

MOOD



ISSUE TWO

LESS

MONDAY

MORE

SUMMER

ISSUE TWO



THE MOVERS & MAKERS

LETTER FROM THE EDITORS

MOOD what a ride! When we released our first issue four months ago, to be honest we were bloody nervous. We didn't know how the region was going to respond to our bold and often raw content that we wanted to share. But WOW Taranaki the response has been incredible! It's pretty cliché but we were actually just three gals working our day jobs in the digital world, who decided we wanted to create a kick ass magazine - something that not only us but also our friends and peers wanted to read, sharing different stories and beautiful imagery. Thanks for supporting our dream and getting on board with #itsamood. Because of this support Issue Two is here! *mic drop*

What will you find in Issue Two? Our cover and starting feature article introduces you to Naki born, award winning photographer, Charlotte Curd. Her work is epic and definitely embodies #summermood! There are more stories from local entrepreneurs to inspire you going into the new year, places to travel, people doing cool stuff that you might not know about, businesses you need to visit, food you need to taste and more.

We hope you enjoy this issue as much as we have enjoyed putting it together. Special thanks to the businesses and contributors that have jumped on board with MOOD to bring Issue Two to life, we couldn't have done it without you! Here's to sippin' a mojito, laying back in the sun (with sunblock of course) and enjoying the MOOD.

Annalee, Laura & Greer



ABIGAIL COPLEY
Contributor



NATALIE WAUGH
Photographer



REBECCA KEIL
Contributor



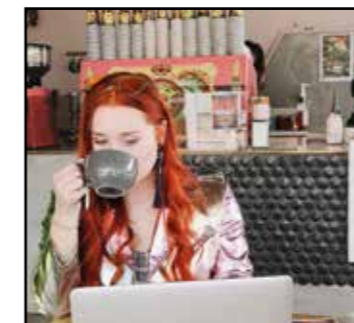
MARK GARRISON
Contributor



ALBY JAMES
Contributor



JUSTINE SHERA
Contributor



MORGAN MCGREGOR
Contributor



MAREE WIKI
Contributor

MOOD HQ

Email hello@itsamood.co.nz
Website www.itsamood.co.nz
Facebook [@itsamoodmag](https://www.facebook.com/itsamoodmag)
Instagram [@itsamood_mag](https://www.instagram.com/itsamood_mag)
Produced by Mood Mag

WHAT ARE YOU IN THE MOOD FOR...

10-27

TRAVEL & CULTURE

Charlotte Curd **10-13**

Catch up with Paige Hareb **14**

Experience Earth **14-17**

Experience the world WOMAD **16-20**

NZ Batch of the year **24**

Unique Sleeps **25**

A Journey through Jordan **26-27**

28-45

WELLBEING & BUSINESS

Foreshore Workouts **28-31**

Going Barre with Amie **32**

Reducing Stress & Staying well **33**

Why Shop Small **34-35**

What makes Johnson Corner **36-37**

Take a Risk **40**

Online with Jay Goodey **41**

Speaking Made Easy **42-43**

An Entrepreneur with Depression **44-45**

46-57

FOOD & DRINK

Battle of the Burgers **47**

Sweet Treats **48**

It's a Craft **51**

The Okato Jewel **52**

Raw Lemon & Raspberry Cheesecakes **53**

Your Local Hoko Loko **54-55**

Shaken or Stirred **56-57**

58-69

HOME & LIFESTYLE

Setting the scene with metal cladding **61**

Home is where the Heart is **66**

Picture-perfect Picnics **67**

Houseplants 101 **68-69**

70-82

FASHION & BEAUTY

Local Creatives to Watch **70-71**

Second Sins Vintage **72-74**

It's a Summer Thing **77**

Boys will be Boys **79**

Aspire Skin & Beauty **81**

83-97

OCCASIONS

MOOD Mum Rebecca Keil **83-84**

I got it from my Mama **85**

Buy my Baby some Sh*t **86-87**

The Dress **89**

Create the Perfect MOOD **92-93**

MOOD Launch Party **95**

#itsamood **97**

STUDIO 18

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CHARLOTTE CURD

One Sunrise at a Time



Photographer Charlotte Curd has been attracting international praise for her distinct aesthetic and undeniable talent. The Sydney based freelancer spoke to MOOD about life across the Tasman and her desire to capture the joy in the world, one sunrise at a time.

WHAT IS YOUR STYLE OF PHOTOGRAPHY AND WHAT INSPIRES YOU?

I don't know how to explain my style, I think it's more what I'm drawn to, and I'm drawn to colours, and I'm drawn to nature, and wildlife, and people - certain characters. Anything that will shift my mood I'm drawn to. Which is all of these things but mostly colour - it's a huge part of my work.

HOW DID YOU GET INTO PHOTOGRAPHY AND WHEN DID YOU KNOW IT WAS YOUR CALLING?

I've always been into arts, I thought I was going to go into fashion. I struggled with English, maths and science - all of the normal school subjects. I did graphic design because I had a teacher who believed in me. So I went to Wellington to major in design, but I ended up changing in second year because I had one lecturer, a photographer, who gave us a project on rituals and I did people peeing. She gave me an A+ and told me I need to be doing photography. I guess anyone who believed in me and said "this is what you should be doing" I listened to, because it didn't happen too often. I changed to the diploma in my third year because I hadn't picked up a camera at all. I'm a visual person, I don't want to be writing essays. If I'm studying photography I want to be learning photography. It was the best decision I made, I learned so much in those two years.

I still had people doubting me though. I photographed the Mongrel Mob at their Porirua pad when I was at university, I showed it to my class and the lecturer said I should never go back there because it was too dangerous and that's something I've always regretted because I listened to her. So basically, my biggest lesson is to not let other people's fears get in the way of what I'm doing on my journey.

YOU'RE A TARANAKI NATIVE, TELL US A LITTLE ABOUT GROWING UP HERE?

I feel very grateful for being brought up in Oakura. It was very relaxing yet competitive. Being close to the mountain we got to go skiing and surfing, I was always outdoors, surrounded by nature which has definitely had an impact on my life and work now. I feel like there's been a lot of amazing women, not only women but men - Beaudy Barrett who came from down the coast, Annalee Muggerridge who's doing so well for herself. We were both Four Square grocery girls and managed to prove ourselves through our passions, and the same goes for Paige Hareb. She's not only been a great friend growing up but a huge inspiration to me. I feel like, for such a small town, a lot of success and hard work has come out of it.



YOU'RE BASED IN SYDNEY NOW, WHAT DREW YOU TO THE CITY AND WHAT DOES DAILY LIFE ENTAIL?

I was going to go to Melbourne when I finished university because that's where all my artsy friends were going, but Sydney resonated with me because it's got beaches which I need – I need to be by the sea – and it has money and people and a lot of opportunities here, and I guess, not so many artsy people compared to Melbourne. It's less competitive for someone who is coming from New Zealand and trying to do what I'm doing. I look at all my friends that studied with me at Massey and did arts and there are very few of them doing art now. I feel really grateful that I went with my intuition. I love Sydney – It's not what everyone makes it out to be, yeah there's the city life, but I'm only a 20min drive from the city and I'm right on the beach, it's so quiet and tropical, I feel very lucky. I get up each morning and take photos of sunrises and sunsets. I've been doing it since I got here and it's purely for me, it makes me happy and changes my mood instantly.

I have been freelancing for the last year doing all sorts of random stuff which is what I like, it keeps me busy. Lately, I've been doing more and more projects that appeal to me, compared to when I first starting freelancing and I was just doing everything and anything.

AFTER UNIVERSITY YOU SPENT A FEW YEARS AS A PHOTOGRAPHER FOR THE TARANAKI DAILY NEWS. AT WHAT POINT DID YOU DECIDE IT WAS TIME FOR A CHANGE?

After being at the Daily News and winning a couple of photography awards, I said to the editor of the Dom Post, "cool, I've done this, I've done that, what's next for me, where else can I go?" I thought I could become a chief photographer, I always wanted to grow and keep learning and keep getting better. When I said that to the editor, she said, "Come on Charlotte, you'll be out of here in no time," and that changed my view on life a lot because I thought I was going to be set at the Daily News and be there, happily, for the rest of my life. I handed in my resignation and chased my fears. I couldn't look back, I'm so proud of how far I've come since then.

WHAT AWARDS AND RECOGNITION HAVE YOU RECEIVED FOR YOUR WORK AND WHAT ARE YOU MOST PROUD OF?

