



# Wellness Box

MARCH / APRIL 2022

LOVE FROM  
*You*

LOVE FROM YOU  
WELLNESS MAGAZINE

#11 MARCH / APR 2022

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

## Kia Ora from Karilyn

Hi everyone!

By the time you open your Love From You Box this month, I am not sure what the state of the country will be in relation to the Omicron spread, but at the time of writing this we were in the 800+ new cases per day phase. It sure is a trying time! I really hope that receiving this box will brighten your day and that you enjoy the goodies inside!

I have included a few small businesses that we have had before, such as Soochi, Ashley and Co, Fig & Flora Apothecary, Crushes, and Volo Wellbeing. I love the products from these companies, and am pleased to be able to show you more of their range.

As a chocolate lover, I also always like to include something chocolatey for you - this time it is a gorgeous product from Flint Chocolate, a small NZ business that is punching above its weight in terms of the amazing goodies they make!

Please remember that if you want to be in the draw to win a free Love From You Box, then share a video or pictures of unboxing the box on your social media, making sure you tag us (@lovefromyoubox) when you do. It's that easy!



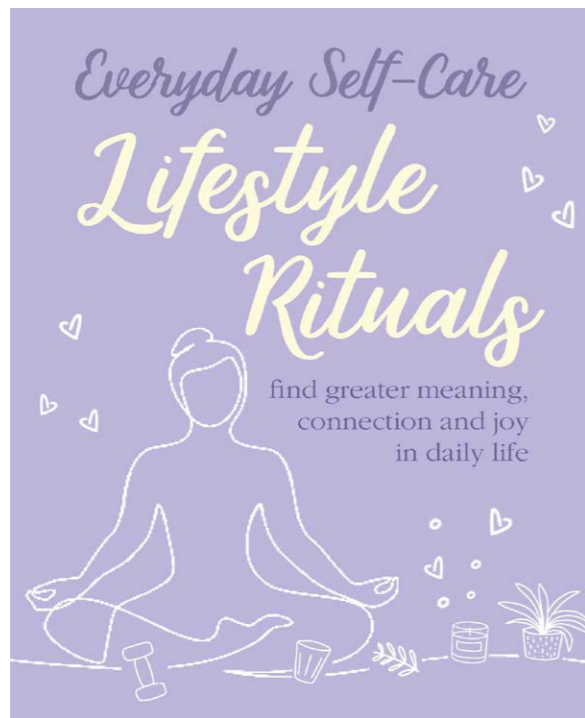
LOVE FROM KARILYN XX

*What's in  
the box?*

**\$130**  
VALUE



FOR THE  
MIND,  
BODY +  
SOUL.



## EVERYDAY SELF-CARE. LIFESTYLE RITUALS \$21.50

**What is it?** A book that aims to assist you to find greater meaning, connection and joy in daily life.

**How to use?** This is a great book to dip in and out of, opening to any page and reading. However, it is also divided into useful chapters:

1. Ritual & Routine
2. Nurturing Your Body
3. Your Sanctuary Spa
4. Caring For Your Soul

**Benefits:** Easy and accessible tips for self care. You'll learn how to create helpful routines that work for you and how to transform your home into a sanctuary. You'll also find inspiration for self-love rituals, from luxurious baths to mindful meditations, and advice on the power of simple affirmations and mantras. With this handy guide, you'll make every day calmer, happier, and more special.

**Where to find it?** [www.urbancharm.net](http://www.urbancharm.net)  
[@urban\\_charm](https://www.instagram.com/urban_charm)





**FOR THE  
BODY**

*from Volo  
Wellbeing*



### **SLEEP REMEDY \$29.90**

NZ MADE, RECYCLABLE PACKAGING

**What is it?** An oral spray to help you sleep through the night.

**How to use?** Spray in mouth up to seven times (1ml), on or under tongue.

**Benefits:** Aids sleep.

**Ingredients:** The Sleep Remedy uses the properties of Valerian, Ziziphus, and Passiflora to support relaxation and sleep.

**Where to find it?** online at [www.volowellbeing.co.nz](http://www.volowellbeing.co.nz) - there is also a list of local stockists on the website.

@volowellbeing

### **RENEWING FACE MASK**

**\$6.00**

VEGAN, CRUELTY FREE

**What is it?** Face mask.

**How to use?** Mix together the clay mix with enough water to make a paste. Spread all over a clean dry face and neck. Leave for 10 minutes then wash off thoroughly with warm facecloth.

**Benefits:** Nourishes skin.

**Ingredients:** Pink Clay

**Where to find it?** online [www.crushes.co.nz](http://www.crushes.co.nz)

@crushes\_shop

**FOR THE  
BODY**

*from  
Crushes*



### **RENEWED ROLL ON \$18**

VEGAN, CRUELTY FREE, HERBALIST FORMULATED

**What is it?** A roll on formulated with natural, organic pure essential oils to keep you relaxed and smelling great throughout the day. Rollerball applicators provide a quick, clean and effective way to apply essential oils. The cooling effect of using a metal ball applicator can also help reduce swelling and inflammation.

**How to use?** Rub onto temples, neck, and wrists as needed.

**Benefits:**

**Cedarwood:** warm, soothing, woody and sweet aroma. Cedarwood essential oil helps clear the mind, and may reduce stress and anxiety.

**Frankincense:** has a balsam with a scent reminiscent of pine and lemon. It is a rich, calming scent that is highly prized for aromatherapy and meditation.

**Bergamot:** brings an uplifting balance to the scent and lends a little sweetness. It can help with skin conditions such as psoriasis and eczema.

