

HELLO HEALING

NUTRITIONAL THERAPY

My Go-To Products

I use on a daily basis

So many clients ask me what I use everyday to support healing, this is a list you can dip into to try some healthy swaps

Natural Dispensary

Use code HHRE10 for 10% off

Beauty + Skincare

Faith in nature shampoo
Faith in nature conditioner
Faith in nature soap
Antipodes Moisturiser
Antipodes Facial Cleanser + Make-Up Remover
Aloe Dent Toothpaste
Aloe Dent Dental Floss
Salt of the Earth Natural Deodorant
Epsom/magnesium salts

Food + Drink

Cacao + Collagen
Nakd bars (other flavours)
Dandelion tea
Nettle tea
PUKKA Teas
PUKKA Aloe Vera Juice
Himalayan Pink Salt

Rowlands Grounding Sheet

Grounding has been shown to decrease inflammation and support immune function. We all need to be connected to the earth but we now live such disconnected lives and are so plugged into tech all day, sleeping grounded in a great way to support healing.

Berkey Water Filter

Filters normal tap water to remove all fluoride, hormones, heavy metals etc so you have pure filtered water

Smol natural laundry pods

Using natural laundry pods is another great swap to do in supporting your health without chemicals being into your skin.

Pipers Farm Organic/Sustainable Box - £10 off

Meat is a great protein and fat source - the basic building blocks of our cells but grass fed, organic and sustainable farming is a much better option to factory farmed supermarket meat.