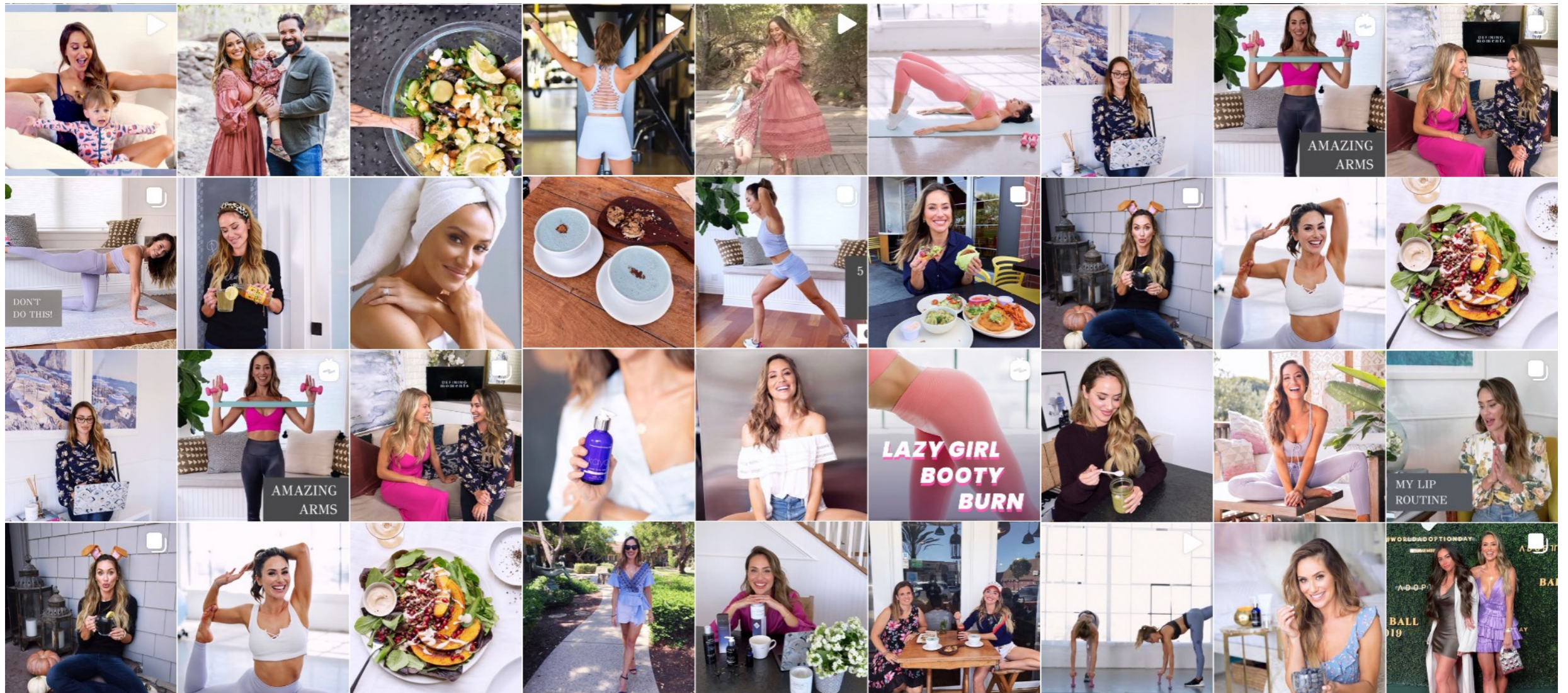




INSTAGRAM FEED



INSTAGRAM CAPTIONS



christinebullock I know times are scary and it's easy these days to become overwhelmed with anxiety about the future. Especially being pregnant during a time when we're all vulnerable, it's made me reflect on the things we take for granted everyday while we're running around trying to chase our dreams and all the things we have planned just on the horizon. When you don't slow down, individually or collectively, the universe will eventually do it for you.

