

NEW CONTRIBUTOR



# DINA DOES...

*"Smell the sea, Feel the sky, Let your soul and spirit fly". Create a life that feels good inside, AND looks good on the outside! Lets get ready for summer with a few of my favorite things!*

- by Dina Cantin @Dina



### Dina Does...a Podcast!

I've been on my (intentional) wellness journey for over thirty years now. I've done it all from sweat lodges to silent retreats to water baths in bali. I know a little bit about a lot but I'm always hungry for more. Each week we cover a new topic featuring an expert in that particular field. From spirituality, self help, decor, wellness and beauty (and of course some juicy current events) we cover it all! New episodes every Monday. Visit [Dinadoespodcast.com](http://Dinadoespodcast.com)



### Jewelry With a Purpose

It's a rare occasion you will not see me adorned with layers of talismans, gemstones, meaningful pendants and amulets. Everything holds energy, especially metals and stones. Jewelry plays a huge part of my daily ritual and reminders of my personal spiritual story. Shine from the inside out with one (or more!) of Buddha Mama's exquisite pieces. Plus, a portion of sales of this goes to charity. [buddhamama.com](http://buddhamama.com)



### "The More Light You're Able to Hold the More Magic Can Unfold."

Summer solstice marks the official beginning of summer on June 21st. Around the globe, this day is celebrated with fire festivals, and song & dance ceremonies. Celebrate the longest day of year with light and love at home by gathering friends around a vibrant table (or altar) adorned with summer flowers and fruits. Table setting by [LadoubleJ.com](http://LadoubleJ.com)

### Be Authentically Beautiful & Confidently YOU!

Embrace your inner flower child this summer with a less is more makeup approach. A little mascara and gloss goes a long way! As a former makeup artist, I love a glowing, sexy, summertime face and swear by Lotion P50 "facial in a bottle" by Biologique Recherche.



### We Travel Not to Escape Life, But for Life Not to Escape Us

Want to know where to travel this summer based on your personal astrology chart? Try Astrocartography, this mystic mix of geography and astronomy shows you which locations will have the most significant impact on you energetically (good and bad). This summer I head to Capri, Italy, as it is one of my luckiest locations and the home of my ancestors. For a deep dive on your Astrocartography visit [Astro.com](http://Astro.com) to download your chart for free!