

california tan and wellness

California Tan & Wellness: Achieving a Healthy Glow the Smart Way

Introduction:

Dreaming of that sun-kissed California glow without the harmful effects of prolonged sun exposure? You're not alone! Millions crave that healthy, radiant tan, but the risks associated with harmful UV rays are undeniable. This comprehensive guide dives deep into the world of California Tan & Wellness, exploring safe and effective methods to achieve that enviable bronze without compromising your skin's health. We'll unpack the myths surrounding tanning, discuss the latest advancements in sunless tanning technology, and provide practical tips for maintaining a radiant, healthy complexion year-round. Get ready to discover how to embrace the beauty of a California tan responsibly and safely.

Understanding the Allure of the California Tan:

The "California tan" evokes images of effortless beauty, healthy living, and a vibrant lifestyle. It represents a certain level of confidence and vitality, often associated with outdoor activities and a connection to nature. However, the pursuit of this coveted look has historically involved significant sun exposure, leading to premature aging, wrinkles, and a heightened risk of skin cancer. This is where the concept of "wellness" becomes paramount. A true California tan, in the modern sense, is about achieving a beautiful bronze without sacrificing your health.

Safe Tanning Alternatives: Beyond the Sunbed:

Thankfully, the days of relying solely on harmful UV rays are over. Several safe and effective alternatives offer a natural-looking tan without the risks:

Self-Tanning Products: The market is flooded with high-quality self-tanning lotions, mousses, and sprays. Look for products containing DHA (dihydroxyacetone), a naturally derived sugar that reacts with the amino acids in your skin to create a temporary tan. Choose a shade that complements your skin tone and follow the product instructions carefully for an even, streak-free application. Exfoliating before application is crucial for achieving the best results.

Airbrush Tanning: For a professional, even tan, airbrush tanning is an excellent choice. A trained technician applies a fine mist of self-tanning solution to your skin, resulting in a flawless, natural-looking

tan. This method allows for precise control over the shade and avoids the potential streaking that can occur with self-application.

Sunless Tanning Lotions with Added Benefits: Many modern self-tanning products incorporate skincare ingredients like antioxidants, hydrating moisturizers, and skin-brightening agents. This allows you to achieve a tan while simultaneously nourishing and protecting your skin. Look for formulas with ingredients like hyaluronic acid for hydration and vitamin E for antioxidant protection.

Maintaining a Healthy Glow: Beyond the Tan:

Achieving a California tan is only half the battle. Maintaining a healthy, radiant complexion requires consistent effort:

Hydration is Key: Drinking plenty of water is essential for healthy skin. Dehydrated skin can appear dull and lifeless, diminishing the vibrancy of your tan.

Proper Skincare Routine: A daily skincare routine that includes cleansing, exfoliation, and moisturizing is crucial for maintaining a healthy glow. Choose products specifically designed for your skin type.

Healthy Diet: A balanced diet rich in fruits, vegetables, and antioxidants contributes to healthy, radiant skin. Foods rich in vitamin C, vitamin E, and beta-carotene are particularly beneficial.

Sunscreen Protection: Even with a sunless tan, it's crucial to protect your skin from the sun's harmful UV rays. Apply a broad-spectrum sunscreen with an SPF of 30 or higher daily, even on cloudy days.

Regular Exfoliation: Regular exfoliation helps remove dead skin cells, revealing brighter, healthier skin and preventing your tan from looking patchy. However, avoid over-exfoliating, as this can irritate your skin.

Debunking Tanning Myths:

Many misconceptions surround tanning. Let's address some common myths:

Myth: A base tan protects you from sunburn. **Fact:** No tan, natural or artificial, offers adequate protection against harmful UV rays. Always use sunscreen.

Myth: Tanning beds are a safe alternative to sunbathing. **Fact:** Tanning beds emit harmful UV radiation, significantly increasing the risk of skin cancer and premature aging.

Myth: Self-tanning products are unnatural and unhealthy. **Fact:** Modern self-tanning products use safe, FDA-approved ingredients and offer a much safer alternative to sun exposure.

