



# Reconnect

## Onolla

## Hello.

Here we are, stepping into the light at the end of a very long, dark tunnel, freedom ahead yet I am experiencing strange feelings of unease at the thought of getting back on that treadmill. I am not alone. Many are telling me that while they want some sort of normality back, they are not wanting and the pre-Covid 'normal' pace of life. It was far too fast and stressful, which is why, let's face it, lots of us were happy to jump off for a while. Just not this long or because of a global pandemic.

It's only natural to feel anxious about picking up pace again, interacting, sticking to stricter routines (and bedtimes), starting to socialise and the politics of who, where, when and booking way ahead. It's quite overwhelming. Plus, there's the fallout (literally, for some) and reparation of relationships with too much or too little time spent together and enforced confinement having unearthed some home truths.

But mainly, there's this underlying, unnerving uncertainty about what really lies ahead and how will I/they/we cope with the inevitable unforeseen twists, turns and setbacks in the road.

Reconnect is designed to help you pave your own natural roadmap out of lockdown, at your own speed; an opportunity to tune into life with more awareness of what you need to help you thrive in the modern world. It is brimming with down-to-earth self-care tips and beauty advice from the Onolla team of expert editors and some of our favourite specialists, plus tactics on rekindling relationships and how to handle the increased, ever-growing digital dependency the whole family is in the grip of.

We can't go back to where we were, but we must move forward, reconnect, rewild and reinvent our future for the better.

Suzanne Duckett  
Founder and editor of Onolla



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*Former Health and Beauty Director Cosmopolitan;  
Beauty Director Good Housekeeping;  
Spa Guide Editor Tatler, and currently writes  
for The Telegraph, The Times amongst other  
leading national newspapers and magazines.*

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# Editor on Call

Needing a personal  
health and beauty edit?  
You are in the right place.



## Here's how it works...

Fill-in the Onolla questionnaire or book a one-to-one call with Onolla's editor Suzanne and off load all your health and beauty concerns and questions.

Suzanne and her Green Team will set about curating your own tailored Duckett List via email - the products, practices and practitioner recommendations perfect for you right now.

01) Fill in Onolla's enlightening questionnaire and choose from:

**Silver Duckett List:** £25 (lands in your inbox)

**Gold Duckett List:** £150 (includes a 40 min 1-to-1 call with Suzanne)

02) Suzanne and her green team will put together a well-curated, easy-to-read, inspiring dossier with your Onolla Circle of Life chart clearly showing suggested areas of focus.

(Gold service includes addition discovery calls and fast-track access to some of Onolla's experts).

03) All Duckett Listers receive a Duckett List discount code giving them 10 % off all purchases on Onolla and and specific expert packages and programmes.

[Get started here >](#)



# Have you become a hermit?

You're not alone...

Has coronavirus created a generation of agoraphobes of varying degrees? We have been faced with a world of ominous warnings, masks and playgrounds barricaded by yellow tape, so many have craved the security and familiarity of home. Parents find themselves resorting to pleas, threats or bribes to drag children out of the house, with highly mixed results. Even as adults, making arrangements to see friends is thwarted by what is allowed, when and with how many. We are trapped in the mindset that we can't, so we don't mingle.

Agoraphobia is an anxiety disorder that involves the fear of leaving the house alone, or of being in crowded places, or being in places where escape might be difficult – for example, on a train – which can lead to feelings of helplessness and, at times, panic attacks. It is more common in teenagers than younger children, but over the last year, more adults have also been reporting feelings of agoraphobia.

[Read more about treatment here >](#)



# Take a breath

Like physical exercise, make breathing exercises part of your life, cleansing inside and out, mentally and physically.

There are many different breathing techniques. The most simple and effective, in breath guru Alan Dolan's (mine and my idol Russell Brand's favourite!) opinion, is this abdominal breath/belly breathing/diaphragmatic breathing (all are different names for the same technique):

- 01 Find a quiet comfortable place to lie down, making sure you are warm enough.
- 02 Place your hand or a heavy book on your abdomen.
- 03 Open your mouth wide enough, so that you can fit your fingers in.
- 04 Breathe in through your mouth and into your belly; imagine you are inflating it like a balloon.
- 05 Keep your energy focused on where your breath is.
- 06 Let go, exhaling through your mouth, allowing your belly to deflate.
- 07 Repeat for five to 10 minutes, remaining focused on your breath.



One-Minute Wonder  
IGTV with Alan Dolan

Try it for yourself and give Alan's 60 second breath work a whirl.

[Try Alan's technique here>](#)

# Post-pandemic separation anxiety

## How to mind the gap

From toddlers to pre-schoolers, many children will have not only lost vital school- and nursery-readiness skills, they will also experience intense separation anxiety when they return to the care of nannies, childminders and nursery teachers. Add in all the face shields they have become used to and it could be a bumpy ride back to the new normality.

Separation anxiety is a recurrent and excessive distress about anticipating or being away from home or loved ones. It can also affect adults. The main differences between normal separation anxiety and separation anxiety disorder are the intensity of the fears and whether these fears actually prevent the sufferer from engaging in their normal activities.

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## Your pets might experience separation anxiety, too!

With more people returning to the office after months of working from home, owners should start preparing for a wave of stressed-out pups, too. Separation anxiety in dogs is similar to what a human experiences when having a panic attack, causing destruction and self-harm.

[Learn more here >](#)

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Children with separation anxiety may become agitated at just the thought of being away from their mum or dad, and may complain of sickness to avoid playing with friends or attending school. When symptoms are extreme enough, these anxieties can add up to a disorder. However, no matter how fretful your child becomes when parted from you, separation anxiety disorder is entirely treatable. There are plenty of things you can do to make your child feel safer and ease the anxiety of separation.

