

## The Feminine Fitness Planner



## INTRODUCING A WOMAN IN HER ULTIMATE SOFTNESS.



HOT & SEXY DISCLAIMER

I'm an expert at what I do. I've got the street cred. The experience. The skills. The qualifications, and not to mention the hours I spent suffering through my own routines. However, we should probably give a nod to the fact that I am not a physician, or other health care professional, and that this program should not be completed without first consulting your primary care physician. (Though I do own a fabulous hot and sexy white jacket thank you very much). With that comes the standard eye glaze disclaimer that neither Jasmyne or any representative of Underneath Your Lingerie will be held liable for any injury occurred during this exercise program at home, the gym, or elsewhere. Always consult your physician before beginning any exercise program. No, I cannot guarantee the outcome of this program and/or recommendations of this online fitness program and my comments about the outcome are expressions of (my very personal)opinion only. However, I can guarantee this, I have put my best into this program and I will do all that is in my power to empower you to reach your goal and sculpt your hot, healthy, and sexy body.

And one last "mandatory" task concerning the contents of this fitness program. I believe that every woman deserves the opportunity to sculpt their gorgeous body and please feel free to share with your mom, girllfriends, neighbor and the postwoman where they can find Underneath Your Lingerie and our sexy home workout fitness program but I do need to say... All rights reserved. This book contains material protected under International and Federal Copyright Laws and Treaties. Any unauthorized reprint or use of this material for money or changing of the authors name is prohibited. No part of this book may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system without express written permission from the author/publisher....Whew, that was a mouthful. Enough of this legal mumbo, jumbo. Ready to dive in and sculpt your smokin' hot body?

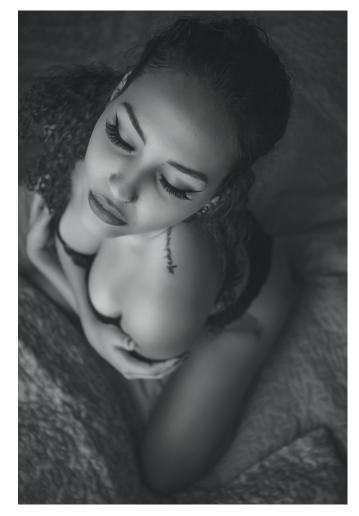
## "Fitness is a lingerie brand and you as a woman get to decide how to wear it."



YOUR MOST FEMININE DESIGN IN LIFE IS INSIDE OF YOUR BODY.

# 31 DAYS OF lingerie.

- 1. Erotic Lingerie.
- 2. Ultra Sheer Lingerie Dress.
- 3. Exotic Pearls & Diamond Corset.
- 4. Swarovski G-string.
- 5. The Rose Petal Bra.
- 6. Diamond Lingerie Robes.
- 7. The Wings of a Goddess.
- 8. The Versace Lingerie Set.
- 9. The Heavenly Exotic Satin Harness.
- 10. A Cobalt Blue Body Hugging Lingerie Dress.
- 11. The Paradise Lingerie Set.
- 12. The "Exotic Diamonds" Lingerie Collection.
- 13. The Pearl Push-up Bralette.
- 14. Luxurious Silk Robes.
- 15. The Fantasy Lingerie Collection.
- 16. A Parisian Pearl Bodysuit.
- 17. A Leather & Lace Lingerie Dress.
- 18. A Sensually Sexy Lacey Playsuit Harness.
- 19. A Black Strappy Lingerie Dress.
- 20. Black Bondage Bodysuit.
- 21. Red Luxury Bondage Bra.
- 22. A Lingerie Dress Made of Crystals.
- 23. Pink Lace Lingerie Set.
- 24. Gold Linked Br.
- 25: The Heavenly Diamond Lingerie Bra.
- 26: Green Chantilly Lace Babydoll.
- 27. Swarovski Nipple Pasties.
- 28. Soft Pink & White Lacey Feminine Dress.
- 29. Diamond Stilettos.
- 30. Nude Lingerie.
- 31. The Ultra Body Hugging Pink Lingerie Dress.



*Jy favorite perfumes.* Jasmine, Gardenia, Honeysuckle.



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## "I don't think about making sexy clothes. It's just my instinct to make them."



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"Let's just say that beauty inspires me. But like all beauty it comes from the inside out."



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On her image: "I'm not beautiful, but I have a look: blond hair, high heels, lots of makeup."



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## "I think glamour all the time. I wake up in the morning and I'm already thinking glamour."



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"My style is not that big. I wear heels. I wear tight pants. I wear diamonds."



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"We shouldn't be copying what we see. We should try to find our own sense of style, to believe in ourselves."



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"Wear a fabulous smile, great jewelry and know that you are totally and utterly in control."



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"Fashion is about dreaming and making others dream." - Donatella Versace.



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## "Fashion is a weapon that you can use when you need it."



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## "You can be too boring, but you can never be too seductive."



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On flats: "I never, ever wear flats. Every time I wear them I fall over! The only flats I own are my sneakers, which I only wear when inside the gym and always with black and diamonds."



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If Versace had a mantra, what would it be?

Dontatella's Answer: "Dare to look away."

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"You gotta have style. It helps you get down the stairs. It helps you get up in the morning. It's a way of life. Without it, you're nobody."

## <u> Underneath My Design Tutorial</u>

In the table below:

f is fully enveloping the

softness of your body. Introducing you as a "Woman in your ultimate softness" to yourself.

Exotic is feeling your

way through any feelings that came up through the day (once you feel yourself through your lace lingerie set you'll find that you are feeling yourself through to the next state of yumminess that is waiting underneath).

Feminine is having

a feminine mindset, being understanding and feminine with yourself and yes even setting boundaries in a feminine way so that way your energy is protected and your nervous system is as well.

Heavenly

is surrounding yourself with

vibrations that feels heavenly, from the fabric and style of clothes that you put on your skin to the music you listen too. Surround yourself with heavenly things...the flowers on the table and wearing stilettos to the store.

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## "The dress must follow the body of a woman, not the body following the shape of the dress."—Hubert de Givenchy .

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## "Clothes mean nothing until someone lives in them." - Marc Jacobs.

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## "I want people to see the dress, but focus on the woman."—Vera Wang.

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## $"In \ order \ to \ be \ irreplaceable \ one \ must \ always \ be \ different."-Coco \ Chanel,$

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Steep like an anget...

## "Fashions fade, style is eternal."—Yves Saint Laurent



## "I don't do fashion. I am fashion."—Coco Chanel.

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### "Elegance is not standing out but being remembered."—Giorgio Armani.

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### $"I\ can't\ concentrate\ in\ flats."-Victoria\ Beckham.$

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#### "Style is something that each of us already has. All we need to do is find it." - Diane Von Furstenburg

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# "Over the years I have learned that what is important in a dress is the woman who is wearing it."—Yves Saint Laurent.

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#### "One is never over-dressed or underdressed with a Little Black Dress." -Karl Lagerfeld.

