



FOLLOW ME
TO A BETTER PLACE!
THE LUXE LEDGER



RIDDLE REVEAL:
WHAT CAN YOU TAKE, BUT NOT GIVE?

Answer is 'Rest.'

That's right, honey-

You can take a nap. You can take a break. But you can't give those things to someone else — no matter how much you love them.



Because 'Rest Is Personal.'

- ✓ Only you can decide to slow down.
- ✓ Only you can choose to pause.
- ✓ You have to make time for it.

And that's why while going 24/7, choosing 'Rest' is a radical act of self-love.

So go ahead- unplug for a minute.
Because this month, we are leaning all the way in.



A NOTE FROM QUEEN SHANSHAN

Hey there, Beautiful Souls

If you have been carrying everything — the job, the kids, the calendar, the emotional load — this message is for you.

Let's pause for a moment and take a deep breath.

Inhale the joy. Exhale the stress.



We live in a world that claps for hustle but whispers shame when we slow down.

But let me say this loud and clear:

- ✓ Rest is not weakness.
- ✓ Quiet is not laziness.
- ✓ And self-care is not selfish.



Especially for **women**, for **caretakers**, for **high-achievers** — the ones who show up, hold it down, and often put themselves last.

- ✓ You are a human too.
- ✓ You must choose rest



You can't download it. You can't gift wrap it.

No one else can give it to you. You have to claim it for yourself.

- ✓ You are a human too.
- ✓ You must choose rest



This summer, I want to encourage you — all of you 'a busy boss, a devoted parent, a student, or somewhere in between'

- ✓ **Give yourself permission to slow down.**
- ✓ Book the trip, wear the swimsuit.
- ✓ Nourish your skin like it's royalty,
- ✓ And remember that you don't need to "earn" peace. You already deserve it.



This issue is your love note to intentional ease— We have got;

- ✓ **Summer skincare tips** featuring our favorite goodies from **Nappily Naturals**,
- ✓ **Swimsuit slayage** from **ShopDraya**,
- ✓ And a reminder of **why travel insurance is the self-care move you didn't know you needed.**



So here is your permission slip to soak it up, shine bright, and slow down — because your joy

- ✓ It's not extra.
- ✓ It's the whole point.

With Love, Light, and
A Splash Of SPF

Queen ShanShan
@abroadpodcasts | @queenshanshan





DRAYA.
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Colonial Life Retreat- Leaders Conference + My Summer of Restoration

Let me tell you something, honey — there is nothing like the kind of rest that comes with a passport stamp and a plane ticket.

And last month, I had that absolute honor!

I just got back from a beautiful 10-day adventure through **London and Ireland**, celebrating a huge milestone as a **Top Producer with Colonial Life**. The trip was a gift — and I mean that literally and spiritually.

No pressure. No hustle. Just presence!

All expenses paid, and the best part was I had the pleasure of bringing my loving and friendly brother **Theron** along as my plus-one.



We kicked things off with **five unforgettable nights in London**, a city that truly feels like a mix of **royalty and rhythm**.

Everywhere we turned, there was something grand, something historic, something buzzing with energy.

We wandered through the elegant halls of **Kensington Palace**, stood in quiet awe inside **Westminster Abbey**, and snapped more photos than I would like to admit.



Standing in front of those ancient stones — with the wind in your hair and nothing but open fields around you — it felt like time slowed down. Like the world was whispering, breathe.

And then came the full fantasy moment — a visit to the Highclere Castle-Downton Abbey Estate-highclerecastle.co.uk. This was the TRUE highlight of our trip to London. Our parents loved watching the show and it was beyond amazing to see this site in person. They also have an Egyptian art installation and artifacts museum in the basement of the castle. Astonishing, it's a must see experience!

Yes, darling, full tea service, sprawling lawns, and that grand staircase that makes you want to glide down in a gown. We soaked it all in and fully embraced our inner Lady Mary. It was everything.



Every place gave us something different- Views were just incredible

The whole experience was so healing!

But the real gift was what happened in between.

The quiet moments. The deep conversations and laughter with my brother Theron.

The peace I felt just being there, reminded me how powerful it is to pause, to connect, and to simply be present.

Because sometimes, when you step away from your everyday life, you find a new version of yourself waiting to be discovered.

And that's what this trip gave me;

- ✓ A little more peace,
- ✓ A lot more gratitude,
- ✓ And memories I will hold onto forever.

