

# The Beauty Bulletin



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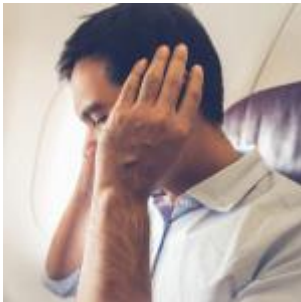
## HOLIDAY SENTIMENTS AND NEW YEAR'S WISHES

Season's greetings! I hope you are all as excited as I am for the holidays and the fresh start of a new year. Laura and I have started alternating a trip on Thanksgiving and Christmas each year — Lake Tahoe is one of our favorite locations — and it's always great to have an opportunity to slow down and get away ... [CONTINUE READING](#)



## LEARN HOW TO COOK WITH TIKTOK

Getting recipes and food advice from strangers on the internet has never been easier, and the preferred recipe-gathering platform right now is TikTok because it's fast and convenient. Unfortunately, that's not always a good thing. If you're wondering how to sift through all the bite-sized videos to find the best recipes, follow our guide to TikTok ... [CONTINUE READING](#)



## THE SCIENCE BEHIND YOUR EARS POPPING ON FLIGHTS

When it comes to flying on an airplane, you can avoid cramped legs by upgrading to first class or catch a view by picking the window seat. However, there's no getting around your ears popping during takeoff and landing. Believe it or not, there is a scientific explanation behind this common annoyance ... [CONTINUE READING](#)