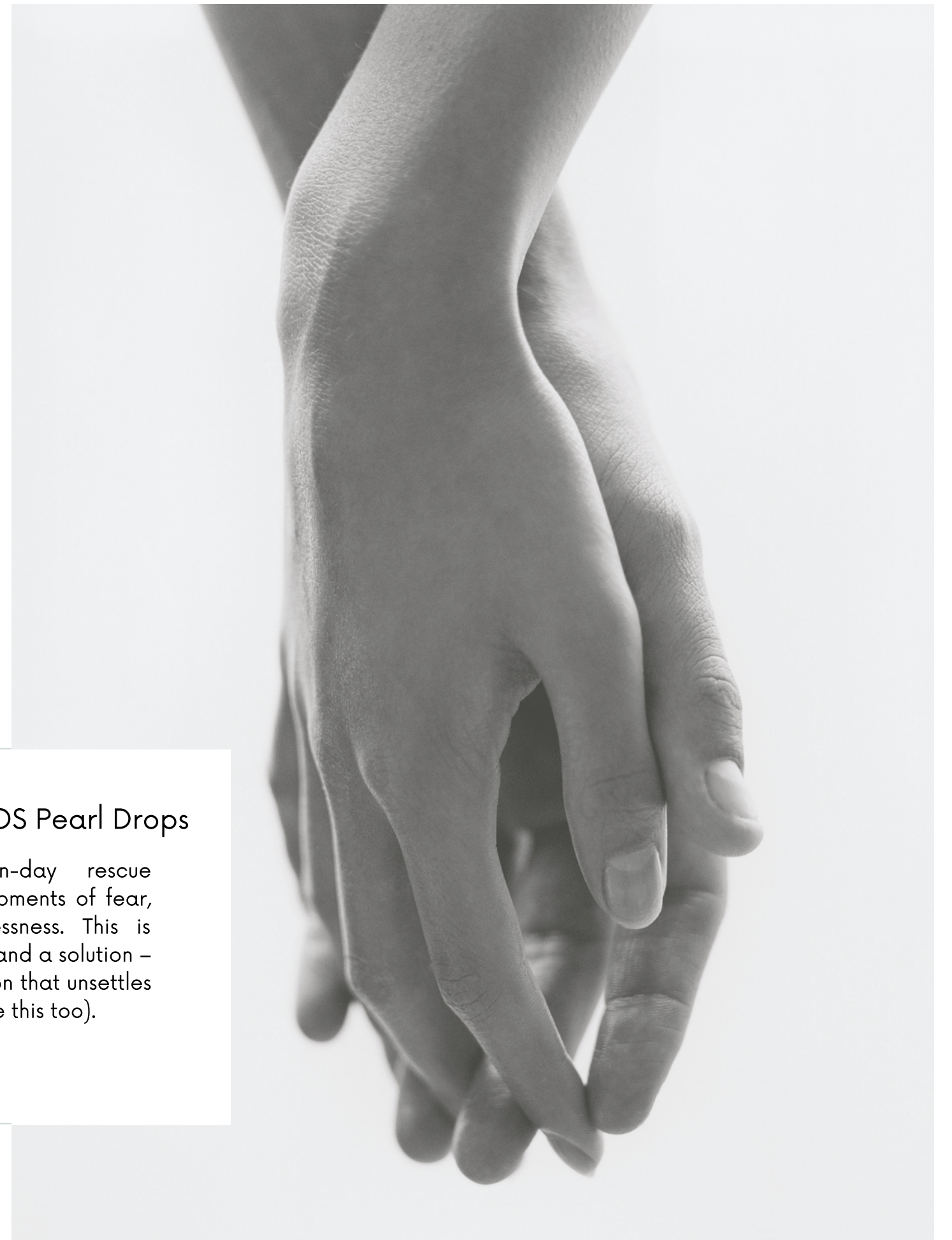
[Learn more here >](#)



## Ilapothecary SOS Pearl Drops

A potent modern-day rescue remedy to use in moments of fear, anxiety, and restlessness. This is both a preparation and a solution – ideal for any situation that unsettles you (children can use this too).

[Shop now >](#)







# Herd immunity

## Your health is in your hands

After such a long time in on/off lockdowns, it's key to support your immunity generally now, as we are going to be mixing again. But when choosing an immune support, do you chew or swallow? Evidence suggests that chewables are the most effective supplements; read why [here](#), plus how you can enrich your diet to help your natural very clever immune system.

[Shop Immune >](#)

## Good To Go

Good To Go was the first beauty and wellbeing set we created to help support immunity and wellbeing when you are out and about. Filled with incredible organic and natural products that do what they say they do, there is an immune support supplement, a fab relax tonic, a super-effective but nourishing anti-bacterial hand gel and some nurturing beauty goodies to beautify and help bring you into the now. It also has one of our fabulous hand-sewn, triple-layered masks.

[Shop Good to Go >](#)



## Leapfrog Immune Citrus Chewable Tablets

Crammed with cold-fighting, immune-supporting zinc and vitamin C, plus lactoferrin, a protein with potent antiviral and antibacterial properties.

[Shop now >](#)

## Susanne Kaufmann Anti-Bacterial Hand Gel

Kills 99.9% of bacteria without drying out hands. Apply the gel over the entire surface of your hands for at least 30 seconds for full effect and to spread the gel evenly. No rinsing required.

[Shop now >](#)



## The Organic Pharmacy Relax Tincture

A go-to to maintain calm. Add 10 drops in water every evening, say 'good health' to yourself and knock it back.

[Shop now >](#)

## Wildsmith Skin Ceramide Lipid Repair Balm

Repairs, restores and strengthens skin's protective barrier to seal in moisture and prevent further water loss. Smooth onto lips, cuticles, elbows and other dry areas.

[Shop now >](#)







# Cultivate calm

When you or any of your family start to experience anxiety, rising panic and general stress spiralling, Mercedes Ngoh Sieff, yoga instructor, Positive Psychology coach and co-founder of Yeotown, holistic health retreat in Devon, recommends this simple exercise:

Take a deep breath and name five things you can see.

Close your eyes and name four things you can feel (eg your feet on the ground, the ring on your finger, etc).

Then focus on three things you can hear, then two things you can smell, then one thing you can taste.

This will help rein in your mind, ground your senses and tether you to the moment instead of an imagined catastrophic future.



## Kalmar Calm Soothing Body Cream

The Calm Body Cream gently soothes and calms the skin and offers a moment of tranquility and balance exactly when you need it most.

[Shop Now >](#)



# Explore the power of CBD

AKA nature's valium...

CBD stands for cannabidiol, one of the 120-plus chemical compounds known as cannabinoids that have been identified so far in the cannabis plant. CBD is completely legal in the UK and in many Western countries, as while derived from cannabis, CBD is not the same as medical marijuana and it is not psychotropic or intoxicating (unlike THC, the most commonly known cannabinoid), so will not get you high.

