

A close-up photograph of several clusters of small, vibrant purple flowers with white centers, set against a soft, out-of-focus green background. The flowers are in various stages of bloom, creating a textured and colorful scene.

Wellness Box

NOVEMBER / DECEMBER 2022

LOVE FROM YOU WELLNESS MAGAZINE

#15 NOVEMBER / DECEMBER 2022

NURTURE AND RESTORE YOUR
MIND | BODY | SOUL



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This Love From You Magazine was created as a guide to healthy living, which has been provided for health educational purposes only and is not intended to replace medical advice. Please consult a healthcare professional prior to use if you have any medical problems. No responsibility will be taken by Love From You, or the author of the article for any damages resulting from the misinterpretation of this work.

Kia Ora from Karilyn

How nice is it to be approaching summer? Being able to be outdoors again more frequently has definitely been good for my mental health! To add a touch of nature I have included some flower seeds in this box to motivate you to throw them around outside or place in a pot (our cover image is of the flowers you will grow!) In this box you will also find something that I have made myself, especially for you! We also have some exciting new products from some incredible entrepreneurs bringing you lovely self care treats! I know you will enjoy the delicious tasty cookies as well as the refreshing drink. Enjoy! Here's to a lovely few next months!

LOVE FROM KARILYN XX



*What's in
the box?*

\$220
VALUE

BERRY PRE + PROBIOTIC SODA \$14.99 FOR 4 PACK

What is it? The world's first Pre + Probiotic soda. Raspberry, Strawberry and Elderberry. Happy high from a sugar low for a berrylicious taste.

How to use? Serve chilled.

Benefits: Good Sh*t Soda has one third of your daily fibre and one billion probiotics. It's a healthy alternative to traditional sodas that is low in sugar, has no artificial flavours and no caffeine.

Where to find it? From www.goodshitsoda.com

@goodshitsoda

**BERRY
SODA**
*from Good Sh*t
Soda*



ACHILLEA SUMMER PASTEL SEED PACK \$4

What is it? Achillea Summer Pastels Seed Pack filled with seeds for your cottage garden. Achillea is a perennial which means it will come back each year.

How to use? Sprinkle the seeds on top of some soil in a pot and firm down. Spray with water each day and keep in a well lit area. You can replant into the garden if you want.

Benefits: This one little packet of seeds will bring you joy in your garden for years to come.

Where to find it? From www.floragrow.co.nz
@floragrow

**FLOWER
SEEDS**
*from Flora
Grow*



CHAMPAGNE EYE MASK

\$35.00

BIODEGRADABLE

What is it? 22 Momme, 6A Grade Pure Mulberry Silk Eye Mask.

How to use? After a skincare routine, for optimal sleep, use sleep mask over your eyes to block them from the excess light.

Benefits: Enjoy your night's sleep in luxury with the handmade eye mask crafted from high-grade silk. Silk eye masks are moisturizing and gentle on your skin, which the dermatologist has approved for the benefit of anti-aging, decreasing puffiness and preventing wrinkles.

Where to find it? Online www.selfloveseries.com @selfloveseries.co

For 15% off use the code Lovefromselfloveseries - expires 31st January 2023.

**SILK
MASK**
*from Selflove
Series*



© Selfloveseries was born in New Zealand with a vision to encourage you to care for your needs and never settle for less than you deserve. With the inspiration to be the companion you can use at any time and place, we devoted many years of study to create the Silk Series range we have today. We have pillow cases, hair accessories, eye masks at present, with many other products in development.

We take pride in every detail, as we exist to deliver premium quality goods to enhance your everyday well-being. Our focuses are on using natural ingredients, handcrafted finishing and sustainability for the world.

We believe in the rewards of doing good, so we are on a mission to achieve world sustainability. With every response you make, we take action. For every purchase, a tree is planted. Each review from you will retrieve a bottle from the ocean. Just by joining us, you are contributing to an offsetting carbon project.

Join us now at: www.selfloveseries.com/account/register

Our Branding

Yin-yang philosophy influenced the whole idea of our branding. We use the black and white colour of the branding to create contrast and balance.

The logo is handwritten calligraphy with a heart signature inspired by the infinity symbol. We created an infinity heart by combining a pair of the letters S to join as one in relation to family.

We want you to see the branding as a symbol of self-love, reminding us that you are not on this journey alone.

Selflove may come naturally to some people, but for me, Selflove is a journey that was not an easy path to follow. It took me many years to get to where I am today, inspiring me to create meaningful brand.

One day, it occurred to me that much of our essential "me time" is spent on sleeping, showering or getting dressed, and we tend to repeat the busy life schedule ahead. To think of it, these are part of our journey, our growth, and we often overlook how things could be better. I have found an opportunity to enhance these experiences, and it started with many prototypes and testing various products with friends and family for years. My motivation was to make every step count and to provide products that are durable and timeless beauty for years to come.

- Novia, founder of Selflove Series.



SPEARMINT LIP BUTTA \$10

FREE FROM PETROLEUM, PALM OIL, SLS, PEG'S,
PARABENS AND PLASTIC

What is it? 100% natural, nourishing lip balm.

How to use? Push up from bottom of tube and apply to lips as often as needed.

Benefits: Whatever you put on your lips goes into your body. Lips are particularly sensitive to moisture loss because the skin is thin and they are constantly exposed to the elements.

Organic sunflower and coconut oils create a barrier on the lips, while plant wax holds these oil on the lips making it an excellent moisturiser for dry lips or a base for lipstick.

