

Wellness

MAGAZINE

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S₁ P₃ R₁ I₁ N₁ G₂

LOVE FROM
(You)

SEPTEMBER/OCTOBER 2021

LOVE FROM YOU WELLNESS MAGAZINE

8 SEPTEMBER / OCTOBER 2021

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

It's so nice to be welcoming spring after the winter. The days are getting slightly longer, and I for one am appreciating having more daylight hours! I often find I need to focus a lot more purposefully on my mental health during the winter and this year was no exception.

I took care of myself during this time by keeping close contact with the ones I love, and getting very good sleep. Also being gentle and compassionate towards myself was very important. I am a firm believer that the most important and powerful voice we hear is our own. What we say to ourselves and the meaning we give to situations is incredible powerful.

To be able to be conscious of our internal dialogue and to work with it so that it becomes a loving caring supportive voice takes time and in some cases, a lot of work. For me it was some of the most important work I have ever done and it is something that I continue to practice as part of my wellbeing and self care.

With that said, I am very excited to share with you all the goodies I have curated for this current Wellness Box. It is packed full of over \$150 value of fantastic New Zealand brands that I am sure you will love! My hope is that what you find in the box will enhance your life over the next

few months and bring you some moments of joy and encouragement.

I'm very passionate about supporting small New Zealand businesses, and in particular women led enterprises. Having been in business for nearly 10 years, I fully appreciate the challenges and ups and downs that come with the territory, along with managing family commitments and my own health and wellbeing. So it is with much joy that I celebrate some of our own women entrepreneurs by selecting their brands for this box. In the magazine, I have chosen to utilise the space in a way that gives more coverage to each of the brands and their products than in previous issues. I feel that there is real value in what they have to offer and will add to your knowledge in a way that will benefit your wellbeing practices. I hope you agree! Enjoy the months ahead and take care of yourself.

KARILYN XX



*What's in
the box?*

\$150+
VALUE

FOR THE MIND
from Wilde Road



Take One Small Step

Don't say you'll do it one day. Get started today. Take one small step. Do just one thing that will move you closer to your dream. You don't have to know the full path ahead, you only have to take one step in the right direction. The more steps you take, the more the path ahead will illuminate. The more you trust in your dream, the more it will become your reality. It will start surprising you, the things that are happening. Maybe you will think they are coincidences, but they were always meant to be. It's time to start creating your dream. Don't focus on the fear, focus on the opportunities. Every journey has begun with one step. Take one small step.

WILDE ROAD ORIGINAL WORD PRINT (A5)

\$14.90

MADE IN NEW ZEALAND

What is it? Empowerment and Affirmation Print to empower, inspire and support.

How to use it? Words to create positive and uplifting spaces in your home and to surround yourself in.

Benefits: Because sometimes we all need a little reminder of how amazing we are.

Where to find it? www.wilderoad.co.nz Save 10% until end of 2021 by using code 'lovefromyou'

@words_by_wilde_road

Wilde Road

WORDS TO EMPOWER & INSPIRE YOU

Wilde Road is a New Zealand brand that creates prints to empower, inspire & support. Because the greatest part of life isn't arriving at a destination, it's the wild road that we travel along the way; as women, creators, daughters, mothers or dreamers.

The prints are original words written by Wilde Road Founder Lisa. Lisa believes reading positive words in the morning, in the day or during a challenging time can really flip your mood. "We get so busy in day-to-day life and often forget to stop, pause and breathe. These words are your daily reminders to take a breath, and a reminder of how amazing you really are. They also remind us that we are not alone, and while the road we travel is our own, there are so many similarities between us all".

FOR THE BODY
from Soochi

Contrary to what modern society has been telling us about ageing, Soochi is flipping the script on the one-dimensional standard of beauty. Forget anti-ageing, and think healthy-ageing. Soochi believes in a new attitude of prejuvenation - a cross between rejuvenation and prevention, to help you radiate wellness from within.



SOOCHI GLOW BERRY \$5.50



NO ADDED SUGAR, GLUTEN FREE,

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

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

Benefits: Expect results after 4 weeks of continuous use - including better digestion, increased skin elasticity, decrease in wrinkle & depth, decrease in cellulite, and support for normal collagen production. Gut health improvement is more immediate, as this directly affects your gut flora straight away - feeding the good flora only.

Where to find it? online, supermarkets, cafes, beauty clinics.

 @soochidrinks
 @soochidrinks



Unlock glowing skin and a healthy gut with Soochi Glow Berry.