CBD is used to treat inflammation, anxiety, stress, cravings and sleep issues, but also has two other benefits: it has highly anti-inflammatory and antioxidant properties, which make it great for calming and healing dry, irritated skin.

[Get the lowdown on CBD here >](#)



## Onolla loves Kloris CBD Starter Kit

The perfect introduction to high quality CBD, this bundle of must-have products includes:

### **500MG (5%) CBD Oil Drops, 10ml**

Designed to be taken under the tongue, contains approximately 2.5mg organic CBD per drop, pop in in your bag to keep on hand.

### **CBD Superboost Face Oil**

Supercharged, all-natural face oil, a versatile skincare staple to help nurture your skin's vitality and defend against ageing external stressors.

### **Travel CBD Balm**

High strength CBD balm perfect for delivering CBD through the skin to target localised inflammation and pain.

[Shop the kit here >](#)



## Upper for Low Mood

If you are feeling drained and anxious, sad or generally rundown, the right bath can help. Orange essential oil is a wonderful mood-lifter. The oil is extracted from the peel of oranges and contains many antidepressant properties and has been scientifically proven to help reduce heart rate and cortisol levels.

Try this easy Orange Body Scrub & Soak recipe the next time you find yourself in need of a pick-me-up.

[Get our orange bath scrub recipe here >](#)





# Love after lockdown

## How to get your relationships back on track

Well over a year ago, our lives became unrecognisable practically overnight. One of the biggest challenges has been a combination of not seeing some loved ones and far too much of others.

‘When lockdown happened, we had no idea what challenges such confinement would bring,’ writes Sarah Tilley, therapist and educator in modern relationships and erotic intelligence and Onolla's Relationship & Sexual Health Editor. ‘We have faced routine, repetitive sex, tail-spinning arguments we can't walk away from, financial devastation and a choice to become a statistic of lockdown.’

The alternative?  
Get inventive, reconnect and refresh.

[Sarah shares how here >](#)



Sarah Tilley,  
Onolla's Relationship & Sexual Health Editor



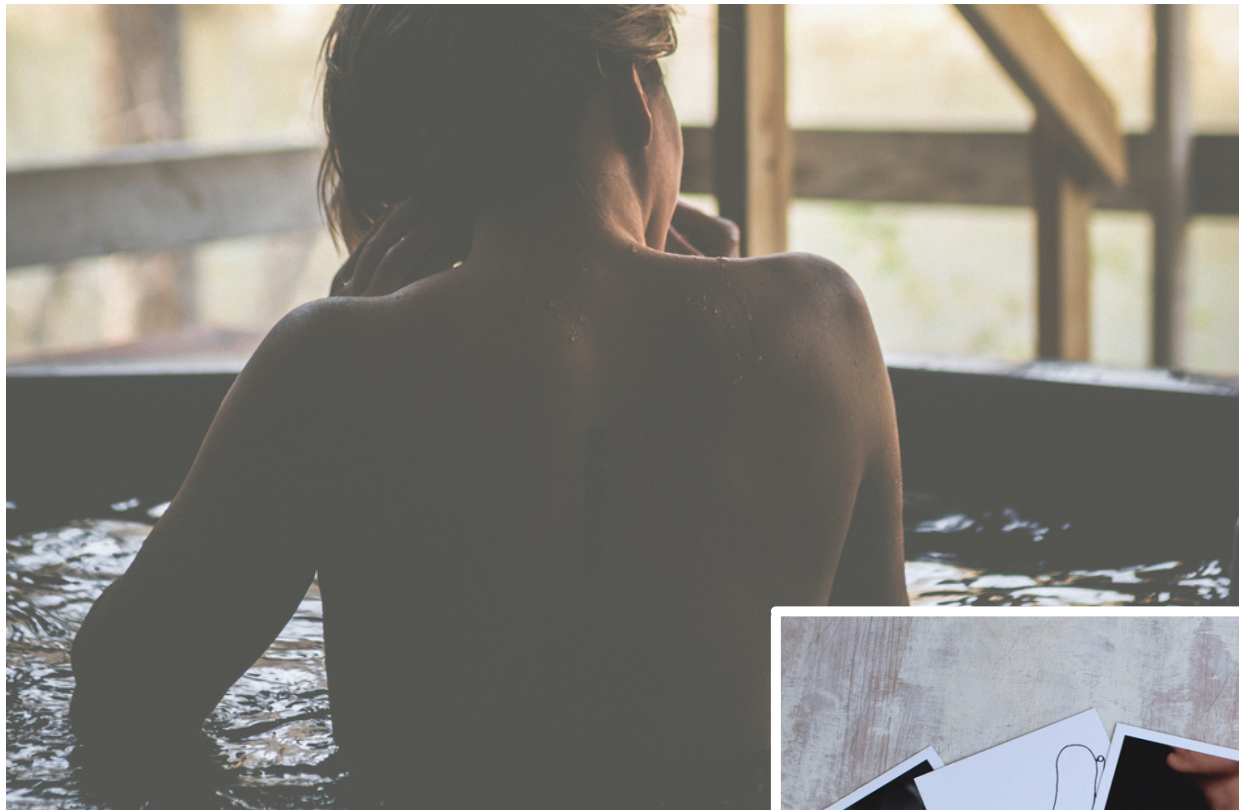
### One-Minute Wonder IGTV with Sarah Tilley

Snippets of wisdom from relationship and erotic intelligence expert Sarah Tilley on how to reconnect to your body via your senses.

[Listen to Sarah's tips here >](#)

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## The magic touch

As humans, we need touch. On a physiological level, there is no better way of releasing tension from the muscles than through massage. It is a great remedy for aches and pains, and can help the entire body function more efficiently. Sadly, many people have lost a true sense of touch and its importance – and we faced this problem even before Covid appeared.

‘The power of touch transcends language, race and borders,’ says Beata Aleksandrowicz, international expert in massage and wellbeing. ‘It makes us human.’ Here, Beata explains how regular, positive touch is truly transformative.

[Read more from Beata >](#)



There are some great DIY massages by Beata on the tip cards in Hug in a Box, which is brimming with some of our favourite products that combine nature with science-led, sensible advice from the products and people we have been turning to feel supported.

