

CAITHY

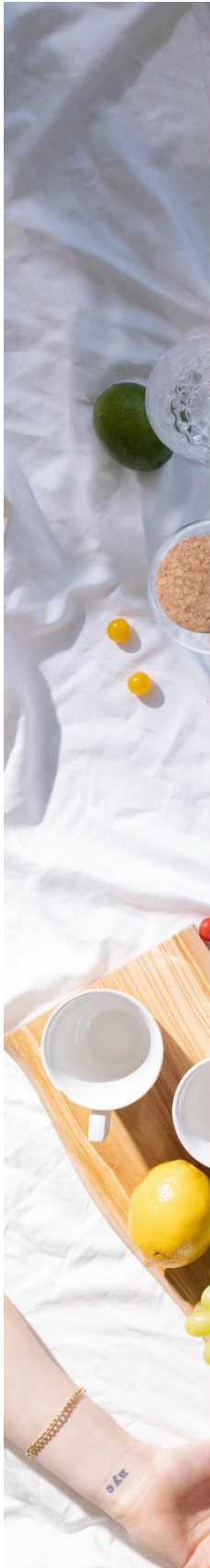
LIFESTYLE MAGAZINE

JAN 2023

Food
Summer Fashion Tips
Women Empowerment
Summer Skincare Tips

WWW.CAITHYORGANICS.COM
MADE IN NEWZEALAND





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Concept

A healthy lifestyle can help you feel better

Wellness is sound physical and emotional health, improved by adopting a healthy lifestyle. Our Caithy Magazine is a wealth of updated information on lifestyle and wellness.

SUMMER FASHION TIPS BY

Johanna May

Personal Stylist Johanna-May Manks helps men and women take charge of their image and style so they feel confident and look fabulous every day. Johanna-May very much believes everyone has a 'personal style' and she loves helping people find their individual style and help them dress to their true essence.

She uses established methods to help people reach their full potential through the careful use of appearance, style, clothing and cosmetics. Her many clients have found a new release of inspiration and confidence that have driven them to the top of their profession and allowed them to have a fulfilled career.

Besides being a Personal Stylist Johanna-May brings into New Zealand beautiful and stylish activewear, resortwear and fashion.

To find out more from Johanna-May you are invited to view her website: www.johanna-may.co.nz, her business facebook page:

<https://www.facebook.com/JohannaMayPersonalStylist> and on instagram: [style.by.johannamay](https://www.instagram.com/style.by.johannamay)



What are we seeing for summer :

-This summer it's not time to be afraid of colour. It will always help you with your shopping if you know exactly what colours suit you. This season we are seeing both bold/bright colours like oranges and kelly green and soft colours are also coming through like lilac and mint green.



-The other length you will probably see in the shops this season is a mini. Whilst mini skirts will always be associated with the youthful rebellion of the 1960's, I maintain that, if you like your legs they are one of the most flattering pieces of clothing you can wear.

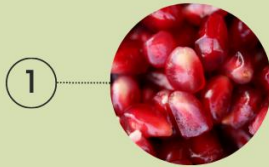
-I love a nice blazer, it instantly elevates whatever you're wearing underneath it, whether it's a loose fitting dress or denim. So, if you'd like to look more polished try a blazer to elevate your outfit.



-There is also a chic assortment of trousers this summer – from wide-leg options to peg-leg shapes perfect for work and weekend.

-A great trans-seasonal staple is a shirt dress, they create a beautiful silhouette when belted or tied or worn loose or layered over a singlet and jeans came be a great weekend look.

FOOD FOR
glowing skin



1

POMEGRANATE SEEDS

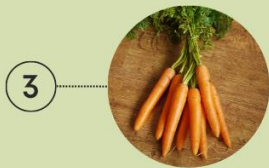
Crunchy, Refreshing and Delicious. They are full of antioxidants, which is a well-known essential beauty food.



2

BROCCOLI

Broccoli is a fantastic source of fibre, Vitamin C and iron, packed with good things and is totally beautiful.



