance of inspiration to assist you in that exploration.

WHAT DO YOU WANT TO *Experience?*



Frenchie Packing Tips:

1. Feel through your wardrobe and give conscious thought to each item (there isn't a lot of room for extra!).
2. Do a lot of mixing and matching with basic items like cotton dresses (so versatile) and cover ups.
3. Bring versatile pieces that can be worn and styled multiple ways.



WHAT DO YOU WANT TO

Enjoy?



Frenchie Tip:

Be adventurous! Being away on a trip is a good time to discover new things that can give you pleasure. It can be as simple as trying a new cuisine or indulging your senses with a long, scenic walk.



WHAT IS UNIQUE ABOUT WHERE
YOU ARE GOING THAT YOU CAN
EXPERIENCE MORE FULLY WITH YOUR

Wardrobe?



Frenchie Tip:

For summer trips, long flowy dresses are versatile and easy to wear. Look effortlessly beautiful with jewel tones and dainty floral prints or chic and comfy in neutrals and stripes.



Add a tropical vibe with fun earrings in vibrant colors



Frenchie Tip:

Accessorize. Accessorize. Accessorize. Bring any ensemble to life with layered gold necklaces or chunky gold bangles.



Tara Loves

1. FAN DROP EARRINGS | 2. MAJURI SOLO DIAMOND BRACELET | 3. MAJURI BOLD SPHERES BRACELET
| 4. MEJURI BOYFRIEND NECKLACE

SOLEIL TOUJOURS



CHIC LIST: *Summer Panier*



-
1. A GOOD SIZED PANIER | 2. MAAJI REVERSIBLE 2-PIECE BIKINI | 4. OVERSIZED SUNHAT | 5. TAN SLIP ONS |
6. A LONG SLEEVELESS COTTON DRESS | 7. LINEN STRIPPED LONG SLEEVE SHIRT | 8. LINEN SHORTS



Tara Loves



1. VITA LIBERATA BODY BLUR | 2. MEJURI BOLD SPHERES | 3. MEJURI DÔME BRACELET
4. TASSEL HOOP EARRINGS | 5. NUXE SHIMMERING DRY OIL | 6. MEJURI BOYFRIEND NECKLACE



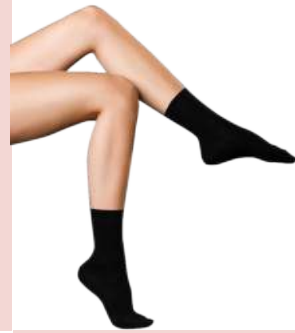
FLYING *First Class*

NO MATTER WHAT!

CREATE A SPECIAL SELF-CARE PACKAGE FOR
YOURSELF TO BRING ON THE PLANE

Buy a special 'trousse' or make up bag. One that you love and ONLY use for this occasion. This way it feels new to you; special. I suggest a bag that is larger than a typical makeup case, about 8x10 is a nice size.

Fill it with things you love that will support you in a "First Class" flight.



L - R: 1. EARPLUGS | 2. AIRPODS | 3. CASHMERE SOCKS | 4. LIP BALM | 5. MULTIPLE USE BRONZER | 6. LIP GLOSS | 7. YOUR FAVORITE MAGAZINE | 8. MELATONIN | 9. HAIR BRUSH | 10. EYE MASK | 11. SILK SCRUNCHIES | 12. A TROUSSE | 13. TOOTHPASTE | 14. HAND LOTION | 15. TOOTHBRUSH

ELEGANT ROAD TRIPS

We do a lot of road trips as a family. Dave and I love it! We get to strategise and dream together. One of the things I do to prepare for a road trip is pack all my favorite healthy snacks. Here is a list of some of my favorites.



1. S'WELL WATER BOTTLE | 2. PUMPKIN SEEDS | 3. RAW ALMONDS | 4. GREEK YOGURT | 5. CRUNCHY GRANOLA BARS | 6. APPLES | 7. PROTEIN SHAKE WITH SHAKER | 8. CHOCOLATE COVERED DARK ESPRESSO BEANS | 9. ORGANIC BEEF JERKY

mangez bien,
eat well,

riez souvent,
laugh often,

aimez beaucoup.
love abundantly.



frenchie

