

HOW TO travel

LIKE AN ELEGANT FEMME

SOUL OF BEAUTY
SPECIAL EDITION



Intention: *The intention of this guide is to assist you in creating a travel routine that serves you, and for you to know that traveling like an Elegant Femme is possible...*



PLANNING

YOUR TRIP

Intention

The first thing, before you book flights or research hotels is to connect to your Indie and set an intention for your trip.

This is a must. And JUST doing this will transform your traveling experience.

Budgeting

Setting a budget prior to traveling is amazing. I use to HATE this, and we don't always do it. When we do; however, it feels amazing and freeing. Having a budget creates space of allowance in that you have freedom to spend the money that you allotted, instead of gripping the money and feeling like you can't spend.

You can create a simple budget easily just by estimating and categorizing your basic travel expenses:

- Airfare
- Lodging
- Transportation
- Food
- Cash for fun spending

Planning Your Lodging

I love to stay in chic, boutique hotels. We also use [VRBO](#) and [Airbnb](#). We love to rent houses or apartments when possible, they are so much more comfortable and are always equipped with washer/dryer. And the kids love it when there is a pool!





"It is not about perfection, it is about gifting ourselves plenty of time to enjoy the process."

- TARA MARINO -

PACKING

LIKE AN ELEGANT FEMME

Allow Packing to be a Peaceful and Enjoyable Process

Have you ever packed for a trip at the last minute? Cramming everything into your suitcase...and feeling more and more anxious that you have forgotten something?

We've all been there.

There is a better way.



The Key to Peaceful Packing:

3 - 5 days in advance of your trip, take out your suitcase. Put it in a corner of your room. As you go through your day-to-day activities throughout the days before your trip, gather little items throughout the week and put them in your suitcase.

It is not about perfection, but it is about giving ourselves plenty of time to enjoy the process.

Most likely you are preparing for something you desired to experience and this is important to remember. SO many women I know get stressed out when it comes to packing, like someone else is forcing them to do it. Allow yourself to step into a place of power and gratitude as you pack.

You are getting to go somewhere, OUI OUI!

The PACKING

PROCESS



First things first...what do you put your clothes in?

Step 1: Find a suitcase you LOVE.

MY FAVORITE: Tumi is a brand I have been loyal to. They are versatile and easy to travel with. Their bags come with little 'extras' like hanging cases, laundry bags and shoe bags. I also recommend Rimowa. Both are expensive; however, I travel so much I desire high quality and durable pieces.

I want to open my suitcase and feel good about it.

- TARA MARINO -

When I was a little girl, my dad was a businessman and traveled all over the country. When he came home, he would open his suitcase--I still remember how organized everything was. That stuck with me and from that memory, I've created a process that really works for me.



Elegant Femme Packing Process

This process is simple; very practical and effective. I invite you to try it on your next trip. As you continue to utilize it, you will naturally create the system that will best serve you.

1. I always include a jasmine scented sachet.
2. I roll all of my clothes, jeans, t-shirts, sweaters.
3. I put shoes on one side of the suitcase.
4. I use the same lingerie bag I created 10 years ago.

I use two, one for my bras and one for my panties. *I want to open my suitcase and feel good about it.* So I also have things go from light to dark colors, just the way I do in my closet. It makes it easier to find items when I open my suitcase and well...it's pretty.



TUMI Black Wheelie

Laura Ashley
Fresh Linen & Jasmine
scented drawer sheets

Kate Spade
lingerie travel bags set
katespade.com

WHAT TO PACK



How do I know what to wear?

Choosing what to bring on a trip can be stressful, without proper planning. Without planning with your FemmeTypes™, you can end up over packing and STILL not having what you require.

My FemmeTypes™ come into major play when choosing what to pack. Below, I included the questions I ask each FemmeType™, while planning what to pack. You have a checklist of these questions in the checklist section.



INDIE

Who do I require to BE in my Indie?

The Indie is where we start with every process, and packing isn't different ;). This is the #1 question.

Personally, I am usually drawn to soft cashmeres and wools depending on the time on the year.