3

CARROTS

Crunch on carrots to keep your skin healthy and vibrant. It helps repair skin tissue and protects against the sun's harsh rays.



4

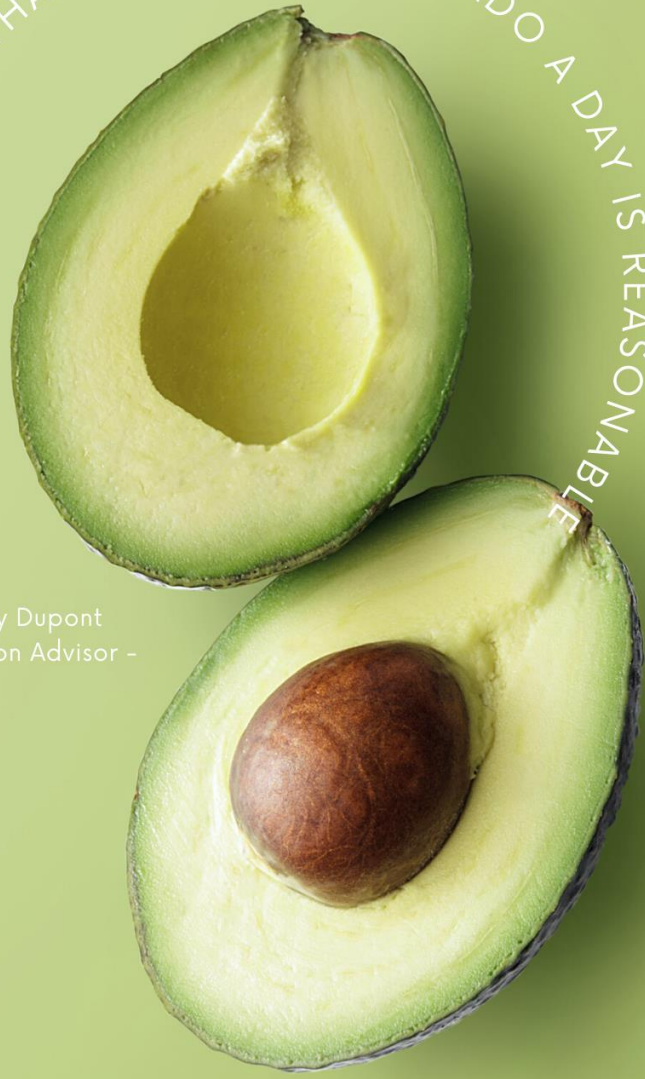
BLUEBERRY

Fall into the tightener/renewer category when it comes to skincare. It helps clear acne and blotchy spots on your skin, leaving you with a healthier, happier glow.

Tips

Eat a minimum of five portions of fruit and vegetables every day

I WOULD RECOMMEND THAT 1/2 TO ONE AVOCADO A DAY IS REASONABLE



Bailey Dupont
- Nutrition Advisor -

AVOCADOS

"Avocado could be part of your daily diet as long as you're including a variety of colors, textures and kinds of food,"



THE SMARTER MORTGAGE LADY

Rachael Thompson

I utilize a unique process to restructure your finances, creating flexibility and certainty and enabling you to achieve your financial goals. My philosophy is that having a more smarter mortgage saves you time and money.

I always find new ways to do things so you don't need to sacrifice your time, energy and effort more than you need to. I am always ready to manage the busyness and start living smarter, not harder.

Here are a few things which I always keep in my mind.

Lifestyle focus

My lifestyle focus to be my best version of myself is to work out regularly, five times a week, and do resistance training and paddle.

Eating with Mindfulness

I eat with mindfulness focusing on getting in a good range of veggies and seafood weekly. I drink a lot of water and try to minimize alcohol throughout the week as much as possible.

Sleeping on time

I try to go to bed early by 9 through the week so that I can get up early, 5:30

Skincare routine

I have a regular skincare regime whereby I cleanse tone and moisturize daily and don't wear much makeup.

"Every effort you make will help you build a more resilient mindfulness practice, which will continue to grow and guide you to live smarter, not harder."

