



Everything Life Brings

Life. Inspired.

Soaps

Oils


Accessories

Directory

Get to Know ELB!

www.EverythingLifeBrings.com



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From The Publishers



Welcome to Everything Life Brings!

We may be biased, but folks have told us they love our work— from the things we grow on the farm, the body care products we produce, our custom items, as well as publications we produce.

We have fully infused our love of creativity and events and put it all in one place- Everything Life Brings affectionately known as ELB.

Our Catalog Magazine features our full catalog, plus promos from individuals sharing their self-care and wellness businesses, events and journeys. We hope you share ELB Catalog Magazine with your family and friends.

We are not only producing a simple catalog and magazine; Our goal is to inspire, empower and positively impact the lives of individuals by showcasing Everything Life Brings!

Katrina Mosley Stinnett *Quentin Stinnett*

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ELB EMPOWERMENT SOAPS!

Rates for Square & Oval Massage Soap Bars

Custom Bars only sold by Full Loaf: 12 Bars, 1 Scent, 1 Color.

1 Bar	\$10	6 Bars	\$50
3 Bars Quarter Loaf	\$25	12 Bars Full Loaf	\$100

<p><u>LOVE</u> Code: Bar-Sq 7 / Oval- 7</p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;">  </div> <div style="width: 50%;"> <p>Color: Pink</p> <p>Ingredients: Lilly, Rose</p> <p style="text-align: center;">An intense feeling of deep affection!</p> </div> </div>	<p><u>PRIDE</u> Code: Bar-Sq 8 / Oval- 8</p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;">  </div> <div style="width: 50%;"> <p>Color: Orange</p> <p>Ingredients: Citrus, Wood</p> <p style="text-align: center;">A feeling of satisfaction derived from one's own achievements!</p> </div> </div>
<p><u>PURPOSE</u> Code: Bar-Sq 9 / Oval- 9</p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;">  </div> <div style="width: 50%;"> <p>Color: Orange</p> <p>Ingredients: Satsuma, Turmeric</p> <p style="text-align: center;">A feeling of satisfaction derived from one's own achievements!</p> </div> </div>	<p><u>SIMPLE</u> Code: Bar-Sq 10 / Oval- 10</p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;">  </div> <div style="width: 50%;"> <p>Color: White</p> <p>Ingredients: No Color, No Scent</p> <p style="text-align: center;">Plain, Basic, Natural without additives!</p> </div> </div>
<p><u>STRENGTH</u> Code: Bar-Sq 11 / Oval- 11</p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;">  </div> <div style="width: 50%;"> <p>Color: Green</p> <p>Ingredients: Eucalyptus, Lavender</p> <p style="text-align: center;">The quality or state of being mentally or physically strong!</p> </div> </div>	<p><u>SUCCESS</u> Code: Bar-Sq 12 / Oval- 12</p> <div style="display: flex; justify-content: space-between;"> <div style="width: 45%;">  </div> <div style="width: 50%;"> <p>Color: Tan</p> <p>Ingredients: Tea Tree, Honey</p> <p style="text-align: center;">The accomplishment of aim or purpose!</p> </div> </div>







ELB EMPOWERMENT SOAPS!

ELB Empowerment Soap scents have been given names to motivate, inspire and empower! All ELB Soaps are triple scented and made with: Goat milk, butter milk, shea butter!

Square & Oval Massage Soap Bars: All bars come standard as colors shown. You may order any of the bars in a different color or scent – This will be a custom order. Custom Bars only sold by Full Loaf: 12 Bars, 1 Scent, 1 Color.