I used to say obviously the Junior Canon Photographer of the Year and Junior Fairfax Photographer of the Year were my major achievements, but now it's being recognised by companies such as Lonely Planet and other photography magazines. The little write ups I get, they all seem to love my work. I got this quote recently from Juniqe, which is based in Europe "If there was ever an award for photographers gifted with the ability to capture the joy in the world it would go to Charlotte Curd. She artfully succeeds in recording strikingly cinematic scenes from everyday life. Admiring her work, we can't help but notice how much her aesthetic reminds us of Wes Anderson's Grand Budapest Hotel. Need we say more." Hearing things like that makes me want to cry, because that's exactly what I want to be doing, capturing the joy in the world. To remind others of Wes Anderson – who's a massive inspiration – is just so humbling.

Words by Jenna Houghton



www.charlottecurdphotos.com | @charlottecurd





CATCH UP WITH PAIGE HAREB

What have you been up to this year with surfing?

I'm on the WSL Women's World surfing tour and also doing a qualifying series too so all up this year I've had over 18 competitions to attend all around the world. It's been a pretty full year with competitions starting in January and finishing end of November!

What's your biggest career highlight for 2018?

That's a hard one! This year has been such a roller coaster ride with a lot of highs. I think being a part of the world team at the founder's cup held at Kelly Slaters surf ranch wave pool and winning it. Also winning my first world qualifying series event for the first time in 10 years was pretty special!

Your favourite local places to surf in Taranaki?

It's a secret! Haha, I like to train for comps at my local beach Oakura but I always go down the coast to Rocky point and Stent Rd.

Instagram @paigehareb
Facebook @paige.hareb
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WOMAD



The line-up for WOMAD 2019 is out and it's going to be an explosion of full-on fun, extreme happiness and endless good vibes.

Words by Taryn Utiger



WOMAD is more than just a festival - it's an experience, a mood, and an exhilarating way to refresh your soul. That's the insight from festival director and programme manager Emere Wano.

"Pablo Picasso said the purpose of art is to wash away the dust of everyday life, and that's what WOMAD embodies," Wano says.

"Our lives are so busy now, and the demands on our time and our attention have never been greater. Because of that we forget to do things just because they're fun and enjoyable and they make you feel good.

"WOMAD is that fun escape. Yes, it's got some serious messages behind it, but it's really about throwing away all of those layers of life that we carry around with us and thoroughly and deeply enjoying ourselves for a few days."

Every year Wano pulls together artists from around the globe to create that award-winning WOMAD experience, and build that electric energy that pulsates through the crowd.

The line-up for the 2019 festival is packed with gems and boasts an impressive array of artists from every corner of the globe. There are joyous and powerful artists from diverse places such as Belgium, Benin, and Ireland, as well as Wales, Mexico and Greece.

There will be quiet moments of reflection with cellos, alongside a dizzying cocktail of afrobeats, futuristic funk and hip-hop.

There are names everyone will know and love, like Kora and The Black Seeds, and there's also many artists who will take you on a high-spirited journey of discovery, like the Afropsychedelic BCUC, and Cuba's La Dame Blanche.

"This line-up for WOMAD is something you can't get anywhere else," Wano says.

"It's a giant tapestry of talent and culture woven together into one experience - and

it's going to be incredible."

Aside from the artists, one thing Wano is looking forward to is the newly revamped Kunming Garden area, and in a first for WOMAD - the gin cocktails. "World of Words was so popular it outgrew Pine-



Emere Wano

tum, so we've relocated it to the Kunming Garden and added an upmarket bar.

"Now you'll be able to get a gin cocktail, a fine wine, or a craft beer and sit back and relax, while listening to inspiring authors, presenters and comedians. Bliss."

Pack a smile, WOMAD New Zealand is on at the beautiful Brooklands Park and TSB Bowl of Brooklands, New Plymouth, from March 15 - 17. Tickets from womad.co.nz.



WOMAD.CO.NZ





Las Cafeteras

ARTIST SPOTLIGHT

There's so much to see and do this WOMAD, we've picked five acts you absolutely can't miss!

DONA ONETE (BRAZIL)

You have to be in the crowd for Dona Onete. She will make your heart sing and give you all the feels. This joyous songbird released her first album when she was 73, proving that fierce woman can do anything, at any age! #YasQueen. She is a vivacious storyteller who sings about love, sex, and her decades in the Amazon. You need her in your life.

BALOJI (DR CONGO/BELGIUM)

Baloji is devilishly creative and his sound is a heady cocktail of futuristic funk, soul, rap, and dance music. He's a man of ideas and images, of music and musings and of poetic political punch. Put him at the top of your must-see list because his spellbinding set will appeal not only to your feet, but your head and heart as well.

ANGÉLIQUE KIDJO (BENIN)

World music superstar Angélique Kidjo will slay at WOMAD. This queen is a three-time Grammy-award winner and one of the Guardian's Top 100 Most Inspiring Women in the World! Now she's teamed up with Beyoncé's producer Jeff Bhasker to reimagine Talking Head's famous album Remain in Light. Not only will you know the words to some of these songs, but you'll get a deep and personal take on the political messages.

FINN ANDREWS (NEW ZEALAND/UK)

Finn Andrews is the mesmerising frontman of the epic London-based band The Veils, and a definite top pick this WOMAD. He's been compared to the legendary David Bowie and the great Nick Cave, and his voice is just as intoxicating. He'll hit the WOMAD stage with his long awaited debut solo album - meaning you'll be one of the first to see it live!

LAS CAFETERAS (MEXICO/USA)

These guys will get WOMAD pumping! Las Cafeteras are an unmissable act, with an electric current running through the heart of their music. They fuse Afro-Mexican, hip-hop, folk and First Nations rhythms into genre-bending songs of activism and celebration. They'll make you dance the night away in bliss.



Angélique Kidjo



Finn Andrews



Dona Onete



Baloji

What's your WOMAD MOOD?

—and how to satisfy it at the 2019 festival. #itsamood



PARTY ANIMAL

You're at WOMAD for an epically good time! It's the biggest event of the year and you're going to make sure you squeeze every ounce of fun from it.

What to do at WOMAD 2019: The dance area in the middle of the Bowl hill is packed with other party animals. Head there, make new friends and shake what ya mumma gave ya. Also, don't forget to return your wine bottles for a \$5 refund - that's extra money for snacks!



ZEN VIBES ONLY

You're at WOMAD to soak up the positive energy, relax, refuel your soul and experience the harmony of the world coming together as one.

What to do at WOMAD 2019: Head to the newest zen zone - Pinetum's Village of Wellness. It's a super peaceful place, filled with stalls offering massages, healings and readings. Also check out Te Paepae. It's where artists share their skills and it's a definite feel good area.



CULTURE CONNOISSEUR

You're the more refined WOMADER, and your focus is on soaking up the different cultures, understanding the political messages, learning about the world, and enjoying a variety of new music.

What to do at WOMAD 2019: Check out the newly revamped World of Words in the Kunming Garden, where you will also find the delectable Taste the World. This year the programme in the Kunming Garden extends into the evening, and it's also where you'll find the only place selling gin cocktails - need we say more!



DISCOVERY DIVA AND DUDES

You're at WOMAD to find the hidden gems. You're ahead of the game and looking for that new artist no one has heard of, and the next food craze no one has hashtagged yet.

What to do at WOMAD 2019: Head to the Dell Stage. This is where you are most likely to find those mind blowing hidden gems. Also, stop by the CD signings in the WO-Store to meet your newest discoveries and do some fangirling.



FAMILY AND FRIENDS

For you WOMAD is all about connecting with friends and enjoying time with your family, both young and old. WOMAD is the place you create lifelong memories and escape from everyday life.

What to do at WOMAD 2019: Bring a homemade picnic basket packed with treats to satisfy the whole family. Also, arrive as early as you can and nab yourself a nice home base spot under one of the glorious trees. If you have young ones, be sure to check out the magical activities in Kidzone.



TSB
Festival of Lights
NPDC

Bright summer nights at the Festival of Lights

The TSB Festival of Lights is returning to make your summer unforgettable, with more light installations than ever before and an outstanding lineup of performers from around the country.

The lights will be on from Sunday 16 December until Sunday 3 February and for the first time ever you can celebrate New Year's Eve at the festival with Lights all Night, a family-friendly event running until midnight. Also new this year is the festival hub that will give you a warm welcome at the Fillis Street main gate entrance, where you'll also find Light Bites – a range of food trucks there to satisfy your hunger on selected Friday and Saturday evenings.

Make sure you update your calendar when the official event programme arrives in your letterbox this month, because you don't want to miss a beat. Shows range from soul, hip hop and electronica to country, rock, and folk with performances that will have you coming back for more!

The Summer Scene team is back and can't wait for you to see the series of events designed to keep your kids entertained and inspired, as well as the activities specially-designed for the senior members of our community.