Brighter, smoother, fresher looking skin

CAITHY BRIGHTENING FACIAL

11 — CAITHY LIFESTYLE



Summer skin care

1



CLEANSING

A cleanser that may have worked wonders during the summer months may dry your skin in Autumn. If your skin is being stripped of too many natural oils it will start to produce more and more! Caithy's Bright Cleansing Lotion is a great place to start!

2



EXFOLIATING

Summer is the time to NEVER skip exfoliation. The summer heat means more sweat production which also means more oil and skin cell buildup leading to clogged pores and horrific acne breakout. Caithy's Skin Brightening Exfoliator is best to use once or twice in a week.

3



TONING

Toner is much needed in summer as our skin tends to produce oil that might open the close skin pore, causing acne. To close the skin pores, Caithy's Instant Hydrating Mist Toner can be very useful.

4



MOISTURISING

Excessive summer heat can dehydrate your skin, so it's important to keep it moisturized during the summer. Caithy's Marula Rich Moisture is great to keep handy.

Tips

Apply Sunscreen 30 or 15 min Before Sun Exposure and Reapply Every 2 Hours



CAITHY ORGANICS
SKINCARE IS
AVAILABLE ONLINE
WORLDWIDE
LEADING SALONS IN
NEW ZEALAND &
AUSTRALIA.

EMPOWERING WOMEN

Maria Synco

I am Maria, one of the national directors of Miss Kanorau New Zealand holding some international beauty pageants like Miss Asia Pacific International and Miss Intercontinental .

I am also involved at the New Zealand Fashion Week 2019 together with business partner MALLO.

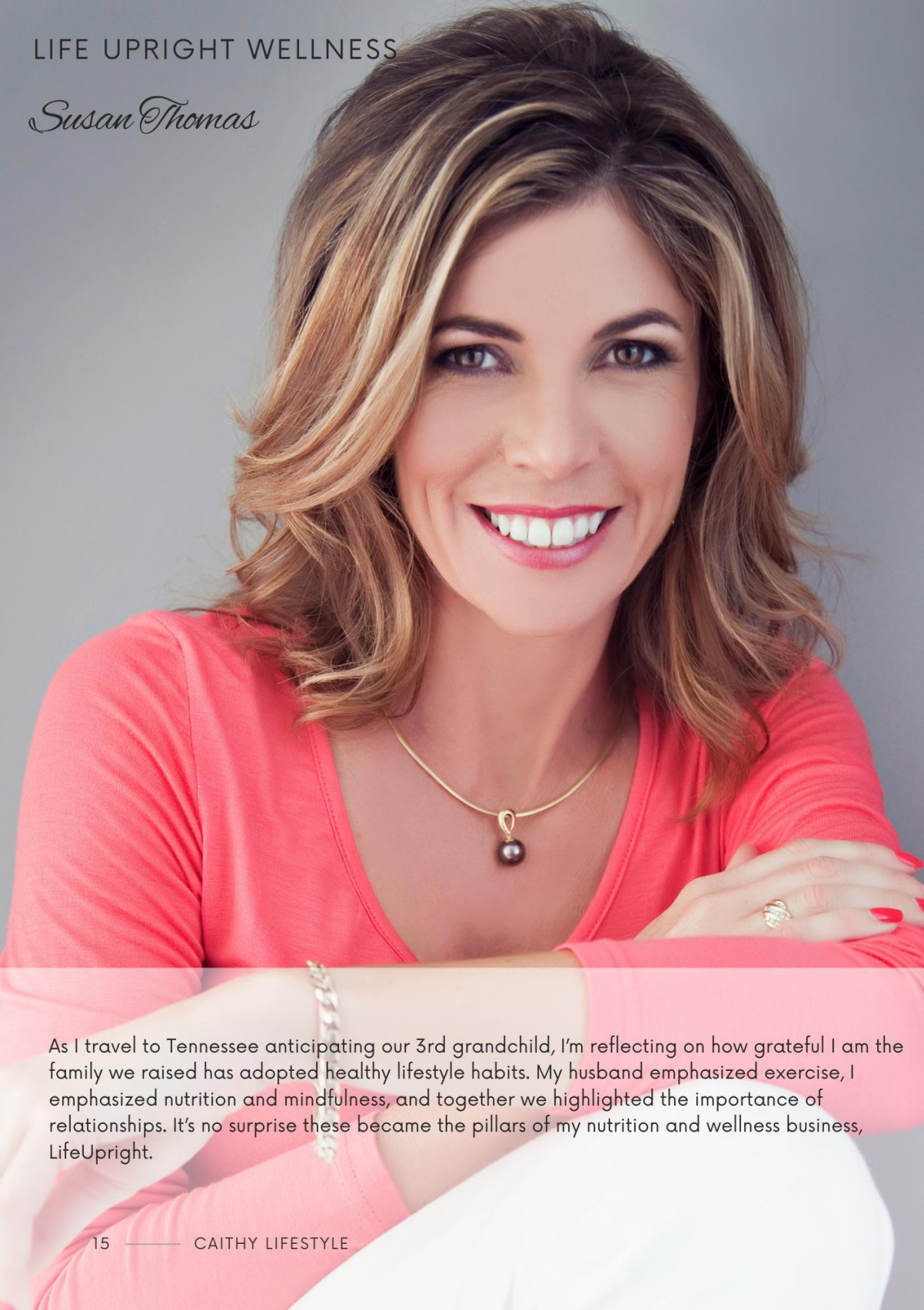
Being involved in these events provided me an avenue to deal with amazing young women coupled with the mantra of women empowerment.

