

OCTOBER 2025

hey, pumpkin!

I COULDN'T BE HAPPIER THAT YOU'RE HERE!



Hey there, friend!

I am absolutely pumped to welcome you to the very popular, favorite month of the year... October! 🎃🍂

I've been counting down the days to Pumpkin Spice season (Ok, fine. I've been waiting for this cooler weather for months!) and we're diving right in with some seriously cool stuff.

So, grab your coziest blanket, your go-to beverage (PSL, anyone?), and light up that pumpkin-scented essential oil diffuser or candle, because guess what? It's officially FALL, and we've got an amazing month ahead!

Trend Alert!

Stained Glass Nails



🔧 The Nail Trend That's Breaking the Internet: Stained Glass Nails

PSA: I hope Red Aspen, launches theirs!

This season, it's all about stained glass nails—and they are giving ✨main character energy✨

Picture this: sheer jewel tones (think emerald, amethyst, sapphire) outlined in chic black or metallic accents that look like mini cathedrals on your fingertips.

They're so beautiful and artsy, they're basically jewelry you don't have to take off. Perfect with your chunky knits, PSL runs, and that leather jacket you've been dying to pull out of the closet. The best part? They catch the light every time you text, making your hands instantly Instagrammable.

Pro tip: ask your nail tech for translucent shades + fine linework, or snag some press-ons from Etsy if you're on a budget. I found tons of beautiful options on Etsy for under \$20!

Viral Dupe!



Pottery Barn Pumpkins!

Have you seen the pottery barn terracotta pumpkins everyone on social media has been going crazy over? They *are* gorgeous! But I just can't get behind the \$89 pricetag! Luckily, I discovered **the easiest diy hack that gives you the same look for a *fraction* of the price.**

1. Gather some inexpensive plastic pumpkins
2. Paint them with Behr Terracotta Clay paint
3. Sprinkle baking soda on a wet paint brush and spread it all over your pumpkin to mimic the terracotta texture.
4. Let dry and display!

Pumpkin Cookies!

Fall in a dessert? Say less! If being obsessed with pumpkin is wrong, I don't want to be right.

- 1/2 cup butter
- 1 cup brown sugar
- 1 egg yolk
- 2 teaspoons vanilla
- 1/2 cup canned pumpkin puree
- 1 1/2 cups flour
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 2 teaspoons pumpkin pie spice

Cinnamon glaze:

- 1 1/2 cups powdered sugar
- 2 tablespoons milk
- 1/2 teaspoon vanilla
- 1/4 teaspoon cinnamon

Instructions

1. Cream together butter, sugar, egg yolk, vanilla, and pumpkin.
2. Add the remaining ingredients and mix until combined.
3. Chill the dough for 1 hour
4. Bake at 350 degrees for 11 min.
5. Meanwhile, make the frosting. Whisk all ingredients together until it's a consistency you can drizzle. Add more milk to thin as needed.
6. Use a teaspoon to drizzle the glaze over the cooled cookies. Top with a little more cinnamon and let the glaze set.





Kids Halloween Party Game

I'm all about making special memories with family (those were the good ole days, for sure), especially at holidays and I've got a super fun idea for your family Halloween party!

Get ready to kick your family Halloween party up a notch with a game that's perfect for kids.... **"Truth or Scare."** It's a twist on the classic that lets your little monsters choose between sharing "truths" or taking on "fun and spooky dares". It's such a simple, fun way to have some fun with your kids without lots of prep! **I think you're going to love it so much that I put together a list of "truths" and "scares" you can print off right now and use to play with your family.**

[View/Print Here](#)



ROUNDUP

Trending Fall Sets

Matching sets are having a moment and I'm all about it. They're the closest thing fashion has to a "just add water" recipe. You throw one on, and suddenly you're comfy, stylish, coordinated, and looking like you had a full on Pinterest board moment before coffee.

The best part? These aren't one-trick ponies. Wear them together for that instant I've got my life together energy, or break them apart and double your outfit rotation. Two-for-one, baby.

Anthropologie

Free People

Free People





Taco Bell... but make it fit your macros

🌮 Taco Bell + Protein? Yes, Please!

Let's be honest: we're heading into the holidays which means, most of us are going to do drive-thrus for survival at some point, even me! If protein is part of your diet plan, Taco Bell actually has some legit options. The trick is knowing what to order (and how to upgrade it).

Here's why I am obsessed with protein right now: it helps with satiety (saying "bye" to 2 p.m. crashes), supports lean muscle (hello metabolism boost), and gives steady energy during all the hustle. And when life's pulling you in every direction, you deserve a drive-thru meal that plays nice with your goals. (There's no shame in the TB game!)

Here are 5 Taco Bell orders that bring the protein (with grams), plus hacks to make them waist friendly:

Order	Protein (approx)	Pro Tips / Upgrades
Power Menu Bowl (Grilled Chicken)	~ 26–27 g protein	Go light on rice, double the chicken or beans.
Cantina Chicken Bowl	~ 29 g protein	Skip heavy sauces, add extra chicken or pico.
Grilled Chicken Soft Taco	~ 12–13 g protein	Order two instead of one; ask for double meat.
Grilled Chicken Soft Taco Supreme	~ 13 g protein	Go Fresco style (forget the cheese/cream), add beans.
Power Menu Bowl (Extra Chicken, Less Rice & Beans)	~ 37 g protein (custom hack)	This is a build-your-own way to max protein.



