

Stressfree Living

Health & Lifestyle Magazine

Fall Comfort Foods

The Myth of the
PERFECT HOME

KNOW THE NUMBERS
When it Comes to Plastic!

*STRETCHING Beyond
Just Feeling Good*

Bring a Touch of AUTUMN
INDOORS this Fall

Living
Green

Take an
Eco-Friendly
Shower

Beauty & Style

HANDMADE TREASURES!



Happy & Stylish

This simple but classic, handmade bag will keep you fashionable in every setting. 100% printed cotton fabric and 100% Kona cotton lining. You can choose your exterior fabric to create your own unique bag.
www.etsy.com • \$46.00

The Mini Go Tote

Tailored and classic, this modern bag will make heads turn. It is bold and stylish. Handmade with medium weight upholstery/home décor fabric and cotton on the inside.
www.alamodestuff.com
\$70.00



This handmade bag brings a new bounce in your step. This bag just makes you smile with its fun colors and design. Made from pink, yellow, maroon and sage cotton outside, and yellow cotton canvas inside.
www.teresamia.com • \$25.00