## Hug in a Box: What's inside

Kalmar I am LOVED Body Cream, 200ml

KLORIS Uplifting CBD Body Oil, 10ml

Olverum Bath Oil, 15ml

Hardback Bathe Book, by Suzanne Duckett

(choose Include option)

Tip Cards

[Shop the set here >](#)





# Mindfulness made easy

Mindfulness can be billed as something mysterious, only mastered by those who have engaged in lofty, complicated techniques for years. Forget that – it is simply about being present with what you are doing and not judging it. There are things in life we like doing better than others, so get over the tedium of something dull and instead view it as a great opportunity to tune in and give your thinking mind a rest. Then, hey presto, before you know it, you're practising mindfulness!

## Seven ways to turn a chore into a pleasure

- 01** Take time to reflect while washing up, enjoying the sensation of water and soap on your hands, and the smoothness of the plates.
- 02** Fold your laundry lovingly! Appreciate the symmetry of folded garments and their colours, fabrics and textures.
- 03** Enjoy the positive effects of gardening: growing from seed, planting and weeding to create beauty and new life.
- 04** Declutter your handbag. Being packed all the time can clutter the mind.
- 05** Bond with your child – have a chat about the day, laugh or sing. In your car, put on your favourite music or the latest podcast. Engage with their presence.
- 06** Smell and connect with your beauty products as you apply them, taking a deep breath and forgetting the stress of the day.
- 07** Switch from autopilot to hands-on healer as you smooth beauty products on to your skin, taking time to notice the texture and smell, and their soothing, energising or comforting effect on you.



## The Duckett List Podcast

Our podcast is a collection of natural conversations to help you thrive. Honest and entertaining, our guests are incredible, knowledgeable and wise humans, here to help you cultivate your wishlist of personal goals and dreams.

I spoke with Jillian Lavender, Vedic meditation teacher and co-founder of the London and New York Meditation Centers, to talk all things meditation, going from burnt-out CEO to meditation teacher, unsustainable lifestyles and the beauty of motherhood later in life.

[Listen to Jillian's episode here >](#)



Vedic meditation teacher  
Jillian Lavender

## Meditation works

Find the best type of meditation practice for you and do it daily.

Numerous studies show that regular meditators have decreased stress hormones and oxidative stress, and a recent study shows a reduced inflammatory response in long-term meditators versus a matched control group. The list of compelling studies on its effect on our health is endless. There are hundreds of types of meditations; it's merely a case of finding what resonates with you.

'When I met the Dalai Lama years ago, he told her we have to cleanse our mind every day just like we cleanse our body and that meditating is a shower for the mind' says Suzanne. Pretty powerful. If you blame not having enough time to give it a go, well, you need it even more!



### Kalmar Peace Balm of Serenity

Enhance your meditation, restore calm and reconnect the mind and the soul with this lightly scented balm.

[Shop here >](#)



# Don't mask the plastic problem

Switch to sustainable, washable, durable face masks – kinder to your skin and the planet

Just as we were starting to win the war on plastic, disposable masks are polluting the land by the millions. Research suggests we could be discarding around 55 million masks nationwide every day, usually after using them just once – that's over 1.6 billion a month, enough to blanket London in just two days. It has been estimated that if every Briton used a single mask every day for a year, we would generate 66,000 tonnes of contaminated plastic waste in addition to the 57,000 tonnes of packaging they arrived in. Face coverings are mandatory in lessons now for school children in Year 7 and above, and this means more masks being worn for longer periods of time and being lost therefore replaced.

We saw this coming last year, which is why we had skin- and planet-friendly Onolla masks hand-made for us (see right). Made from beautifully soft, sustainable organic cotton, they are fully washable, durable and the jaunty floral print is made with chemical-free dye. They are triple-layered, yet light and comfortable on the face, and because cotton is made of naturally breathable fibres, they are less likely to cause maskne, a type of breakout that is exacerbated by sweating under a face mask. Great for kids too as they can be tied to fit.

Onolla Nourish + Protect set comes with two of the masks, a matching carry bag, plus the best anti-bacterial hand gel we could, er, get our hands on! Susanne Kaufmann Anti-Bacterial Hand Gel is not only super strong at killing germs, it is also incredibly moisturising, thanks to aloe vera and vitamin E.

[Read more here >](#)



@melissahemsley

The self-taught chef, cookbook author and sustainability champion wearing our mask.

[Read Melissa's top wellness tips >](#)

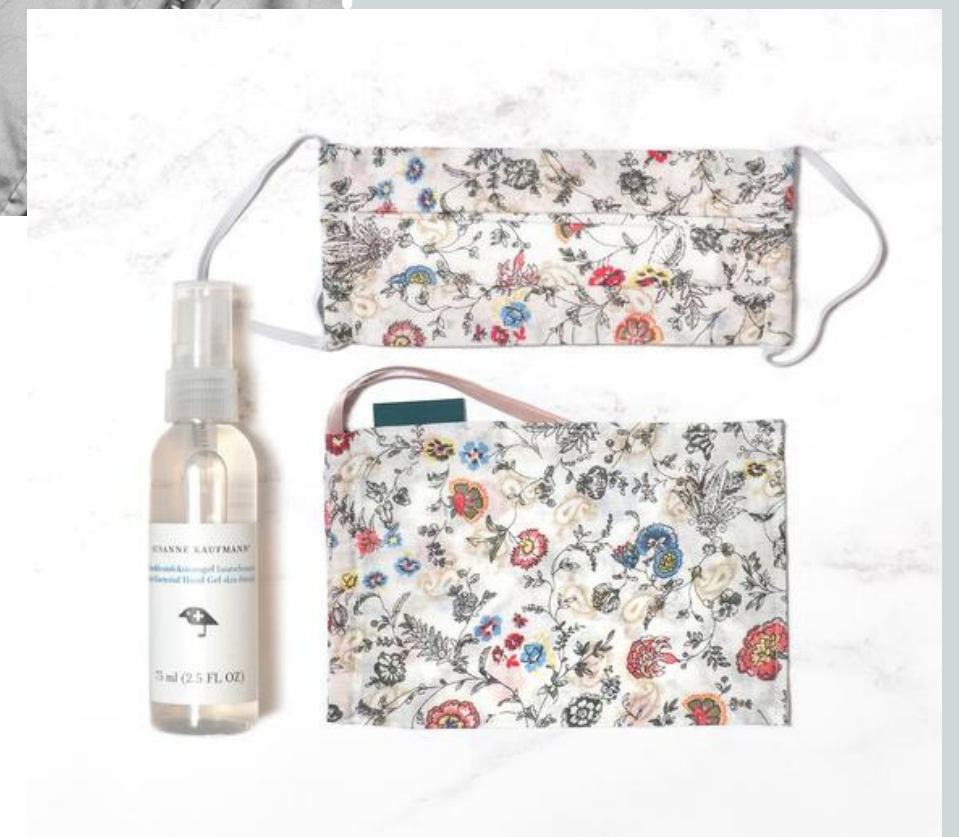
[Shop Nourish + Protect >](#)

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## Onolla know-how

Tie and cut the elastic to fit. Add a small drop of your favourite essential oil to the filter for a rejuvenating hit. Machine washable at 30°C.