Examples of Oval Massage Bars:



<p><u>AMBITION</u></p> <p>Code: Bar-Sq 1 / Oval- 1</p>  <p>Color: Green</p> <p>Ingredients: Cedar Lemon</p> <p>A strong desire to do or to achieve something!</p>	<p><u>BRAVE</u></p> <p>Code: Bar-Sq 2 / Oval- 2</p>  <p>Color: Blue</p> <p>Ingredients: Bergamot Wood</p> <p>Ready to face or endure danger of pain. Showing Courage!</p>
<p><u>DRIVE</u></p> <p>Code: Bar-Sq 3 / Oval- 3</p>  <p>Color: Pink</p> <p>Ingredients: Honeysuckle Kumquat</p> <p>Compelled by the need to accomplish a goal!</p>	<p><u>FIERCE</u></p> <p>Code: Bar-Sq 4 / Oval- 4</p>  <p>Color: Purple</p> <p>Ingredients: Raspberry Vanilla</p> <p>Heartfelt and Powerful Intensity!</p>
<p><u>FOCUS</u></p> <p>Code: Bar-Sq 5 / Oval- 5</p>  <p>Color: Tan</p> <p>Ingredients: Sugar Figs</p> <p>Paying particular interest to. State of having clear vision!</p>	<p><u>FUN</u></p> <p>Code: Bar-Sq 6 / Oval- 6</p>  <p>Color: Yellow</p> <p>Ingredients: Wild Berries</p> <p>Enjoyment, Amusement & Lighthearted Pleasure!</p>

Get to Know: Everything Life Brings

Everything Life Brings was founded as Katwalk Planet, in 2010, by Katrina Mosley- Army Veteran, Publisher, Creative Director and Author of the Book *Collecting Wooden Nickels*, with the lifelong dream of starting a Publishing & Media Production Company- Taking photographs, publishing magazines, developing custom products (custom soaps and gift baskets) and producing signature events (Expos and Festivals). Based in Mobile, Alabama.

Katwalk Planet was created at a time when it seemed impossible for talented individuals and those seeking to start businesses to get the coverage and exposure needed to boost their creativity, talents, new products or business without spending a ton of money or knowing “The Right” people. Initially, what began as small project soon expanded to a large platform and destination for everything life brings with a focus on inspiring and empowering.

With growth as a prominent outlet in 2015, Katrina, now Katrina Mosley Stinnett and husband, Quentin Stinnett- Marketing Director, changed the name of the company from Katwalk Planet to Everything Life Brings to expand the reach and connect more with the audience. Over the years, Katwalk Planet / Everything Life Brings has had the pleasure of decorating, photographing, planning, and creating beautiful custom pieces such as custom soaps, flower arrangements and program booklets for events around the world- from small events inside of barns in Alabama, to Island beach resort events in St. Lucia, and events in beautiful cathedrals in Europe.



Everything Life Brings is affectionately known as ELB. ELB is the ultimate destination to find all things creative. ELB produces ELB Magazine; A catalog magazine for inspiring, empowering and connecting people that serves as a voice simply by creating a destination that promises fresh inspiration for life throughout the year.

Our goal is to impact the lives of individuals one at a time by empowering, connecting and growing together through Everything Life Brings! Katrina worked many years in the fight to end homelessness in the housing first initiative through the Department of Veteran Affairs Program- (SSVF) Supportive Services for Veteran Families. Katrina's time in this field was spent as Site Manager of the Huntsville, Alabama office where she was quickly promoted to Senior Site Manager/ Processing Manager over the Birmingham, Huntsville, Tuscaloosa, and Tuskegee offices to perform quality assurance on all payments processed. Katrina eventually made the move to something she truly enjoyed which was field work as Case Manager/ Housing Specialist. As Case Manager/ Housing Specialist she had the opportunity to be up close with her fellow Veterans, hear their stories, connect with them, walk with them as they went through the process of going from homeless to housed, and connect them to community resources and help them successfully maintain housing stability.



Quentin worked many years in concrete helping to pour foundations for homes and buildings across North Alabama and the surrounding areas. Quentin also works in mechanics helping people who have issues that arise with their vehicles get back on the road. Quentin is a friendly individual- he never meets a stranger; And that personality has helped the business reach even more people and places through his marketing and promoting.