For me, to empower is to believe in yourself, by having confidence and providing a unique way in presenting who you are as well accepting and embrace your flaws. Being true and organic is what I stand for , because it brings out the best in you!

Self empowerment also deals with providing good hygiene and taking care of your skin. And as a true believer of organic skin care products, I have been using Caithy Organics for years and this is a true testament that their products are amazing!

More power to all amazing women out there!



A portrait of Susan Thomas, a woman with long, wavy, light brown hair, smiling warmly. She is wearing a bright coral-colored long-sleeved top and a gold necklace with a dark pearl pendant. Her hands are clasped in front of her, and she is wearing a ring and a bracelet. The background is a plain, light gray.

LIFE UPRIGHT WELLNESS

Susan Thomas

As I travel to Tennessee anticipating our 3rd grandchild, I'm reflecting on how grateful I am the family we raised has adopted healthy lifestyle habits. My husband emphasized exercise, I emphasized nutrition and mindfulness, and together we highlighted the importance of relationships. It's no surprise these became the pillars of my nutrition and wellness business, LifeUpright.

Nutrition

·Balance protein and carbohydrates at every meal and snack, along with healthy fats. Focus on colorful whole foods and lean proteins to keep blood sugar balanced, satisfy appetite, provide long-lasting focus, reduce inflammation and risk of disease.

Fitness

·Exercise 3-4 days a week (ideally outside), balance resistance training and cardio, as well as stretching and recovery. Prioritize rest and relaxation regularly, especially during stressful times.

Mindfulness

·Tune into your mental, emotional and spiritual state, be kind to yourself and others, give more than you take, pray daily, and strive to leave a place or situation better than you found it.

Relationships

·Appreciate the people in your life. Some will test you, some will inspire you, some will annoy you, and others will bring out the best in you. Understand they all help shape your character, and it matters how you choose to respond.





At Caithy, we believe nature provides all the goodness that our skin needs. Since 2010, we have been researching & formulating our products to maximize the goodness of nature to create effective & natural skincare by using the plant-based highest grade ingredients. We ensure that our customer gets the best & most effective skincare products for quick results and long term benefits.

Why people are choosing Caithy's Skin Care Products:

Products are of the highest quality and intended to feed the skin, rather than simply sit on the surface and each ingredient is used to make the product better so that you have a younger, firmer, rich, smooth and ageless skin.

