



# Beautifully Well Box

KIM WHITEHEAD

## Disclaimer

© Beautifully Well Box

All rights reserved. No part of this book may be used or reproduced in any manner whatsoever without prior written consent of the authors, except as provided by the Australian copyright law.

Published by Beautifully Well Box, QLD, Australia

This publication is designed to provide accurate and authoritative information with regard to the subject matter covered. If legal advice or other expert assistance is required, the opinion of a competent professional should be sought.

The knowledge expressed in this book is solely endorsed by Beautifully Well Box and is the sole responsibility of the author to render the opinion.

**KIM WHITEHEAD**  
Owner/Director  
Beautifully Well Box

***Communities and countries and ultimately the world are only as strong as the health of their women. – Michelle Obama***

To my amazing parents, Kathy and Graham Whitehead, for raising me into the well-rounded woman I am today, for always telling me to never give up on my dreams and for their endless love, support and guidance.

To my partner, Lucas Glen, for his unlimited, unconditional (and patient) hand while I work towards my goals in life to achieve a better future for us.

And to my friend, Jordan Wright, for her direction and expertise in writing this e-Book to be able to Share My Story.

# How are you creating a difference in the lives of others?

I'm helping to create a difference in the lives of others through my business, Beautifully Well Box.

Beautifully Well Box is a fantastic way for our consumers to discover amazing brands they may not have otherwise heard of or tried before.

Each month they are delivered with a box full of all natural products from different brands throughout Australia and New Zealand.

We've designed it so that there are new and exciting items every month, which means that it's a great way for our consumers to be able to branch out, and try a new selection of products for their clean beauty cabinet and pantry.

The reasoning behind this is to help our consumers make better informed decisions when choosing products within the beauty, wellness, health, fitness, lifestyle and food realm.

Our aim is to take the pressure off our consumers who may struggle when choosing the best products for them, because they don't know what any of the ingredients are.

Beautifully Well Box is here to expand our consumers knowledge and education as to what is a better product choice for them. We cover things like which are bad 'nasty' ingredients to avoid, so when they're at the shops they can recognise the safer brand and product alternatives that they have tried from inside our boxes.

This helps them to know which products are the smarter, healthier choice, and allows them to feel more comfortable when making a purchase.

We do this to help ladies who aren't sure which health and wellness products would be best suited for them, and also women who have any skin concerns. What women don't always realise is that the uncomfortable reactions they sometimes experience come from the terrible, nasty ingredients in the products they're using. So we guide them through the process of finding out which products to use that will potentially stop those nasty reactions, and allow them to feel happy within their skin again.



*Our aim is to take the stress out of finding healthy products for our consumers to use on a regular basis.*

# How did you discover your passion/ purpose?

I was a very sporty kid growing up. I mostly discovered my passion and purpose through doing a lot of sports as a child, and that helped me develop a great routine by living a healthy and balanced lifestyle.

I was always moving my body and being active, and I was taught to make good choices when it came to eating and exercising, so that's really led me onto always looking after myself and making good choices into my adult life.



*I have been active and healthy my entire life, and helping others feel the same is my 100% my purpose.*

I really do reap the benefits of keeping active and eating healthy everyday. I know how good it is for me, and how amazing I always feel, so I also want everyone else to experience the same because you don't know how good you can feel until you actually feel it.

It's really great to be able to spread my knowledge and help others through what I learnt throughout my childhood and upbringing which I also implement now as an adult.

**Through your guidance and services,  
who have you helped?**

**Give us specific examples if you can.**

Our boxes have helped ladies all over Australia and New Zealand. More specifically I have found that mothers really enjoy the products because they can use them from the comfort of their own home, which means that they can still find time to pamper themselves and feel refreshed with lots of different self love products.

We've also helped a lot of ladies with specific skin and weight concerns as well.

I receive messages from ladies almost everyday saying they have really dry irritated skin or are finding it hard to lose any weight, and it is usually from using products with nasty ingredients that are cheap and disguised as healthy.

