
LITHIUM TO LASHES

A BLOG DEDICATED TO ALL THINGS BEAUTY &
MENTAL HEALTH



ASA TODD

Asa is a Black millennial with a passion for all things beauty, as well as a mental health advocate. Living with Bipolar Disorder since the age of 12, Asa wants to ensure that no one else living with a mental illness feels shame or alone in their journey. She decided to incorporate her love for the beauty industry into her writing to show that people living with a mental illness are not as one dimensional as mainstream media portrays them.

THE BLOG

Lithium To Lashes doesn't quite fit into one blog niche. It is a direct reflection of the intricate and beautiful life of Asa. Focusing mainly on beauty and mental health, the goal of Lithium To Lashes is to both encourage and educate. Encourage readers to take a leap of faith and follow their heart, and educate readers on mental health and the experience of living with a mental illness.

Lithium To Lashes is a growing blog, formally named Makeup & Mania, with an audience that skews heavily toward millennial women of color. Lithium To Lashes also has a flourishing social media following on Instagram, Facebook, and Twitter.

Contact

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Featured In

Mamamia.com.au

"I never want to have kids, but that doesn't make me selfish."

Ms. Vixen Podcast

"Mental Illness is Normal"

Secret Sauce Podcast

Obstacles and Failures – How Do You Respond To Them?