Choosing the Right Tanning Method for You:

The best tanning method depends on your individual preferences, skin type, and lifestyle. Consider factors like convenience, cost, and the level of control you desire over the outcome. If you're unsure, consulting a dermatologist or aesthetician can provide personalized advice.

Conclusion:

Achieving a beautiful California tan doesn't require sacrificing your health. By utilizing safe tanning alternatives, incorporating a healthy lifestyle, and prioritizing proper skincare, you can achieve that radiant glow while protecting your skin from harmful UV rays. Remember, a true California tan is about embracing a healthy lifestyle that nurtures both your inner and outer beauty.

FAQs:

1. How long does a self-tan last? A self-tan typically lasts for 5-7 days, depending on the product and your skin type. Proper exfoliation before and after application can help prolong the tan.
1. Can I use self-tanner on my face? Yes, many self-tanning products are formulated specifically for the face. However, always do a patch test first to check for any allergic reactions.
1. Will self-tanner clog my pores? Choose non-comedogenic self-tanning products to minimize the risk of clogged pores. Proper cleansing is crucial.
1. What should I do if I get streaks from self-tanner? Gently exfoliate the streaky areas with a mild scrub and reapply the self-tanner evenly.
1. How often should I exfoliate before and after self-tanning? Exfoliate once or twice before applying self-tanner to ensure even application. Avoid exfoliating for at least 24-48 hours after application to allow the tan to fully develop.

california tan and wellness: Women, Wellness, and the Media Margaret C. Wiley, Barbara Barnett, 2009-05-27 As a former nurse and someone who now teaches Women's Studies, I have long been interested in the politics of health care. Today, most Americans would agree that our health care system is broken. We pay more for health care than any nation in the world, yet in 2007, the World Health Organization ranked us as 37th in quality of health care. Forty-six million Americans are now without health insurance. What is happening here? And just where are all these dollars going? In *Women, Wellness, and the Media*, thirteen scholars from a wide range of disciplines examine the relationship between media stereotypes and women's health. They look at several images of women: the perfect mom; the straight, bikini-clad sixteen-year old blond who has been air-brushed to perfection; the wild black Jezebel who struts her stuff; and the shriveled up menopausal crone. The writers point out that these images are making millions of dollars for all sorts of businesses ranging from the pharmaceutical industry to women's magazines. Scholars have long noted that stereotypes disempower women; in *Women Wellness and the Media* we see how these stereotypes actually harm women's health while turning millions in corporate profits.

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california tan and wellness: Enhancing Cognitive Fitness in Adults PAULA HARTMAN-STEIN, Asenath LaRue, 2011-08-02 Late life is characterized by great diversity in memory and other cognitive functions. Although a substantial proportion of older adults suffer from Alzheimer's disease or another form of dementia, a majority retain a high level of cognitive skills throughout the life span. Identifying factors that sustain and enhance cognitive well-being is a growing area of original and translational research. In 2009, there are as many as 5.2 million Americans living with Alzheimer's disease, and that figure is expected to grow to as many as 16 million by 2050. One in six women and one in 10 men who live to be at least age 55 will develop Alzheimer's disease in their remaining lifetime. Approximately 10 million of the 78 million baby boomers who were alive in 2008 can expect to develop Alzheimer's disease. Seventy percent of people with Alzheimer's disease live at home, cared for by family and friends. In 2008, 9.8 million family members, friends, and neighbors provided unpaid care for someone with Alzheimer's disease or another form of dementia. The direct

costs to Medicare and Medicaid for care of people with Alzheimer's disease amount to more than \$148 billion annually (from Alzheimer's Association, 2008 Alzheimer's Disease Facts and Figures). This book will highlight the research foundations behind brain fitness interventions as well as showcase innovative community-based programs to maintain and promote mental fitness and intervene with adults with cognitive impairment. The emphasis is on illustrating the nuts and bolts of setting up and utilizing cognitive health programs in the community, not just the laboratory.

california tan and wellness: Student-Engaged Assessment Laura Greenstein, Mary Ann Burke, 2020-06-30 This book feasibly translates validated research and best practices in assessment so that the reader can incorporate the best practices of assessment into practical routines in schools and the classroom. Readers of this book will strengthen their knowledge and skills in selecting, designing, and using assessments that enable all learners to actively participate and monitor their own progress towards learning objectives. This book is intended to be a hands-on guide for educators and students on the best and most effective practices for supporting students in their role as self-assessors. It develops sequentially from ensuring that students are assessment ready, to engaging students in assessment, and ultimately empowering students as assessors. Readers can also rely on the book to help them improve specific aspects of self-assessment that are most important in their setting and for their students.

