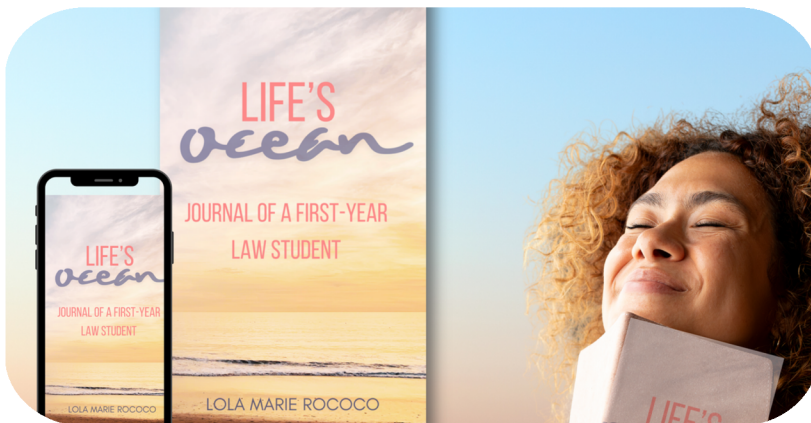




Welcome NEWSLETTER

LIFE'S OCEAN, A SLOW LIVING LIFESTYLE BRAND

Hey there! You're one of the first to be part of this brand-new space where story, self-care, creativity, and community come together. There's so much to share with you, and this is just the beginning! - [LOLA MARIE ROCOCO](#)



The STORY is now available!

Dive into a hilarious journey through first-year law school and life—and experience your own transformation. Our debut book is officially out in the world—now available in paperback and print!



Flip the page for 3 fun, feel-good recipes—and visit the site for free inspiration decks, playlists, and self-care e-books. All our thanks for being here from the start.



Check out our blog: Transform Your Day With the Ritual of Self-Care: Daily Habits for Mind and Body Wellness

Aloha Dark Chocolate Almonds

Time & Setup

- Yummy chocolate treat in under 10 minutes, plus 10 minutes to cool
- Just a small pot on the stove (oven optional)

Ingredients

Get excited by tasting a small handful of coconut flakes before starting!

- 1 cup (150g) whole almonds
- 1/2 cup (90g) dark chocolate (chopped or chips)
- 1/4 cup (20g) shredded or flaked coconut
- (Optional: a pinch of sea salt for a little sparkle)

Let's Cook

- Optional: Toast the almonds. Spread them on a tray and bake for 8–10 minutes at 160°C / 325°F. Let cool a bit. (Tasty but skippable!)
- Melt the chocolate. Put the chocolate in a small pot on very low heat. Stir constantly with a wooden spoon for about 3 minutes, until it's smooth and melty. Take it off the heat right before it's fully melted—stir, stir, stir!
- Coat the almonds. Remove pot from heated burner —no more heat needed! Add almonds to the pot. Mix them in the warm chocolate until they're all shiny and covered.
- Coconut time! Place chocolatey almonds on baking paper. Sprinkle with coconut flakes and, if you like, a pinch of sea salt.
- Let them chill. Cool in the fridge for 10 minutes, or leave at room temp for 20 minutes.



Think of your favorite person—past or present, famous or familiar. Now, make one perfect chocolate-covered strawberry just for them. Close your eyes. Eat it slowly, together. Savor in their honor.

Parmesan Cream Mushroom Pasta

Time & Setup

- Under 15 minutes
- Medium skillet + stovetop

Ingredients

Treat yourself to a few olives or a bite of cheese as you prep!

- 1 cup chopped mushrooms
- 1 tablespoon butter
- 1 serving pasta (cooked)
- 1/4 cup vegetable broth
- Splash of water
- 1/4 cup heavy cream (or a mix of milk, plain yogurt, and cream cheese)
- 2 tablespoons shredded Parmesan
- Pinch of chili flakes

Let's Cook

- In a skillet, melt butter and sauté mushrooms until golden.
- Add cooked pasta and pour in broth with a splash of water. Stir gently.
- Add heavy cream (or alternative) and mix until creamy.
- Stir in Parmesan, then sprinkle with chili flakes and pepper.
- Serve hot and enjoy each bite slowly.



Say “thank you” to your meal — in as many languages as you can!
(Japanese: Arigato)

Avocado Toast Bliss

Time & Setup

- Under 10 minutes
- Toaster + small bowl + butter knife

Ingredients

Have a glass of sparkling water with lemon or orange juice while you prep—it sets the mood.

- 1 ripe avocado
- 2 slices of good-quality bread
- 1 teaspoon lemon juice
- Salt to taste
- Butter (optional, for toasting)
- Chili flakes (to sprinkle)

Let's Cook

- Toast bread to your preferred crispness (butter it if desired).
- In a small bowl, mash avocado with lemon juice and salt.
- Spread generously on toast. Sprinkle with chili flakes.
- Take a bite. Smile. You just made something simple and perfect.



Breathe in deeply and whisper, “I’m lucky to eat today.” How does that feel in your body?