

Wellness

MAGAZINE



JULY/AUGUST 2021

LOVE FROM YOU WELLNESS MAGAZINE

#7 JULY/AUGUST 2021

NURTURE AND RESTORE YOUR
MIND | BODY | SOUL



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Our Mission

Love from you isn't just a subscription box, it's a gift for your wellbeing, a **complete wellness experience** created just for you.

And we're on a mission.

We believe that when you discover the things that truly nourish yourself, you allow yourself to care enough to make **you a priority every day.**

We want to inspire you to care for your mental health and wellbeing by providing you with the tools and strategies to care for your mind, body and soul.

We want to encourage you to be your authentic self, to be confident in who you are, and to fulfill your dreams and passions.

Our vision is to encourage you to find happiness from within so that you can live your best life.

  @LOVEFROMYUOBOX
LOVEFROMYUOBOX.CO.NZ



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KATRINA FOVAKIS FROM OPTIMAL HEALTH

Hello Lovely,

I can't believe how fast this past year has gone! It seems like I only launched the first LFY box a couple of months ago! As many of you may already know I made the difficult decision to sell my business back in May as my focus shifted to other parts of my life. I am now excited to announce that me and my partner are expecting a little girl in October! We are beyond excited and thrilled and cannot wait to embark on our new journey as parents.

When I think back to the beginning of LFY, I can't believe how far I've come. I remember sitting in my spare room and the many hours working on creating this brand and business and getting so excited about the thought of launching. Then the pandemic hit and I was pretty worried about launching during a global pandemic and there were times I almost gave up. I'm so glad I didn't and I'm so proud of what I have achieved.

The most rewarding thing about working on Love From You was the feedback, love and support I received from the LFY community, suppliers, and friends who cheered me on! It's been the most amazing journey. I created Love From You as a gift

for your wellbeing, as a tool to help you look after your mental health and to prioritise you! My hope was that it would help you discover or re-discover self-love, self-discovery and to experience joy and explore your passions and dreams. I hope that in some small way, Love From You has helped you do that and that it continues to help you along your wellness journey.

I would now love to introduce you to the new owner of Love From You. Please join me in welcoming the amazing Karilyn, who is as excited and passionate about Love From You as I am. She has some amazing ideas for Love From You which I know you will all love. I know you will extend a warm welcome to Karilyn as she embarks on the new journey with you all.

LOVE FROM
HAYLEY XX



Kia Ora from Karilyn

Kia Ora everyone

I'm Karilyn and I am super excited to be on board. First of all I want to say a big thanks to Hayley for her tremendous courage and commitment in starting this great initiative, and carrying on to make it what it is today. I certainly have big shoes to fill, and Hayley has been incredible in assisting me to take my place. I have been on board since late May and it's been a quick learning curve but a very exciting opportunity for me to bring together many strands of knowledge and interest.

For the last nine years I have been running my own retail gift store in Palmerston North (also online www.urbancharm.net) specialising in ethically sourced goods with at least 60% of my items coming from NZ businesses. I am very passionate about supporting NZ made and small business initiatives - and LFY is a fabulous fit.

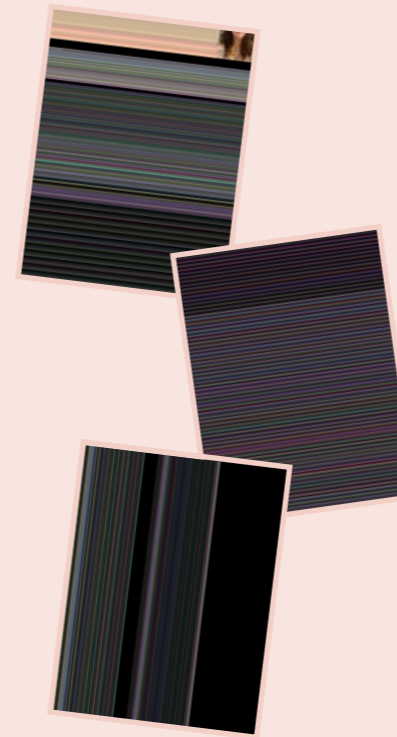
Prior to this I was working as a mental health social worker and researcher for 10 years combined, after gaining a Masters Degree, assisting many people on their journeys to wellbeing. My initial interest in the field of

wellness was not professional however, but from my own lived experience of someone who has managed depression and anxiety and alcohol misuse. Through my own healing journey I was really drawn to supporting and empowering others to make the changes needed to improve their wellness and achieve their life goals too.