So once I introduce them to the variety of products that are in our boxes, their skin and weight issues really improve and they begin to see a big difference in their complexion and figure.



This, to me, is so important because it changes the way that they look and feel about themselves, and allows them to see how amazing they are in a more positive light.



Being able to help mothers relax and feel good about themselves again is just one of the benefits of providing these products for my consumers.

# **If someone came to you and asked you to share how to create a business like yours, what would be your number one tactic for them to replicate?**

My number one tactic would have to be: tune into your organisational skills.

I think that organisation is extremely important if you are going to create and run a business.

You have to wear many hats as a business owner and director, so I really turn to lots of different programs and tools and apps that help me organise my day, week, month and year.

Tools that allow me to go off a daily default diary, I'm also always using a calendar so I can clearly see what I have planned for my day, week, month, and even my year.

I also use Google Keep which is perfect for keeping a To Do list and for reminders organising your laptop.

You have different folders and files so you can find all of your documents easily and quickly when you need to.

Having these simple things in place really makes a big difference so I would advise setting up your plans and processes in advance.



*I never would have been able to do this without having processes and plans in place to organise my time and socials for optimum exposure.*

# What does your business stand for? Share with us the reasoning behind the way you work the way you do.

Our non-negotiable ethos is 100% cruelty free, and truly natural products which contain absolutely no nasties.

We are all about helping as many ladies as we can live, and shop more consciously every day.

Our motto tagline is 'Live Beautifully Well' and that's what we are here to do. It's our mission to help as many ladies as possible live a Beautifully Well life through top of the range all natural beauty, wellness, health, fitness and lifestyle products. We also love to include yummy nutritious treats and snack alternatives.

Our brand is all about connecting like-minded women who share the same interests so they can come together and support each other, lift each other up and feel comfortable and confident in asking for advice and making new friends.



*We stand for women and provide them with the best quality products, and environments for growth.*

# Share with us three things your business provides that helps solve your consumers problem.

The first thing would be our products.

The fact that our consumers receive a variety of different products every month for them to explore and discover really opens their eyes to what's available to them.

We take the stress out of finding better and safer products on the market, which allows our consumers to start replacing their products in their current beauty, wellness and health routine (which could possibly be quite toxic), for a healthier and safer option.

This is great if ladies don't feel comfortable going to salons for their pampering or they struggle to find time to exercise. So this way, they can still enjoy indulging in beautiful products and treatments in their own time and privacy.

The second would be that we ship straight to your doorstep.

Who doesn't love receiving goodies in the mail?!

Every month our ladies receive a present for themselves, with zero hassle of shopping.

Our box of self-care products shows up, without fail, every month and our ladies get to enjoy all of the products from the comfort of their own home.

Another added bonus is that our shipping is also free of charge, which makes our Beautifully Well Box a lot more affordable.

And thirdly, also along the lines of affordability, being able to try and sample the products in our boxes really gives our consumers the opportunity to test and try whether they like the product and whether the product likes them.

So instead of having to go out and pay for a full sized product, only to find that they don't like the product, or the product caused them to have a bad reaction, they're able to indulge in the 'try before you buy' product, and make an informed decision from there.

This reduces a lot of frustration and confusion, and stops our consumers from wasting a lot of time, money and effort.

We step in to remove the hassle and frustration out of their shopping days, save them money, time and effort and eliminate the guesswork.

We do all the hard work for them.

**When you started your business, did you in a million years ever believe you could make it this far?**

Yes I sure did!

Without tooting my own horn I have always been very driven, and very motivated to succeed in my life.

I have always been a very hard worker, and not scared or worried to put in the hard work to get where I want to be in my life

I love owning my own business, I love being my own boss, I love waking up in the morning and knowing the whole day is completely up to me.

I get to plan it how I want and it is up to me to achieve as many of my goals as possible.

That is also a very big driving force as well - knowing that everything is up to me and that I can only rely on myself, every decision I make is mine and my success is completely on my own shoulders.

