

# Well & good

Little things that make life more liveable.



## GET DOWN ON IT

If you're practising on a glorified piece of plastic, it's time to call it a day. Instead, get into your yoga flow on an eco-friendly Yin mat, a non-slip microfibre suede or cork surface paired with a sustainably sourced, 100% biodegradable rubber-tree base made without plastic, chemicals or PVC. Add a jute strap and shipping in recycled cardboard and you can salute that sun with a clear conscience.

[paperplanestore.com](http://paperplanestore.com)



## REAL CHIC

Amsterdam-dwelling Kiwi (and ex-winemaker) Frances Shoemack and Brazil-based master perfumer (and fellow New Zealander) Isaac Sinclair craft natural perfumes that are precisely nothing like the options you might have tried before. Abel's unisex scents are undeniably sophisticated, meaning we can quit blithely spritzing ourselves with toxic big-name scents but still smell dashing.

[abelodor.com](http://abelodor.com)



## GOLD STARS

Top marks go to Jackie Lee of Tahī, who concocts her simple, beautiful elixirs for the face and body using traditional Maori methods and ingredients. Nourishing, cleansing and healing, these wizard plant oils can be used for all sorts, including removing makeup and easing muscle pain.

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

Words: Philippa Prentice

## LOOKS DELICIOUS

In picnic season, the living is easy, but the relaxed vibe is no excuse for mistaking disposable for convenient when it comes to cutlery, cups and plates. Gisborne brand Isla & Olive has much more attractive suggestions in the form of reusable organic bamboo sporks, steel containers and stuff.

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



## RAISING THE BAR

Almost a year in development, Sphaera's new collection of natural, botanically scented soap is a cut above and comprises seven divine therapeutic bars. Whether you're a moisturising pomegranate seed oil and pink clay person or up for an orange, sandalwood and lavender laundry bar, there's one to take your self-care to new heights. Turn the page to put a face to Sphaera's name and meet one of its founders...

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



## I WORK OUT

Fitness-nutrition products for everyday athletes who want to maximise their gains without downing sports drinks and protein bars filled with god knows what, Weekday Warriors' healthier, handy-to-use sachets include peach-tea-flavoured Yoga Flow, to support recovery post-Pilates and yoga, and Protein Joe, a coffee blend with metabolism-boosting benefits.

[weekdaywarriors.com](http://weekdaywarriors.com)



# TWO RIVERS

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