Ask Your Frenchie:

- *What do I want to enjoy in Paris, France?*
- *What do I want to experience?*
- *What is unique about Paris that I can experience more fully with my wardrobe?*



FRENCHIE

I feel into my Frenchie and think of the pieces I can wear in the location I'm going to that I would not typically wear anywhere else.

For example, when we went sailing in Greece, my luggage was full of long white dresses, large pieces of jewelry, hand sewn blouses in crisp white and soft blue. When I am at the ranch you will find cowgirl boots, Levi's, moccasins and my favorite turquoise jewelry.

In Paris, you can try Parisian chic...or bring out a new element of style you have always wanted to try.

I like to explore a new aspect of style and dress, and utilize the culture to assist me in that exploration.



NEW YORKER



My New Yorker comes in for the practical side.

- *What is the weather?*
- *What will I be doing?*
- *What is my color theme?*
- *Do I need to bring someone I am visiting a gift?*

I choose a color theme that will be easy to mix and match. Typically I have a base of either blue, white, cream or grey and then I mix it with a pop of color. Lately, I have been playing with monochrome color schemes in gray, brown, or black (this works best with neutrals).

This allows me to mix and match according to my moods each day. I will pick out outfits in advance, BUT I am very flexible with them. I pay attention to what I feel each day and give myself plenty of options to explore.



Carry On

I travel with a very simple black Tumi computer bag. It goes with everything, it's very practical and I've had it for four years. It's been through a lot.

It has a very handy open pouch so I can slip it over my suitcase. I love it, and have recommended it to many of my clients.

1



*TUMI ASTOR
Dorilton Slim Flap Leather Brief
tumi.com*



*INDIANAPOLIS SLIM BRIEF
tumi.com*

2



*SINCLAIR
Nina Commuter Brief
tumi.com*

3

ONE TRIP

SEVERAL FUNCTIONS

Creating a multifunctional travel wardrobe.

It is not uncommon for me to have an event like Beautiful for Life, and then travel to our remote ranch in New Mexico, or our beach house in North Carolina all on one trip... Many of our clients have reflected to me that one trip serves several functions...they have a formal event, a business trip and leisure time all in 1 trip.

I understand!

You might be coming to Paris for the Soul of Beauty and TARA Paris Fashion show, then spending a week exploring Provence or fly over for a quick trip to London.

So how do you do pack for multiple occasions without bringing 3 suitcases?

I have some tips for this!



1. I feel through my wardrobe and give conscious thought to each item (*there isn't a lot of room for extra!*).

2. I do a lot of mixing and matching with basic items like our TARA Paris Cashmere T and skirts; and for more casual occasions, jeans.

3. I have a rule that everything I own can be worn 5 ways ;).

Shoes

I LOVE shoes and they change everything. When space is an issue, I am more likely to limit my pants than my shoes. I mix and match the same jeans and t- shirt but just change the shoes and belt and it is a completely new look.

For events, I typically have:

- 3 pairs of heels
- Ballet flats for travel
- New Balance sneakers



1. Manolo Blahnik BB pumps in black snakeskin, barneys.com

2. Christian Louboutin New Very Prive, christianlouboutin.com

3. Chloé Scalloped Ballet Flat in leather, shop.nordstrom.com

4. Valentino Rockstud in nude patent leather, valentino.com



Working Out on the Road

I typically bring about 3 workout bottoms, 3-4 sports bras and a hoodie. I make sure all pieces can mix and match so I don't get bored.

Every place we stay has a laundry option, so this is an area I don't bring too much.



Paris is a walking city and I adore walking around the city....you can even pause your typical workout routine and explore Paris on foot in chic Parisian street style.



1. NIKE women's long sleeve training top, store.nike.com
2. Stella McCartney x Adidas pull on bra, shop.adidas.com
3. New Balance running shoes, newbalance.com
4. Nike Bonded Windrunner, store.nike.com
5. Nike sport bra, store.nike.com
6. Stella McCartney x Adidas 7/8 tights, shop.adidas.com

Packing LIST

The overall dress for The Soul of Beauty is Parisian Chic. Feminine, sensual, and allows you to feel beautiful. Realize you can BE who you want to represent your true self.