I'm happy to say that at 54 years of age, I am 25 years sober, and that although I still experience mild anxiety and depression at times, the self-care practices I have developed over these years have made it possible to live a rewarding, authentic and fulfilling life. I have been blessed with 3 incredible children, 28, 22, and nearly 16. I share 2 acres of land filled with trees and flowers, with my partner of 25 years, and our son, and three dogs and a cat.

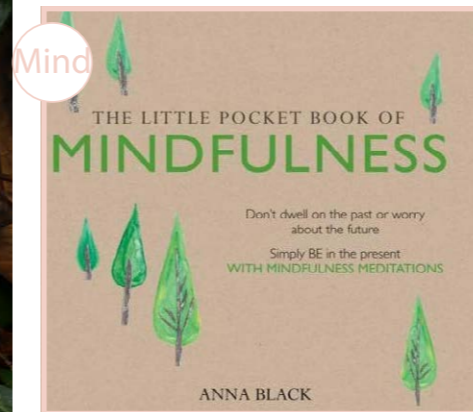
Self-care is different for everyone although there are always some common foundation building blocks that everyone can benefit from. Photography and spending time in nature are some of my favourite ways to nurture myself, as well as putting my feet up when I need to take some time out!

I really hope you all enjoy the July/August LFY Box I have put together for you!



What's in the box?

\$120 +
VALUE



THE LITTLE POCKET BOOK OF MINDFULNESS \$24.95

BY ANNA BLACK

Many of us find it difficult to simply appreciate the present moment. We either dwell on the past or worry about the future, moving mindlessly from one activity to the next. When we are not being mindful, we miss out on small moments that are often incredibly valuable - be it a beautiful park that we walk through on our journey to work or the taste and texture of a delicious meal. In mindfulness meditation we pay attention to our ongoing experience whether it is pleasant - such as appreciating a beautiful sunny day; unpleasant - a disagreement with a loved one; or neutral - doing household chores. This 'Little Pocket Book' is the perfect introduction to mindfulness and is packed with easy-to-follow tips and suggestions that will allow you to incorporate simple mindful moments into your daily life.



3 X CRAFTY WEKA BITES \$10.00

THE ORIGINAL / BERRY, BERRY BEETROOT, DATE & ORANGE. DAIRY FREE, SOY FREE, EGG FREE, NO ADDITIVES.

What is it? Delicious hand crafted natural bars made in small batches. We have included three flavours.

How to use it? These are bite size but it will take a fair few mouthfuls to devour each one.

Benefits: Great little energy boosts because of their mix of complex carbohydrates and key nutrients.

Where to find it? These also come in larger 75 gram bars. Available directly from the maker www.craftyweka.com where you can also locate a stockist near you.

@craftywekabar

@thecraftywekabar



CHIA SISTERS IMMUNITY HOT TONIC \$13.00

MANUKA HONEY, GINGER, TURMERIC & LEMON

What is it? A beautiful blend of warming ginger, turmeric, Keri Keri lemon, and Golden Bay manuka honey and Hawkes Bay apples.

How to use it? This delicious drink comes as a concentrate so you dilute 1 part to 3 parts boiling water. There are seven servings per bottle.

Benefits: Uplifting and warming, this is a perfect tonic to drink during the winter months, or when you fell like you need a pick-me-up. No added sugar, and made in NZ.

Where to find it? You can find this at their website www.chia.co.nz

@chiasisters @chiasisters

Body



ASHLEY & CO LIP PUNCH \$14.95

INTENSIVE LIP BALM MADE WITH BEES WAX, ARNICA AND ARGAN OIL WITH 100% NATURAL RED RADISH PIGMENT.

What is it? A moisturising lip balm that you can use everyday. Creamy almond and vanilla impressions with a gentle hit of mandarin and orange blossom citrus notes.

How to use it? This easy to use tube has a perfectly shaped applicator to make it easy to apply to your lips.

Benefits: Moisturising, and protects and nourishes dry chapped lips, as well as making your lips look fabulous! New Zealand made.

Where to find it? Online at www.ashleyandco.co.nz or where you can also find their stockists.

@ashleyandcosociety @ashleyandco

Body



CRUSHES LAVENDER SLEEP SPRAY \$25.00

100% NATURAL SLEEP SPRAY IN REUSABLE BOTTLE

What is it? 100ml of Lavender Essential Oil and natural ingredients.

How to use it? Shake well before use. Spray onto your pillow and sheets before bed, or use as a room spritz.

Benefits: Relieves tension, settles nerves and calms the body and mind. New Zealand made.