Now is the time to tap into our faith. To tap into our shared humanity. To pause and be present with our loved ones. To live a bit simpler and love a lot harder. To take care of the planet and our bodies. To remember that happiness doesn't come from the outside world, it starts within us when we sit and listen to our breath. As we move into the coming months, let us rediscover old hobbies, meaningful relationships, and the beauty of being outside in nature. We'll find new ways of doing things and hold tight while this passes. Together, we will heal.

My page is a community where I want everyone to feel free to share. Share how you're doing, what's keeping you occupied at home, what you're worried about, how tired you're feeling, or even how angry this societal upset is making you feel. Share any positive messages you have for all of us, anything you're grateful for this moment, or ways you're helping others around you. We're all here for each other. Sending you lots of love and light, xx 🌸



christinebullock DAY 17 — SUCTION CUPS REDUCE THE APPEARANCE OF CELLULITE

I'll let you in on my little beauty secret 🤫 It's SUCTION CUPPING!

I want to mention that almost 100% of women have cellulite so should you be ashamed of it? ABSOLUTELY NOT, we ALL rock it 🍑 But hey— anything we can get to reduce its appearance helps right?!

Cupping is an ancient practice for bringing fresh blood flow and circulation to parts of the body treated & I love these little silicone ones for easy at home use. Basically you squeeze the little cups and the vacuum created gently pulls your skin up into the tool. Then I like to slowly massage the cups over my thighs and butt (but don't stop in any one place or you might accidentally give yourself a mark). It's best to do this with slippery skin wet from a shower or lotioned up, preferably with @kayobodycare's CONCENTRATED FIRMING SERUM for added benefits from the caffeine 💙

Not only does this improve circulation, but it also helps with lymphatic drainage. Poor circulation & lymphatic drainage are big factors in cellulite— not just weight! The cupping technique essentially breaks up the fascia (a thin sheath that coats all your muscles) that creates those dimples #themoreyouknow 🤗

This is one of my favorite cellulite treatments that I do on a weekly basis when I find the time. Reach out with any questions and I'll try to answer all of them!



christinebullock DAY 4 — FIND SOMETHING FUN

Exercise should be a regular & consistent part of your life so you better make it FUN 🌈 Maybe you hate running or you think lifting weights is boring (and that's totally fine) BUT there are so many alternative ways to get your body moving. Try everything & see what you like best!

Here's an option you probably haven't heard of that is both cardio AND strength training— REBOUNDING (a workout on a mini-trampoline) It's amaaaazing for your core, legs, and deep back muscles while stimulating your lymphatic system & supporting bone density, helping your bones become stronger through the small pressure bouncing creates.

Find the thing you love and run (or bounce) with it!

INSTAGRAM CAPTIONS



christinebullock It's Friday and I'm ready for the weekend 🌸 I read a really interesting article a few days ago about dry versus dehydrated skin— yes, there's a difference! So I thought I'd share 💧

Dehydrated skin happens when there's not enough water in the skin and all around you might just be dehydrated. To fix dehydrated skin, the answer is to drink more water and eat more water-rich foods (duh!) & use a product with humectants to draw in water like glycerin, aloe, and honey.

Dry skin is a skin type where your skin isn't producing enough oils to hold on to moisture, so basically you have to compensate with lots of creams and lotions to create that barrier! Nut, seed, and plant oils are all amazing for locking hydration into place 🌿

DOUBLE DUTY— HYALURONIC ACID works to help both skin issues (as long as you also moisturize on top), while CERAMIDES strengthen the skin's barrier to prevent moisture loss. Look for these ingredients when you're skincare shopping! Lately I've been using Skinceuticals Triple Lipid Restore as my facial moisturizer because it's got everything but I like to switch it up so leave your recommendations here 🙌 Do you have dry or dehydrated skin? (Or neither? Lucky you!)



christinebullock DAY 24 — SCHEDULE IN SELF CARE

Put it in your calendar 📅 Lock that time away for yourself because you deserve it! How can we give quality time to others without also giving some quality time to ourselves? Life will always feel too crazy for some much needed me-time, but I promise it's the answer you're looking for. If you feel like you're pushing and pushing lately without going anywhere, step back and allow those deliberate moments with yourself to open doors and spark your creativity again. Everything will come much easier afterwards!

