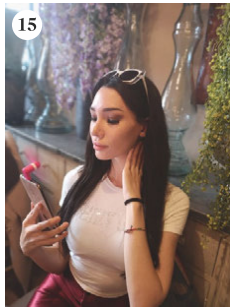
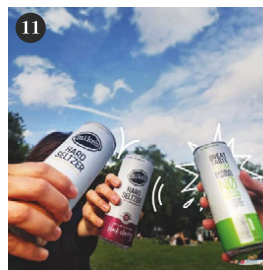
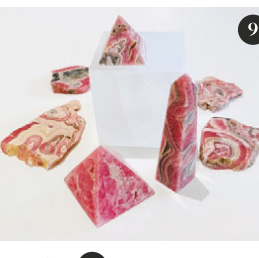
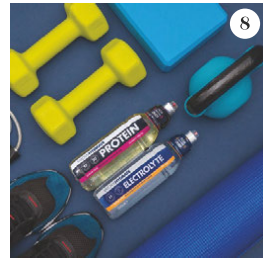
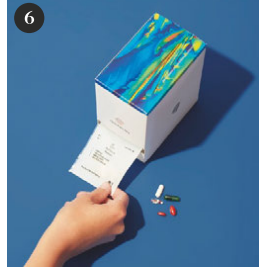
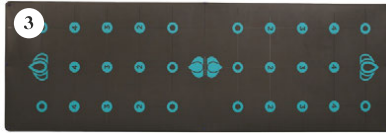


Vogue's Wellness Fix



1. SUPREME NUTRITION Collagen formulated to help your hair, skin and nails feel healthy. Used daily and can be sprinkled onto your avocado toast, into your morning coffee or mixed with your daily shakes/smoothies. Shop now online at www.supremenutrition.com

2. FIKA CANDLES are made with natural oils and soy wax, making them non-toxic and eco-friendly. Sustainability and well-being are at the core of the brand's ethos, with co-founders Harry and Jess wanting to create candles that encourage moments of relaxation and rejuvenation, but also respect the environment. Discover the range at fika-candles.co.uk and follow @fika_candles on Instagram.

3. The **GURUGRID** is a yoga mat designed to help people of any size and body structure find the proper way to place their body on their mat. This allows the yogi to experience effective and safe yoga poses and to avoid common mistakes. Also a great tool while practising at home. Visit www.thegurugrid.com and follow on Instagram @gurugrid

4. Fed up of sweets filling you up with regret and refined sugar? **-FIT CHEWS** are honest, ingenious, sugar-free, and vegan chew sweets. Fit Chews provide that sweet satisfaction, taste, and texture, which can be enjoyed by adults and children alike. Available in four tantalising fruit flavours, infused with the power of pure maple syrup. Visit www.fitchews.com or Amazon UK to buy. Instagram @FitChewsUK

5. Have high-quality, fresh produce delivered to your door with **LINKCLASS**. Their quick delivery and range of fresh fruit, vegetables bread, eggs and dairy boxes cover your essential needs and are available throughout London and the home counties. Order online at www.linkclass.co.uk

6. Personalised vitamin packs by **PERSONA NUTRITION** can help support your health goals and general well-being by providing the essential nutrients you need. Their online assessment tailors all supplements suggestions to benefit you specifically. With recommendations overseen by their expert medical advisory board, you can feel confident each pack was put together with your health in mind. Start your assessment today at www.personanutritions.com and give them a follow on Instagram @personanutritions

7. Practice proud and green with **AZANA YOGA** high-quality cork yoga mats. Consciously crafted from trees without cutting them, as a commitment to you and our planet. Find your balance and achieve your goals with the support of Mother Nature. Learn more at Azanayoga.com and follow them on Instagram @azanayogabrand

8. Looking for the perfect workout partner? **WOW HYDRATE** offers protein and electrolyte waters in a range of flavours. The low calorie drinks contain multiple benefits to aid your workouts and use unique push-cap technology that releases ingredients at their most powerful, helping to re-hydrate the body without carbohydrates and sugar. Shop online at www.shopwowhydrate.com and find them on Instagram @wowhydrate

