

LOVE FROM  
*(you)*

# Wellness Box

NOVEMBER / DECEMBER 2021



## LOVE FROM YOU WELLNESS MAGAZINE

#9 NOVEMBER / DECEMBER 2021

NURTURE AND RESTORE YOUR  
MIND | BODY | SOUL



All rights reserved Love From You box 2021

No part of this magazine may be reproduced in any form or by any means, electronic or hard copy, including photocopying, recording or by any information or retrieval without written permission from the publisher Love From You.

### Disclaimer

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.

## 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

Wow! Just Wow! What a few months it has been! For all of our subscribers in Auckland and the Waikato, I just wanted to send out a big hug and say well done for hanging in there - you were and are very patient, and I am sure it has been an incredibly challenging time for you all.

I'd also like to acknowledge all of our essential workers - thank you for doing what you do! Last month we were able to give away 5 Love From You Boxes to essential workers through our Instagram Competition, and it was really heartwarming to see all of the love people have for each other.

To all of our subscribers, wherever else you are in the country, I know it's a trying time right now, so I really hope you enjoy what I have put together for you. It's a really important time to be practising self care as we navigate through these COVID times.

I don't really start out with a plan or a theme as I curate each new Subscription Box - it kind of unfolds organically, and this one was no exception. It turns out that the theme that evolved was very much a flower / plant based theme and the Box is packed with gorgeous natural products from some

very inspiring and knowledgeable creators and entrepreneurs. Many of the businesses featured are an extension of the founders personal passions, and health and wellbeing knowledge and journeys.

I have also contributed to this Subscription Box by creating a little treat for each and everyone of you as well! Making these for you were part of my wellbeing practice and I have been dabbling in dried flowers for a year or so, and find it incredibly rewarding. I hope you love them.

Kia Kaha everyone.

**KARILYN XX**



*What's in  
the box?*

**\$145+**  
VALUE

FOR THE  
BODY

from Flora



## FLORA MICROGREEN PACKS: PEA TENDRILS \$8

COMPOSTABLE PACKAGING

**What is it?** Flora's packets of microgreen seeds are designed to make it easy for you to grow microgreens at your own home in a low waste way. Microgreens are young vegetable greens that are somewhere between sprouts and salad leaf vegetable, and have high nutrient content.

### How to use?

1. Simply fill a container with soil, sprinkle the seeds and cover with a little soil, then spray with water to grow.
2. To assure germination and rapid growth, keep the seed tray moist but not drenched. Using a spray bottle to do your watering is the best.
3. Once they are approximately 5cm long, cut the stems above the bottom leaf. By doing this each time, you will get weeks and weeks of growth from the same tray.
4. Add to your favourite sandwich, salad or even your eggs and avo on toast to give that extra boost of nutrients and colour.

**Benefits:** You get to grow your own microgreens on your bench and enjoy spray free and nutrient dense food.

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

@floragrow.co.nz



Flora (pictured left), the owner and founder of Social Enterprise FLORA, has always had a passion for plants, nature and people. From a young age she spent time gardening with her mum, an avid gardener and this is where her love for botanical things begun. Flora, aptly named by her mum, seemed destined to follow a path that involved plants.

With an Agricultural degree from Lincoln University, along with an entrepreneurial mindset, Flora was inspired to develop FLORA to help educate and influence the community on sustainable living through the knowledge of plants and the ecosystem. It made sense to develop her passion into an enterprise that combined all of her skills and knowledge. She is also a qualified secondary school teacher of agribusiness and agricultural science which further enables her to educate the next generation on sustainable living.

Flora's first products were FLORA Grow Kits, pictured on the right. These are made using a range of sustainable and bio-degradable products which include everything needed to start a mini garden. Even the clear window on the grow kits is made from corn starch. These kits were just the beginning of how FLORA hopes to encourage all New Zealanders to begin their journey to self-sufficiency by growing their own plants and food. Check out her website for her gorgeous range.

[www.floragrow.co.nz](http://www.floragrow.co.nz)





## RELAX AND RESTORE BATH SOAK 100ML \$12

NATURAL, SPRAY FREE ORGANIC BOTANICALS

**What is it?** 100% natural botanical bath soak, made in small artisan batches in Christchurch using only high quality pure therapeutic grade oils and botanicals.

