

Lather & Lifestyle

A QUARTERLY LIFESTYLE MAGAZINE BY
NATURALLY LATHERED

SUMMER 2026
VOLUME ONE

THE BEAUTIFUL LIVING EDITION

10

SIMPLE WAYS
TO LIVE
BEAUTIFULLY,
NATURALLY

*Inspiration for a
life of intention,
beauty and joy -
everyday.*



Bali, Indonesia



FROM GARDY'S DESK

A Letter from Gardy

Sak Pase,

Welcome to the very first edition of Lather & Lifestyle: Beautiful Living Edition.

I'm so grateful you're here.

When I first created Naturally Lathered, my goal was simple - to formulate and craft natural products that I could trust and feel good about using every day. What I didn't realize was that this journey would inspire something much bigger.

Beautiful living is found in the small moments that often go unnoticed. This journal celebrates those moments and inspires you to live with intention, finding beauty in the everyday and never stop discovering one more beautiful thing.

Thank you for allowing me to be a small part of your journey.

Here's to living beautifully, naturally.

With Gratitude,

Gardy

Founder, Creator

Naturally Lathered by Gardy, LLC



IN THIS ISSUE YOU'LL DISCOVER

- Beautiful routines
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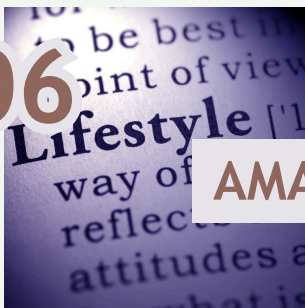
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- Explore my Naturally Lathered Collection and curated Amazon Shop—filled with the products I trust, use and genuinely enjoy. Scan barcodes to discover more.

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FULLY LIVED MOMENTS

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Morning Routine



*Beautiful
living begins
with
intentional
choices.*

Live Intentionally.
Live Fully.

MY MORNING RITUAL

Mornings set the tone for my entire day. I keep mine slow, simple and intentional. It's not about having more time; it's about using the time I have with purpose.

A few quiet moments to drink my cup of tea, care for my skin and time to set my intentions helps me show up as my best self for the people and things that matter most.

Five Small Habits That Changed My Skin



HYDRATE INSIDE & OUT

Drink water throughout the day and keep your skin hydrated with natural, nourishing ingredients.



GENTLE IS BEST

I use gentle natural products that cleanse without stripping my skin of its natural moisture.



CONSISTENCY OVER EVERYTHING

Simple, consistent routines always produce the best results.



PROTECT YOUR SKIN

Daily SPF is non-negotiable. Protecting my skin today is a gift to my future self.



REST & RECOVER

Good sleep, less stress and moments of rest help my skin and my mind reset and glow.

**Shop My
Amazon
Favorites**



CLICK OR SCAN TO ACCESS



Ingredient Spotlight

Shea Butter

Shea Butter is one of nature's most powerful moisturizers. It's rich in vitamins and fatty acids that help nourish, soothe and protect the skin.



- ✓ Deeply hydrates and locks in moisture
- ✓ Helps improve elasticity and softness
- ✓ Soothes dry, irritated skin
- ✓ Rich in antioxidants and vitamins A & E
- ✓ Perfect for all skin types

YOU'LL FIND SHEA BUTTER IN MANY OF OUR PRODUCTS:

- Whipped Body Butter
- Hand & Body Soap
- Shea & Oatmeal Soap
- Body Lotion

**Shop our Naturally Lathered
Collection**

Follow me on
YouTube to
learn how to
make your own
**Whipped
Shea Body
Butter**



@naturallylathered

The Comfort of Home

Creating a Peaceful Home

Creating a beautiful home, makes it a place that welcomes you at the end of a long day; a space that helps you slow down, breathe deeply and simply be.

For me, that feeling begins before anyone even steps inside. The front porch, the fresh flowers, the soft glow of lanterns and a welcoming entryway all set the tone. I want every guest to feel at ease the moment they arrive, but just as importantly, I want to feel that same sense of peace every time I come home.