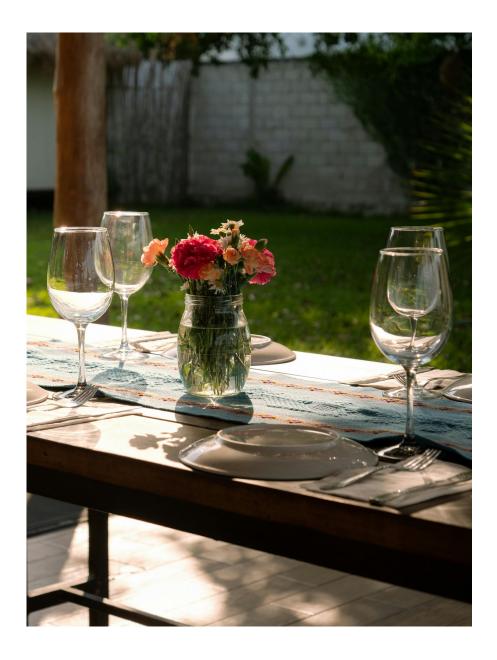
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Steep like an angel...

# "A great dress can make you remember what is beautiful about life." —Rachel Roy.

	-Kuchet Koy.				
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### The wineglass diet.



The wineglass diet involves having a wineglass portion of protein and a champagne serving of anything else (if anything else at all). Possible protein options include: Salmon, burgers, meatloaf, steak, ribs, tuna, ham, drumsticks, thighs, wings, chicken breast, bacon, cod, crab, clam, shrimp, turkey...the possibilities are endless. ...Please note, this is my personal diet. Please see a nutritionist before making any changes to yours!

THE WINES S DIET.

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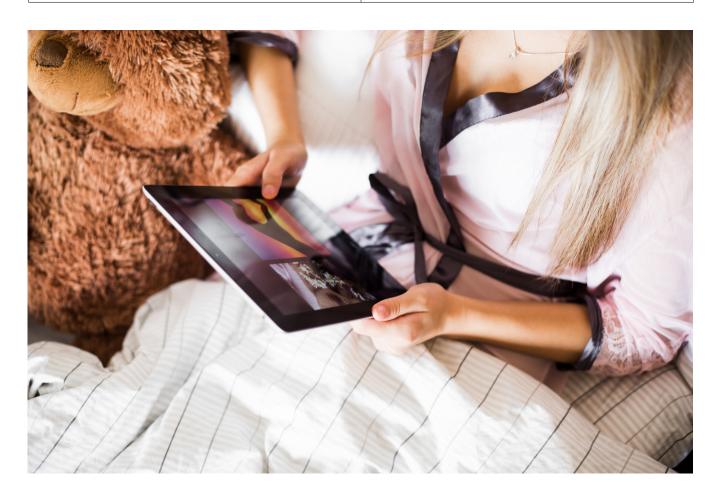
How do you practice self care while your on your cycle?

Diet:	Workout Plan Adjustments:
Rest:	Extra self care:

How did you body feel this month?

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"A cycle is a woman's time to rest and renew every month."

### **LUXURIOUS SILK ROBE CALENDAR**

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### MY CUPLESS LEATHER BRA. MY SEX PLAN.

Sleep. Hydrate overall fully. Lingerie workouts. - Morning. Lingerie workouts – Evening. "Goddess" & luxurious minimalism. Evaluate your time vs. your sex appeal.

### **MY STRIPPER LIST.**

### MY NUDE LIPSTICK.

Say the word "perhaps." Only the Wineglass Diet goes through these lips. Refrain from gossiping & talk about beauty instead. Live by your marriage vows everyday.



### MY MARRIAGE VOWS.

Dear body I promise to live in and breath in you like I'm wearing the body of a goddess

Welcome to the secrets that are underneath your tyge

A CHAMPAGNE CRYSTAL SOFT CHANTILLY LACE BRA.

THE "ANGELS & DIAMONDS" GARTER BELT.

THE HEAVENLY EXOTIC SATIN HARNESS.

The sensually platinum push-up bra with goddess bondage straps.

THE ESSENCE OF PEARL CHANTILLY LACE BODYSUIT.

SEDUCTIVE BOMBSHELL STILETTOS.

THE GODDESS CORSET.

PHENOMENALLY SEXY DOUBLE DIPPED IN GOLD CORSET.

THE "GODDESS UNLEASHED" LINGERIE ONE-PIECE.

THIGH-HIGH BLACK VELVET GODDESS STILETTOS.

THE BIKINI SILHOUETTE GOLDEN GODDESS LACE BRA & PANTY SET.

LINGERIE COMPLETELY COVERED IN GORGEOUS GODDESS CHOCLATE DIAMONDS.

GODDESS WINGS.

A COBALT BLUE BODY HUGGING LINGERIE DRESS.

THE PARADISE LINGERIE SET.

THE HEAVEN IN LACE BRA & PANTY SET.

HOLY GODDESS LINGERIE-THE EXOTIC LACEY MASTERPIECE COVERED IN CRYSTALS AND DIAMONDS.

A LUXURIOUSLY SATIN BRA & PANTY SET.

"EXOTIC DIAMONDS" LINGERIE COLLECTION.

SHIMMERING SULTRY GODDESS LINGERIE.

A GODDESS SET OF "KISSABLE CURVES."

GOLD LINED CORSETS.

EXOTIC HEAVENLY SHEER BRA & PANTY SET.

PEARL PUSH-UP BRALETTE.

Unlined angelic bras made from Italian lace.

LUXURIOUS SILK ROBES.

SOFT ROSE GOLD LINGERIE.

Lace & rubies bra and panty set.

SEDUCTIVELY SEXY SILK NEGLIGEE.

THE GOLDEN GODDESS LINGERIE COLLECTION.

The angels from heaven goddess bodysuit (that is completely COVERED IN DIAMONDS).

SOFT PINK & GOLD CHANTILLY LACE BRA & PANTY SET.

BEAUTIFUL FEMININE LACE PANTIES.

A GORGEOUS FEMININE LACE GARTER.

EXTRA SOFT FEMININE LACE THIGH HIGHS THAT GLITTER WITH DIAMONDS AT THE TOP.

A GARTER MADE FROM THE LIGHTEST GOLD IN THE WORLD.

The fantasy lingerie collection: bodysuits, bra & panty sets, GODDESS BONDAGE LINGERIE, AND SOFT CHIFFON DRESSES DIPPED IN THE LIGHTEST, EFFERVESCENTLY, MOST HEAVENLY GODDESS-LIKE FEELING LINGERIE IN THE WORLD.

A BLACK TIPPED DIAMOND BRA & PANTY SET.

BEAUTIFUL RED VELVET LINGERIE.

A MAGNETIC GORGEOUS PEARL BRA.

A Breathtaking bra and panty set made from Italian lace.

A Parisian pearl bodysuit.

A SEDUCTIVELY SHEER ROBE THAT IS DELICATELY ADORNED WITH TOPAZ, RUBIES, AND EMERALDS.

AN ALLURINGLY LEATHER GARTER.

AN EXOTIC CUPLESS CORSET COVERED IN JEWELS.

DELICATE SWAROVSKI PASTIES.

A RED LUXURY BONDAGE BRA.

A GOLDEN HEAVENLY BONDAGE LINGERIE DRESS.

A LIGHT PINK SOFT CHIFFON ROBE.

THE LUXURIOUSLY SENSUAL MIDNIGHT GODDESS CAGED BRA.

A SEXY & SEDUCTIVE LEATHER BALCONETTE BRA.

A SOFT SILK CAMISOLE.

A FITTED PINK AND GOLD BODYSUIT ADORNED WITH JEWELS.

GORGEOUS BRIDAL LINGERIE HIGHLIGHTED WITH CRYSTALS AND DIAMONDS.

A LACEY BLACK LINGERIE DRESS AND UNDERNEATH IT A "GODDESS CORSET."