TARA Paris Travel Companion, TARAParis.com

1. **CHIC OUTFIT.** Select ensembles that make you feel feminine and beautiful — remember the Parisian style tips and “Dressy Messy”
2. **HEELS OR DRESS SHOES** for a special dinner.
3. **UNDERGARMENT**
4. **WARM LAYERS.** Shawl, wrap, sweater (as it will be early Spring in Paris)
5. **OUTFIT FOR EVENING MEALS.**





6. A SET OF YOGA OUTFIT. 7. COMFORTABLE WALKING SHOES. Paris is a "walking city" 8. GORGEOUS PAJAMAS. 9. FEMME PRODUCTS. Make up and toiletries 10. JOURNAL. 11. UMBRELLA. 12. SWIMSUIT. 13. SEMI-FORMAL DRESS. 14. CELL PHONE. 15. ADAPTERS. If you are coming from US, you will need an adapter for your electronic devices. Here is a US/EU adapter on [Amazon](#). They also have ones with usb ports.

Parisian CHIC

The overall dress is Parisian Chic. Feminine, sensual, and allows you to feel beautiful. Realize you can BE who you want to represent your true self.



TARA Paris Travel Companion, TARA Paris TDiamond T, TARA Paris skirt



TARA Paris Rose dress



ELEGANT FEMME



Fashion SHOW

Outfit Inspiration



Have fun with your look for the TARA Paris Fashion Show...

Here are some ideas to get you started...

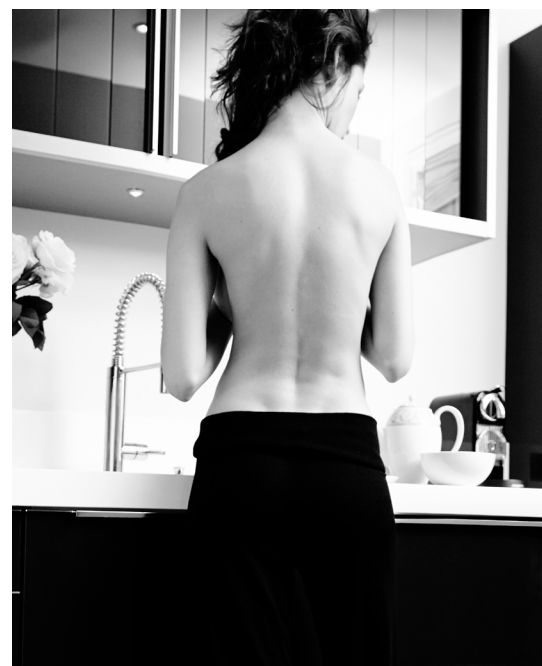
OTHER

ESSENTIALS

*For each FemmeType to be supported and to create a state of flow,
I bring the following with me as I travel...*



INDIE



1. SOFT COZY PAJAMAS.
Lounge Lover Travel Babe modal and cashmere lounge set, net-a-porter.com
2. CANDLE.
TARA Paris Candle, TARAParis.com
3. EARPLUGS.
Sshhhh! Ear Plugs, gonereading.com
4. JOURNAL.
Kate Spade Escape the Ordinary Journal, katespade.com
5. EYE MASK.
Holisticsilk Lavender Eye Mask, holisticsilk.com
6. YOUR SIGNATURE SCENT.
TARA Paris perfume, TARAParis.com
7. CASHMERE PULL
TARA Paris Christie Cashmere Pull, TARAParis.com

