

# Blogger of the week

## Irish Beauty Blog Awards

In association with **TanOrganic**



### Love, Joules

**Website:** <http://www.lovejoules.com/>



[facebook.com/lovejoules](https://www.facebook.com/lovejoules)



[twitter.com/lovejoules](https://twitter.com/lovejoules)



[instagram.com/lovejoules/](https://www.instagram.com/lovejoules/)

### A Little Bit About Yourself

My name is Julia, but a few lovely people call me Joules and I'm really trying to get it to stick, hence the blog name! I grew up in Slovakia and I chose to move to Ireland by myself when I was 19, so the blog also mirrors my continued love affair with the beautiful places that country has to offer. I live in Galway where there are so many cute cafés and unique small businesses that I can never get enough of. I love the term 'world citizen' and the idea that there isn't just one place where we can feel at home. I am lover of fashion, nature, stationery and coffee. Guardian and servant to two adopted cats. When I'm not blogging, I work as a freelance photographer and videographer.

### Why did you start Blogging?

I started Love, Joules in 2015. It was at a time where there were so many blogs out there already, but I really believe we each have our own story and a way of looking at the world that someone will relate to. My best friend, my boyfriend and even other bloggers I knew, really encouraged me to share mine as well. When I was 18, I developed eczema which gradually worsened over the years. Even though eczema is only a part of who I am, it does affect to a large extent what I eat, what I wear, what products I use and how I think. I always knew that aside from my daily inspirations, I also wanted to talk about my eczema struggles on the blog. However, I wanted to do so in a way where I also offer people actual practical solutions. With eczema, the key is consistency in following a regimen in diet and self-care and my blog and my Instagram really helps me to keep motivated. Rather than getting hung up about it, I think about what fun new idea can I come up with and share that day!

### Your Best Beauty Tip

If you want to tackle most skin issues, you **HAVE** to look at your diet first.

### Your Top Tan Tip

Embrace the pale! I'm limited in what tanning products I can use due to sensitivities, so I either enjoy natural sunshine in small doses or soft shimmery foundations and powders. I top it off with supplements of Vitamin D.

Find all the nominees of the awards on our website: <http://www.beautyblogawards.com/>