



AROUND THE TABLE

family • friendship • food • beauty

LBB .. AND A GIVEAWAY



{all photos Susan Stockman photography}

The Little Black Dress .. an essential *basic*.
You reach for it time and time again.
It's easy and works anywhere.

Welcome to KARI GRAN



Located downtown Seattle in a beautiful loft.



*Eco friendly packaging holds little black containers..
products with a purpose.*

Kari Gran skin care products are made with natural, organic, wildharvested, non-GMO ingredients,
free of parabens and other toxins.

Considered an *eco-luxe* skin care brand, these products utilize plant and essential oils to cleanse and
care for the skin.

Oil and the SKIN

Using an oil-based cleanser to care for the skin is a wonderful alternative to the traditional detergent based soap that may irritate or make our skin feel dry. The idea behind these products is that you cleanse and replenish simultaneously leaving the skin soft and subtle.



*Adding a touch of pink to
LIP WHIP*





*Sitting down with Kari and Lisa, co-owners of **Kari Gran** and Leslie, Master's Licensed Esthetician*

Q&A

Philosophy on skin care:

Lisa: I would like to have a simple, direct, straight-forward system. I don't want it to be an opportunity to sit and stare at my pores. I just want it to do its job: clean, hydrate and nourish.

Kari: Simplification is key for me, I just don't have the extra time (or energy). I really do think that being kind to your skin is important. I want to do something that I look forward to, and it falls into the "want to" not "have to" category.

Leslie: Thank you for giving me the opportunity to try your products and inviting us here today. I agree, most women want to keep things simple and nourish their skin. The process of cleansing with oil and tonic felt luxurious and left my skin feeling clean and soft. Using oils when cleansing is counter-intuitive. I'm amazed at the number of women using harsh soaps and cleansers to care for their skin. It does take a toll over time.

How do you begin your day?:

Lisa: I'm free of the burdens of children (although I usually do text the two daughters that have moved away), I get up and most mornings I go to yoga. I come home and read the NY Times and Seattle Times and listen to the Today Show, feed the dogs, feed myself, shower and then meditate with wet hair. Then 15 minutes on hair and makeup and I'm out the door.

Kari: Usually pretty early. We have a yoga studio in our space and I try to make the 6 a.m. class on W & F (sometimes M if I'm really motivated). I always start with 20 min of TM and then I'm off to the races with getting a 9th grader out the door at 7:30 (and all that involves).

Leslie: That's an early start! Gentle exercise is important particularly as we mature. Yoga helps quiet the mind, teaches us to live in the moment, and strengthens the body. It's a wonderful choice!

Do you believe diet and exercise play a role in skin health?:

Lisa: It plays a role that is bigger than skin health, it plays a role in everything.

Kari: Absolutely. They are key in our overall health and you really can't expect to eat food that will live on a shelf forever, sit in front of the TV but use really good skin care and wonder why your skin isn't very happy. It's a greater part of a healthier whole.

Leslie: I believe there is a connection between mind/body and the way our skin looks. Moderation rather than elimination is a sensible approach to use when making life style choices. Extremes, whether it be with regards to diet or exercise aren't good for our bodies and will speed up the aging process like too much unprotected sun exposure or smoking. Many women spend money on procedures and then do nothing to maintain their skin or body. You really need to pay attention to BOTH for the best outcome. Adding a daily walk and trying to make better food choices is the best place to start.

Thank you ladies!

Giveaway from Kari Gran

Kari and Lisa are offering one lucky ready their

STARTER KIT!

The package includes a two-week supply of Essential Serum, Lavender or Rose Hydrating Tonic and Cleansing Oil perfectly sized for travel, the gym...or the occasional sleepover.

The Kit Includes:

- Essential Serum, 10 ml
- Lavender or Rose Hydrating Tonic, 15 ml
- Cleansing Oil, 15 ml

To enter the giveaway head over to their website [here](#) and take a look at their mineral make up line and tell me what you think! For additional entries you can follow me on Instagram or Facebook.

The winner will be announced on Friday March the 28th.



[Special thanks to Susan Stockman Photography]

xxleslie

<http://www.4aroundthetable.com/2014/03/lbb-and-giveaway.html>