Where to find it? Online at www.crushes.co.nz

@crushes_shop @crushes

Body



BOTANICAL BATH BOMB \$10.00

ORANGE BLOSSOM AND CALENDULA

What is it? A natural fizzing fun treat for your bath. This beautifully scented Calendula & Sweet Orange Bath Bomb will leave your skin feeling refreshed, calm and soft.

How to use it? Just drop the bomb into a warm bath. Soak yourself for as long as you like. If you don't have a bath you can use it as a mini foot spa in the bottom of the shower. A great way to give your feet a wee pick me up if you're time poor.

Benefits: You will feel relaxed and refreshed. The packaging is also able to be recycled or composted at home. New Zealand made.

Where to find it? You can buy this directly from www.botanical.co.nz or check their for stockists.

@botanicalskincare_nz @botanicalskincare



With Amy

What do you make / create?

A range of natural bath, body and Skincare products. Bath Bombs being one of the major parts of the business.

What inspired you to first go into business and make your own products?

I've descended from a long line of Self Employed/Entrepreneurs. It's in my DNA to work for myself. I grew up in the rural Tasman area where my grandmother had a big English style

rambling roses, lavender, chamomile lawns, lemon balm and box hedging. We had a lot of exposure the herbs and flowers that could be used either for culinary purposes or topically. I felt this was also a huge part of my DNA and has inspired me along the way.

What's your favourite product from your own range?

It'd have to be my Peppermint and Aloe Vera Foot Cream..at the moment. It changes throughout the year though!



WELLINGTON CHOCOLATE FACTORY

\$10.00

SALTED CARAMEL MILK CHOCOLATE BAR

What is it? A Fair Trade bean-to-bar creamy organic milk chocolate bar with crnchy caramel brittle and a sprinkle of salt.

How to use it? Savour it bite by bite.

Benefits: This bar is a taste sensation.

Where to find it? Online at www.wcf.co.nz and check website for stockists.

@wellingtonchocolatefactory



HONEYWRAP

\$14.00

PROJECT JONAH CHARITY COLLECTION BEESWAX MEDIUM WRAP

What is it? Organic cotton NZ made beeswax food wrap.

How to use it? This not too big or not too small beeswax wrap is perfect for covering side plates, wrapping sandwiches, or smaller snacks and treats.

Benefits: Biodegradable and helps reduce plastic waste - can be used in stead of cling wrap or paper. This particular pattern is called Moana - Sea Life and a percentage of all sales goes to the charity Project Jonah.

Where to find it? Online at honeywrap.co.nz and check out local stockists on there website also.

@honeywrap @honeywrap

Honeywrap was inspired by nature and a passion for reducing single use plastic to help preserve our planet for the future.

Our vision is to make a difference for the next generation. We are committed to conservation, communities and commerce working in harmony to create a sustainable, healthier world.

We are all about raising awareness and hopefully inspiring people to take simple actions that make a combined difference. Which is why we partnered with Project Jonah and Forest and Bird to help raise funds for their causes.



Our beeswax wraps are made from 100% GOTS certified organic cotton with a beeswax blend; they are a natural and sustainable alternative to single use plastic food wrap. The fabrics are designed by Kiwi artists and they are hand-made by us in New Zealand.

We also have a fantastic range of other sustainable essentials, such as Organic Produce Bags, Reusable Cutlery, Stainless Steel Straws and Organic Firestarter' and stainless steel drink bottles to assist people with reducing their single use plastic usage.

Visit us at www.honeywrap.co.nz for more reusable ideas and solutions.



Honeywrap:

Each medium reusable feed wrap saves 75m of plastic from entering the ocean! The packaging can be put in recycling and the food wrap will biodegrade.

The Crafty Weka:

Both the boxes and bar wrappers from the bars can go in your home compost bin and will biodegrade! The box can also go in the recycling.

Ashley & Co:

The Lip Punch box is recyclable and the tube is made from sugar cane so it will biodegrade.

All of the products I have selected for inclusion in this Wellness Box are from ethical New Zealand companies. One of the reasons they have been chosen is for their plastic freeness. Plastic Free July is a good opportunity to be mindful when you are shopping. Buy less plastic! Reusable, biodegradable, recyclable all the way!*

Chia Sisters:

The hot tonic drink comes in a handy reusable glass bottle.

Crushes:

The Sleep Spray comes in a reusable bottle that can be refilled and used as a water spritz bottle for plants.

Botanical Skincare:

The packaging is able to be composted at home.

Wellington Chocolate Factory:

Box is able to be recycled.

* Book is not NZ made.



SELF-CARE STARTER KIT

Hi, I'm **Katrina** and I've worked in the Health & Wellness industry for over twenty years as a Personal Trainer, Massage Therapist and Craniosacral Therapist.