### How to use?

Add half the contents of the bottle into the bath as water is running, and allow time for the contents to absorb. Soak for at least 15-20min for full benefits.

**Benefits:** The soak helps to reduce swelling and inflammation + promotes general healing & relaxation.

**Where to find it?** Check for stockists on their website or buy direct online [www.mamaandmestore.co.nz](http://www.mamaandmestore.co.nz)

 @mamaandmenz

**FOR THE  
BODY**  
*from Mama +  
Me*

## OUR PROCESS



### HARVEST + FORAGE

We developed a medicinal botanical garden on our farm early last year so we can cultivate our own herbs and florals to use in our recipes and botanical art prints. We love being involved in the whole process from farm to table.



### DRY + PRESERVE

We have our own drying room and dehydrators so we can preserve our florals & herbs to use.



### INFUSE + EXTRACT

We take pride in producing high quality products. Our recipes include infused oils which we create over 6-8 weeks. This infusion ensures that the full medicinal properties of each ingredient are extracted and infused into each product.



## OUR STORY

We are a North Canterbury based mother and daughter team who has created a boutique wellness range of artisan products. The collection is 100% natural and is carefully curated to focus on supporting mothers throughout pregnancy and postpartum recovery.

It is our mission to support mothers, highlighting the importance of them prioritising self care. Our products are invaluable in helping newborn mums to heal, recover and relax. All of our products are created in small artisan batches with carefully considered high quality ingredients, including our own harvested herbals. We are passionate about creating a collection that is not only focused on high quality ingredients but also pretty enough for gifting with our reusable glass bottles and designer packaging.

*"Self care is giving  
the world the best of  
you, instead of what's  
left of you!"*



**FOR THE MIND**  
*from Fig + Flora Apothecary*

### MOOD BODY MIST: HAPPINESS \$18

VEGAN, CRUELTY FREE, NATURAL, NO CHEMICALS,  
HERBALIST FORMULATED

**What is it?** An all natural uplifting blend designed to shift your mood and hydrate your body.

#### How to use?

Mist over cleansed skin before application of serums / moisturisers. May be used anytime on the face and body.

**Benefits:** Happiness Mood Mist helps hydrate your skin. Made with vegetable glycerin to help your skin absorb moisture from the surrounding environment, it is light and absorbent, with an uplifting aromatherapy blend of ylang ylang and frankincense to help wake up and invigorate your mind!

**Frankincense** - Rejuvenates, enhances mood & boosts energy.

**Ylang Ylang** - Improves mood & reduces feelings of irritability.

**Bergamot** - Reduces stress and helps to cultivate positive feelings.

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


 @fig\_and\_flora\_apothecary



Fig + Flora Apothecary was founded in 2021 by our certified herbalist Debra. After having her own profound healing experiences using herbal medicines she started with the intention of helping others to incorporate the healing powers of herbs into their own self-care and wellness practices. All of our products are formulated with organic and wildcrafted ingredients in our apothecary overlooking the garden where many of our ingredients grow in

Riverhead, NZ.

For many years Debra worked as a sous-chef, and her interest in food, especially organic herbs began. She started incorporating more herbs into her life and found relief from several conditions that modern medicine had had very little to offer in the way of treatment (including Endometriosis, Adenomyosis, Lupus and Fibromyalgia). These profound healing experiences inspired her to dive deeper into herbal studies. The majority of Debra's training is from Western Herbal Medicine and Ayurveda with introductory training in Traditional Chinese Medicine.

Every product is made in small-batch apothecary tradition. Our range includes essential oil roll ons, body oils, magnesium oil spray, and our best selling serums.

Transparency persists as a core value of our brand and every ingredient will always be communicated to you, so you can trust that what you're putting on your skin is safe and completely good for you.

Get 20% discount online at [www.figandfloraapothecary.com](http://www.figandfloraapothecary.com) by using code LFYB20 - valid until November 30, 2021.

