

# MY LIFE AS A MOM

Issue 1  
January 2026

Love Life As It Is, Enjoy What You Do



# *In this edition*



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# FROM THE EDITOR'S DESK



minted



Hello, Friends!

As January arrives, it ushers in the refreshing chill of early winter, making it the ideal season for cozy gatherings and new year preparations! This month, I'm thrilled to share my garden plans, daily routine, and insights into my everyday life. I'll also introduce creative ideas for my winter garden, unveil new recipes, spotlight a book of the month, and much more. Additionally, I'll be including some delightful winter décor ideas. I warmly invite you to join me on my blog and can't wait to see you there!

Sincerely,

*Paquela Hudson*  
Blogger & Editor





## WHY ART OF TEA?

We source from the top 2% of all teas produced in the world



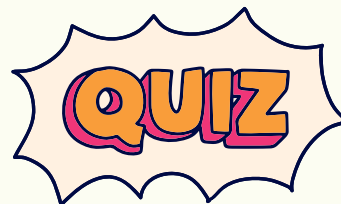
Join the Tea Club  
Subscribe and Save

Allow us to take you on a journey into the world of tea, where you can experience tea classics, rare finds, and specialty blends delivered straight to your doorstep!

## ART OF TEA X HOLLAND AMERICA

Holland America Line is a recognized leader in cruising, offering award-winning service and unforgettable journeys.

Enjoy our exclusive Dutch Tea Time blend, custom crafted in partnership with Holland America. Bright citrus, florals, and orange shine in this signature blend, available in a curated sampler with Earl Grey Crème and Pacific Coast Mint.



Need Help Deciding?  
Take our tea quiz to get matched up with the best teas for your taste.

## Best Sellers



6 months  
Tea  
Subscription

Blue Pineapple  
Ice Tea

Assorted 50  
Count Tea Bag

website: [www.artoftea.com](http://www.artoftea.com)





*Explore grad-approved announcements,  
invitations, gifts, signs, & more.*

**minted**

Spread the Joy with Minted

Share your special announcements with friends and family, whether it's for your wedding, graduation, engagement, baby shower, or any other exciting event. Minted offers beautifully crafted designs that add a personalized touch, perfectly capturing the essence of your memorable moments.

- Choose from classic, modern, or whimsical styles to find the ideal expression of your happiness and invite your loved ones to celebrate with you.
- Explore a wide selection of luxurious paper options, vibrant colors, and elegant typography to create an announcement that truly represents your unique story.

With Minted, every occasion becomes unforgettable, and every detail is valued.



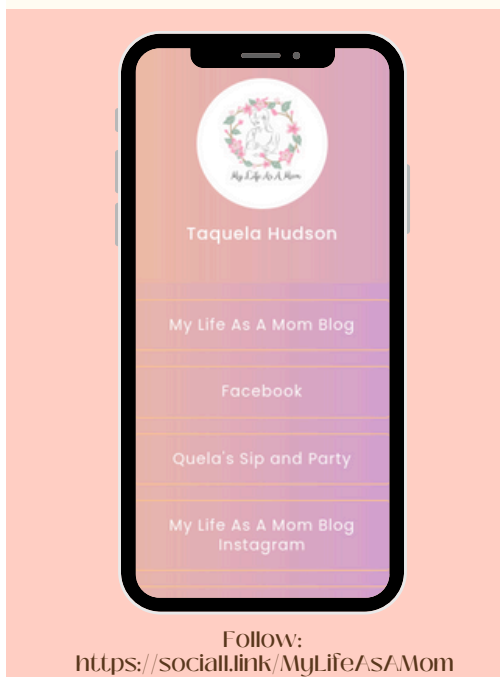
*Make it personal*

**mintedwedding**





# My Life As A Mom Newsletter



## What to look for?

Top Podcast - Sharing my favorite podcast

Affiliate Post - Check out some deals from some of my affiliates

All About Wine - Wine Wine Winesday every Wednesday

Garden Saturday - Take a Scroll in my garden

MOMENT AS  
A MOTHER  
LEARN THE STRENGTH  
WITHIN

MOM  
#Momlife

## Natural Cleaning Recipes

Come make homemade sanitizers, disinfectants, and more with me on My Life As A Mom Blog