A LUXURIOUS GODDESS HARNESS.

A gorgeous white and pink feminine corset dress paired with CHOCOLATE NUDE LOUBOUTINS.

SUGARS, ROSES, & LACE BODYSUIT.

A SATIN LINGERIE DRESS.

A leather & lace lingerie dress.

THE GODDESS ROBE.

A LACE CHOKER.

Alluring pearl handcuffs paired with a delicate pearl lace bra & PANTY SET.

A CUPLESS LEATHER BRALETTE.

A SEE-THROUGH VICTORIAN BUSTIER.

A SENSUAL BLACK BODY STOCKING MADE OF JEWELS.

A TOPAZ BRA.

A JEWELED GARTER BELT.

LACEY BLACK CHIFFON FISHNETS RIMMED WITH DIAMONDS.

A MIDNIGHT BLUE CHIFFON LINGERIE DRESS WITH GOLD HIGHLIGHTS.

The exotic pearl lingerie dress made of pearls that delicately HUG MY BODY HANGING ON GOLDEN STRANDS.

A BRA AND PANTY SET MADE OF GOLD SEASHELLS.

A GOLD BRALETTE AND PANTY SET MADE OF GOLD LINKS AND EMERALDS.

An elegantly sensual sheer silver lace lattice bra and panty set. A BRALETTE MADE OF WHITE DIAMONDS.

A HONEY GOLD BRA AND PANTY SET RIMMED WITH BLACK DIAMONDS.

A FANTASY GODDESS CORSET SET IN GOLD ADORNED WITH PAVE DIAMONDS.

An emerald bra and panty set.

A BLUSH PINK BRA AND PANTY SET COVERED IN PINK SAPPHIRES.

A LACEY BLACK SEE THROUGH LINGERIE DRESS WITH GOLDEN GODDESS LINGERIE HIGHLIGHTS WITH GOLD & PINK CRYSTALS.

A WHITE SATIN CORSET COVERED IN GORGEOUS GODDESS RUBIES.

A SENSUAL PASSION LINGERIE ONE PIECE ADORNED WITH CRYSTALS, GOLD. AND DIAMONDS.

A STRAPPY LINGERIE DRESS.

THE FANTASY GODDESS LINGERIE BABY DOLL DRESS.

A LEATHER BUSTIER RIMMED WITH CHANTILLY LACE.

A HOT PINK CORSET COVERED IN WHITE DIAMONDS.

A SOFT & SEDUCTIVE BLACK PEARL LINGERIE HARNESS.

A GARTER BELT, HANDCUFFS, HARNESS, BRA & PANTY SET MADE OF FRENCH LACE THAT FEELS EXOTIC & INCREDIBLE ON YOUR BODY.

A SENSUALLY SEXY LACEY PLAYSUITE HARNESS.

A BODYSUIT MADE OF TIARAS.

A SHEER LINGERIE DRESS THAT HUGS YOUR BODY LIKE A GODDESS AND IS COMPLETELY COVERED IN DIAMONDS.



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**SEPTEMBER** 

# THE 4 ULTIMATE COLLECTIONS OF LINGERIE.

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OCTOBER

# THE 4 ULTIMATE COLLECTIONS OF LINGERIE.

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NOVEMBER

# THE 4 ULTIMATE COLLECTIONS OF LINGERIE.

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**DECEMBER** 

### THE FULL DESIGN TO MY LINGERIE SET.



Here are the elements of being lingerie...

Sleeping like an angel.
Catching all my lace

Through dancing after working out and wrapping myself in the energy of my body that I've iust created.

The Legs of a Goddess...

A woman's energy system and a man's energy system are very different, either say the word 'goddess" (for a fuller opening) or the word ves (for a smaller sensual opening). Saying the word "yes" helps the mind and body as well because they never hear that word, saying the word goddess purifies you deeper

energetically.

When you perform this practice of saying either word while doing your reps it opens up the lips between your hips this pours soft renewable energy (i.e. light angelic energy) into you and transforms your body into lingerie

Crystals & Lace. Find the tight crystals in your body and transform

them into lace.

Bonus



# THE SECRET TO MY LIFE: WXWIOUS MINIMALISM. In my world

"Minimalism" is open to interpretation. However luxurious minimalism is keeping things as minimal as possible while adding style to it. This style can grocery shopping while wearing a tiara or typing up a newsletter with a flower in your hair. This style can be sipping water from a wineglass or styling in dance breaks as you work. This style can be sending out handwritten thank you cards or seeing yourself as a goddess while orchestrating meetings in a boardroom. This is your life. While not live it like your wearing lingerie and design it that way?

I also love to add a little bootylicious design to my day in the following tables you'll see a B, L, & G in each day. B= Bombshell Butt Lift: Completed from the day before...an end of night 5 minute workout. L=The Legs of a Goddess, my morning workout. P=Pancakes to Peaches: A short workout that's done in the middle of the day that highlights the peaches.

A luxurious minimalist is a woman who keeps things "minimal" while always living in style. At the end of all 12 months there is "Brazilian" section is dedicated to your finances which all a part of your energy as well. A feminine woman brings the best energy, the best vibration in every area of her life – from her workouts, to her lifestyle, to her money. This is your planner and you get to design your life with as much style as you would like.

"Style is wearing an evening dress to McDonalds, wearing heels to play football. It is personality, confidence and seduction." - John Galliano.

January

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В	L	Р	В	L	Р	В	L	Р	В	L	Р	В	L	Р	В	L	Р	В	L	Р
В	L	P	В	L	P	В	L	Р	В	L	Р	В	L	Р	В	L	Р	В	L	Р
В	L	Р	В	L	Р	В	L	Р	В	L	Р	В	L	Р	В	L	Р	В	L	Р

# September

St	JND	ΑY	M	OND	AY	Τι	JESD.	AY	WEI	ONES	DAY	Тн	URSE	DAY	F	RIDA	Y	SA	ΓURD	AY
		_									_			_						_
В	L	Р	В	L	Р	В	L	Р	В	L	Р	В	L	Р	В	L	Р	В	L	Р
В	L	Р	В	L	Р	В	L	Р	В	L	Р	В	L	Р	В	L	Р	В	L	Р
В	L	Р	В	L	Р	В	L	Р	В	L	Р	В	L	Р	В	L	Р	В	L	Р
В	L	Р	В	L	P	В	L	P	В	L	Р	В	L	Р	В	L	P	В	L	Р
В	L	Р	В	L	Р	В	L	Р	В	L	Р	В	L	Р	В	L	P	В	L	Р
				_			_	_			_									
В	L	Р	В	L	P	В	L	P	В	L	Р	В	L	Р	В	L	P	В	L	Р



St	JND	ΑY	M	OND.	AY	Τι	JESD	AY	WEI	ONES	DAY	Тн	URSE	DAY	F	RIDA	Y	SAT	ΓURD	AY
											_									
В	L	Р	В	L	Р	В	L	P	В	L	Р	В	L	Р	В	L	Р	В	L	Р
В	L	Р	В	L	Р	В	L	Р	В	L	Р	В	L	Р	В	L	Р	В	L	Р
Б	L	1	Ъ	L	1	Ъ	L	1	Б	L	1		L	1		L	1		L	1
В	L	Р	В	L	Р	В	L	Р	В	L	Р	В	L	Р	В	L	Р	В	L	Р
В	L	Р	В	L	Р	В	L	Р	В	L	Р	В	L	Р	В	L	Р	В	L	Р
D	L	ľ	D	L	ľ	D	L	ľ	Б	L	Γ	D	L	Γ	D	L	ľ	D	L	P
В	L	Р	В	L	Р	В	L	Р	В	L	Р	В	L	Р	В	L	Р	В	L	Р