**FOR THE  
BODY**  
*from Linden  
Leaves*



**ANTIBACTERIAL HAND/  
SURFACE SANITISER &  
200ML REFILL \$34.99**

VEGAN, GLUTEN FREE, CRUELTY FREE, NATURAL  
INGREDIENTS


**What is it?** A Memories rose fragrance hand sanitiser enriched with kawakawa extract and pohutukawa to soothe and protect your hands. 75% alcohol formula kills 99.9% of germs. Keep your hands and surfaces sanitised and healthy on the go.

**How to use?**

Apply a small amount of liquid to the palm of one hand and rub all over your hands. Can spray directly on to most surfaces.

**Benefits:** 70%+ content of alcohol is very effective at destroying the structure of viruses. Made from denatured alcohol. Rose fragrance helps relieve stress and anxiety. No nasties - completely free from chemicals like Triethanolamine and Carbomer which can cause allergic reactions and toxicity.

**Where to find it?** [www.lindenleaves.com](http://www.lindenleaves.com) and from selected retailers nationwide.

 @lindenleaves

**LINDEN LEAVES**  
NEW ZEALAND

Linden Leaves was founded in 1995 by Brigit Blair to care for two of her children who suffered from itchy, dry skin. And ever since, the company has been creating beautiful, effective, natural products that are kind to the skin, expertly blending over 1.8 MILLION oils worldwide, carefully crafting each by hand, with lots of love! Brigit, pictured on the right is still in the company and has been joined by her daughter Juliet on the left, Linden Leaves Creative Director.

Committed to real results and everyday wellbeing, Linden Leaves products are cruelty-free, vegan and eco-conscious. Top quality natural ingredients combined in innovative, gentle formulations and sophisticated scents set Linden Leaves products apart. Completely free from parabens, sodium lauryl sulphates, genetically modified ingredients, mineral oils and the very long list of chemical nasties so many of us would prefer to avoid, meaning you can look and feel your best, every day.

From self-care and everyday 'essentials' to thoughtful and unique personal and corporate gifts items and special occasion markers, the Linden Leaves range has plenty to offer discerning customers. Linden Leaves is sustainably made with integrity and love - for you, and the people you love.

Get 30% discount off RRP at [www.lindenleaves.com](http://www.lindenleaves.com) with the Code LFY2021, until 24th Dec, 2021, excludes sale periods & promotionally priced items and sets.



FOR THE  
BODY

from  
Botanistry



## BOOSTING AMBERS

\$34.99

VEGAN-FRIENDLY, KETO-FRIENDLY, GLUTEN-FREE,  
CRUELTY-FREE, ORGANIC INGREDIENTS, DIRECT ETHICAL  
SOURCING, NON-GMO

**What is it?** 100% natural plant-based dietary supplement powders for busy lifestyles. Inspired by Ayurveda, each of the five organic ingredients has been purposefully selected for its function and flavour. As a powder, BOOSTING AMBERS is bioavailable and versatile to use.


