



Blossoming  
Women

## Health Hampers

Blending together herbal wisdom with modern methods, each hamper contains carefully researched supplements, herbs, products, tools and protocols designed to work in synergy, and provide everything you need to optimise the pillars of health.

### Sound Sleep (essentials)



Optimising sleep is one of the fundamental pillars of health, having an effect on mood, energy, longevity & most biomarkers. Containing supplements to enhance melatonin and neurotransmitters for sleep, botanicals to sedate the nervous system, high dose absorbable magnesium (as essential for sleep that most people are deficient in), and tools to block the sleep disruptors of blue light and EMF radiation, the essentials sleep pack contains all the clinically proven ingredients to help you fall asleep faster, sleep deeper and wake less during the night.



#### Sleepee Supplement

11 ingredients clinically proven to help you sleep. Take 2 capsules each night 30mins before bed. Complete 1 month course.



#### Blue Light Blocking Glasses

Wear these stylish glasses in the evening to block sleep disrupting blue light and digital screens that confuse circadian rhythm.



#### Magnesium Cream

A grape sized portion delivers your RDA in a highly absorbable form and is combined with lavender essential oil for extra relaxation. Rub into soles of feet or calves before bed.



#### Electrical Timer

EMF radiation is a known disruptor of sleep. Effortlessly and automatically turn off your wi-fi and other electronic devices at night.



#### Botanical Blend - Sleep Drops

Alcohol-free herbal tincture designed to have a sedative effect. Take a full pipette under the tongue just before sleep.



#### Aromatherapy Oil

A blend of lavender, chamomile and neroli essentials oils, known to have sedating qualities. Roll onto pulse points at bedtime.



#### Sip 'n' Snore - Sleepy Tea

100% natural soothing herbal infusion of chamomile, linden blossom, valerian and lavender to support a restful nights sleep.



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## Health Hampers

Delivered through a selection of luxury hampers, you will be taken on a journey of health, wellbeing, embodiment and growth. Blending cutting edge science with traditional knowledge and wisdom, each hamper contains carefully researched supplements, herbs, tools, products and information resources from industry experts.

**Relatable, accessible, simple and affordable**

### Complete Health Transformation Program

Physical. Mental. Emotional. Sexual



#### Quality

Multi Award winning products backed by science



#### Bioavailable

Maximum bioavailability and highly absorbed products.



#### Flexible

Work through one hamper at a time according to your needs.



#### Eco Conscious

80% suppliers sustainable, plastic free, and organic

### Other hampers available

Each hamper is designed to target a core pillar of health with a simple protocol and everything you need to follow it. **Delivered through elixirs, gummies, supplements, creams, oils, functional foods and drinks** - the process of health and self care has never been more simple and pleasurable.

**Sound  
Sleep**

**Mighty  
Mind**

**Immunity &  
Inflammation**

**Happy  
Hormones**

**Deep  
Detox**

**Managing  
Menopause**

**Healthy  
Hygiene**

**Sexually  
Satisfied**

**Mindful  
Movement**