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california tan and wellness: Always a Song Ellen Harper, Sam Barry, 2021-01-26 Always a Song is a collection of stories from singer and songwriter Ellen Harper—folk matriarch and mother to the Grammy-winning musician Ben Harper. Harper shares vivid memories of growing up in Los Angeles through the 1960s among famous and small-town musicians, raising Ben, and the historic Folk Music Center. This beautifully written memoir includes stories of Pete Seeger, Bob Dylan, Jimi Hendrix, Joan Baez, The New Lost City Ramblers, Doc Watson, and many more. • Harper takes readers on an intimate journey through the folk music revival. • The book spans a transformational time in music, history, and American culture. • Covers historical events from the love-ins, women's rights protests, and the assassination of John F. Kennedy to the popularization of the sitar and the ukulele. • Includes full-color photo insert. Growing up, an endless stream of musicians and artists came from across the country to my family's music store. Bess Lomax Hawes, Joan Baez, Sonny Terry, and Brownie McGee—all the singers, organizers, guitar and banjo pickers and players, songwriters, painters, dancers, their husbands, wives, and children—we were all in it together. And we believed singing could change the world.—Ellen Harper Music lovers and history buffs will enjoy this rare invitation into a world of stories and song that inspired folk music today. • A must-read for lovers of music, history, and those nostalgic for the acoustic echo of the original folk music that influenced a generation • Harper's parents opened the legendary Folk Music Center in Claremont, California, as well as the revered folk music venue The Golden Ring. • A perfect book for people who are obsessed with folk music, all things 1960s, learning about musical movements, or California history • Great for those who loved Small Town Talk: Bob Dylan, The Band, Van Morrison, Janis Joplin, Jimi Hendrix and Friends in the Wild Years of Woodstock by Barney Hoskyns; and Girls Like Us: Carole King, Joni Mitchell, Carly Simon—and the Journey of a Generation by Sheila Weller.

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california tan and wellness: The Tanoak Tree Frederica Bowcutt, 2015-05-15 Tanoak (*Notholithocarpus densiflorus*) is a resilient and common hardwood tree native to California and southwestern Oregon. People's radically different perceptions of it have ranged from treasured food plant to cash crop to trash tree. Having studied the patterns of tanoak use and abuse for nearly twenty years, botanist Frederica Bowcutt uncovers a complex history of cultural, sociopolitical, and economic factors affecting the tree's fate. Still valued by indigenous communities for its nutritious acorn nut, the tree has also been a source of raw resources for a variety of industries since white settlement of western North America. Despite ongoing protests, tanoaks are now commonly killed with herbicides in industrial forests in favor of more commercially valuable coast redwood and Douglas-fir. As one nontoxic alternative, many foresters and communities promote locally controlled, third-party certified sustainable hardwood production using tanoak, which doesn't depend on clearcutting and herbicide use. Today tanoaks are experiencing massive die-offs due to sudden oak death, an introduced disease. Bowcutt examines the complex set of factors that set the stage for the tree's current ecological crisis. The end of the book focuses on hopeful changes including reintroduction of low-intensity burning to reduce conifer competition for tanoaks, emerging disease resistance in some trees, and new partnerships among tanoak defenders, including botanists, foresters, Native Americans, and plant pathologists. Watch the book trailer:

<https://www.youtube.com/watch?v=xzY7QxOiI8I>

california tan and wellness: **Health & Medical Care Directory**, 1991 National Yellow Pages directory of organizations providing goods and services to the American health care industry. Introductory section includes information on medical conventions, medical associations, medical services, medical libraries, toll-free numbers, computer networks, and drugs. Yellow pages are classified and geographical. Index.