### How to use?

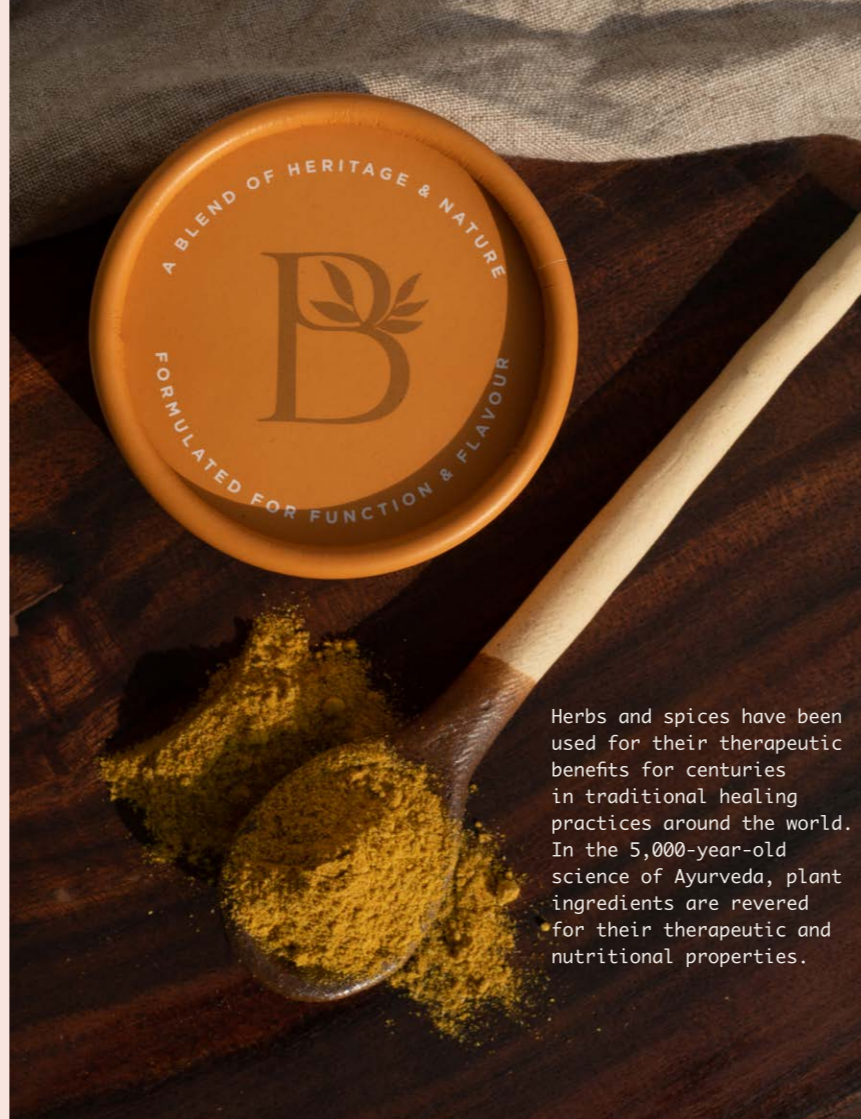
From smoothies to porridge to treats, mix a teaspoon of wholefood goodness to your food and drink every day.

**Benefits:** Taken daily, BOOSTING AMBERS helps to support the immune system and boost energy levels. Containing the anti-inflammatory, phytochemical-rich plant ingredients of Turmeric, Lime, Ginger, Lemongrass and Black Pepper, it provides a natural therapeutic effect for the body's immune, respiratory and circulatory systems.

**Where to find it?** [www.botanistry.com](http://www.botanistry.com)  
Health 2000 stores & online.

Get 15% discount until 31st March, 2022 using LFY15 code. Not applicable to sale or bundle items.

 @botanistryblends



Herbs and spices have been used for their therapeutic benefits for centuries in traditional healing practices around the world. In the 5,000-year-old science of Ayurveda, plant ingredients are revered for their therapeutic and nutritional properties.

## NATURAL NOURISHMENT FOR BUSY LIFESTYLES

BOTANISTRY is rooted in the ancient science of Ayurveda, and the Sri Lankan heritage of cousins and co-founders, Rashmini and Rukshan Mather, who are bringing to life a brand that harmoniously balances function and flavour, body and mind – as part of an all-natural lifestyle.

With its nature-centric approach and aesthetic, this premium brand highlights history, authenticity and serenity, and a promise of holistic balance from within. The cousins worked with Ayurvedic Practitioners, Medical Doctors and Food Technologists to create these unique plant-based dietary supplement powders that everyone is talking about.

## WHAT IS UNIQUE ABOUT BOTANISTRY BLENDS?

Typically, supplements tend to be pills. The 100% natural BOTANISTRY supplements are concentrated powders. Being a fine powder, the nutrients are bioavailable and more easily absorbed and used by the body. Formulated for function and flavour, the Blends taste as good as they are good for you! This makes them versatile and easy to incorporate into routine recipes for friends and family.

## HOW ARE THEY CRAFTED?

Each BOTANISTRY Blend contains five herbs, spices and superfoods – absolutely nothing else, no additives or chemicals. All the ingredients are ethically and sustainably sourced from community farmers and forest gardens. Made with care in small batches, the certified organic, premium grade ingredients are blended and packed in Auckland. They also go through a series of independent tests at source and manufacturing to ensure the best quality product for you.

