

SEPTEMBER 21, 2014

sunday

The Sunday Telegraph

# style

AUSTRALIA'S BIGGEST GLOSSY

## TRENDING NOW

- #FITSP0
- #CLEANLIVING
- #GREENJUICE
- #THANKFUL
- #BLESSED
- #GRATEFUL
- #BREATHE
- #DETOX
- #CLEANSE
- #OM

HERBAL  
'LOVE' SPRAY

## CHAKRAS IN THE CITY

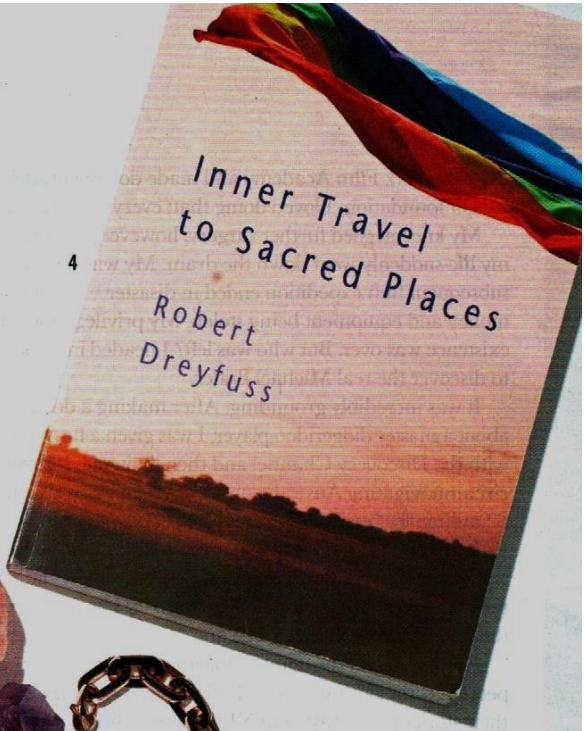
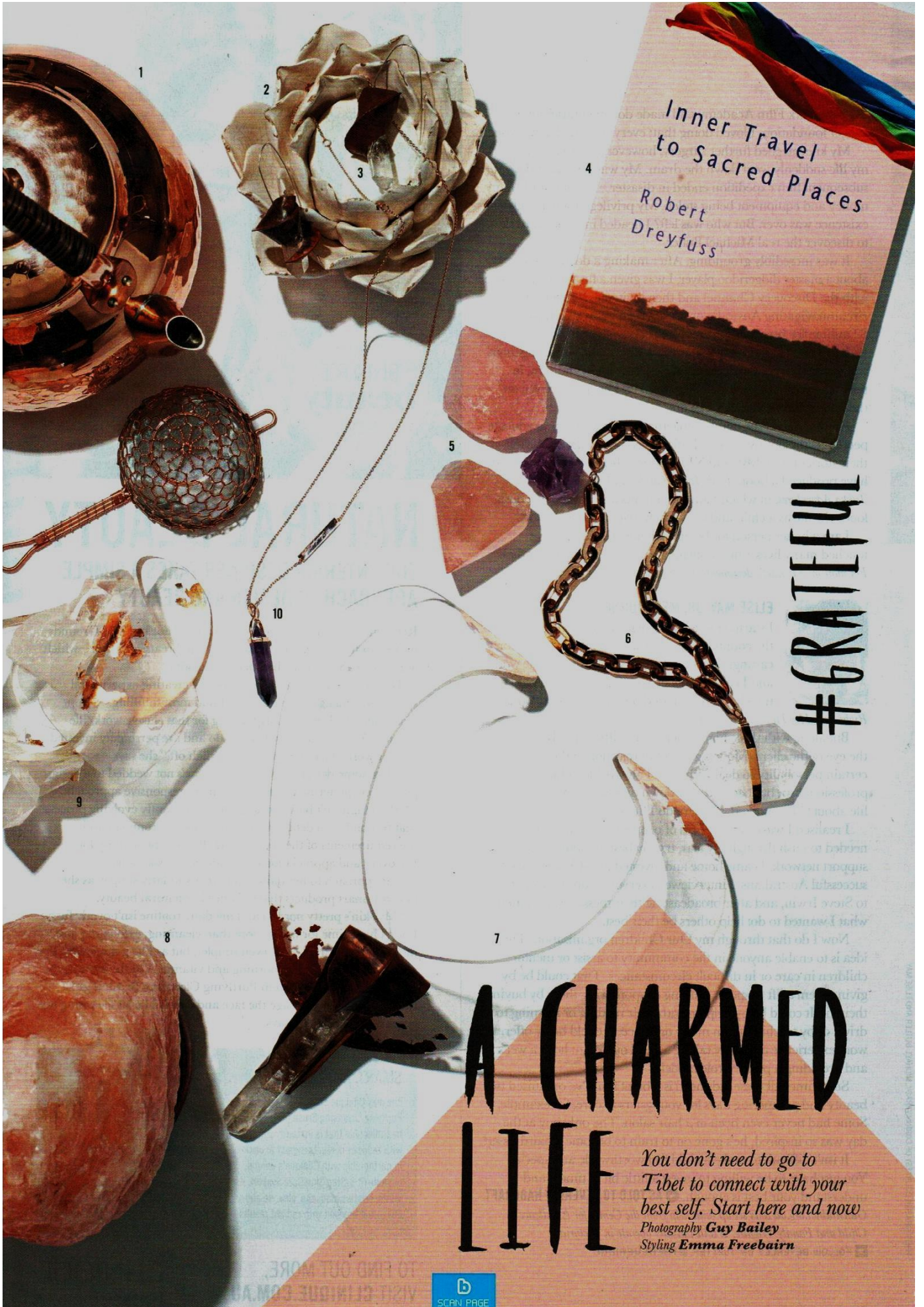
BUYING YOUR WAY TO ENLIGHTENMENT

JAWBONE  
(10,000 STEPS  
& COUNTING)

BYO GREEN JUICE AND  
NORWEGIAN WATER

GOOD KARMA  
CHARMS





#GRATEFUL

# A CHARMED LIFE

*You don't need to go to Tibet to connect with your best self. Start here and now*  
Photography **Guy Bailey**  
Styling **Emma Freebairn**



#NOURISHED

1. Dreamcatcher, \$25, [treeoflife.com.au](http://treeoflife.com.au) **B** 2. COUNTRY ROAD dipping bowls, \$24.95 (small) and \$39.95 (large), [countryroad.com.au](http://countryroad.com.au) **B** 3. SARAH & SEBASTIAN necklace, \$245, [sarahandsebastian.com](http://sarahandsebastian.com) 4. ELKE pendant, \$149, [elkekramer.com](http://elkekramer.com) 5. THE BEAUTY CHEF Detox Inner Beauty Powder, \$69.95, [thebeautychef.com](http://thebeautychef.com) **B** 6. SEED HERITAGE sandals, \$89.95, [seedheritage.com](http://seedheritage.com) 7. Buddha, \$29.95, [treeoflife.com.au](http://treeoflife.com.au) 8. COUNTRY ROAD trivets, \$17.95 (white) and \$34.95, as before 9. ELKE earrings, \$120, [elkekramer.com](http://elkekramer.com) **B** 10. AESOP A.P.C Post Poo Drops, \$29, [aesop.com](http://aesop.com) **B** 11. DOGEARED ring, \$84.95, [theicom.com.au](http://theicom.com.au) 12. DR ALKAITIS Organic Soothing Gel, \$64.95, [nourishedlife.com.au](http://nourishedlife.com.au) **B** 13. AESOP shaving brush, \$125, as before