

COCOLILY

celebration + inspiration



VOLUME 4 | NO° 2

MERRY & BRIGHT

Follow your heart and take a chance that you'll be wrong. Take a chance that maybe you'll f**k it all up and everyone will say you're crazy. What's the worst that can happen? Face that fear and accept it. Because to silence your heart and forget your dreams is to die while living. LIVE. Don't let the world scare you into being something you're not. Get out there and risk the unusual or you'll have to settle for the ordinary. So, no-one else has done it before? There is no road map for you to follow? Then, you be the first! Pave the way for someone else. Find your courage and follow your heart. Be brave, wild one, be brave.

- Brooke Hampton

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COCOLILY & CO.

a luxury lifestyle brand for the female entrepreneur.

editor's note



Hello beautiful dreamers everywhere.

I am grateful to have you here, a part of the community and I hope you will enjoy this issue filled with inspiration from incredible female entrepreneurs in Her Story. You will also find the ultimate Christmas Wish List x Gift Guide - all curated and hand-selected items from primarily female-led brands. Don't forget to treat yourself this holiday season.

One of my favourite quotes by Brooke Hampton, "I like old bookstores, the smell of coffee brewing, rainy day naps, farmhouse porches, and sunsets. I like the sweet, simple things that remind me that life doesn't have to be complicated to be beautiful." It just reminds you that simple things do bring the most joy and that is my Christmas wish for you. I also wish you peace in your heart, health in your body + mind and success in all of your dreams.

xoxo, Renee



GEMSTONE JEWELRY

SIMPLE • ELEGANT • EVERYDAY



ROCKPAPERPRETTY.CA

A bottle of champagne with a gold foil top and a large, faceted glass are the central focus, set against a soft pink background. The lighting is warm and elegant, creating a sophisticated atmosphere. The glass is partially filled with a golden liquid, likely champagne, and is tilted slightly. The bottle is positioned behind the glass, and its shadow is cast on the surface below. The overall composition is clean and modern, with a focus on high-quality, luxury items.

the
SUPPER
CLUB

AN EXCLUSIVE VIRTUAL EXPERIENCE FOR THE FEMALE ENTREPRENEUR.

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C&
CO



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puckeruppaperlips.com



a day in the sun

posh picnic co.



adayinthesun.ca

Join the
COCOLILY
Café



A curated monthly entrepreneur newsletter filled with
marketing tips, checklists, lifestyle love lists
+ self care ideas to celebrate you!

CLICK TO JOIN

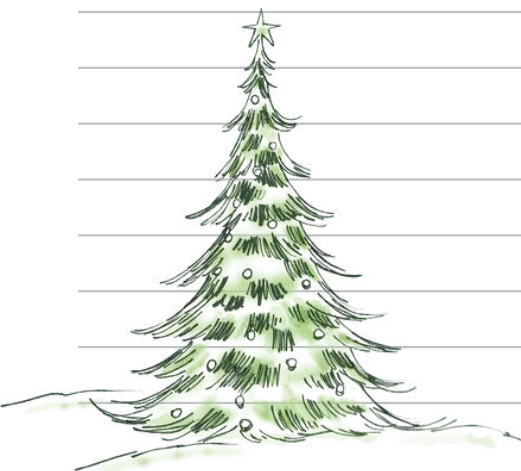
**ONCE YOU
REALIZE YOU
DESERVE A
BRIGHT FUTURE,
LETTING GO OF
YOUR DARK PAST
IS THE BEST
CHOICE YOU WILL
EVER MAKE.**

— ROY T. BENNETT, THE LIGHT IN THE HEART

Note to self,

Date / /

Lined writing area consisting of 20 horizontal lines.





W E E K L Y P L A N N E R

GOALS FOR THE WEEK

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Saturday

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DECEMBER

Deck the halls



- 1 National Christmas Lights Day
- 1 National Pie Day
- 4 National Cookie Day
- 4 National Sock Day
- 5 Bathtub Party Day
- 5 International Volunteer Day
- 6 St. Nicholas Day
- 7 Letter Writing Day
- 9 Christmas Card Day
- 9 National Pastry Day
- 12 Gingerbread House Day
- 12 National Poinsettia Day
- 13 National Cocoa Day
- 15 International Tea Day
- 15 National Cupcake Day
- 15 National Wear Your Pearls Day
- 17 National Ugly Christmas Sweater Day
- 18 Answer the Phone Like Buddy the Elf Day
- 20 National Sangria Day
- 21 First Day of Winter
- 21 Crossword Puzzle Day
- 22 National Cookie Exchange Day
- 23 Festivus
- 24 Christmas Eve
- 25 Christmas Day/Jesus' Birthday
- 26 National Thank You Note Day
- 26 National Candy Cane Day
- 27 Make Cut Out Snowflakes Day
- 31 National Champagne Day

MEET THE *Artist*

My name is Mellissa Baugh and I'm an artist specializing in mostly abstract paintings and sculptures. My small business is MDB Designs, where I get the pleasure of creating unique abstract sculptures and distinctive paintings that bring new life into homes.



I am a part time creator of art so for me I've always had the opportunity to work my 9-5 job and create my art in between when I am not working and I think it's been a very creative, sometimes challenging, yet rewarding experience.

The inspiration behind this business was simply my love for art and my own creativity. My brain is constantly going through a visually creative process and the inspiration usually just comes from an image that's been embedded in my brain that just has to be portrayed in a painting or a sculpture. I blame having a very creative and wild imagination for that! I've also always wanted to fuel my creative side and love creating art specifically for intimate spaces such as homes as I'm also a lover of interior design.

I love that I have the freedom of creating and allowing my heart and creativity to just flow. I don't restrict myself and find beauty in everything, so the process of creating is extremely fun because the end product will always be something eye grabbing.

My biggest struggle that I've had as an artist, specifically as an emerging artist is inconsistent sales. In all transparency, as an emerging artist there are times when you may not sell as much as you'd like in the beginning, but what's important for me in overcoming that challenge is to realize that patience is key. Every artist goes through periodic droughts and it doesn't make you less of an artist if you're not making as much sales as you'd like. I've learnt to trust the journey and be patient.



My go to must haves for business and inspiration are Instagram. I think it's an important tool that has helped me market my art and connected me with a lot of other artists and networks of women artists specifically that have helped me to promote and even sell art. Instagram has also been an app for inspiration for me as pages like architectural digest and world of interiors have featured designers and artists from across the globe that are extremely talented and have inspired me in my own work.

My advice for other female entrepreneurs is to keep finding ways to become innovative and creative so you can stand out from the rest. Stay authentic and true to yourself as an entrepreneur and also be consistent and enjoy every moment of it!

Learn more about this artist at helloart.com/collections/melissa-baugh or on Instagram @Designsbymdb

*I believe in being strong
when everything seems to
be going wrong. I believe
that happy girls are the
prettiest girls. I believe that
tomorrow is another day,
and I believe in miracles.*

Audrey Hepburn

@COCOLILYANDCO

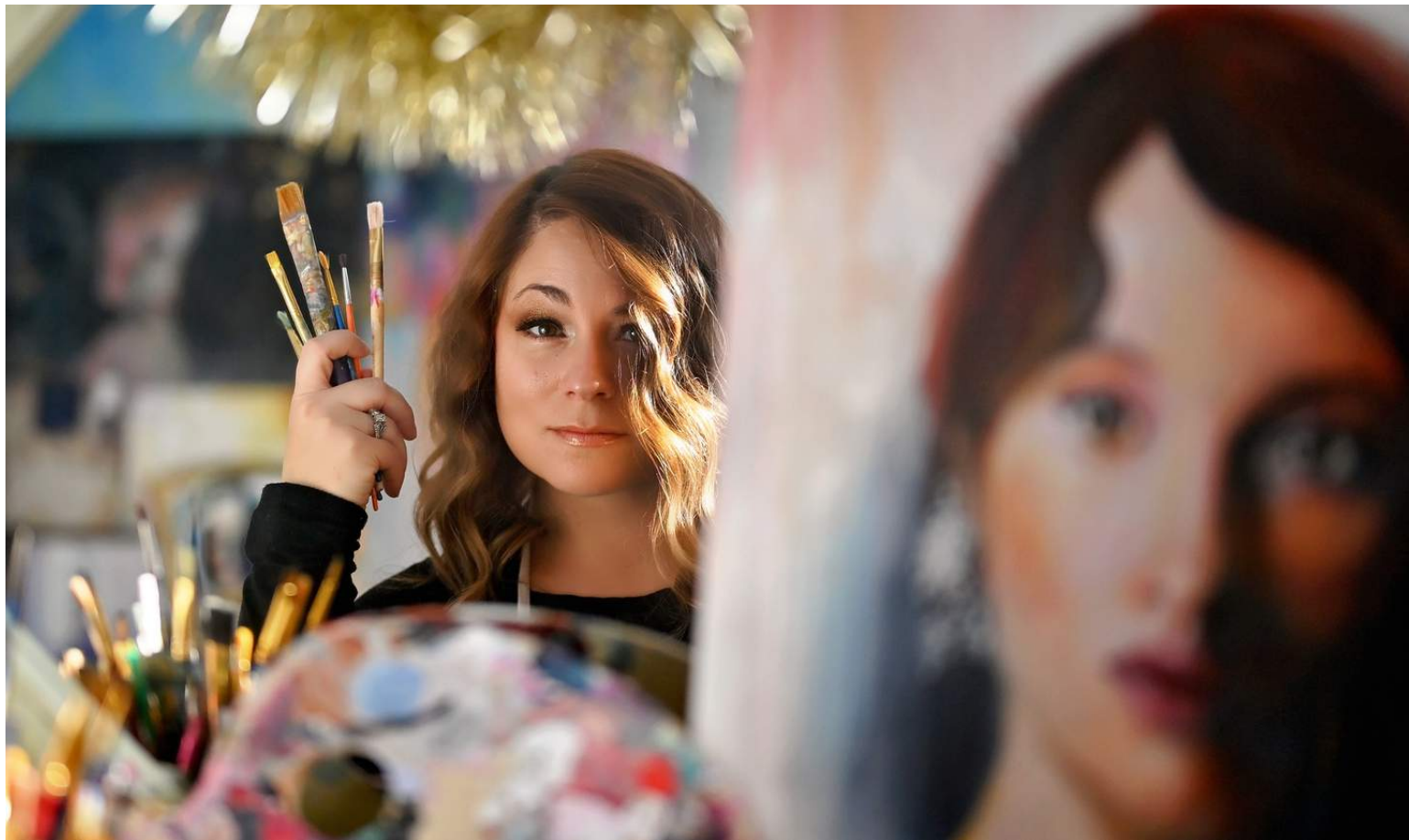


You can be anyone to inspire everyone. — Rence



HER Story | the series.