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# Boost your morning mojo

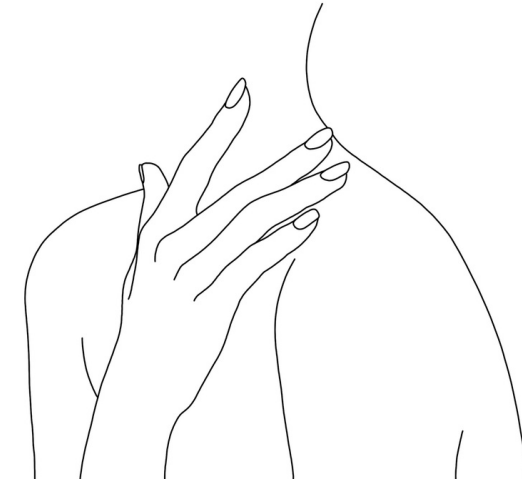
Ease into your body and your day  
with a three-minute morning stretch



**Katie Brindle**  
The Duckett List

'The wellness world is a smorgasbord of confusion – you don't need to rely on someone else to heal,' says Katie Brindle, the morning-routine queen and founder of Hayo'u.

[Hear Katie's golden rules of health >](#)



Most of us wake up with a simultaneous yawn and stretch to help us wake up – while your brain may be awake, your muscles have been inert through most of the night and need a good stretch to get going.

When you sleep, your muscles lose tone and fluid tends to pool along your back. Stretching helps to massage fluid gently back into the normal position. However, after what feels like the longest hibernation ever, many are finding it hard to snap out of the go-slow.

**This three-minute morning stretch will gently limber up sleepy muscles.**

- 01** Come on to all fours with knees hip distance apart, hands directly under shoulders with fingers spread wide apart, and the base of the knuckles plugging into the ground to form a solid foundation.
- 02** Inhale and lift the head and arch the tailbone, allowing the spine to drop down, face forwards; exhale and drop the head, ears between arms, and curl the tailbone as the spine arches up into Cat position, pulling your navel in towards your spine. The arms and legs remain stationary.
- 03** Keep the inhale and exhale really powerful here, as this will give you an energy boost. Repeat for three minutes.



# Spring on a plate

How the pandemic, climate change and Brexit means shopping local has never been more important.

'Fruit and veg supplies from overseas may be limited or prices inflated and this is common up until March or April as we buy more produce from abroad,' says Onolla's seasonal food editor, Anne Harnan. Anne has been a food writer and cook who has worked in the food and media industry for over 20 years. She is an ambassador for Love British Food, helping promote seasonal eating and our wonderful British produce.

'Hurricanes in the tropics can affect supplies, as can bad weather in Europe – the salad producers in Spain have struggled with crops recently. This year, we have changes at the ports, too, with new administrative charges, so expect to see an impact on prices. Try not to rely too heavily on imported items, but look to eat more seasonally from the UK,' says Anne.

[Read more from Anne here >](#)



'We are so much of what we eat – not just our health and how we look, but also how we feel, our energy and, of course, our enjoyment of life.'

'Various studies into long life consistently show that embracing a simple, seasonal and sustainable relationship with food can really help us to live well and longer.'