The greatest thing they have in common is their passion for helping others. The pair spent years inspiring and empowering.

Together they continue to face **Everything Life Brings** while staying focused on their mission!



Everything Life Brings



INDULGE IN AN ELB CUSTOM SOAP BOX! Great *gifting* ideas!

Welcome to an exciting way to gift give! We invite you to build a custom ELB Soap Box for yourself or as a unique gift for someone.

Custom Products = C

<p>Code: C1</p>  <p>Medium (Med) Rose \$10</p>	<p>Code: C2</p>  <p>Large (Lg) Rose \$20</p>	<p>Code: C3</p>  <p>1 Lg Rose/Bar Set \$30– One Color</p>	<p>Code: C4</p>  <p>1 Med & 1 Lg Rose \$30– One Color</p>
<p>Code: C5</p>  <p>Lg Rose/Initial Set \$35</p>	<p>Code: C6</p>  <p>Lg Rose/4 Bars Set \$60</p>	<p>Code: C7</p>  <p>Box of 4 Med \$40</p>	<p>Code: C8</p>  <p>1 Lg/4 Med Set \$60</p>
<p>Code: C9</p>  <p>Box of 5 Lg Roses \$100– One Color</p>	<p>Code: C10</p>  <p>1 Lg & 6 Med Set \$80</p>	<p>Code: C11</p>  <p>Box of 9 Med \$90– One Color</p>	<p>Code: C12</p>  <p>Lg Letter Box filled with Med Roses Any Letter, Contact for price.</p>

- Rates listed for one color only.

CUSTOM SCENT OPTIONS:

<u>AMBITIOUS:</u> Cedar Lemon	<u>BRAVE:</u> Bergamot Wood	<u>DRIVE:</u> Honeysuckle Kumquat	<u>FIERCE:</u> Raspberry Vanilla	<u>FOCUS:</u> Sugar Fig	<u>FUN:</u> Wild Berries
<u>LOVE:</u> Lilly Rose	<u>PRIDE:</u> Citrus Wood	<u>PURPOSE:</u> Satsuma Turmeric	<u>SIMPLE:</u> No Color No Scent	<u>STRENGTH:</u> Eucalyptus Lavender	<u>SUCCESS:</u> Tea Tree Honey

CUSTOM COLOR OPTIONS:



ADD-ONS:

- Multiple Colors in set have an additional fee per color per bar.
- Multiple Scents have an additional fee per soap scent per bar.

NOTES:

- Must have Product Code (ex. C1), Color, Scent
- All custom soaps will have four (4) weeks processing and curing time.
- All custom soaps in set must be the same color & scent.
- Multiple colors or scents are considered Add-on and additional fee.

Mesh Soap Bag

Code: SoapBag-1

Color: Natural

\$3

HONEY IS A MEDICINE

Honey for cold



- 1 tbsp honey
- 1 tbsp lemon juice

Honey for detox



- 1/2 tbsp honey
- 1 cup herbal tea

Honey for sinus



- 1 tbsp honey
- 2 tbsp apple cider vinegar

Honey for weight loss



- 1 tbsp honey
- 1/2 tsp cinnamon
- 3 drops lemon juice

Honey for cough



- 8 tbsp honey
- 4tsp lemon juice

Honey for toothache



- 1 tbsp honey
- 1 tsp cinnamon

Life Juice Recipe | Green Juice

Ingredients Benefits:

Celery: High in fiber, nutrients and low in calories. Celery is full of potassium, vitamins, and antioxidants. Celery is 95% water.

Apples: A good source of nutrients, including fiber, vitamin C, and antioxidants which can help support healthy digestion, brain health, and weight management.

Cucumber: Low in calories and high in fiber. Cucumbers are a great for healthy eating and healthy digestion. Cucumbers contain vitamins and minerals your body needs to function at its best — including magnesium, potassium and vitamins K, A, C. Cucumbers support everything from bone to immune health.