**Where to find it?** [www.figandfloraapothecary.com](http://www.figandfloraapothecary.com)

@figandfloraapothecary

**FOR THE  
MIND**

*from Fig & Flora  
Apothecary*



**DISCOUNT CODE: LFYB20 FOR 20% OFF,  
EXPIRES JUNE 30, 2022**





**FOR THE SOUL**  
*from Flint Chocolate*



Tania Lincoln had been making raw chocolate for many years, purely for health reasons and as an alternative to overly sweet, commercial chocolate. She became obsessed with cacao and the process of how “real” chocolate is made, from cacao bean to bar. So in 2017 she turned her hobby into a business Flint Chocolate.

Flint Chocolate makes a range of organic, dark chocolate bars, using the highest grade cacao. Their beans are sourced from Oko-Caribe in the Dominican Republic, where the cacao pods are hand picked, sun dried and naturally fermented. Flint chocolate is made from bean to bar in Auckland, preferring the

slower, more traditional method of stone-grinding. The cacao beans are gently roasted in small batches, then stoneground on a low heat with coconut sugar for 48 hours. The chocolate is then aged for two weeks to develop the flavours before being moulded into bars. This process creates a chocolate that is rich and complex in flavour. They are so passionate about making delicious chocolate from quality, sustainable ingredients, with minimal impact on the planet. Tania wants to encourage people to appreciate and consume good quality chocolate, that is good for the soul when you make the connection to where it's from and how it's made!

**ALMOND BUTTER CHOCOLATE \$12**

ORGANIC, VEGAN, GLUTEN-FREE, COMPOSTABLE PACKAGING, MADE IN NZ

**What is it?** Single origin cacao and organic almonds, stone ground together into a rich, smooth chocolate. Sweetened with unrefined coconut sugar and seasoned with vanilla salt.

**How to use?** Store at room temperature, away from direct light and heat. Savour every square!

**Benefits:** A nourishing, minimally processed chocolate bar, high in antioxidants, magnesium and iron. Made using premium organic cacao beans, organic almonds, and unrefined coconut sugar.

**Where to find it?** [www.flintchocolate.co.nz](http://www.flintchocolate.co.nz)  
 Urban Charm, Tea & Tonic Matakana, The Tonic Room, Timmy Smith Waiheke, Made Good.

@flintchocolate





FOR THE  
BODY

from Soochi



DISCOUNT CODE:  
LOYAL10 FOR 10% OFF

## COLLAGEN-PREBIOTIC PASSION PEACH SODA \$5.50

NO SUGAR ADDED, GLUTEN FREE, BIOAVAILABLE

**What is it?** High efficacy Collagen + Prebiotic soda that unlocks glowing skin and a healthy gut.

**How to use?** Serve chilled. For best results, drink one can per day

Mornings: Caffeine alternative

Lunch: One-soda-a-day alternative

Evenings: Alcohol alternative

Exercise: Post-workout alternative

**Benefits:** You can expect results after 4 weeks of continuous use. These include; better digestion, increased skin elasticity, decrease in wrinkles/wrinkle depth, improved nail health, a decrease in cellulite, and support for normal collagen production. In saying that, the gut health element is more immediate, as this directly affects your gut flora straight away - feeding the good flora only.

**Where to find it?** [www.soochidrinks.com](http://www.soochidrinks.com), selected supermarkets, cafes, restaurants, & beauty clinics.

@soochidrinks



Tina Chou | Chief Executive

“I am a massive believer in prevention through functional eating and drinking. It’s something we do everyday, three times a day so we’re technically not doing anything different - only taking a more conscious decision in making the better choice. Choose to care for yourself with no compromise.”

Margie Hunt | Food Technologist

“Juggling life is becoming the standard. It’s important to me that I help develop products that fit seamlessly into our schedules, are delicious, have health at the forefront, and at an accessible price-point. We are on a mission to make ingestible beauty and wellness more honest and effective.”

Naz Nicholson | Chief Creative

“Growing up, I have always been fascinated by all the knowledge my mum possessed with traditional uses of ingredients, often passed down from generations of proven use. We have combined ancestral know-how with modern techniques to bring everyone effective yet delicious drinks designed to be part of our daily self-care routine.”

FOR THE  
BODY

from  
Ashley & Co



## SOOTHE TUBE GONE GREEN - MORTAR & PESTLE \$24.95

ORGANIC, NZ MADE

**What is it?** Mortar & Pestle (Gone Green) hand cream combines the non greasy, nasty free, Soothe Tube formulation with essential oils. Black tea, Exotic Elemi, Cedarwood, Indian Woods, Lemon Citrus, and Patchouli

**How to use?** Apply to hands.

**Benefits:** The rich qualities of organic borage oil, shea butter & camomile extract, aim to soften, restore + soothe parched hands & cuticles.

**Where to find it?** [www.ashleyandco.co](http://www.ashleyandco.co) has a list of local stockists - available all throughout New Zealand and at [www.urbancharm.net](http://www.urbancharm.net)

@ashleyandcosociety





FOR THE  
BODY

from  
Urban Charm



## NAIL BRUSH \$11.50

HAND MADE

**What is it?** Ethically Hand Made in Germany, made from Beechwood timber with 4 and 6 rows of pure tampico fibre bristles. Tampico has great water-retaining properties, is resistant and hard-wearing, and keeps its shape without softening.

**How to use?** Gently scrub hands and nails. This is a great combo with Soothe Tube Gone Green hand cream.

**Benefits:** Eco friendly, this will last a very long time and gives a great clean.

**Where to find it?** [www.urbancharm.net](http://www.urbancharm.net) along with these other eco friendly products pictured right.

@urban\_charm







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