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WE'RE LEANING IN SHERYL // ENTREPRENEURIAL DEMIGOD SETH GODIN // SLEEPING WITH THE BOSS // TIM CAHILL STRIKES AGAIN // LOST IN PARADISE

## Renegade Collective, 1<sup>st</sup> November 2014





## TAKE 5 WITH THE BEAUTY CHEF

## WHAT WAS YOUR 'AHA' MOMENT

WHEN STARTING THE BEAUTY CHEF? I was always a big believer that beauty begins from within and for years, was writing, researching and creating recipes around this. The 'aha' moment in my product development was when I stumbled upon the benefits of biofermentation – it ticked all the boxes. I could ferment nutrient-dense food to make the nutrients more available for the body to use and also create probiotics.

WHAT HAS BEEN A KEY LEARNING CURVE IN BUSINESS SO FAR? You have to surround your business with good, positive people, who will help you fertilise and grow it. WHAT INSPIRES YOU? Nature is my big inspiration. I love plants, the way they look, their individuality, their biology, their health benefits. I also love research and science, the justification that nature is so spot on with the benefits it can bring us.

## ANY TIPS FOR OTHERS BREAKING INTO THE WELLNESS INDUSTRY? To educate yourself, work hard and follow your passion. You can start small and grow a lovely little business or you can grow a large business. The most important thing is to start.