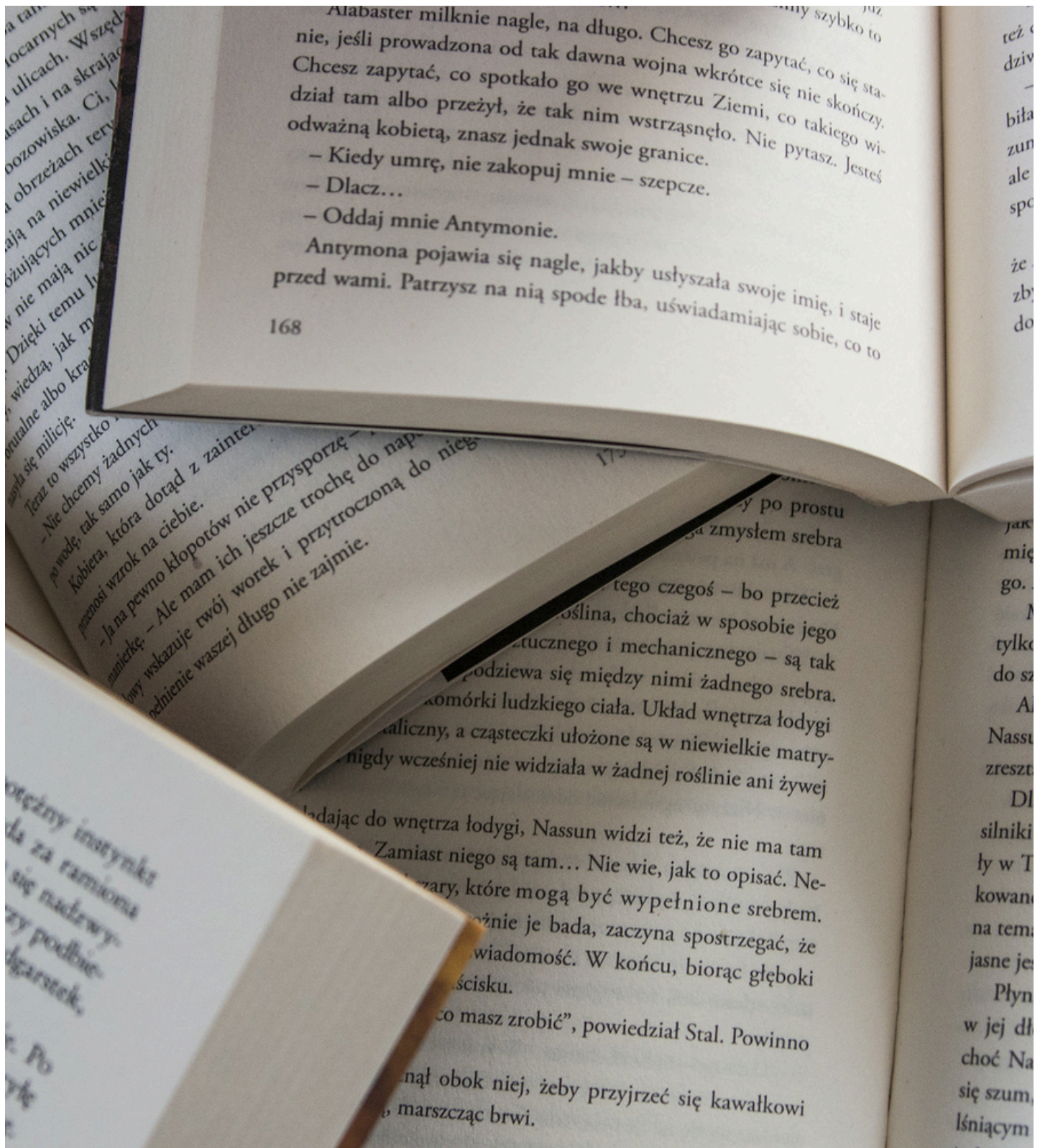
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START A

# BOOK CLUB

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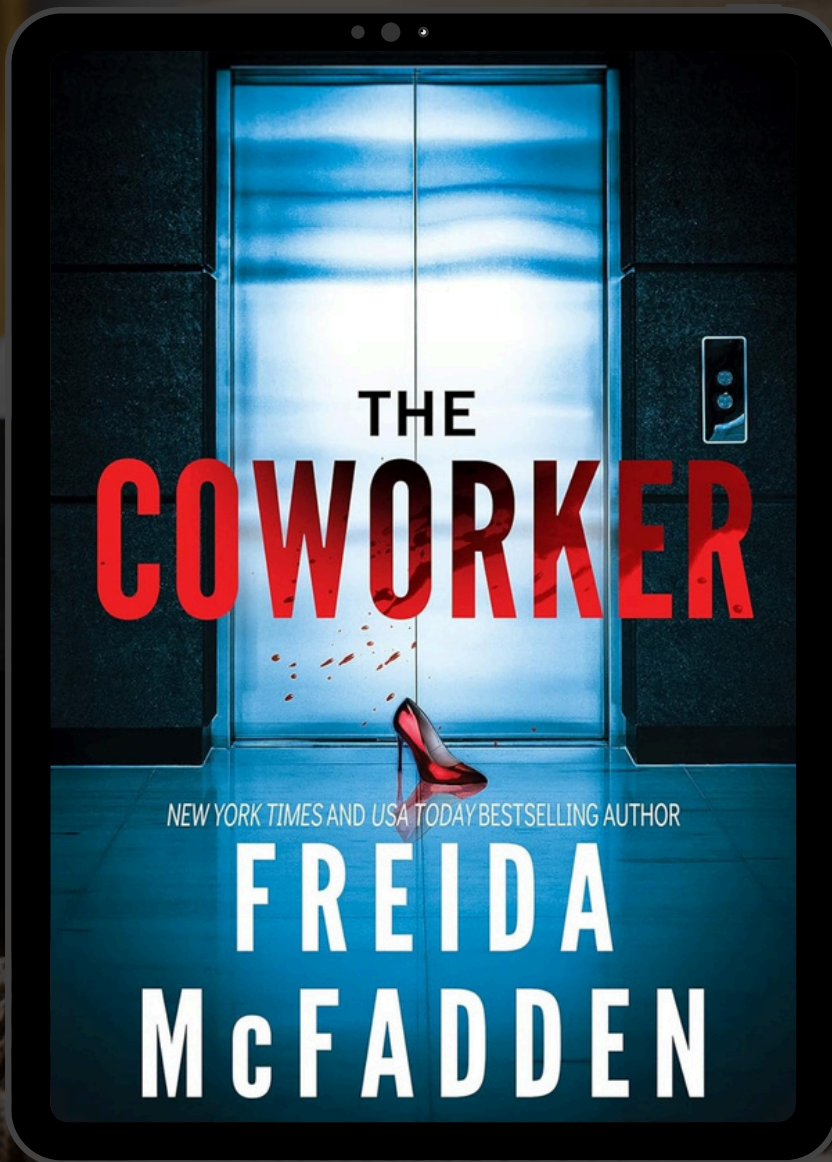


START A BOOK CLUB

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# BOOK OF THE MONTH

## *The Coworker*



**From the *New York Times* and *USA Today* bestselling author of *The Housemaid*!**

"Don't start a Freida McFadden book late at night. You won't be able to put it down!"—Natalie Barelli, bestselling author of *Unforgivable*

**Two women. An office filled with secrets. One terrible crime that can't be taken back.**

Dawn Schiff is strange.