Moments of self-care can range from the fancy to the DIY but they're all equal. Sometimes I'm in the mood to actually go get a professional massage. Other times I don't even have the energy to leave my house so I gather all my @kayobodycare products and make my bathroom the spa 🛁 As long as you make time occasionally to do something relaxing that you enjoy, it will reward you endlessly!



christinebullock CONGRATULATIONS 🎉 YOU'VE COMPLETED MY TOTAL BODY WELLNESS MONTH

Hopefully you've learned a little or a lot & I'm so glad I could share all that info with you to give you a place to start if you're confused on what first steps to take in your own health journey 🙌 The last 30 days have been filled with so many of my actionable tips and tricks, as well as some valuable tools for gaining control over your future when it comes to your wellbeing both physically and mentally.

I'll leave you with this, YOUR THOUGHTS ARE THE BASIS OF YOUR HEALTH. The energy & positivity you put into the world is what you get back in return. Plant the seeds of change, shower yourself with love, grow your roots for strength and stability, and watch yourself grow 🌱💖

What was your favorite tip from the last month? Which one was the most surprising or made the most difference for you?

INSTAGRAM CAPTIONS

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christinebullock Drink This, Not That — STARBUCKS EDITION ☕

It's time to clean up our diets a bit & toss those empty calories! I know we all loveeee our Starbucks coffees so I hate to say it but they're SNEAKY sugar bombs 🤯 A grande (the most popular size) Cinnamon Dolce Latte has a whopping 41g of sugar which is the same as two full size Hershey bars 🍫 The other holiday drinks are just as bad if not worse— the White Chocolate Mocha has 56g of sugar & the famous PSL has 50g of sugar, yikes!

The solution? I like to recreate the Cinnamon Dolce Latte and make my own waaaay healthier version (only 9g of sugar) and you can take these tips to recreate your own favorite drinks or even come up with something new:

- **GO SMALLER.** Order a "short" version of your drink, it's all the coffee you really need.
- **DITCH THE DAIRY.** Swap regular milk for plant milk, especially if you have a dairy sensitivity or intolerance.
- **SWAP YOUR TOPPING.** Lots of toppings are just more sugar, so try a simple dusting of cinnamon instead (hello, antioxidants!)
- **SUGAR FREE SYRUP.** Starbucks offers sugar-free versions of their Cinnamon Dolce & Vanilla syrups which can be helpful in small amounts if you're looking for a little extra sweetness.



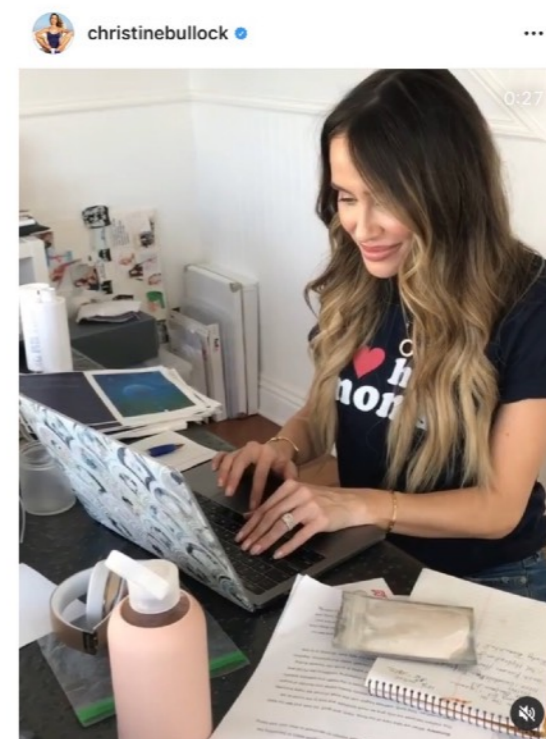
christinebullock DAY 22 — STEP UP YOUR SLEEP —

Ahhh so you've got the healthy diet and you're working out, but you're not seeing results? Are you sleeping 8 hours or more each night? I bet not...