Where to find it? www.rawnaturenz.com
[@rawnaturenz](https://www.instagram.com/rawnaturenz)

Use Discount Code LFY15 for
15% off - expires 31 Dec 2022



REGENERATING ELIXIR \$64.99

VEGAN, GLUTEN-FREE, CRUELTY FREE, MADE IN NZ

What is it? Boost your daily skincare routine with this feather light treatment lotion rich in antioxidants and vitamin C to smooth, plump and firm the skin. With kiwifruit extract to smooth and renew, organic rosehip oil to plump and regenerate and organic white tea to repair and protect. NATRUE certified. Vegan friendly.

How to use? Apply with finger tips to the face & neck in gentle upward movements.

Benefits: Provides deep hydration and boosts appearance of skin

*Regenerates & renews

*Combats the first signs of ageing, wrinkles, fine lines and dullness

*Helps plump and firm skin

Where to find it? www.lindenleaves.co.nz

[@lindenleaves](https://www.instagram.com/lindenleaves)



DARK CHOC CHIP WISE COOKIES (60G SNACK PACK) \$5.80

GLUTEN, DAIRY, EGG, SOY & NUT FREE. PLANT BASED,
NATURALLY SWEETENED WITH LESS THAN 1GM SUGAR

What is it? 4.5 Health Star rated Dark Choc Chip Wise Cookies are a delicious treat that you can enjoy anywhere, anytime. Packed full with our very own homemade sugar & dairy free dark chocolate chips, these nutritious treats have less than 1g sugar per cookie.

How to use? Our convenient, portion-controlled snack packs contain six 10g cookies. Eat them all at once for a delicious snack on the go, share them around, or re-seal the pack and save some for later.

Benefits: Smarter than your average cookie, these tasty little numbers are the perfect way to reinvent your healthy snack list. Allergen friendly, plant-based, and packed full of the good stuff. Great as a snack on the go, after the gym, at the office, in the kids' lunchboxes, or as a quiet mid-morning or late-night treat. Pantry, Value packs and Jar sets are also available.

Where to find it? Online at www.wise-foods.co.nz and see stockists listed also.

@wisefoods.nz

**CHOC CHIP
COOKIES**

from Wisefoods



We see this around a lot – but what exactly is a health Star Rating (HSR)? When Vikki & Martyn dreamed up their ideas for Wise Cookies, they wanted them to be more than simply delicious. They also wanted them to be nutritious. But where to start?

The Health Star Rating System is one of the tools they used to guide their recipes. This led them to work hard to reduce things like sugar and saturated fat, while also making the most of healthier ingredients which contribute to protein, dietary fibre and – of course – great flavour.

What are Health Star Ratings?

- HSR is a labelling tool to help consumers make informed nutrition decisions about packaged foods.
- The ratings range from 0.5 stars to 5.0 stars.
- These are calculated based on the nutrients, ingredients, and energy (kJ) content of the food. Foods get more stars if they are higher in healthy ingredients and nutrients, such as fibre, protein, fruit & vegetables; and lower in saturated fat, sugar, or sodium (salt).

So, how can you use Health Star ratings?

- HSR helps you compare two foods in the same category e.g., comparing two different types of cookies or two different breakfast cereals. You can't use it to compare say, peanut butter with yoghurt.
- Simply put – the more stars, the healthier the choice.
- You can also refer to the Nutrition Information to help guide your choices.

Wise Cookies rate right up there, at 4.0 or 4.5 Health Stars. Plus, all Wise Cookies are gluten, dairy, egg, soy, and nut free. With three delicious plant-based flavours and two that include collagen.

We'd love you to try more of our yummy flavours, so here's a special gift from us to you. Use code LFY-15 to receive 15% off all orders until 31/12/2022 (NB can not be used in conjunction with any other specials).

**DUAL-BLEND
REPAIRING SERUM
WITH ROSE ESSENTIAL
OIL \$62**

VEGAN, CRUELTY FREE

What is it? A result orientated botanic formula with a unique blend of essential oil and water-based phases, that when combined help rejuvenate the skin. Dual-Blend Repairing Serum includes Rose Essential Oil in the oil layer and water-based phase includes Niacinamide (Vitamin B3) and Salicylic Acid.

How To Use: Gently shake before use. Pump and apply a small amount onto the skin.

Benefits: Rose Essential Oil extracted through steam distillation to produce a pure, powerful and beautiful essence that provides soothing, restorative and antioxidant benefits for the skin. The beautiful floral scent lifts the senses, making it a treat for both your skin and senses.

Where to find it? www.lemonandbeaker.com, selected Life Pharmacy, Unichem (Offline shop), Healthpost(Online shop)

@lemonandbeaker

Use discount code LFY20 for 20% of all Lemon & Beaker products online at www.lemonandbeaker.com.



**REPAIRING
SERUM**

*from Lemon &
Beaker*

**HAND MADE POTTERY
TRINKET DISH \$34.50**

MADE IN NZ

What is it? Hand made dish for jewelry and other small items.

How to use? Put your treasures in it.

Benefits: Personalised, and made by hand just for you!

Where to find it? If you would like to order a personalised trinket dish for someone else, please email urbancharm@me.com with the words / name you would like on it. These take 4 weeks from the time ordered to finish. If you want something for Christmas, orders must be received by 20th November, 2022.

@urban_charm

NB - if you have received a dish without your name on it, it is because a mishap happened during the two firing phases in the kiln. Another item is being made for you, and will be posted out in due course. Apologies in advance.

Merry Christmas from Karilyn!



**HANDMADE
DISH**

*from Urban
Charm*

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 and 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.

  @LOVEFROMYOUBOX
LOVEFROMYOUBOX.CO.NZ