Real and authentic words from female entrepreneurs -- a celebration of her journey and inspiration for yours.



VANITY'S EDGE

Hello I'm Alana. The best way to describe my work is a portrait artist with pictures and paint as my mediums. I'm the owner of Vanity's Edge and have provided small businesses and families with artistic photography and art since 2004. In 2009, I merged Vanity's Edge graphic work with my passion for creative photography. Right out of college, I painted, photographed, and designed for freelance. When I had my first child I started photographing my daughter in the new lifestyle photography look that was starting to emerge. In 2012, I became a full time photographer as well as bringing my son into the world. I created a business that allowed me to be home with my 2 kids as well as fulfilled my passion for creating. As time progressed I started incorporating my love for the arts. I began painting and building creative sets for my photo sessions. I found whimsical ways to tell a story with my work. I studied different skill sets that have unexpectedly blended and flowed into one another. The paintings were an integral part of my sets and backdrops for photography and now the photography flows into most of my subject matters for my paintings.

When I first started I took on everything I could handle. It was the beginning of creating a network of wonderful people that I've been able to see throughout the years. I've learned that connecting with people and getting to know a little bit about them, as well as how to get their real smile out, goes a long way. I've also learned taking pride in what you do will shine.

This journey has all connected and brought me a deeper perspective of why each one of us are here for this beautiful experience. What we are called to do and how one path can lead into another. Don't be afraid to put your wild ideas into use. It could become the thing you needed the most. It's never too late to learn something new. I started exploring even more options in order to blend my 2 favorite mediums and further the growth of my art. I still take classes both free ones on YouTube, as well as memberships for more learning, even after all these years in business.

If there's something that's been calling you, explore what it is, study it, and see if you love it. Test the waters. It can make you feel like there's a purpose to this path. Sometimes taking leaps are nerve wracking but when we make the jump, you never know what door will unlock. Internally I started trying to ask myself what can I do that would make me the happiest with my work. Art, stories, fairy tales, and movies were my childhood favorites. I try to capture those same memories in my work now. Try to look deep into yourself, what makes you the happiest, and find a way to get there, but don't forget to have fun with the journey.

words of inspiration.

1.) Do your best not to take others' opinions too personal, be ok with constructive criticism. 2.) Word of mouth is magic 3.) Look for inspiration everywhere 4.) It's ok to change things up to make things new and fresh. 5.) Don't forget the importance of having a balance in your life.

I was very lucky to have a family that nurtured the arts, let me explore my passions, and welcomed my out of the box ideas. The people that surround us can nudge you, guide you, in a subtle way that you didn't sometimes see in yourself. The simplest small choices I decided to embark on have turned into a really fun adventure looking back on it all.

ALANA , PHOTOGRAPHER, BRANDING, FINE ARTIST | VANITY'S EDGE



IMAGE CREDITS FOR THE ARTISTIC PHOTOS
MODEL : MELANIE BLANKENSHIP
MUA AND HAIR: NICOLE PALERMO



blume

I started my career working in commercial real estate, which was filled with many coffee meetings. I would spend most of my time at local cafes drinking the same cup of coffee and I began experiencing some digestive issues and sensitivity to caffeine. It was then that I noticed a gap in the marketplace for functional, caffeinated, and decaffeinated alternatives that had real, simple, and good-for-you ingredients. I also found that my own mental health was tied to my physical health, so I set out on a journey of discovery. I realized that the supplement aisle was very prescriptive and clinical, which is something I did not want Blume to be! I looked to my South-Eastern Asian heritage roots and gathered inspiration from proven ingredients and products with labels you can read and benefits you believe in, which led to the creation of Blume in 2017.

Blume, a name that references coming into yourself and living purposefully, fills a gap in the marketplace by offering versatile blends that are ethically sourced and organically formulated with options to support anyone, no matter where they may be on their wellness journey. Blume's mission is to make wellness accessible at home and at your favourite café – less celery juice and guilt, more laughs, lattes, and balance! We're continuing to support a no compromise wellness journey by recreating your favourite lattes with the magic of superfoods.

Blume just celebrated our five-year anniversary and I'm thrilled with how far we've come in a short period of time. In 2021 alone, we bootstrapped to \$7M in sales, reached 1500 stores nationwide (Well.ca, Anthropologie, Indigo), secured placement in all Whole Foods stores across Canada and grew 300 percent in DTC revenue. In June of 2022, we closed our first oversubscribed raise of \$2.5 million CAD in a 5-week period, and we're now a team of 15 incredible women – something that I'm eternally grateful for.

Even though we've grown in a short period of time, we have faced / continue to face challenges, and continue to find ways to overcome them. For instance, Blume applied to be a retailer in Whole Foods three times before we were accepted into all their stores across Canada. Even though this was a roadblock, it's a reminder to be persistent and if you fall, get up and try again.

I also find that imposter syndrome is an ongoing challenge and it prevented me from getting started. I never thought in "big audacious goals," because I never thought it could be for me, which kept my dreams smaller. This is something that I still work through, and I have to remind myself of how far Blume has come and where it can go!

words of inspiration.

1. "Just get started – you don't need all the answers to begin. You will figure it out along the way and trust your gut!"
2. "Don't be afraid to reach out to others and ask for help. Build a network of other entrepreneurs and you can guide each other." KAREN, CO-FOUNDER | BLUME



BODY TREATS

It all started back in 2006 in my kitchen when I began to make skincare for my children. Our youngest child has eczema, so many products would irritate her and cause her to flare up. So, I would spend hours researching, mixing different ingredients, and utilizing my extensive knowledge about chemistry and the human body until I found the perfect recipe. After a few years I opened a spa, and to keep costs low I would use my homemade products to use on my clients for manicures and pedicures. As time went on and as I perfected my recipes and created different scent combinations, my clients wanted to buy my products. So, I packaged them and created a legitimate business in 2015! Thus, Body Treats was born!

When it was time to pick a name for my brand, Body Treats easily came to mind. The reason being is that our sense of smell is 80% - 90% responsible for our sense of taste, so I figured what would be a more enticing experience than to awaken that sense while doing something so intimate and personal for your body at the same time. Throughout the years, indulging in self-care hasn't always been top priority for many people, although that is quickly changing, most only have the time when they're in the shower, and that's where Body Treats comes in. I have made it one of my missions to help those people feel like they've just stepped out of a spa once they use my products, because no matter who you are, a little self-care goes a long way.

I have always had the support of my family and friends, but most of all my amazing, doting husband and beautiful children have supported me through the hard times and never let me give up on my passions! However, like so many people/business owners, I hit a roadblock. This prevented me from bringing Body Treats to its full potential, and to be fully transparent, this roadblock was me. I kept thinking "Why my brand?" "There are so many options out there, how can I make a difference?" I didn't think this brand could be anything special. I was the problem because I was afraid to fail. It wasn't until 2020 that I felt "I can do this!" and "My brand is special!"

In 2020 I was given the opportunity to put my entire product line into a spa and then I started rebranding. It was the greatest thing I could have done and what made it so great is, I was scared but I didn't let it stop me this time. I rebranded my small product line into a luxurious, refined, and sustainable brand. Before we only had 3 scrubs and 3 matching lotions, but now we have seasonal lines, 4 sets of constant scrubs and lotions, and even our most popular dough bowl soy candles!

words of inspiration.

To anyone who reads this, if you have a passion that you know can be a successful business... DO IT! OWN IT! LOVE IT! Everything will fall into place eventually, it may take 3 years, 10 years, or even 20 years but don't let your fear stop you. I graduated college as an aesthetician and skin-care specialist in 1998, I had my babies in 1999 and 2000, I fought battles that few could win or know about, even when all odds were stacked against me, I fought for me and for my passions. Fight against the discomfort, fear of failure, and lack of confidence or experience. I was blessed with the love and support I received, but unfortunately not everyone has this luxury. So, to those people heed my words, be humble, be honest, and don't you dare quit!

JANET, FOUNDER | BODY TREATS





da lish cosmetics

Hi & welcome to my personal story! My name is Melanie Cruickshank and I have a true passion for everything clean and luxurious beauty. I was born to wear lipstick & heels as my Mother Rosemary would say.

Like so many people, I struggled with horrible acne, low self-confidence, I was very overweight and have dyslexia. I had a classmate tell me that my face was disgusting and had I ever heard of cover-up? I wasn't familiar with cover up or foundation and bought some that night. LIFE CHANGING! Pure magic. From that day on wards, I was never without my pressed powder or liquid foundation. It gave me confidence and most importantly control. Makeup literally changed my life.

When I had the opportunity to go back to school, I put both my right hand person - My Mother Rosemary and I through natural, Cosmetology & Aromatology school - the study of Plant & Botanical based Chemistry, to be able to create clean cosmetics, skincare, body & hair care. I wanted to recreate my cult favorite products and feel good about what I was putting in and on my body.