Work From Home *Tips!*

Working from home is a two-sided coin, isn't it? On one side, there's no obnoxious traffic on your way to the office, you can rock your favorite yoga pants all day long, and you've got the freedom to squeeze in little "breaks or throw laundry in the wash" between tasks. On the other hand, you've still got those friends and family who think you're just chilling, and deal with the occasional bout of loneliness.

But hey, don't fret! I've got some cool tricks to make the work-from-home gig even better!

HAVE YOUR OWN SPACE First things first, create a workspace - it doesn't have to be fancy; even a small closet can be your "office" where you summon your inner work wizard, and yes.... you do need a dedicated work space.

KICK DISTRACTIONS TO THE CURB Now, let's talk distractions. Identify your arch-nemesis (mine's the never-ending tidying up), tackle it before your workday begins, and maybe save the laundry showdown for later (no judgment here!)

KNOW YOUR MONEY MAKING MOVES

Next up, craft a list of "Money-Making Moves" – those tasks that actually make you money. It's easy, when you're working from home, to spend your time on activities that don't actually generate revenue for you (rearranging your office supplies, anyone?) Make sure your work time is making you money and your hobbies can even make you money, in your down time!

SET A TIMER

One of my favorite work from home hacks is to set a timer and race against it to conquer those projects that seem to never get done... without falling down the distraction rabbit hole. While the time is running, hyper focus on the task at hand and ignore everything else. When the time goes off, then you can check your emails and text your mom back!

GET HELP

Don't be shy about calling in reinforcements. Those household chores can torpedo your productivity, so it's perfectly fine to ask for help. Whether it's a cleaner, a dog walker, babysitter, or even asking your loved ones for a hand, it's totally ok.

GET READY THE NIGHT BEFORE

When you work from home, prepping for the next day, it's key. Tidy up, get everything you need ready, and banish those morning distractions. But if your home starts feeling like a battleground of distractions, it's time to break free – head to a coffee shop or a co-working space for a change of scenery.

Remember, working from home is all about finding your groove and knowing when it's time to switch things up.





Barbee's Blog – September Recap



Catch Up
HERE!



Topics Include:

- Derenew – Red Aspen's new retinol alternative: fragrance-free, gentle, and hydrating
- SPF 50 Sunscreen – Lightweight, non-toxic, and layers great under makeup
- Snail mucin for smoother skin
- Magnesium oil for better sleep
- Essential oils for stress and seasonal shifts
- The Tylenol trap for autoimmune issues
- DIY beauty tips and Charlie Kirk's calming tea
- Weekly Hive recaps with product links and updates



DEWRENEW SNAIL MUCIN SERUM

BENEFITS

- A powerhouse in hydration, skin renewal and barrier support
- Improves skin texture
- Reduces the appearance of dark spots or discoloration
- Packed with ingredients to hydrate and renew the skin, creating a dewy/glowy complexion



MINERALMILK SPF 50

BENEFITS

- Protects against UVA/UVB rays
- Serum-like formula
- Lightweight feel on skin
- Enriched with powerful antioxidants

RED ASPEN
SKINCARE WITH LOVE

RED ASPEN
SKINCARE WITH LOVE

Red Aspen-New Products

Red Aspen launched two new skincare products in September and I'm genuinely excited. I've been hoping they'd expand their skincare line, and they finally did! Both products are made with non-toxic, skin-nourishing ingredients that hydrate and help plump up fine lines and wrinkles, exactly what I've been wishing for, for my sensitive skin. Don't wait until you are 40-50 to start nourishing your delicate skin!

Here's what's new:

🧴 Dewrenew (with snail mucin-Korean beauty ingredient)

A gentle retinol alternative that smooths, plumps and brightens without irritation. No need to apply face lotion afterwards, its in there!

- 🌿 Fragrance-free
- 💧 Hydrating and non-toxic
- ✨ Helps soften fine lines and improve texture

☀️ Mineral Milk Sunscreen SPF 50

Lightweight, high-protection sunscreen that layers well under makeup

- 🚫 Non-Toxic, Fragrance-free and Reef Safe
- 🛡️ Made with Zinc Oxide, Niacinamide, Ferulic Acid, and Astaxanthin
- 💧 Hydrates and helps plump fine lines while protecting skin

Here's how to get your hands on both of them: [Shop Here](#)

Let me know what you think, I'm seriously obsessed and think you will be too.

OCTOBER DASH FLASH

BUY 2 OR MORE ITEMS FOR 10% OFF! | 72 HOURS ONLY



SALE ENDS 10.5.25 AT 10 AM MT | WHILE SUPPLIES LAST

October Dash Flash Drop ~ Red Aspen

Red Aspen's October Dash Flash has launched and it's full of gorgeous moody nails and a new lash for fall & winter.

- 🍷 Nail Dashes in rich blues, deep blacks, and plum perfect shades
- 👁 Lashes that add soft drama and effortless glam
- 💧 Glue included: Quick-dry, easy to apply, and designed for long lasting wear
- 🎯 Bundle & Save ends October 5th: Buy 2 or more and get 10% off flawless fall style in a dash, with glue that holds and is healthier than commercial nail glue and removes without damage.

🍷 Shop Now and grab your favorites before they sell out!



until next month!

I just want to say thank you. Really. The fact that you open my emails, and support what I'm building means more than you know.

If there's something you'd love to see more of, topics, products, encouragement, reach out and let me know. I want this space to feel like your space too.

xo,
Barbee