

# About Frederique

Welcome to **FAB le Frique** - EST. May 2014



All good. The commitment to officially say "I'm vegan" was a decision I deliberated about for a long time. In the end, it took me over fifteen years before I completely cut out animal products. Mid July the time was just right and there was no question about it: this is it, I want to live by example and do what feels right for me. Yesterday we had our first family gathering with me being 'a vegan'. Of course there were a few jokes like "Fre, do you want me to throw a steak on the grill for you?", but except from that everybody was very helpful and understanding. I had a bunch of great nutritious foods that made me smile and feel good. And the great thing was that everybody was enjoying all the vegan food too. Don't get me wrong, I don't expect any of my friends nor my family to change as a result of my decision. I don't set out to change anybody seriously. But it's pretty cool to see people telling me how they try to cut down their meat consumption or the amount of eggs they eat. People do notice eventually and I think it's awesome that it makes them think about their own choices. Everyone needs to figure out by themselves how they want to be happy and healthy in life. We all take a different path in life, right? Anyway, anyhow. Today I wanted to share a great vegan friendly and animal cruelty free cosmetic brand I've recently come across: **Spa Ritual**. They believe that what we put on our bodies is as important as what we put in our bodies. And I'm totally agreeing on that one. This mist below smells amazingly fresh and this scrub is honestly my best beauty buy of the year. You have to try it yourself and then you'll understand why. Do you have any experience with buying vegan and/or animal cruelty free beauty products? I'm really curious, guys! Happy Sunday!