**Anne Harnan,**  
**Onolla Seasonal Food Editor**

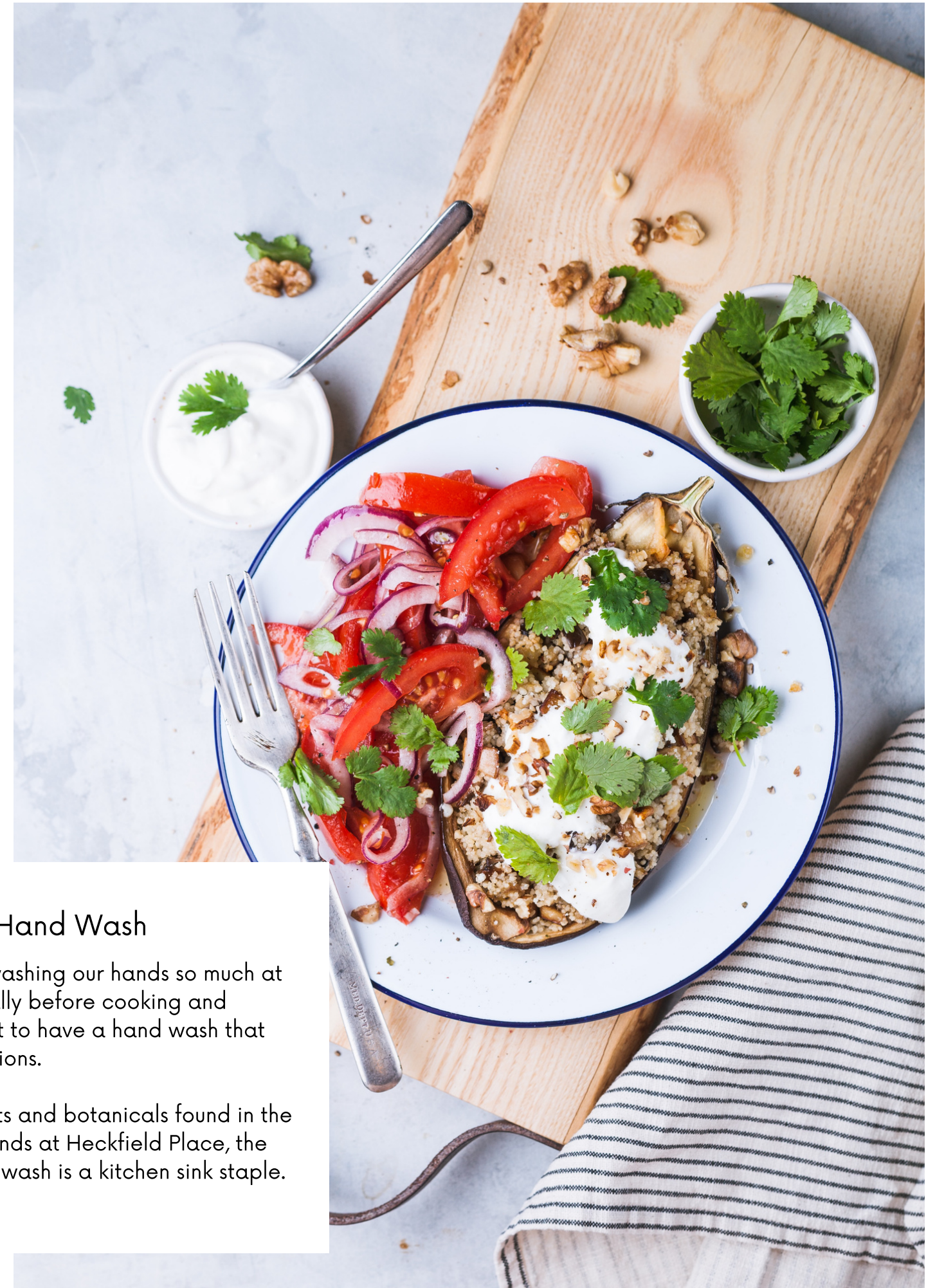


## Wildsmith Skin Hand Wash

Given that we are washing our hands so much at the moment especially before cooking and eating, it's important to have a hand wash that cleanses and conditions.

Inspired by the plants and botanicals found in the arboretum and grounds at Heckfield Place, the Wildsmith Skin hand wash is a kitchen sink staple.

[Shop here >](#)





# Mood-boosting breakfast

A study published in the International Journal of Food Sciences and Nutrition found that those who ate breakfast daily were less depressed than the control group who didn't. Those who ate breakfast also reported lower levels of stress. Another study found a link between the regular consumption of breakfast cereal and lower cortisol (the stress hormone) levels.

Research also continues to tell us that while breakfast is an important meal, what's more important may be what it's made of. Boost the benefits of eating breakfast by incorporating some protein, healthy fats and complex carbohydrates. Nuts, yoghurt and eggs have been shown to support mental health in those who experience anxiety, for example.

The brilliant Emma Marsden, food writer and co-author of *The Miracle of Vinegar* (HQ, £9.99), has created the following easy, crunchy yoghurt topping breakfast idea, especially for Onolla. We call it Gronolla!



## Ingredients (serves 4)

1 tbsp coconut oil  
1 tbsp thick-set honey  
A big pinch each of ground cinnamon and ground ginger, plus extra to serve  
60g jumbo oats  
60g unsweetened muesli

## To serve

Greek yoghurt, sliced apple or pear and milk

## Method

Put the coconut oil and honey in a large frying pan and place over medium heat. Add the cinnamon, oats and muesli and stir together.

Shake the pan so that the oats and muesli lie in an even layer. Stir every now and then so that the oil and honey melt and the oats and muesli toast and turn golden.

Serve with Greek yoghurt and sliced fruit and a splash of milk if you need it.

# Reconnect beauty routine

- 01** To start your personal wellbeing routine, try dry skin brushing, followed by alternate warm and cold showers, then five minutes' mindful massage. Use natural brush or bamboo gloves.
- 02** Start from your feet and, using a circular motion of rhythmic, invigorating movements, brush your legs, moving up to your abdomen, around your chest, arms and the back of your neck.
- 03** Jump into the shower. Start with warm water, gradually lowering the temperature to cold, followed by warm again. Repeat, finishing with a cold shower.
- 04** Apply a body lotion upwards from your feet. In a standing position, lift your leg and support it on the edge of the bath or a chair.
- 05** Apply the lotion to your palms and, with long invigorating strokes, massage your lower leg from ankle to knee.
- 06** Massage the back of your calves in a circular motion, thumbs at the front. Finish with long strokes. From the knees to the groin, use alternate long strokes with your palms, increasing circulation.
- 07** Use your palms to make long strokes across your chest, alternating big stimulating circles with long strokes along your arms.
- 08** Place your index, middle and ring fingers of each hand on the back of your neck. Make slow, deep circles to relieve any stiffness.
- 09** Finish by cupping your palms rhythmically along each shoulder as far back as you can. Make sure your wrist stays loose and that you are cupping only fleshy areas.
- 10** Continue cupping along each arm, either side of your waist, then down along the hips, each leg and finishing on your bottom.





## Onolla know-how

### Start the day on a high

Have a bracing, invigorating icy-cold morning shower to help to boost the immune system and improve circulation. The application of heat and ice to muscle injuries has long been used by athletes to aid recovery. In many Nordic cultures, a sauna session is followed by a dip in ice-cold water, a cold shower or even the sea.

The rush of the cold jets on the body increases the heart rate, adrenaline and endorphins, helping to relieve stress. It certainly wakes us up and is totally invigorating.



### Moss of the Isles Cleanse Dry Body Brush

Make dry brushing a daily habit with this body brush. A gentle yet effective way of stimulating circulation, cleansing and exfoliating the skin.

[Shop now >](#)



### Hayo'u Beauty Oil

Restore your skin with this intensely aromatic beauty oil formulated specifically to be used with gua sha. Contains iconic Chinese ingredients of lotus flower, frankincense and ylang-ylang. It smells divine!

[Shop now >](#)

### Hayo'u Jade Beauty Restorer

Use this restorative gua sha crystal every day to improve energy flow, support circulation and lymphatic drainage, lift, plump and sculpt, and reduce the appearance of fine lines and wrinkles. You'll see an immediate difference.

[Shop now >](#)



### The Organic Pharmacy Peppermint Facial Wash

A Sebum-normalising and astringent cleansing gel for oily, combination and blemished skin. It removes impurities and make-up residues without drying the skin. So invigorating.

