

2 Jahran

www.sohealthyandwell.com



What Are Jour New Gear's Beauty Resolutions?

January

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

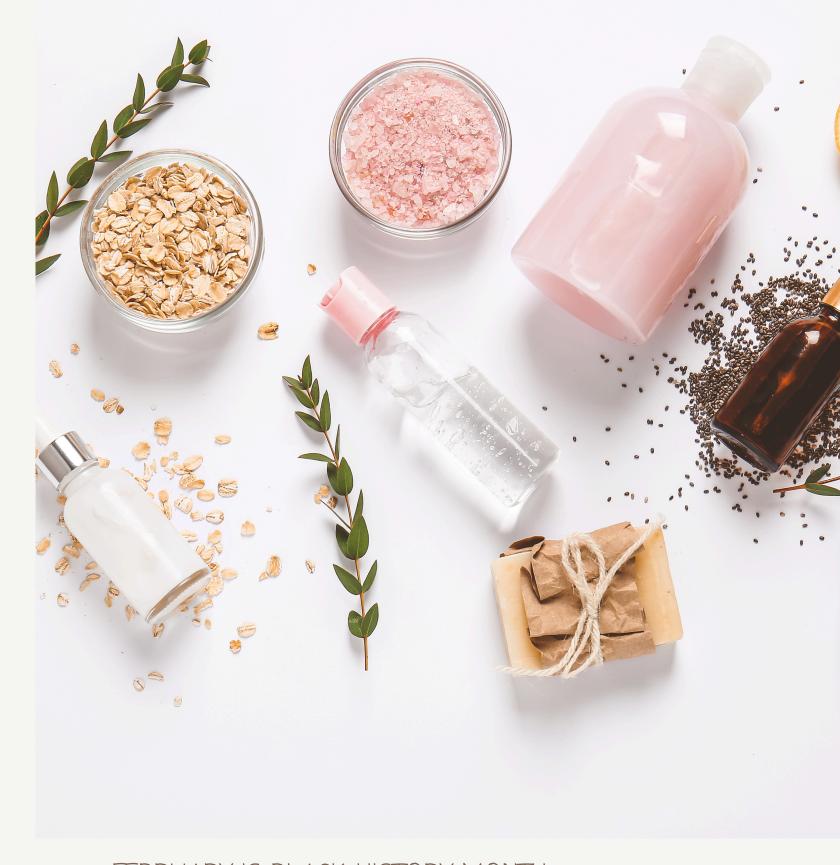
JANUARY 1 - HAPPY NEVV YEAR!

JANUARY 19 - MARTIN LUTHER KING JR. DAY

How do you Express Self Love?

Hebruary

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28



FEBRUARY IS BLACK HISTORY MONTH
CELEBRATE HEART HEALTH MONTH VVITH SELF CARE ACTIVITIE
FEBRUARY 14 - VALENTINE'S DAY



How are you preparing for a Spring beauty refresh?