If that isn't enough, you can find out even more about New Zealand's leading light festival on the festival's brand new website: festivaloflights.nz

16 December 2018 – 3 February 2019

PUKEKURA PARK | 8.30PM – 11PM RAIN OR SHINE

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Angus & Julia Stone



Angus & Julia Stone to play Harvest Moon Sunday 31st March - 2019

Australian folk rock/indie duo Angus and Julia Stone, fly our way in March to headline the Harvest Moon concert series which will be held in Nelson, Napier as well as our very own TSB Bowl of Brooklands here in New Plymouth!

Following the release of their fourth studio album 'Snow' last year which features the lead single of the same name and the follow-up track 'Chateau', the duo completed a hugely successful sold-out tour of Australia.

Wind down your 'Summer at the Bowl' in a Sunday session at Harvest Moon on Sunday 31st March (more acts to be announced!).

Tickets are available from Ticketek and the TSB Showplace box office.



Follow us  

NZ BACH OF THE YEAR

Fox Cottage, Opunake



bookabach



The beachside Taranaki hideaway Fox Cottage in Opunake has been named as New Zealand's Bach of the Year 2018 in the Bookabach Awards.

"Judges said it ticked all the boxes for what makes a classic Kiwi bach experience, as well as proving thoughtful extras like fresh produce from the garden, locally roasted Ozone coffee and local tips." NZ Herald

Unique SLEEPS...



Tahana Escape

A tranquil guest studio in Oakura. Listen to the river while looking out over picturesque views. Tahana Escape is a great place if you wish to explore Taranaki, or just unwind. Less than a minute walk to the shops and cafes and beautiful Oakura beach is a short stroll away.

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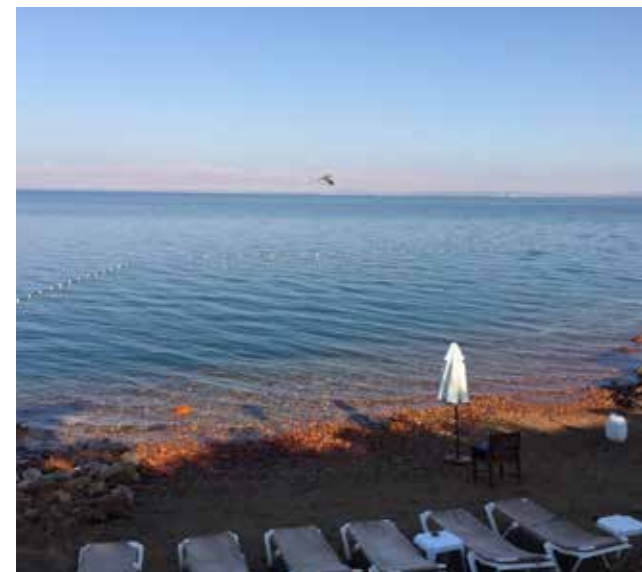
January 19th 2019

A JOURNEY THROUGH JORDAN, THE JEWEL OF THE MIDDLE EAST



The Dead Sea water, thick with salt, immediately burned my skin as I slowly waded across the rocky seabed. It was almost like when Father Karras splashed Linda Blair with holy water in *The Exorcist*. “It burns,” she screamed. Yes, this must have been what she felt like. The water clung heavily to my body like an oily coat, and certain parts of my anatomy were decidedly unhappy I had dunked them into this torturous and unforgiving liquid. It looked like water, but I think it was formed by the tears of the Devil as it sank into each and every pore.

My body was now glazed in enough salt to brine a year’s worth of salmon. Laying back slowly, I began to bob about like a piece of styrofoam all the while remaining fixated on not getting any of the hypersaline water into my eyes, which I had been repeatedly warned was excruciating. Swimming in the Dead Sea was certainly an uncomfortable but truly unforgettable experience.



Unforgettable, in fact, aptly describes our entire journey through Jordan. Our trip was a spur-of-the-moment idea, made, as many decisions are, over several beers in our local pub. “Let’s go to Jordan,” my partner said as we swapped potential vacation spots. It was such an unusual suggestion that it appealed immediately.

As we descended into Queen Alia airport and surveyed the barren and overwhelmingly beige landscape, I started to second-guess our decidedly offbeat choice of vacation spot. It was as if we were landing on Mars (little did we realise that Wadi Rum, one of our destinations on this trip, was a location for the film *The Martian*). As our taxi driver careened about the motorway, glancing up only occasionally from his mobile phone, the capital of Amman slowly built up around us.

Originally built over seven hills, Amman is a historic and vibrant city; combining the Euro chic vibe of Paris or Milan with the more rigid and traditional atmosphere of the Middle East. Its charms are not immediately apparent but slowly unearthed, in much the same way archaeologists are uncovering the incredible wealth of ancient sites dotted around the country.

On our first morning we watched the sun move across the craggy hills, the uniform oatmeal colour of the densely packed buildings reflecting the golden light, creating a truly stunning cityscape. As the sun set this gorgeous light reappeared, and tourists flocked to the innumerable rooftop cafes around the city. Amman is undeniably a photographer’s dream and must rank as one of the world’s most photogenic cities.

At night as you drink coffee so strong it will melt your throat and languidly puff on a shisha, Amman comes alive. On fashionable Rainbow Street jammed-packed cars pass by, music and laughter blaring from lowered windows, punctuated by the red glow of endless cigarettes. Streets are packed with fashionably dressed people, restaurants spill out onto sidewalks and bars, serving fruit shakes instead of beers, are packed with football fans. Long into the night as the streets grew quiet, we sat on our terrace and

listened as the call to prayer flew over the hills and roused the faithful from their sound sleep. It was an indelible moment. “We’re in the Middle East,” I thought and at that moment I couldn’t have been any happier.

Venturing north of Amman, the ancient cities of Umm Qais and Jerash are must-visit sites, the former Roman cities now rich in archaeological treasures. Due to the area’s proximity to the borders with the Golan Heights and Syria, it is advisable to hire a driver for this trip as security in the area is understandably on constant high alert. Our guide noted that on some days shelling in the nearby Syrian hills could be heard, a sobering reminder of the strife people just mere miles away were experiencing whilst we were vacationing. The gross inequalities of the world have never been so vividly laid in front of me.

The wondrously gorgeous Wadi Rum ranks as one of the most beautiful places I have ever seen. Staying in a tent at one of the many bedouin camps scattered throughout the vast emptiness of the desert was unforgettable. Following a dinner under the stars we ventured out along the sandy tracks made by the jeeps and watched as the whole cosmos played before us. The absolute quiet was barely broken by our footsteps as the star-encrusted sky filled the valley with its unreal light. It was as close to a perfect evening as I have ever had. In the morning as the sun basked the mountains and sand in rose and mandarin coloured light, I took an early morning walk interrupted by the arrival of several leaderless camels. I really was living in another world.

And thus we made our way to Petra, one of the most famous UNESCO heritage sites in the world. As the iconic Treasury slowly came into view, tears almost sprang to my eyes. Seeing this remarkable structure carved into a sheer rock wall, I felt truly overwhelmed. Petra had always seemed so remote and mysterious that I was sure I would only ever experience it in pictures. It seemed unreal to ever think I would actually go there. But here I was, standing in front of this magnificent monument. I’m not sure why I found it so surprising then when Petra proved itself to be akin to an archaeological Disneyland with tourists from virtually every corner of the world thronging the site. Everywhere someone was trying sell you a horse ride, a carriage ride, a postcard, jewellery and cold drinks. Petra is so vast though and so hot during the day that the crowds begin to thin out as you make your way further into the site. Petra lay lost in the forbidding hills for hundreds of years and to explore it now is as remarkable an experience as it must have been to live in it at the height of its power.

Jordan holds many surprises for travellers today. A veritable treasure trove of antiquities, stunning landscapes, accommodating locals and amazing food, Jordan is there just waiting to be explored. Take a chance. You can thank me later.

- Mark Garrison
@MarkGarrisonWriter



FORESHORE WORKOUTS

Alby James - Body Rehab | @bodyrehabnz

Alby operates Body Rehab in Oakura. He has been in the business for 10 years, working with people from all walks of life, aged from 4 to 89 years old. He specialises in the physical rehabilitation of old injuries and pain, movement dysfunctions and skeletal misalignments.

Re-establishing confidence, ability and functionality with our bodies requires focused movements with an awareness and connection to the body. Emotional release work, conscious living and empowerment is also a large aspect of Alby's work. He employs the Emotional Freedom Technique which disconnects/releases the neurological pathway between thoughts and feelings. Working with people who experience depression, anxiety, abuse, suicidal thoughts, eating disorders, intergenerational pain & general life stresses.

The results are profound!! Being fit for life, feeling good and helping others is Alby's passion.