St	JND	AY	M	OND	AY	Τι	JESD.	AY	WEI	ONES	DAY	Тн	URSE	DAY	F	RIDA	Y	SAT	ΓURE	PΑΥ
											_			_						_
В	L	Р	В	L	P	В	L	P	В	L	Р	В	L	Р	В	L	P	В	L	Р
В	L	Р	В	L	Р	В	L	Р	В	L	Р	В	L	Р	В	L	Р	В	L	Р
	L	1			1	Б	L	1	В	L	1		L	1		L	1	Б	L	1
В	L	Р	В	L	P	В	L	Р	В	L	Р	В	L	Р	В	L	Р	В	L	Р
В	L	Р	В	L	Р	В	L	Р	В	L	Р	В	L	Р	В	L	Р	В	L	Р
D	L	ľ	D	L	ľ	D	L	ľ	Б	L	Γ	D	L	Γ	D	L	ľ	D	L	Г
В	L	Р	В	L	P	В	L	Р	В	L	Р	В	L	Р	В	L	Р	В	L	Р

# 

St	JND	AY	M	OND.	AY	Τι	JESD	AY	WEI	ONES	DAY	Тн	URSE	DAY	F	RIDA	Y	SAT	ΓURD	AY
											_									
В	L	Р	В	L	Р	В	L	P	В	L	Р	В	L	Р	В	L	Р	В	L	Р
В	L	Р	В	L	Р	В	L	Р	В	L	Р	В	L	Р	В	L	Р	В	L	Р
Б	L	1	Ъ	L	1	Ъ	L	1	Б	L	1		L	1		L	1		L	1
В	L	Р	В	L	Р	В	L	Р	В	L	Р	В	L	Р	В	L	Р	В	L	Р
В	L	Р	В	L	Р	В	L	Р	В	L	Р	В	L	Р	В	L	Р	В	L	Р
D	L	ľ	D	L	ľ	D	L	ľ	Б	L	Γ	D	L	Γ	D	L	ľ	D	L	P
В	L	Р	В	L	Р	В	L	Р	В	L	Р	В	L	Р	В	L	Р	В	L	Р

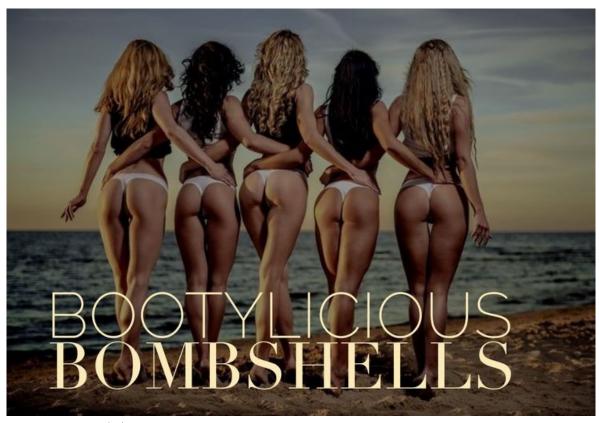
#### **LUXURIOUS MINIMALISM CONT.**

"Make your finances as smooth & easy to navigate as a Brazilian wax."

# ly Brazilian.

Janu	<u>JARY</u>	Febr	<u>UARY</u>	<u>N</u>	larch	<u>AP</u>	RIL
	Gave myself a Brazilian.		Gave myself a Brazilian.		Gave myself a Brazilian.		Gave myself a Brazilian.
Week 1	Brazilian.	Week 1	Brazilian.	Week 1	Brazilian.	Week 1	Brazilian.
Week 2	Brazilian.	Week 2	Brazilian.	Week 2	Brazilian.	Week 2	Brazilian.
Week 3	Brazilian.	Week 3	Brazilian.	Week 3	Brazilian.	Week 3	Brazilian.
Week 4	Brazilian.	Week 4	Brazilian.	Week 4	Brazilian.	Week 4	Brazilian.
<u>M</u>	<u>AY</u>	<u>Ju</u>	<u>NE</u>		JULY	AUC	<u>GUST</u>
	Gave myself a Brazilian.		Gave myself a Brazilian.		Gave myself a Brazilian.		Gave myself a Brazilian.
Week 1	Brazilian.	Week 1	Brazilian.	Week 1	Brazilian.	Week 1	Brazilian.
Week 2	Brazilian.	Week 2	Brazilian.	Week 2	Brazilian.	Week 2	Brazilian.
Week 3	Brazilian.	Week 3	Brazilian.	Week 3	Brazilian.	Week 3	Brazilian.
Week 4	Brazilian.	Week 4	Brazilian.	Week 4	Brazilian.	Week 4	Brazilian.
SEPTE	MBER	OCT	<u>OBER</u>	No	VEMBER	DECE	MBER
	Gave myself a Brazilian.		Gave myself a Brazilian.		Gave myself a Brazilian.		Gave myself a Brazilian.
Week 1	Brazilian.	Week 1	Brazilian.	Week 1	Brazilian.	Week 1	Brazilian.
Week 2	Brazilian.	Week 2	Brazilian.	Week 2	Brazilian.	Week 2	Brazilian.
Week 3	Brazilian.	Week 3	Brazilian.	Week 3	Brazilian.	Week 3	Brazilian.
Week 4	Brazilian.	Week 4	Brazilian.	Week 4	Brazilian.	Week 4	Brazilian.

Tend to your money like a garden so that it grows. - Inspired by Tonya Leigh.



MY SECRET BOOTYLICIOUS RECIPE.

Jan	FEB	MARCH	APRIL	MAY	June	JULY	AUG	SEPT	OCT	Nov	DEC

# Did you complete your bootylicous recipe this month?



# THE BODY OF A GODDESS

"The Body of a Goddess is the Victoria's Secret fantasy lingerie set that makes up our skin and all the energy that radiates without and within."

#### *Today's Mantra:*

Every woman is wearing the body of a goddess as a lingerie set on their bodies – including me.



# ngel wings.



The same feathers are used in all three sets of wings.







In the tables below look at a few elements of my lingerie, skincare, g-spot workouts (saying the word "goddess" or "yes" as I workout). Catching all my lace (i.e. performing a short sensual dance after each workout and then at the end of the day I ask myself...

- 1. Was I in my simplest form?
- 2. Did I feel sexy?

#### **SKINCARE**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

### g-SPOT WORKOUTS

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31		

#### CATCH ALL MY LACE.

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31		

DA	XY 1	Da	Y 2	DA	Y 3	DA	Y 4	DA	Y 5	DA	Y 6	DA	Y 7	Da	Y 8
SIMPLE	SEXY														
DA	Y 9	DAY	7 10	Da	Y 11	Da	Y 12	Da	Y 13	Da	Y 14	Da	Y 15	Day	7 16
SIMPLE	SEXY														
DA	Y 17	DAY	7 18	Da	y 19	DAY	7 20	Da	Y 21	DAY	7 22	DAY	7 23	Day	24
SIMPLE	SEXY														
Day	Y 25	Day	7 26	Day	7 27	Day	7 28	DAY	7 29	DA	y 30	Da	Y 31		
SIMPLE	SEXY														

<sup>&</sup>quot;Fitness is a lingerie brand and you as a woman get to decide how to wear it."