california tan and wellness: *Naturally Tan* Tan France, 2019-06-04 A USA Today Hottest Book of the Summer for 2019! A Best Nonfiction Book for 2019 in Woman's Day! One of Hello Giggles's Most Anticipated Books of 2019 to Add to Your Reading List! "Just when I thought I knew everything about Tan, he hits me with this. His story is so heartwarming, and wickedly funny." —Antoni Porowski In this heartfelt, funny, and touching memoir, one of the stars of Netflix's Emmy Award-winning smash-hit *Queer Eye* reveals how an Englishman raised in a traditionally religious home became a fashion icon—and the first openly gay, South Asian man on television—simply by being Naturally Tan. In this heartfelt, funny, touching memoir, Tan France tells his origin story for the first time. With his trademark wit, humor, and radical compassion, Tan reveals what it was like to grow up gay in a traditional South Asian family, as one of the few people of color in South Yorkshire, England. He illuminates his winding journey of coming of age, finding his voice (and style!), and marrying the love of his life—a Mormon cowboy from Salt Lake City. From one of the stars of Netflix's runaway hit show *Queer Eye*, *Naturally Tan* is so much more than fashion dos and don'ts—though of course Tan can't resist steering everyone away from bootcut jeans! Full of candid observations about U.S. and U.K. cultural differences, what he sees when you slide into his DMs, celebrity encounters, and the behind-the-scenes realities of "reality TV," *Naturally Tan* gives us Tan's unique perspective on the happiness to be found in being yourself. In Tan's own words, "The book is meant to spread joy, personal acceptance, and most of all understanding. Each of us is living our own private journey, and the more we know about each other, the healthier and happier the world will be."

california tan and wellness: Consumer Health & Nutrition Index , 1994

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california tan and wellness: Wellness in Whiteness Amina Mire, 2019-09-04 The Open Access version of this book, available at <https://www.taylorfrancis.com/books/9781351234146>, has been made available under a Creative Commons Attribution-Non Commercial-No Derivatives 4.0 license. This book analyses the social and ethical implications of the globalization of emerging skin-whitening and anti-ageing biotechnology. Using an intersectional theoretical framework and a content analysis methodology drawn from cultural studies, the sociology of knowledge, the history of colonial medicine and critical race theory, it examines technical reports, as well as print and online advertisements from pharmaceutical and cosmetics companies for skin-whitening products. With close attention to the promises of 'ageless beauty', 'brightened', youthful skin and solutions to 'pigmentation problems' for non-white women, the author reveals the dynamics of racialization and biomedicalization at work. A study of a significant sector of the globalized health and wellness industries - which requires the active participation of consumers in the biomedicalization of their own bodies - Wellness in Whiteness will appeal to social scientists with interests in gender, race and ethnicity, biotechnology and embodiment.

california tan and wellness: Danielle Walker's Against All Grain Celebrations Danielle Walker, 2016-09-27 NEW YORK TIMES BESTSELLER • 125 recipes for grain-free, dairy-free, and gluten-free comfort food dishes for holidays and special occasions NAMED ONE OF THE FIVE BEST GLUTEN-FREE COOKBOOKS OF ALL TIME BY MINDBODYGREEN When people adopt a new diet for health or personal reasons, they worry most about the parties, holidays, and events with strong food traditions, fearing their fond memories will be lost along with the newly eliminated food groups. After suffering for years with a debilitating autoimmune disease and missing many of these special occasions herself, Danielle Walker has revived the joy that cooking for holidays can bring in Danielle Walker's Against All Grain Celebrations, a collection of recipes and menus for twelve special occasions throughout the year. Featuring a variety of birthday cakes, finger foods to serve at a baby or bridal shower, and re-creations of backyard barbecue standards like peach cobbler and corn bread, Danielle includes all of the classics. There's a full Thanksgiving spread—complete with turkey and stuffing, creamy green bean casserole, and pies—and menus for Christmas dinner; a New Year's Eve cocktail party and Easter brunch are covered, along with suggestions for beverages and cocktails and the all-important desserts. Recipes can be mixed and matched among the various occasions, and many of the dishes are simple enough for everyday cooking. Stunning full-color photographs of every dish make browsing the pages as delightful as cooking the recipes, and beautiful party images provide approachable and creative entertaining ideas. Making recipes using unfamiliar ingredients can cause anxiety, and while trying a new menu on a regular weeknight leaves some room for error, the meal simply cannot fail when you have a table full of guests celebrating a special occasion. Danielle has transformed her most cherished family traditions into trustworthy recipes you can feel confident serving, whether you're hosting a special guest with food allergies, or cooking for a crowd of regular grain-eaters.