[Shop now >](#)





# Digital Detox

## Is it time to balance that digital diet?

Let's face it, technology has in many ways been a lifeline over the last year. But though many of them do, it doesn't take an expert to tell you that digital devices are ruling and, in many ways, ruining our lives, disconnecting us from the very people in the room, turning real-life friendships into digital, distanced ones. They get in the way of being in the moment and enjoying or interacting with what is around us. Often, we are busier trying to capture a moment on our phone than enjoying it.

Therapists are seeing this addictive behaviour to varying degrees now more than ever, thanks to the last year of extended periods of isolation, limited in-person social gatherings, working from home and homeschooling. It's a no-brainer – literally, perhaps, with a 'Zombie generation' emerging: kids who've become worryingly addicted to their screens in lockdown, with so many addicted to computers and phones that they're 'zoning out' for up to 20 hours a day. And it's not just the kids – adults are addicted, too.

Loneliness isn't new, but it's also no longer just about being socially isolated. Ambiguous Loss is a new type of loneliness: what we feel when a loved one is physically present, but in all other ways absent from a relationship – your partner half-listening, face alight in the soft blue glow of the phone. You're talking to them but they're elsewhere, in the digital vortex. Or that lag on the phone when you're talking to a family member or friend who you suspect is surreptitiously multi-tasking or checking their social media.

Reconnection requires going about things a different way and one of the most powerful ways for people not to feel deeply alone is for them to feel listened to. So, put down your phone!



### Peter Walker The Duckett List

'85,000 people die young because of inactive living – that is the real pandemic no one is talking about,' says Peter Walker, author of The Miracle Pill. In this episode, Suzanne and Peter discuss the long-term impact sedentary living has on our health.

[Tune in to the podcast here >](#)

# What is digital dependency?

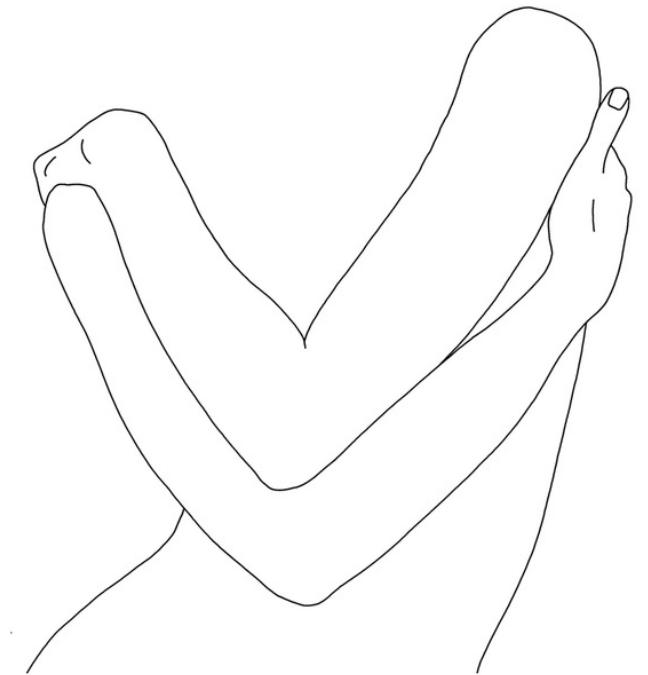
## How do you know if there's a more serious problem lurking?

- Spending countless hours on social media can have long-lasting negative effects on the body and mind, including:
- Feelings of stress and anxiety about being left out or missing something
- Interruptions to sleep patterns and an inability to relax and unplug
- Impact on self-esteem, harmful effects of cyber-bullying or perceptions we might have of ourselves
- Feelings of fatigue, eye strain or reduced interest in physical activity
- Back pain, joint pain or poor posture from sitting for long periods over keyboards or screens

### Ilapothecary Digital Face Mist

Give your face a screen refresh with this enlivening, remedial facial spritz. High in antioxidant and free radical scavengers known to help stimulate cellular detoxification.

[Shop here >](#)



## Go Earthing

Technology emits EMF radiation and can interfere with our bodies' natural frequencies and has been linked to an increasing amount of negative health effects. The Earth is full of antioxidants that allow our bodies to achieve equilibrium at the cellular level. The practice of grounding is very simple, and, better yet, it's free! All you need to do is walk barefoot or sit in the grass, dirt, sand or even on concrete.

Being immersed in nature is the ultimate antidote, boosting your mental and physical health, and provoking instantaneous happiness. Just sitting in nature has been proven to leave you feeling psychologically restored, and this happens even faster when walking in nature.





# The Garden Party Curation

Welcome to Garden Party, our must-have's for getting you ready physically and mentally ready to gather. From beautiful body products, enlivening, fresh and colourful make-up and nail polishes to calming tinctures for the mind, we have curated the best products for seriously needed garden party gatherings.

Synergy is the key to everything - it is the concept that the combined value and performance of a number of things will be greater than the sum of the separate individual parts. Put simply, it takes a combination of things to get results.

[Shop the full curation here >](#)



Moss of the Isles Plant Seed Body Oil  
[Shop now >](#)

The Organic Pharmacy Skin Perfecting Highlighter  
[Shop now >](#)

Margaret Dabbs Nail polish in Fuschia & Ivy  
[Shop now >](#)



Wildsmith Skin Hand lotion & Hand Wash  
[Shop now >](#)

The Organic Pharmacy Tinted Beauty Cream  
[Shop now >](#)



Ilapothecary Feminine Happy Oil  
[Shop now >](#)





# Wallow in water

## A holiday for our brains

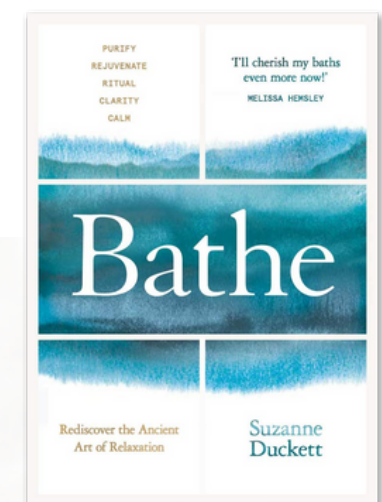
In our modern world, where we are hyper-stimulated and over-connected with technology, sitting too long at our desks and rushing against the clock, we barely have time to breathe and often take short, quick breaths.