My Everyday Essentials

- Fresh flowers or greenery to bring life into every room
- Soft candlelight and comforting scents throughout the home
- Cozy blankets and inviting spaces that encourage you to slow down
- Natural light and peaceful corners for reading, reflecting or simply enjoying the moment

“A peaceful home creates a peaceful heart”



Simple Organization Tips

1 Give Everything a Home

Assign a specific place for each item. When everything has a home, it's easier to keep your space tidy.

Recommended Items



Clear Storage Bins



Bamboo Drawer Dividers



Label Maker

2 Organize Where You Use It

Keep items in the places you actually use them for a simpler everyday routine.

Recommended Items



Lazy Susan Turntable



Small Woven Baskets



Countertop Canisters

3 Create a Welcoming Entry

A tidy entryway creates a warm welcome for guests and a sense of calm for you.

Recommended Items



Decorative Tray



Entryway Basket



Mail Organizer

4 Use Beautiful Storage

Baskets and decorative bins keep clutter tucked away while enhancing your decor.

Recommended Items



Woven Baskets



Cotton Rope Baskets



Decorative Storage Boxes

5 Simplify Your Pantry

Use clear containers and labels to keep food fresh, visible, and easy to find.

Recommended Items



Airtight Containers



Pantry Labels



Tiered Spice Organizer

6 Refresh One Drawer Each Week

Focus on one drawer at a time to avoid overwhelm and create lasting results.

Recommended Items



Drawer Dividers



Acrylic Organizers



Drawer Trays

*An organized home isn't about having less.
It's about making room for what matters most*

Packing Guide - Carry-On Essentials



I've learned that the best trips don't begin at the airport. They begin while you're packing. Packing intentionally means bringing what serves you and leaving room for the experiences you'll collect along the way.

My goal is always to travel lighter, feel prepared and never spend my vacation wishing I'd packed something differently.

Five Things I Never Pack Anymore

After years of traveling, I've learned that less really is more.



Too many shoes
"Just in case" outfits
Full-size toiletries
Heavy handbags

My Carry-On Checklist

- | | |
|---|---|
| ☐ Passport | ☐ Sunglasses |
| ☐ Wallet | ☐ Travel Documents |
| ☐ Phone | ☐ Lip Balm |
| ☐ Charger | ☐ Lotion |
| ☐ Power Bank | ☐ Medications |
| ☐ Headphones | ☐ Notebook |
| ☐ Water Bottle | ☐ Pen |
| ☐ Snacks | ☐ Gum or Mints |
| ☐ Sweater / Travel Blanket | ☐ Face Mist |
| ☐ Kindle or Book | ☐ Hand Sanitizer |



The best things we bring home aren't always things.

Sometimes they're new perspectives.

Travel Essentials

Carry-On Essentials

Travel lighter. Travel smarter.

The items I never leave home without.

MY TRAVEL PICKS



SCAN MY SHOP



TRAVEL DOCUMENTS

Keep everything together in one place.

Must-Have

- Passport Wallet



STAY CONNECTED

Never let your phone run out of power.

Must-Haves

- Portable Charger
- Universal Adapter



COMFORT MATTERS

Long travel days are easier when you feel refreshed.

Must-Haves

- Refillable Water Bottle
- Lip Balm
- Hand Lotion



MAKE TRAVEL PEACEFUL

Create your own quiet space.

Must-Haves

- Noise-Canceling Headphones
- Kindle or Favorite Book



PACK SMARTER

Stay organized from departure to arrival.

Must-Haves

- Compression Packing Cubes
- Toiletry Bag



MY BONUS ESSENTIALS

- ✓ AirTag for luggage
- ✓ Foldable tote bag
- ✓ Healthy snacks
- ✓ Small notebook
- ✓ Pen



Travel Tips

Pack less than you think you'll need.
Leave room for the memories you'll bring home.