#### **SKINCARE**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

# \_SPOT WORKOUTS

1		2	3	4	5	6	7	8	9	10	11
12		13	14	15	16	17	18	19	20	21	22
23	3	24	25	26	27	28	29	30	31		

#### CATCH ALL MY LACE.

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31		

#### WAS MY BODY IN THE SIMPLEST FORM & DID I FEEL SEXY?

DA	AY 1	DA	Y 2	DA	Y 3	DA	Y 4	DA	Y 5	DA	Y 6	DA	Y 7	Da	Y 8
SIMPLE	SEXY														
DA	Y 9	Day	y 10	Da	Y 11	Da	Y 12	Da	Y 13	Da	Y 14	Da	Y 15	DAY	7 16
SIMPLE	SEXY														
Da	Y 17	Da	y 18	DAY	y 19	DAY	7 20	Da	y 21	DAY	7 22	DAY	Y 23	Day	24
Simple	SEXY														
Da	Y 25	Day	7 26	Day	7 27	Day	7 28	Day	7 29	DA	y 30	Da	Y 31		
SIMPLE	SEXY														

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#### **SKINCARE**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

## *q***-**SPOT WORKOUTS

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31		

#### CATCH ALL MY LACE.

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31		

DA	AY 1	DA	Y 2	Da	Y 3	DA	Y 4	DA	Y 5	DA	Y 6	DA	Y 7	Da	Y 8
SIMPLE	SEXY														
DA	Y 9	Da	Y 10	Da	Y 11	Da	Y 12	Da	Y 13	Da	Y 14	Da	Y 15	DAY	7 16
SIMPLE	SEXY														
Da	Y 17	Da	Y 18	DAY	y 19	DAY	7 20	DA	y 21	DAY	7 22	DA	Y 23	Day	7 24
SIMPLE	SEXY														
Da	Y 25	Day	7 26	Day	7 27	Day	7 28	Day	7 29	DAY	y 30	Da	Y 31		
SIMPLE	SEXY														

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#### **SKINCARE**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

## *q***-**SPOT WORKOUTS

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31		

#### CATCH ALL MY LACE.

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31		

DA	AY 1	DA	Y 2	Da	Y 3	DA	Y 4	DA	Y 5	DA	Y 6	DA	Y 7	Da	Y 8
SIMPLE	SEXY														
DA	Y 9	Da	Y 10	Da	Y 11	Da	Y 12	Da	Y 13	Da	Y 14	Da	Y 15	DAY	7 16
SIMPLE	SEXY														
Da	Y 17	Da	Y 18	DAY	y 19	DAY	7 20	DA	y 21	DAY	7 22	DA	Y 23	Day	7 24
SIMPLE	SEXY														
Da	Y 25	DAY	7 26	Day	7 27	Day	7 28	Day	7 29	DAY	y 30	Da	Y 31		
SIMPLE	SEXY														

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#### **SKINCARE**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

# a-SPOT WORKOUTS

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31		

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1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31		

DA	AY 1	DA	Y 2	Da	Y 3	DA	Y 4	DA	Y 5	DA	Y 6	DA	Y 7	Da	Y 8
SIMPLE	SEXY														
DA	Y 9	Da	Y 10	Da	Y 11	Da	Y 12	Da	Y 13	Da	Y 14	Da	Y 15	DAY	7 16
SIMPLE	SEXY														
Da	Y 17	Da	Y 18	DAY	y 19	DAY	7 20	DA	y 21	DAY	7 22	DA	Y 23	Day	7 24
SIMPLE	SEXY														
Da	Y 25	Day	7 26	Day	7 27	Day	7 28	Day	7 29	DAY	y 30	Da	Y 31		
SIMPLE	SEXY														

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#### **SKINCARE**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

# *a***-**SPOT WORKOUTS

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31		

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1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31		

DA	XY 1	DA	Y 2	Da	Y 3	Da	Y 4	DA	Y 5	DA	Y 6	DA	Y 7	DA	Y 8
Simple	SEXY														
DA	Y 9	Day	y 10	Da	Y 11	DAY	r 12	Da	Y 13	Da	Y 14	Da	Y 15	Day	y 16
Simple	SEXY														
Da	Y 17	Da	y 18	Day	7 19	Day	20	Da	y 21	Day	7 22	Da	Y 23	Day	7 24
Simple	SEXY														
DAY	Y 25	DAY	7 26	DAY	7 27	DAY	7 28	DAY	7 29	Day	Y 30	Da	Y 31		
SIMPLE	SEXY														

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

### *a***-**SPOT WORKOUTS

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12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31		

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12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31		

DA	XY 1	DA	Y 2	Da	Y 3	Da	Y 4	DA	Y 5	DA	Y 6	DA	Y 7	DA	Y 8
Simple	SEXY														
DA	Y 9	Day	y 10	Da	Y 11	DAY	r 12	Da	Y 13	Da	Y 14	Da	Y 15	Day	y 16
Simple	SEXY														
Da	Y 17	Da	y 18	Day	7 19	Day	20	Da	y 21	Day	7 22	Da	Y 23	Day	7 24
Simple	SEXY														
DAY	Y 25	DAY	7 26	DAY	7 27	DAY	7 28	DAY	7 29	Day	Y 30	Da	Y 31		
SIMPLE	SEXY														

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#### **SKINCARE**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