At least, everyone thinks so at Vixed, the nutritional supplement company where Dawn works as an accountant. She never says the right thing. She has no friends. And she is always at her desk at precisely 8:45 a.m.



# DAUGHTER'S CHOICE

## *Wreck This Journal*

***"Not gonna lie, this is probably the coolest journal you'll ever see. . . . Wreck This Journal is here to inspire you." —Buzzfeed***

***A spectacular coloring and painting edition of the incredible journal that started it all, in celebration of the tenth anniversary of the 10-million-copy international bestseller***

***Perhaps you're a seasoned Wreck-er, having made your way through one or more copies of Wreck This Journal. Or maybe you're new to the phenomenon (little do you know, this experience might just change your life). Whatever the case, you've found the perfect book to destroy...***

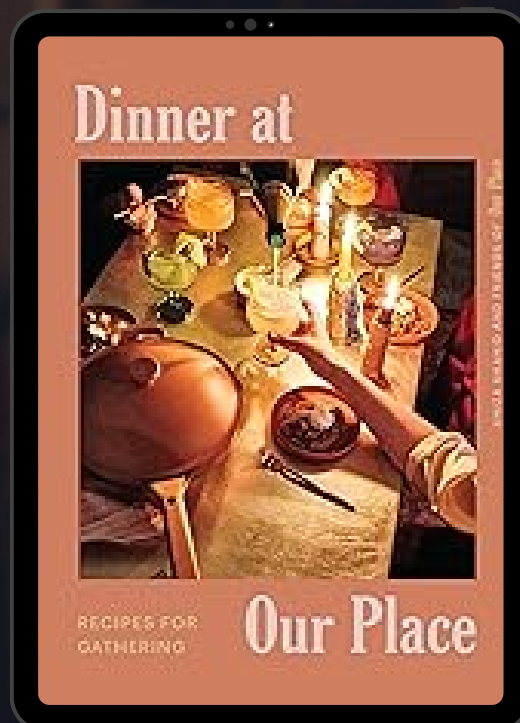


## COOKBOOK OF THE MONTH

### *Dinner at Our Place*

***From the covetable cookware brand Our Place (makers of the super-popular Always Pan®), more than 100 dinner party–worthy recipes menus that celebrate culture and community.***

***Our Place, the cookware brand that took the food world by storm, has always been about more than their brilliantly designed products—it's about bringing people together, celebrating cultures, and cultivating connections. And what better way to do that, than through sharing a meal?***

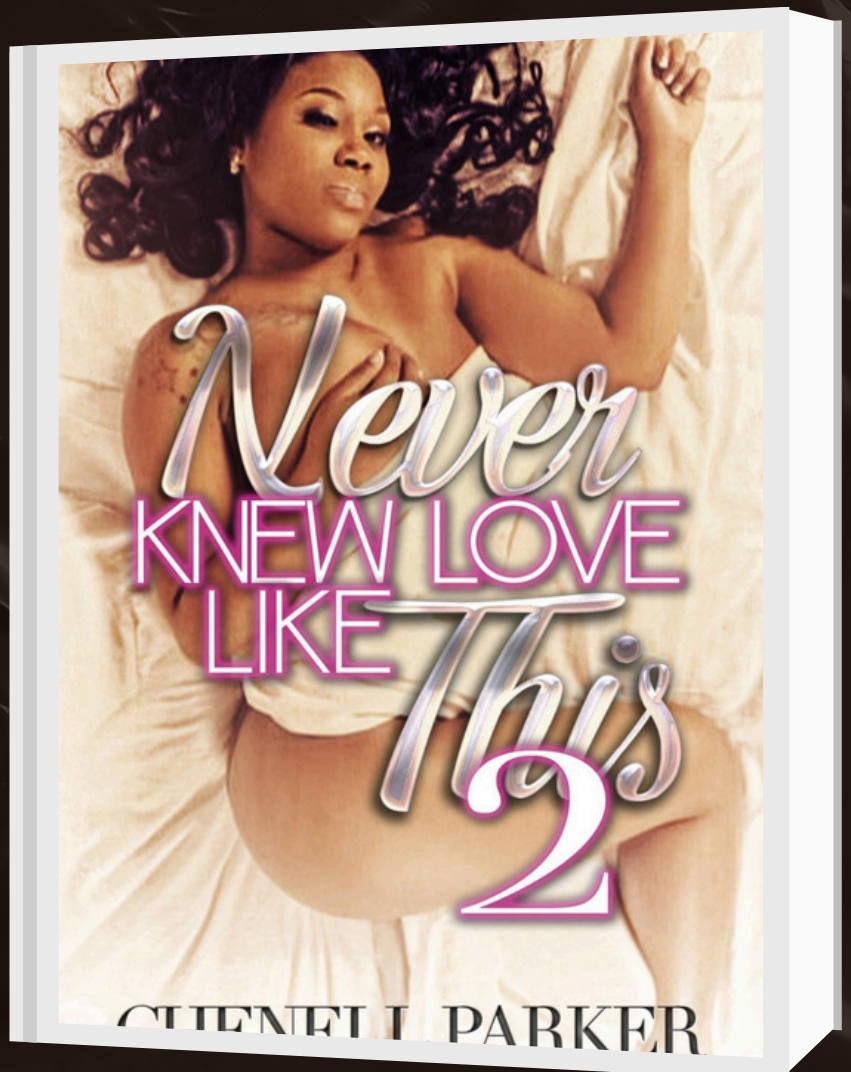




# *Book Review*

## *How to Solve Your Own Murder*

Check out the  
review on  
My Life As A Mom  
Blog.

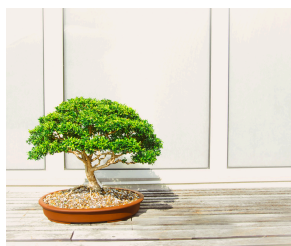




Join me for some crafting lessons. I love to make things in my spare time, as it allows me to express my creativity and unwind from the hustle and bustle of daily life. Crafting offers a wonderful opportunity to explore different materials and techniques, whether it's through knitting, woodworking, painting, or any other form of art that speaks to you. It's a chance to immerse yourself in the process, finding joy in the act of creating something with your own hands.