Here's the thing, we live in a society where everyone is chronically under-slept and this wreaks havoc on our hormones. Did you know that someone who's slept less than 7 hours on a single night has the equivalent of a diabetic body the next day (yeah, even if you eat the healthiest meals possible) Our hunger hormones ghrelin and leptin go crazy without sleep and we end up consuming an average of 500 extra calories which = weight gain 🤯

Now to all my new mommas, don't worry because the MAJOR lack of sleep is only temporary and you'll get back to your regular routine soon (you get a free pass). I'm looking at everyone else to step up their sleep game 🙌 Start by creating a routine an hour before bed because it's the best way to get better sleep at night. Hold yourself accountable to stop checking emails or your phone at a certain time and make sleep a priority because the benefits the next day are totally worth it! (More energy, youthful skin, deep detoxification, the list goes on...)

My favorite way to unwind before bed is with a book 📖 Drop a comment below with either a book you're currently reading (I always need recommendations) OR your own evening bedtime routine 🌙 May you all have a deep and restful sleep tonight for the week ahead!

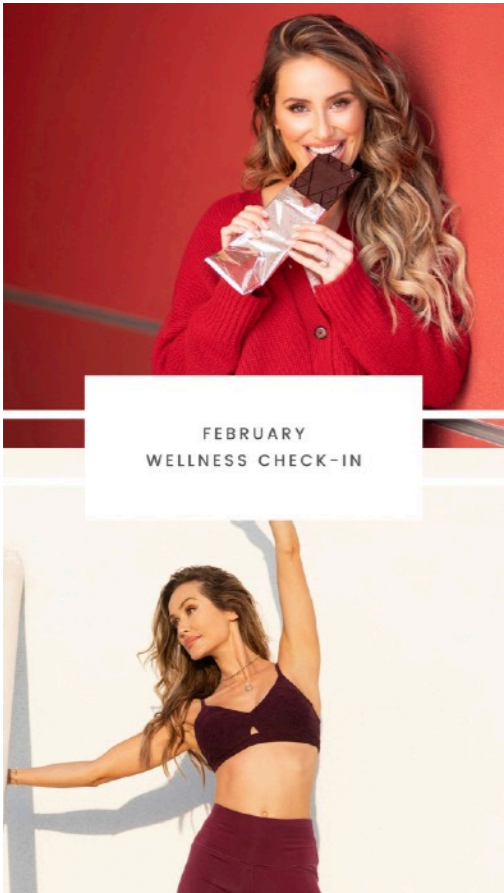


christinebullock DAY 26 — MAKE FIFTY PERCENT THE NEW HUNDRED

(Sound up 🙌) I wanted to make the last post of wellness week something real— not an airbrushed photo or pretty video, but a snapshot of what my life really looks like everyday. I was thinking of what I wanted to post today when this moment happened & I realized I should document it for you and share in case you can relate! My desk is a mess, my to-do list is piling up, I have emails to send out, and Remi is screaming downstairs for her sleeping bag 🐶

BUT YOU KNOW WHAT? THAT'S OKAY because if I only accomplish 50% of what I set out to do, I'm successful and that's enough. Don't beat yourself up if you feel like you can't do it all because none of us can. Join the club 🤪 The most important part of wellness is being kind to yourself— yes, holding yourself accountable is important too, but don't set impossible standards. Keep celebrating the little everyday wins instead 🌟🌟 (Side note, does anyone else's child scream like this for their sleeping bag? Discuss below)

INSTAGRAM STORIES: MONTHLY WELLNESS CHECK-IN



HELLO FEBRUARY!