9. For all your spiritual, mental and emotional support, discover the world of crystals! There is no better place to start than **CRYSTAL HARMONY UK** – the brain child of two ladies, self-taught crystal experts, on a mission to make crystal energy accessible for absolutely everybody! Visit www.crystalharmonyuk.co.uk and follow on Instagram @crystalharmonyuk

10. Get the most out of your workouts with **STROM SPORTS** supplements and powders, ideal for new sports-persons and athletes. Their range of targeted dietary supplements are engineered to focus on individual aspects of exercise such as cognitive function, stress management and joint strength. Shop online at www.stromsports.com

11. MIKE'S HARD SELTZER is the latest in refreshing, low calorie alcoholic sparkling water. Their crisp, natural fruit flavours include Black Cherry, Lemon and Lime, accompanied by a kick of alcohol. Enjoy these guilt free drinks available at Tesco and Morrisons or online at www.mikeshard.co.uk and find them on Instagram @mikeshard_uk

12. REIJU offers an inspiring range of natural, unique healing crystals and semi-precious gemstones to help boost mental and physical health and well-being and keep you smiling! All crystals come beautifully gift wrapped and are charged with positive Reiki healing energy to harmonise, balance and align the chakras. Visit www.reiju.co.uk or follow on Instagram @reiju_uk

13. Kick-start your health and wellbeing journey with **JUICE & GLOW**'s range of handcrafted juices, packed with plant-fuelled goodness, essential for immune health. There's more! You'll receive complimentary exercise videos and exclusive nutrition plans developed by top industry experts. Use discount code "VOGUE10" (expires 31/10/20). Visit juiceandglow.co.uk and follow them on Instagram @juice.and.glow

14. FIRE NEST CANDLES are individually handmade in Bedfordshire with natural ingredients which are better for your health and the environment. The candles are made with their signature wooden wicks and are uniquely decorated bringing nature and wellbeing into their candles. Visit www.firenestcandles.com and follow @firenestcandles on Instagram.

15. MI-FAN is a British sister-owned brand by Tamara and Sheree Gordon introducing a new and easy ventilation product in their USB Phone Fans at the price of £7.99. Simply insert the fan into your phone and enjoy it's pleasant breeze. Perfect for summer days, hot nights and travel abroad!

Discover more at www.mi-fan.co.uk and follow on Instagram @mifanofficial

16. SKINNIV is the ultimate destination that offers a range of delicious plant-based protein powders, supplements, teas and targeted energy drinks. Skinniv V brand nutritionally supports all aspects of an active lifestyle and pride themselves on their eco friendly packaging. Shop online at www.skinniv.com and explore their latest products on Instagram @skinniv GET 25% off your first order use discount code 'Vogue25' (expires 11/10/20).

17. Use **BRAGG** Organic Apple Cider Vinegar for your daily dose of wellness. People have been using Bragg ACV for health since 1912 – for digestion, immunity, blood sugar... Made from organic apples, it is kept raw and unfiltered to preserve "The Mother" – the cloudy stuff inside that's full of goodness. Visit www.bragguk.co.uk Instagram @bragguk

18. The **UNDA BOTTLE** will make you realise why you always need a 3-in-1 bottle on you. The reusable and multi functional bottle with its own built in storage compartment makes your life easier whilst ensuring you are doing your part for the planet. Its sleek and user friendly design means it is not just another bottle. Visit undabottle.com and follow on Instagram @undabottle

19. Find your inner zen with **AIYA - THE TEA**. Their high quality and traditional matcha tea includes only 100% organic matcha, undiluted and pure. Enjoy it's mild and sweet flavour, shop from their range online at www.aiyatea.com and get 10% off when you use the code Vogue20 (expires 30/09/20). Follow on Instagram @matchabyaiya