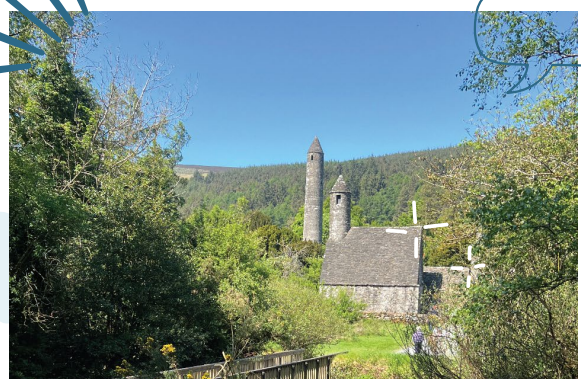


Because travel doesn't just take you to new places — **It brings you back to yourself.**

This summer, I hope you find your version of that.

- ✓ A Trip, A Moment, A Pause That Fills You Up And Lights You Up From The Inside Out!!

Postcards from Peace



5/6 T - 3:40 pm - Departure from Los Angeles, CA
5/7 W - 10:05 am - Arrival into London, England
5/7 W - 7:45 pm - Dinner Cruise on the Thames, 3hrs
5/8 Th - 8am - Stonehenge Tour (Theron), 11.5hrs
5/9 F - 10:30 am - Kensington Palace Tour and Afternoon Tea, 2hrs
5/9 F - 7:30 Jack the Ripper tour, 2hrs
5/10 S - 10am - Westminster, Big Ben, and Buckingham Palace tour, 3hrs
5/10 S - 6pm - Dinner at Bacchanalia
5/11 Su - 7:30 am Downton Abbey tour, 1hr

From London



5/12 M - 1:25 pm Departure from London, England
5/12 M - 2:50 pm Arrival into Dublin, Ireland
5/12 M - 6pm Arrival Dinner
5/13 T - 9:20 am Powerscourt, Wicklow, Glendalough tour, 8hrs
5/14 - W Shopping Day
5/14 - 7pm Awards Dinner
5/15 Th - 6:45 am Giant's Causeway Tour (Theron), 12.5 hrs
5/16 F - 2pm Book of Kells, Cattle, Cathedral tour, 3hrs
5/16 F - 7:30pm Farewell Dinner
5/17 S - 8:35 am Depart Dublin, Ireland
5/17 S - 10:10 am Arrival London, England
5/17 S - 11:40 am Depart London, England
5/17 S - 2:55 pm Arrival Los Angeles, CA

From Ireland

Catch all episodes on:

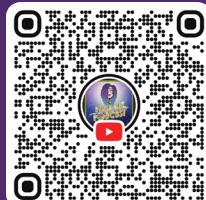


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TRAVEL IS A VIBE... UNTIL SOMETHING GOES WRONG!

- Your flight gets canceled.
- Your luggage got lost.
- You end up needing a doctor in a country where you don't speak the language.



That can turn your dream vacation into a stressful mess real quick.

That's why travel insurance is **'Must'** - because;

- ✓ It can cover unexpected delays and reimburse you if your flight gets cancelled.
- ✓ You won't be left empty-handed and get reimbursed for lost, delayed, or damaged luggage so you can still enjoy your trip stress-free.
- ✓ If you get sick or injured in another country, your plan can help cover hospital visits, prescriptions, and even medical evacuation, without draining your wallet.
- ✓ What would you do if your trip was interrupted by an emergency back home? You could be covered for non-refundable bookings and get support getting back fast.

It's one of the smartest things you can pack — and this safety net fits in any bag.

When your mind is at ease, your body can truly relax - and that's what vacation is all about.

So before you take off, do yourself a favor:

Visit shaninsure.com to get a quote and protect your next adventure the smart (and stylish) way.

A QUICK TIP: A LITTLE PLANNING NOW = MAJOR PEACE LATER!

Book your travel insurance before you book your flight - because life happens.

Early coverage means delays, cancellations, and last-minute surprises are all handled - even before take-off.

Catch all episodes on:

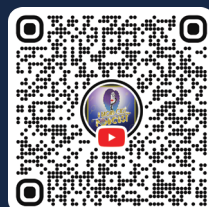


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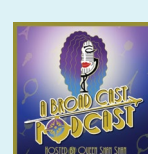


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GLOWING THROUGH THE HEAT



Traveling can take a toll on your skin due to dry airplane air, long days in the sun, and constantly changing environments.

But with the right products, this summer- it's your time to shine!