In these lessons, we'll not only focus on the technical skills needed to bring your ideas to life but also on the importance of infusing your personal style into each project. Crafting is about more than just the final product—it's about the journey, the experimentation, and the satisfaction of making something uniquely yours.

Whether you are a beginner eager to learn the basics or an experienced crafter looking for new inspiration, these sessions will cater to all skill levels. Together, we will explore a variety of projects that you can customize to suit your taste and home decor. So gather your supplies, bring your enthusiasm, and let's embark on this creative adventure together!



# CRAFT WITH ME

It's a beautiful way to blend creativity with emotion, resulting in pieces that hold personal significance and tell a story. Each handmade item becomes a cherished keepsake, a tangible reminder of the love and effort poured into its creation.

In our crafting sessions, we'll explore how to infuse heartwarming sentiments into your projects, transforming everyday materials into extraordinary expressions of affection. Whether you're crafting a gift for a loved one or creating something special for yourself, the process allows you to slow down and savor the moment, making each stitch or brushstroke a celebration of love and creativity.

So, let's gather our tools, let our imaginations run wild, and create beautiful pieces that not only enhance our surroundings but also touch our hearts.



## Craft Made by You

Together, we'll dive into a world of color, texture, and form, discovering innovative ways to bring your creative visions to life. With each lesson, you'll gain confidence in your abilities and uncover the joy of experimentation, all while developing a style that is distinctly yours.

Our sessions are designed to be interactive and engaging, encouraging you to share your ideas and draw inspiration from fellow crafters. We'll explore a range of materials, from traditional to unconventional, and learn how to combine them in unexpected ways to create stunning results.

Whether it's mastering the basics of a new medium or perfecting advanced techniques, you'll find that each project is a stepping stone towards greater artistic expression. So, let's get started on this exciting journey of discovery and creativity. Your masterpiece awaits!



# TOOLS FOR CRAFTING

## My Crafting Tool

Knitting



Cricut Explore 3



Cricut Heat Press

Wood Burning Tool



Candle Making



Cup Turner Tumbler



Sewing Machine



Etch Drill







## Shop in Style

Quela's Designs & Planning, LLC, a premier boutique known for its exquisite taste and attention to detail, offers a curated selection of bespoke fashion and event planning services. Nestled in the heart of the city, Quela's Designs & Planning, LLC has become synonymous with elegance and sophistication, attracting a discerning clientele who seek unique and personalized experiences. Whether you're searching for the perfect outfit to make a statement or planning an unforgettable event, Quela's expert team is dedicated to bringing your vision to life with creativity and flair. With a commitment to quality and a passion for excellence, Quela's Designs & Planning ensures every detail is meticulously crafted to reflect your individual style.





## **DISCOVER THE JOY OF MAKING A PRINTABLE BOOK ONLINE IN MINUTES**

### **Why Bookemon?**

**Best Price Everyday for All Products! no  
promotion gimmicks to disguise high prices  
Existing Content into a Quality Book no time! no  
new software to learn.**

**Free to Join and Free Book Creator to Use  
Add Multimedia Elements like Video and Audio  
voice of your passion and expression to include  
See Details**





# Winter Wine Tasting

**Celebrate the Holiday Season with OneHope**

**Every Bottle Matters:  
Today and Every Day  
Take advantage of 20% OFF  
SITEWIDE  
on wines that contribute to  
meaningful causes.  
Every purchase helps support  
initiatives that create a  
genuine impact.**

**The Exclusive  
Impact-Driven Wine Clu**



## Gifting Made Easy!

**SHOP GIFT GUIDE**





## Bookmarks

Print on Card-stock | Laminated | Enjoy







# Maximized Your Space

## 1. EXPLORE THE POSSIBILITIES

See how real customers have brought the potential of their space to life and get ideas for how you can too. Discover layout ideas, smart storage solutions, and organizing tips to spark your imagination.

## 2. MEASURE YOUR SPACE

Taking accurate measurements is a simple and essential step. It helps us ensure a flawless, custom-fit solution.

## 3. DESIGN YOUR SOLUTION, YOUR WAY

Use our free design tool or design service to get started.

## 4. RECEIVE YOUR ORDER AND INSTALL

Our DIY installation method is designed with first-time do-it-yourselfers in mind.

## 5. ORGANIZE, ENJOY, AND SHARE

Place your belongings into their newly functional and organized space and enjoy for years to come.



# 2026 Fall Garden

## *Planning Your Spring Garden*



### **Plan Your Garden**

With the New Year comes fresh plans and a new garden! This month, I'm excited to map out all the plants I intend to cultivate. I enjoy strategizing the layout of my garden, deciding where each plant will thrive and where they won't. Over time, I've discovered which plants grow well together and which do not. Having a clear plan for where everything will be planted ahead of time makes spring planting so much easier. Join me on my journey of planning and planting!

### **Seed Collection**

If you have a seed collection similar to mine, take the time to review it and ensure that none of the seeds are open, sprouting, damp, or moldy. For any seeds exhibiting these issues, seal them properly, dispose of those with mold, or plant any that have started to sprout roots.



### **Get Your Seedlings Ready for Planting**

I prefer to categorize my seedlings into groups such as vegetables, flowers, fruits, and herbs, and then plant them together in sections. To prepare your seedlings for planting, you'll need the following items:

- Soil
- Seedling containers
- Plant food
- Water
- A sunny and warm location



### **Plan Your Garden Layout**

One important lesson I've learned over the years is to carefully determine where to position your plants. Identifying the right spots for your plants is crucial, as each one requires specific amounts of sunlight, water, and nutrients to thrive.





