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THE SUNDAY SCOOP



#BeBrazen

www.BRAZENWOMAN.COM



Happy Sunday! Can you believe it's already February?

Guess what? We've got big news!

From now on, Sundays are going to be even better. That's because you're going to wake up to our BRAND NEW weekly newsletter to read with your morning java.

So grab a cuppa and get the scoop.

Don't forget to share the love by telling your friends about us. We're sure you'll agree that every woman needs a little more brazen in her life.

Randi and Mara

P.S. Join the conversation and follow us on [Twitter](#), [Facebook](#), [Pinterest](#) and [Instagram](#). We want to hear what you've got to say.

You've Gotta Try this!

Leave it to Arbonne to celebrate their 35th anniversary with the launch of three products we really need, especially in the middle of winter, when our skin is at its palest and driest. These skin treats are available on their own or in a limited edition set for \$176.



Hydrate while you sleep with the luscious RE9 Advanced® Intense Hydration Overnight Mask (\$81). Get glowing with the For the Sun of It Illuminating Bronzer & Kabuki Brush Set (\$56). Smooth out laugh lines, crows feet, forehead creases, and dreaded lipstick lines with RE9 Advanced Wrinkle Filler, your alternative to Botox (\$53).

These products are crazy good. For more info or to buy, visit [Arbonne's Website](#).

Ready to Namaste?



Downdog, Updog, Warrior. These aren't just buzzwords. They're part of a regular yoga practice. Yep, it's time to start wearing your yoga pants to do actual yoga.

If you don't know where to start, try the easy beginner sequence that Rodney Yee, Yogi Extraordinaire, designed just for BrazenWoman. **PLUS: Practice anywhere with our Gaiam prize pack valued at \$90.**

So, what are you waiting for? Go forth and Namaste (and enter to win) by clicking [here](#).

#BrazenLoves Colour

The results are in and it's official. Our readers love Renova Home paper. This exciting and colourful line of paper towels, tissues, toilet paper and more is the newest product to receive the #BrazenLoves hashtag.



Francine said: "...I'll be sure to use them when I entertain! I really liked the way they felt, soft yet sturdy—up to the task at hand."

Read more reviews and find out where to buy [on BrazenWoman today](#).

Keep your eyes out for more Brazen Test Team opportunities coming soon!

Have a #ChangeofHeart



February might be love month but did you know it's also Heart Health Month? Heart disease is the number one killer of women and we need to change that—starting now.

We want you to be your best and brazen selves, so we're inviting our entire community (Yes! We mean you!) to join us in the [Jamieson Vitamins #ChangeofHeart Challenge](#).

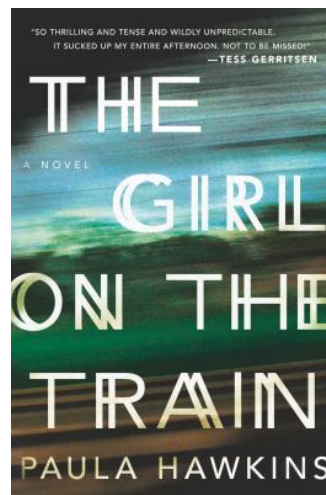
Get heart healthy and **win great prizes** (like a \$200 prize pack including a FitBit, a 2 month supply of Omega Red Super Krill and other get-healthy items).

Read the Book Everyone's Talking About

What did Rachel see from the window seat of the train she rides every day?

When imagination blurs with reality and a troubled woman becomes embroiled in the marriages and infidelities of those she silently observes, suspicion mounts. This novel, rife with emotion, intrigue, suspense and surprises is impossible to put down. In fact, it just might leave you gobsmacked.

If you loved [Gone Girl](#), then [The Girl on the Train](#) is the book you won't want to keep from your friends.



Game Day Munchies

Getting together with friends for the big game? Enjoy snacks like the ones below. Pair them with the ideal beer alternative—a crisp & dry cider like Savanna Dry Premium Cider from South Africa for a winning combination.

Give these lemon-inspired recipes a GO!



Lemon Salsa

Ingredients:

- 2 medium lemons
- 2 tbsp. minced onion
- 1 tsp. sugar
- 1/4 tsp. sea salt
- 1 tbsp. olive oil
- 2 tbsp. mint, minced
- cilantro
- basil

Directions:

1. Cut ends off the lemons, exposing the fruit. Stand it up on one end and use a knife to remove the peel and pith.
2. Chop the lemon flesh into small pieces. Discard the seeds and large pieces of membrane.
3. Transfer lemon and juices to a small bowl. Stir in remaining ingredients and serve with tortilla chips, if desired.

Lemon Pepper Wings

Ingredients:

- 1 lb. chicken wings
- 1 tsp. lemon pepper
- Oil

Directions:

1. Heat oil in deep fryer. Place seasoning in a bowl or zip style bag and set aside.
2. Deep fry wings for 8 to 10 minutes until lightly browned.
3. Take cooked wings and place into seasoning and coat. Make sure the wings are still hot in order for seasoning to stick.

Dill, Cucumber and Lemon Dip

Ingredients:

- 1 cup Greek yogurt
- 1 cup diced and peeled cucumber
- 1 clove garlic, minced
- 1 tbsp. fresh dill, minced
- 2 tsp. lemon juice
- 1 pinch salt and pepper

Directions:

1. Place yogurt into a small bowl and add cucumber, garlic, dill and lemon juice.
2. Stir ingredients and add salt and pepper.
3. Serve with chips or vegetables, if desired.



Savanna. It's dry.
But you can drink it.
www.savanna.co.za

Stay tuned for more great content on [BrazenWoman](#) this week:

- Discover the hottest Indie romance reads to get you in the mood
- Check out the sexiest romantic getaway we could find
- Learn how to shuck oysters in time for Valentine's Day



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