I'm determined to make an impact in the clean beauty world. My purpose is to help people feel their absolute best and give that boost of confidence with products you can feel good about using. Production began in my kitchen, hand filling products one by one. Clean beauty at that time was non-existent...I wanted to change that and create a new category.

My mission is to create clean, luxurious beauty products that you feel good about using, that are vegan, easy to apply, feel amazing on, are long-lasting, sustainably sourced and come in killer shades.

words of inspiration.

Take the risk and always ask for what you want. Be open to all that could go right. Always trust your gut.
MELANIE, FOUNDER | DA LISH COSMETICS



CARLI D COLLECTIVE

Carmen Darley is the owner of Carli D Collective. A mom of two, son 10 month old named Channing and Anastasia, 4 years old going on 10 years old! Carmen Darley operates Carli D Collective, an outlet for her own artistic creations and a space for her to inspire acts of everyday artistry through her creative boxes.

A self-taught artist, Carmen opened her business in 2016 as a hobby to support her own mental wellness and to help her cope with her journey to become sober after struggling with alcoholism for twelve years. Her own personal struggles with mental health challenges have made mental wellness initiatives central to her business. In addition to encouraging a do-it-yourself approach to art for her customers, her long-term goal is to be able to provide free art workshops to others facing mental health struggles. Carmen is a proud partner of the Ontario Shores Foundation.

Carmen has been sober since November 2016, just 3 months after her first art show in Toronto selling out her inventory of positive vibes paintings. Fast forward to 2019 Carli D became the go to for customized geode inspired resin wedding favors, two gallery representations for the fine arts line, media features, as well as a leader in resin workshops and DIY project boxes becoming a well known business in Canada and globally.

words of inspiration.

With all that seems to be successes come a mountain of failure. A word of advice from Carmen is, "If it makes you feel uncomfortable, that is the moment you know it's an opportunity. And this opportunity must be explored!". It's important to be true to yourself and have a growth mindset to learn. Fail fast and learn from it. Take the knowledge and empower others to do the same. That energy will circulate and catapult your business and personal growth to a place you can never imagine.

Carmen hopes to share her story to the world, to show them that the lowest and worst times in our lives do not define us. To share that self love comes from within and mental health wellness is key to a lifestyle filled with hope. Through art and creating, giving back, and empowering others, we can do that.

CARMEN, ARTIST | CARLI D COLLECTIVE





CALM & COZY DESIGNS

Be Calm. Be Happy. Feel Worthy.



shop now



CALMCOZYDESIGNS.COM



NATURAL AND ORGANIC SKINCARE



shop now



jadionn.com

**AT THE END OF THE
DAY, WE CAN ENDURE
MUCH MORE THAN
WE THINK WE CAN.**

FRIDA KAHLO,
20TH-CENTURY MEXICAN PAINTER



BUCK NAKED SOAP COMPANY

Buck Naked was born out of necessity. When my son developed skin irritations from traditional baby products, I quickly got discouraged from finding the right product. I realized I needed a truly natural product to help him. As necessity is the mother of all invention, I developed our Chamomile & Calendula Soap. With this creation, I soon discovered my passion for formulating natural, sustainable and vegan bath and body essentials.

One thing about me is, I don't do simple. I'm rather all in, or nothing. As such, I knew this was something I wanted to turn into a business and not just a hobby. We started out super small in our kitchen and went to local farmers markets. We had such a wonderful response that it really motivated us to do more. Since I knew I wanted to bring our products to as many people as we could, I knew I wanted to create a wholesale business model rather than a local brick and mortar store.

This way, we could get our product out to the masses and yet still help support local business. Sustainability has always been a core tenant of Buck Naked and this helped allow us to meet that piece of our business value structure. The goal was to acquire 10 wholesale clients within the first year. Unfortunately, the goal wasn't achieved. It took us a little while to get a handful of wholesale clients, but once we did we started to gain some good momentum and landed a contract with Urban Outfitters. Even though our products are no longer in their stores, we still credit our early growth to this relationship.

Not having a background in consumer products, the relationship with Urban Outfitters had a huge learning curve. It was also one where we were able to glean so much valuable information to continue pushing forward and work with other large businesses.

We still work with a handful of these large scale businesses, but given our values around sustainability, we find working with smaller boutiques and natural businesses to be more personally validating. We know, small community businesses bring in the majority of economic growth for their region. Supporting these businesses by offering truly natural bath and body essentials helps us meet our social, economic and environmental sustainability goals more than might be realized if we opted for large scale distribution.

Don't get me wrong, this does not come without its challenges. Generally speaking, the consumer products industry is not set up for this type of sustainable distribution. With the Amazon Prime mentality growing, there is a huge push for on demand distribution, even within small businesses.

This is a continual challenge for us, since everything that we make is 100% made by hand, by real people with natural, sustainable ingredients. Since it's our goal to make natural vegan and sustainable products the norm, every day we work to achieve and exceed what has become the new way of doing business. Communication is key in ensuring clients know the weight is worth it.

Covid was another huge challenge for us. Interestingly enough though, the challenge didn't come within the two years of lockdowns and closures. The hit came in 2022 as a trickle down effect of the previous two years. With scarcity of resources often due to shipping backlogs, disruptions in raw material processing from country wide shut downs and subsistent global inflation, we found tremendous pricing creases and decrease in sales. Our team knew this would be the result of the previous 2 years, which forced hard decisions. However, owning a business is not for the faint of heart and takes grit and hustle.

RINA, FOUNDER | BUCK NAKED SOAP COMPANY



MEET THE *Maker*

Please let us know your name, business name and what you do?

Teresa, Giftologie | Inspirational jewelry and gifts.

What did you do before you created your business?

I have always been an entrepreneur. Started my first business at 18 - renting seadoos but before Giftologie and still to this day I ran a trophy business which started with my family's sports store.

What was the inspiration for your business?

I was inspired by the cut off pieces from trophy plates. The metal curled in such a pretty way and I started dreaming of other ways to use the material. I was a young mother and involved in a bible study so I created my first set of bracelets to encourage the fellow moms. To my excitement, they liked them so I started working on perfecting the pieces and created Giftologie. I was driven by a desire to be creative with the skills I had learned in my family business and the heart to encourage other women.

What is your top selling product?

Our statement cuffs! They are fun and make a fashion statement along with a great statement inside. This is how I started and it continues to be the most popular. The secret messages inside make them extra special and perfect for gifting.

What do you love most about what you do?

I love working with women in the studio, working to support women's charities and the opportunity to encourage other women. It is pretty win-win!



What is the biggest struggle you've had and how did you overcome it?

Can I be real here? Honestly, self doubt as an entrepreneur I think is the hardest thing for me. Please don't think I am a hypocrite since my whole mantra for my business is living inspired..but that's only because it starts with me. I need it so I figured others would too. Being an entrepreneur can be lonely at times as you spend countless hours dreaming and having corporate meetings with yourself and we are our worst critic. This is an ongoing journey for me. One that follows my own advice of focusing on truths over feelings has helped to steer me in the right direction.

What are your go-to and must-have business tools, apps, inspiration?

Other women. I have joined a few women's business groups and have found them to be a valuable tool. Talking things out with like minded business women is an invaluable resource. Their feedback, their own personal and often similar stories, insight and practical advice has been a great part of my growth.



Advice for other female entrepreneurs?

Success looks different for everyone. Be rooted in your beliefs and what you want success to look like so you are not swayed along the way. It is a slow and steady race and those who keep on going will find their way.

Learn more about this maker at giftologie.ca or on Instagram @giftologie



NOËL & CO.

We are Janie & Lauren Noël, twin sisters and high school students who make beautifully scented minimalist candles and home fragrance goods. We handcraft our products from our studio in Kentville, Nova Scotia.

We started Noël & Co. as a way to pay our way to Greece! We had fallen in love with Greek Mythology after reading the Percy Jackson series, so when our school organized a trip there in 2022, we were the first to sign up. But Covid put an end to most fundraising opportunities, and we realized we would have to find another way to raise money.

We can't remember who first suggested candle making, only that it felt like a natural fit. Noël & Co. was launched in August 2021, and was incorporated in 2022. We became a candle company with a simple mission: to create candles with a conscience. We handcraft everything in small batches, using only high-quality, eco-friendly, and responsibly sourced materials - all while donating two percent of every sale to the Kidney Foundation of Canada.

There have been many interesting challenges along the way. For starters, we decided to create a candle company having never poured a candle before! And then we quickly discovered that candle making was only the beginning. At 16, we had no idea what it took to run a business. We've had to teach ourselves everything from marketing, purchasing, selling, production and more. We outgrew our space quickly (we project we'll make 15,000 candles this year), which meant we had to renovate to create studio space, plus warehousing for supplies. Being high school students, while running a 6-figure company, has meant we've had a lot to learn about time management too!

We could never have foreseen where this little fundraising idea would take us. In our first year we won Best New Business of the Year by the Chamber of Commerce, were chosen as top 30 under 30 innovators by the Atlantic Business Magazine, were nominated for the RBC Canadian Women Entrepreneur Awards, and were voted best Retail + Specialty Shop in the Annapolis Valley.



words of inspiration.

It's been an unbelievable year, and one that would never have happened had we not taken that first step. Our biggest takeaway from this entrepreneurial journey is that when you stay disciplined, committed and consistent, it truly is possible to make some big dreams come true!

JANIE & LAUREN, FOUNDERS | NOËL & CO.

Signatures Restaurant

The Yorkville Royal Sonesta Hotel



[LEARN MORE](#)



YORKVILLE

GRAYDON SKINCARE

Basically, I started Graydon Skincare to give everyone good skin days, every day! Back when I was a vegan chef and yoga instructor, I began mixing my favourite, nutrient-rich superfoods into topical skincare products and sharing them with my yoga students. The feedback was glowing and inspired me to launch my own skincare brand.