5 reasons we are obsessed with Soochi right now ...

1. It's an all-female founded company with purpose.

Founded by an Asian, Middle-Eastern, European-Kiwi powerhouse female team on a shared mission to elevate your daily self-care routine. At their core, they honour authentic womxn who go against the grain and challenges the status quo, which is not only reflective in the product Glow Berry they've developed (first and only scientifically-backed Prejuvenation Beverage available in New Zealand), but also translates to all their recent efforts to promote womxn, for example sponsoring an event supporting local-female artists based in Christchurch where proceeds went towards Women's Refuge.

2. Glow Berry is the perfect alcohol alternative.

Glow Berry is a collagen + prebiotics soda infused with intelligent, supercharged ingredients to unlock glowing skin and a healthy gut. It is low in sugar, low calorie, with locally sourced ingredients from

around New Zealand and is the perfect guilt free pick-me-up, or alcoholic beverage alternative.

3. Your skin and gut will LOVE you for drinking it.

Soochi leverages two scientifically backed ingredients - Collagen for skincare and Prebiotics for gut health. Essentially, the Prebiotics are the food for your good bacteria in your tummy (probiotics). The prebiotics feed the probiotics. This means that the bad bacteria are starved, and your good flora that are already established in your tummy, thrive!

Their specific prebiotics are in Fibersol-2™ which has been backed by various peer reviewed scientific journals. In terms of their Collagen, they use Bovine which are sourced from cows. The reason they do this is because of their commitment to high animal welfare standards, plus the specific molecular weight and size of the peptides that make Soochi Glow Berry clinically proven to stimulate the fibroblasts in your skin as well as your hair and nails. It's not about the type of collagen, but about the molecular weight that is what makes collagen effective. They use Type I predominantly (95%), and a

sprinkling of type III (5%), which has a molecular weight of 2kDa, one of the smallest weights available, making it a high absorbing collagen.

4. It actually works.

In their research, they know that for most people, oral collagen consumption of 2500-5000 mg daily for 4-12 weeks promotes skin elasticity, hydration, and decreased fine lines and wrinkles in most people. They have put in the maximum dose of 5000mg of collagen peptides per can to help you show off your best self. After drinking one can per day for 4 weeks we can expect glowing skin and better digestion / gut health.

5. The berries mixed with sparkling water makes it so refreshing and delicious.

It's a super light and refreshing sparkling soda with hints of berries, citrus and botanics. The combination of pomegranate, raspberries and blackcurrant invigorates the taste palate, and with no added sugar it is guilt-free so you'll be craving it daily.

Soochi is the new cult beauty and wellness brand that is truly making our daily self-care routines easier and more convenient. You can purchase Soochi Glow Berry on their website.



SKYE CANDLE & BODY CARE - HIMALAYAN BATH SALT \$17.90

VEGAN, CRUELTY FREE, NATURAL, MADE IN NZ



What is it? A handful of happiness. Relaxing bath salts made using mineral-packed Himalyan salt.

How to use it? Sprinkle liberally to transform your bath into a natural, detoxifying experience.

Benefits: Himalyan Pink Salt contains therapeutic benefits not just for the skin but also the body and mind. The bath salt soothes and cleanses the skin thoroughly, removes excess oil from the surface and helps to refresh and brighten the skin.

Where to find it?

www.skycandleandbodycare.co.nz
LOVEFROMYOU for 10% off until 30/09/21

 @skyecandleandbodycaarenz
 @skyecandleandbodycare

FOR THE
BODY

from Bar of
Hope



BAR OF HOPE PINK LEMON-AID

\$6.00

PLANT BASED, VEGAN FRIENDLY, CRUELTY FREE
MADE IN NEW ZEALAND

What is it? All natural handmade soap with an uplifting citrusy scent, plentiful bubbles & poppy seeds. Perfect for an energising, morning wake-up scrub.

How to use it? Lather directly onto skin for the maximum benefit of skin loving oils and an invigorating scrub. Keep dry between use.

Benefits: The good-for-you natural ingredients will nourish skin, while the poppy seed scrub gently exfoliates and boosts circulation, leaving your skin feeling soft and smooth. Your mood will also be uplifted by the multi-layered citrusy scent of the aromatherapy benefits of the unique essential oil blend.

Where to find it?

www.barofhope.co.nz

BOHLFY10 for 10% off total order
until 30 / 11 / 2021

@bar_of_hope
@BarofHopeNZ

BAR OF HOPE was born out of a passion for good-for-you natural body care products that make the ordinary daily personal hygiene tasks feel like extraordinary indulgent experiences, while doing no harm to the planet.