*Don't Leave Home
WITHOUT...*



*TARA Paris Perfume
- My signature scent*



FRENCHIE



1. LINGERIE. Tara Paris Cecile Panty, taraparis.com

2. LINGERIE BAGS Kate Spade lingerie travel bags set, katespade.com

3. FUN OUTFITS that support the culture and experience.

4. ACCESSORIES to highlight your ensembles (earrings, belt, rings, necklaces)

5. BRONZER. James Read Overnight Tan Sleep Mask Tan Face, sephora.com

6. OILS. de Mamiel Winter Facial Oil, net-a-porter.com

7. CURLING IRON. Hot Tools Professional Curling Iron, amazon.com

8. MOISTURIZER. Creme de la Mer Moisturizing Gel cream, cremedelamer.com

9. EYELINER AND SHARPENER. Burberry Beauty Effortless Blendable Kohl & Sharpener, net-a-porter.com

10. TINTED MOISTURIZER. 3LAB Perfect BB SPF40 Tinted Moisturizer, shop.nordstrom.com

11. LIPSTICK. Tom Ford Lipstick and Boys in Hiro, tomford.com



Don't Leave Home WITHOUT...



ACCESSORIES to highlight your ensembles (earrings, belt, rings, necklaces)



NEW YORKER



2



4



3

1. ITINERARY.
2. ALL CHARGERS. Including adapters.
3. SMS CARD to change iPhone.
4. COMPUTER.
Macbook air in rose gold, apple.com
5. WALLET with credit cards, cash.
Prada wallet in saffiano leather, prada.com
6. MICROPHONE
(for recording--if necessary).
7. PASSPORT
*(also pack any required visas, etc).
Passport Louis Vuitton Passport cover in damier canvas, us.louisvuitton.com*



6

5

Don't Leave Home
WITHOUT...



PASSPORT & ALL REQUIRED VISAS

Flying FIRST CLASS

NO MATTER WHAT!

*I love this! I created it from my own personal experience
(how I create everything ;).*

When I was young, we would just walk by the First Class seats, it wasn't an option. But I felt like I belonged there, and it became a secret dream of mine.

When I started creating income with Elegant Femme, I told my husband that we would start traveling first class.

After our very first live event, we did just that.

It was amazing.

We took a trip to Bora Bora and stayed in an overwater hut--first class all the way.

As I continued to grow as an entrepreneur and started traveling more and more internationally (sometimes as much as once a month), First Class wasn't always available.

When we would travel as a family, my husband became clear it was good for the boys (ok, and me...), to know how it felt to travel coach....so we would keep an appreciation of all that we have.

So...begrudgingly, I began to let go of First Class as a symbol of my value.

However, I desire to FEEL First Class, so I created a way to travel First Class no matter what seat I was in.

Now let me be real, I still prefer to fly First Class. Nothing is better than a lie down bed and pajamas when you are flying across the world.

But that isn't always possible... But it IS possible to create your own First Class experience with your FemmeTypes™.

Flying First Class with Your **FEMMIETYPES™** NO MATTER WHAT!



The first step to determine is how First Class allows you to feel.

When I got real with myself, I realized First Class made me feel special, unique, cared for, nurtured and worthy. *Woah there is a lot in there!* This is a powerful conversation to have with your Indie.

- *Who do you require to BE when you fly?*
- *How do you intend to feel?*
- *Set your intention for the flight*



Now onto the fun part.

Feel into how you can enjoy the flight no matter what seat you are in. You will also refer to your Indie process above.

Remember when I shared I liked feeling special in First Class? I asked myself how could I feel special anywhere and here is what I came up with. I incorporated things I love...beauty, luxury and food.

Play with this for yourself and experiment with how you can enjoy the flight no matter what seat you are in.

FOODIE bag

Get a gorgeous bag that you love and fill it with yummy goodies that will support you so you feel catered to on your flight. Here are some of my faves:

1



2



3



7



1. Raw salted almonds
2. Chocolate espresso beans
3. Apple slices
4. Avocado
5. Sunflower seeds
6. Raw protein, Marley Coffee with protein shaker
7. Fresh salad from home or airport

4



6



5



Having your own stash makes riding in the coach area more fun! It gives you something special to look forward to when the airplane meal arrives. Watch the people next to you stare and become intrigued as you set up your own little First Class dish ;). If you are so inclined, you can even bring your own cloth napkin!



TRAVEL

MUST HAVES

Create a special self-care package for to bring on the plane.

