



Simple, with Tsh Oxenreider

Episode 178

thesimpleshow.com

Introduction

Tsh: [00:02](#) This is Simple; I'm Tsh Oxenreider. In this episode I'm chatting with my friend, Christine Bailey, who's been on the show several times, first sharing about her work as a farmer and then sharing her good list this past fall. She's back again and you'll actually hear from her regularly now. She's officially a co-host of the show. Yay. As well as a contributing writer for The Art of Simple. I'm so thrilled about this because she's just so good. She's got so much good stuff to say.

Segment One

Tsh: [00:49](#) In this episode we're talking about what we wrote this past week. For Christine, she's sharing ways to celebrate birthday milestones in your life. She recently wrote a gorgeous post about what it meant for her to turn 40 not too long ago, and then I wrote about my latest thoughts on style and what I'm learning the older I get. We're actually both 41, funny enough, so in this chat I talked with Christine about my current beauty and self-care routine, especially focused on hair and skin because I've actually learned a lot about this too, so let's get right to it. Here's Christine and me first talking about getting older and celebrating that accomplishment and then the practicals about taking care of ourselves. It's a really fun chat.

Tsh: [01:32](#) Okay. Christine, this week you wrote about what your forties are teaching me. I honestly, until you wrote this, I didn't know you were already 40. How old are you?

Christine: I am. I just turned 41 actually. Okay.

Tsh: We're the same age.

Christine: Yeah, that's awesome. I just turned 41 on Thanksgiving this year. Super fun when it's on Thanksgiving sometimes. Right?

Tsh: I love this topic because you know, I've been writing for about 12 years now. When I started the blog I was not quite 30. So it's really interesting to me how I, I don't want to say like I have arrived now. I have all this wisdom in some ways I

feel like the older you get, the more you realize what you don't know and you're kind of more at peace with that and more than just, this is how life works, but I still feel like, oh my goodness, I have learned so much about life since I started sharing publicly online what I think. I'm really in love with this topic. Tell me a little bit about what your thoughts are about being in your forties and what that means to you.

Christine: I loved writing about this topic. I feel like I'm kind of what I put in the blog post is that I realized this year on my 41st birthday, just how much I've changed in the last year and I just didn't expect that. Just turning 40. Not that it's a magic number that divides everything into before and after, but I just have found myself on this second journey just living a completely different way. I'm shedding some old ideas and fears and just embracing more of a life of courage. I just was really impressed on my birthday this year when I thought about it, just how much I had changed and only one year in we have the whole rest of the decade ahead of us, but I was just really excited to see we can change our lives and turning 40 for me it was just a great boost and a time to motivate me to actually do those things that I've been wanting to do for a long time.

Tsh: [03:34](#) When you say change, do you mean you've been surprised how much you changed in just the one year or since like you were younger?

Christine: [03:42](#) Well, I think a lot since I was younger. Since when I turned 30, like you talked about when you started your blog before you were 30, since then I've had two children. We've moved to a different state. We've owned multiple businesses and I feel like a completely different person since then. But I think for me there was something about turning 40, once again, not that it's this magical thing that you have to completely change, but for me, I'm a nine on the enneagram. I can be kind of sluggish and stuck in changing my life even when I want to. And so for me, I think turning 40, it was just the boost I needed to say this is the time, you know, this is my time to actually do a lot of those things I'm in wanting to do and to just be more brave.

Tsh: [04:30](#) It's funny because for me, I feel so much the same way and I'm not, I don't struggle with the nine thing of being sluggish. My husband is a nine. And the joke around here is with nines, you start off slow and then you taper off and that is Kyle to a T, and he would admit that. I don't struggle with that, but I still am really surprised how much I have changed in one year. I hinted at this a little bit in my last chat with Crystal where I talked about how my word of the year in 2018 was agency and it really was true where I did so much of grabbing the bull by the horns for my life choices and I hadn't really thought about that being connected with being 40, but now that you've mentioned that, I wonder if there's something to that? I wonder if there's a little bit of that like, okay, world,

this is who I am and there's no reason to wait for something to be different or to change. I've got to do it myself. Do you think that's a little true?

Christine: [05:28](#) Yes. I totally feel that. For me, it was just about finding the courage to step out, take more risks, being willing to go into the unknown and be uncomfortable for a little while and for me, that's not something I really love to do. I don't really love change. I don't love pushing through things when I don't really know what I'm getting into, but honestly I've found on the other side just so much freedom and now I have the motivation to just keep going and keep taking more risks and I really love it. I feel excited about what else is going to happen in my forties because I'm learning these things now. I don't think necessarily has to be anything huge or monumental, just maybe small steps forward. I just hate that over the hill phrase, I don't think we need to think of our forties like that at all. That it doesn't need to be a downward slope. It can be just something really amazing.

Tsh: [06:23](#) I'm curious, did you like not too long ago, maybe like early thirties, did you think 40 was old?

Christine: [06:31](#) Oh my goodness, yes. I actually thought about this in the post because I just feel like it's kind of ridiculous now to think about how we perceived 40 when we're in early thirties or when we were in our twenties that seemed so old and now it just seems silly being here. I'm 41. I feel so young. I feel like there's so much life ahead. I still love doing so many things, young at heart kind of things that have always left. And so it's just an age. It doesn't really, it doesn't have to be this sentence on your life that everything's going down hill. So what do you think about, do you feel that way?