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happening, and how you can remedy problems. Dr. Cates opens by showing how to identify your skin type to reach the root cause of problems. From there you'll learn how to create nourishing foods to create a clean mind, clear skin, and healthy body. Collagen-boosting bone broths, antioxidant-rich salads, and delicious smoothies are just a few things on the menu. You'll also be able to whip up all-natural cleansers, toners, exfoliants, and masks Within two weeks, both your skin and your whole being will be polished, perfect, and ready to glow.

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california tan and wellness: On My Own Two Feet Amy Purdy, 2014-12-30 Amy Purdy, who inspired a nation on Dancing with the Stars and has been called a hero by Oprah Winfrey, reveals the intimate details of her triumphant comeback from the brink of death to making history as a Paralympic snowboarder. In this poignant and uplifting memoir, Dancing With the Stars sensation Amy Purdy reveals the story of how losing her legs led her to find a spiritual path. When the Las Vegas native was just nineteen, she contracted bacterial meningitis and was given less than a two percent chance of survival. In a near-death experience, she saw three figures who told her: "You can come with us, or you can stay. No matter what happens in your life, it's all going to make sense in the end." In that moment, Amy chose to live. Her glimpse of the afterlife—coupled with a mysterious premonition she'd had a month before —became the defining experiences that put Amy's life on a new trajectory after her legs had to be amputated. She wouldn't just beat meningitis and walk again; she would go on to create a life filled with bold adventures, big dreams, and boundless vitality—and share that spirit with the world. In 2014, Amy—the only competitor, male or female, with two prosthetic legs—claimed a bronze medal for the U.S. Paralympic team in adaptive snowboarding. She then became a contestant on season eighteen of Dancing With the Stars, and viewers were captivated as the girl with bionic legs managed to out-dance her competitors all the way to the finale. Amy's journey is a testament to the resilience of the human spirit and the capacity we all have to dream bigger, defy expectations, and rewrite our stories. Amy was given a second chance for a reason—to use her life to inspire others. Her powerful memoir urges us to live life to the fullest, because we are all a lot more capable than we could ever imagine.

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california tan and wellness: Beyond Heaving Bosoms Sarah Wendell, Candy Tan, 2009-04-14 The Love That Dare Not Speak Its Name... We do it in the dark. Under the sheets. With a penlight. We wear sunglasses and a baseball hat at the bookstore. We have a special place where we store them. Let's face it: Not many folks are willing to publicly admit they love romance novels. Meanwhile, romance continues to be the bestselling fiction genre. Ever. So what's with all the shame? Sarah Wendell and Candy Tan -- the creators of the wildly popular blog Smart Bitches, Trashy Books -- have no shame! They look at the good, the bad, and the ugly in the world of romance novels and tackle the hard issues and questions: -- The heroine's irresistible Magic Hoo Hoo and the hero's untamable Wang of Mighty Lovin' -- Sexual trends. Simultaneous orgasms. Hymens. And is anal really the new oral? -- Romance novel cover requirements: man titty, camel toe, flowers, long

hair, animals, and the O-face -- Are romance novels really candy-coated porn or vehicles by which we understand our sexual and gender politics? With insider advice for writing romances, fun games to discover your inner Viking warrior, and interviews with famous romance authors, Beyond Heaving Bosoms shows that while some romance novels are silly -- maybe even tawdry -- they can also be intelligent, savvy, feminist, and fabulous, just like their readers!

