



Wellness Box

SEPT / OCT 2022



LOVE FROM YOU WELLNESS MAGAZINE

#14 SEPT / OCTOBER 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.

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

At the time of writing this, it seems like at least half the country has been flooded and battered with unceasing rain. My heart goes out to all those affected, and here's hoping some relief will come as spring gets under way.

I'm really excited about this box which is packed full of some wonderful self care treats. It's been a long hard winter and we all deserve some pampering! I know I do, haha. After 10 years as a retail operator I decided to close up and move everything home and operate online only. Covid has taken its toll and it was definitely time for a change in direction. I am really enjoying having a more balanced lifestyle at the moment, and super excited about the new opportunities that I am creating for myself and family.

Some times self care requires big changes and whilst it's not always easy or straightforward, it has to be done. I am super proud of myself for exercising resilience and the courage to change my life. If you are thinking of making a change, do it - it's scary but worth it in the long run!

LOVE FROM KARILYN XX



What's in
the box?

\$180
VALUE

FIG & WILD ORANGE CHOCOLATE \$8.50

VEGAN, CRUELTY FREE, ORGANIC

What is it? Pana Organic Fig and Wild Orange Chocolate is handmade and gluten-free chocolate. It contains only natural ingredients to produce a delicious, smooth textured chocolate. Perfect for chocolate lovers. It is suitable for vegans and vegetarians.

How to use? Hide it from everyone else and savour it bite by bite!

Benefits: Tastes divine! Made from organic cacao. No dairy, soy or refined sugars. Gluten-free. Organic.

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

CHOCOLATE

from Pana
Organic

PANA
ORGANIC

Fig & Wild Orange

GLUTEN FREE. DAIRY FREE. WOW TASTE.

e 45g

CHOCOLATE



DEODORANT

from Raw
Nature



ORANGE & BLACK PEPPER NATURAL DEODORANT \$17.95

VEGAN & CRUELTY FREE, FREE FROM ALUMINIUM | SLS | PEG | PARABENS | PHTHALATES | ARTIFICIAL FRAGRANCE | PALM OIL | PLASTIC.

What is it? Stay confident and fresh all day long with this aluminium-free natural deodorant. It's powerful key ingredients work to prevent odour and reduce sweating. Scented with orange, bergamot and black pepper.

How to use? Push up a small amount from the bottom of the tube and apply to each underarm. A little goes a long way!

Benefits: **Coconut Oil** is a powerful moisturiser with antifungal benefits which also strengthens the skin barrier.

Magnesium Hydroxide keeps odour at bay by gently altering the pH levels on the skin preventing bacteria growth.

Tapioca Powder absorbs up to 150% of its own weight in sweat and oil.

NZ Mānuka Oil inhibits the growth of bacteria on the skin that causes body odour.

Where to find it? online www.rawnaturenz.com & local pharmacies.

@rawnaturenz

DISCOUNT CODE - LFY15 FOR 15% DISCOUNT ONLINE (EXP 31 DEC)



Wardrobe tips from Raw Nature for better-smelling armpits

You start your day off feeling (or smelling) fresh, but by lunchtime you find that the freshness has given way to armpit odour and self-consciousness... Sound familiar?

Raw Nature know the stress and anxiety that smelly pits can cause - which is why we've done the research to uncover the exact root cause: and the result might shock you. Before you pin all the blame on genetics, your physiology or even the environment, look at what's lurking in your wardrobe...

Synthetic clothing made from man-made, chemically-formulated fabrics such as rayon, polyester, or nylon can have a significant impact on armpit fragrance than clothing made from natural fabrics such as cotton, linen, bamboo, wool, and silk. Although synthetic fibres offer enhanced durability, resistance and moisture wicking, they also trap sweat and bacteria between the fibres. Thanks to their breathability, natural fibres allow sweat and bacteria to evaporate rather than cling to your clothing or skin.