Enjoy!

Recipe Needs:

- 4- stalks celery, leaves removed
- 2- green apples, halved
- 1- cucumber
- 6- leaves kale
- ½- lemon, peeled
- 1- piece fresh ginger (1 inch)

Recipe Steps:

- Gather all ingredients
- Process celery, apples, cucumber, kale, lemon, and ginger through a juicer.
- Serve immediately or store in a glass jar in the fridge for up to one day; shake before drinking.

ELB Custom Booklet/ Magazine Design

1 STEP

PDF Only, Print or Both?

Digital PDF

Print on your own or use as a digital file.



2 STEP

How many pages needed?

Cover Only



Front and Back

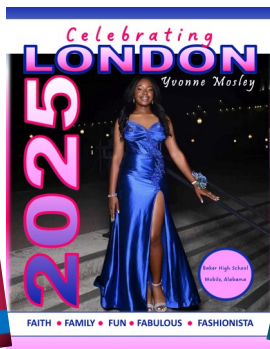
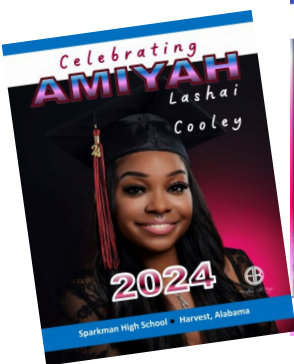
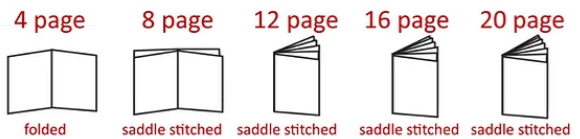


3 STEP

How many copies needed?

1. If you choose digital file, quantity is one (1). Our minimum number of pages is 4.
2. If you choose printed files, choose the number of printed magazines you need.

Once you place your order, we will send you a submission email within 24 hours to submit all of your information.



*All designs must be approved via email confirmation. If approval is not received order will not be printed.

*All custom printing must be paid in full even if ELB is only creating design and not doing the printing, to receive a version without watermarks and print release.

*If choosing to print booklets on your own. Print quality may not be the same as Everything Life Brings printing quality.

Types of Booklets:

1. Birthday Party Magazine
2. Graduation Magazine
3. Bridal Shower/ Anniversary Magazine
4. Event Program Magazine (such as dance recitals, wedding programs)
5. Special Photo Magazine (such as create a magazine for funerals or photos as a gift to someone).

Magazine Options:

1. Design / Creation only sent via pdf
2. Design / Creation & Print Booklet (Magazine Style)

Size Options:

1. 6" x 9"
2. 8"x 10"

Color Options:

1. Full Color
2. Black & White Only

Page Number Information:

- *Minimum of 4 pages.
- *Keep in mind booklets are printed by 4-page count. (For example: If your booklet has 20 pages and you want to add more information or photos, it must be enough content for 4 more pages which will make your booklet have a total of 24 pages.

*Email us if you need more than 20 pages:
elb.everythinglifebrings@gmail.com

Visit:

www.EverythingLifeBrings.com

Tips to Help Reduce Overthinking

If you have ever found yourself in a cycle of negative thoughts that seem like there is no end in sight, which led you to second-guess your decisions or imagine worst-case scenarios to the point of exhaustion, the chances are that you were overthinking. Persistent overthinking can cause significant distress and make it difficult to enjoy your life.

To help alleviate negative thinking, consider the following strategies:

TAKE DEEP BREATHS. Studies have shown that if you take just two minutes out of your day and do deep breathing, that it can help turn off your body's stress response; To calm the overthinking behavior.

MEDITATE. If you meditate regularly it can help clear your mind and help to reduce stress. A great way to do this is to find a quiet area and practice meditation for at least five minutes a day; This will help with the feeling of falling into deep worry mode.