Buy a special 'trousse' or make up bag. One that you love and ONLY use for this occasion. This way it feels new to you; special. I suggest a bag that is larger than a typical makeup case, about 8x10 is a nice size.

Fill it with things you love that will support you in a "First Class" flight.

1. CASHMERE SOCKS.

Falke, falke.com

2. TOOTHBRUSH.

Elgydium, amazon.com

3. TOOTHPASTE. Tom's of Maine, tomsofmaine.com

4. COMB AND HAIR TIE. Goody Mini Series Cushion Brush, Goody Ouchless ribbon elastics, goody.com

5. CUTE TRAVEL-SIZE MAKEUP KIT (*make sure it includes blush or a bronzer since flights can really drain the color from your face*). Chanel Travel Makeup Palette, chanel.com

6. SMALL PACK OF TISSUES.



2



3



6





Travel Must- Haves



7. *SILK EYE MASK.* Limited Edition Eye Mask in British Fade, holisticsilk.com

8. *ORGANIC LIP BALM.* Savanna Bee Company lipbalms, savannahbee.com

9. 10. *EAR PLUGS.* Sshhhh! Ear Plugs, gonereading.com

10. *SMALL ORGANIC HAND LOTION* (referred to me by a client). Weleda Skin Food hand lotion, usa.weleda.com

11. *EARBUDS.* Apple Earpods with remote and mic, apple.com

12. *MELATONIN.* walgreens.com

13. *LIPGLOSS.* Mineral Fusion Natural Brands Lip Gloss in Clarity, amazon.com

14. *A CUTE TROUSSE* (8x10 is an ideal size) Kate Spade Manuela in Julia Street Stripe, katespade.com

15. *MAGAZINE.* Harper's Bazaar, harpersbazaar.com

What to WEAR

WHILE TRAVELING



*TARA Paris Travel Companion,
TARAParis.com*

What I wear when I travel changes everything. No YOGA pants. I intend to look chic and feel comfortable.

I will sometimes wear jeans and a blazer with my new balance sneakers and cute accessories. Sometimes I will wear black tuxedo pants and a cashmere sweater with ballet flats, always layering.

A MUST for me when I travel is our very own Tara Paris Travel Companion. This item goes from business trips to family vacations, and is a luxurious piece that wraps me in comfort and style when I travel no matter what time of year.

ARRIVAL

Whenever I arrive at a new place, the first thing I do is set up my space. If we are in a hotel, I remove everything 'hotel-like'. I put the hotel guide in a drawer, and set up my night stand like I do at home (see the details on that in the "Sleeping Away From Home Section").

I unpack my clothes and put the suitcase away.

I set up the bathroom like my bathroom at home, setting out my toiletries, lotions, and cosmetics. I hide the hotel toiletries, so the vanity looks like my vanity at home.

When you take 10 - 15 minutes to do this, each FemmeType™ is supported. Your Indie feels peace with this step, your Frenchie enjoys seeing your gorgeous toiletries on display, and your New Yorker loves the organization.



International Travel and Jetlag

I travel a lot internationally, so time zone changes are constant.

When we arrange our travel, we look what would serve us best on the plane--sleeping or staying awake to maximize our acclimation once we arrive in the new location.

For example, if we are traveling to the States from Europe, we leave in the morning and do not sleep much on the plane. Once we arrive we acclimate much easier and go to bed around 9-10:30 pm. We also take Melatonin to assist with the jet lag; this helps us from waking up at 3 in the morning hungry for dinner.

When we travel back to Paris we typically fly the evening route, sleep the majority of the flight and land mid-morning. We stay up for a couple of hours and have some tea or go for a walk. We allow ourselves one sleep cycle, which is 1hr and 30 minutes.

I go to bed between 10 and 10:30pm that night. If I miss that window I get my second wind and it makes the transition much more difficult.

Sleeping Away From Home

On the next page find our Elegant Femme sleep guide...I follow this no matter where I am in the world.



ELEGANT FEMME'S GUIDE TO A BEAUTIFUL SLEEP

At Elegant Femme we believe our nighttime journey is sacred. A time to rest, yet also soar.