Tsh: [07:10](#) I have two thoughts about this and one of them is when I turned 40, I have a good friend that I've known forever, since early high school and he is a few years older than me and I told him when I turned 40, to me, this decade is really interesting because when you turn 40, like what you said about the over the hill, that's not really the case anymore because if you're literally talking halfway through life, I mean sure, some of us might have a lifespan of 80 years, but as our technology and health and all that stuff expands in our knowledge base, we have the propensity to live longer and so 40 might not even be halfway through our life yet. At the same time, in this decade, by the time we turn 50 in 10 years from now, we're probably more than halfway through our life because twice 50 is 100 and most of us will not live to 100.

Sometime in these 10 years we're going to hit the halfway mark, which is weird, right? It's just a weird concept that maybe right now we still are on the young side of 40, so I think for me it's that weird intersection of I still feel so young and yet I am aware of what's ahead and I just can't believe that in less than 10 years

I'll be 50. Not saying that 50 years old either, but does that make sense? It's a little bit more of I am heading in that direction to the second stage of life and I didn't get the memo somehow, you know?

Christine: [08:34](#) It's so strange and maybe when we're 50 we'll think that's still feels young.

Tsh: I bet we will.

Christine: But there's one quote I actually put in my post, but I just want to share really quick because it's from one of my favorite books, *The Ragamuffin Gospel* by Brendan Manning. I just love this quote. He says, "The second journey begins when we know cannot live the afternoon of life according to the morning program."

Tsh: Oh, I like that.

Christine: I don't know if you've ever heard that one. I love that idea that, like you said, we're not necessarily in the second half of our lives yet, but maybe there's some things that are ways we lived the first half of our lives or their beginning of our lives that we can now change and maybe do better. And do those things that are more brave and courageous and bold and in the rest of our lives. So that's what I'm really trying to do now.

Tsh: [09:24](#) To kind of couple with that, the second thing that made me think of when I turned 40, for me the six months leading up to turning 40 was so much harder mentally than actually turning 40. On my birthday it was a little bit of a relief for a celebration, a milestone. But somehow it was the last six months of being in my thirties that felt almost, I don't want to say a downer, but just weird and kind of this gray cloud following me. And I ended up talking with my friend Emily Freeman about this because she is also 41. She just turned 40 just a few months before I did. And I asked her did she feel the same way? And she said she did. And then one of the things she read, there was some like recent sociology report or something that said the way our culture works and combined with that whole technology. and health, life expectancy, all of that stuff, that in our modern era, there's very little difference between ages 30 and 50 now. That when it comes to things like the music you listened to, how you spend your time, the technology you understand, the clothes you wear, the things you prefer in general. A 30 year old and a 50 year old might may very well listen to the same bands, may like the same beauty products, may run errands in a same similar fashion, may use their phone in a similar way. There was something about hearing that that made me feel a little bit better and I don't know what it was, it was almost like I had this gray cloud of this idea that I was holding on to that I didn't realize that once you turned 40 you're supposed to wear mom jeans and

and shop at J.C. Penny or something like that. Somehow in my head I had held onto that and then I was, wait, that's dumb. I'm still the exact same person who likes the same stuff that I did the night before when I was 39 and somehow Emily saying that it's like, oh, okay. And I think we also talked about how we started naming certain celebrities that were in their fifties and how in our head they still seem so young, like Johnny Depp is 53 or something. Then we're good. Forty eight is so young. So kind of silly but true.

Christine: That is so true. I definitely have found myself saying that, if I'm shopping or buying makeup or clothes or whatever and I've questioned myself a couple times saying, can a 41 year old wear this? Well, that's dumb. I can wear whatever I want and whatever I feel good in. It doesn't matter what age I am.

Tsh: [11:54](#) And that's a little bit of what I wrote about this week too, which we'll get to in the second half of this chat, but I wanted to get back to some of your thoughts about turning 40 because I'd love to hear, you know, especially for those listeners who are listening and thinking, oh my gosh, I'm 39 right now, or I'm in my late thirties or I'm in my early forties and it feels so weird. What are your thoughts about how we can just more welcome and celebrate this age instead of just dreading it?

Christine: [12:16](#) I have a couple of thoughts on that. One of the things that was really neat that I did to kind of welcome my forties was I went on an adventure with one of my really close friends to New York City this past fall. I thought just going on an adventure, well, we don't, a lot of us that are in our late thirties were tied up with family or work or whatever it may be. We don't feel like we have time for something like that. And honestly, I had never left my children. My oldest daughter is eight and this was the first time I'd ever left them for a trip. It was huge for us. I honestly don't think I ever would have done it if my friend's husband and my husband hadn't just planned it and they literally handed us the tickets and they're like, you're going this weekend, not the weekend coming, but you know, they already had the date set and it was less than a month away.

We were so excited, but super nervous a little bit too because we had never done it before, but it just ended up being amazing. First of all, New York City. So fun. I know you and I went to a lot of the similar places in our trips this past year in New York, but it was just so great to recapture who I am and we just got to go wherever we wanted, eat wherever we wanted and just make decisions for ourselves for two straight days. I just felt like at the end of the trip that I reconnected with who Christine is, instead of Christine as a mom or Christine as a wife and it was really special and just super fun. We just roamed around Central Park and went on the ferry ride, between Queens and Wall Street and ate Milk Bar and so many fun places. It just really breathed new life and I came back really refreshed.

