



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.

### Mindful Movement



As we blossom into our womanhood becoming strong in our physical bodies and some extra care and attention of the joints become vital.

Reduce joint pain and eliminate stiffness with the complete muscle and joint care kit. Combining high grade supplements with heat therapy, myofascial release and products to support muscle recovery, this hamper contains everything you need to turn joint pain into a luxurious act of self care.



#### Flexee - Joint Supplement

A revolutionary blend to support joint health and reduce inflammation. Reduce joint pain & eliminate stiffness.



#### Vidrate -

Rehydrate with essential electrolytes for muscle and joint recovery. Mixed berry hydration sachet that contains vitamin C, B12 and electrolytes. Zero sugar and no artificial colours, flavours, sweeteners or preservatives.



#### Aromatherapy Heat Bag

Luxury Lavender Wheat Bag, a soothing remedy for arthritis, menstrual pains, and aching joints. Paired with tension-relieving lavender.



#### Epsom Bath Salts

A warm bath of epsom salts to help relax stiff, aching muscles and to help unwind after a long day. Naturally occurring magnesium sulphate.



#### Muscle Balm

100% Organic beeswax, cocoa butter, almond and tamanu oils. Chosen for their therapeutic effects in reducing pain, inflammation, spasms and swelling.



#### Massage roller

To Gently. massage tension from muscles.



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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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