Explore Intentionally



Sometimes the most meaningful journeys begin the moment we step outside of our everyday routines.

Exploring the world is about discovering places that slow your pace, shift your perspective and remind you how beautifully different life can be.

Every culture has something to teach us. Every landscape has a story to tell. Every journey gives us the opportunity to become a little more curious, a little more grateful and a little more present.

Travel has taught me that some of life's greatest moments happen when you embrace the unfamiliar. It's in the conversations with strangers, the local traditions and the simple joy of being fully present that we often discover something new about ourselves.

Whether it's a weekend road trip, a hidden café in your own city, or a destination halfway around the world, I hope you'll make time to explore - not to escape life, but to experience it more fully.

This Month's Intentional Escape Bali, Indonesia

If I could describe Bali in one word, it would be restorative. I traveled there expecting beautiful scenery and unforgettable experiences. What I didn't expect was how deeply it would nourish my spirit.

Each day invited me to slow down. Morning yoga overlooking lush greenery. Traditional Balinese spa treatments that reminded me how important it is to care for ourselves as a luxury and as a necessity. Peaceful walks through villages and rice terraces where life moved with intention instead of urgency.

Moments of meditation that encouraged stillness in a world that constantly asks us to move faster. One of the experiences that stayed with me most was witnessing the faith and devotion woven into everyday Balinese life. From the small daily offerings placed outside homes and businesses to the beautiful temple ceremonies, I gained a deeper appreciation for how culture and spirituality can quietly shape a community.

Bali became more than a vacation. It became a gentle reminder that caring for our minds, bodies and souls deserves a place in our everyday lives. It was a spiritual awakening I never knew I needed and one I'll carry with me long after returning home.

*Travel isn't about getting away from life.
It's about returning home with a fuller heart, a clearer mind
and a renewed appreciation for the world around you.*

GOAL SETTING

Made Simple

SMALL INTENTIONS. MEANINGFUL RESULTS.

The life you want is built through small decisions repeated consistently. You don't have to change everything today. Just choose one thing. One habit. One promise to yourself. Then show up again tomorrow.

Intentional living isn't about perfection—it's about progress.

Every small choice becomes part of the life you're creating.

My Intentional Goals



CARE

- ☐ Drink more water
- ☐ Create a consistent skincare routine
- ☐ Move my body three times a week
- ☐ Get seven to eight hours of sleep



HOME

- ☐ Declutter one space each week
- ☐ Add fresh flowers
- ☐ Create peaceful morning and evening routines
- ☐ Keep only what I truly love



EXPLORE

- ☐ Plan one meaningful getaway
- ☐ Visit somewhere I've never been
- ☐ Spend more time outdoors
- ☐ Try one new experience each month



GROW

- ☐ Read one book monthly
- ☐ Practice daily affirmations
- ☐ Spend less time scrolling
- ☐ Invest in learning something new



START WITH THESE FOUR QUESTIONS

Instead of asking "What do I want to accomplish?" ask yourself:

- ♡ How do I want to feel this season?
- ♡ What deserves more of my attention?
- ♡ What no longer aligns with the life I'm creating?
- ♡ What's one small step I can take today?

☆ MY ONE GOAL THIS MONTH

This month I'm choosing to...

☆ THIS WEEK'S FIRST STEP



REMEMBER

A beautiful life isn't built in one extraordinary moment. It's created in the ordinary moments you choose with intention, every single day.



JOURNAL REFLECTION



At the end of this month ask yourself:



What brought me the most peace?



What habit changed my days?



What am I proud that I stayed committed to?



What intention will I carry into next month?

GARDY'S

Amazon Edit

10 EVERYDAY FINDS WORTH
ADDING TO YOUR CART

SUMMER 2026

I love a beautiful find, but I love a useful one even more.

This month's Amazon Edit is all about products that make everyday life a little easier—from keeping your space organized and simplifying routines to staying cool, charged and ready for whatever the day brings.

These are the kinds of finds that earn their place in your home, bag or routine.

