



LOVE FROM
You

Wellness Box

MAY / JUNE 2022

LOVE FROM YOU WELLNESS MAGAZINE

#12 MAY / JUNE 2022

NURTURE AND RESTORE YOUR
MIND | BODY | SOUL



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  @LOVEFROMYOUBOX

LOVEFROMYOUBOX.CO.NZ

Kia Ora from Karilyn

Can you believe it's nearly two years since Love From You started delivering Wellness Boxes all over New Zealand? The very brave founder Hayley Strawbridge developed the business around the time Covid 19 first hit, and successfully launched at a very difficult time. She held the reins for 12 months and then sold to me nearly a year ago. I am so very grateful for all of our subscribers who have joined us and stuck with us over this time. I know Hayley would join me in saying that we hope the Love From You Wellness Boxes continue to bring you some moments of joy and happiness!

LOVE FROM KARILYN XX

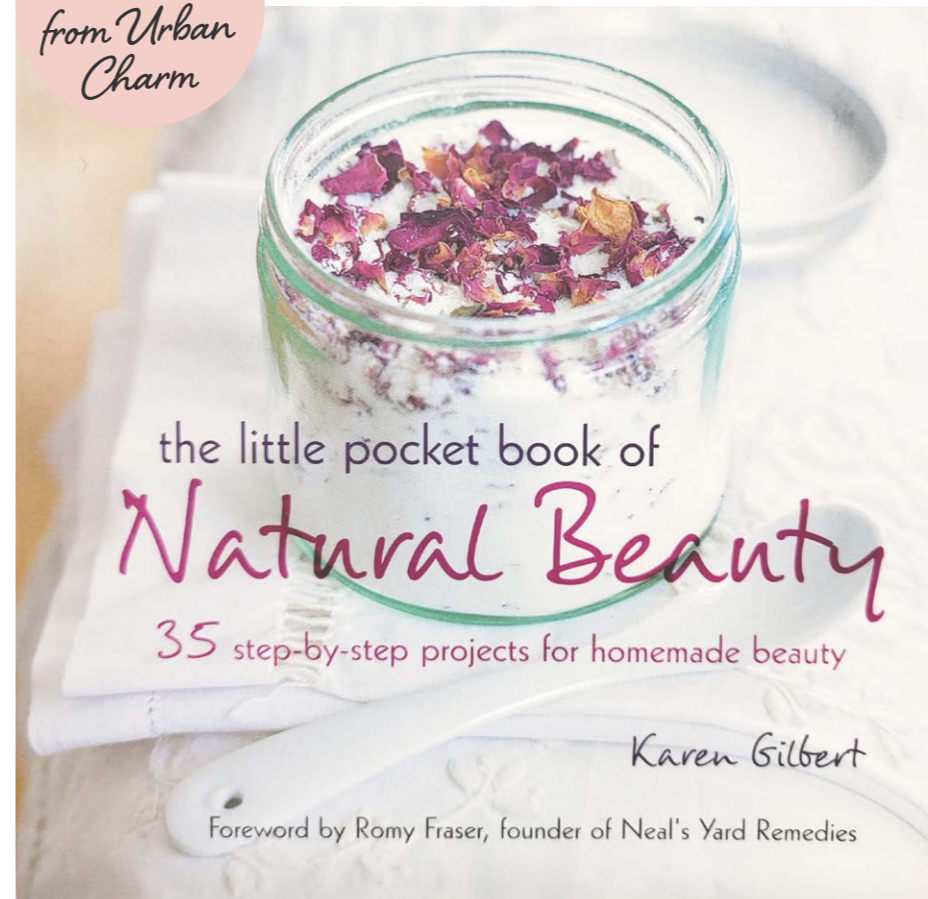


*What's in
the box?*

\$145

VALUE

FOR THE
SOUL
*from Urban
Charm*



THE LITTLE POCKET BOOK OF NATURAL BEAUTY \$24.99

BY KAREN GILBERT

What is it? A book of 35 step-by-step projects. Packed with great tips and easy-to-follow recipes for homemade lotions and potions. Everything you need to know about how to care for your skin and hair. From lip balms to bath oils, you'll learn how to create some stunning natural remedies that will not only look and smell lovely, but will make you feel great.