Sitting at a desk all day has become a very large part of society and has negative implications on your health and well-being. These exercises can help your combat these negative effects. This work out is directed towards the general public and is totally about engaging your body, building your balance and keeping it dynamic and functional. It is fantastic for people who sit, but be sure to keep your movement slow, stable and in control. Feeling your body move and keeping it stable and able should be a must in everyone's life. Life is only as good as you can move. Do up to 3 round of these exercises, up to 3 times per week. Be consistent for best results.



1 - CONSCIOUS BEING - Powerful Posture

This posture is the base of all exercises - neutral posture. Having healthy posture is essential for pain-free living and having the ability to move well with confidence. Posture promotes either stability or instability, there is no in-between. Consciously practising positive posture with full focus and engagement of your body and mind is vital for living and ageing gracefully.

- Feet straight and hip-width apart. Back rounded - engagement begins
- Lightly squeeze and engage your thighs
- Lightly squeeze and tuck your buttocks under
- Lift your spine tall and collarbones high
- Draw your chin gently towards your throat and lift your head as if you are being held up by a piece of string attached to the crown of your head
- Engage and draw your pelvic muscle up, belly button and mid-section in towards your spine
- MAINTAIN ALL OF THE ABOVE, PROCEED TO COMPLETE 10 NOSE BREATHS - 4 SECONDS IN 4 SECONDS OUT. STAY ENGAGED



2 - THE BOSS - Static Lunge with Rotation

Too much sitting shortens the front of the hip. This exercise is fantastic to lengthen the front of your hips and maintain your rotational ability, which is an essential part of being stable and able. I love this exercise as people of almost any physical ability can do it with adjustment of difficulty.

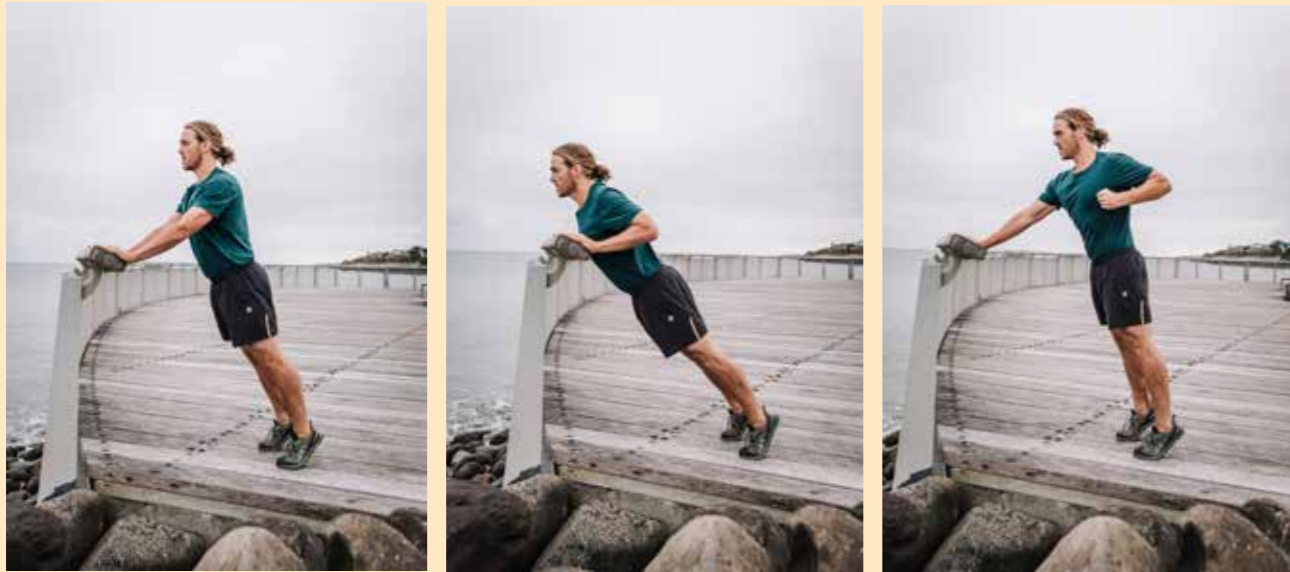
- Engage correct posture as in exercise 1
- Step your right foot back and keep it up on your toes, have feet hip-width apart
- Lower yourself down to an appropriate depth by bending both knees simultaneously
- Keep weight pressing through front heel, back toes and stay tall
- Keep your mid-section engaged and your hips square to the front
- Reach forward with your right arm, pull back with your left and alternate - keep them aligned
- Ensure you are only reaching by twisting, not bending forward with your spine
- Maintain your breathing and complete 14 reaches then change sides and repeat



3 - TIGHT ASS - Engaged Leg Extension

Sitting basically disengages our buttocks muscles - so let's bring the power back!! Having a balanced hip joint screams for bum activation.

- Lie with pelvis bones just on the edge of the bench with your legs straight
- Arms lengthened and hands pressing into sides of the bench for stability
- Pelvic muscle drawn up, belly button and mid-section held in
- Spine, neck and headlong and strong, gaze down
- Ensure your lower back is strong and stable throughout leg lifts
- Alternate leg lifts. Keep legs straight and lift from your buttocks, keep the foot that is on the ground firmly planted
- Maintain your breathing and complete 6-8 on each side
- Lift both legs for more difficulty. Have absolute control of your mid-section, spine & whole body



4 - THE UNIT - Push Up with a Twisting Pull

For a whole body exercise, it's hard to beat the diverse (and adjustable) simple push up. Maintaining good posture and form while doing a push up requires a lot of whole-body stability and focus. Variations and difficulty levels are limitless.

- Hands just wider than shoulder width apart on the handrail, feet on tiptoes and just wider than hips
- Body and posture engaged as per exercise 1. Pelvic and mid-section engaged
- Come down and allow your shoulder blades to move back together
- Push up through your hand, stomach and toes all together! As a UNIT!
- At the top, pull one arm back as if you are lifting something
- It is important to keep engaged and visualise a strong pull with your arm, shoulder and back
- Maintain your breathing and complete 8 on each side
- Use a lower bench for more difficulty. STAY ENGAGED IN YOUR CENTER!



5 - SEMI FLYER - Single Leg Balancing

With falls being the number one cause of injury in the aging population, it's imperative to maintain and have confidence with our balance. Your health is your wealth, stay balanced and in tune.

- Standing on your left foot assume posture and engagement of exercise 1 with hands to sides
- Keep weight balanced through your foot and find a focus point in front of you to assist in stability
- Have your left leg slightly bent, start tilting forward from hip joint and lengthen your right leg backwards behind you
- Keep engaged through your spine, mid-section and keep breathing during entire exercise
- Only tilt forward as far as you comfortably can, maintaining good spinal stability
- Hold for 30 seconds then go back to start and do it again. Total of 2 each side
- Hold for longer and go deeper for more difficulty



6 - SIDE MANA - Side Squat

Far too often in today's society, our ability to move dynamically is neglected. Having confidence, stability and functionality in our bodies require simple dynamic movements that engage different angles and aspects of our bodies.

- Feet wide and body engaged as per exercise 1. Mid-line stability is always important
- Move weight on to your right foot and lower yourself down slowly
- Only go as low as you can whilst maintaining good posture and stability
- Keep your weight balanced through your whole right foot when pushing back up and your left leg engaged
- Absolutely keep your mid-section engaged as you push back up
- Once you're back to the top, assume posture you started with
- Complete 8-10 each side - alternating
- Maintain breathing throughout the exercise - go deeper for more difficulty



GOING BARRE WITH AMIE

Miss Amie Energy - @missamieenergy

I was introduced to Barre some 3 years ago whilst living in Sydney. I can honestly say it was love at first sight!

After being a 'gym junkie' for years, it was refreshing to find something new that I loved but also gave me awesome results (mind and body – bingo!). It's kinda like the mentality where you often connect with things that remind you of your childhood. For me, this was dancing. And this also happened to be a HUGE part of my childhood.

WHAT IS BARRE?

It is the latest and hottest Mindfulness Movement. It's only recently started in New Zealand centres but I'm yet to find one that's positioned the same as my experience. Some of these are very ballet centric and that obviously narrows down to a very niche market. Essentially every teacher will have their own twist. My qualification is via Merrithew STOTT Pilates (based out of Canada) the most premium and rigorous.

The class fuses ballet barre, Pilates, cardio and strength. Using biomechanics and music it is both effective and sooooo much fun!

Like the name suggests most of the class is done at a ballet style barre however, there is some freestanding and matt work. Depending on the choreography the classes use a variety of equipment including stability balls, flex-bands, hand straps and hand weights.

WHY IS IT GOOD?

Targeting all muscle groups, it effectively creates that aspiring dancer's physique – leaner, toned, stronger and longer looking. It's softer on your joints than most traditional types of exercise. It's also amazing at helping to build strength after injuries e.g. knee and shoulder, and it does wonders post pregnancy with particular focus on building the pelvic floor. And importantly you just have fun, hopefully laughing at some of the teacher's bad jokes, reflecting on some of the old school music memories and maybe even singing.