I really love sharing my knowledge to help women refocus their ability to nurture themselves and improve their wellbeing through self-care. I aim to help women discover their own daily self-care practices, how to let go of guilt, and enjoy the mental and physical benefits that daily self-care brings.

I welcome you to join me for free self-care training and connect to a private supportive self-care Facebook group. Go to www.yesmyselfcare.com, or connect on Instagram @katrinafovakis. You may also be interested in my business www.optimalhealth.co.nz.

I am really happy to share with you the self care guide featured here in this edition. This has been developed over my years of practice and I hope you find value in doing it.

RESPONSIBILITY

It's 100% up to you

- Are you ready & willing to start now and take FULL responsibility? Only you can do what it takes to make a difference in your life for your overall health & wellness
- Yes it can feel like a big step, maybe overwhelming or even scary. Really committing to yourself and NOT finding reasons why you can't is a great first step.
- You being here tells me you are wanting to make a difference to your self-care routine, so take full responsibility and write down a declaration that will motivate you.



A QUICK GUIDE TO YOUR SELF-CARE



SELF-CARE STARTER KIT

Katrina Fovakis

What you will need:

- 30 minutes of your time
- A journal to write in & pen (highlighter if you have one)
- A quiet space where you won't be distracted

Take a deep breath, this is all about you

WHAT IS SELF-CARE?

What does self-care mean to you?

Take a moment to think about what does it mean to you when you hear the words 'self-care'. It can mean different things to each of us, so get really clear on what you feel it means and write it down.

How could good self-care help you?

Write down the things that self-care could help you with? How would you feel? What could it provide, support or change in your life?

GET CREATIVE

What does your self-care include?

- This is the fun part. I want you to start writing down all the things you love to do, surround yourself with, have amazing memories about, make you smile, laugh, happy. There are NO LIMITS on this so go crazy, get creative. Don't allow the 'oh but....' to creep in, this is your chance to fully rekindle your inner child and ignite those things that you really love to do. Take as long as you can doing this, you might be surprised what you remember when you allow your mind to go there. Big or small write it down.

GET CREATIVE

Now you have a list that will make you smile

- Grab a highlighter if you have one (but your pen will be fine, just mark with an x)
- Mark all the quick easy ones that can be done in 1 - 10 minutes.
- This is your quick YOUR GO-TO-SELF-CARE-LIST.

The other's may need more time & planning ie. trip to the beach. I have added a list of ideas at the end to help out.

ACTION

To make changes you need to take action.

- Now you have a list of things that you love it is time to think about how you can start to bring them into your day and week. Start with some small (highlighted) things on your list.
- Putting yourself as a priority, where in your day could you make some space for you? Make a list of options available ie. Tuesday morning get up 20 minutes earlier, Thursday while waiting in car for school pickup, Friday lunchtime or after work. You have the time, you just need to allocate it and BOOK IT IN. Treat it like an appointment with yourself.
- Taking action is what will make the difference, not making it on the too hard pile. Make it doable & achievable to start with.

YOUR GO-TO-SELF-CARE LIST

- Listening to music
- Burning candles
- Movies
- Hot baths
- Writing / Journaling
- Podcasts
- Reading
- Beach
- Relaxing
- Breath work
- Tai Chi
- Massage
- Seeing friends
- Walking
- Craniosacral
- Yoga
- Looking at holiday photos
- Accupuncture
- Nature
- Healthy eating
- Swimming
- Meditation
- Cooking
- Sauna
- Stretching
- Holidays
- Salt room
- Singing
- Gardening
- Animals
- Dancing
- Painting
- Family time

SUPPORT

Support networks help you stay on track

- Who are the people in your life that would be 100% supportive? Write them down and make a point of including them in your self-care plan.
- Telling others that you are making your health a priority also helps to hold you accountable for keeping it up and not falling back into old habits. Making new habits does take work and involving others will certainly encourage you and them to stay mindful.
- I find my self-care is more connected when I am by myself however some of my self-care certainly involves family & friends. Mix it up and enjoy all aspects of what you love to do by yourself and with others.



REMEMBER

- Get clear on what SELF-CARE means to you
- Take full RESPONSIBILITY
- Get CREATIVE with ideas
- Take ACTION
- Have good SUPPORT structures



- All these ideas are ways to help you get started. To be more aware & conscious about you & making sure you are looking after yourself daily. Listening to your body & nurturing its needs means you are taking full responsibility for your well-being. This will help bring more balance to your life. Keep it simple, consistent & enjoy.





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