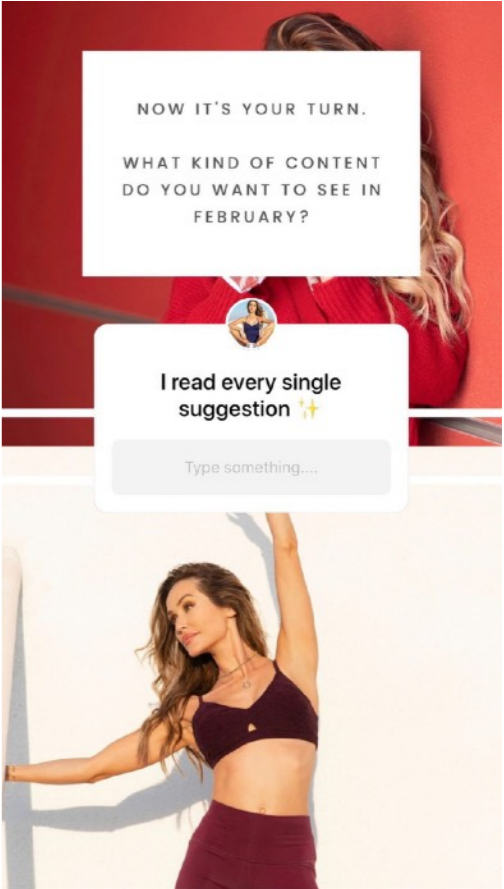
I TALK A LOT ABOUT AGING ON THE OUTSIDE — BUT AGE IS TRULY SOMETHING DETERMINED ON THE INSIDE. IT HAPPENS WHEN WE BECOME STUCK IN OUR WAYS, CLOSED OFF TO NEW IDEAS, AND CONVINCED THAT "I'M TOO OLD FOR THAT." THIS MONTH I'M TAKING A MOMENT TO REMEMBER THAT PERSONAL GROWTH IS THE MOST POTENT ANTI-AGING FORMULA TO EXIST.

XOXO,
Chrissy



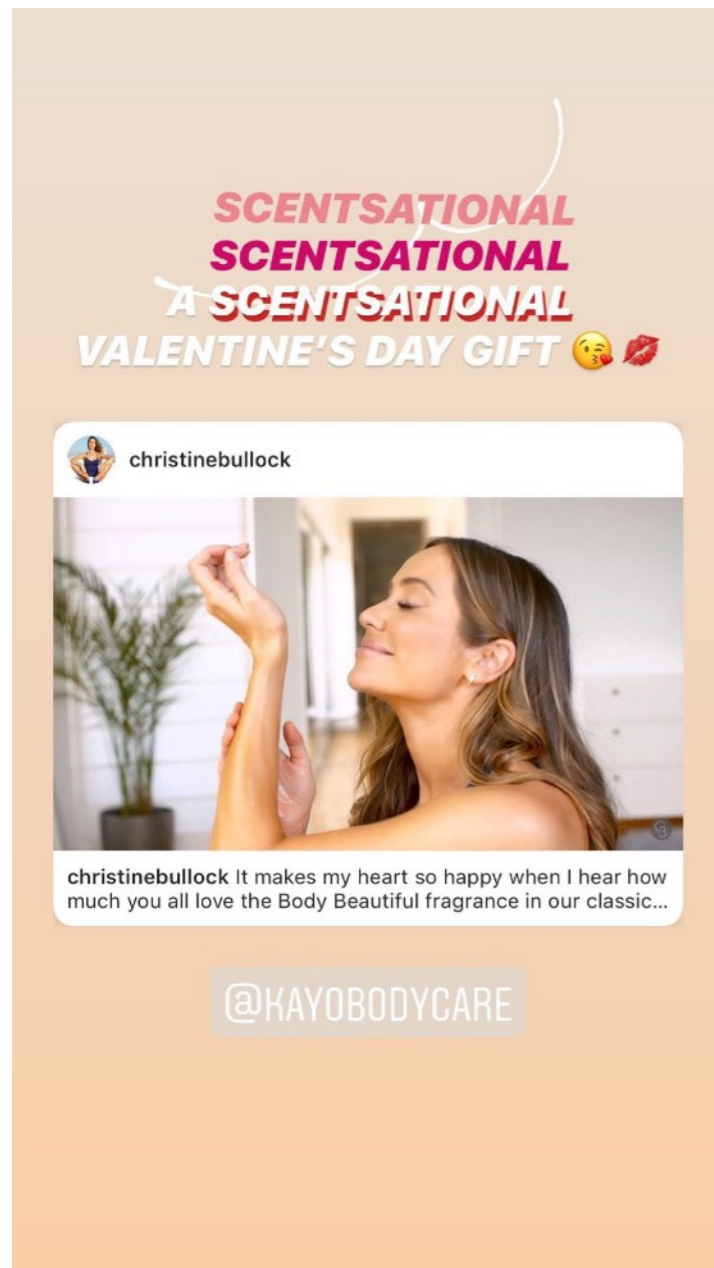
- ☒ FIND A WORKOUT THAT'S FUN TO MAKE IT A CONSISTENT HABIT OVER TIME
- ☒ MAKE LOW-CARB SWAPS FOR HIGH CARB FOODS TO KEEP YOUR BLOOD SUGAR STABLE
- ☒ REGULARLY TAKE CARE OF ALL THE SKIN ON YOUR BODY, NOT JUST YOUR FACE
- ☒ BE KIND TO YOURSELF WHEN YOU FEEL LIKE YOU CAN'T ACCOMPLISH EVERYTHING AT ONCE