1st in Coffee is the first choice  
for discerning coffee drinkers.



### Welcome, Coffee Enthusiasts!

At 1st in Coffee, we offer premium espresso machines from renowned brands such as Jura, Elektra, Rocket, and Rancilio. Our inventory also includes essential supplies like coffee, filters, capsules, pods, cleaners, espresso cups, cappuccino cups, milk frothers, tampers, and more. Additionally, we feature an extensive selection of gourmet coffee beans and exquisite espresso coffee. With competitive prices and free shipping on orders over \$75, 1st in Coffee has become the go-to online destination for espresso lovers. We pride ourselves on providing expert guidance as well. Our dedicated support team, passionate about coffee, is available to assist you with any inquiries from 8 a.m. to 10 p.m. every day of the week. This commitment to exceptional customer service truly makes us first in the field!



Real Winemakers. Hand-picked Wines. Delivered  
to You.

## Experience the Best of California in Every Sip

Our curated selection features wines crafted with care and precision by talented winemakers who are devoted to their craft. Each bottle tells a story of the sun-drenched vineyards and the unique terroir that makes California wines so distinctive. Whether you prefer a bold Cabernet Sauvignon, a crisp Chardonnay, or a silky Pinot Noir, our collection has something to delight every palate.

Enjoy the convenience of having these exceptional wines delivered straight to your door. Our flexible subscription options allow you to explore new varietals and discover your next favorite wine, all while enjoying the comfort of home. With detailed tasting notes and food pairing suggestions included, you'll be guided on a journey through California's rich winemaking heritage.

Indulge in the experience of savoring wines that reflect the passion and creativity of their makers. Raise a glass to the art of winemaking and the joy it brings to every occasion. Cheers to discovering the essence of California in every bottle!



Premier Series



Signature Series



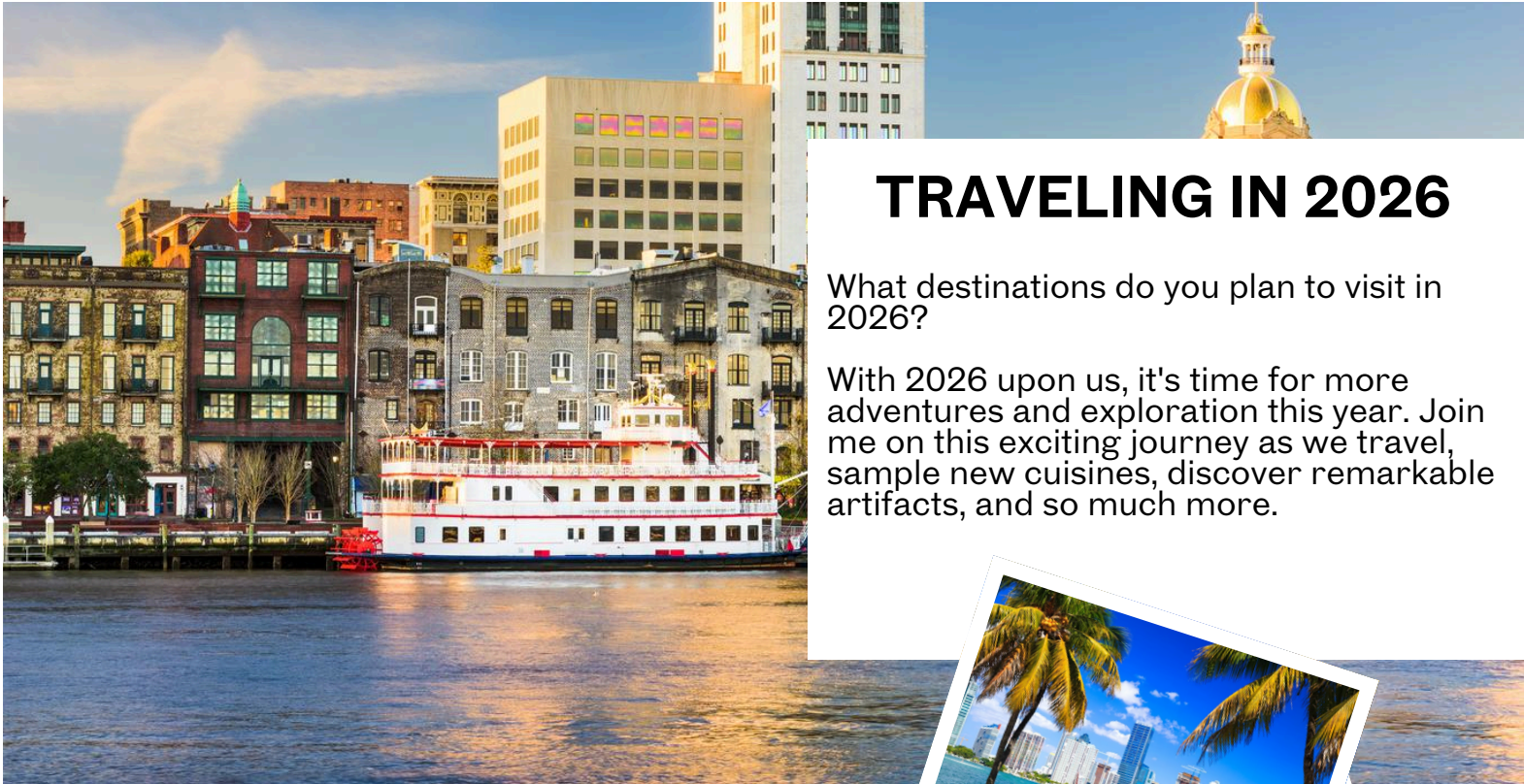
Aged Cabernet Series



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# VACATION

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## TRAVELING IN 2026

What destinations do you plan to visit in 2026?

With 2026 upon us, it's time for more adventures and exploration this year. Join me on this exciting journey as we travel, sample new cuisines, discover remarkable artifacts, and so much more.