- Tsh: [14:07](#) I think one of the great things about doing a weekend trip and especially with other adults is it reminds you of who you are and that you're more than the hats you wear. That in the thick of life you're more than a mom and it's not that that's a bad thing, it's just that you are more than just the roles you play in most of your life. And I think that's one of the great things about your idea there.
- Christine: [14:27](#) It was awesome. And I actually was surprised that, I thought I would think about my kids the whole time and wonder what they were doing. In the best possible way, I really didn't. I felt that they were totally fine and totally safe and I just got to really just be in the moment, which was awesome.
- Tsh: [14:44](#) That's perfect. I love it. What are some other ideas? If someone listening is thinking, well that's great, but I just can't fit that into my schedule right now. Is there anything else someone can do?
- Christine: [14:54](#) Totally. Another idea I had was just learn something new., Two new things I decided I wanted to learn in my forties. One, was learn to play the ukulele and the other is that I'd love to become a birth doula one day. They're two totally different things and I feel like the doula thing is maybe further in the future but right away I wanted to learn the ukulele and I just wanted to learn it for myself so I could just sit on my front porch and play little folk songs and hymns and just really more for me than anything and just for the joy of it.
- Tsh: [15:30](#) I'm going to be talking next week with a fellow, a co-host and writer, Katherine Pershey. We talk about just hobbies for the sake of hobbies as well and I think it's so easy to dismiss that when everything feels like it has to have an end game, like it will make me a better person or I will learn these skills so that I can then be a better whatever. And instead it's, no, what if you just want to learn something for the heck of it.
- Christine: [15:53](#) Yes, totally true. And I don't have any desire to play with other people or perform for anyone. Maybe I will play a few songs but I just really want to do it for myself and for it just really brings me so much joy and it's just the happiest instrument ever and it's really not that hard to learn. There's only four strings and the cords and you can play pretty much any song. There's this sweet Irish grandpa down the street in my neighborhood that teaches lessons on his back patio, in the country. It was just so life giving even to go to the lessons and kind of weird to be sitting with a music stand, it was kind of back to grade school, you know? But yeah, it was just awesome. I just have it and just play it whenever I want.
- Tsh: [16:40](#) I love it. That's really cool. Okay. Anything else?

Christine: Another idea is that we can let go of something. Maybe just thinking of are there any ideas or things that are bogged us down that we can let go as we move into our forties. We talked a lot about this already, just that letting go of the idea that it's all downhill that were old, that we're too old to do certain things. We really kind of talked a lot about that but I think that we can be so afraid of change, but it's where the growth really happens. Letting go of those old ideas and just really opening your mind to embrace new ways of living. That also goes with this, but breathing new life into something. Really for me, it was a re-awakening for me to revive my writing career, my creativity, using my voice again. I blogged for 10 years and started that in my mid-twenties, but then kind of put a lot of that on hold for a while when I was raising really, really little children and so it's been really fun turning 40 to just be able to breathe new life into that and know that it might not look how it used to like I might not have as much time as I used to, but I can still go after those things that make me come alive. I just want to encourage people to think through that and see if there's maybe, you don't necessarily have to give up something you loved, but maybe it can look different now and you can still do it in a new way.

Tsh: [18:14](#) It reminds me of this idea that we've talked about here and there on the podcast and blog about partial solutions, that sometimes we tend to be all or nothing. Like if it can't be exactly how I want it, then I won't do it at all. I find a lot of people run into this with travel. I have little kids. Travel would be not as fun as if I were just going by myself so I'm not going to at all and instead embracing what will it look like to travel with a kid? It's not going to be the same. It might not be relaxing or restful but it might be fun and it can be fun in a new way. So maybe to embrace other parts of life like that as well. So it's not going to look the same as when you're 25 and have no kids, but it can still be fulfilling in a different way.

Christine: [18:55](#) Absolutely. I get to kind of concentrate on my writing and creativity, like one day a week now, but that is amazing. I get a whole day to do that and I didn't previously have that. I think just maybe looking at it from that perspective. And then the last thing I had, if we have time, just really quick is just to honor your journey. It was really fun at my 40th birthday party, all my friends actually brought, they contributed to ukulele lessons for a gift. That was really fun. But kind of what I wish I'd done, what a friend had did at her 40th birthday, was she kind of honored all of the people in her life that just have been along the journey, either speaking words aloud to them or writing letters to each person and telling them what they meant to her and I just loved that idea of even though it's your party to celebrate you, that the focus can be on all of these people that have really just supported you and loved you as part of your journey up to this point. And it's kind of a celebration of really our whole community and not just that one particular person.

Tsh: [19:59](#) Right. It's recognizing and honoring the people in your life that have made you who you are, and I love that.

Christine: Yeah. None of us are doing it alone for sure.

Tsh: One of my girlfriends here in town, when she turned 40, she basically made dinner reservations at one of her favorite restaurants and so it was about 12 of us, so it wasn't a huge party but it was enough. And what she asked everybody to bring was instead of a gift to bring me a piece of art that means something to you because she loves art. She's very artsy. Whether that's a photograph, a poem or a painting, whatever it is, bring me something that maybe represents who you are. Not so much like tell me, buy me a painting you think I would like because she wanted to just remember who all these people are in life that she loves. For example, I brought a photo of Italy because she and I share a love for Italy. And so it was both thinking of her, but also, this represents me well. And I just loved that idea. I thought that was really special and not hard for us. It wasn't like asking us to write a poem from scratch or to compose a song. It was just bring me something you like.