REDUCING STRESS & STAYING WELL



Many of us live busy lives. What are your top three tips for reducing stress and staying well?

Stress is becoming an epidemic as we try to live fast paced lives, juggle family life, work, run a business, hobbies, and other life pressures. My top three tips for reducing stress and staying well are:

- Eat a healthy wholefoods diet, and reduce your intake of sugar & caffeine.
- Practice long deep breathing (diaphragmatic breathing) or meditation daily.
- Exercise regularly to release stress and boost happy endorphins.

How can yoga and mindfulness help us?

Yoga enhances the mind-body integration by establishing a healthy link between your thoughts and your body. Through conscious breathing, movement, and attention to the physical postures, you can cultivate a state of inner awareness to reduce stress and calm the mind.

What are the most common problems you encounter in your practice/classes? What can be done to prevent and solve these?

The most common problems in classes are people trying to push too hard into advanced postures and breathing swallow in the chest. It is important to listen to your body when you practice yoga and take your time to progress with your practice. Sometimes our ego jumps in and that is when injuries occur. Start with the foundations of simple postures and learning diaphragmatic breathing.

As we age, what do we need to keep in mind/ do?

As we age our body becomes more stiff and ridged. If you are starting a yoga practice when you are older you need to be aware of your limitations and injuries and modifying your practice to make it safe and sustainable.

What is your own regime/routine for staying well?

I have practiced yoga and meditation for about 15 years daily. I always start my day at about 4am with a yoga and meditation practice to set me up for the day ahead. Being consistent with a practice is the key to creating a healthy body and mind.

What's the best yoga pose for sleeping? Reducing anxiety? Energising? After-work de-stressing? All-rounder?

The best breathing technique to reduce stress or anxiety is Left Nostril Breathing. Breathing for 5-10 minutes through the left nostril will calm the body and soothe the nervous system. It is great to do in the evening to relax the body, calm the mind, and improve sleep quality.

When you are feeling low in energy we commonly grab a coffee or a sugary snack. Stretch Pose is a fantastic Kundalini yoga posture that will leave you feeling transformed after just one minute. Begin by lying on your back and lifting the legs six inches off the floor. Then, raise your head off the mat. Keeping your eyes open, look straight at your toes and breath rapidly through the nose for 1-2 minutes. It is a workout for the abdominal muscles to leave you feeling energised.

Erin O'Hara (BSc & BNatMed) - Founder of Golden Yogi studio & Wellness Centre in Takapuna, a qualified and experienced naturopath and internationally trained yoga & meditation teacher.

WHY SHOP SMALL FOR THE PERFECT GIFT?

Abi Copley - Scribed by Abi
www.abicopley.wixsite.com/scribed

I've been waiting to craft this piece until after I visited my first handcrafted market of the year. I wanted to see if what I thought about shopping small, shopping local, was true.

For a long time, I've had the intention of moving away from the 'Big' shops, and consciously #shopsmall for my gifts. Until now, being on the other side of the world to my family, I've been guilty of using the postage and time excuse!

So there we were, my friend and I with our kids in tow as we set out yesterday morning on our #shopsmall adventure. I was not disappointed. Everything I presumed when I began to map out this article was easy to see as we wandered and marvelled from stall to stall.

1. THRIVING COMMUNITY

The first thing to hit me was the wave of noise and excitable energy in the room. Some had come with friends, others had made it a family affair, and some were enjoying the experience alone. The one thing we all shared? The joy of celebrating and reveling in the, albeit temporary, community feel.

I can't say I've ever had that feeling racing around department stores or battling the hoards in the mall! It isn't just, 'In Real Life' as they say, where this sense of community warms our hearts and gets the generous feeling flowing. When I joined a site called 'Liked by Becky', I hadn't just discovered a brilliant guide to shopping small, but happily stumbled into a thriving digital community. Markets are now a regular feature online too. The variety of shopping haunts means you can immerse yourself in the #shopsmall community however you prefer; even from the comfort of your sofa, cup of tea in hand.

2. "WHEN YOU BUY FROM A SMALL BUSINESS, AN ACTUAL PERSON DOES A LITTLE HAPPY DANCE."

I've seen this quote a lot lately, and it is so true! Every time someone asks me to write a piece, no matter how big or small, it makes my heart soar. It was the same in my previous life with MammaKnows. Anytime an order was placed, it meant so much more to me than it would to any CEO of a giant High Street store.

34

Sales and figures are not just numbers to us small business owners. They are a reflection of our hopes and dreams. They are validation that the brave steps we took to launch ourselves from the ground were the right ones.

Anytime you buy from a small business, you are paying it forward. Not only do you get a gorgeous gift, a service that will make your life easier or a special treat for yourself. You are supporting another person or family. Maybe your sale was the first one that person had wished for; the one for which confirmation for is printed out and hung with pride on the office wall. Each time I've bought from a business online. I've received a beautiful thank you, and every purchase at a market was met with a beaming smile. This isn't just fake flattery to get you to return. It's raw, honest gratitude.

3. GLOBAL FOOTPRINT

Last year, Kiwis spent \$6 billion in card transactions in December alone (NZ Herald). That averaged out, according to stuff.co.nz, at 178 transactions per second! That is an unimaginable amount of money in a time frame that makes my head spin. We are all becoming more aware of our Global Footprint when it comes to food, travel and the content of our goods. However, how much do we really consider the effect of gift shopping on our resources and poor old Mother Earth?

The enormous amount of plastic that we order from goodness knows where comes in a laughable amount of packaging! It's already travelled more miles than we could count before it comes to rest in the hands of our loved ones. When you #shopsmall, you become truly accountable for the impact that your gift buying makes. You can talk to the creator and learn about the provenance of their items. More importantly, often these owners are making ethically conscious choices that can only be of benefit to our rapidly depleting resources.

4. DISCOVERING CREATIVITY

Now we are engaging with each other on issues such as our footprints and making ethical choices, we are seeing an inspiring diversity in what's being created. The rise in organic fabrics or reusable items has shed new light on

products that would once have been passed over as gifts. Take food packaging, for instance. Once upon a time, you would've been thought crazy to send someone this as a gift. Now, beeswax food wrap is often chosen for a eco-conscious mum or a savvy office-worker.

However, it isn't just new items that are coming through the #shopsmall movement. I come across so many spins on the old favourites that the choice is like nothing before. A particular love of mine is the resurgence of 'old fashioned' toys that have been given a new lease of life, either in style or material. The creative talent I see in the small business community is stunning. By shopping small, you are actively fostering these discoveries and helping to create the space for other fledging ideas to take shape.

5. BRINGING BACK THE ESSENCE OF GIFT-GIVING

Reason number five is a bit of a squish of all the points above with a little bit of extra love thrown in for good measure!

Christmas, birthdays, anniversaries; these special times in our calendars are engulfed by crazy busy lives, and it seems to be becoming more extreme year on year. Take Christmas for example. Alongside writing I teach in a Primary School Santa lists are a hot topic from October, with more and more extravagant things asked for. I also hear in the new term that the once longed for toys are now broken or lying unused in the bedroom. It's not hard to find a harried, frantic parent in the mall. You have to ask yourself, 'what's it all for?'

WHAT ARE THESE TIMES REALLY ALL ABOUT?

Is it about buying the most expensive gift or having the largest pile under the tree? Don't get me wrong, I love gift giving and I love receiving. For people like me, it's my Love Language apparently, and that's not going to change. In saying that, a well-chosen gift with a personal touch means more to me than anything grabbed off a department store shelf.

THAT'S WHAT YOU GET WHEN YOU SHOP SMALL.

You find those unique pieces. You find gifts with a story behind them, the people behind them. Gift shopping, as I said, becomes about the whole experience; not simply something to endure on a crazy Saturday, wedged in between classes, play-dates and other demands on our time.

Whether you browse a boutique online or make your way to a market, you are making a step towards bringing gift-giving back to what it's all about; people, community, family.

Excellence isn't a skill, it's an attitude.



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The company's founders; Adnan and Elle explain

the thinking behind the newest shared workspace

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TAKE A RISK...

Lisa Garvey - Finance CoLab

**GOT A GOOD BUSINESS IDEA? RUN WITH IT.
DON'T LET DREAM KILLERS (AKA BALD OLD ACCOUNTANTS) TELL YOU OTHERWISE.
FIND OUT HOW TO DIVERSIFY YOUR IDEA, PINPOINT YOUR MARKET THEN NETWORK.**

If your idea is really kick arse, look at protecting it. Lawyers can advise pretty quickly and provide quotes - don't be a victim of Business Thuggery.