Outside of wearing all-natural fibres, how else can you stay fresher for longer? Here are some ideas:

1. Shower daily: Odours occur when the bacteria that lives on your skin feeds off sweat, so wash away the sweat and the bacteria that feeds on it.
2. Wash with natural products: synthetic products may dry out the skin, leading to the overproduction of sebum and sweat, the ideal breeding ground for bacteria.
3. Use natural deodorants: Mainstream deos contain ingredients that can alter the pH of your skin, ultimately causing irritation and harbouring bacteria.
4. Ditch the fabric softener: sweat and bacteria sit on the surface of the fabric and prevent airflow and evaporation.
5. Watch what you eat: foods like broccoli, cabbage, onions and garlic can all affect the way that you smell.

Having body odour can be quite debilitating, thankfully our range of natural deodorants is effective at keeping skin healthy and odours at bay!



**MOISTURISING
LOTION**
*from Linden
Leaves*

IN LOVE AGAIN LOTION \$29.90

VEGAN, CRUELTY FREE

What is it? An easily absorbed lotion formulated for pure skin hydration, in a sensual blend of neroli, vanilla and sandalwood to promote a feeling of bliss and contentment. Enriched with natural kiwifruit, harakeke and rosemary extracts to keep skin soft and nourished.

How to use? Apply as often as required to keep skin soft and nourished. Ideal for daily use.

Benefits: Hydrating and nourishing. Fast absorbing. Enriched with natural kiwifruit for brightening, rosemary for its naturally protective qualities and harakeke extract, rich in essential fatty acids to aid skin regeneration and repair. Vegan friendly and made in New Zealand.

Where to find it? Selected stores throughout NZ and online at www.lindenleaves.co.nz

@lindenleaves

DISCOUNT CODE - SAVE 30% ON ALL PRODUCTS WITH CODE LFY22 (EXP 30/9) - NB Not redeemable on discounted products/during sale periods or in conjunction with other promotional offers, gift card purchase or with points redemption.



**LIP
BALM**
*from
Hurraw*

ORANGE LIP BALM \$8.50

VEGAN, CRUELTY FREE, ORGANIC

What is it? Super juicy, sun ripened oranges are what this uplifting balm is all about! Made with two varieties of fresh, cold-pressed orange peel oil for a tangy finish and that heavenly orange scent. A creamy, nourishing balm that your lips will love.

How to use? Use applicator to apply to your lips!

Benefits: Uses natural raw ingredients - sweet almond oil, candelilla wax, *coconut oil, *jojoba seed oil, *cacao seed butter, *castor seed oil, olive fruit oil, orange peel oil, sunflower oil.

*organic & cold pressed wildcrafted
This product comes in a PCR (post consumer recycled) and #5 plastic tube. This #5 plastic can be placed in kerbside recycling to be recycled into a new product.

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

@naturalthingsnz

BRIGHTENING SHEET MASK 5 PACK \$99.95

VEGAN, CRUELTY FREE

What is it? NZ's natural ingredients meet K-Beauty's latest technology. This rejuvenates, brightens and moisturises your skin so much faster with the galvanic function and even better it has 8 different sized hyaluronic acids and probiotics!

How to use? After cleansing, unfold the mask and remove the mesh lining on one side. Place the unprinted side on your face and leave on for 10-20min.

Benefits: Cellulose vegan mask sheet holds the serum longer than 30 minutes. The latest technology of microcurrent charged printing helps the skin to absorb the serum 20 times faster. Hyaluronic acids and manuka essential oil hydrates and nourishes the skin.

