

Post #	Topic	Post Type	Topic	Caption	Hashtag	Suggested Image
1	Product - Coaster	Carousel	<b>FOCUS: Lobster Print</b> — Lobster and Beach (Your inspiration story behind these creating the print)	<p>🦞 Lobsters. They are dotted everywhere. Especially in the place where I live – Isle fo Wight. I love them. I am intrigued by them. So much so, that I created prints with them!</p> <p>Did you know lobsters are animal emblem symbolic of 🌟 power of protection and discovery. They stand for 🌟 transformation, 🌟 rejuvenation, and 🌟 emotional growth. This beautiful, powerful essence inspired me to create these lobster prints.</p> <p>Adorn your tea table with the *Lobster Printed Coasters*. They naturally bring a sea vibe to your space with its bright, vibrant red – lending a perfect setting for your drinks. And as we say, "Take life one shot at a time." What say? 🦞</p> <p>And... before you go: The Crab And Lobster Inn &lt;tag the company&gt; at the Isle of Wight is my go-to place. They serve delicious lobster curries and appetizers!</p>	<p>#redlobsters #oceanlifestyle #coastalviews #beachwalking #coastallifestyle #beachartist #beachtrips #shadeofblue #shadeofred #lobsterlover #lobsterseason #lobsterlove #beachmemories #beachlifevibes #beachgram #coastaldesign #coastaltown #marineanimals #sunsandsea #lobster #print #coastersenthusiasts #coasterart #moniquelucas #moniquelucasdesigns</p>	<ol style="list-style-type: none"> <li>1. REQ: Contextual Image Using Lobster Coaster</li> <li>2. BraedenLee-5</li> <li>3. CARD-LOBSTTER-4 (print zoomed)</li> </ol>
2	Product - Beach bag	Carousel	Beach essentials to carry in your beach bag	<p>"Essentials to carry in your beach bag 🎒"</p> <p>You're all set to have an amazing time at the beach. But... confused about what to carry in your bag? Fret not!</p> <p>Here are all the things you need to carry while going to the beach:</p> <ul style="list-style-type: none"> <li>🧴 Sunscreen</li> <li>🕶️ Sunglasses</li> <li>🧢 Hat / Cap</li> <li>🛖 Beach Towel</li> <li>👣 Flip-flops</li> <li>💧 Water bottle</li> <li>🧴 Sarong</li> </ul> <p>Looks like a lot of stuff? You can carry them all in our NEWLY LAUNCHED *sea-inspired printed* beach bags — spacious ('coz stuff!) and washable ('coz sand!), it is perfect for your day-out giving all the beachy vibes wherever you are!"</p> <p>Swipe for patterns 📱</p>	<p>#beachoutfits #coastalartist #seawaves🌊 #oceanlifestyle #coastalviews #beachwalking #coastallifestyle #beachartist #beachtrips #shadeofblue #beachwears #beachsandals #beachsand #beachlifevibes #beachgram #beachessentials #coastaldesign #marineanimals #beachsunsets #beachtowels #sunscreenscream #beachlove #beachfun #beachscape #sunsandsea #beachbags #moniquelucas #moniquelucasdesigns</p>	<ol style="list-style-type: none"> <li>1. REQ: Contextual Image Carrying The Bag</li> <li>2. BraedenLee-1 (Coral)</li> <li>3. BraedenLee-2 (Sea Wheel)</li> <li>4. BraedenLee-3 (Lobster)</li> <li>5. BraedenLee-4 (Star)</li> <li>6. BraedenLee-5 (Crab)</li> </ol>
3	Product - Napkin	Carousel	<b>FOCUS: Wheel print</b> - napkin adding beachy vibes to your tea table(creating an imaginey beach story, showing how beautiful these napkin would look on the table)	<p>Miss being at the beach, strolling on the sand, and the cool splash fo the waves? 🌊</p> <p>Now bring the sea to your table. Our wheel print napkins transport you and your guests to a tranquil coastal ambience during these warm summer days 🌊 With our selection of chic coastal print pieces, setting a stunning sophisticated table has never been easier.</p> <p>Grab these designs from our website (link in bio).</p>	<p>#seasandandsun #beachfeels #shipwheel #print #oceanlifestyle #seasidebeach #coastaliving #beachtrips #shadeofblue #beachvacations #tableaccessories #coastaldesign #coastalvibes #beachcollection #emptybeach #tablesettingdecoration #tabletopdecor #decor #coastalinteriors #takemetothethebeach #beachaccessories #coastaldecor #napkins #tabledecoration #moniquelucas #moniquelucasdesigns</p>	<ol style="list-style-type: none"> <li>1. BraedenLee-14</li> <li>2. BraedenLee-5</li> <li>3. BraedenLee-53</li> </ol>