For Petra and Tali, two friends of over 20 years, BAR OF HOPE was the culmination of both of their experiences that led them to be acutely aware of what we expose our bodies to, specifically our biggest organ (skin!), and the potentially damaging effect certain chemicals can have in the long term. It also provided a chance to take action towards waste reduction, sustainability and social responsibility by demonstrating that a business doesn't have to be in contrast to these values to be successful.

THE PRODUCTS, a clean indulgence.

Although it started with soap, it quickly expanded to other body, bath+shower and hair products - which was natural, given a genuine lifelong interest in and study of these products. The choice to keep it natural was an obvious one early on, as nature is full of beauty, inspiration and gifts. Making this choice in no way means

a compromise on quality, effectiveness or the indulgence of the products. On the contrary; using natural skin-nourishing oils and butters enhances BAR OF HOPE products with a hard to match luxury and 'pamper' feel, hence: 'A clean indulgence'.

Nature also provides the captivating scents that make the products stand out, crafted using original 100% essential oils (plant extracts) blends, also adding the benefit of aromatherapy. All the products are coloured using botanicals, clays and charcoal – all gifts from nature.

BAR OF HOPE packaging is minimal and sustainable, containing only home compostable materials. In addition to bar soap, other products such as the Good Hair Days shampoo + conditioner bars, packaging-free body lotions, and a range of household soaps (the dishwashing soap being a favourite in many homes!) offer even more ways to reduce the need for plastic bottles in the home, as well as adding compromise-free pampering moments to each and every day.

THE HOPE TO HELP

AS ONE OF THE CORE VALUES, THE PINK LEMON-AID SOAP BAR INCLUDED IN THIS LOVE FROM YOU BOX WAS DESIGNED TO AID THOSE IN NEED, WHILE AIDING YOU TO GET THE DAY STARTED ON THE RIGHT NOTE.

BAR OF HOPE MATCHES THE AMOUNT OF PINK LEMON-AID SOLD WITH A REGULAR SOAP DONATION TO THE SALVATION ARMY. YOU GET THE BENEFITS OF SKIN-LOVING OILS WITH THE GOODNESS OF COCONUT MILK, AND MOOD LIFTING AROMATHERAPY THAT GETS YOU READY FOR THE DAY, AND THE SALVATION ARMY GET AN EQUAL SOAP DONATION. BAR OF HOPE ALSO MAKES ONE-OFF DONATIONS TO OTHER CHARITABLE ORGANISATIONS.

FOR THE BODY
from Alpine Silk

In 1890 Margaret Johnstone discovered the natural skincare qualities of Lanolin and began to make her own moisturising Lanolin-based soaps and skincare. Her secret was passed down through the generations and today the family continues the tradition and the secret recipe with Alpine Silk skincare.

They have developed pure skincare that captures all the natural regenerating, moisturising and, restorative qualities that their ingredients have to offer. They offer high quality, sustainable skincare made right here in New Zealand.

Their certified organic Rosehip Oil is one of the greatest reflections of their mission to provide affordable high-quality products. Renowned for its regenerating properties, rosehip oil has been used for thousands of years as a natural gateway to beautiful looking and feeling skin. Their Rosehip Oil is 100% pure, natural and, full of skin-loving antioxidants, vitamins and essential fatty acids. It's perfect for keeping your skin in top condition during all seasons. Let the wild roses found throughout Otago promote your skins natural radiance in every application.



ALPINE SILK CERTIFIED ORGANIC ROSEHIP OIL **\$29.99**

What is it? Alpine Silk Certified Organic Rosehip Oil enriched with Organic Acai & Organic Evening Primrose Oil.

How to use it? Apply 2-3 drops to a cleansed face or body. For best results use twice daily.

Benefits: Chock-full of goodness, it helps protect and hydrate skin, fight free radical damage, and reduce aging. The vitamins and antioxidants rejuvenate the skin to restore elasticity, help correct dark spots, and reduce the appearance of scars.

Where to find it?

www.alpinesilk.co.nz and in selected pharmacies. Use the code LFYAS25
 25% Off OCT 31st 2021

@alpinesilknz
 @AlpineSilkNZ

19 WAYS YOU CAN BENEFIT FROM ALPINE SILK ORGANIC ROSEHIP OIL

1: Face Oil

Apply 2-3 drops of Rosehip Oil onto damp skin of the face and night to repair skin and give it a healthy glow.