Market your idea. It is an absolute MUST that you have a social media presence and yes you'll need to throw a few "foldies" around here. There really is no such thing as a free lunch... Does this point stress you out? Virtual CoLab can offer Social Media Management. Boom. Sorted.

Get a system. Xero is really the market leader - with 100's of add ons it will suit 99.99999% of businesses. Do this from the get-go. It will save you money in the end.

No one gets into their business to be an Office Manager or Accountant. If you really don't know what you are doing with processing financial information, sign up to our Virtual Office (Plans from as little as \$15 p/week). This is the easiest way to stay out in the field making it rain, while we do all the boring stuff.

“
No, you can't claim your speeding tickets or gym membership as an expense. Good try Margaret.
”



Keep your clients happy without discounting your services. Constant discounting can lead to on-going expectations from stingy bas#ards. Throw your preferred clients a coffee voucher or a bunch of flowers every now and then to let them know you are thankful for the support.

Competition. You will always have competition. If you don't, it's coming. Never degrade your competitor to your clients. Single most important point. If you hear through the vine they are talking poorly about your services, have a glass of wine, stab your voodoo doll and keep your chin up.

Be productive. It is super easy to chill out for an hour or two (or five) when you are self-employed. Set working hours and stick to them like kids to cake!

Last most single important point. Don't burn your soul out trying to make a buck. If it isn't working, admit it, fix it or move on.

Mad respect to those giving it a go. It's not easy but it is rewarding.

If you have an idea and want some inspiration or direction you can call Lisa on 027 5116 999 or email lisa@financecolab.co.nz

ONLINE WITH JAY GOODEY

Jay Goodey - Onceit Director

LOCAL BOY JAY GOODEY WAS JUST 22 WHEN HE LAUNCHED ONCEIT, AN ONLINE STORE WHERE RETAILERS CAN SELL THEIR OUTLET STOCK AND CONSUMERS CAN GET A BARGAIN.

LIKE MANY OF THE BEST INNOVATORS, HE WENT AGAINST BEST ADVICE BY JUMPIN IN HEAD FIRST WITH ALMOST NO PRIOR EXPERIENCE AND NO CONTACTS.



- 1. FIND A NICHE.** The internet is a big place, and in e-commerce if you ship internationally there are a lot of niches. At Onceit we recently started working with a company that makes reusable food wraps made from beeswax - at the moment they are very niche and doing really well in the eco-space at the moment. If you are thinking about getting into selling books online you probably want to think how you could compete against Amazon or Mighty Ape who sell books online really well.
- 2. HOW WILL YOU GET TRAFFIC?** I have seen a lot of people start an e-commerce site who think traffic is just going to come. What people don't realise is that it is very hard to get people to a website regularly. If you think about your own browsing history, you probably only go to around half a dozen websites or apps regularly. So to become one of those regular destinations, particularly in e-commerce, is really hard. You have to think how you will drive people to your site; whether by AdWords, social media, email or organic. There needs to be some thought about how hard and expensive it will be to get people to click.
- 3. WHAT WILL YOU WIN AT?** Whether it's amazing customer service, price, fast delivery, range or exclusive products - to succeed you ideally need something that you can be the best at in your market. For us, at Onceit we set out to have the best brands and prices, so we really aimed to get aspirational brands for unbelievable prices. Companies like The Iconic have a huge range and an impressive 3-hour delivery service. Zappos.com from the US sold shoes online but built their business on amazing customer service and free returns. So if you are thinking about launching an e-commerce product, it's worth thinking about where you will position your brand and your product.
- 4. HOW DO YOU GET PEOPLE TO COME BACK?** Your customers can be split up in to a few buckets; new customers, retained customers and at risk customers. Once you convert a customer you want to figure out how and why they will shop with you again to keep them in the retained bucket. For retail that might be targeted offers, free shipping, credit, free gift etc to try and get the customer to convert again. If you sell consumables like pet food, a good way to get repeat customers might be by giving the option to "set and forget" so customers can get the pet food delivered and charged regularly. People in the industry often over complicate this process with complex Life Cycle programs, but at the end of the day it may be as simple as asking the customer a question like, when do you need to buy X again? Or how could we make this easier/ better for you to buy?
- 5. BE PASSIONATE ABOUT WHAT YOU ARE SELLING.** Whether it's a service or a product, at the end of the day you should be passionate about delivering your product or service to the world. I am just a humble retailer, but I am really passionate about the product and we want to do the best job possible for our customers and suppliers.



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- 2.** Pronounce words clearly and precisely. Avoid mumbling. Articulation is an art form.
- 3.** Use a pause as an effective technique to add interest to your talk. A well-timed pause will help you to transition from point to point in a seamless manner.
- 4.** Avoid the use of verbal garbage such as "uh", "um", "ya know" etc. It is extremely distracting. Replace verbal garbage with a pause.
- 5.** Breath Support. This is your energy source for speaking. Practice deep breathing exercises. If you are out of breath, pause or turn the attention to the audience by asking a question.

At Speaking Made Easy, we help people to gain confidence, captivate audiences and become extraordinary speakers!

Contact Sam Bennett: www.speakingmadeeasy.co.nz | [@speakingmadeeasynz](https://www.instagram.com/speakingmadeeasynz)



AN ENTREPRENEUR WITH DEPRESSION

Hi. I'm Morgan. I'm the owner of Hyped, a social media agency in Auckland. I also have clinical depression and anxiety. Now ain't that a real #MOOD.

My journey with mental illness didn't begin when I became an entrepreneur. Anxiety in particular is something I've struggled with since my mid-teens, and depression kind of snowballed out of that.

However, it's something that I thought pushed me to be a better person. To try harder and to always improve my work, because perfect was never good enough. Strangely enough, my anxiety comforted me. I felt like it was helping me reach my goals.

My journey as an entrepreneur, however, proved me wrong.

Suddenly, the fact that I could work every day in sweatpants became working every day in pyjamas. Which then became working every day in bed. Which then became working every other day.

I still worked my a** off for my clients, but I didn't feel like I was good enough to even have them in the first place. And if I wasn't working for my clients I wasn't really working... at all. I stopped working on my own business. I stopped trying to find new clients.

I just... stopped.

The entrepreneurial journey is not a linear one. Neither is a mental health journey. We have ups, downs, and every set back under the sun. It took me two years to find what works for me, but it also took a lot of finding what doesn't work for me too.

In the end, what I found has helped me manage my mental health, is seeking therapy, learning mindfulness meditation techniques, and accessing medication - with the help of my GP.

Depression, anxiety, and entrepreneurship can be a trifecta of deeply isolating experiences, which is why seeking therapy really helped me get an objective perspective. The craziest thing to me was that therapy isn't all about crying on a couch to a stranger!

Sometimes it's just getting new perspectives you'd never thought about before, like "If you don't have the energy to cook a whole meal, instead of starving yourself, try make a sandwich."

To be honest, most of the work my therapist did was just teaching me logic I'd forgotten.

From there, both my therapist and GP taught me about mindfulness. My anxiety and business always had me looking into the future - I was never living in the "now". At first, it all seemed a bit "hippy-dippy", but once I learned the science behind mindfulness, I was all in.

The last step in my journey was accessing medication. This isn't for everyone, but for me it was life changing. It felt like I immediately had my life back, and that feeling of relief is something I'll never forget. Like smelling the ocean breeze after months in Auckland traffic.

While I'm still not where I want to be, I'm happy with where I am.

If you're also experiencing difficulty with your mental health, or you're an entrepreneur who feels like they're losing sight of why they started, I encourage you to explore different techniques and tools that might help you and to reach out to someone to talk.

I'm always here if you need me xx

Morgan

**www.hyped.nz
[@morganlouisemcgregor](https://www.instagram.com/morganlouisemcgregor)**

“I’m sorry for what I said when I was hungry.”

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SOCIAL KITCHEN



Hidden behind The Arizona on Devon Street West is Taranaki's newest boutique restaurant, Fork n Knife. Owned and operated by husband and wife team Jeremy and Brittany Webling.

Open Wednesday - Saturday from 5pm, this exciting new boutique eatery offers an intimate setting and a seasonal gourmet menu with as much locally sourced produce as possible.

Featuring customer favourites like fresh ceviché, venison loin, the ever-popular deconstructed snickers bar, and a hand picked selection of beer, wine and cocktails, Fork n Knife is quickly becoming a go-to spot for Taranaki locals and visitors alike.

Booking Essential | Call 06 7578336 | Facebook @ForkNknifeNP | Instagram @fork_n_knife_ | forkknife.newplymouth@gmail.com

IT'S A CRAFT

Nothing beats a hot summer day sitting down with a cold beer. We got the low down on some of the must try craft beers and cider for summer from local hospo guy, Cohen Baird. Cohen's beer experience expands over 20 years - from running Frederics and Ms White here in New Plymouth, to some time spent in Wellington working in a small brewery and brewpub. It is through these experiences where Cohen has met a lot of New Zealand brewers, that he and the team have built great relationships with. You can find these summer picks at Frederics and Ms White while stocks last.