Christine: I love that. I had another friend when she turned 40 that she just asked for a gift that each friend would write down a memory, one of their favorite memories together of something they did together. I love that different idea.

Tsh: I do too.

Segment Two

Tsh: [24:23](#) Thank you for sharing those fun ideas. I've got some links in the show notes based on a few things you said and I love that our two posts this week really connected well because mine was about the outward appearance when it comes to clothes and it's kind of a weird topic. I don't usually talk a lot about this kind of thing. Mostly because I don't have a lot to say. I feel like I'm very much a work in progress learning. Wait, you know, I'm in my forties and I'm still figuring out what I like to wear, what colors work on me, how to find things that actually fit. It's so funny to me that I'm in my early forties still figuring this out and instead of shaming myself and beating myself up over it, I've just embraced it and said, Yup. It just is what it is.

I thought I would expand on that a little bit in our chat here and talk some about the other stuff, namely like self care and when it comes to skin and hair and how I feel like I have embraced a little bit more of this than I used to though I still kind of hold onto my old school simple ways of doing things.

Christine: I'm so excited to hear what you have to share because you always have good pointers when it comes to this kind of stuff.

Tsh: I'm definitely still learning as well and I don't know if it has more to do with me being in my early forties now or if it has to do with me being a mom of a teenager because with that, you know, I've got a daughter who's almost 14 now and she has come into the stage of life where things like taking care of your skin matters and I'm not going to like overexpose her with all the minute details of what it's like to be a teenager with skin because I think we all can remember maybe a little bit of what that's like.

We're going through this journey together of helping her figure out how to take care of herself. And alongside that I feel like it's kind of reawakened and interest in me as well. Maybe even a way that she and I can bond over things because I'm learning over this past year that a lot of what works for her also works for me. Even though we have two very different sets of skin, for example. So all this to say, I will just foundationally say the thing I am really learning, and of course I've known this as true forever, but it's still really hit me the older I get that the most important way I can take care of my physical body, really and truly is to get enough sleep. I don't know if you've experienced this, but the older gotten the more I can see it in my face, in my skin and of course in my disposition, but even in my physical self when I'm sleep deprived, when I haven't gotten enough sleep. All the creams in the world aren't going to take care of, for example, dark circles if I am not getting enough sleep.

That's something that I've just really been reminded of lately as I explore this new thing with my daughter and pass that onto her. That's great that you are maybe using this lotion, but really and truly you gotta get enough sleep or drink enough water or eat well. You know what I mean?

Christine: Yes. Those are so good. I feel like there's all these studies coming out right now about sleep and how even if lack of sleep contributes to Alzheimer's and all these crazy things you can get later in life that are literally from just not getting enough rest.

Tsh: Exactly.

Christine: No teenagers do love their sleep usually, don't they?. They likely. Does your daughter like sleep?

Tsh: She is literally still asleep right now. And it is 10:38 in the morning here.

Christine: Oh, I can't remember the last time....

Tsh: I know. I've told her this. But here's the thing that Kyle and I have embraced. This is a little rabbit trail. Instead of shaming her for that, we're embracing this because teenagers clearly need their sleep and she was up late and not late late, but she was doing homework. It wasn't like she was slacking off playing video games or something. She is a very hard worker. And so to let her sleep in is, just part of us being a parent and when she wakes up we're not going to say, finally it's time you woke up, it's going to be more like, hi, how did you sleep?

Christine: That's really wise.

Tsh: That certainly was a little side note.

Christine: So on school days too, does she, is it harder?

Tsh: Is it harder to get her up on those days. It's a million times harder and in fact, Kyle and I have joked about how we feel like we have a baby again to help her go to sleep on time. We're back to helping her do things, like she has an eye mask. There's a particular sleep playlist that's really popular in Spotify. I can link to it in the show notes, but where it is an album of sleep but it plays it according to when you probably are in certain circadian rhythms like REM sleep and that's helping her. We have a diffuser in there so it's just kind of funny. We were laughing, like should we be swaddling her again?

She's actually shared that all these things have helped her because it is genuinely hard to help her get to sleep by nine. It's just so hard in their typical day in the life of a teenager. Anyway, all that to say sleep matters so much no matter how old you are. And I'm reminded of that the older I get. All that said, foundationally, I'm still discovering, okay, but there are some things that I've really grown to appreciate that are really good for me. I have written in the past on The Art of Simple, gosh, this is 10 years ago now, about how when I lived in Turkey, I did the no shampoo method and I did it for several years. Do you know what I mean when I say that?

Christine: Yes. And I've never actually tried that.

Tsh: [29:40](#) Well, it doesn't work for me anymore. And so I'm saying that to encourage those of you who maybe found The Art of Simple through that post because 10 years later it is still the most highly trafficked posts we have on the site. It's funny. I have a feeling a lot of people are discovering us through that. But to encourage you that if it doesn't work for you, that doesn't mean all is lost and you can still take care of your hair and natural healthy way. What I've learned is that it has a lot to do with life stage. It has a lot to do with the water quality of where you live and it has a lot to do with the weather where you are. So it worked so much better for me, for example, up in Oregon, when the water was

really soft, meaning it didn't have all the minerals that it has here in Texas and low humidity, at least in central Oregon where we lived. Here in central Texas where the humidity is high and where we have a lot of calcium and other delightful stuff in our water. It just does not work. And that's okay. And I've learned to be okay with that. So if you have tried it and it doesn't work, just know, understand that hey, maybe it just isn't for you. But nonetheless, I'll put the link in the show notes of that post if you are curious what I'm talking about.

