



**Here are  
some ideas**

Go phone free for one day

Have a picnic in the park with  
your friends or family

Eat only organic food for a day

Each day do something for you  
- a walk in the park, a massage  
or time with a loved one

*To make your life more*

**wholesome**

*you need to do things that enrich your*  
**mind and body**

*Living a*  
**WHOLESOME  
 LIFE**

**T**he modern lifestyle comes with many benefits but it also comes with a sacrifice, with many of us prioritising work, family and relationship commitments over ourselves. There are a plethora of products, services, and mantras aimed at combating this and helping us live our best life.

While they all differ, the overall aim is the same, a wholesome life. What is wholesome living? It can be as simple as going phone free for a day, voicing what you are grateful for, or making a conscious change to better yourself, and the world around you.

We invite you to go out of your way to live a more wholesome life to enrich your mind and body.



# Natural Lemonade *Made The Kiwi Way*

True to the words, '100 % New Zealand made' and offering an all-natural range of artisan drinks with 100 % New Zealand grown fruit are Pete's Natural Lemonades.

Created and run by husband and wife, Pete and Marleen, Pete's Natural Lemonades are giving Kiwis a taste of New Zealand artesian lemonades the traditional way. Traditional means freshly squeezed, concentrate free fruit drinks that are free of additives, artificial preservatives, colours or flavours - just how we like it.

Keep it clean and keep it Kiwi, by supporting 100% New Zealand made, Pete's Natural Lemonades available in nine different, all natural flavours.

[peteslemonade.co.nz](http://peteslemonade.co.nz)



# Nature's Beauty, *your journey to radiant, youthful skin*

**Y**outhful, vibrant skin can now be achieved with just one drop of Nature's Beauty, paraben and fragrance-free Ovine Placenta BiSerum, valued at \$40.80. The high potency anti-ageing serum combines the bioactive nutrients of pure New Zealand Sheep Placenta with Plant Placenta, encouraging healthy cell growth and skin regeneration. With long-lasting hydration combined with the antioxidant and firming properties of Marine Collagen, the skin's firmness and elasticity are maintained and increased, resulting in the reduction of fine lines and signs of ageing. For youthful vibrant skin, start your journey with Nature's Beauty products.  
[naturesbeauty.co.nz](http://naturesbeauty.co.nz)



# Rejuvenation with Salt Cave

Salt Cave Halotherapy & Wellness Centre is a contemporary wellness centre that offers clients the chance to rejuvenate their bodies through using natural forms of therapy. A popular treatment for 200 years, Salt Therapy is still used to naturally treat respiratory problems, allergies, sleeping disorders, skin ailments and more.

Salt Cave Halotherapy & Wellness Centre also offer a range of other treatments that help to nourish the mind,

body and soul. Such treatments include; yoga and meditation, colon hydrotherapy, salt therapy, cosmetic teeth whitening and vibrosaun therapy to name a few. Take time for you and improve your overall wellbeing with Salt Cave Halotherapy & Wellness Centre.

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