THREE WISE BIRDS CIDER BACH LIFE - 5.5%

The story: Brewed in Hawkes Bay from locally grown apples, Three Wise Birds is run by 2 brothers, who have been mentored by a traditional cider brewer. Bach Life is a refreshing cider that isn't too sweet and can even be drunk with a bit of ice. Easy drinking for summer.



EPIC BREWING SHOTGUN EXTRA PALE ALE - 4.8%

The story: Brewed by one of New Zealand's more well-known craft breweries. This beer is inspired by the Def Leppard's track on the album Hysteria, "Don't Shoot Shotgun" and was released for the Def Leppard concerts in New Zealand in November.

FORK BREWING TAINTED LOVE SOUR ALE - 6.5%

The story: Brewed on site at Fork and Brewer in Wellington, the head brewer Kelly Ryan is an award winning brewer from the Naki. Sour ales are becoming more popular with big flavour profiles and this passionfruit and juniper version is a must try.



BACH BREWING BILLFISH AMERICAN PALE ALE - 5.8%

The story: A contract brewed out of Steam Brewing Company in Auckland, they consistently produce great beers that are based on summers trips. This is a well-rounded beer, full of flavour and not too bitter.



BEHEMOTH BREWING COMPANY PRETTY PRETTY PINEAPPLE PALE ALE 5.3%

The story: Brewed by Andrew Childs in Auckland, the Behemoth beer range is iconic for its unique branding with each beer telling a different story. This beer is easy drinking for summer and pretty pretty good.



LIBERTY BREWING JUNGLE JUICE - INDIAN PALE ALE - 6.6%

The story: Brewed by Joe Wood ex Naki now based in Helensville, Auckland. Pours slightly hazy, lots of tropical fruits, very well balanced. Great beer!

STONY RIVER HOTEL

The Okato Jewel

Renate and Heimo Staudinger are originally from Austria and bring hospitality experience from all over the world. Their unique establishment offers authentic European hospitality and accommodation. Their menu showcases their international/Austrian food with a modern Kiwi twist, using as much locally sourced produce as possible.

Diner: Open Wednesday – Friday 4.00pm til late & Saturday – Sunday 11.00AM til Late
www.stonyriverhotel.co.nz



MY BALANCE PROJECT RAW LEMON & RASPBERRY CHEESECAKES

These perfect little cheesecakes are delicious – you will never want to eat regular cheesecake again! It is perfect for a summer treat and made with wholesome ingredients. They are gluten-free, vegan and refined sugar-free. Just remember to soak your cashews the day before, but otherwise a very easy recipe.

INGREDIENTS

Base:

1 cup cashews
1 cup almonds
½ cup coconut
½ cup soaked dates
1 TBS maple

Lemon Filling:

2 cups of cashews, soaked overnight
400 grams coconut cream
½ cup pure maple syrup
½ cup cacao butter, melted
Juice of 1 lemon
Zest of 1 lemon
1 teaspoon vanilla bean paste
Pinch of salt

Method:

For the base, soak your dates in boiling water for 10 mins.

Combine the nuts and coconut in a blender and blend until fine. Drain the dates and add to the blender along with the maple syrup and blend until combined. The mixture should hold together well and be sticky.

Spoon one tablespoon at a time into silicon cupcake trays, press down with the back of the spoon and then pop in the fridge while you make the fillings.

Make the filling:

To make the filling, add all of your lemon filling ingredients into the blender and blend until smooth and glossy, approx 3-5 minutes.

Pour into moulds to about halfway, leaving room for the raspberry layer on top. Return to the fridge.

To make the raspberry layer, add 1 cup fresh or freeze-dried raspberries to your lemon filling and blend for a minute, or until completely blended. Pour into your moulds, filling to the top. Sprinkle freeze dried raspberry on top.

Set in the freezer up to 4 hours, or overnight.



Justine Shera - My Balance Project
www.mybalanceproject.co.nz
[@mybalanceproject](https://www.instagram.com/mybalanceproject)

YOUR LOCAL HOKO LOKO

hokoloko.co.nz

HokoLoko is encouraging people to buy their food locally. It's in the name – Hoko; “to buy” in Te Reo Māori, and Loko; a play on “local”.

In click & collect format, customers order and pay for their produce online, then collect from a weekly hui in central New Plymouth. The goal was to connect Taranaki producers with consumers, creating a viable and sustainable industry for local food makers and a one-stop marketplace of the freshest produce for the public. HokoLoko was founded by bakers and self-professed food nerds Rosie Sargisson and Jeffrey Fong, “There is a really strong emerging food scene of local growers and there’s not enough places for them to sell and reach the market. We had seen a model like this overseas, where its pre-order, pick up weekly, and we decided to give it a go here,” Jeffrey says.

The food on offer is varied, fresh and first-rate, from free-range eggs, bread and seasonal vegetables to meat from Green Meadows and fish from Egmont Seafoods. “When you buy a vegetable from the supermarket, it’s spent a day or two at the supermarket, a day in transit, a day at the distribution centre. We don’t have stats, but there’s a time from when it comes out of the ground until it hits your plate. Whereas with this, most of the growers pick within 24 hours of collection. Not only flavour, but nutrition is a lot higher,” Rosie says. There are currently 18 producers on board, feeding 60 to 70 customers a week, but there’s plenty more to go around.



The couple estimate the food available could feed three times as many people, and there are more budding producers out there.

The online store is open from Friday to Monday, and collection is 5:15 to 6:15 on a Wednesday night at Escape Coffee Roasters. It’s designed to be convenient, to fit into busy schedules and simplify weekly shopping.

The communal pick up gives consumers an opportunity to talk to local growers, to know where their food comes from and how it’s grown. HokoLoko has created a sense of community, a collective of producers supporting one another and developing relationships with their customers, many of whom have been regulars since the venture began last October. In that time, HokoLoko has sold \$100,000 of local produce. “That’s money that’s gone back into the Taranaki economy.” Jeffrey says. “It hasn’t gone to a distributor or to someone working in the supply chain. It’s direct marketed, most of the money is going straight to the producers.” Jeffrey and Rosie take a small 8.3% commission which covers transaction fees, running the website and marketing. The budget is small so the couple rely on social media and word of mouth to get their message out there. “If a friend recommends you do something, then you’re way more likely to do it than if you see an ad for it. The idea is that the experience is really enjoyable, and the produce is really good to the point that people want to tell other people about it,” Rosie says.

The couple, whose careers began at corporate Fonterra, were trail running in Europe and working in bakeries in France when they realised their passion for artisan food. They moved back to New Zealand and set up Billow Bakery in New Plymouth, initially running the operation out of Jeffrey’s mum’s kitchen. A year later, Billow moved into Quarter Bank and HokoLoko launched shortly after. The social enterprise adds to the city’s vibrant, progressive identity. It celebrates community, ingenuity and local production. New Plymouth is just the beginning for HokoLoko, Jeffrey and Rosie can see the platform benefiting communities around the country. “It makes sense to us that if you’ve got people who are buying fruit and veges and you’ve got people who are making them, then they should connect.”

Words by Jenna Houghton



Shaken or Stirred?

Summer cocktails to make at home with your mates.

TOMMY'S MARGARITA



The Recipe:
45ml El Jimador Silver
20ml Cointreau
30ml Lime Juice
10ml Herradura Agave Syrup

The How To:
Put all ingredients into a shaker
Add ice and shake
Double strain into coupe
Garnish with dehydrated lime wheel

PINEAPPLE MOJITO



The Recipe:
45ml Helemman
15ml De Kuyper Pineapple
30ml Lime Juice
10ml Sugar Syrup
8 Mint Leaves
Soda

The How To:
Put all ingredients into a tall glass
Gently press mint leaves
Top glass with ice, stir, ice, then soda
Garnish with pineapple wedge

EL TROPICANA



The Recipe:
45ml Mount Gay Eclipse
15ml DeKuyper Coconut Liqueur
90ml Pineapple Juice
50ml Coconut cream
5ml Lime Juice

The How To:
Put all ingredients into a shaker
Add ice and shake
Strain into clear Tiki Mug
Garnish with pineapple wedge

SPIKED PASSIONFRUIT ICED TEA



The Recipe:
30ml Finlandia
15ml Fentimans Cucumber Syrup
15ml Passionfruit Pulp
15ml Lemon Juice
100ml Black Tea

The How To:
Put all ingredients into a shaker
Add ice and shake
Double strain over ice in a tall glass
Garnish with cucumber ribbon & flowers

