

# THE SUNDAY SCOOP



#BeBrazen



*Whew! It's finally March. We made it. Let's take a moment to give each other a nice pat on the back for making it this far.*

*We're all about hope today. Hope that warm temperatures are on their way, and parkas, slush and nose-freezing temps are on their way out. And here's more hope: Our hunk of the week, [Josh Duhamel](#), has a new CBS TV show premiering tonight. Yep, Sundays just got a whole lot yummier.*

*It's come to our attention that Facebook is being greedy and hasn't been sharing our super witty posts with you. To rectify this sorry situation, we've just started a brand new Facebook group, The Brazen Insiders. Bring your friends and join us for all the fun and fabulous you can handle, plus Insider-Only contest and promotions you won't want to miss. [Click here](#) to join the group and don't forget to check out our Brazen Insiders **Share the Brazen** contest below.*

*We all know that BrazenWoman is a kid-free zone (thank goodness), but our dirty little secret is out. We are moms, and therefore Mompreneurs! We're stinking proud to announce that we are the co-sponsors of The Mompreneur Conference and Awards cocktail party and Spanner fashion show. To register, [click here](#) and use the promo code: Momp-BRAZEN-2015.*

*Hoping to see you there. #BeBrazen*

*Find us wherever you hang out: [Twitter](#), [Facebook](#), [Pinterest](#), [Instagram](#).*

**MOMPREENEURS®**  
*Conference*  
& AWARDS  
MARCH 6 - 7 • 2015  
presented by **TRISHIELD**  
INSURANCE

empowerment | inspiration | success  
*Educational Conference for Women in Business*



[themompreneur.com/conference](http://themompreneur.com/conference)

---

## Scrub Off Winter

Spring is on its way.  
We're sure of it!  
(...we say, as we  
cross our fingers so  
hard they hurt.)  
What we need right  
now is a dose of  
hope, STAT. And  
we're getting it with  
a bright and fresh  
grapefruit scrub.



After all, citrus just  
bursts with sunshine. Bonus: the essential oils in grapefruit help to create a  
peaceful and calm atmosphere. And you'll smell amazing, which is always a  
bonus.

*Recipe developed in conjunction with Stillwater Spa Toronto*

### **Sunkist® Grapefruit Hand and Foot Scrub**

#### **INGREDIENTS:**

1 tablespoon freshly squeezed Sunkist® grapefruit juice  
½ cup raw sugar

#### **DIY DIRECTIONS:**

1. In a small bowl, mix 1 tablespoon freshly squeezed grapefruit juice with ½ cup raw sugar into a paste.
3. Apply to hands and feet and cover with plastic bags.
4. Leave covered for 1-2 minutes.
5. Rinse off in warm water and apply a creamy moisturizer.

*Note: Citrus fruit can irritate sensitive skin, so wash off immediately if you feel a tingling sensations.*

---

# Share the Brazen & Win



1. Tell your friends about [BrazenWoman.com](http://BrazenWoman.com)
2. Get 3 friends to subscribe, LIKE our Page & Join the Brazen Insiders Facebook Group
3. Comment in the Brazen Insiders Facebook Group telling us you did it. Don't forget to tag our new mutual besties.

Contest ends March 30th at 5 pm.  
Odds of winning depend on the number of  
entries. Valid only in Canada.



[www.brazenwoman.com](http://www.brazenwoman.com)

## Share & Win! It's Easy!

1. Tell your friends about [BrazenWoman.com](http://BrazenWoman.com)
2. Get 3 friends to [subscribe](#), LIKE our [Facebook Page](#) & Join the [Brazen Insiders Facebook Group](#)
3. Comment in the Brazen Insiders Facebook Group telling us you did it. Don't forget to tag our new mutual besties!

---

## RECENTLY ON BRAZENWOMAN

- [They did what with their vaginas?](#)
  - [Are women over 40 changing Hollywood?](#)
  - [Netflix Originals you'll soon be binge-watching](#)
-



# More Reason to Love Wine



Great news! A [new study](#) has confirmed that a glass of red wine might be just as good as hitting the gym for an hour.

According to researchers at the University of Alberta, certain properties in resveratrol, a compound found in red wine, are equivalent to those we get from

exercise. Not only does red wine help reduce the risk of dementia and cancer, but it's good for your heart, can regulate blood sugar, and has anti-aging properties. It even raises the heart rate!

*Imagine the possibilities. Soon we'll be sipping while ON the treadmill.*

---

## Hunk of the Week

Well hello Josh Duhamel. Welcome back to the small screen. PVRs are set for [Battle Creek](#), premiering Sunday, March 1 at 10 pm on CBS and Global.

*What do you mean what's the storyline?*



## COMING UP ON BRAZENWOMAN

- *How to Get Richer in 10 Easy Steps*
- *The 10 Best NYC Restaurants*
- *Exercises You Need to Get a Killer Butt Like JLo's*



©2015 BrazenWoman | 220 Yonge St, Toronto, ON M5B 2H1

[Web Version](#)

[Preferences](#)

[Forward](#)

[Unsubscribe](#)

Powered by **Mad Mimi®**  
A GoDaddy® company