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4	Personal - "On The Beach"	Carousel	Emotions I go through every time I visit the beach	<p>That first splash of the waves 🌊, the grainy feel of the sand 🏖️, the cool wind gushing against my body feels different every time I visit the beach.</p> <p>But there's this one memory that has stayed with me. Me and my sisters were always excited about our beach visits in Florida. And we being kids, went running down the bridge to get our feet dirty in the sand... built huge castles, collected sea-shells 🐚 (and listened to the sound of the sea in them), took a dip, sunbathed, and relished those simple PB&amp;J sandwiches. That simplicity, that innocence has stayed with me still.</p> <p>And here I am, at the sea again. Ever connected. It's like sea has become an inevitable part of me. I cannot name just one emotion that draws me to the beach every time but all that it is, I wish it stays with me forever.</p> <p>Sitting at the sand, seeing the sun over the horizon still gives me chills, lends me hope of this beautiful life and the infinite power and potential it has.</p> <p>What are your *BEST MEMORIES* associated with the beach? I'd love to listen to your beautiful stories. Comment below 🗨️</p> <p>(Oh! Me and my sisters... We still are the same beach girls (2nd image) and forever will be savoring the delish sandwiches.)</p>	<p>#wavesurfing #seasandandsun #beachbreeze #beachfeels #seaaddict #beachsideliving #beachsunset #beachsunrise #horizon #beachvibesonly #oceanlifestyle #coastalviews #beachescape #beachcollection #coastaldesign #beachlove #seawaves #moniquelucas #nostalgia #memories #maroon5 #childhood #peanutbutter #sisters</p>	<p>1. IMG_0057 2. IMG_2346</p>
5	Scene	Single Post	The calming sound of the waves - something poetic, inspirational, nostalgic	<p>So, a question I often get is: "How did you start Monique Lucas?"</p> <p>Well... I never had thought really that I would start a company or launch collections. But, yeah, I loved drawing and painting (something I got from my grandma! ♥️). And I loved the beach, the sea and everything about the coastal life.</p> <p>(1) I started by making simple drawings – like a daiquiri and flamingo. And then realized that these drawings looked amazing as repetitive patterns. (2) When I went out to buy decor (napkins, cushions, cards), I couldn't find products that had those simple sea vibes.</p> <p>And voila! Merged the two, printed those designs on clothes and here we are today!</p> <p>I launched my brand: Monique Lucas in 2018 – a brand everything about sea, beach, and coastal life. I base my designs on the simple life of the ocean and any symbols that radiate the calming vibes... bringing the sea to your space! 🌊🏖️🐚🍹🌴</p> <p>(And yes, there aren't fishes in my prints yet. Did you notice that?)</p>	<p>#seasandandsun #beachfeels #oceanlifestyle #seasidebeach #seashores #coastaliving #oceancolors #calmvibes #beachartist #beachtrips #shadeofblue #oceanlifestyle #beachcollection #beachaddict #calmsea #waterlust #takemetothesea #beachaccessories #coastaldecor #homedecor #moniquelucas #moniquelucasdesigns #inspiration #painting</p>	<p>1. Braeden carey photo june 2019</p>