# *a***-**SPOT WORKOUTS

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31		

#### CATCH ALL MY LACE.

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31		

Y 1	Da	Y 2	Da	Y 3	DA	Y 4	DA	Y 5	DA	Y 6	DA	x 7	DA	Y 8
SEXY	Simple	SEXY	Simple	SEXY	Simple	SEXY	Simple	SEXY	SIMPLE	SEXY	SIMPLE	SEXY	SIMPLE	SEXY
Y 9	Day	y 10	Da	Y 11	Da	y 12	Da	y 13	Da	Y 14	Da	Y 15	Da	Y 16
SEXY	Simple	SEXY	Simple	SEXY	Simple	SEXY	Simple	SEXY	SIMPLE	SEXY	SIMPLE	SEXY	SIMPLE	SEXY
Y 17	Day	y 18	DAY	y 19	DAY	7 20	DA	y 21	DAY	7 22	Da	Y 23	DAY	7 24
SEXY	Simple	SEXY	Simple	SEXY	Simple	SEXY	Simple	SEXY	Simple	SEXY	Simple	Sexy	SIMPLE	SEXY
7 25	DAY	7 26	DAY	7 27	Day	7 28	Day	7 29	DA	y 30	Da	Y 31		
SEXY	SIMPLE	SEXY	SIMPLE	SEXY	Simple	SEXY	Simple	SEXY	SIMPLE	SEXY	SIMPLE	SEXY		
Y	SEXY  Y 9  SEXY  / 17  SEXY	SEXY SIMPLE  Y 9 DAY  SEXY SIMPLE  Y 17 DAY  SEXY SIMPLE	SEXY SIMPLE SEXY  Y 9 DAY 10  SEXY SIMPLE SEXY  7 17 DAY 18  SEXY SIMPLE SEXY  7 25 DAY 26	SEXY SIMPLE SEXY SIMPLE  Y 9 DAY 10 DA  SEXY SIMPLE SEXY SIMPLE  Y 17 DAY 18 DAY  SEXY SIMPLE SEXY SIMPLE  Y 25 DAY 26 DAY	SEXY SIMPLE SEXY SIMPLE SEXY  Y 9 DAY 10 DAY 11  SEXY SIMPLE SEXY SIMPLE SEXY  Y 17 DAY 18 DAY 19  SEXY SIMPLE SEXY SIMPLE SEXY  Y 25 DAY 26 DAY 27	SEXY SIMPLE SEXY SIMPLE SEXY SIMPLE  Y 9 DAY 10 DAY 11 DAY  SEXY SIMPLE SEXY SIMPLE SEXY SIMPLE  Y 17 DAY 18 DAY 19 DAY  SEXY SIMPLE SEXY SIMPLE SEXY SIMPLE  Y 25 DAY 26 DAY 27 DAY	SEXY SIMPLE SEXY SIMPLE SEXY  Y 9 DAY 10 DAY 11 DAY 12  SEXY SIMPLE SEXY SIMPLE SEXY  7 17 DAY 18 DAY 19 DAY 20  SEXY SIMPLE SEXY SIMPLE SEXY  SEXY SIMPLE SEXY SIMPLE SEXY  T 25 DAY 26 DAY 27 DAY 28	SEXY SIMPLE SEXY SIMPLE SEXY SIMPLE SEXY SIMPLE  Y 9 DAY 10 DAY 11 DAY 12 DAY  SEXY SIMPLE SEXY SIMPLE SEXY SIMPLE SEXY SIMPLE  Y 17 DAY 18 DAY 19 DAY 20 DAY  SEXY SIMPLE SEXY SIMPLE SEXY SIMPLE SEXY SIMPLE  Y 25 DAY 26 DAY 27 DAY 28 DAY	SEXY SIMPLE SEXY SIMPLE SEXY SIMPLE SEXY  Y 9 DAY 10 DAY 11 DAY 12 DAY 13  SEXY SIMPLE SEXY SIMPLE SEXY SIMPLE SEXY  Y 17 DAY 18 DAY 19 DAY 20 DAY 21  SEXY SIMPLE SEXY SIMPLE SEXY SIMPLE SEXY  SEXY SIMPLE SEXY SIMPLE SEXY SIMPLE SEXY  Y 17 DAY 26 DAY 27 DAY 28 DAY 29	SEXY SIMPLE SEXY SIMPLE SEXY SIMPLE SEXY SIMPLE  Y 9 DAY 10 DAY 11 DAY 12 DAY 13 DAY  SEXY SIMPLE SEXY SIMPLE SEXY SIMPLE SEXY SIMPLE  Y 17 DAY 18 DAY 19 DAY 20 DAY 21 DAY  SEXY SIMPLE SEXY SIMPLE SEXY SIMPLE SEXY SIMPLE  Y 17 DAY 18 DAY 19 DAY 20 DAY 21 DAY  SEXY SIMPLE SEXY SIMPLE SEXY SIMPLE SEXY SIMPLE  Y 25 DAY 26 DAY 27 DAY 28 DAY 29 DAY	SEXY SIMPLE SEXY SIMPLE SEXY SIMPLE SEXY SIMPLE SEXY  Y 9 DAY 10 DAY 11 DAY 12 DAY 13 DAY 14  SEXY SIMPLE SEXY SIMPLE SEXY SIMPLE SEXY SIMPLE SEXY  Y 17 DAY 18 DAY 19 DAY 20 DAY 21 DAY 22  SEXY SIMPLE SEXY SIMPLE SEXY SIMPLE SEXY SIMPLE SEXY  Y 17 DAY 18 DAY 19 DAY 20 DAY 21 DAY 22  SEXY SIMPLE SEXY SIMPLE SEXY SIMPLE SEXY SIMPLE SEXY  Y 17 DAY 26 DAY 27 DAY 28 DAY 29 DAY 30	SEXY SIMPLE SEXY SIMPLE SEXY SIMPLE SEXY SIMPLE SEXY SIMPLE  Y 9 DAY 10 DAY 11 DAY 12 DAY 13 DAY 14 DAY  SEXY SIMPLE SEXY SIMPLE SEXY SIMPLE SEXY SIMPLE SEXY SIMPLE  Y 17 DAY 18 DAY 19 DAY 20 DAY 21 DAY 22 DAY  SEXY SIMPLE SEXY SIMPLE SEXY SIMPLE SEXY SIMPLE SEXY SIMPLE  Y 17 DAY 18 DAY 19 DAY 20 DAY 21 DAY 22 DAY  SEXY SIMPLE SEXY SIMPLE SEXY SIMPLE SEXY SIMPLE SEXY SIMPLE  Y 25 DAY 26 DAY 27 DAY 28 DAY 29 DAY 30 DAY	SEXY SIMPLE SEXY SIMPLE SEXY SIMPLE SEXY SIMPLE SEXY SIMPLE SEXY SIMPLE SEXY  Y 9 DAY 10 DAY 11 DAY 12 DAY 13 DAY 14 DAY 15  SEXY SIMPLE S	SEXY SIMPLE SEXY S

<sup>&</sup>quot;Fitness is a lingerie brand and you as a woman get to decide how to wear it."

#### **SKINCARE**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

# *a***-**SPOT WORKOUTS

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31		

#### CATCH ALL MY LACE.

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31		

DA	AY 1	DA	Y 2	Da	Y 3	DA	Y 4	DA	Y 5	DA	Y 6	DA	Y 7	Da	Y 8
SIMPLE	SEXY														
DA	Y 9	Da	Y 10	Da	Y 11	Da	y 12	Da	y 13	Da	Y 14	Da	Y 15	DAY	7 16
SIMPLE	SEXY														
DA	Y 17	Da	Y 18	DAY	y 19	DAY	7 20	DA	Y 21	DAY	7 22	DAY	Y 23	Day	7 24
SIMPLE	SEXY														
Da	Y 25	DAY	7 26	Day	7 27	Day	7 28	Day	7 29	DAY	y 30	Da	Y 31		
SIMPLE	SEXY														

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#### **SKINCARE**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

## *q***-**SPOT WORKOUTS

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31		

#### CATCH ALL MY LACE.

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31		

DA	XY 1	DA	Y 2	Da	Y 3	Da	Y 4	DA	Y 5	DA	Y 6	DA	Y 7	DA	Y 8
Simple	SEXY														
DA	Y 9	Day	y 10	Da	Y 11	DAY	r 12	Da	Y 13	Da	Y 14	Da	Y 15	Day	y 16
Simple	SEXY														
Da	Y 17	Da	y 18	Day	7 19	Day	20	Da	y 21	Day	7 22	Da	Y 23	Day	7 24
Simple	SEXY														
DAY	Y 25	DAY	7 26	DAY	7 27	DAY	7 28	DAY	7 29	Day	Y 30	Da	Y 31		
SIMPLE	SEXY														

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#### **SKINCARE**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

# a-spot workouts

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31		

#### CATCH ALL MY LACE.

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12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31		

DA	XY 1	DA	Y 2	DA	Y 3	DA	Y 4	DA	Y 5	DA	Y 6	DA	Y 7	DA	Y 8
Simple	SEXY														
DA	Y 9	Day	Y 10	Da	Y 11	Da	r 12	Da	Y 13	Da	Y 14	Da	Y 15	Day	y 16
Simple	SEXY														
Da	Y 17	Day 18		Day 19		Day 20		Day 21		Day 22		Day 23		Day 24	
Simple	SEXY														
Day 25		Day 26		Day 27		Day 28		Day 29		Day 30		Day 31			
Simple	SEXY														

<sup>&</sup>quot;Fitness is a lingerie brand and you as a woman get to decide how to wear it."