Christine: That's fascinating. I have naturally curly hair and people are always saying that that no shampoo method is the best for that, but I've always been scared to try it. Is it just going to end up really greasy and knotty? I don't know it. I should just try it.

Tsh: Yeah, it's worth trying just to see if it is a good thing for you or not. Not just you, anybody. But you do need to plan ahead of time. Do I have anything major this month? Do I need to go to a wedding? Do I have to make a big presentation? Because you will go through the stage where you're hair looks worse before it gets better because it has to go through this almost like a detox experience. So it gets really gross. You'll want to wear hats, for the time being. And then suddenly you'll wake up one day and your hair is sort of like, oh, here we go. Because what you're doing with a lot of commercial type shampoos and conditioners are stripping your hair of the things that naturally needs. And so your hair is used to creating the oils to build that back up and so whenever you're suddenly not stripping it, it is still creating all those oils as though you are stripping it and so it just takes your body clock some time to get used to it.

There are plenty of great hair products that don't do that and that's what I embrace now. I embrace a lot of those products that are still perfectly okay and yet clean my hair. I'll link in the show notes to what I use right now. I actually buy them through Grove Collaborative and people have heard me talk about that before. It's a membership. I don't remember what the cost is right now, but it's really low and you get some basically really great perks including lower price for things that are more of the natural brands of things. They also do price matching, so if you find this particular thing for cheaper on Amazon or on Target, they'll match it. It's kind of a win win because it's also supporting a really cool business.

All that to say they're not sponsoring this or anything. I'm just saying I'm a legit user. I'll link to in the show notes, the brand I use right now, which is called Soapbox and I use Argan Oil, it's good for my hair type. I really liked their stuff. And then I've talked about this for ever, but there's a product called Hair Butter and it's made by this mom. She just invented this stuff that is so good and I use it all the time. In fact, on our round the world trip, it's all I brought and it doubled as a face cream, my body lotion and hair, smoother outer stuff. It's

made with such good stuff. It really is an all in one. If I were going to pack a backpack and live out of it for a year again, I would just use this stuff. It is so great.

Christine: Oh my word. Is this for short hair mainly or is this for any kind of hair?

Tsh: It's for anybody. It's a hair lotion in a way, but you use a tiny little bit. You rub it in your hands and then you just smooth it over your hair and it just tames whatever it needs taming. It's one of these magical things that, I'm not saying it right, but basically it does whatever your hair needs it to do. So if your hair tends to be oily, you use it on the ends and it just makes your hair more healthier. If it's dry, it smooths it out and add some moisture it needs. And so my hair, I definitely don't deal with oily hair, but I also don't deal with super dry hair so I just use a tiny little bit and smooth it on and it just makes it look healthier as though I did something and I hardly ever do anything to my hair.

Christine: [34:02](#) I love that. Definitely link to it because I want to check that out.

Tsh: I will. And then the final thing I want to say about hair is, I just started using a brand called Madison Reed for hair color and they have actually been a sponsor of this show so you might have heard it on an ad here on Simple Show, but even if they weren't, I would use them because they are a great hair color that doesn't have icky stuff, yet, it doesn't mean you have to go all the way to the salon. So I feel like it's a nice partial solution between buy it from the store in a box and doing at home and spending a lot of money at a salon. It's salon quality but at home and it's really good stuff and I've just been really impressed.

It makes my hair look a lot healthier and I have gone completely gray for many years and I've written about this before because I started going gray in my early twenties. I colored my hair for 12, 13 years until about age 36 and I started just letting it grow out and I was fine with that for awhile and now I'm back to coloring my hair just because I enjoy it. Not because I think there's anything wrong with coloring or not coloring. I don't think it's a moral issue. I just enjoy it right now. I'll link to that as well because I really like this company.

Christine: I love that. I love that you decided to do it for a different reason. I'm curious, was it harder to cover your hair now that, since you had grown out the gray for so long, was it harder to color it this time?

Tsh: You mean physically harder or like more psychologically or emotionally?

Christine: [35:29](#) Like physically? Did it cover your hair as well if you'd grown out that much? Gray. That's what I'm always afraid of. If I let it grow out.

Tsh: No, it was 100 percent, no problem at all. It was as though I just went right back to how it was. I don't know if that's just my particular hair type. I will say one of the nice things about my gray hair is that it grew out well. It just kind of had sparkles all throughout my hair. It wasn't bumpy. I don't know how to describe it and it didn't really affect the texture of my hair, like it can so often. So I don't know if it has anything to do with that, but I just went right back to it and it was no problem. And because I wear it as a pixie cut now it's easy to go back and forth. Do you know what I mean? Like if I choose to grow out my hair, that means like two to three months tops and then it's back to full head of gray hair. So that's kinda the nice thing about having short hair as you can change it up pretty frequently.