- STAY TUNED
- ☐ NEW FITON WORKOUTS THAT'LL HAVE YOU SWEATING
 - ☐ A SUSTAINABLE STRATEGY BEHIND LOSING BODY FAT AND KEEPING IT OFF
 - ☐ MY FAVORITE DATE NIGHT EYE MAKEUP ROUTINE JUST IN TIME FOR VALENTINE'S DAY
 - ☐ CELEBRATING CHANGE WHEN LIFE SURPRISES YOU



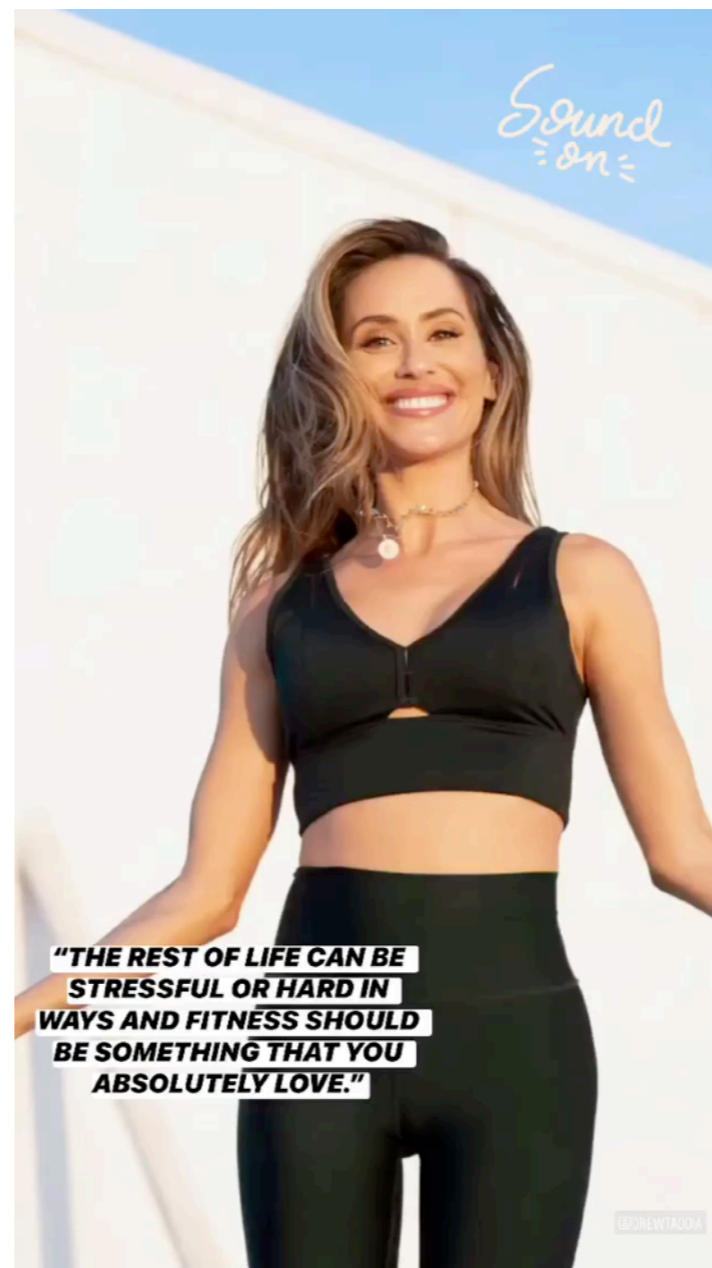
INSTAGRAM STORIES

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INSTAGRAM TV: BEAUTY TREATMENTS



Reiki Facial with Nousha Salimi



*Prenatal Lymphatic Drainage
Massage with Flavia Lanini*



*Pregnancy Safe Facial at Georgia
Louise at Allbright*

INSTAGRAM TV: EAT THIS, NOT THAT

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Energy Bars



Starbucks Breakfast



Carl's Jr.

