



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.

Healthy Hygiene



Oral health has a fundamental impact on overall health that is often overlooked. The fluoride found in most toothpastes and aluminium found in deodorants are both neurotoxins that have been linked to neurodegenerative conditions.

The essential healthy hygiene hamper contains everything you need to take care of your hygiene needs in a natural and non toxic way. Combined with tools for the Ayurvedic traditions of oil pulling and tongue scraping, you have all the ingredients to gently purge bacteria from oral cavities.



Charcoal Toothbrush (4 pack)

Biodegradable Bamboo toothbrush. Containing charcoal bristles that bind to toxins for deep cleaning oral care.



Toothpaste

Organic 100% natural teeth whitening toothpaste with Activated Charcoal Powder and Matcha Green Tea. Minty fresh and comes free from Fluoride and other chemicals.



Oil Pulling Mouthwash

An Ayurvedic technique of swishing oil through teeth and gums to pull out bacteria and debris. Flavoured with organic Peppermint Oil for its cooling aroma and antibacterial properties.



Natural floss

Compostable corn-base, coated with Vegetable Wax. Contains organic Spearmint Oil, a strong antiseptic, to help eliminate germs and promote healing in your gums.



Copper Tongue Scraper

100% copper Ayurvedic tongue cleaner. Designed and created with the highest quality of materials to ensure it will last a lifetime. Removes harmful bacteria to improve breath and oral hygiene. Reinforces the body's immunity, to name just a couple of it's benefits.



Deodorant

Sustainable natural vegan deodorant. Using effective, high-quality natural ingredients that will keep you smelling fresh for 24 hours.



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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**

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