It's empowering and something that I've been working towards my whole life.



*My whole life has led me to this point. Being a business owner is a fundamental part of who I am.*

# **Tell us a little about yourself. What has led you to becoming the person you are today?**

I'm a really big believer in surrounding yourself with the right people.

If you have the love, support and positivity in your life from others, it really shows! Your vibe attracts your tribe.

Which I believe is 100% true.

I find that I really take on other people's energy, so when I hang around the right people that makes me a better, happier person in all aspects of my life.

When I'm happier I think clearer, I sleep better, I work harder and life is better in general.

We weren't born on this earth to get along and be friends with everyone, so I always advise people that if they have someone in their life that isn't serving them in the right way, are bringing them down or aren't supportive and are squashing their dreams... as hard as it might be, they need to get rid of that person out their life.

Because they are really stopping them from achieving their own goals.

We all deserve to be able to live our best, happiest life.

Also, as well, I wouldn't be the person I am today without my parents.

Our upbringings really shape us into the people we are today, and I am lucky enough, and so grateful to have two supportive loving parents in my life.





*I am a big believer that Your Vibe Finds Your Tribe, so always surround yourself with people who have your best interests at heart.*

# How can we find out more about you?

Website - [www.beautifullywellbox.com.au](http://www.beautifullywellbox.com.au)

Instagram - <https://www.instagram.com/beautifullywellbox/?hl=en>

Facebook - <https://www.facebook.com/beautifullywellbox/>

Facebook Group -

<https://www.facebook.com/groups/wellnesswomentalk/>

YouTube Channel - <https://www.youtube.com/channel/UC-C3AWm3YMPFYnhI5M8BDuQ>

or

Pinterest - <https://www.pinterest.cl/beautifullywellbox/>

## What are your best contact details so we can get in touch and enjoy your services?

The easiest and quickest way would be to send Beautifully Well Box a private message via our Instagram or Facebook pages.

I love and aim to get back to people as soon as possible.

There's nothing better than extremely quick and amazing customer service!

Alternatively you can send an email to our Customer Care Team at:

[help@beautifullywellbox.com.au](mailto:help@beautifullywellbox.com.au)

# About Kim - Founder of Beautifully Well Box

Sharing my love of truly natural beauty, wellness, health, lifestyle and fitness products is the life behind Beautifully Well Box. Discovering the latest must-have items (without having to hunt them down) is so exciting and to have a beautiful package delivered to your door monthly is an amazing gift of self-love (or incredible gift of giving to someone close to you).

I personally ensure that every box is made with love and designed to inspire you to #livebeautifullywell

From an early age, I enjoyed competing as a gymnast, acrobat, diver, dancer and cheerleader. It was this intense training that really ignited a fire in my belly and set me up to live a healthy, balanced and active lifestyle into my adulthood. Wanting to know more, I studied and became a Personal Trainer and also went on to manage a gym.

Being able to, and knowing how to, move and nourish my body in all the right ways is so fulfilling and something I don't take for granted! Though it is the act of educating and sharing this with my Beautifully Well Box Family that is the most rewarding!

Let me, and the beautiful selection of truly natural, cruelty-free products, take you on a journey to self-care each month and show you how good it feels to nurture your body inside and out.

We are a wholly Australian owned business based on the beautiful Gold Coast.

We ship all over Australia (free shipping included) so I would love for you to Shop Local and Support Us!

## In Wellness

Kim Whitehead  
Owner/Director  
Beautifully Well Box



Kim  
Whitehead  
OWNER & DIRECTOR,  
BEAUTIFULLY WELL BOX  
xx



*"Beautifully Well Box is a Community of like-minded women who are interested in natural beauty, health & fitness, nutrition and all things wellness. A Community where they can make new friends, feel safe, supported and uplifted.*

*Where they can create deep and meaningful conversations with their new girlfriends, get advice, not feel judged and know that their thoughts and opinions are respected"*

- Be Beautifully Well With Us!