

CLEAR THE AIR 3 STEPS TO A HEALTHIER HOUSE P112

realiving

FEBRUARY 2019

HOW TO decorate

UNLEASH YOUR INNER STYLIST



SHOP THEIR STYLE

YOLI & OTIS
SAASHA BURNS
KARA ROSENLUND
CARLENE DUFFY

INSPIRING
HOME OFFICE
HACKS THAT
REALLY WORK

the wellness edit

FROM LOW-TOX WARES TO SUPERFOODS



INDRA

Sweet surrender Wellness isn't a buzz word – it's how you care for your body, your home and the world. Flip for the **real living** edit of 50 feel-good places and products to try, including Melbourne-based holistic yoga studio, Warrior One. →

SEE IT / LOVE IT / BUY IT

SHOP

photography sharyn cairns | design golden

From wholesome homewares to natural skincare and sustainably made style buys, here's our pick of the products and spaces that do good and make us feel good

A YOGI OASIS OUTSIDE THE CITY

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WELLNESSES 50 FAVOURITES

text indy crabb; frances pearson | photography sharyn cairns (warrior one yoga); alamy (melbourne)
design golden (warrior one yoga)



- 1 Warrior One Yoga** Whether you visit for a restorative meditation or a dynamic yoga sesh, you can still enjoy the plush facilities and reward yourself at the Tribe Wellness Bar. Warrioroneyoga.com.au
2 Nagnata This vibrant collection of workout gear is fashion forward, sustainable *and* offers support during dynamic workouts. Nagnata.com **3 Tammy Fender** The “holistic skin guru” uses all-natural ingredients in her plant-based products, leaving you with radiant skin. Mecca.com.au →



34 Sodashi Body Brilliance Cream, \$104.50. Apply this deliciously hydrating, anti-ageing treatment after your bath or shower to unwind. Sodashi.com.au **35 Sealy** Posturepedic Heritage Mattress, \$1899. A mattress made to support your body head-to-toe is the key to sleeping well. Snooze.com.au **36 In Bed** Laundry Liquid, \$30 for a bottle, \$20 for a refill. There are no harmful chemicals in this biodegradable wash, which means it's gentle on your skin, fabrics and the environment. Inbedstore.com **37 Sleeper** Shearling Slippers, \$US390 (about \$546). Treat your feet to a pair of cloud-like sheepskin mules. We love that you can wear them indoors and out. The-sleeper.com **38 EcoTools** Tropical Glow Beauty Kit, \$29.99. Look and feel gorgeous with this set of make-up blenders and brushes. They're all made from renewable and vegan materials. Ecotools.com.au **39 Lesse** This organic skincare brand extols the virtues of using active natural ingredients to improve and heal your skin. Lesseofficial.com **40 Fitbit** Alta HR Small Fitness Tracker, \$128. Stay on top of your health goals, monitor your sleep and take your workouts to the next level with this high-tech wristband. Harveynorman.com.au **41 Bob** This holistic hair salon uses natural and sustainable products to care for hair health, and the minimalist interior by Golden studio complements this philosophy. Bobmelbourne.com.au →

THIS SALON TAKES A NATURAL APPROACH TO HAIR

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