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

March

MARCH IS WOMEN'S HISTORY MONTH
GET READY TO REFRESH YOUR MAKEUP DRAWER?
MARCH 8 - INTERNATIONAL WOMEN'S DAY

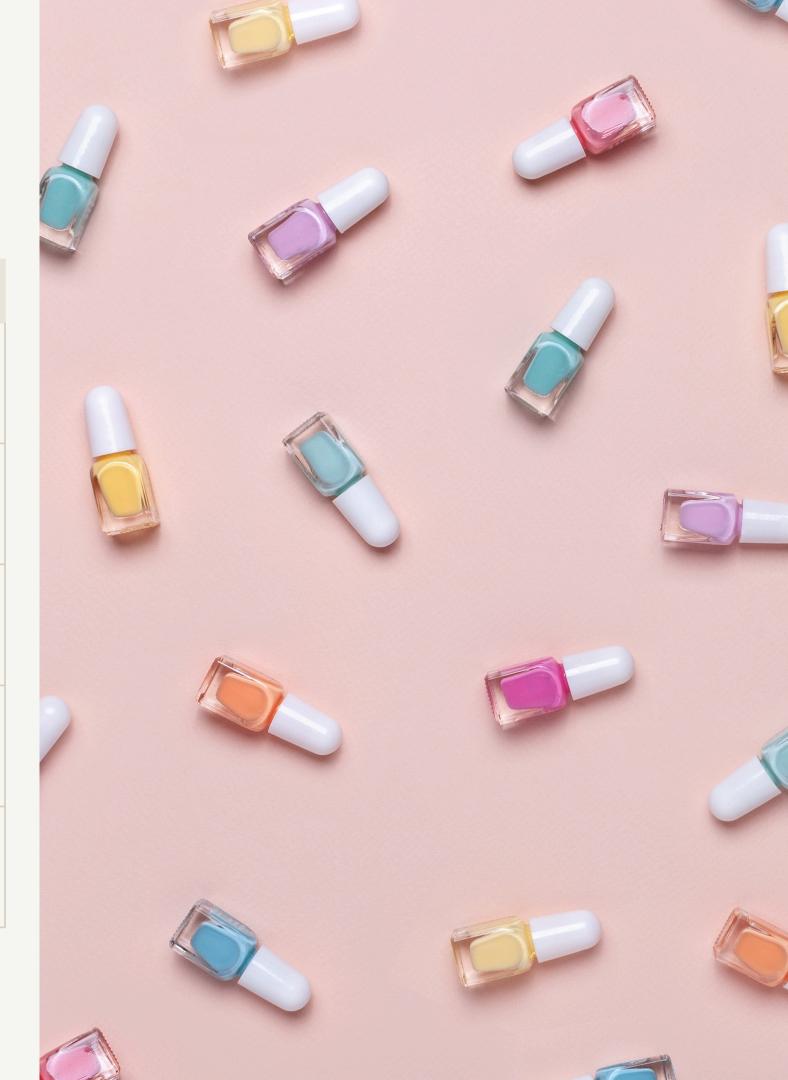
What makes you feel fresh and vadiant for spring?