I was hesitant to use my own name for the brand but an objective mentor convinced me that it would be a good choice because the name is uncommon and also gender neutral. What people don't know is that Graydon is actually my middle name and my mother's maiden name. I started going by Graydon when I was taking gender studies in university. I felt like overtly female names created an unfair gender bias. Stepping into this new name gave me a greater sense of power. The name also reflects the values of the brand in that we don't cater to women exclusively. The line is gender neutral, which allows me to achieve my mission of delivering good skin days to all genders, skin types and tones.



One of the biggest struggles I faced in the early days of Graydon Skincare was realizing that I couldn't do everything myself and I needed to build a team. Since then, I've hired a small group of (mostly) women that have helped the brand achieve some of its greatest triumphs. One of those being that Graydon Skincare has developed beyond a small brand and is now available through some significant retailers including The Bay, Shoppers Drug Mart and Credo.

words of inspiration.

To other aspiring female entrepreneurs, I would say: It's never too late to go all in. If you're passionate about your business, it doesn't matter how old you are. I started mixing up skincare creations when my son was very young and waited until he was older before I launched Graydon Skincare fulltime. You can live your dream at any age.

GRAYDON, FOUNDER | GRAYDON SKINCARE

1MILK2SUGARS & DOUBLE SHOT



1Milk2Sugars is an award-winning bilingual communications agency specializing in digital marketing, public relations and social media content for global brands.

I founded the agency in 2012 and it's been the professional ride of a lifetime! Since our launch, 1Milk2Sugars has grown into a multi-city operation with hubs in Montreal and Toronto. The lifeblood of our company is our team of passionate doers known industry-wide as "The Sugars." In launching 1Milk2Sugars, my goal was to set a new industry standard for client service and retention. From our award-winning campaigns and attention to detail to our creative strategies and willingness to always go that extra mile, we strive to be an indispensable partner in our clients' success.

Another hallmark of our agency is our unwavering commitment to inclusivity. As a BIPOC female founder, I've put equality and representation at the forefront of our workplace culture. Almost two years ago, that commitment culminated in the launch of 1Milk2Sugars' partner entity, double shot — a globally inclusive talent management agency dedicated to uplifting BIPOC, LGBTQ+ and underrepresented content creators and connecting them with forward-looking brands. I'm proud to say that across both agencies we've developed a strong corporate ethos rooted in empowerment to ensure everyone feels welcomed, valued and connected to our success.

As far as our name goes, a common first guess is that we're a coffee shop! In fact, I chose this name because it speaks to the level of customization we aim to offer. No two people take their coffee the same way and I wanted to conjure a similar image for our brand. I also love coffee so the inspiration kind of speaks for itself!

words of inspiration.

My advice for my fellow female entrepreneurs is to get involved at the grassroots level and network with as many professionals from as many different backgrounds and industries as possible. Not only will this broaden your perspective on the entire business community, but it will open your eyes to a world of talent, guidance, and support you may have otherwise overlooked. Entrepreneurship takes a village!

PRIYA, FOUNDER & PRESIDENT | 1MILK2SUGARS & DOUBLE SHOT



A Day in the Sun

During the first wave of the pandemic when we were allowed small outdoor gatherings only, I planned a picnic for myself and some friends to get us together and out of the house. It was a beautiful sunny day in March and that is where the name "a day in the sun" came from.

I was always the type of person who loved hosting and gathering with friends and family and when it wasn't allowed anymore, was lost, much like many other people who couldn't see their loved ones.

After that unexpectedly fateful picnic, I started to work on a concept and business plan for A Day in the Sun, crafting unique and memorable picnic experiences out of a handful of design inspirations.

Though only in operation for the past couple of years, A Day in the Sun has already been a hit in the Hamilton area, setting up memorable, elevated picnic experiences in pandemic-friendly outdoor settings for everything from personal get-togethers to larger corporate clients.

My business plan was the perfect kind of entrepreneurial venture for a pandemic; as outdoor gatherings continue to be the safest way for group gatherings recognizing the seasonal limitations of our picnic services.

Although I'm a new company, I believe that with hard work comes great rewards.

SOFIA, OWNER | A DAY IN THE SUN

Faulhaber Communications

I get asked a lot how I made it all happen, and it comes down to one word – COURAGE. No entrepreneur walks into a business with all the answers but having the guts to try and stamina to keep going through trying times is where I have learned the most. Entrepreneurship is a constant cycle of growth and change. My activator spirit means my eye is always on the future, propelling me forward. I see opportunities and I can't help but dig into them! This translates directly into the business of Faulhaber Communications that I've run for 22 years.

I started Faulhaber Communications in 2001 with a laptop in my kitchen. It was post 9/11 and the world felt like it was falling apart. I was 26 years old and had cut my teeth working in retail for Fairweather in shopping malls and later in a corporate mega-brand Dylex Ltd. HQ and then traveling the country doing marketing and sales for Canadian fashion designer Joeffer Caoc. Retail and fashion were firmly in my blood and I had always excelled at creating innovative ideas and seeing new opportunities where none existed. My professional and social network was strong from years of dressing the smart set and pitching media on the latest outfits from Joeffer's studio. I decided to take a leap of faith and start my own business with the sole purpose of helping brands grow. I bought the URL "www.isellideas.com" and asked my brother to design a business card and a website for me.

I didn't start out with a business plan and actually didn't go to PR school. I did have loads of retail experience, a commerce & comms degree from Toronto Metropolitan University and a lot of ambition, drive and the keen understanding of exactly what my retail clients needed. I took a tailored, customized approach to each client I worked with right from the start.

"I get asked a lot how I made it all happen, and it comes down to one word – COURAGE".

One of my first clients was Finishing Touches, an amazing retailer that supported Canadian brands and gave me one of my very first paychecks. When I started working with them, I produced trunk shows, launched a formal newsletter, earned media wins and upped their value proposition for their engaged clients. When Joel Carman from Over The Rainbow started seeing their name in the media, he called the owners and asked what they were doing. Word of mouth was hard at work! Over The Rainbow hired me and we worked together for an impressive and rewarding decade of denim launches, anniversary parties, photoshoots and even his first website! Susan Langdon at The Toronto Fashion Incubator (TFI) paid one of my very first invoices. We ran countless Fashion Week events for the TFI. I still mentor her new recruits. Shauna Levy, who co-founded the Interior Design Show gave me one of my first really big gigs. We still work together today on her various entrepreneurial endeavors including the luxury cannabis brand Madge & Mercer.

My small team grew and the agency was born. Fast forward to this year, and FAULHABER celebrated 21 years in business!



I took a leap of faith starting my own business – Faulhaber Communications – with the sole purpose of helping brands grow. 22 years later I am now the Founder & CEO and a brave and talented collaborator and long-time employee, Lexi Pathak has taken over the day to day operations as President & Partner. Together we imagine the future and I am so excited to see her deliver amazing wins as our team lead.

It's special to be at this stage of my journey and look back at my timeline – turning my one-woman consultancy that I started in my 20s into a full-fledged agency in my 30s and handing over the day to day work in my 40s. When you can service clients and not be in the room, that is a real moment.

Ever-important is innovation, business planning and mentorship to continue the cycle of empowerment. Not to mention continuing to grow a business amidst motherhood, and life in general. In the early days with newborns, it was a real challenge! And now with teens, it is yet another chapter of work-life integration. It takes a team to make big things happen. Having supportive collaborators at home and at work makes it possible. Make time to care for them all. Without those supports, I couldn't have survived and grown through the transformation into the digital age and a pandemic or promoted myself and handed over the day to day reins of the business.

words of inspiration.

If you don't ask, you don't get.

Most people are afraid to use their networks, but isn't that the point of networking? Whether it's a new connection or a lifelong one, ask for the advice. Use your network. Growth isn't something that happens by accident. Ask for the connection to someone in their network. Ask to bounce an idea off of them.

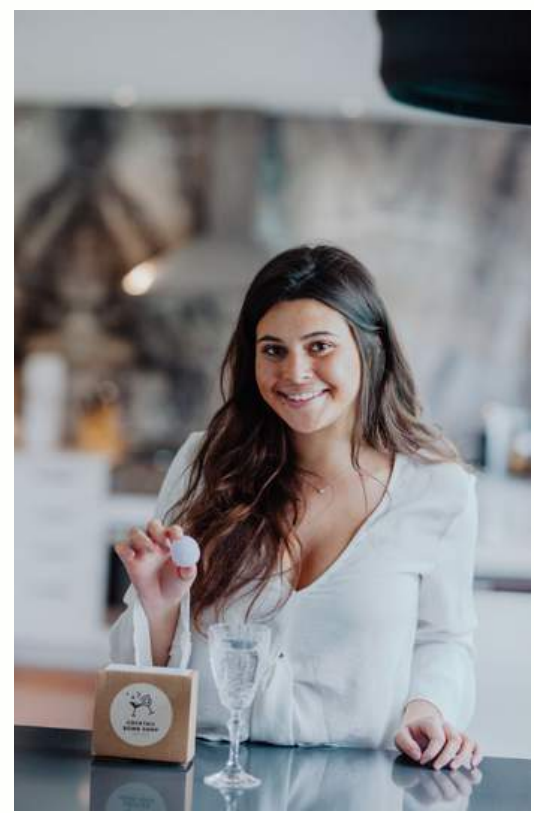
Fortune not luck.

Growth isn't something that happens by accident. You need to plan for it and make it happen. Have a vision. You need to plan for success. Have an unwavering eye on what you want, work VERY hard at it and have the courage to make it happen.

There is no road-map in entrepreneurship.

Accept the modification. There are no rules, and curve balls are unavoidable. You will need bravery in your career. Embrace the change.

CHRISTINE, FOUNDER | FAULHABER COMMUNICATIONS



COCKTAIL BOMB SHOP

Surprisingly enough never really sought out to start Cocktail Bomb Shop. I have always been very entrepreneurial and I always knew I would one day start a business but for Cocktail Bomb Shop, I never had a business plan and did not expect it to grow so quickly.