How to use? Read and be inspired to make your own products.

Benefits: Feeling good making your own goodies - you can keep them or make gifts for others. Most ingredients are easily accessible and relatively inexpensive.

Where to find it? www.urbancharm.net

@urban_charm

FOR THE
BODY

from Chia
Sisters



CHIA GUT HEALTH: BLUEBERRY SUPERFOOD \$4.50

NO ADDED SUGAR.

What is it? A blend of hydrated chia seeds with antioxidant rich juices. With the natural goodness of magnesium, calcium, prebiotic fibre, plant omega 3 and electrolytes, this is your everyday health in a bottle. All natural. From plants. Nothing to hide.

How to use? Drink regularly.

Benefits: Chia is the most nutritious beverage in the Southern Hemisphere. That means it has more nutrients than any other bottled beverage on the market.

Chia is packed with complete protein. It is the only plant based protein (alongside hemp and quinoa) that has all eight essential amino acids.

Pre-biotics provide the best environment for healthy bacteria to grow in your gut.

Chia has more fibre than any other juice. Fibre that makes you feel full, helps regulate blood sugar levels and is necessary for gut health. Most juices remove fibre.

Chia seeds are the world's highest plant source of omega 3. Omega 3 has been proven to improve brain and heart health and

Where to find it? www.chiasisters.co.nz for stockists near you.

@chiasisters



BLUEBERRY CERAMIC CANDLE \$16.50

REUSABLE VESSEL

What is it?

A beautiful hand poured creamy soy wax, candle that combines a sweet but subtle fragrance note of blueberry, in a ceramic reusable 3 oz cup.

How to use?

Light the wick - be sure to keep in a safe place away from pets, children and breezes. Once candle has been used, wash the vessel with hot soapy water to remove all remnants of wax. It can then be used as an espresso cup or small vessel.

Benefits: Smells divine, looks beautiful, and the vessel can be reused.

Where to find it? www.urbancharm.net

@urban_charm

FOR THE
SOUL
from Urban
Charm



FOR THE BODY
from Natures Lab



BODY SCRUB - TAHITIAN TIARE
\$32.50

CRUELTY FREE, NATURAL INGREDIENTS – HANDMADE BODY SCRUB

What is it? Handmade body scrub which is designed to turn your quick shower into a self-care ritual, which will awaken your senses and invigorate your outer layer.

How to use?

Once wet, scoop a handful of your Body Scrub into your palm and move it gently around your body before rinsing off.

Benefits: Leaves your skin feeling soft and fragrant, invigorates your outer layer. Great exfoliant for the hard-working areas such as your heels, knees, and elbows, and great pre and post self-tanning.

Where to find it? Online at www.natureslab.co and at Limited Specialty Stores

@_natureslab

Get \$10 off each item with code LFY - until end of September 2022



Hi beautiful people

I'm really pleased to be showcasing my Tahitian Tiare body scrub in this current Love From You Wellness Box. When the lovely Karilyn asked me if I would like to participate, I couldn't decide which fragrance to showcase. I have nine different fragrances in the bath soak and body scrub range and I love them all.

My other love, besides my family (especially my two little grandkids) is gardening. Naturally, two years ago my passion for creating with my hands lead me to this wonderful opportunity to form Natures Lab and make beautiful products. The different fragrances and scents bring me so much joy. My dream, one day is to make essential and fragrance oils from plants that I grow... Nice to dream.

In the meantime, I have a fulltime job as a frontline emergency worker of 25 years. Through this time, I have learnt to appreciate the sense of pure calm which I now feel when I make my body scrubs and bath soaks. The fragrances of the different oils fill the air and brings an instant calm as I make them.

I like to think that this is the same feeling the users of my products will feel too. I hope you enjoy using your body scrub...it was made with love and kind wishes.