It has been said our soul leaves our body at night and perhaps our body needs to rest and restore, while our soul needs to soar.

It is during this special time we often receive messages from spirit, clear past hurts, open to deeper healing and transformation and yes... Become even more beautiful.

To honor this sacred time, we have prepared this guide for you. It will deeply support you in a full receiving of what's available to you...

We believe a beauty-filled life begins with a beauty-filled sleep.

First...prepare your physical surroundings to support this gorgeous journey.

Your Nightstand

Creating a nightstand that supports you is a necessary step. You can do this at home and also create a mini version when you travel. I always travel with special items from home, like my favorite eye-mask, cream and candle. This allows my body (which is often traveling from country to country) to feel at home as my senses are engaged and familiar.



Things to have on your nightstand:

1. Carafe of water
2. Gorgeous glass
3. Scented oil or perfume
4. Eye mask
5. Journal/pen ([Femme Flow List](#))
6. Special spiritual inspirations. Examples are: a statue, holy water, anything that you feel connects you to the divine.
7. Flowers
8. Photo of inspiration... can be of you or something/someone you love

Physical Support

Setting a bedtime routine is a critical aspect of beauty sleep. Studies show that the amount of time we sleep before 10 pm counts as 2 hours of sleep vs. 1 hour after 11 pm.

At Elegant Femme we love to receive as much as possible, so 2 hours of sleep for 1 hour of time? Count us in!

UNWINDING

WITH YOUR FEMMETYPES™

When we are in our awake state we transition from Indie, Frenchie, New Yorker. However, when we prepare for beauty sleep we unwind New Yorker, Frenchie, then Indie.



INDIE

1. Pour water from your carafe
2. Scent your temples and your bed with your favorite scent
3. Look at the inspirational photo, feel the joy, receive the beauty
4. Connect with the spiritual pieces by your bedside (holy water, icon, sea shell whatever you feel supports your divine connection)
5. Complete Femme Flow List
6. Beauty intention
7. Lights off



FRENCHIE

1. Remove make-up. Do not skip this step. It promotes self confidence, self nurturing, not to mention better Frenchie skin!
2. Choose cute pajamas! Yes, you want to look pretty when you are soaring in the clouds, don't you?
3. Gorgeous supportive sheets
4. Eye mask



NEW YORKER

1. Computer off a minimum of 60 minutes before bed.
2. No computer in bedroom
3. No phone by your bed
4. Set your alarm
5. Count your sleep cycle to best support you.
6. Science shows a full sleep cycle is comprised of 90 minutes. Waking up mid-cycle will make you feel exhausted. You can actually sleep 30 minutes less and feel better than you would if you pushed snooze once (or twice, or three times).

Breathe deep, breath gratitude. See you on the other side. Godspeed!



MORNING

ROUTINE

I am consistent with my morning routine Day 1. Even if I plan on giving myself some flexibility during my vacation or travel, I always start Day 1 with my morning routine. I invite you to create a morning routine that truly works for you.

This allows me to commit from the beginning and not use excuses like “oh I am with my family, it’s too hot, it’s too cold, I am too tired, too awake, etc.

I typically wake up between 5:30 to 7:30 am, depending on season. I begin my day with meditation and yoga followed by my [Femme Flow List](#).

I follow my Femme Flow List with a lemon tea which is a part of our Elegant Femme daily routine. Once I am complete with that, I have my espresso with really rich cream or sometimes a butter coffee. Then, I love to sit down with my boys and we will do our morning family meditation and stretching. This time has become sacred to me.

As the boys write their intentions, I jump in the shower and begin to prepare for my day. My husband and I have business meetings between the shower door as the boys turn up the music and we bring life to our morning.

Working OUT

ON THE ROAD

Working out on the road can be a challenge...I keep it as simple as possible.

I do yoga as consistently as I can every morning (*home or traveling*). When I am away from home, I take a dvd or use Amazon Prime. When I am away from home, I schedule in as many easy and enjoyable activities as I can--like horseback riding, ropes course with the kids.