#### **SKINCARE**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

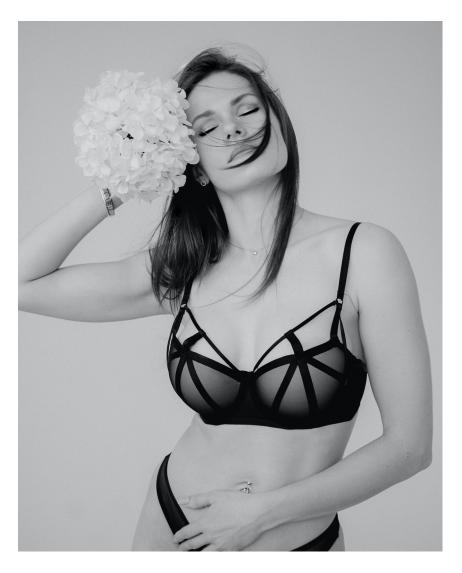
### *q***-**SPOT WORKOUTS

	2	3	4	5	6	7	8	9	10	11
2	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31		

#### CATCH ALL MY LACE.

1	2	3	4	5	6	7	8	9	10	11
12	13	14	15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30	31		

DA	XY 1	Da	Y 2	Da	Y 3	DA	Y 4	DA	Y 5	DA	Y 6	DA	Y 7	DA	Y 8
SIMPLE	SEXY	SIMPLE	SEXY												
DA	Y 9	Day	y 10	Da	Y 11	Da	y 12	Da	y 13	Day 14		Da	Y 15	Da	y 16
SIMPLE	SEXY	SIMPLE	SEXY												
DA	Y 17	Day 18		Day 19		Day 20		Day 21		Day 22		Day 23		Day 24	
SIMPLE	SEXY	SIMPLE	SEXY												
DAY	DAY 25		Day 26		Day 27		Day 28		Day 29		Day 30		Day 31		
SIMPLE	SEXY														



You as a woman are a piece of lingerie. The most feminine lingerie design is inside of you and forms the hands, lips, and eyes of your body. As woman our bodies are beautiful pieces of lingerie. There are so many beautiful lingerie designs within your body. Lingerie isn't only something that you put on, it's who you are.

Hi Gorgeous! Welcome to Underneath Your Lingerie where women's bodies are lingerie.

From a satin robe to a lacev unlined balconette there are many lingerie designs of who you as a women that are hidden within your body.

Being a woman is sexy, feminine, and fun. As women we get to choose just how lingerie-like our bodies become. After all the softest lingerie dress a woman can wear is her body and she can style it any way that she likes...with hot pink nails, with flowly summer frocks, or with diamonds hanging down from her ear. The secret to being lingerie is all in how you take care of it...hydrating yourself in a way that adds a glow to your skin.

Being a woman who fills her lace with healthy meals that encourages the ultra feminine lingerie design that lies within to appear on your lace body. A woman who exercises to encourage her lingerie design and keep it in exotic designer shape. A woman's body is her lingerie and underneath it are the dreams, hopes, and blessings of her body. Welcome to the world of being the softest most expensive design of lace and lingerie.



#### "You are made out of lingerie."

Every woman deserves a fitness plan that treats her like Dolce & Gabbana and makes her body feel like lingerie. Imagine that you walk into a lingerie store. There are many lingerie options, all designer, lined along the walls. This is the experience that you as a women are meant to have in your body. Endless lingerie collections are within your body, because at the end of the day lingerie isn't something that you put on. It's who you as a woman are in your body. Welcome to the secret of being lingerie.

Every time you go into the lingerie design of your body it so important to go into it with the intention of your body being a lingerie design unlike any in the world. As a woman being in touch of your worth is being in touch with your lace. Feeling the laciest most sensual figure of who you are as a woman within your body. As a lingerie designer I have found that I live to be this exotic in my body. I live to literally take out and see just how much more sex appeal and

leather I can add to my lace, how angelically lacey and sensual can I make my body? Let's see what's waiting for me underneath my lingerie...

# Become a woman who wears her body like lingerie...



Where do you want to add the satin to your body?

How silky do you want your curves to be? Each day become more like lace.

Think of wearing your body as unpacking the most gorgeous lingerie dress. Each time you put on this dress you find new ways to wear it that take your breath away.

Replenish your lace, renew your lace, and couture the sexiest details onto your lingerie dress. Your lingerie can only be worn as your body, kiss yourself from the inside out like diamonds as you play with how do you decorate with lace, where do you decorate it with satin, and where you delicately place the pearls.

If life stains your dress — no worries — underneath the first layer of lace that you are wearing is even sexier level of lingerie. Wash any stains off of the dress and let everything else that may have been hiding your beautiful lace fall off.

Everyday become more lacey. Everyday become more silky. Everyday design a dress that makes every woman wonder... "What's that lingerie line?" Every time you slip into your design you'll find new things that you have never learned before about your body.

As a woman your lips are lingerie, your ears are lingerie, your arms are lingerie, your eyes are lingerie, your thighs are lingerie, your palace is a lingerie palace.

Your stomach is lingerie, your back is lingerie, your hips are lingerie, your legs are lingerie, your ankles are lingerie—every single part of your body even your feet are lingerie and your entire body being lingerie is the yummiest feeling in the world.

Regardless of where you are always return back to the yumminesss within your body. In some moments it might be a level beyond ecstasy in other moments it might feel like champagne. Always return back to the yumminess of your body, use your lingerie senses within you.

At the end of the day the yumminess is you in lingerie (your senses when they are activated are itself lingerie) and it's also realizing that you, yourself are the yumminess.

This booklet is just a small reminder of how amazing it is to feel yummy in your body, a

small reminder to pursue this feeling everyday and waking up with the beautiful goal of, "Mmmm how yummy can I feel in my body?" As you ask yourself that question, and throughout the day continue to fall into your own yumminess, continuing becoming the most rejuvenating lace, the sexiest Chantilly lace, the most feminine lace, the most exotic lace, the sexiness of your own lace, gifting yourself the potential of... "How yummy can I feel in my body today?" It's not the lace that you put on, it's realizing and tapping into you being the pattern itself. You are lingerie itself.



Throughout the day practice putting yourself into your lingerie dress many times. Underneath tight nerves is the softest lace and once you release any nerves within that area you'll receive an experience a level of pleasure above any else. Find different ways to reconnect, breath into, and transform back into lace. This is why setting boundaries to protect your sex appeal (energy) and healing yourself from the hardships of life is important. The secret is to think of your body as layers of lace and the more layers of crystals, glitter, sparkles, rubies, and diamonds the more that the shape of who you are emerges from within you. After all, the fuller of your design you become the lacier you are. Your body is made of the softest lace in the world and all she wanted to do was to wear herself and have fun. "Goddess your feet, goddess your lips, goddess your thighs" and wake up to the design of your body.

The secret to wearing lingerie is all in how you own it...

Soft.

Whenever your stressed physically soften your body and perform this multiple times throughout the day.

Erotic.