## WHY TAKE BOTANISTRY BLENDS?

Each botanical ingredient is handpicked for their natural therapeutic properties and their functional benefits in traditional Ayurveda to support your health goals. Ceylon Cinnamon, Moringa, Green Tea, Ashwagandha and Turmeric are some of the powerful plants used in BOTANISTRY Blends – all rich in healthy plant compounds and with specific therapeutic properties.

# BOTANISTRY



There are four products in the current range: **BOOSTING AMBERS**, **ACTIVE CORALS**, **GLOWING GREENS** and **DIGESTIVE JADES** – each with specific plant ingredients to support stronger immunity, muscle & joint health, skin health and better digestion respectively.

Packed with natural vitamins, **BOOSTING AMBERS** is your must-have versatile immune product. The Turmeric, Ginger, Lime, Lemongrass and Black Pepper in this energizing citrus blend helps the body's immune response and metabolic activity.

With a warming Cinnamon flavour, **ACTIVE CORALS** is formulated to help stimulate the body's metabolism, aid joint mobility and relieve muscle tension – thanks to the harmonious combination of Ceylon Cinnamon, Turmeric, Ashwagandha, Clove and Black Pepper.

Nutrient and antioxidant-rich **GLOWING GREENS** is your anti-aging answer to support skin health and elasticity from within. This revitalizing and refreshing combination of Moringa, Peppermint, Green Tea, Curry Leaf and Black Pepper is the perfect addition to avo toast!

The fragrant **DIGESTIVE JADES** is formulated to support nutrient absorption and the digestive system while alleviating discomfort. Lemongrass, Ginger, Chamomile, Curry Leaf and Ceylon Cinnamon have all been used in ancient traditions to improve digestion.

## WAYS TO ENJOY THE BLENDS

It's wonderful to see the different and creative ways people are enjoying BOTANISTRY Blends daily! From smoothies and oats, to pancakes and waffles, to cookies and raw treats, to salads and soups – the list goes on! Full of flavour and health benefits, the nutrient-dense powders are suitable for a variety of diets (gluten-free, vegan, keto, plant-based).



## MAKE THESE DELICIOUS GOLDEN VEGAN PANCAKES

### INGREDIENTS Pancakes:

- 1 teaspoon of BOTANISTRY BOOSTING AMBERS
- 3/4 cup Almond / or Oat or Coconut Milk
- 3/4 cup + 2 tablespoons Almond Meal
- 6 tablespoons Rice Flour
- 1 teaspoon Flaxseeds
- 1 tablespoon Cornflour
- 1 tablespoon Maple Syrup,
- 2 teaspoons Baking Powder,
- Pinch of Salt

- 1 1/2 teaspoons Lemon Juice

### Lemon & Cashew Butter Drizzle:

- 1/4 teaspoon of BOTANISTRY BOOSTING AMBERS
- 1 tablespoon Cashew Butter
- 1 tablespoon Lemon Juice
- Water to desired consistency

### METHOD

1. To make the pancakes, blend all ingredients in a blender until smooth. Let the batter rest in the fridge for at least 15 minutes.
2. Heat a lightly greased non-stick frying pan over medium-high heat. When hot, pour in enough batter to make your desired size.
3. When bubbles form and the top appears almost "set" (around 2 minutes), flip and cook for an additional 1-2 minutes. Keep warm while you cook the remaining pancakes.
4. Meanwhile, to make the Lemon & Cashew Butter Drizzle, whisk all ingredients in a small bowl to combine. Slowly add water, whisking, until you reach your desired consistency.
5. Serve pancakes hot, with the drizzle and other toppings of choice.



FOR THE  
SOUL

from  
OCHO

### BEEKEEPER 40GM CHOCOLATE \$5.90

GF, CRUELTY FREE, FAIR TRADE

**What is it?** 70% Papua New Guinea chocolate full of NZ manuka honey and bee pollen, plus some puffed amaranth to give a light toasty crunch.