Christine: I love that. P.S. I love when you posted that you decided to get your haircut at a barber. Do you still do that? Because I think that's so smart. I never would've thought of that, but who knows short hair better than a barber?

Tsh: Exactly. I still do it. In fact, I'm going today and the thing I love the most about it is that it is a barber, so she cuts short hair all the time. She's a woman and so we still talk about woman-like things like hair care and it's not just, because that was a little bit of my concern if I'm just going to this grizzly sort of guy. can't. I mean, of course there are great male hairstylists, 100 percent. But I like that she and I can bond still over this and she actually tells me she's excited when she sees me walk through the door because she doesn't get a lot of women. And so it's her fun, way to get into that. I still do it all the time.

All that to say, that's my hair. The thing that's actually a bigger change for me is skincare and taking care of just taking better care of my skin has been a new thing for me having turned 40. I still use the oil cleansing method that I wrote about back when I also wrote about no poo. So that is something that I have stuck with. I mean I've gone through seasons where I don't do it just based on based ease, but I still ultimately reap the benefits of an oil cleansing method.

I will link to that in the show notes. Do you know what I mean when I say that?

Christine: Yeah. So you're basically cleaning your skin with oil and nothing sudsey, right?

Tsh: Exactly. What works for me is three parts olive oil, one part castor oil and then a few drops of essential oil just depending on what my needs are at the time and the season and just kind of what mood I'm in, smell wise. Usually like lavender or citrus, like a grapefruit or something.

Christine: I bet that feels amazing.

Tsh: It feels so good. I won't get into it because the post does, but basically oil attracts oil and so what you're doing is removing the oils you don't want and leaving the oils you do want onto your skin. And so that's why it works so well for basically all skin types because it's not like it causes more oil if you already have oily skin.

It actually really helps balance it out. I really recommend the oil cleansing method for anybody who is struggling to find something that works for their skin. So I still do that. What I basically have added to that routine is the main things are this, it's a vitamin C serum and I'm going to say it wrong. I think it's Hyaluronic acid.

Christine: I would not know how to pronounce it better than that.

Tsh: I bought it off Amazon and I got it after like reading a million good reviews about it. It comes in a little dropper. The thing that's great about it is that both my daughter and I use it and we use very, we have very different skin and the best way I can describe it is that it just does what it needs to do to make your skin healthier in the same way hair butter just does whatever it does no matter what your hair type is. We just spread it all over our face and what it does for me is it evens out my skin tone. As I was getting a little older, I noticed red patchiness and just kind of a dullness to my skin. It just kind of evens it out and makes it look brighter. For my daughter had actually helped clear up some acne and regulates the oil. It's kind of cool that it can do both things. Along with that I use an eye, from the same company, I don't know if you call it cream, I guess it's a gel, a tiny little drop under my eyes. It's kind of the same formula though, it's a little bit more, um, formulated for the skin under your eye, which is more sensitive and it helps even out the skin there.

I'm prone to dark circles and so it helps with that. Those two things I've been very fancy and new for me and it feels like a luxury because I seriously don't ever do this much to my skin. I've been glad I've added that to my routine. It's been worth it.

Christine: I love that. I actually use a similar, I don't know if it's the same one, but I got my vitamin C serum with hyaluronic acid on Amazon too. I wonder if it's the same one but I haven't seen eye serum, so definitely link to that, I'm going to check it out.

Tsh: I'll link to both of those. It might be the same one because it's the one that's like, if you were to search for it, it would be at the top of the list because it's got like thousands of good reasons.

: [40:27](#) And then um, another one also off Amazon that I heard great things about is this clay mask that both my daughter and I use for the same reasons that does what our skin needs to do and it is 100 percent bentonite clay. So it's just like this gray powder. And the great thing about it just being pure clay is that clay is really great at drawing out impurities and so it just really gives your skin a once over clearing out of the gunk. And the cool thing about this stuff is first of all, it's pretty inexpensive. It's 10 bucks for a big jar of it and it will last for ever, like literal years. And Tate and I, my daughter and I both use it. You mix it with equal parts, apple cider vinegar. And so when you mix the clay with the vinegar and some kind of natural magic happens and I don't know what it is.

She and I both use this about once a week. We laugh because on the jar it says something like, feel your face pulsate. And she and I laugh, we don't want to feel our face pulsate, that is not good advertising. But sure enough, like halfway through we're like, oh my gosh, this is weird. And we start mildly panicking. Like, should we take this off? It's really starting to feel weird, but it's just doing whatever it needs to do. I love it to you. And it's kind of a fun thing to bond on, you know? She and I both like to just play around with it.

Christine: Yeah, I love that you're doing all these things with your daughter. That is so fun. I bet she thinks it's so great to just get to do that with her mom.

Tsh: [41:49](#) I think so. I hope she's not like thinking I'm trying to be cooler than I am, but I legit want to actually use it and not just because she's using it. But then the last thing I will say is that I also use a thing that she does not use because it's, I think it's actually not great for young skin, but have you ever tried one of those microneedle roller things?

Christine: I haven't, but please tell me about this because I'm very curious.

Tsh: I know. Well first of all, I first learned about it from Jamie Golden, a friend who is a podcaster and she loves beauty products and I initially just shied away from it because I'm just not into collecting beauty products the way she is and I thought it was just one more needless thing, but then our mutual friend, Myquillyn Smith who writes at Nesting Place, she went ahead and got it because of Jamie and I thought, well if she's going to get it then I am really curious because she's a little bit more like me and not into all the things and so I went ahead and got it because it was \$10.