This is the opposite of what our bodies naturally crave: an existence where our minds can rest and wander freely. Being around water allows our brains and senses to rest from overstimulation; essentially, it is a holiday for our brains. We are constantly bombarded with sensory input and, like any muscle in our bodies, our brains need downtime; the sight and sound of water is much easier to process than any other information.

People who float in water often register a change from more active brainwaves to slower theta brainwaves – brainwaves that reduce stress and aid healing. A relaxed state of mind is important to be creative; we release the hormone dopamine, which facilitates clarity and creativity.

When we relax, our brains switch into a different mode of engagement – a resting state, known as the default mode network. This is extremely important for creativity, and being in this state often allows us to solve problems by making new neural connections, unleashing a flow of creative ideas. You can see different situations from different perspectives. These ideas are widely considered to be some of the best problem-solving solutions our minds can generate.

Rediscover the Ancient Art of Relaxation  
with Suzanne's book, *Bathe*.







## Onolla loves

Olverum Bath Oil is like no other bath oil you've tried and has both a cult following and heritage as rich as the oil itself. It all began in a farmhouse in the Mosel Valley, Germany, and has been made by the same family for generations.

Brimming with natural oils and plant extracts, this is the ultimate bathing tonic. Siberian fir needle, which, to the Shamans, was known as the 'spirit of the forest', sustainer of life and soother of aching muscles, gives the oil its pristine, pine, Christmas-tree-in-a-bottle iconic smell.

There's also the aromatherapeutic and relaxing properties of lavender and verbena, as well as invigorating and uplifting eucalyptus, rosemary and juniper. The Onolla team are addicted!



## Onolla know-how

Don't add oils to running water, as they are volatile and will vanish into the steam.

## Onolla Bath Collection

A bath is a natural way to detox from digital devices, they have evolved from a way of getting clean to getting calm by providing a window of tranquillity to unwind from the daily stresses of modern living

Bathe for 15-20 minutes to let the Olverum ingredients do their magic, pat dry and slather on a body cream or oil to damp skin.

[Shop our range >](#)





# The resurgence of ritual...

...and making wellness less woo-woo!

'Self-care comes from a place of self-respect, self-love and good intentions,' believes Karen Ruimy, founder of ritualistic lifestyle brand Kalmar (think gloriously boho kaftans, poolside with a Martini kind of vibe - yes, please!).

'You have a choice of energy at every moment in your life,' says Karen. 'You can choose negativity, or you can choose positivity and say, "I'm choosing to be who I am and to be connected to my deepest self." Rituals help cultivate good intentions.'



## IGTV with Karen

Want to hear more? Tune in to Suzanne and Karen's honest and enlightening conversation on [@onollaofficial](#) IGTV.

[Watch the IGTV here>](#)



## Onolla loves

Kalmar Love Body Cream was selected for our Hug in a Box set because it is a super-nourishing cream with light, crisp top notes of uplifting bergamot that give way to the more heady, seductive jasmine, ylang ylang and precious rose oils to help prompt positivity.

It also contains ruby gemstone (cleverly powdered or in liquid form), a stone of passion power and known to encourage love, confidence and courage.



## Onolla know-how

Switch from autopilot to hands-on healer and apply with love after a bath or shower, massaging the cream into clean, slightly damp skin, taking the time to mindfully detach from whatever has happened during the day. Notice the texture and smell, and their soothing, energising or comforting effect on you. It will take the benefits of the product to a whole new level.





# Sync with the moon

'Learning to live in sync with the cycles of the moon changed my life for the better...'

...says Emma Howarth, Onolla's moon editor (yes, we have a moon editor – a first, we reckon!). Emma is also a Tarot card reader and Reiki practitioner who runs down-to-earth guided moon meditation events (updates are on our newsletter).

'Tuning in the power of the moon cycle is a great way to start connecting with the ebb and flow of the natural world and set intentions,' Emma says. 'Think about what you need to release as the full moon shines and give yourself some time out as it wanes.'

[Read Emma's moon musings here >](#)



Emma Howarth  
Onolla's Moon Editor



## Shelley Von Strunckel The Duckett List

Shelley is one of our most trusted spiritual teachers and a voice of reason in the often confusing field of astrology. In this episode, I discuss with Shelley what astrology is and what on earth Mercury in retrograde or the Age of Aquarius even mean.

[Tune in to the wisdom that is Shelley Von Strunckel here >](#)



# Write it down

The simple act of journalling has been proven to help people identify and accept their emotions, manage their stress and ease the symptoms of mental illness. Journalling requires the application of the analytical, rational left side of the brain; while your left hemisphere is occupied, your right hemisphere (the creative, touchy-feely side) is given the freedom to wander and play.

Allowing your creativity to flourish and expand can be cathartic and make a big difference in your daily wellbeing. In addition, it has been found to:

- Boost your mood
- Enhance your sense of wellbeing
- Reduce symptoms of anxiety before an important event
- Reduce intrusion and avoidance symptoms post-trauma
- Improve your working memory

**What are your intentions now?**

**Write down what you want to gain and lose over the coming weeks.**



# Give daily thanks

Gratitude is an important daily ritual in being thankful and appreciating what we have, so start writing down today what you are grateful for. Research consistently shows gratitude is strongly and consistently associated with greater happiness. The act of gratitude also helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity and build strong relationships.

Have a notebook by your bedside and, every evening or morning, take five minutes to write down what you have in your life and your character that you are entirely grateful for.

## Ask yourself...

What am I grateful for?

What five positive things do I have in my life?

What three things am I good at?

What things do I feel positive about my health and body?

What people am I grateful for?





# The Duckett List

Needing a personal health and beauty edit?  
You are in the right place.



Take your first step towards a new lease of life, increased health and happiness and a 24-7 glow...

Take Onolla's enlightening 5-minute questionnaire and Suzanne and her Green Team will set about curating your own tailored Duckett List - the products, practices and practitioner recommendations perfect for you.

[Get started here >](#)



Treat someone  
with the ultimate gift of  
self-care

Sent straight to their inbox, let your loved ones pick out their own beauty and wellbeing goodies from our curation of best-in-class products, self-care sets, topical collections and seasonal gift sets that embrace the rhythms of nature.

[Share the love >](#)

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