



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.

### Mighty Mind



This pack contains everything you need to train and focus your mind so you can move forward in life. Unlock your full mental capacity with tools to sharpen the mind, enhance focus and increase presence. Combining adaptogenic botanicals with mushrooms and supplements you will increase your energy, memory and concentration. Use the ultimate wellness planner to live with intention and purpose as you actively move forward in achieving your health and life goals.



#### Hello Wellness. Think Bigger

A 100% natural blend of lions mane and 10 other active ingredients to enhance focus mental clarity and reduced anxiety, Supporting better memory performance and overall productivity. Take 2 capsules daily.



#### Planner

12 - month weekly planner and reflection journal designed to guide you through your wellness journey. All -in-one - weekly diary, reflection, journal, habits tracker, exercise and meal planner, intentions and gratitude journal.



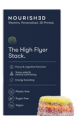
#### Botanicals - Energy Drops

Invigorate mind and body with this caffeine and alcohol-free herbal tincture. Blended with fortifying adaptogens (ginseng, hibiscus, rosehip, ashwagandha, gotu kola to support energy levels when you need it the most.



#### adaptogenic coffee

Award winning adaptogenic coffee by London Nootrophics. Containing lion's mane mushroom & rhodiola. To help you discover motivation, mental clarity & focus. Also good for memory and brainfog.



#### High Flyer Super Nutrient

Formulated to support hectic lifestyles and give your mind and body all the vitamins, minerals and nutrients it needs to keep your day as focused as possible. Containing scientifically backed micronutrients. Take one when needed.



#### Energising Aromatherapy

This energising aromatherapy roll on containing a stimulating blend of mandarin, grapefruit and lime essential oils in a vitamin E carrier. Use as needed.



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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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