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

@lemonandbeaker

DISCOUNT CODE LFY20 FOR 20% OF ALL L & B PRODUCTS ONLINE (EXP 20/12/22)

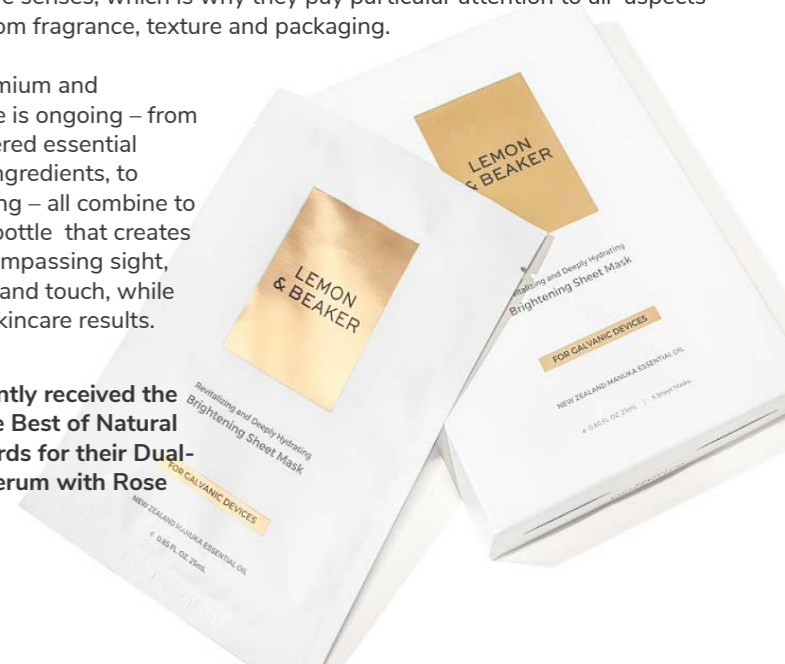


Lemon & Beaker is led Hannah who was fascinated with the power of nature and how essential oils, blended with vitamin and antioxidant-rich botanical ingredients, deliver visible skincare results. The name comes from the two items founder Hannah had on her desk when she started to bring her skincare brand to life – a 'lemon' and a 'beaker', nature and science working and existing together. And so came the foundation upon which Lemon & Beaker was built.

Essential oils have been part of their story from the very beginning and this is why they work with a qualified aromatherapist for all their formulations. They know how the power of essential oils and botanical ingredients, combined with science can enhance natural beauty and deliver skincare results. They believe that skincare is not simply about the products you put on your skin. It is an experience – one that encompasses all five senses, which is why they pay particular attention to all aspects of their products from fragrance, texture and packaging.

Their quest for premium and researched skincare is ongoing – from their highly considered essential oils and powerful ingredients, to thoughtful packaging – all combine to deliver power in a bottle that creates an experience encompassing sight, sound, smell, taste and touch, while delivering visible skincare results.

The company recently received the 'Best Serum' at the Best of Natural New Zealand Awards for their Dual-Blend Repairing Serum with Rose Essential Oil.





DENTAL FLOSS

from Go Bamboo

WOODEN SCOOP \$2.90

SUSTAINABLY WOOD

What is it? Sustainable wood scoop.

How to use? Use to scoop powders.

Benefits: Can leave it in the container.

Where to find it? www.urbancharm.net

WOODEN SCOOP

from Urban Charm

DENTAL FLOSS \$9.90

100% COMPOSTABLE

What is it? 50 metres of dental floss made of natural silk and candelia wax.

How to use? Use like regular floss.

Benefits: Can improve gum and dental health.

Where to find it? Selected stores throughout NZ and online at www.gobamboo.co.nz



SNACKS

from Matakana Superfoods



SHIITAKE MUSHROOM CHIPS \$4.29

VEGAN, GLUTEN FREE

What is it? If you're looking for delicious chips with extra umami, you've found it! Made with real shiitake mushrooms, these chips are crunchy and delicious. These Shiitake Mushroom chips use only the most carefully selected premium fresh shiitake mushrooms.

How to use? Enjoy them on their own or dip them in your favourite dips for that extra flavour.

Benefits: For thousands of years the Japanese have prized shiitake mushrooms for their taste and health benefits.

Where to find it? Health food stores, Bin Inn and www.matakanasuperfoods.com

@matakanasuperfoods



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