



# SOLICIT



THINGS YOU DIDN'T WANT TO  
KNOW BUT I'M GOING TO TELL  
YOU ANYWAY

# JANUARY

WAS FOR RESEARCH



PASSPORT PHOTOS



PASTA IN PARIS



LOOKING AROUND LONDON

& I GIVE UNSOLICITED ADVICE >



## SKINCARE ADVICE

015 PORES DONT  
SHRINK

PORES DON'T SHRINK OR EXPAND BECAUSE  
THEY DON'T HAVE MUSCLES.

ON MY THIS OR THAT

THIS OR THAT  
ON INSTA STORIES  
TUESDAY NIGHT'S

*Wishlist*



STAINLESS STEEL CAST EAMES CHAIR

TRAVEL ADVICE

CONCEALER [KOSAS]  
HIGHLIGHTER [WESTMAN ATELIER]  
LIPGLOSS [TOWER28]



*Concealer*

*Highlighter*

*Lip Gloss*

FAVORITE TRAVEL MAKEUP



SOCIAL

MEDIA

ADVICE

MISTAKES

I'VE

MADE

# INVESTING IN TOOLS

if i bought a tripod i would have  
dropped my phone a lot less when i  
started making content. but i was  
embarrassed to be one of those  
people who had a tripod.

@AYOBYAYOKEYS

BE MORE CRINGE





# MENTAL HEALTH ADVICE

- 01 NUMBNESS
- 02 TIGHTNESS
- 03 DIZZINESS
- 04 SWEATINESS

THESE CAN ALL BE SIGNS OF A PANIC ATTACK.  
TAKE A BREATH.  
TAKE A BREAK.  
TAKE A SIP OF WATER.

UNSOLICITED

CURRENTLY OBSESSED WITH

# CURRENTLY OBSESSED WITH...



[@LYNDA.FLORAE]





@AYOBYAYOKEYS

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