



UNDERBALM

This product has taken No3 by storm; it's not often you see deodorant in a little pot. Just scoop out a pea-sized amount and rub it in with your fingers, once a day. Everything in here is natural, there are no nasty chemicals, no aluminium, and nothing artificial.

And not only did No.3 owners Cheryl and Wayne Lewis want to make sure it was completely natural, they've also made it sure it works under some pretty extreme test conditions: shift workers who were on-the-go for over a day, hot yoga sessions, waka ama racers, long distance runners, and stressful meetings, just to name a few. Success rate was 100 percent on all users.

It's unisex so it smells great on both men and women, and it's also available in a 'low carb' version for people with sensitive skin. In an age where people are taking more notice of what they put into their bodies, we also need to consider what we put onto our bodies.

No3.co.nz \$17.90

JUMP UP

Physiotherapy is such a powerful tool to get you back on your feet. Growing and looking after a baby puts tremendous strain on your body. Mount Physio are specialists in pre and post-partum wellness, education, exercise and treatment, and are passionate about helping people reach their goals and live a healthy and active lifestyle. You might need hands-on treatment for pelvic pain, pelvic floor muscle retraining for incontinence/prolapse, or advice on returning to exercise. Pregnancy massage and pilates, breathing retraining are all available too. Get in touch for a chat.

mountphysio.co.nz



LEGGY ART

Legskins are next-level sportswear. The prints are designed by artists, and the leggings are cut and printed by hand and everything is made in New Zealand. They are feather-light so they keep you cool and dry, and don't twist while you are leaping about. Best of all, Courage My Love do lots of sponsorship for people who have stories about courage and love. And the designs are so cool you can wear them under a dress outside the gym.

couragemylove.co.nz



ONE DROP AT A TIME

Earthwise have added body lotion to their baby range; a super-kind formula with a coconut-oil base and fragranced with goats' milk. All products feature a gang of cute characters called The One Drop Crew, who want to help children understand that everyone can make a difference when it comes to sustainability. Small decisions add up, and every little bit helps when it comes to creating a better future for our planet.

earthwise.co.nz