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6	Personal - "On The Beach"	Carousel	The ally of Sand and sea - experience of feeling the sand and sea (something poetic and calming) – <b>individual &lt;&lt;&lt;</b>	<p>Florida holds a very special place in my heart. 💖</p> <p>My major childhood memories of the beach are of my grandma's beachside house in Florida. 🏠</p> <p>Me and my sisters would always get fascinated by her vintage Jamaican stamp box which had these gorgeous, interesting, old stamps collection from Jamaica. They were so vibrant in colours 🌈 We had learnt so much about Jamaica that it feels as if we were the ones actually living there. Each of the boxes came with different stories that would amaze us and we would be all ears to hear all her stories and more.</p> <p>One memory that I clearly remember about the Florida beach house is that we didn't fill our pool with the chlorine water. Instead it was naturally refilled by the sea waves that splashed across the pool boundaries. How cool is that! 🌊</p> <p>All these memories have stayed with me till date... inspiring me every day.</p>	<p>##coastalartist #seawaves🌊</p> <p>#saltyhairsandytoes #oceanlifestyle</p> <p>#coastalviews #beachwalking</p> <p>#coastallifestyle #beachtrips</p> <p>#beachwalking #beachvacations</p> <p>#beachlifevibes #beachgram #coastaltown</p> <p>#beachlove #beachfun #beachscape</p> <p>#sunsandsea #florida #grandma #nostalgia</p> <p>#memories #childhood # #moniquelucas</p> <p>#moniquelucasdesigns</p>	<p>1. IMG_0075</p> <p>2. IMG_E0314</p>
7	Product - Coaster	Carousel	<b>FOCUS: Star Print</b> – Correlate the starfish coaster to Spongebob's character Patrick (Small nostalgic story)	<p>These starfish coasters somehow remind me of Patrick from Spongebob Squarepants. 🐡🐡</p> <p>I spent my childhood binge-watching the show and I still obsess over it. Patrick has always been my favourite character from the show... His silliness always sparks a child in me.</p> <p>I always wondered how life would be under the sea (just one of my many curiosities), how Sandy Squirrel reached underwater and set up her dome? And how they actually lit the fire underwater?! You resonate with me, right? 🐡</p> <p>But, hey, do you know starfish represents infinite divine love 💖 They also signify guidance, vigilance, inspiration, brilliance and intuition. Our collection of EXCLUSIVE hand-drawn marine coasters are also based on the same essence.</p> <p>Grab your set of 🌟 starfish (or Patrick) print coasters from Monique Lucas' website now.</p> <p>(link in bio)</p>	<p>#oceanlifestyle #coastalviews</p> <p>#beachwalking #beachwalking</p> <p>#starfishbeach #beachsand #beachlifevibes</p> <p>#beachgram #beachessentials</p> <p>#coastaldesign #coastaltown</p> <p>#marineanimals #beachlifevibes</p> <p>#spongebobandpatrick</p> <p>#spongebobsquarepants #patrick #star</p> <p>#coasters #sandybeach #starfish #print</p> <p>#coastersenthusiasts #coasterart</p> <p>#moniquelucas #moniquelucasdesigns</p>	<p>1. unnamed-2</p> <p>2. BraedenLee-3</p> <p>3. CARD-STARFISH-4</p>
8	Product - Beach bag	Carousel	Caption describing the quality (material, size, etc) of the bag – link with the beach (obviously!)	<p>A beach bag that fits all your beach essentials and more!!?! Sunscreen, beach hat, footwear, swimwear, snacks, napkins, laptop, (iron bar, JK!), EVERYTHING 🐡 Sounds amazing, right?</p> <p>Your hunt for that perfect bag is over! Yes, ladies, Monique Lucas' beach collection has the "perfect" bag you need – for your beach trip, shopping trips, day trips, night-outs, anywhere!</p> <p>This beach bag is from our EXCLUSIVE hand-drawn collection which is inspired by everything you'd see on the coasts and sea – 🦞 lobsters, corals, ship wheel, crabs 🐡</p> <p>Go grab your bag now!</p>	<p>##coastalartist #seawaves🌊</p> <p>#oceanlifestyle #coastalviews</p> <p>#beachwalking #beachartist #beachtrips</p> <p>#shadeofblue #shadeofred #beachwears</p> <p>#beachessentials #coastaldesign</p> <p>#marineanimals #sunscreencream</p> <p>#beachlove #beachfun #sunsandsea</p> <p>#beachbags #crabs #lobsters #corals</p> <p>#shipwheel #prints #moniquelucas</p> <p>#moniquelucasdesigns</p>	<p>1. <b>REQ:</b> Contextual Image (any print)</p>

## Monique Lucas - SM Content

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9	Product - Napkin	Carousel	<b>Becoming more sustainable towards travelling</b> - Cloth napkins instead of paper napkins	<p>Hey! Do you realize that a seemingly insignificant item, like a table napkin, can have such a huge impact on the environment? 🌱 We all have a habit of using disposable paper napkins – but, do you know how bad it is for the nature?</p> <p>But... It isn't difficult to adopt more sustainable options like reusable cloth napkins. Since napkins are washable, they are just one-time investment, and you can carry them along anywhere. Just think how many trees you'd save by switching to a cloth napkins instead of 100s of using 100s of paper napkins! 🙏</p> <p>Our Marine Napkin Collection has some amazing beachy, coastal print inspired products that are made up of 100% WASHABLE COTTON cloth. These minimal napkins not only make your table setting look exquisite but also are super-affordable. Buy a batch of 4 from our website now.</p> <p>All it takes is one swap to become sustainable 🌿</p>	<p>#beachfeels #beachsideliving #beachvibesonly #oceanlifestyle #coastalviews #tableaccessories #tablelinens #tableinspiration #beachcollection #coastaldesign #marineanimals #tablesettingdecoration #beachlove #napkin #beachaccessories #tabledecor #sustainable #consciousliving #moniquelucas #moniquelucasdesigns</p>	<ol style="list-style-type: none"> <li>1. BraedenLee-26</li> <li>2. BraedenLee-5</li> <li>3. BraedenLee-39</li> </ol>