2: Scars

Apply directly onto recent or old scars to help improve both the colour and texture

3: Face Massage Oil

Rosehip Oil is a great oil to use for a facial or body massage.

4: Cracked Heels

Apply 3-4 drops twice daily, rub in, and you will love the results.

5: Hair Serum for Dry and Split Ends

Apply a pea-sized amount of the oil to the ends of wet and clean hair and work through for smooth hair.

6: Mix With Foundation

Add a few drops of your rosehip oil to your foundation for a dewy complexion.

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Add a few drops of your rosehip oil to your foundation for a dewy complexion.

7: Cradle Cap

Rosehip Oil can help with healing cradle cap.

8: Dry Elbows

Rosehip oil is a great treatment oil for applying to specifically dry areas of the body such as elbows.

9: Use it on Your Pets.

The oil can be applied to pets such as dogs and horses after surgeries to heal the skin.

10: Mix With Moisturiser

A couple of drops of oil can be added to any moisturiser for an extra dose of moisture and skin healing benefits.

11: Balance out Acne-Prone Skin

Rosehip oil will help with acne as it should bring natural oils back into balance and will also help heal any acne scarring.

12: Lip Oil

For extremely dry lips rosehip oil can be applied directly onto the lips as a luxurious hydrating treatment.

13: Hydrate Skin During a long flight

Applying rosehip oil throughout the flight will assist in staying hydrated and healthy

14: Hands

Apply rosehip oil onto hands for softer skin with fewer age spots.

15: Burns and Sunburn

Rosehip oil can soothe burns. Apply a few drops to the problem area.

16: Nail & Cuticle Oil

Massage the oil into nails and cuticles to keep them nourished and to stimulate growth.

17: Eye Makeup Remover

The oil can also be used as a gentle, non-irritating makeup remover around the eyes. Apply a few drops around the eye area and rub gently. Remove with a dry cotton pad.

18: Minimise Stretch Marks

Apply rosehip oil onto the belly to help hydrate the skin and minimise stretch marks throughout pregnancy.

19: Grazes and Cuts

A great skin healer for grazes and cuts. Apply topically to the problem area.

FOR THE
BODY

from Dust
& Glow



DUST & GLOW POWDER SHAMPOO

\$44.99

WATERLESS, VEGAN, CRUELTY FREE, UNSCENTED
MADE IN NEW ZEALAND

What is it? A waterless shampoo re-imagined in a powder form.



How to use it? Wet your hair & hands. Sprinkle a 1/4 to 1/2 teaspoon onto wet hands. Lather onto your hands to activate, it will foam! Massage onto hair & lather. Rinse well!

Benefits: The result? Silky & glowing hair. 1 x Dust & Glow Shampoo bottle = 3 x Liquid Shampoo Bottles - up to 60 washes. Your impact is over 3.5 litres of water saved plus 3 plastic bottles.

Where to find it?

www.dustandglow.com - also check here for online stockists.

VIP for 20% off next purchase

 @dustglow_waterlessbeauty
 Dustglow_beauty

WATER-SAVING, ECO-FRIENDLY, NATURALLY DERIVED SKIN AND HAIR PRODUCTS THAT WORK

We all know water is a commodity we take for granted, but when water shortages hit, we realise how essential it is to our daily life. As our climate changes, we need to do all we can to conserve water and what you put in your bathroom cupboard, could be your first step toward a more sustainable future. More than 785 million people struggle to find clean water, the most fundamental element of life, and Dust & Glow is committed to protecting this natural resource. Traditional beauty cleansing products contain 80-95 per cent water and we often have to add more water when using them. Water is commonly being used as a "cheap filler" in most beauty products. This means the active ingredients are diluted, and since water can easily grow bacteria, there is a need to add chemical preservatives, which are known irritants and carcinogens.

But what if there was a product that removed the water from its formulation, allowing you to add it yourself from the tap?

Dust & Glow is a local company that does just that! Set to revolutionise the beauty industry with its waterless, powder-based, high performing products. By removing the water, plastic waste and nonsense, the company has delivered sensorial formulations for a healthy glow and a happy planet. Dust & Glow make things simpler by taking the water out of our skin and hair products to create powder-based beauty. A change that will help reduce climate change and the environmental impact associated with an industry that

relies so heavily on the commodity. The result is clean, vegan, potent formulas, packaged without single-use plastic and activated by the water in your shower.