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california tan and wellness: Yoga Journal , 1987-07 For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

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california tan and wellness: The Wigwam Resort Lance W. Burton, 2007 The evolution of an arid desert area into the verdant oasis that is the Wigwam Resort was ultimately brought about by an unlikely crop needed by an important American corporation in the early 20th century. The crop was long-staple cotton and the corporation was the Goodyear Tire and Rubber Company. When the U.S. Department of Agriculture discovered that Arizona's Salt River Valley was an ideal location to domestically grow long-staple cotton, Goodyear purchased 16,000 acres in the desert west of Phoenix to cultivate the crop for their newly developed pneumatic tire. The company built a three-room lodge, originally called the Organization House, for the executives that came to oversee the farming operations. The location became a popular winter retreat within the company, and in 1929, Goodyear expanded the facilities and opened The Wigwam as a hotel. As the years progressed, amenities such as golf and fine dining were added, and the Wigwam Resort became one of the premier luxury destinations in the Southwest.

california tan and wellness: California Cultivator , 1923

california tan and wellness: The Burnout Epidemic Jennifer Moss, 2021-09-28 Named one of 10 Best New Management Books for 2022 by Thinkers50 Named to the shortlist for the 2021 Outstanding Works of Literature (OWL) Award in the Management & Culture Category In this important and timely book, workplace well-being expert Jennifer Moss helps leaders and individuals prevent burnout and create healthier, happier, and more productive workplaces. We tend to think of burnout as a problem we can solve with self-care: more yoga, better breathing techniques, and more resilience. But evidence is mounting that applying personal, Band-Aid solutions to an epic and rapidly evolving workplace phenomenon isn't enough—in fact, it's not even close. If we're going to solve this problem, organizations must take the lead in developing an antiburnout strategy that moves beyond apps, wellness programs, and perks. In this eye-opening, paradigm-shifting, and practical guide, Jennifer Moss lays bare the real causes of burnout and how organizations can stop the chronic stress cycle that an alarming number of workers suffer through. The Burnout Epidemic explains: What causes burnout—and what organizations can do to prevent it Why traditional wellness initiatives fall short How companies can build an antiburnout strategy based on prevention, not perks How leaders can measure burnout in their own organizations What leaders can do to develop a healthier culture that prioritizes resilience and curiosity As the pandemic has shown, self-care is important, but it's not a cure-all for burnout. Employers need to do more. With fascinating research, new findings from the pandemic, and interviews with business leaders around the globe, The Burnout Epidemic offers readers insightful and actionable advice that will empower them to help themselves—and their employees—feel healthier and happier at work.

california tan and wellness: Age Later Marc A. Ronert, 2018

california tan and wellness: *Folk Medicine* D. C. Jarvis, 2013-05-31 An in-depth study of traditional folk medicine in Vermont, written by a formally trained doctor. Folk medicine is an imperative aspect of many Vermonters' lives and health. Trained medical doctor D. C. Jarvis set out to investigate this traditional approach to herbal medicine and produced this little guide to provide knowledge and understanding of the nature and long-successful uses of folk medicine. An invaluable read for anyone interested in daily increased vitality. The chapters featured in this volume include: - Vermont Environment and the Life Span - The Animal Laws - Your Beginning - Your Racial Pattern and Vermont Folk Medicine - The First Yardstick of Your Health - The Instincts of Childhood - Potassium and Its Uses - The Usefulness of Honey - The Usefulness of Kelp - The Importance of Iodine - Castor Oil and Corn Oil - Medical Reasoning Behind Vermont Folk Medicine

california tan and wellness: Pacific Natural Jenni Kayne, 2019-03-19 Both practical and inspiring, the first book from Jenni Kayne--the creator of the eponymous lifestyle brand--offers ideas and tips for entertaining and living well throughout the year. Jenni Kayne embodies an effortless aesthetic, where natural beauty is found in every detail. Pacific Natural illustrates Jenni's conscious way of living through personal anecdotes and tips with Jenni's home state of California serving as the backdrop. Organized by season, this entertaining book is your guide to creating special moments with family and friends. Each chapter includes tabletop ideas, simple crafts, tips for keeping a stocked kitchen and pantry, what to plant in your garden, and healthy, delicious recipes. From an apple harvest dinner and at-home herb drying in the fall, cocktail parties and DIY gift ideas in the winter, flower arranging in the spring and a beach picnic in the summer, Jenni shares her philosophy for creating traditions and living mindfully all year long. A thoughtful hands-on approach for stylish and balanced living, Pacific Natural shows us how to make the most of the time we spend together, treating life's details with creativity and care.

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