1

**PORTABLE CHARGER
WITH BUILT-IN CABLES**

No more hunting for the right cord. Perfect for travel, workdays and keeping in your handbag.

BEST FOR: Travel • Work • Everyday

2

**RECHARGEABLE
HANDHELD FAN**

A summer essential! Compact, powerful and perfect for hot days, outdoor events, travel and on-the-go comfort.

BEST FOR: Travel • Outdoor Events • Hot Days

3

**100% MULBERRY SILK
PILLOWCASE**

Gentle on hair and skin while you sleep. Helps reduce frizz, fine lines and sleep creases.

BEST FOR: Beauty • Hair • Better Sleep

4

**APPLE AIRTAG**

Keep track of your luggage, keys, handbag and more. Peace of mind wherever you go.

BEST FOR: Travel • Bags • Keys • Everyday Essentials

5

**NOISE CANCELLING
HEADPHONES**

Focus better, listen longer and enjoy your music without distractions—anytime, anywhere.

BEST FOR: Travel • Work • Focus

6

CORDLESS VACUUM

Lightweight, powerful and perfect for quick cleanups without dragging out a full-size vacuum.

BEST FOR:

Home • Quick Cleanups
Pet Hair • Apartments

7

ELECTRIC SPIN SCRUBBER

Makes bathroom and kitchen cleaning faster, easier and a lot less tiring.

BEST FOR:

Bathroom • Kitchen
Grout • Tiles • Showers

8

LED LIGHTED MAKEUP MIRROR

Perfect lighting for your skincare, makeup and self-care routine.

BEST FOR:

Beauty • Skincare
Makeup • Daily Routine

9

TOTE BAG ORGANIZER INSERT

Keeps your bag neat, organized and easy to find everything—no more digging around.

BEST FOR:

Handbags • Work
Travel • Everyday

10

BISSELL LITTLE GREEN PORTABLE CLEANER

Perfect for carpets, sofas, area rugs and car interiors. A must-have for every home.

BEST FOR:

Home • Carpets
Upholstery • Car Interiors



EVERYDAY PRODUCTS
THAT MAKE LIFE

easier & more beautiful.

Useful. Beautiful. Worth the space.

SHOP THE FULL EDIT

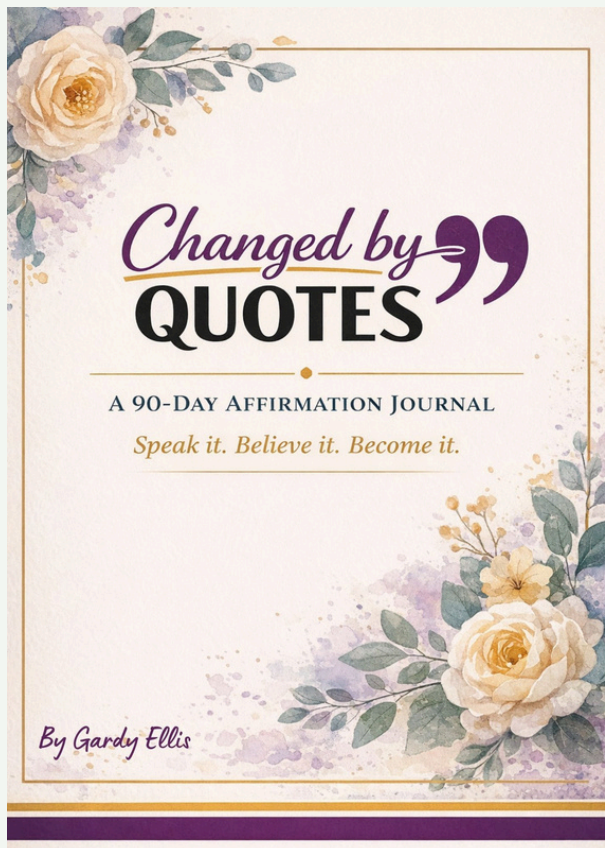
Scan to see all 10 picks
in my Amazon Shop.