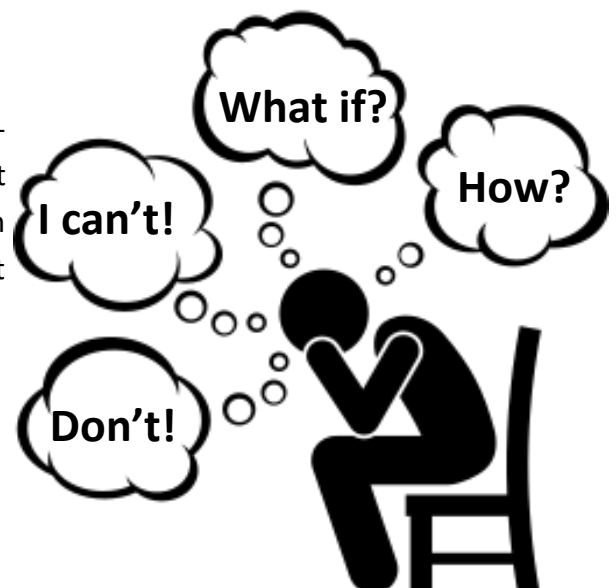
DISTRACT YOURSELF. If you do activities that are high energy, it can help you break the roller coaster of overthinking. It is best to pick an activity that you enjoy, such as working out or reading. These are some healthy distractions and they may make you less likely to overthink.

SPEND TIME OUTDOORS. Plain and simple— Go outside and spend time in nature. It will help to calm your mind and combat anxiety and depression. Try to spend at least 30 minutes per day in natural environments.

PRACTICE SELF-COMPASSION. Forgive yourself. When you forgive yourself for past mistakes and accept things you cannot change or control; these are acts of self-compassion. Be kind to yourself, and remember that you are a work in progress, just like everyone else.

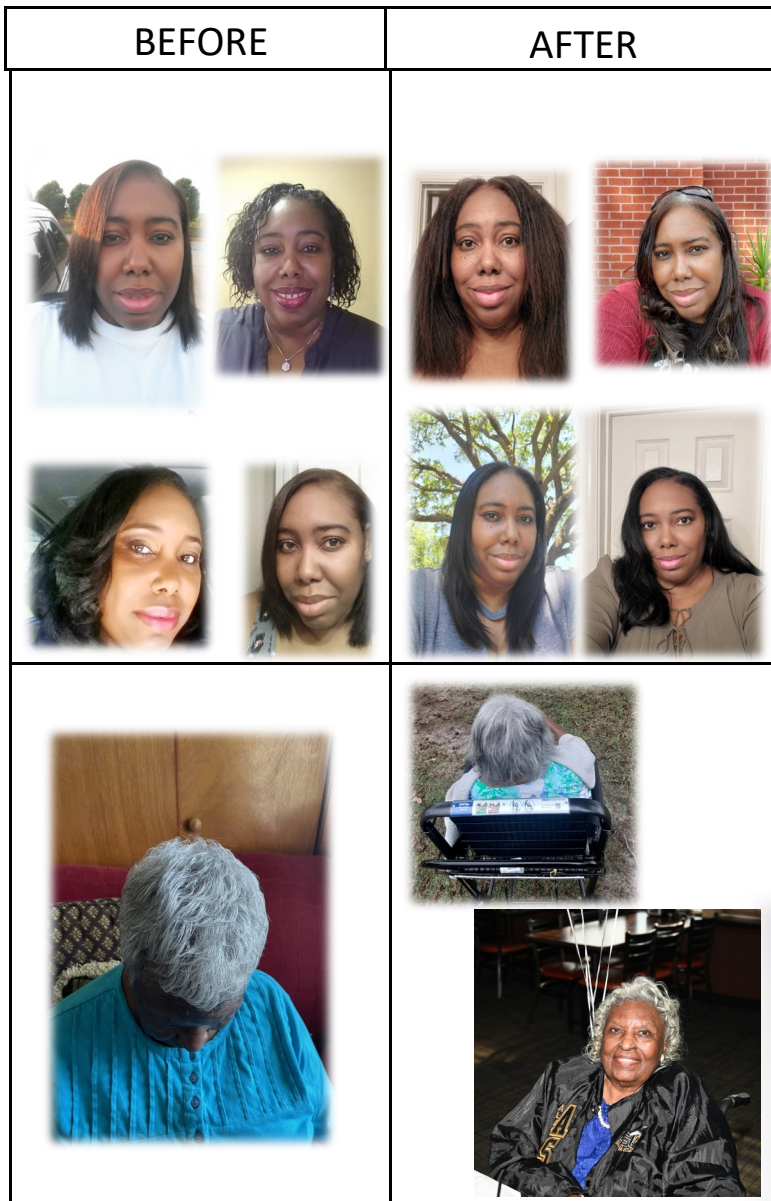
DO A REALITY CHECK. Remember that your thoughts are not necessarily facts. Just because you're thinking something doesn't mean it's accurate or realistic. Talking to a trusted individual can challenge negative thoughts and help you realize whether what you're overthinking reflects reality or not.

