



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.

Menopause (essentials)



This hamper has been lovingly put together to give you a nourishing, nurturing approach to this evolution that comes in every woman's life.

Containing clinically combined supplementation and botanicals to increase energy and support typical menopause symptoms, collagen to support skin elasticity, and additional products for pelvic floor health, vagina dryness and hot flushes. Everything you need to embrace the beauty and power of your embodied womanhood.



Menopause Complex

Award winning botanical complex by Wild Nutrition to support natural shifts and symptoms that occur both physically and emotionally. Take 2 capsules per day.



Kegal weights

Pelvic floor health is an absolute essential and often overlooked area of health during menopause. Use the progressive weights 3-5 times a week. to build strength.



The Power Shot Collagen

Potent hydrolyzed collagen to improve skin texture and elasticity, combined with Hyaluronic Acid, Vitamin C, D, B5, B6, B7 & B12 to boost energy levels. Take daily.



Yes -Water based lube

A water based personal lubricant intending to enhance sexual pleasure and sensitivity, free from the usual nasties and known skin irritants. Use as needed.



YES Vaginal Moisturiser

YES VM is a long-lasting organic vaginal moisturising gel. Contains no skin-damaging or concerning chemicals. Use as needed.



Bloom Face Mist

Turn hot flushes into a pleasure with Nathalie Bond's 100% Organic Rosewater. Mist over the face for a boost of cooling hydration.



Botanicals - Sexy Drops

Combat low libido and light your inner fire with this alcohol-free herbal tincture formulated to help you feel confident and reconnect to your sensual side.



100% Silk Fold Away Fan

Luxury Silk Fold Away Fan, to elegantly fan away hot flushes.



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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