It's very inexpensive. I think it originated in Korea and they're well known for their skincare regimens, you know, but what it is is it's this little bitty roller and it is covered with tiny little needles and it sounds like a torture device, but it really doesn't hurt. It's more like it's scratching an itch, but what you do is you just roll over your face with this thing and it looks really weird when you're doing it, but I

think the gist of what I understand is that it's creating tiny little, it's kind of the equivalent of when you work out, it's what you're doing is you're breaking down your muscles so that they build up even stronger, essentially. It's the same thing with your skin. You're breaking down your skin so that it builds up even stronger. It's encouraging your skin to renew itself, too.

I don't know. I should really learn more about the science behind this. All I know is that in using it, my skin looks better so I'm just going to say that I've been using it pretty much just for about a month now and I only use it a couple times a week, so I probably am not using it as often as I should, but it really seems to work so I'm going to keep doing it.

Christine: Is it kind of like an exfoliating thing? Like it renews the surface of your skin as you do it?

Tsh: Yeah. It's kind of like exfoliating except I feel like with exfoliating, you're just scrubbing away dead skin cells and I think what this is doing is then encouraging it to build new skin cells.

Christine: It doesn't hurt?

Tsh: [44:10](#) It doesn't hurt. In fact, at first I thought it felt really weird, like oh gosh, am I going to get a rash or breakout and some kind of weird way. And I didn't at all. And in fact now it feels kind of cool. Like I said, sort of scratching an itch in the same way as scrub does. You know what I mean?

Christine: Yeah. And I bet like I've gotten facials before and you realize like how much you never do that to your facial skin, you know, like it feels like it gets circulation in that area. So that would probably feel really good.

Tsh: Yeah, exactly. So all this to say, I just named, about five times more beauty products than I ever used in my whole life before because I would say maybe five years ago I was using, I was just washing my face and then putting a moisturizer on and done and so now I sound maybe high maintenance, but it's really not.

None of this takes more than five minutes and I don't use it all every day. That's in essence what I've been doing now and I'm going to link to all this in the show notes and it really has genuinely, I don't know, it just makes me look more like myself is I think the best way to put it. And that to me is ultimately my goal. My goal is not to suddenly look 10 years younger than I am. And I think that's important to embrace as we get older. That it's okay to look your age. Do you know what I mean?

Christine: Yeah, I love that we're going to have wrinkles are going to have more gray hairs, but I think we can still feel vibrant, you know? And we can still feel healthy and take care of ourselves. We can still do things that make that feel good as we get older.

Tsh [45:37](#) I think that's ultimately what this is about for me. And back to what I was saying in my posts that I wrote this week about choosing clothes that are the right color and the right fit. It's not to impress anybody like the way it may have been 10 years ago when I felt like I wanted to be more a certain way or just so sure that everyone is paying attention to me and they're really not. It's really to feel good in my own skin and to look in the mirror and say, oh, there you are. And that's ultimately what happened to me when I cut my hair short. It's like, oh, there's the side of me that I had always wondered if it was there. Taking care of my skin and my hair and these little methods is more about just feeling good in who I already am. And that's what I encourage everyone else to do.

Christine: I love it, I absolutely love all of that. I'm excited to try some of these things you mentioned.

Segment Three:

Tsh: [46:27](#) Okay, Steph, as I mentioned on the pod a few weeks ago, you and I are going to have a third segment here every couple of weeks on this show where we are going to answer a listener travel question and I'm so excited about this because it means we get to keep our toe in the water talking about travel without bombarding you guys with all the information all the time. At the end of this I will share how you can submit your own question. We've got tons to go through and I'm excited to hear what you are curious about.

Let's dive right in. And I'm gonna start off by butchering a name. Her name is Kaitlyn. Is your last name? Bouch, booche?

Stephanie: I'm going to go French and say booche.

Tsh: Okay. Thank you. Kaitlyn Bouch. That sounds way prettier. I'm hopefully that's your name, Kaitlyn. Kaitlyn, you have asked, what is the first thing you plan when traveling, lodging, food tickets, et cetera. She is curious, what is it? We do first, whenever we are preparing to travel and I know you and I could talk about this all day, but let's just dive in and say what we tend to do first. What do you do first, Stephanie?

Stephanie: [47:30](#) I pretty much have got sort of a system down. It's not really a system, it's just sort of the order that I always do it in. I always start out by just reading and researching and soaking up information about the place that I think we want to

go to. I start reading blog post. I might read a book that takes place in a certain country or part of the world or I will begin buying guidebooks. Maybe about that country or maybe if it's a region, buy a book for like the broader region, like Central America rather than just buying like a Guatemala book, for example. That's where I begin. I just want to know all the things and I kind of want to get a lay of the land, you know, not an exactly literal lay of the land, but I want to understand what are the different places that people go to, where are they located in the country or in the region? What are the things that I need to be aware of? What are the possibilities of what we could do in this place? How do you begin Tsh?