**How to use?** Savour the complex profile – this chocolate packs a punch with an extraordinary burst of honey to finish

**Benefits:** OCHO chocolate is good for the growers, makers and eaters alike.

**Where to find it?** Directly online [www.ocho.co.nz](http://www.ocho.co.nz) or see on website for local stockists.



📷 @ocho.chocolate

Get 10% discount at [www.ocho.co.nz](http://www.ocho.co.nz) until 24th Dec, 2021 with Code WELOVELFY

FOR THE  
SOUL

from Love From  
You



### DRIED FLOWERS IN VASE \$24.90

LOCALLY GROWN, DRIED & ARRANGED FLOWERS IN  
VASE

**What is it?** A beautiful ceramic vase that can be used for fresh or dried flowers, combined with a dried flower posie arranged by Karilyn from at Love From You, for each and everyone of you! 90% of the flowers used were grown, picked and dried 5km down the road from where Karilyn lives, by the lovely Caroline from @inmygardenltd.

**How to use?** Place the dried posie in the vase and position somewhere in your house or workspace. Alternatively the vase looks gorgeous alone, or with fresh small flowers.

**Benefits:** Bringing a little bit of the outside in to your inside spaces is a great way to connect with nature indoors.

The vase looks great with a range of plant life in it - explore arranging various branches, flowers and foliage in it - a great mindfulness practice!

Pinterest, YouTube and Instagram are great resources for inspiration if you want to learn more about drying your own flowers or for tips for arranging them!

## BIRDSEED BARS \$8

MAY CONTAIN TRACES OF NUTS & EGGS

**What is it?** A moreish bar filled with toasted seeds, dates, rolled oats and honey – it makes for a delicious treat or an on-the-go snack. A boujee muesli bar!


**How to use?** Eat it as quick as you can, or at your leisure, and don't feel guilty about not sharing it with anyone!

**Benefits:** Happiness.

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

**ALL Happy Slices are sold in slabs 25cm x 25cm which equates to 16 pieces. Each slab retails for \$39. Just order online and you can get it sent anywhere in NZ - a great gift for yourself or others!**

**Get a \$5 discount per slab until 31st March, 2022 by using the code HAPPY**

 @happyslice.co



Kia Ora my name is Andrew. I was born and raised in Palmy North. I have been in hospitality all my life. I love coffee, eating, and spending time with friends and family. I have been baking for over 10 years and in the last 5 years I've been doing it professionally. I have a passion to serve others and happyslice is my new, exciting way to do that.

“Happy happy happy happy happy” was one of the first things my nephew, Rex, said and it got me thinking ... what makes me happy? Baking makes me happy. Feeding people makes me happy. So happyslice started in lockdown 2020 when I wanted to send a little bit of happiness around Aotearoa. I saw people struggling with tough times, and I thought it would be nice if there was a site where you could personalise homemade baking and easily send it to anyone to share a bit of happiness.

I only use the finest ingredients like real NZ butter, Dutch cocoa and 70% dark chocolate. My slices (which come as slabs) are all inspired by my childhood favourites and Kiwi classics, like gooey caramel slice and mint slice.

My sister says my baking tastes so good because it's wonderfully indulgent! My customers tell me they like treating themselves, and they love being able to send a gift that's made with love to someone who's celebrating something or who might just need a little pick-me-up.

I know people eat with their eyes first, so that's why I made sure happyslice always arrives beautifully presented in a box that can be personalised with a message to brighten someone's day. (I especially love it when a customer orders a slice with a message that reads TO: me, FROM: me). Of course sustainability is important to me too – so I made sure all happyslice packaging is compostable or 100% recyclable.

I have always enjoyed baking. There is nothing quite like turning up to friends and family with a freshly baked treat and seeing the empty container at the end. I have always thought that food is the best medicine. Baking has helped me get through some tough times of my own too. My kitchen is one of my favourite places to be in.

Happyslice is a passion and a lifestyle, not a job. I never thought I would be lucky enough to have my own business – and I'm very grateful for all the support that has helped me get here. It's great that so many people want to support local small businesses like mine. It means a lot to me to be able to bring happiness to peoples' lives lives through my baking.

Thanks for being part of my happyslice journey!





Join our online community to connect with other supportive members. Search on Facebook: 'Love From You Community'.

  @LOVEFROMYUOBOX  
LOVEFROMYUOBOX.CO.NZ