I HATE the gym. I don't like the way it makes me feel; it puts me in faux New Yorker energy. Some people love it and if that works for you, wonderful!

I hike a lot when I am out of Paris, lots of walks.

I do the splits every morning to keep myself flexible. Plus my ego loves to be able to do splits at my age. I intend to be able to do them at 80+.

STAYING COMFORTABLE ON

LONG WALKS

One of my best friends says there are talking shoes and walking shoes.

My #1 tip here is to not walk in 'talking' shoes (think Manolos or Christian Louboutins).

My favorite walking shoes are New Balance sneakers or ballet flats. I also love my boots.



Minnetonka suede fringed booties, minnetonka.com



Repetto Brigitte Ballerina in Virgin and Asphalt drip, repetto.com



New Balance 620 NB Gray in mint cream and silver mink, newbalance.com



New Balance 696 NB Gray in sea salt and silver mink, newbalance.com



EATING ON THE ROAD

Being a Frenchie Natural Essence, I LOVE food. And eating on the road...there are so many delicious options. With this I require a balance--eating healthy but also enjoying the food.

Breakfast

I have a green juice, a smoothie, or a Bullet Proof coffee for breakfast.

Lunch

For lunch, I eat whatever I want, and often some kind of dessert. Dark chocolate and nuts is a fave, but I will treat myself to whatever local dessert is available.

Dinner

I often do not eat dinner. This is a HUGE tip.

In General

I pay attention to quantities. After a holiday feast, I will often do a semi-juice cleanse for a few days.

I know it sounds way too simple, but not eating when I am not hungry is the best way for me to allow my body to calibrate its own needs. Sometimes this is easier said than done, especially when there are steaming hot brownies from the oven with crunchy edges!

TRAVELING

SOLO

I love, love my family and I love, love to travel by myself.

Staying Connected

To stay connected to my family when I leave home, I will often leave the boys (all of them, including my hubbie) a little note or a gift on the kitchen table.

When I am on the road, I am often busy morning to night, so there are many days when I don't speak to them at all.

This is a personal choice, I know I require to focus on whatever is in front of me. I am reachable, if required. While traveling solo, the boys will be with Dave or my parents and I trust that.

If I was checking in constantly, it would interfere with what I am focusing on and I've learned that it interrupts their flow.

I am always focused on where I am, completely present. If I'm away, I am focused on that and when I'm at home during family time, I am focused on family time.

I am a lover of gifts and most always come home with a little something for them!



Coming
HOMIE

When I come home, I really keep to my schedule.

I adapt to the current time zone as quickly as possible. I may allow myself one 25 minute nap, or a full 1.5 hour sleep cycle if required.

I have set up my entire life in a way that I receive lots of support, this is no different when arriving home from traveling.

Our house staff prepares for our arrival and stocks the fridge, buys fresh flowers, and makes sure the house is welcoming.

IT WASN'T ALWAYS LIKE THIS. SO before you roll your eyes and say it must be nice ;), remember I have set up my beautiful life this way. I intended to have this and I created the vision.

Coming home to a gorgeously clean home is a beautiful gift to yourself. And I LOVE IT! So before we had household staff, I would clean it myself and make sure everything was put away and looked gorgeous.

The last thing anyone wants to do when they come home with a suitcase of dirty clothes is clean.

Another tip: Make sure you complete all laundry before you leave, or hire someone to do it!

Unpacking

I am fortunate that I now have assistance with unpacking my suitcases. However, I will often start them right away with in the first 30 minutes of arriving home.

We have our home set up in a way that everything has its place.

The first thing we do is move the suitcases into the rooms they belong and open them up. It is much easier to put things away when they are out rather than hidden in a suitcase.

I can't tell you how many times I would silently ignore the 'packed' suitcase in the corner. So immediately empty it out, even if you can't put it all away right then.

Move the items from your suitcase to a chair or desk and then piece-by-piece move things into the rooms they go in. This allows for a very easy and simple unpacking.

Closing NOTE

What did this experience mean to you?

What did you learn about yourself?