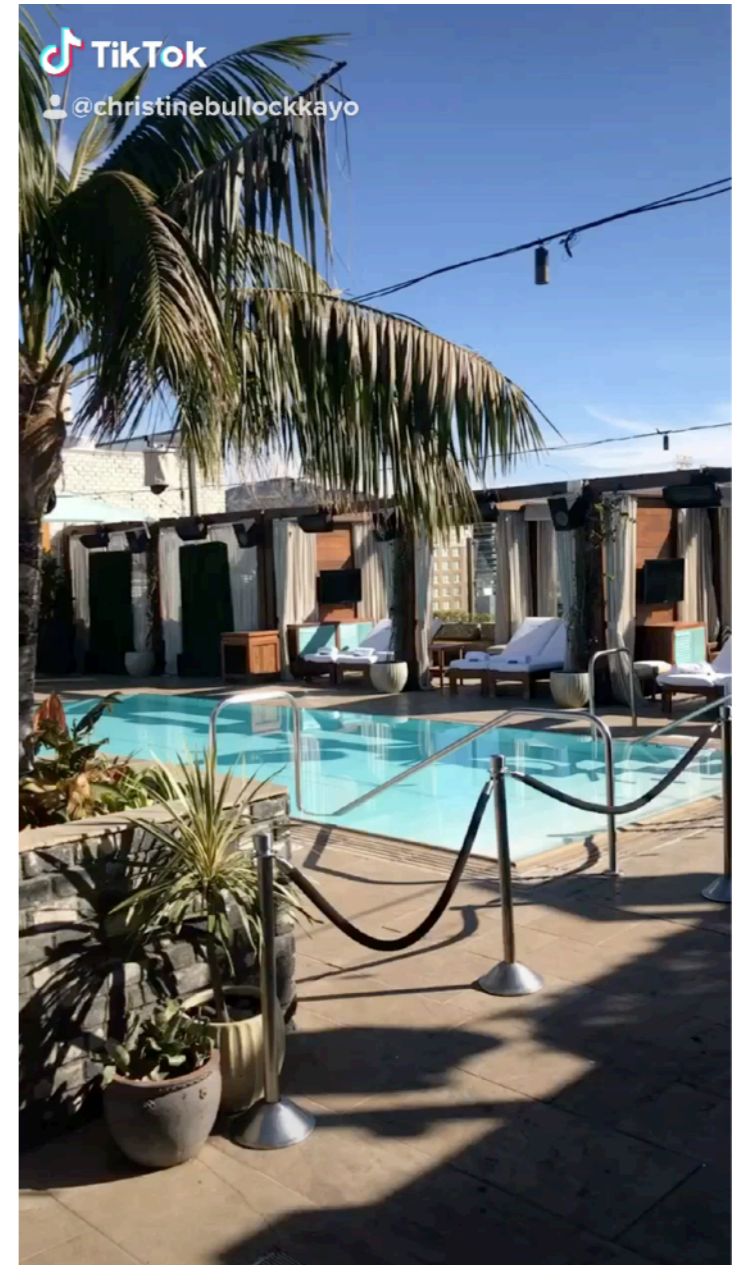
TIK TOK



What She Said at the W Hotel



5 Steps to Glowing Skin



Hood Fit at the Dream Hollywood

EMAIL NEWSLETTER

From: **ChristineBullock.com** christine@christinebullock.com
Subject: The Surprising Key to Youth 🗝️
Date: February 4, 2020 at 8:59 AM
To: Julia Rubien julia@kayobodycare.com



Hello Julia Rubien,

Welcome February!

I recently rediscovered an idea borrowed from the yoga tradition that I absolutely love and wanted to share with you all this month. It’s the idea that stagnation is death and that movement or continual transformation brings new life energy into all parts of us. A big idea, right? Sit with that for a second.

A lot of cultures around the world actually have names for this— what we here in the West call “energy” is what Hindu philosophy calls “prana” and what Chinese philosophy calls “chi” or “qi.” Regardless of your spiritual beliefs, this concept is powerful because it teaches us how to stay young despite our body growing older. On a physical level, when we stop moving our body can quickly become stiff or injured. Especially in the modern

era of sitting for eight hours behind a computer screen, it’s so important to fit in some type of movement every single day to get our blood flowing. Here are some options:

- Go for a brisk 30 minute walk on your lunch break
- Take a fitness class or go for a hike on the weekends
- Spend 10 minutes stretching before bed
- Squeeze in a 20 minute FitOn App workout with me in the morning