My story starts in March of 2021 after I lost my job at a soap store at my local mall when Covid hit. I was a young journalism student with no income and lots of time to spare since we were all stuck at home. So I decided I would start baking and decorating cakes as my new hobby. I was baking like crazy and my mom told me I should try selling my cakes on the Facebook marketplace. Surprisingly lots of people bought but it wasn't super profitable and it was not really a sustainable business.

Later that year a friend of mine sent me a video of hot chocolate bombs on TikTok and I thought the idea was pretty cool and I wanted to try making them. So I headed to Bulk Barn and I bought a 30\$ bag of chocolate - my boyfriend thought I was absolutely crazy and no one would buy these. However, I ended up selling over 12,000 hot chocolate bombs that winter. But after Valentine's Day things took a turn and I was no longer selling anything and at that point I wanted to reinvent myself.

So I started doing lots of research and recipe testing and I created my first prototype for the cocktail bomb after about a month of research. I posted a video on tiktok about the product thinking not much of it and it got 2.5 million views. All of a sudden I had tons of people that wanted to purchase my product and that's how Cocktail Bomb Shop was born.

I came up with the name super quickly... I did not have much time to think of a business name since everything was moving so fast. I found Cocktail Bomb Shop to be pretty self explanatory and it was available on all social platforms. Thinking back I may have liked to call it something more sophisticated but now Cocktail Bomb Shop is what people know and recognize and I find it fits our brand.

TRIUMPHS AND STRUGGLES.

I was recently on Dragons Den and I scored a deal with 4 Dragons! It is definitely the proudest moment of my business.

Honestly, having a business is a different struggle everyday. Whether it be shortages of ingredients or packaging materials. I am constantly fixing problems and adapting the way we do things to keep the business running. It is kind of like a constant survival mode - but don't get me wrong I wouldn't trade it for anything.

words of inspiration.

Don't even think about it and just start your business now! Jump right into it and follow your dreams, it is by overthinking and not taking a leap that you won't accomplish anything. Just get right into it.

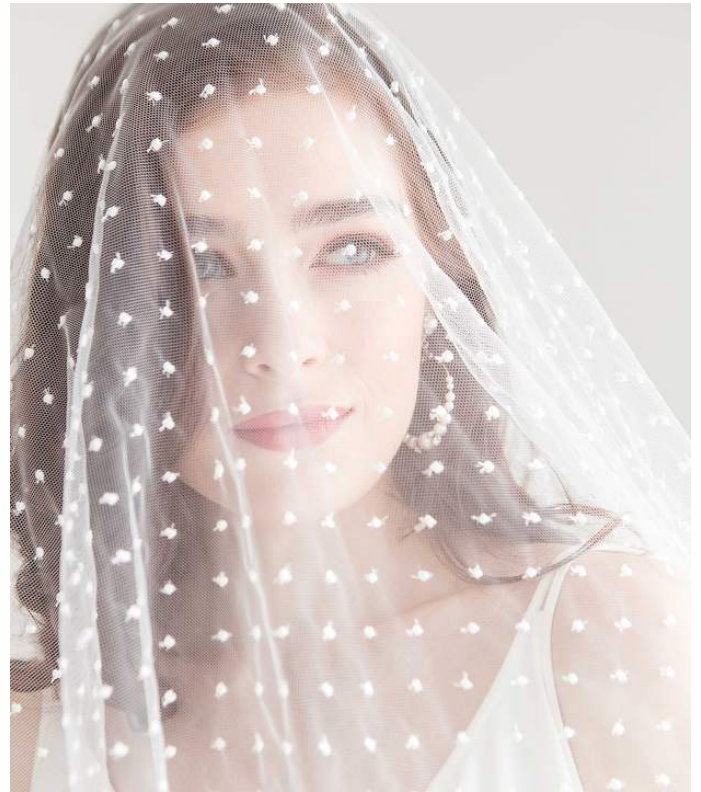
KIANA, FOUNDER | COCKTAIL BOMB SHOP

LAURA JAYNE ACCESSORIES

My business started as a “side hustle” – before anyone was using that expression. As manager of a bridal salon in London, Ontario, I was struggling to source accessories that resonated with our brides. Our gowns of choice were all about great cut, fit & fabric with minimal embellishment intentionally placed.

The first few designs were out of necessity, where I simply couldn't find anything for my brides and made something; but then I found it tapped into several passions of mine- fine needlework and beading, mixed media art, and an eye for detail.

Gradually I took more time to pursue my then hobby, and things evolved from there in a very bootstrapped way. I used my name for the biz since it was mine to use, however, I've often wished I went a different route. Once I committed to the business full time, and truly understood the gift of working in a creative field, it became a mission to provide meaningful, sweat-shop free employment for other artisans, so I sometimes feel my name on the business doesn't fully represent all the hands and hearts that go into our products.



My journey in the wedding community is now over 2 decades long, and I've been fortunate to have built so many great relationships and had the opportunity to collaborate with some incredibly talented designers and brands. A high point was when Martha Stewart Weddings hosted an intimate fashion show for wedding community influencers and styled the looks with our accessories, we ended up on every page of the edit. Another one was being dubbed one of the most innovative veil designers by The Knot- tulle is my love language and I'm so proud of our veils. But, the biggest triumph comes from our brides. We know they have so many choices and when they choose us to create for them it's such an honor.

words of inspiration.

My advice to fellow entrepreneurs is that it's easy to be fooled into thinking the scarcest resource is money when it's almost always time, and yourself. There's only so much of you to go around, so choose where you invest yourself wisely. Outsource the rest, but be wise with that too, it helps to build a general knowledge 360 degrees around your biz to empower you to properly vet the right partners. Your business is like a living, breathing thing, natural inquisitiveness on your part, balanced with focus, will help you steer it through the ups and downs that come with long-term success.

LAURA JAYNE, DESIGNER + FOUNDER | LAURA JAYNE ACCESSORIES



THE PERFUME BAR & AROMACHOLOGY

The Perfume Bar grew out of the Aromachology brand, which was focused on allowing the consumer to be the creative director and create their own custom fragrances. Aromachology was carried in Henri Bendel, Sephora and on HSN along with specialty retailers that loved the custom concept. The Perfume Bar was launched specifically for events after we had received so many requests to set up at corporate events, bridal showers, weddings and birthdays to service the guests with our engaging custom activation.

We have a team of Stylists who bring this activity to life at events, they are fun, engaging and most importantly want to ensure every guest that comes up has fun and leaves with a beautiful fragrance, cologne or Essential oil blend. Once we had built out the business, we were able to grow outside of Toronto and we now offer events globally and have Stylists across North America.

In early 2020, we were planning on launching a second activation, The Lip Bar, which allows guests to create luxury lip gloss, lipsticks and lip balms at an event. Due to COVID, we had to put that on the shelf for a couple years, along with the 10,000 custom components we had arrive in March 2020. We were just able to finally launch the Lip Bar in September and it has seen an overwhelming amount of interest already.



words of inspiration.

I think the most important thing to tell anyone starting a business is get out there and talk to people - share your concept, look for holes, find the problems early - then you can work on testing your idea and constantly making it better. There are constant ups and downs as an entrepreneur and if you can build a supportive community around you, of people you can ask questions to, it will be much easier.

ASHLEE, FOUNDER | THE PERFUME BAR & AROMACHOLOGY



THE NAIL AND CHAMPAGNE BAR

I founded The Nail and Champagne Bar in 2016. I had a passion for nails and champagne and wanted to build a company by merging the 2. I was inspired to create a company that elevates a familiar service, like having a manicure and pedicure with friends with the option of adding a champagne tasting by a Sommelier. I wanted to keep the name simple with a focus on what we would specialize in. I was influenced by champagne and nail bars in London and landed on the name quite organically.

We started out as pop-ups in Toronto in the Summer of 2016. By the beginning of 2018, it evolved into a full-service mobile beauty company. We added hair, makeup, and lash services. We started traveling outside the GTA for group bookings and in the same year we started booking corporate events in Toronto. We have been specializing in mobile beauty activations that offer nails, hair, makeup, and hand massages ever since. All with the option of adding a champagne tasting with our Sommelier. The Nail and Champagne Bar can be booked for 1 guest or for a large event like a conference.

One of our earliest struggles was adapting the business to be able to do events and home services. Finding the right team members that can do both was not an easy task, as well as figuring out logistics. When COVID-19 hit, we were closed for a total of 11 months. We were constantly thinking outside the box of ways to keep the business going. Whether it was through our online shop or virtual private events. By the end of 2020 most of our team members left the company and beauty industry entirely. Once we reopened in the Summer of 2021 building the team was a definite challenge, but we have been lucky that we now have a wonderful and talented group.

words of inspiration.

My advice to entrepreneurs is not to give up. Your idea might be so unique that not everyone understands it but stick with it. Be ready to adapt to change. Lastly, always listen to yourself. You've got this!