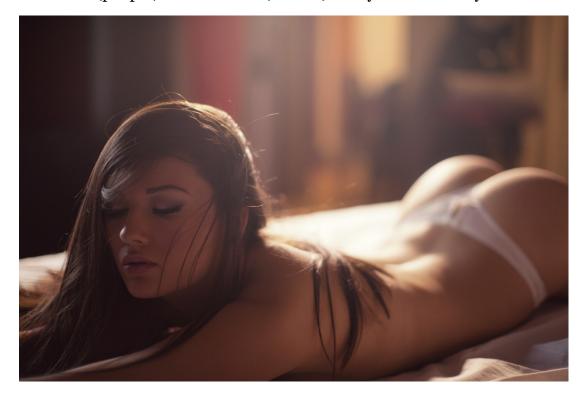
In feeling the deepest point of pain and the highest point of bliss in your body.

Gorgeous.

In your adornment.

Heavenly.

In the vibrations (people, conversations, music) that you surround yourself with.



# The Making of Perfume.

A woman's body is her lace and her energy is her sparkle and when we weave them together we create her lingerie design.

I once worked at Victoria's Secret and I remember I saw a bra so ugly that I couldn't figure out who would wear it. Well after leaving Victoria's Secret I saw the bra again, this time on a stock photo and the women wearing it took my breath away. I believe that's how it feels when we as women wear ourselves as lingerie.

When I was younger I was obsessed with watching Tyra Banks walking down the Victoria's Secret Fashion Shows, at the store I would always tell my Angel customers that the secret to wearing lingerie is all in how you own it, and the way that Tyra Banks owned her body in her lingerie inspired me.

Each year one of the supermodels was given the Fantasy Bra, bras that cost millions of dollars and there's one year that Tyra Banks was given the fantasy bra to wear but because Victoria's Secret shot their show differently that year and instead made it a traveling show there's much less pictures and videos of it. So I call it the missing fantasy bra. And through my journeys what I've discovered is that all women have a missing frequency to our bodies, that's similar to a missing part of our lingerie. I love to use the metaphor that our bodies are lingerie made out of the softest, silkiest, most luxurious lace in the world and the reason that I use that metaphor is because it's true.

What's been missing from us as women are our wings. I think I can speak for almost every woman who walked into the store when I say that we didn't really want the lingerie. We wanted the wings.

And one day I created a pair of real life Victoria's Secret wings. Wings that could have passed for an almost exact replica of the ones that you would see at the Victoria's Secret Fashion Show. All my coworkers at the store loved them but I knew that the wings that I created could be in an even more delicious shape. Well the wings in our case represent this high frequency that is deep within our bodies.

The reason why I believe this I decided to move across the country, shortly after designing my wings. Everything I owned was packed into my Toyota Camry but I couldn't get the wings to fit in the car with the rest of my things. Ostrich feathers are very expensive so I kept the feathers from the wings but I threw the structure away. I promised myself that when I arrived in Texas I would rebuild the wings but this time when I rebuilt them I would put an even sexier and an even more Victoria's Secret like design to them. And that's what I did. I kept the old feathers, added new ones, I kept the same glitter with pearls fabric that had been on the original set of wings and placed it on the base of the next set of wings because I thought it would be very symbolic but I designed the wings in a completely, completely different way.

The new set of wings ended up being so Victoria's Secret like that when people walked into my room they would ask me how I was able to own an actual pair of Victoria's Secret wings. I used to the wings to do different boudoir photo-shoots with women in a book that I wrote, called Your Sparkle Is Inside of You and the women would wear the wings and share how they were

able to find their wings and discovering how to love and reconnect with themselves after really hard times in their lives.

I wore the wings for my own photo-shoots as well and after so many women wearing them the wings were no longer white. I wanted to keep the wings so I dyed the feathers pink and added some flowers to them and then just like that I had a third version of my wings. I even reinforced the structure in them too and some of the flowers that I used were from the bouldoir photo-shoots and also from a private self love practice that I performed in Texas where I wrote myself a pair of wedding vows and married myself.

When I moved from Texas to Florida the wings weren't able to be taken apart and rebuilt anymore, they wouldn't have survived it. So I managed to take them with me as is, without breaking them down. And then during one of my moves in California I eventually had to take the wings completely apart and I knew as I was doing it that the wings wouldn't be able to be rebuilt.

The reason why I'm sharing this is because wings of a woman are the frequency around her body. When I moved to Texas it was to rest, renew, and restore myself. I ended up resting, renewing, and restoring my body. I was able to keep the centerpiece of the wings though, which is this heart shaped metal structure that was meant to be used for gardening but I had used for the center of the design of my Victoria's Secret wings. Well as a woman that is the counterpoint to the Victoria's Secret design of our body.

It's this light soft Bombshell design that as women that has been hidden and is beginning to come through within our bodies. And every woman's secret is the goddess-like design of her body. As I moved from place to place my body began to transform into lingerie. Women are made out of a vibration. And my skin began to sparkle with it, the scent of my body changed to a very aphrodisiac like scent. And my body began to glow. The changes were extremely scary, I had originally applied to work at Victoria's Secret so that I could pay my student loans but I have a B.S. in Exercise Science and spent many many years working as a personal trainer and at a Sport Medicine physical therapy clinic. I know the human body. Especially as a woman I thought I knew the female body.

Everything we've ever been taught about ourselves is wrong. One day I completely, completely lost it – I had lost so much, physically and mentally from my transformation. Lost friends, created enemies, been used sexually by a lot of men. It's almost like even though they couldn't see my glow they could feel it and I was often treated like a slut and a demon.

So that day I cried out and I asked to be shown what was happening to my body and that night in a dream I was shown a very innocent Eve in the garden of Eden and her skin (honestly she looked just like me) had the same glow. What I noticed more than Eve's glowing skin through was her innocence, she was so innocent and I realized that she never took the apple. Especially never took a bite out of it. And I realize that what I'm saying is different than what we've been taught but even if their religious I've never met anyone whose ever actually seen Eve, they just told us what happened but I don't think anyone but me has even seen her.

I often felt in my transformation that I was the secret design of a woman that has never been created before. It was often lonely, and it still is. The things that I hear, see, and experience no one else does but me.

The secret underneath a woman's lingerie is her perfume and I'm the perfume that she is wearing underneath her body. As women we've all been looking at the wrong part of our design, women are the lingerie design of sex (not as a dirty energy as it's used today but in it's purest form that sex used to be) or another way to think of the energy that makes us up is as it tender, delicate sex crystals. Women often think it's about lingerie but really it's what's underneath it – just like there's garter belts and panties underneath our lingerie there is an ultra soft essence that we've forgotten about like a forgotten living diamond within but our bodies have always known it's there and all along, as I transferred my job from one Victoria's Secret to the store to the next my body was trying to tell me. She was trying to tell me to lay down the Bombshell bra, the Dream Angels, the Body by Victoria and wear the Body of a Goddess instead.

One day as my friend was walking out of the lingerie store she heard a voice say, "Look at the sign." She looked at the sign and she heard the God say,

"You see the words Victoria's Secret I have made you victorious. Victorious secrets are inside of you and the victory has been won."

The victorious secret of my body is that I'm lingerie. Some days I'm completely made of lace and diamonds and some days I'm a Victoria's Secret Angel with wings. I know who I am as a woman when my lingerie hits the floor.

The lightest, softest, most heavenly perfume in the world.

Welcome to your wings.







The same set of feathers were used in all three versions of THESE WINGS.