On a mental and emotional level, it’s important that we continue to learn, set goals, transform our inner dialogues, and embrace change as it comes. It’s so common to hear people say “take me back to my 20’s” or “if only I could stay that young forever” and I disagree. Every new year is a blessing that makes me wiser and stronger. To stay stuck at one age would be stagnation, and would eliminate the challenges at every decade that make us grow into dynamic human beings.

With Kayo Body Care, I talk a lot about aging on the outside— but age is truly something determined on the inside. It happens when we become stuck in our ways, closed off to new ideas, and convinced that “I’m too old for that.” Change will come and sometimes it’ll be hard, but we have to remember that growth IS uncomfortable and that growth is the most potent anti-aging formula to exist. If you’re feeling stuck lately, here are some starting points:

- Visit one new place you’ve never been to before, whether it’s a new restaurant, museum, fitness studio, hiking trail, or city

EMAIL NEWSLETTER

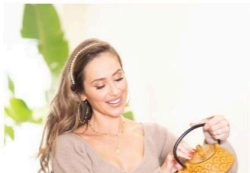
- Think about the change happening in your life and journal 5 positive things it will bring into your world
- Challenge yourself to become an expert in something, even if it's as small as becoming the expert in making the best homemade pasta sauce
- Rearrange furniture in your home and redecorate your space

As always, let me know if you implement any of these tips— I love when you guys tag me in your Instagram stories and I'm so grateful for this community we've built together. This month, go forward with open arms and feel empowered to do or be anything you choose!

In health,
Christine Bullock



LET'S CONNECT ON INSTAGRAM
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