

Vicki Psarias

Professional Blogger | Presenter
and Vlogger | Model |
Film Maker and Director



Areas of Expertise

Vicki is available for presenting work, op-eds, features, reviews, case-studies and interviews. She has been featured in and writes for Grazia Daily, Time Out Leeds, Huffington Post, Woman and ITV's Good Morning Britain (presenting).

Food and healthy lifestyle

Coming from a family of award winning chefs, cooking is part of Vicki's DNA. Her original recipes are especially popular with readers with emphasis on healthy and simple family meals.

Vicki follows a low GI-diet and regularly develops sugar-free and vegetarian/vegan dishes that are loved by the whole family.

Vicki has also shared her easy 'not just for breakfast' pancake recipe on ITV's Good Morning Britain and is one of the top food pinners on Pinterest

Beauty

Vicki is renowned beauty blogger and has worked with major beauty brands such as Boots No7, Perricone, Charlotte Tilbury, Smashbox, as well as starring in video campaigns for bareMinerals, Nivea and the top celebrity hairdresser, George Northwood.

Due to her sensitive skin, Vicki is an advocate for natural skincare and make up products, whilst her readers who look to her for styling inspiration covet her voluminous, thick hair.

Specialisms

Easy family recipes

[No Bake Protein Chocolate and Mint Balls](#) (article)

[Wake up to pancakes on ITV's Good Morning Britain](#) (video)

[Prawn Stir-Fry with Rice Noodles](#) (article)

Healthy and gluten-free recipes

[Natural Chocolate & Mint Protein Shake](#) (article)

[Gluten-Free Vanilla and Dark Chocolate Chip Oat Cookies](#) (article)

[Gluten-Free heavenly chocolate cake](#) (article)

Modern diets and healthy living

[The 6 Week No Sugar Challenge & Going Paleo](#) (article)

[Being vegan and feeling my best](#) (article)

Specialisms

Styling thick & curly hair

[How to do a top knot with thick, curly hair](#) (video)

[How to create perfect curls with a curling tong](#) (article)

[A shoot with George Northwood](#) (video)

Skincare routines for the over 30s & sensitive skin

[Reasons to smile with Nivea Q10](#) (video)

[Anti-Ageing beauty With Perricone MD](#) (article)

[Natural beauty products that work](#) (article)

Make up tutorials and reviews

[bareMinerals: Bloggers Love bareSkin Foundation](#) (video)

[Easy everyday summer make up tutorial](#) (video)

[Boots No7 Christmas look](#) (article)

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Fashion & Style

Vicki covers fashion on HonestMum.com and her separate dedicated style blog, Mummy's Got Style.com.

Vicki's bold, vibrant and glamorous personal style has caught the eye of top designers and she works as a brand ambassador and model for luxe brands, Nova Harley, Heidi Klein, The Essential One, Yosa and Jacques Vert Group.

Vicki's modelling work has seen her appear in Vogue and she is regularly recognised by Pinterest as one of their top style pinners and has featured several times in their e-newsletters.

Vicki is also known for covering kids' style. Her 2 sons, Oliver and Alexander, have also secured modelling work and featured in several campaigns for St Berts, me&i and Sunuva.

Life & Wellbeing

Vicki is one of the UK's most inspiring bloggers. Having started the blog following the traumatic birth of her first son, Vicki has transformed the blog into a successful business and is now recognised as one of the UK's top lifestyle and parenting bloggers, as well as working as a model and presenter.

Vicki uses her blog as a platform to inspire others, regularly writing about her own experiences and providing practical advice to help others achieve their own goals.

In early 2015, Vicki launched the #proudinmybikini movement that celebrates women's body sizes of all shapes and sizes, encouraging women to feel body confident and show off their post-pregnancy bodies.

Vicki also covers family and parenting issues and is known for writing about how gender stereotypes can adversely affect children and champions the notion that kids should be allowed to do whatever makes them happy even if it goes against society's pre-conceived ideas of how boys and girls should behave.

Specialisms

Maternity style

[My AW15 style picks with The Essential One](#) (article)

[Pregnancy made me more stylish](#) (article)

Women's style

[Date night style in Vivienne Westwood heels](#) (article)

[Modelling Campaign for Nova Harley, Cosatto & Jacques Vert Group](#) (article)

[Cannes style with Jacques Vert](#) (article)

Unisex kids' style

[Essential baby style](#) (video)

[Cool unisex kids style with St Berts](#) (article)

Specialisms

Mental health and well being

[Being Honest: A traumatic birth](#) (article)

[My 10 step plan to living a content life](#) (article)

Confidence

[Being confident](#) (article)

[Proud in my bikini](#) (article)

Work and life goals

[Why It's Your Right to be Ambitious](#) (article)

[The Power of Parenting Bloggers & My Tips](#) (video)

Parenting

[A proud Mama of boys](#) (article)

[The pressure of perfect parenting](#) (article)

Contact

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