ELIZA, FOUNDER | THE NAIL AND CHAMPAGNE BAR

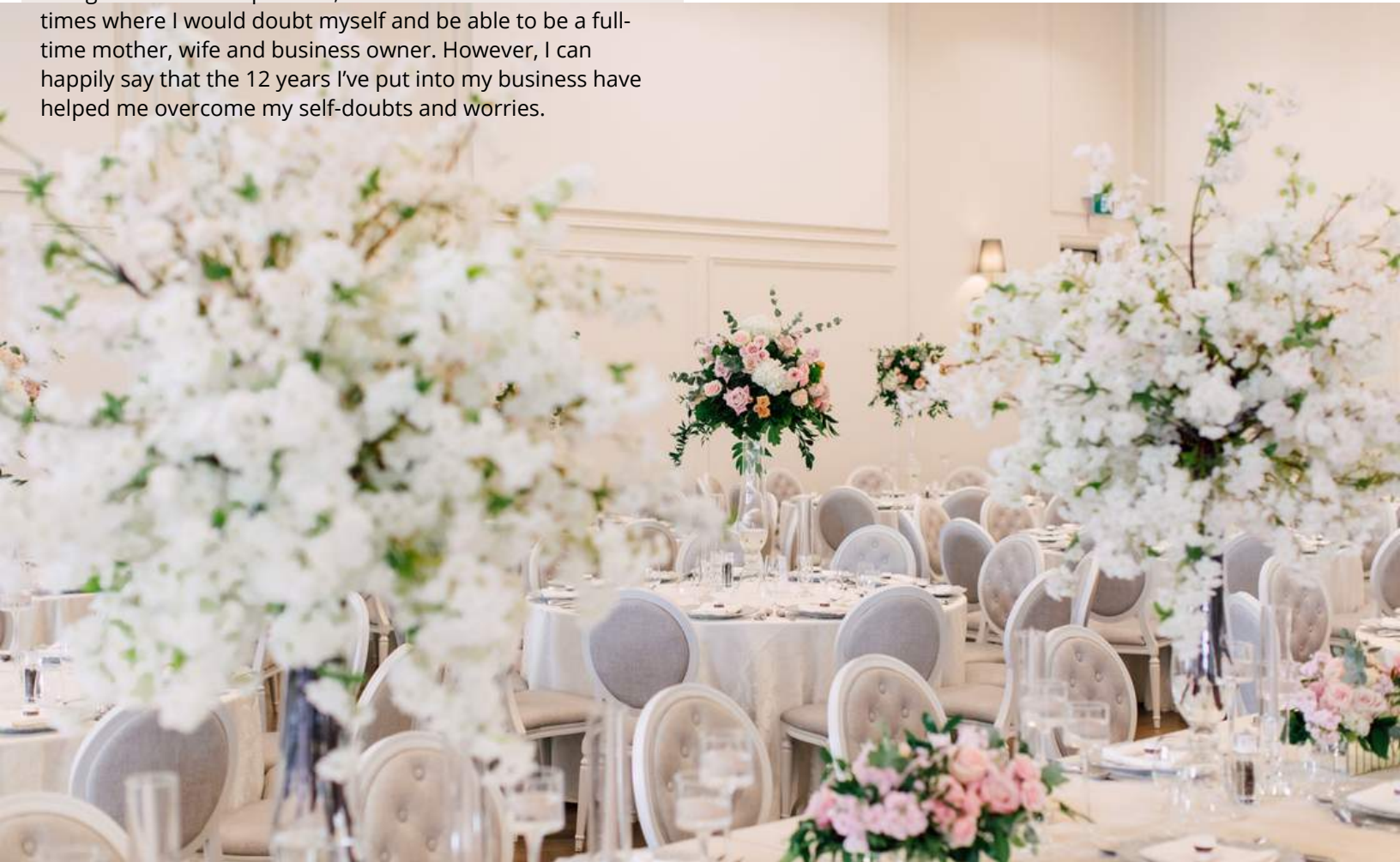
LEMON TRUFFLE DESIGNS

was created after I had my first child. While I was staying home and taking care of my son, I wanted to explore my creativity and at the time, having my own business seemed to be the perfect balance.

Initially, I was trying a few different ideas and started with gift baskets hence the name "Lemon Truffle", but I slowly realized that my true passion lay within event design/ weddings. I never changed the name as a lot of clients who approached me were intrigued by it.

Working in the wedding industry satisfied all my creative outlets and made me the happiest person. Unfortunately, with success also comes challenges. Dealing with difficult clients, having to break into an industry where I was new and not as knowledgeable about running the day to day of a business, late night teardowns, early morning setups, running on no sleep and shedding a lot of sweat and tears! Although these were stressful challenges, I had numerous victories such as setting up my first successful event, having happy clients with whom I built long lasting relationships and slowly learning the business by not giving up on myself and my business.

Being a female entrepreneur, I knew that there would be times where I would doubt myself and be able to be a full-time mother, wife and business owner. However, I can happily say that the 12 years I've put into my business have helped me overcome my self-doubts and worries.





words of inspiration.

My advice is cliché but so true: never give up on your dreams. Whatever you do, make sure it makes you happy and you will surely succeed. There will be ups and downs but don't let them deter you from your goal in life! If I didn't pursue my dreams, I wouldn't be in the place I am now and I would've sat thinking about the "what ifs."

AMNA, CREATIVE DIRECTOR | LEMON TRUFFLE DESIGNS



MIFA AND CO.

“As best friends and mamas, we know how challenging it can be to maintain balance, which is why self-care has always played such an important role in what we do. We both worked in corporate for over 10 years, so we know firsthand how stress can affect your skin and overall health. People are becoming more aware of their skin health, mental health and the importance of having intentional daily rituals.”

MIFA is a 100% natural body care brand that provides a sensory spa-at-home experience, using aromatherapy to help you balance, restore, and relax effortlessly. We take a holistic approach to body care that encourages self-care at the deepest level. With our versatile, multi-use, minimalist body care line, MIFA is helping to build intentional rituals for every body, every mind, and every skin.

In late 2017, founders Michelle Lui and Fatemah Hamidi left their corporate jobs to launch MIFA. Inspired by the timeless nature of the human body and creating food for the skin and soul, the idea was conceived in Fatemah’s kitchen. It was there where they began individually hand making and packaging each product.

Today, they have expanded to working with botanically sensitive chemists who understand the synergy and effectiveness of producing high-performing products. MIFA products are designed, developed, and manufactured in British Columbia, Canada.

words of inspiration.

“The best part about building the brand has been learning from the challenges and meeting so many amazing people through this journey. It is so important to celebrate all the wins no matter how tiny they are and not take the lows personally but to think about how you can move forward. Lastly, don’t be afraid to ask questions.”

PS. Did you know that the brand name came from our names? Michelle (MI) and Fatemah (FA) = MIFA.
MICHELLE AND FATEMAH, FOUNDERS | MIFA

ECO-FRIENDLY

Collection

100%

SEED PAPER
PRODUCTS

FEATURING

BIODEGRADABLE
CUSTOM PRODUCTS



GREETING CARDS
BOOKMARKS
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HOUSEOFCOCOLILY.COM

MINDFULLY CREATED



Mindfully Created consists of gemstone jewelry, crystal infused essential oil rollers, raw gems and mindfulness workshops. All pieces are mindfully created with positive intentions, combined with healing powers of each gem. I believe in cultivating oneness with the earth and its energy, which is the inspiration for all pieces. Workshops introduce participants to healing benefits of gemstones, self care and self love, as well as honoring our journey and our own powerful energy. Workshops can also be catered to the unique needs of the client. All workshops connect with each person's personal journey and provide support and recommendations on how to work with specific gemstones while engaging and honoring each of our journeys.

The name Mindfully Created Designs was developed after much thought! I found myself going back and forth between many different name ideas and then realized that all of the names centered around mindful practice, mindful design and honoring creativity. All the pieces that I create, are made with mindful intention to support the wearer through their journey and workshops also support participants in mindfully connecting with themselves towards all that they desire. From this thought process of tapping into the essence of the business, the name Mindfully Created Designs was born.

I've truly loved the process of birthing and growing my business. It has been reflective of my own journey. There have been struggles and triumphs. When I started the business, coming up with capital was difficult and I actually started with a small amount of savings! I just knew I needed to bring this business into the world by any means necessary. So I dove into my savings to make my dream a reality. It was scary, but the universe provided and supported my dream. My self-worth was definitely challenged and I asked myself, am I worthy of my own business? Do I know what I am doing? Every fear I had surfaced. Fears and imposter syndrome were very real for me, but I took this as an invitation to work through this and trust that it was appearing for a reason. From trusting and growing through the fears that I had when starting up, I have seen many successes as well like amazing partnerships, meeting and working with inspiring businesses, meeting truly amazing clients and I have grown personally as well. I owe it all to my business and internal journey.

words of inspiration

If you are thinking of starting a business, believe in the dream you have. Your dream is here to do things for this world and there are people waiting to experience it! It may sound cliché, but a dream is the start of things you never thought possible. If you have fears, call them out and conquer them one by one. No matter how long it may take, each step of building your dream is a step that needs to be taken. Trust in this process and trust in you. Highlight your wins no matter how small because these wins move you to the next step in your journey.

JANINE, FOUNDER | MINDFULLY CREATED



routine.



the co-founders.

One roaming the world with her guitar and a suitcase full of essential oils, the other halfway through nursing school. They sense an opportunity, one sees art, the other science, yet they see it the same. There are too-few natural products, and so many of the scents we put on our bodies and in our homes aren't just strong, they overwhelm the olfactories. Bit by bit, these tenacious sisters are revolutionizing our routines, creating beautifully blended products for bodies, faces, hair, and homes that support our skin and our sniffers.

routine.

Neige and Pippa, being the savvy sisters they are, chose the name "Routine." because their vision was to create a lineup of life-changing, head to toe natural & botanically scent-based products to encompass EVERYTHING for your everyday routine. From natural deodorant, to shampoo & conditioner, botanic body creams & face serums, perfumes, candles and more. Only supreme elements we wish to have on our bodies and in our homes. Because our bodies are our homes. And our homes house our bodies. To make scents for all, because your natural pheromones are like a fingerprint and how you choose to smell tells a story.

words of inspiration.

**Write your own rulebook. Find a gap in the market and follow your gut,
not what others are doing. Make it FUN.**

NEIGE & PIPPA, CO-FOUNDERS | ROUTINE



“KEEP TAKING
TIME FOR
YOURSELF UNTIL
YOU ARE YOU
AGAIN.”

—LALAH DELIA

BEAUTY + BATH

MUST-HAVE'S FOR THE WINTER SEASON.