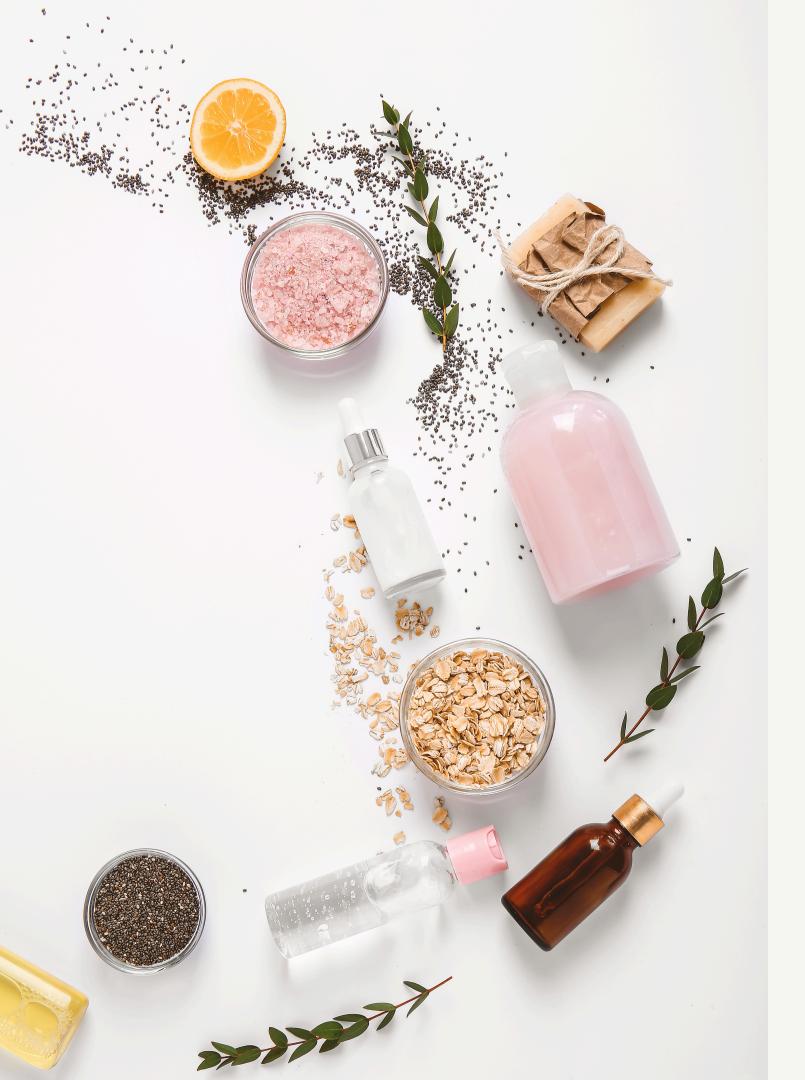
EARTH MONTH

EASTER SUNDAY
April 5

EARTH DAY
April 22

\	mil					
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		





What new summer beauty trends are you ready to try?

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

ASIAN PACIFIC AMERICAN HERITAGE MONTH
HAPPY MOTHER'S DAY!
MEMORIAL DAY
MENTAL HEALTH AVVARENESS MONTH

What's in your summer beauty bag?

HAPPY FATHER'S DAY!
PRIDE MONTH
6/19 JUNETEENTH
6/30 #SOCIALMEDIADAY

June	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				





7/4 INDEPENDENCE DAY #INTERNATIONALFRIENDSHIPDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Where did you get your glow?

What was your favorite nakeup look this summer?

8/19 #WORLDPHOTOGRAPHYDAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					





How will you change your skincare routine this fall?

				59	blen	ben
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

HAPPY LABOR DAY
9/29 #NATIONALCOFFEEDAY

What's your fall beauty secret?