By completely removing the water from our formulas, we've also removed the need for chemical preservatives (water attracts bacteria) - creating cutting edge formulas that are ultra-clean, 100 per cent naturally derived and leave your hair and skin happy and healthy. Are you ready to Glow? The Dust & Glow range includes two facial cleansers, shampoo, and body wash, all in powder form. Add a 1/4 to 1/2 teaspoon of dust to damp hands, add water, rub it in to form a lather, massage into face, hair or body, then rinse.

Each bottle contains approximately 60 washes and is the equivalent of three bottles of liquid products due to its super-concentrated and potent formulas. Each product is packaged within aluminium bottles designed to be kept and refilled with home compostable refills. Saving the planet and saving you water all in one easy step!

Dust & Glow is waterless, vegan, cruelty-free, NZ made, low waste, female-owned and donates one per cent of sales. Formulations are free from irritating surfactants, sulphates, silicones, animal actives, preservatives, allergens & fragrances.

Dust &
glow

Powder Based
Shampoo

Soy Protein
Coconut
Pre & probiotic complex

All hair types

45g | Up to 60 usages

FOR THE
SOUL
from Nola
Candles



NOLA CANDLES \$24.99
**DARK RASPBERRY
CLASSIC CANDLE**

VEGAN, CRUELTY FREE, ECO-FRIENDLY, MADE IN NZ

What is it? A beautiful candle that has a raspberry aroma.

How to use it? Light for 3-4 hours at a time. Keep away from pets, children and flammable objects. Always keep in sight.

Benefits: This gently sweet aromatic delight will have you basking in a deep fruity serenity.

Where to find it?

www.nolacandles.co.nz
loveitagain20 (20%off)

Instagram: @nola_candles
Facebook: @nolacandlesco

*Read more from Olivia
as she share with us the
journey of her new business*

NOLA Candles was founded when I unexpectedly fell pregnant and so I decided to give up my tertiary studies and relocate close to my family (it does take a village after all!). Due to carrying twins, my tummy was popping pretty early in my pregnancy & as a result, I struggled to obtain employment. This was incredibly disheartening, as I had previously had a career in Australia; and most of my life had worked multiple jobs. I was desperate to try and save and prepare for my daughters arrival but felt completely stuck. So I decided that I would back myself & create a business that would allow me to work from my home & pick hours that worked around my family.

NOLA is literally for my twin daughters (Noah & Isla); they are the endless motivation, offset any lack of sleep and rally the hustling. We are so proud of what we have managed to accomplish in eight months of operation - our humble beginnings truly did start on my parents' dining room table and have evolved to an independent workshop that stocks 10 retail stores across New Zealand (and now an amazing subscription box!). So why has NOLA taken off?

NOLA prides itself on being a local, eco-friendly and charitable business. We consciously source our materials to be eco-friendly, making sure there are no nasties that would pollute people's homes (such as paraffin). We use 100% soy wax, phthalate-free fragrance oils and lead + zinc-free wicks. We offer a recycling program for our amber glass jars and most unique compared to our competitors, offset our carbon emission as a business. Beyond protecting the environment, we aim to give back to our community by donating 10% of our profits to The Neonatal Trust (a charity that means a lot to our family). We often partner with other small businesses or fundraisers to support the community that has been so kind and generous and supported us.

And then most importantly, so much time and love have gone into perfecting and creating each and every candle. All of our efforts to build a positive brand are useless unless our products are great - and we genuinely think they are! We are so excited to have you all try our candles (along with all these other wonderful products). Happy August everyone, stay warm! "



FOR THE
SOUL

from WCF

Category Winner at NZ
Chocolate Awards 2020.

Gold Award at NZ Chocolate
Awards 2020.

Silver Award at International
Chocolate Awards (World
Finals) 2018.

Bronze Award at
International Chocolate
Awards (Asia-Pacific) 2018.



**WELLINGTON
CHOCOLATE FACTORY** \$10.00
**RASPBERRY MILK
CHOCOLATE**

ORGANIC, FAIR TRADE, MADE IN NZ

What is it? 75 gram bar of delicious
organic raspberry milk chocolate

How to use it? Savour it slowly, bite
by bite - hide from others.

Benefits: A taste sensation, it will
leave you feeling satisfied and warm
inside.

Where to find it?

www.wcf.co.nz

@wellingtonchocolatefactory
@thewellingtonchocolatefactory





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

  @LOVEFROMYUOBOX
LOVEFROMYUOBOX.CO.NZ