NATURAL BELLA
Hydrating Hand Cream



THE ROSE COMPANY
Vanilla Cocoa Vegan Lip Balm



OAK & ASPEN SOAPERY
Shower Steamer: Breathe Easy



MIFA AND COMPANY
All Over Skin Dew Mini



OM ORGANICS
Pink Coconut Hydrating Mist



DOT & LIL
Sugar and Spice Soap

self
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GIFT IDEAS JUST FOR YOU, FROM YOU.

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SELF CARE SERIES

Christmas Edition



NOW AVAILABLE ON THE
COCOLILY
Journal

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CHRISTMAS WISH LIST

and gift guide



WISH LIST



Jam Designs Boutique / Genuine Crystal Perfume Bottle Necklace, \$60.00 / Don't miss out on harnessing your favourite essential oils super close to your soul. Available in Rose Quartz, Aventurine, Amethyst.



MDB Designs / Untitled, 2022, \$50.00 / A gorgeous piece for an art lover. Black and white acrylic abstract painting on 8x10 canvas.



LASHGOD / So Marilyn Strip Lashes, \$26.69 / A sexy classic cat eye that starts with a wispy diagonal blend on the inner corners and gets darker and denser towards the outer corner. Starting at a C+ curl and feather blending into a D and D+ towards the core. This sultry look will be a must have in your makeup roster. 15.5 mm at the longest point.



NaturalBella / Women's Gift Kit, \$42.99 / The kit includes: Nourishing Milk Cleanser 25ml, Soothing Toner 25ml, Nourishing Face Cream 30ml.

WISH LIST



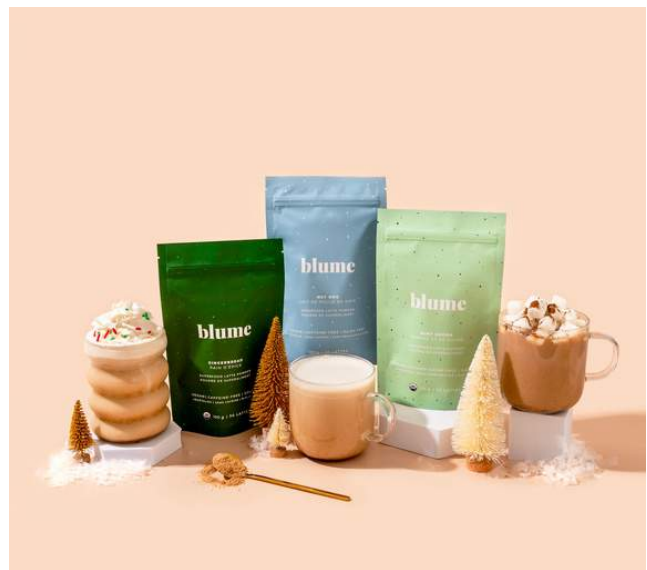
We Wild Women / The Morning Practice Planner, \$59.97 / The Morning Practice Planner is a beautiful, 6-month daily planner for busy female entrepreneurs.



Adore Soaps / GRAPEFRUIT + LEMON- Handmade Vegan Bar Soap, \$10.00 / Vegan soap bars scented with a fresh essential oil blend of grapefruit, lemon, benzoin and frankincense. All natural - with pink clay.



Bluebird Aprons / Dinner for Two, \$140.00 / This bundle includes 2 adult pinafore aprons, 2 tea towels and 2 table napkins (1 set).



blume / Holiday Bundle, \$65.00 / Your favourite holiday bebies with a better-for-you twist. These classics are here to get you through having the kids home from school, three Christmas dinners with your MIL, and your boss emailing you on Christmas Eve. That same creamy and delicious flavour, without the added sugar, caffeine, or compromise.

WISH LIST



Granolust / Crunch Collection Trio, \$34.00 / Trust the Lust and explore the exciting range of flavours from our Crunch collection. The collection includes Triple Nut Crunch, Mocha Chocolate Crunch and Maple Quinoa Crunch.



Hot-Tea Bombs / Original Hot-Tea Bomb, \$5.00 / These tea bombs offer an impressive visual with dried edible flowers, gold leaf and prism powder with quality tea encased in a caramelized sugar shell for a fully immersive cup of tea.



Giftologie / Bookworm bookmark set of 3 - metropolitan, \$20.00 / Aluminum Metal Bookmarks clip fits around the page to hold your spot. Upcycled and recyclable. Printed with a pattern and quote. Set of 3 bookmarks with 3 bookworm quotes.



Giftologie / Elements in White, \$20.00 / These bracelets are light weight and slightly bendable allowing them to be molded to fit most sizes. All Giftologie cuffs are printed with an inspirational quote inside. Handmade jewelry that gives back. A portion of all profits goes to women's charities.

WISH LIST



COCOLILY & CO. / Self Love Club | White Crewneck Sweatshirt, \$58.95 / The perfect sweatshirt to wear everyday and cozy for those cold nights. Stylish, classic and comfortable - making it a staple for your winter wardrobe.



SHOP COCOLILY / Classic Thank You, \$75.00 / Includes Black Cloth Spiral Lined Notebook, Elegant White Monaco Pen, Classic Black Monaco Pen, Vanilla Vibes Candle. Shipped in elegant white mailer box (mailers are recyclable + biodegradable) and eco-friendly packing tape.



Graydon Skincare / Holiday Dewy Skin Duo, \$59.00 / Graydon's award-winning, best-selling Fullmoon Serum and Moon Boost Serum are now available in this limited-edition set. If bouncy, radiant skin is on your wish list then you'll want to ask Santa for this dazzling duo which does not disappoint.



Harlow Skin Co. / Coconut Exfoliating Mask - Muse, \$30.00 / A gently exfoliating and cleansing mask leaving skin soft and supple.

WISH LIST



Kleimade/ Neutral studs, \$10.00 / All Kleimade earrings are handcrafted with care. Stud posts material is surgical steel. Lead & nickel free. Available in various colours and shapes.



LaRoche Confections / Gift Set: Seven Wonders, \$65.00 / This gift set includes one of each of: White Mint Stracciatella, Sea-salted Caramel Crunch, Fleur de Sel Milk, Milk and Toffee Bits, Fleur de Sel Dark, Dark and Salty Almonds, Raspberry Pink Peppercorn Dark.



Lemonberry / Vita Wallet Woven, \$139.00 / This zipped paper wallet features eight card slots with two larger sleeves, an internal zipped coin area and wrap around zip to close. A minimalist design approach with a go anywhere functionality.



Maiden Voyage Cocktail Co. / The Holiday Collection, \$110.00 / Enjoy the best of the season with The Holiday Collection! This collection has all of our brand new seasonal kits and it's perfect to get your cocktail collection started. Each kit makes 8+ servings (the entire collection makes 40+ drinks!) which makes it perfect for hosting holiday parties.

WISH LIST



MIFA / Daily Essentials Set, \$159 / Experience a full-body sensory spa-at home ritual with the complete collection for balance, relaxation, and healing. This collection is BIG enough to discover the products you've been eyeing, small enough to travel with, or perfect enough to shower a loved one with a restorative gift. Giftable, loveable, and super adorable! Each set includes a free reusable 100% natural cotton travel pouch (\$10 value). All products are packaged in their individual boxes.



NOËL & CO. / Candle in Comfort & Joy, \$28.00 / The scent of nutmeg mingles with a sweet and nutty combination of creamy shea butter, vanilla and luxurious sandalwood. Comfort & Joy is guaranteed to bring you all those warm and cozy holiday feelings!



Maison Apothecare / Peppermint Party - Eco Box, \$69.00 / Gift someone special or treat yourself to a sampling of Maison Apothecare's best selection of pure plant formulas. Featuring the best-selling Peppermint Bliss Collection beautifully packaged in a biodegradable box!



Notes in Knots / Gift Card Thanks A Latte Ornament, \$19.99 / This Gift card Ornament is perfect for anyone on your list. UV printed on satin white acrylic.

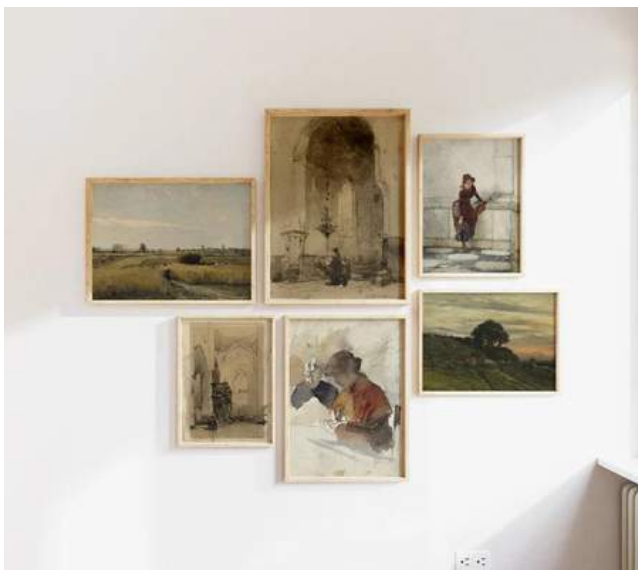
WISH LIST



Olaeda Jewellery / Figaro Chain, \$120.00 / The Figaro chain is a classic which has been around for some time. Originating in Italy, named after the famous Marriage of Figaro opera. A beautiful textured chain with a slightly edgy vibe yet modern look. - 14k Gold.



Om Organics / Pure Glow Holiday Mini Face Set, \$64.00 / Products to be enjoyed in the set include Kaolin + Coconut Milk Radiant Cleansing Balm, Pink Coconut Hydrating Mist and more. All products included are paraben-, sulfate-, gluten- and cruelty-free and have no synthetic fragrance or color. Truly the best self-care/wellness gift for friends and family who love natural products that actually work.



Oak & Alder / Vintage Gallery Wall Print Set, \$42.54+ / This vintage gallery wall set features some incredible 19th century artists. They have been digitally enhanced and include all the magic of the original artwork including all imperfections and quirks.