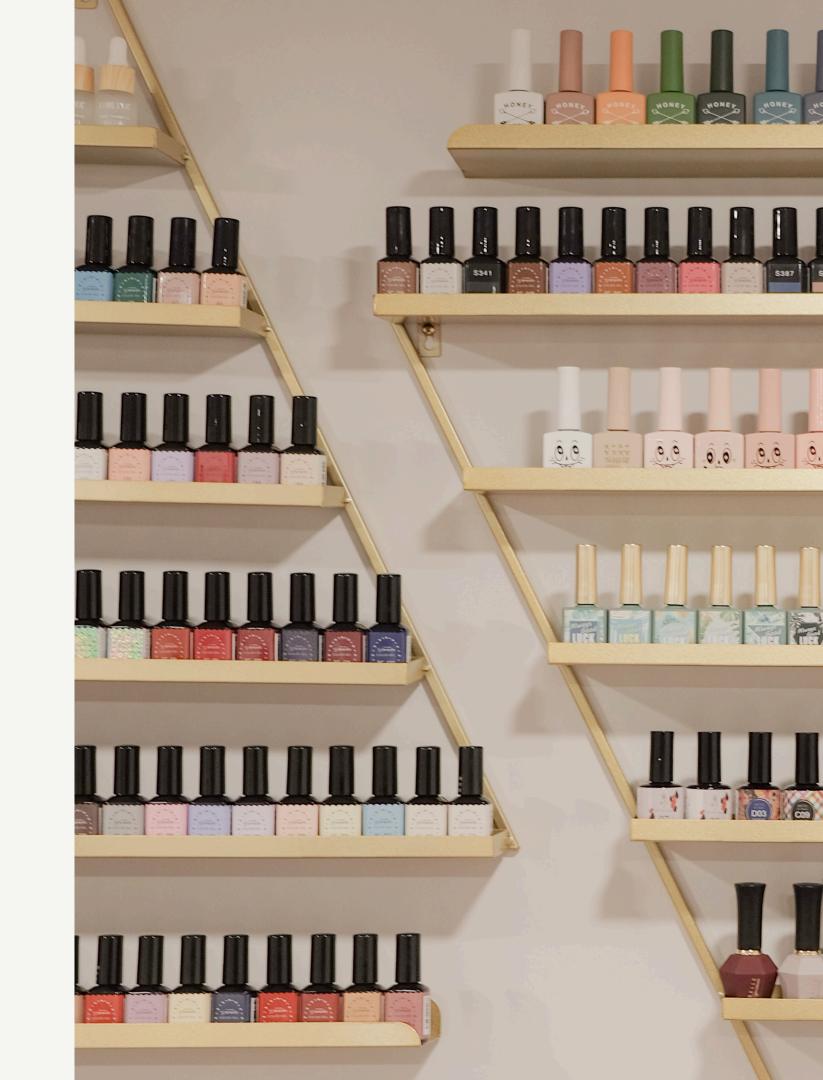
October

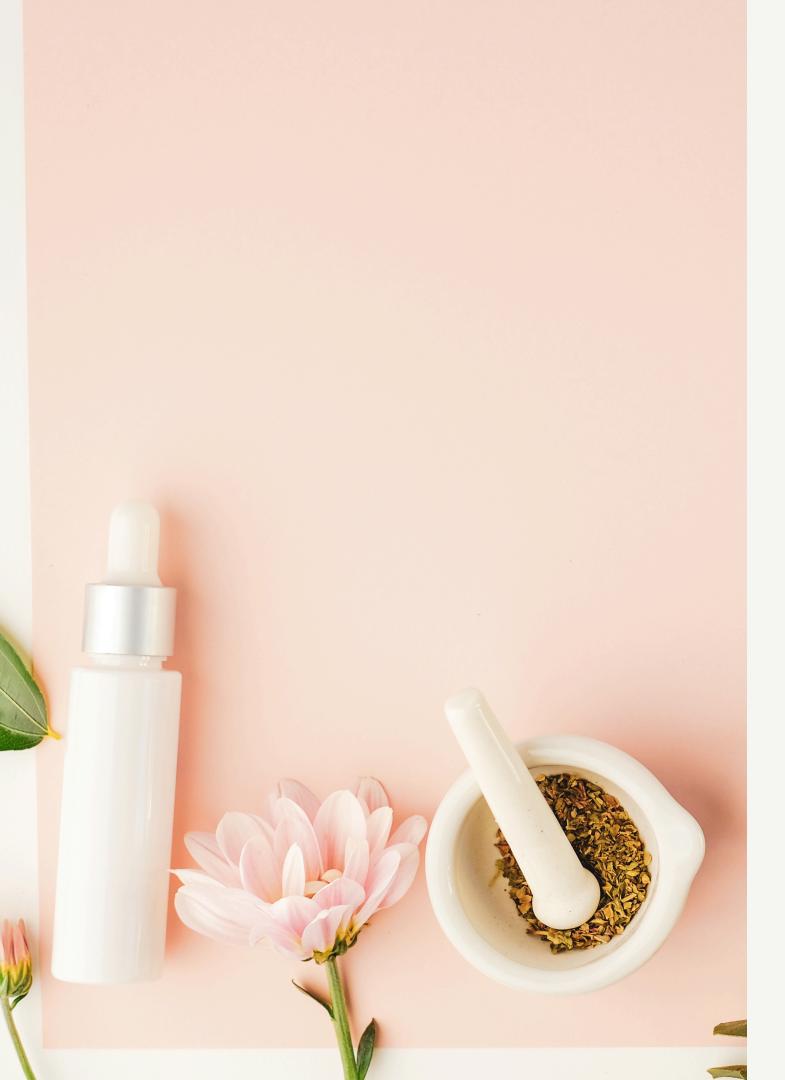
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

TRICK OR TREAT!

10/1 #INTERNATIONALNATIONALCOFFEEDAY

10/31 HALLOVVEEN





Whats on your beauty wish list?

Voven fer

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

11/5 NATIONAL STRESS AVVARENESS DAY 11/13 WORLD KINDNESS DAY 11/26 THANKSGIVING DAY 11/27 BLACK FRIDAY

December

What was your favorite nakeup look this year?

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

12/21 WINTER SOLSTICE 12/25 CHRISTMAS DAY 12/26 FIRST DAY OF KVVANZAA 12/31 NYE