Contact a mental health professional for further guidance.



EVERYTHING LIFE BRINGS HAIR COLLECTION

Here's Proof... And Still Growing!



Healthy Hair!

See healthier hair with
ELB Hair Collection.

ELB Hair Collection includes: Goat Milk, Turmeric, and the Special Everything Life Brings Blend of oils and herbs to promote volume and growth.

ELB Essentials Hair Collection offers rich moisture to visibly strengthen, protect hair from wear, tear and promote elasticity and shine.





Everything Oil

Hair Oil: H-1- \$25 8 oz bottle

Everything Oil strengthens the hair, It protects the hair from heat damage, It stimulates hair growth, It hydrates the hair and prevents frizz.

Directions: Shake well before each use. Everything Oil can be used as a deep treatment before washing or you can use it to tame your hair (dry or wet) before styling. The amount of oil you should use depends on your hair length. If you're rocking a shorter style, then 1 to 2 pumps is enough, while longer styles might consider 3 to 4 pumps more sufficient. Applying the oil while the hair is wet will nourish and protect it from frizz and pollution as it dries into a subtly shiny version of its natural texture. Once the hair is dry, you may put a touch more oil into your hair.

Hair Shampoo

Shampoo: H-2- \$20 8oz bottle

ELB Moisturizing Shampoo a is gentle, creamy, luxurious formula that softly lathers to cleanse your hair and scalp removing build-up and dirt without stripping away moisture.

Directions: Shake well before each use. Completely saturate your hair with warm, not hot, water, Squirt a small amount of shampoo into the palm of your hand, Apply it to your scalp and massage until it lathers, Work the shampoo through your hair, but pay the most attention to the scalp, Rinse your hair and scalp completely, Repeat as needed to ensure all shampoo is gone.



Hair Conditioner

Hair Conditioner: H-3- \$20 8oz bottle

ELB Ultra- Hydrating Hair Conditioner is great for hair struggling to get moisture.

Directions: Shake well before each use. Wash your hair, Rinse out all shampoo, squeeze a about a quarter size amount into palm of hand, Spread it evenly throughout your hair, Run your fingers or a wide-tooth comb through your hair to work in the conditioner, Let it stay on your hair for a moment, This is typically 1 to 3 minutes, Thoroughly rinse off the conditioner. Repeat as needed to ensure all conditioner is gone.



ELB Hair Set

3 piece-Hair Set: \$60 H-4

Set Includes:

Shampoo- 8 oz.

Conditioner- 8 oz.

Everything Oil- 8 oz.



WHAT IS SELF-CARE?

SELF-CARE is defined as the practice of taking action to preserve or improve one's own health; And the practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress.