Tsh: [48:26](#) I really like what you have to say because now I'm like, oh, do I do that first? Because my first thought was 100 percent, the first thing I do is make sure that there's a place I want to stay at. So for me it's lodging and then I maybe looking to things. I guess I'm a little bit more of a, I don't feel this need to do all the things in all the places. If I know we want to stay in a particular place, let's say the French countryside along the Riviera or the south of France in general, I'm going to just start looking for a place. I'm going to go onto Airbnb and see what's available and then let that be my guide of maybe what we do because it's not so much that I care so much about the lodging being exactly what I want. I just want to make sure that there is the possibility of even being there before I start making plans and dreaming and scheming. In that case we ended up at, gosh, it's funny, I even brought that up as an example because I ended up staying there with you, where we found this little village that I would've never in a million years heard of because it's so tiny. But we found this really great place online to stay and then use that as a springboard for what we did next. Just because I feel like I want to have a good home base even if it's not fancy. It's just, it works for us. And then I use that as a way to then I had a dream and scheme and kind of do what you say. Steph, you're actually better than I am at reading up on places before you go, like what you said, the guidebooks. I bought guidebooks for London this past year, but only because I was leading the trip and I felt like I needed to do that. Otherwise I haven't bought a legit guidebook and a long time. I think it's cool you do that.

Stephanie: [49:59](#) Do you want to know what a geek I am? I read them a bedtime. They're on my Kindle. As I am going to sleep every night, if I don't have a different book that I'm like super into at the time or if I just feel like I need to use this time as research because I don't have a lot of extra time in my day, then I will lay in bed at night and I will read through guidebooks and different regions of the country and do my research that way. I've also been really happy to discover that lately, with your Kindle and your Prime account on Amazon, you can borrow books sometimes for free. Not every book is available, but some books are more and

more guide picks are being available lately. I'm so happy. I just got to Peru one the other day and a Columbia one I think. And I was like, this, this is really good.

Tsh: [50:47](#) That's Fun. I had no idea. I'm gonna have to look into that. Okay. So now I'm curious, Steph. For you, the stage of dreaming and reading guide books to the next practical, okay, now we're going to go there. How long are we talking? Are you doing this like a year in advance or just a few months?

Stephanie: [51:02](#) Usually just a few months. I don't plan that far in advance. I mean I might start learning casually, but I'm not going to start reading the guide books a year in advance. I start by reading my books and my posts and whatever I'm reading, I start gathering my info. And at the same time I'm doing a lot of thinking about our itinerary, the itinerary really, and when I say itinerary, I don't mean like the day by day, this is what we're going to do when we get there. I mean because we travel longterm so when we go we have to work dates around like what's happening in our own lives and at our home base and when we think we want to come back and are we planning to meet up with anybody on our travels and when does that kind of take place. For me, it's figuring out those dates. That's really important to me as my second step. I'm sort of always keeping notes on that while I'm gathering info so that I can play around with different possible itineraries and just big picture. On this date we're gonna fly here or you know, somewhere between these two or three days might be when we would leave and head to this next country. That's kind of what I do.

Tsh: [52:06](#) Okay. That's interesting. That's good to know. I think for the listeners who maybe are thinking a bit more of the typical two week vacation type of travel where you're going somewhere and maybe are staying in the same general location, if you're curious, that's like, if I know, for example, we are going to go to Portland, Oregon because of a particular event or something, and so we're going to stay there. The first thing I do is look at lodging. I think for me it just feels, it just feels grounding to know I'm going to have a home there followed by, right away flights because I want to make sure that we have, find a good deal at the right time. So that's my answer is housing. Yeah, there you go.

Stephaine: [52:50](#) Yeah, I think that makes sense. Like for example, right now, so sometimes we go places for a shorter period of time and it's a very defined place that we're going. So like we're going home to Vancouver for Christmas. I'm gonna already have been passed when we were going to Vancouver for Christmas. And when I started planning that out, actually the first thing I looked at was flights because I, well, once I settled on our dates, I looked at flights because I knew that I wanted to get the best price possible because with seven of us flying, that is like the number one expense in our budget for travel. And so first I did that and then I went to lodgings. It's a little unique because we used to live there. So for me it wasn't really at all about the itinerary or there was no research being done. It

was purely, how are we going to get there? Where are we going to stay? So it depends on the trip.

Tsh: Okay. Well there you go. Hopefully Kaitlyn, that answers your question about what we do first and if you have a travel question for me or Steph, I would love to hear it. I have put info in the show notes of this episode, how you can ask us a question. We would love to hear it big or small and whether it's something practical or a little more just your curiosity is killing you and you just are wanting to know what we think of from past stories of travel. We want to hear it, so check the show notes to find out how you can ask your question.

[54:19](#) Okay. You can find Christine ChristineMarieBailey.com and on Instagram at [@organicstine](#). You can find Stephanie at WonderlingFamily.com or on Instagram [@wonderlingfamily](#) and to keep up with me, I'm on Twitter [@tsh](#), Instagram [@tshoxenreider](#) and of course theartofsimple.net. Don't forget y'all to get my weekly email at fivequickthings.email. Follow us on Instagram [@artofsimple](#) and to be extra awesome, show your support of the show by becoming a patron for just a few dollars per month. And as always, because I just gave you 10 places to go, I've got all these things linked in this episode's show notes, number 178. So, just head there. The show was produced by Chad Michael Snavely and Jesse Montonya, and thanks also to Caroline TeSell, Andrea Debbink, and my intern Ginny. You can see a photo of Ginny at thesimpleshow.com. Thanks so much for listening. I'm Tsh Oxenreider, and I'll catch you back here soon.