So here are a few favourites from Nappily Naturals to keep your skin hydrated, protected, glowing and happy on the go:



beauty. wellness. culture. shoppe

SKINCARE THAT TRAVELS WELL

Rose Water + Vitamin Mist

Light, refreshing, and full of love for your skin.

Rose water is a gentle toner that soothes irritation and hydrates deeply, while Vitamins C & E help brighten dull skin and defend against environmental stressors.

Perfect for spritzing mid-flight or anytime your face needs a wake-up call.

Rosehip & Hibiscus Cream

This rich but non-greasy cream is your post-sun hero.

Rosehip oil helps fade scars and boost hydration, while hibiscus (aka the "Botox plant") naturally exfoliates and tightens.

Use it day or night for soft, firm, and glowing skin — no spa required.

Detox Cleanser with Herbs + Botanicals

Cleanse the day away — naturally.

This plant-powered cleanser uses ingredients like burdock root, neem, tea tree, calendula, and charcoal to draw out impurities, fight breakouts, and balance oil.

It's gentle enough for sensitive skin, but strong enough to keep your face fresh through travel, sweat, and sunscreen.

Raw Shea Butter (with natural SPF benefits)

More than just moisture — this is your skin's best friend.

Shea butter is packed with Vitamins A, E, and F to improve skin tone and elasticity. It also contains natural SPF properties thanks to cinnamic acid, giving you a subtle layer of sun defense while healing dryness and stretch marks.

Turmeric Glow Oil

Say goodbye to dullness and dark spots.

This travel-friendly oil blends turmeric's anti-inflammatory magic with nourishing oils to brighten your complexion, fade acne scars, and even out skin tone. Use a few drops daily for that summer glow on demand.



Quick Tips to Keep Your Summer Glow:

✓ Before your flight:

Use a hydration mist and a light facial oil to keep your skin fresh and glowing while you travel.

✓ Beach day essential:

Reapply sunscreen every 2 hours — and don't forget those easy-to-miss spots like your lips, ears, and the back of your neck!

✓ After-sun care:

Spent the day in the sun? Soothe your skin with aloe-based balms and gentle herbal oils to calm redness and prevent peeling.

DRAYA

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SWIMWEAR SPOTLIGHT — SHOPDRAYA

Because your confidence deserves a spotlight too!

ShopDraya's summer swim line is bold, flattering, and made for real bodies living their best lives.

Standout Picks This Season- The Maui Onepiece

With adjustable ties in the front and back, a daring low-cut back, and custom triangle hardware, this suit is all about confidence without compromise.

It strikes the perfect balance between bold and refined, giving you medium coverage that's sexy and secure.



Eco-friendly and sustainable



Available in sizes XS to XL



Comes in a variety of colors and prints



Includes removable cups for a customizable fit

Captions:

"Confident curves, sun-kissed style."

"Show up for summer exactly as you are — bold, beautiful, and basking in your own glow."

Friendly reminder: You don't need filters or a flat tummy to feel good.

Show up moisturized, protected, and proud — bikini or no bikini.

Because this summer, we are not hiding.

We are glowing for us!

CULTURE CALENDAR — JUNE 2025 EVENTS IN LA

Date	Event Name	Location	Highlights
June 1	Outloud Music Festival	West Hollywood Park	Kick off Pride Month with live music, food, and vibrant community energy.
June 7	WWE: Money in the Bank	Intuit Dome, Inglewood	High-stakes wrestling and all the drama you love.
June 8	55th Annual LA Pride Parade	Hollywood Blvd	A colorful celebration of LGBTQ+ pride, identity, and unity.
June 9	BET Awards 2025	Peacock Theater, Downtown LA	Honoring Black excellence in music, film, and culture.
June 14–15	Hollywood Bowl Jazz Festival	Hollywood Bowl	Two days of smooth, soulful jazz in the open air.
June 21	Make Music Day Los Angeles	Various Locations	Free music across the city — every genre, every vibe.
June 21–22	Day Trip Festival	Queen Mary Waterfront, Long Beach	Dance all weekend with top DJs by the water.

'Take the trip. Wear the suit. Protect your peace. Repeat!'

Because this summer is yours — and you deserve every glowing, grounded moment of it.

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ShanInsure — Life, health & travel coverage that protects your peace | shaninsure.com



Nappily Naturals — Herbal skincare & wellness rooted in nature | nappilynaturals.com



Exquisite Dentistry — Next-level smile glow-ups | exquitedentistryla.com



The PHYT Gym App — Workouts that go wherever you do | thephytgym.com



ShopDraya — Swimwear that slays, fits, and flatters | ShopDraya.com