There are many forms or types of self-care:

- Physical self-care– Eating healthy meals everyday, exercising and staying well rested.
- Emotional self-care– Keeping a watch on how you are handling things in your life daily.
- Spiritual self-care– Getting to know the inner you, getting in touch and staying close to GOD.
- Psychological self-care– Should you have the need on your self care journey for things such as stress or unresolved trauma, speak with a mental health professional.
- Professional self-care– Creating a stress-free work environment as much as possible. Do this with breaks from the computer or leaving the building to sit in your vehicle for lunch.



Horoscopes

<p>ARIES</p> <p>MARCH 21– APRIL 20</p> <p>Focus on both personal reflection and financial stability.</p>	<p>TAURUS</p> <p>APRIL 21—MAY 21</p> <p>Focus on personal growth and nurturing. Prioritize self-care and enjoy life's pleasures.</p>	<p>GEMINI</p> <p>MAY 22– JUNE 21</p> <p>Focus on communication and community.</p> <p>Embrace personal time and quiet reflection.</p>	<p>CANCER</p> <p>JUNE 22– JULY 22</p> <p>Focus on breakthroughs and successful fluctuations in both career and personal life.</p>
<p>LEO</p> <p>JULY 23– AUGUST 23</p> <p>Expect a blend of personal growth and career advancement. A good time for career moves and claiming your throne.</p>	<p>VIRGO</p> <p>AUGUST 24– SEPTEMBER 22</p> <p>Expected a positive transformation and growth, particularly in areas of career and finance.</p>	<p>LIBRA</p> <p>SEPTEMBER 23– OCTOBER 23</p> <p>Focus on your well-being and relationships. Expect strong signals to lead and take charge.</p>	<p>SCORPIO</p> <p>OCTOBER 24– NOVEMBER 22</p> <p>Expect opportunities for growth in both personal and professional relationships, particularly in the area of well-being and health.</p>
<p>SAGITTARIUS</p> <p>NOVEMBER 23– DECEMBER 21</p> <p>Focus on building stronger connections, whether romantic or platonic.</p>	<p>CAPRICORN</p> <p>DECEMBER 22– JANUARY 20</p> <p>Your faithfulness to your own integrity and perseverance will help you in romance, so prioritize leisure and love.</p>	<p>AUQUARIUS</p> <p>JANUARY 21– FEBRUARY 18</p> <p>Expect an emotional surge in your personal life. This could be a good time to deepen connections, communicate openly, or even revisit old issues.</p>	<p>TAURUS</p> <p>FEBRUARY 19– MARCH 20</p> <p>Take time work on projects and to engage in intellectually stimulating discussions, potentially leading to deeper connections.</p>

Baskets By Debra

Facebook: @ debra.lovett.167



Anthony and Chandra Lett



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www.dynamitetransport.com

251-767-6089

POLARIS

Polaris.com careers

www.polaris.com/en-us/careers

Location: Huntsville, Alabama



golden corral

Buffet & Grill

675 South Schillinger Rd

Mobile, AL 36695



www.GoldenCorral.com

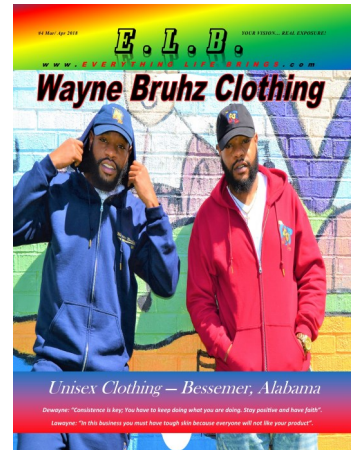
ADVERTISE

in the ELB Directory

Our consumers trust our products and the recommendations within our publication.

Our consumers are particularly interested in self-care products and experiences, and by featuring your business in our magazine, you will be able to reach the audience you seek.

Your Business! Your Program!
Your Events! Your Services!
And more!



LASTING LOOK PHOTOGRAPHY

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