Thompson Soap Co. / Bar Soap in Frosted Winter Citrus, \$10.00 / The scent of your beautiful fir tree with dazzling white lights and strings of dried oranges fills your cozy home. This is Christmas (in a bar).

WISH LIST

COCOLILY & CO.



COCOLILY & CO. / Self Care Club | Surprise Swag Box, \$85.95 / Self care made simple with this surprise swag box. The box is complete with every little thing you need for your Saturday or Sunday self care ritual. Treat yourself or gift someone who needs a little pampering. Includes 4-6 selected items for the season.



SHOP COCOLILY / Petite Lady Boss Box, \$75.95 / Essentials for the female entrepreneur. Includes Good Morning Refreshing Essential Oil Spray, Black Cloth Spiral Notebook, Inspirational Pencils and candle.



PRYSM / Bella Necklace Silver, \$34.00 / 3 colors pendant necklace with brushed finish. Sterling silver double plated and hypoallergenic. Comes in a white triangle box. Designed and made in Canada.



Pink Lemon Decor / Sleigh Patent Vintage Print, \$18.00+ / Art is digitally retouched to reflect original characteristic, grain, and imperfections.

WISH LIST



Pure Home Couture / Ornament - Press for champagne, \$24.00 / This iconic Press for Champagne ornament is a perfect addition to your Christmas tree.



Square Love / Copper Holiday Forest Swedish Dishcloth, \$6.99 / Sponge cloths are perfect canvases for colourful and fun designs, giving pleasure to your everyday chores.



The Loved One / Ivy Earrings, \$89.00 / Equally as beautiful worn for an event or just for everyday, the Ivy Earrings add a chic accent to any outfit. 14K gold filled posts and backs, freshwater pearls, raw brass leaves. Designed and handmade with love by Antonia at The Loved One.



COCOLILY & CO. / Hermit Himalayan Salt Soak, \$21.95 / bergamot + ylang ylang + rose

A luxurious salt soak to relax your senses and soothe tired muscles. Self care, made simple.

CHRISTMAS GIFT PLANNER

#	NAME	GIFT	BUDGET	SOURCE
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				



COCOLILY & CO.

Christmas Playlist

**PERFECT FOR PLAYING WHILE DECORATING THE TREE,
WRITING CHRISTMAS CARDS OR SHOPPING LOCAL!**

CLICK TO PLAY





Weekly Planner



month : _____

week : _____

Sunday

Monday

Tuesday

Wednesday

Notes



Thursday

Friday

Saturday

CHRISTMAS

Love List

- Have a Christmas Movie Marathon.
- Festive scented candle paired with a new book.
- Read the Christmas story in the bible.
- Visit your local Christmas Tree Farm.
- Brunch with friends.
- Deliver a meal to someone.
- Leave a good business review.
- Bake & decorate Christmas cookies.
- Donate to your local shelter, food bank or charity.
- Treat yourself to a new pair of cozy Christmas socks.
- Build a snowman and play in the snow.
- Go on a Christmas light drive.
- Mail Christmas cards to family & friends.
- Shop local.
- Visit a Christmas market.

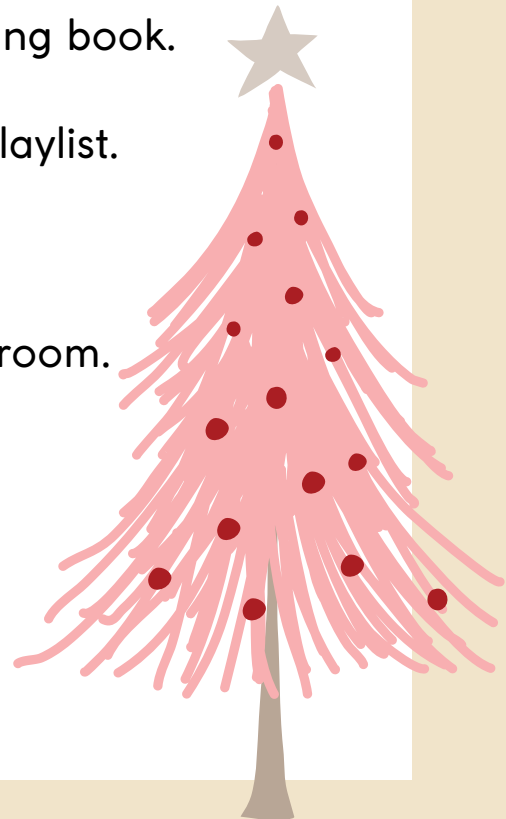
*"Christmas waves a magic wand over
this world, and behold, everything is
softer and more beautiful."*

— NORMAN VINCENT PEALE



Self Care Love List

- Make hot chocolate with marshmallows.
- Treat yourself to new Christmas PJ's.
- Indulge in a Peppermint Latte at your favourite cafe.
- Take a daily walk outside and enjoy nature.
- Read a book as the snow falls outside.
- Cranberry red manicure and pedicure.
- Color a page of a Christmas coloring book.
- Design a happy Christmas music playlist.
- Have a pajama day.
- Hang up twinkle lights in your bedroom.



CARING FOR YOUR BODY, MIND, AND SPIRIT IS YOUR GREATEST AND GRANDEST RESPONSIBILITY. IT'S ABOUT LISTENING TO THE NEEDS OF YOUR SOUL AND THEN HONORING THEM.

Kristi Ling

SELF LOVE





THE FULL

SPA-AT-HOME RITUAL

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COCOLILY
Journal

[CLICK TO READ](#)



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RECIPE

Love List

BAKES + SWEETS



GINGERBREAD CUPCAKES



WHITE CHOCOLATE CRANBERRY TART



SECRETLY VEGAN EGGNOG CAKE



EGGNOG GINGERBREAD TIRAMISU



*Real food, real ingredients,
that are out of this world delicious!*

GOURMET SOUPS, SAUCES & CHARCUTERIE

LADEEDASAUCES.COM



Christmas Charcuterie Boards



CHRISTMAS BREAKFAST BOARD



HOT COCOA AND TREAT GRAZING BOARD



HOLLY JOLLY KID'S SNACK BOARD



CHRISTMAS WREATH CHARCUTERIE



SHOP | CONNECT | COLLABORATE

COCOLILY & CO.

Marketplace



A DAY IN THE SUN



CALM & COZY DESIGNS



JADIONN ORGANIC SKINCARE



JAM DESIGNS



LA DEE DA GOURMET SAUCES



LASHGOD



MDB DESIGNS



NATURALBELLA



PUCKER UP PAPER LIPS



ROCK PAPER PRETTY



WE WILD WOMEN



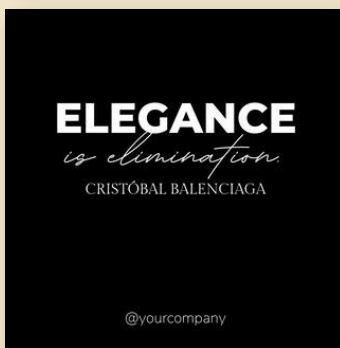
THE HOUSE OF COCOLILY



FULLY EDITABLE

SOCIAL MEDIA TEMPLATES

inspiration x motivation



A VISIT FROM ST. NICHOLAS
BY CLEMENT CLARKE MOORE

'T WAS THE NIGHT BEFORE CHRISTMAS,

when all through the house, Not a creature was stirring, not even a mouse;
The stockings were hung by the chimney with care, In hopes that St. Nicholas soon would be there;
The children were nestled all snug in their beds; While visions of sugar-plums danced in their heads;
And mamma in her 'kerchief, and I in my cap, Had just settled our brains for a long winter's nap,
When out on the lawn there arose such a clatter, I sprang from my bed to see what was the matter.
Away to the window I flew like a flash, Tore open the shutters and threw up the sash.
The moon on the breast of the new-fallen snow, Gave a lustre of midday to objects below,
When what to my wondering eyes did appear, But a miniature sleigh and eight tiny reindeer,
With a little old driver so lively and quick, I knew in a moment he must be St. Nick.
More rapid than eagles his coursers they came, And he whistled, and shouted, and called them by name:
"Now, Dasher! now, Dancer! now Prancer and Vixen! On, Comet! on, Cupid! on, Donner and Blitzen!
To the top of the porch! to the top of the wall! Now dash away! dash away! dash away all!"
As leaves that before the wild hurricane fly, When they meet with an obstacle, mount to the sky;
So up to the housetop the coursers they flew, With the sleigh full of toys, and St. Nicholas too—
And then, in a twinkling, I heard on the roof, The prancing and pawing of each little hoof.
As I drew in my head, and was turning around, Down the chimney St. Nicholas came with a bound.
He was dressed all in fur, from his head to his foot, And his clothes were all tarnished with ashes and soot;
A bundle of toys he had flung on his back, And he looked like a pedler just opening his pack.
His eyes—how they twinkled! his dimples, how merry! His cheeks were like roses, his nose like a cherry!
His droll little mouth was drawn up like a bow, And the beard on his chin was as white as the snow;
The stump of a pipe he held tight in his teeth, And the smoke, it encircled his head like a wreath;
He had a broad face and a little round belly, That shook when he laughed, like a bowl full of jelly.
He was chubby and plump, a right jolly old elf, And I laughed when I saw him, in spite of myself;
A wink of his eye and a twist of his head, Soon gave me to know I had nothing to dread;
He spoke not a word, but went straight to his work, And filled all the stockings; then turned with a jerk,
And laying his finger aside of his nose, And giving a nod, up the chimney he rose;
He sprang to his sleigh, to his team gave a whistle, And away they all flew like the down of a thistle.
But I heard him exclaim, ere he drove out of sight—

"Happy Christmas to all, and to all a good night!"



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a luxury lifestyle brand for the female entrepreneur