Grow / Affirmations



The Words You Repeat Become the Life You Create



Living intentionally begins with the thoughts you choose each day. Before the world asks anything of you, your mindset shapes how you'll respond to every opportunity and challenge.

That's why I believe personal growth is a daily practice; not something we visit occasionally. One of the simplest ways to cultivate that practice is through affirmations. Speaking life over yourself isn't about ignoring reality; it's about choosing hope over fear, confidence over doubt and purpose over distraction.

That's the inspiration behind *Changed by Quotes: A 90-Day Affirmation Journal*. I created it to help you slow down, reflect and begin each day with intention. Through daily affirmations and thoughtful prompts, you'll build habits that encourage confidence, gratitude, resilience and lasting growth.

A meaningful life isn't created all at once. It's built one thought, one choice and one intentional day at a time.



Scan And Get Your
Copy From My
Amazon Shop



"A beautiful life doesn't happen by chance. It grows from the thoughts you choose to nurture every day."

Fully Lived Moments



Antigua & Barbuda

Living fully isn't about doing more; it's about noticing more. When you choose peace, protect your joy, care for yourself, nurture your home and stay curious about the world, you begin creating a life that reflects what truly matters.

Then one day, you realize you've arrived with a feeling of gratitude and contentment. A quiet confidence that you're living the life you intentionally chose.

As you close this journal, I hope you'll keep searching for one more beautiful sunrise, one more meaningful conversation, one more adventure and one more reason to smile. Because the most beautiful life isn't the busiest one; it's the one lived with intention.



Small moments. Big impact.

10 Ways to Live Intentionally

1

Begin your day before the world asks something of you. Protect the first few moments of your morning.

2

Make your home feel like your favorite place. Create spaces that bring comfort, peace and joy.

3

Choose quality over quantity. Own fewer things, but love every one of them.

4

Travel to understand, not just to escape. Collect perspectives instead of souvenirs.

5

Celebrate ordinary moments. A cup of tea, fresh flowers and a quiet sunrise. These moments become beautiful memories.

6

Care for your body with gratitude. Healthy choices are acts of appreciation, not punishment.

7

Keep learning. Read books that challenge and inspire you.

8

Protect your peace. Not every invitation deserves your yes.

9

Create before you consume. Spend more time making and less scrolling.

10

Make time for wonder. Watch sunsets. Visit gardens. Explore museums. Wander unfamiliar streets.

There is always
one more

beautiful thing
waiting to be discovered.

CLOSING THOUGHTS



*There is always
one more beautiful thing
waiting to be discovered.*

Intentional living is about choosing better. Every decision, how you care for yourself, who you spend time with, what you bring into your home and how you experience the world, becomes part of the life you're creating.

A beautiful life isn't built all at once. It's built in meaningful conversations, thoughtful choices and unforgettable moments.



LIVE WITH PURPOSE

Know what matters most and protect it.



CHOOSE WITH INTENTION

Every choice shapes your tomorrow.



FIND JOY IN THE JOURNEY

The beauty is in becoming.

*Go gently, Dream
boldly, Live fully*

With gratitude,

Gardy

Founder, Naturally Lathered

Gates of Heaven, Bali



THANK YOU for joining me on this *beautiful* journey.



Sharing this journal with you has been one of the greatest joys of my heart.

My hope is that these pages inspire you to live with intention, choose beauty in the everyday, and never stop discovering *one more beautiful thing*.

You deserve a life that feels good on the inside and beautiful on the outside. Keep dreaming. Keep growing. Keep choosing you.

Thank you for allowing me to be a part of your journey. I'm cheering for you, always.



With gratitude,

Gardy

Founder, Naturally Lathered



REMEMBER:

You are becoming the woman you once prayed for.

Live intentionally.

Live fully.

Love beautifully.




Lather & Lifestyle

THOUGHTFULLY CRAFTED. INTENTIONALLY CHOSEN. FULLY LIVED.

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