### Top travel destinations for 2026 include 12:

- Kyoto, Japan: This city offers a serene blend of ancient temples and modern culture, with stunning cherry blossoms painting the landscape in spring.
- Santorini, Greece: Known for its breathtaking sunsets and white-washed architecture, Santorini is a dream destination for those seeking romance and relaxation.
- Cape Town, South Africa: With its dramatic landscapes, vibrant culture, and rich history, Cape Town provides a unique blend of adventure and refinement.
- Marrakech, Morocco: Dive into the vibrant colors and bustling markets of Marrakech, where the scents of spices and the rhythm of life create an unforgettable experience.
- Queenstown, New Zealand: Known as the adventure capital of the world, Queenstown offers thrilling activities like bungee jumping and breathtaking hikes.
- Reykjavik, Iceland: Explore the otherworldly landscapes of Iceland, from majestic glaciers to the surreal beauty of the Northern Lights.
- Buenos Aires, Argentina: Immerse yourself in the passionate culture of Buenos Aires, where tango music fills the air and culinary delights await at every corner.
- Rome, Italy: Step back in time in Rome, where ancient ruins and timeless art coexist with vibrant street life and exquisite cuisine.



**Need a Travel Agent for your next Vacation contact  
LaToya Jenkins  
at [newhorizontravelers@gmail.com](mailto:newhorizontravelers@gmail.com)**



# SOCIAL MEDIA

FOLLOW MY JOURNEY AS A MOM ON SOCIAL MEDIA AND STAY UP-TO-DATE WITH  
OUR WEEKLY NEWSLETTER AND MUCH MORE.

## SUBSCRIBE ONLINE

### **Social Media**

Facebook: @mylifehobbiesasamom / @quelasdesign

Facebook Group: Quela's Sip & Party

Instagram: @mylifeasamomblog / @quelasdesign

@quelassipnparty

### **Website**

Blog: [www.mylifehobbiesasamom.com](http://www.mylifehobbiesasamom.com)

One Hope Wine:

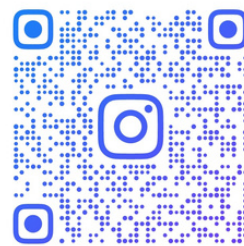
<https://www.onehopewine.com/myshop/taquela-hudson>

doTerra: [my.doterra.com/quelascents](http://my.doterra.com/quelascents)

Etsy Shop: [www.etsy.com/shop/quelasdesign](http://www.etsy.com/shop/quelasdesign)



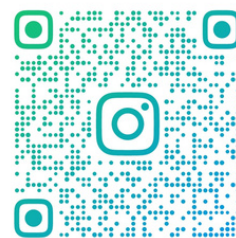
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@QUELASSIPNPARTY



Facebook Group  
@QUELASSIPNPARTY



@MYLIFEASAMOMBLOG



@QUELASDESIGN







# MISS AN ISSUE DOWNLOAD TODAY

On My Life As A Mom  
[mylifehobbiesasamom.com](http://mylifehobbiesasamom.com)







## INVITE FRIENDS AND YOU'RE BOTH REWARDED!



Do you love doTERRA products? Do you enjoy sharing how much you love them and receiving free products? If so, the Refer-a-Friend program is for you!

All it takes is three easy steps:

*Love*

Love doTERRA products?  
You already share your  
favorite products with friends,  
now you can be rewarded for it.

**SHARE**

You share your link with friends.  
Tell your friends about doTERRA  
and share your link via email,  
text, or social media.

**EARN**

You earn doTERRA dollars.  
You receive 20% of their first  
order in doTERRA dollars,  
which you can spend at  
doterra.com.

Log into your account, copy your personalized link, and share with your friends. When someone uses your link to place an initial order, you'll receive doTERRA dollars in your account as a thank-you!

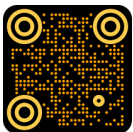
This program is a win for your friends too. If they use your link, they receive their first year of doTERRA membership for free, no matter the size of the order! You'll earn 20% of their initial order back in doTERRA dollars.

### doTERRA Dollars

doTERRA dollars are credits you can use toward doTERRA product purchases—just like cash or store credit. You can apply your doTERRA dollars—visible at checkout or in your account profile—toward any cost (products, shipping, taxes) on doterra.com. When friends with new Wellness Advocate or Wholesale Customer accounts place their first order using your link, the doTERRA dollars you earned will appear in your account within 10 calendar days.<sup>†</sup> You can receive up to \$599 doTERRA dollars in a calendar year, so what are you waiting for? Start sharing now!

### Find Your Personal Link

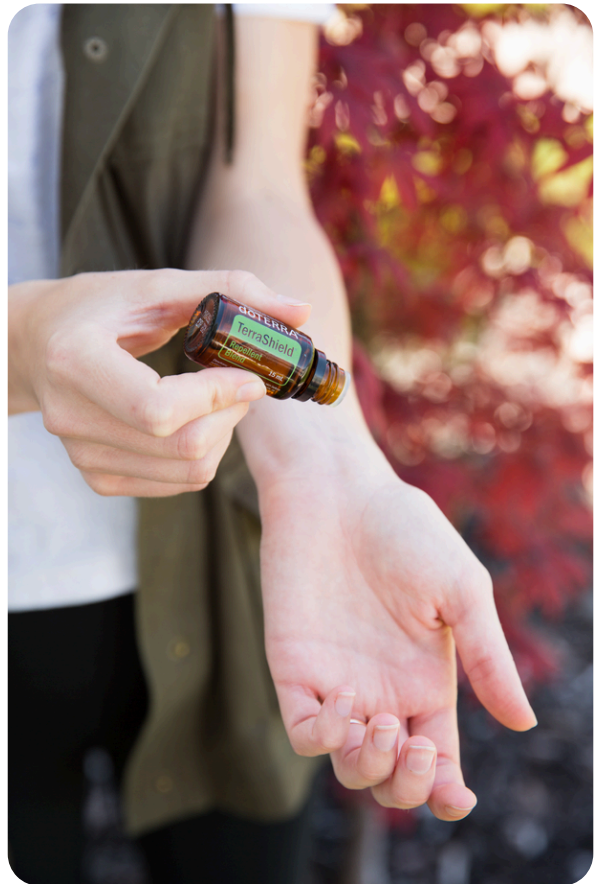
When you log into doterra.com, there will be a popup with your link.