Chrissy xx



FOR THE BODY
from Routine

HANGOVER HELPER
\$10 PER PACKET (\$40)

NZ MADE

What is it? Hangover Helper is formulated to help you bounce back after having some drinks.

How to use? Take one pack before bed and let our formula work throughout the night on alcohol-induced acetaldehyde toxicity, so you can wake up ready for tomorrow. If you're planning a big night, take one packet with your first drink as well as your last.

Note: Hangover Helper's must be taken the day of drinking. Taking them the next morning already with a hangover will have minimal/no effect.

Benefits: Hangover Helper helps to lower alcohol-induced acetaldehyde toxicity levels through supporting the liver after being exposed to alcohol. Along with its reduced GABAa rebound, giving toxic chemicals such as acetaldehyde less time to do damage.

Where to find it? Hangover Helper is sold exclusively online at www.routine.nz - if you subscribe you save 40%!

@Routine.nz

Use "LOVEFROMYOU" for an extra packet for free with your order + free shipping

FOR THE BODY
from Matakana Superfoods



BANANA JOE CHIPS
\$4.29

VEGAN, GLUTEN FREE, DAIRY FREE, NON GMO

What is it? Banana Joe is the first brand to create a real fruit chip that actually tastes like a proper potato chip: thin, crispy, and full of flavour! These bananas are picked fresh and packed on the same day for extra freshness. With up to three bananas per pack, they are the perfect snack for the whole family!

How to use?

As a tasty snack.

Benefits: 1 billion probiotic cultures

- Supports digestive health
- Supports immune function
- Green bananas are used as they have lower sugar content and are higher in prebiotic fibres.

Where to find it? Pak N Save, New World, Huckleberry, Health Food Stores, Bin Inn

@matakanasuperfoods

FOR THE SOUL
from Bennetto



AMARANTH & SEA SALT CHOCOLATE \$7.49

VEGAN, ORGANIC, GLUTEN FREE

What is it? Rich dark Peruvian chocolate textured with popped amaranth grains and a sprinkling of sea salt. No added dairy, gluten or soy. Vegan certified through the Vegan Society and coeliac society approved.

How to use?

Eat it - maybe hide it from everyone else.

Benefits: Amaranth grains were once considered a staple food in the Inca, Maya and Aztec civilisations. It is classified as a pseudocereal, meaning that it's not technically a cereal grain like wheat or oats, but it shares a comparable set of nutrients and is used in similar ways.

This nutritious grain is naturally gluten-free and rich in protein, fiber, micronutrients and antioxidants.

Where to find it? Check online at www.bennetto.co.nz for a list of local stockists.

@bennettonaturalfoods

FOR THE SOUL
from Nawrap



KINARI REVERSIBLE DISHCLOTH \$14.99

UNBLEACHED

What is it? Nawrap Kinari Dish Cloths are string & absorbent with 6 layers of material. Kinari means 'unbleached' in Japanese. This is highlighted in the cloth as 3 layers are entirely natural while the other 3 layers are dyed a beautiful bright colour. A simple but refreshing addition to your kitchen.

How to use? Before use soak in hot water or put through the washing machine. This softens the material. Then use as a dishcloth in the kitchen. Great for keeping surfaces clean!

Benefits:

Superior Function: They are breathable, water absorbent, and soft.

Durable and Long-lasting: The unique wave of the textiles and the multiple layers of material ensure that the cloth remain strong and extremely durable. It can be used for years - just regularly machine wash.

Soft to the Touch : The cloth becomes sincredibly soft over time. The more you use it, the softer it becomes. .

Where to find it? www.urbancharm.net

@urban_charm

Founded in the 1930s, Nawrap originally manufactured mosquito nets in the Nara prefecture of Japan.

Since then, they have moved into the cloth and textile industry, where they have maintained a long history of quality and attention to detail.

Nawrap towels feature a traditional weaving technique unique to Japan.

All of Nawrap's textile products – dishcloths, tea towels, body and face towels – are made with a multi-layered weave that increases water absorbency and durability.

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