Scan QR to  
Contact Me



Shop My Bag







# JANUARY PROMO

Don't miss out on the special promotions doTERRA offers every month! Discounts, free product opportunities, and other deals are always on this page. Come back each month to check out our latest promotions.

## FREE DOTERRA DIGESTZEN



January's limited-time promotions are built around the **90-Day Reset Prepare Bundle**, designed to support a **simple, gentle reset and digestion**. Every offer this month pairs perfectly with the **90-Day Reset Challenge**, making it easy to start the year with intention and momentum.



### FREE DigestZen

Digest with the best this year. **DigestZen 5 mL comes free January 1-15** with a 125 PV Rewards order or anytime this month with foundational wellness products purchased on doTERRA Rewards!



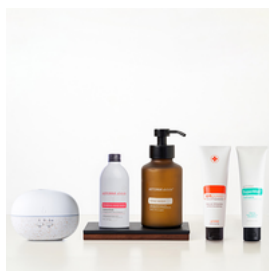
### FREE Frankincense

Experience this powerhouse product and its cleansing benefits for **free with any single 200 PV order January 1-15** while supplies last!



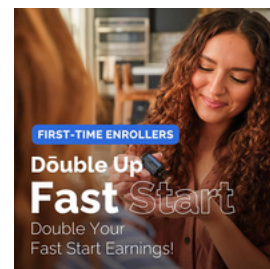
### FREE Product Points!

New or returning customers place an initial 100 PV order in January, shop again with 100 PV in February, and enjoy 100 free product points in March!



### Free Membership Gifts!

New members who join doTERRA with at least 150 PV get to pick from three free gifts! Share this amazing opportunity with everyone you know.






















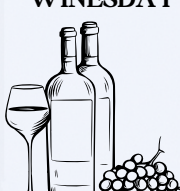












### Doubled Fast Start!

**Double Up Fast Start** is back, now for **first-time enrollers!** If you've never enrolled anyone before, take advantage of this incredible promotion!






































# January

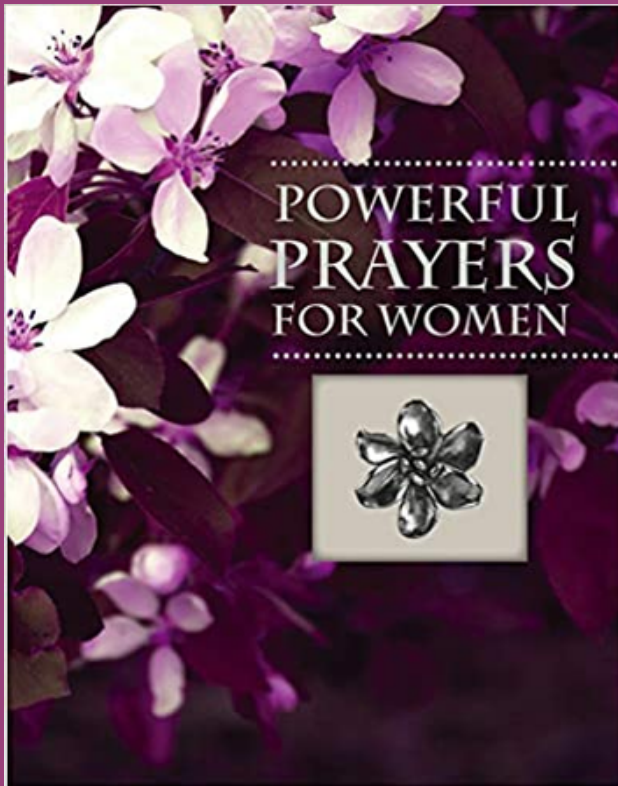
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 	2	3
4  NEWS LETTER OVERVIEW	5 	6  FAVORITE PODCAST OF THE WEEK	7 WINE WINE WINESDAY 	8  THIRSTY THURSDAY	9 THE LATE  NIGHT READ	10  GARDEN UPDATE ARTS & CRAFT
11 Set up/ Plan Valentine Day  NEWS LETTER OVERVIEW	12 	13  FAVORITE PODCAST OF THE WEEK	14 WINE WINE WINESDAY 	15  THIRSTY THURSDAY	16 THE LATE  NIGHT READ	17  GARDEN UPDATE ARTS & CRAFT
18  NEWS LETTER OVERVIEW  SKIN CARE  BIBLE STUDY	19  	20  FAVORITE PODCAST OF THE WEEK	21 WINE WINE WINESDAY 	22  THIRSTY THURSDAY	23 THE LATE  NIGHT READ	24  GARDEN UPDATE ARTS & CRAFT
25  NEWS LETTER OVERVIEW	26 	27  FAVORITE PODCAST OF THE WEEK	28 WINE WINE WINESDAY 	29  THIRSTY THURSDAY	30 THE LATE  NIGHT READ	31  GARDEN UPDATE ARTS & CRAFT



# February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1  NEWS LETTER  OVERVIEW	2  Planning	3  FAVORITE PODCAST OF THE WEEK	4 WINE WINE WINESDAY 	5  THIRSTY THURSDAY	6 THE LATE  NIGHT READ	7  GARDEN UPDATE   ARTS & CRAFT
8  NEWS LETTER  OVERVIEW	9  Planning	10  FAVORITE PODCAST OF THE WEEK	11 WINE WINE WINESDAY 	12  THIRSTY THURSDAY	13 THE LATE  NIGHT READ	14  GARDEN UPDATE   ARTS & CRAFT  
15  NEWS LETTER  OVERVIEW   SKIN CARE   BIBLE STUDY	16  Planning	17  FAVORITE PODCAST OF THE WEEK	18 WINE WINE WINESDAY 	19  THIRSTY THURSDAY	20 THE LATE  NIGHT READ	21  GARDEN UPDATE   ARTS & CRAFT
22  NEWS LETTER  OVERVIEW	23  Planning	24  FAVORITE PODCAST OF THE WEEK	25 WINE WINE WINESDAY 	26  THIRSTY THURSDAY	27 THE LATE  NIGHT READ	28  GARDEN UPDATE   ARTS & CRAFT

# SUNDAY MOTIVATION



TAKE A  
MOMENT  
TO BREATHE  
AND PRAY

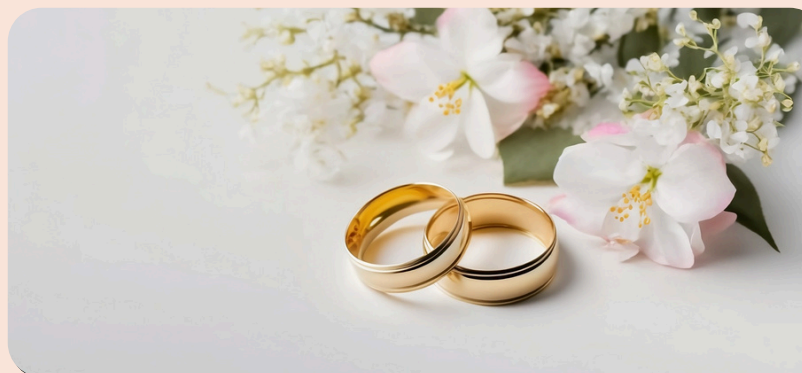
Pause for a moment  
to breathe and reflect.  
Engage in prayer.

Allow your thoughts to settle like leaves on a still pond. Embrace the tranquility that surrounds you and let gratitude fill your heart. In these moments of reflection, find strength and inspiration to carry you through the week. Let your spirit be rejuvenated, ready to embrace new challenges and opportunities with a renewed sense of purpose and optimism.



# WEDDING

## SEASON





**BUSY MOM'S  
BREAKFAST BUNDLE**

**21** smoothie blends

**BUNDLE DEAL  
\* SAVE \$45 \*  
+ FREE SHIPPING**

**+ 24/7 Nutritionist Access**

BUMPIN  
BLENDS

## ONE-TIME MOM BUNDLE

Transform your mornings with Bumpin Blends—the perfect breakfast solution for busy moms. Our smoothie bundles make healthy eating easy, even on the busiest days.

Choose your bundle:

- Quick Start Pack: 14 blends for a fast, affordable health boost.
- Busy Mom's Bundle: 21 blends, free shipping, and nutritionist access.
- Ultimate Pack: 28 blends, free shipping, an exclusive wellness download, and nutritionist access.

Each bundle features our top 7 blends: Strawberry Superwoman, Peanut Butter Cup, Cherry Dreams, Cookie Dough, Banging Banana Split, Cinnamon Chai, and Berry Awake. Crafted by a dietitian and made by moms, every sip is packed with balanced nutrition and care.



### Special Occasion Shop

From festive family matching looks to dresses like delicate confections, we have sweet styles to make every occasion merry and bright.



# Shop My Affiliates

Cricut is hosting a month-long sale on a variety of popular crafting supplies, such as vinyl, cutting tools, mats, and machines. Be sure to check out My Life As A Mom for exclusive coupons and discount codes. Whether you're a seasoned crafter or just starting, this sale is the perfect opportunity to stock up on essentials and explore new creative possibilities. From personalizing home décor to creating unique gifts, the options are endless with Cricut's versatile tools. Don't miss out on the chance to bring your imaginative ideas to life with high-quality materials at unbeatable prices. Happy crafting!



Enrich Your Space with the Albert Levi Art Collection

Infuse your environment with a splash of creativity through the Albert Levi art collection. Whether you seek a hint of elegance or a vibrant pop of color, Albert Levi's artworks will undoubtedly transform any room into a gallery of inspiration.

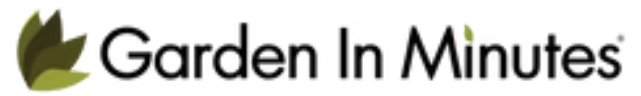
- Each piece is meticulously crafted, showcasing vibrant hues and dynamic compositions that resonate deeply.
- Ideal for those who cherish the finer things in life, this collection features a variety of styles and themes to suit diverse tastes.

Elevate the aesthetic of your home with a breathtaking piece from the collection, allowing your walls to narrate a tale of creativity and passion.



Enjoy a 30% discount on wallpaper at  
Walls Republic!





**Gardening, Simplified.**  
**Home of the Garden Grid™ - the #1 Garden**  
**Watering System, modular Metal Raised Garden**  
**Beds, and gardener designed add-ons that make**  
**growing your best garden, easier.**



**Garden in Minutes® offers innovative solutions for both novice and experienced gardeners, making it simple to cultivate a thriving garden. With a focus on efficiency and ease of use, their products are designed to take the guesswork out of gardening, allowing you to focus on enjoying your garden rather than worrying about it. Whether you're growing vegetables, flowers, or herbs, Garden in Minutes® provides the tools you need to make your gardening experience as rewarding and stress-free as possible.**







## **WHERE INNOVATION MEETS SOPHISTICATION**

Easily adjustable strength options

Quiet diffuse technology

Cold-air diffuses oils into a dry mist for lasting, superior coverage.

Preserves fragrance oil properties without heat or water.

## **SUBSCRIBE TO AN EFFORTLESS SCENT EXPERIENCE**

- Experience convenience with monthly fragrance deliveries
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