NEGRONI



The Recipe:
30ml The Botanist
30ml Peychaud's Aperitivo
25ml Dolin Rosso

The How To:
Pour all ingredients into a rocks glass
Fill glass with ice
Stir down to taste
Garnish with orange peel

PERFECT MANHATTAN



The Recipe:
60ml Jack Daniel's Rye
15ml Dolin Rosso
15ml Dolin Dry
2 Dashes Fee Brothers Whisky Bitters

The How To:
Pour all ingredients into a rocks glass
Fill glass with ice
Stir down to taste
Garnish with cherry

OAKED OLD FASHION



The Recipe:
60ml Woodford Reserve Double Oaked
10ml Sugar Syrup
4 dashes Fee Brothers Bitters
10ml Water

The How To:
Pour all ingredients into a rocks glass
Fill glass with ice
Stir down to taste
Garnish with cherry

ESPRESSO MARTINI



The Recipe:
30ml Finlandia Vodka
30ml Espresso
20ml Quick Brown Fox
5-10ml Sugar Syrup

The How To:
Put all ingredients into a shaker
Add ice and shake
Double strain into coupe glass
Garnish with chocolate dusting

#KocktailsWithKenny



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STEELING THE SCENE WITH METAL CLADDING

There's no doubt that exterior steel cladding is the architectural flavour of the moment. Here's why you should consider some metallic magic for your new affordable luxury home.

Tough yet lightweight and available in a range of profiles and colours, metal cladding is definitely steeling the scene on the exterior of new designer homes around the country. No wonder, as it looks great, is low maintenance and is one of the most affordable finishes for a home. Used alone, steel cladding gives a home a tough, industrial look that won't appeal to all, so the trend is to mix it up with sections of warm timber cladding or smooth panels with the look of polished concrete.

Ribbed steel cladding can be applied vertically or horizontally to give a range of different visual effects and is fire-proof and termite-proof, making it ideal for beachside and bush locations.

Offering a broad range of profiles in steel cladding that can also be used for roofing, Metalcraft Group can supply insulated steel panels, including a smooth metal panel called Thermospan EPS.

Another New Zealand supplier is Colorsteel, whose steel cladding products, Colorsteel Maxx and Colorsteel Endura, are designed with New Zealand's challenging and variable climate in mind.

How steel cladding is made

The fabrication of metal cladding is a two-step process. First comes the manufacture of thin steel sheets that are rolled up into coils. These coils are then shipped to other manufacturers who roll the coils through forming machines to create their own profiles. The coils used by New Zealand manufacturers are generally a pre-painted steel product called Colorbond, manufactured by Bluescope Steel in Australia.

Even though products such as Colorbond have protective coatings and are, in general, extremely durable, they are prone to rust if the edges where the steel is cut or drilled become exposed to the environment.

These exposed edges become even more vulnerable to rust in coastal environments, where salt is carried in the air. Houses built near the coast require a higher grade steel with greater

resistance to corrosion. Steel cladding will also need to be washed down more regularly in these environments in order to prevent salt build up.

Choosing your wall colour and profile

When choosing a colour for your steel cladding, remember that metal gets hot in sunlight and the darker the colour, the hotter it will become. As well as solar absorbance, another factor to keep in mind is the level of glare, which can be high for the lighter colours available.

There are a broad range of profiles available, from lightly ribbed to deeper profiles that give a lovely play of light and shadow. Some panels even mimic the look of traditional weatherboards and usually allow for concealed fixings for a smooth and clean finish.

The ribs in steel cladding are not just for looks. The deeper the ribs, the stronger the sheet.

The ribs can be run horizontally or vertically. Running them horizontally can effectively accentuate the length of the building and ground it in the landscape. However, keep in mind that horizontal ribs become filled with dust very readily so if you are set on horizontal ribs you will need to be prepared to hose down your walls thoroughly on a regular basis.

Placing the ribs running vertically will accentuate the height of your home. Your choice of using the metal cladding horizontally or vertically will also be affected by the openings in each wall, such as windows and doorways. The orientation that lends itself to more unbroken lengths of cladding will be the more desirable.

Metal cladding can also be laid diagonally to great effect, however the complexity of cutting around openings may create additional costs.

It's also important to keep in mind that steel should not come into contact with other metals such as lead, copper or stainless steel or with green treated timber.

If you love the look of steel cladding, Location Homes can create an affordable luxury home for you incorporating this great looking, durable, low maintenance finish.

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Picture-perfect picnics

There's nothing quite like spending a day in the open air to recharge the batteries and put everyday worries in a healthy perspective.

Whether it's some quality, intimate time with your significant other or sausage sandwiches and boisterous fun with the kids, Tūpare has a perfect picnic spot to suit any mood.

The Taranaki heritage property's arts & crafts-style garden offers a new delight at every turn. Here are three picnic-spot recommendations for summer. If you come and explore, you're sure to find more.

Tūpare is open all day, every day, at 487 Mangorei Rd, New Plymouth. Entry is free.



MOOD: Rustic romance
LOCATION: The Orchard Paddock
BRING: Bring cheese, crackers, grapes and a good book.

This picnic spot has a distinct woodland feel - a soft green space with scatters of seasonal bulbs and the changing character of the copper beech throughout the year. In the summer you'll be surrounded by sunshine and pops of reds, oranges and yellow. Pack a ploughman's style picnic and enjoy this calming spot on your own or with your nearest and dearest.



MOOD: Family fun
LOCATION: The River Flat
BRING: Food for the barbecue, a cricket set or your favourite lawn games, togs and towel.

The River Flat is the perfect place for friends and families to meet in small or large groups. Enjoy free use of the community barbecues and let the kids run around in the large open spaces - and on a nice day, you might enjoy a swim in the Waiwhakaiho River.



MOOD: Cute and classy
LOCATION: The Cottage Lawn
BRING: A 'high tea' or English-style picnic and a rug.

The Cottage Lawn borders the English-style cottage at Tūpare, and is perfectly nestled in the soft, sweet and colourful landscape. Enjoy your picnic in a shaded spot under one of the trees surrounded by the birds and the bees.



HOUSEPLANTS 101

@floraandco
9 Devon Street East, New Plymouth

The most frequent houseplant question Maree Wiki from Flora & Co is asked “What is an easy to care for houseplant?” Maree says she has learnt that often houseplants commonly die from being overwatered, underwatered or grown in the incorrect environment. Understanding the type of houseplant you have will determine its ideal growing and watering requirements.

CORRECT LIGHTING

Ensure you are growing your houseplant in the correct lighting to avoid etioliation (plants stretching towards light) or leaf sunscald.

WATERING

Most plants do not enjoy having wet feet so avoid leaving your houseplants sitting in water year round; the only plants that enjoy wet feet are bog plants such as Carnivorous plants. Brown tips on leaves can occur or root rot if plants have wet feet constantly. As a rule of thumb, I water well - allowing water to drain and allow plants to dry. One exception is if the plant species is a moisture lover such as Calathea and Fern I don't allow it to dry out completely. Houseplants can go dormant in cooler winter months so adjusting your watering to suit the season is important. Reduce watering up to fifty percent in winter and increase again in the summer months.

LISTEN TO YOUR HOUSEPLANT

Houseplants will tell you when they are not happy. Be observant and check in on your houseplant weekly and you will know if something is not right. Common visible signs of unhappy plants are brown tips, and wilting from overwatering or lack of water, leaf deformities on new growth can indicate little sap-sucking insects on the leaf in the warmer growing season.

MOVE PLANTS OUT OF HOT ROOMS WHEN GOING AWAY ON HOLIDAY

If going away on holiday in the warmer months and you cannot get a plant sitter to water your houseplants, here are a few pointers to help you keep your houseplants happy while you are away.

1. Move your houseplants out of hot rooms and locate in coolest room of your house temporarily e.g. if your lounge is hot that may cook your houseplant, relocate to a shady part of your house such as a bathroom.
2. Water all your houseplants well on the day you are leaving for holiday.
3. Set up a humidity tray for your humidity loving plants that you will not be able to mist daily while away on holiday. Use a plant saucer filled halfway with gravel, and fill with water to the top of gravel to place your houseplant on top.



Snake Plant



Inch Plant



Calathea insignis



ZZ Plant



POPULAR GROUPS OF HOUSEPLANTS:

AIRPURIFYING PLANTS

- ZZ plant
- Snake plant
- Parlour Palm
- Spider plant
- Inch Plant
- Flamingo Flower

PET/FAMILY FRIENDLY PLANTS (non toxic)

- Calathea species
- Spider Plants
- Moth orchid
- Staghorn fern
- Boston Fern

DRY TOLERANT PLANTS (for the forgetful waterer)

- ZZ Plant – water well once every six to eight weeks
- Snake Plant – water well once every three to five weeks

EASycARE PLANTS (for beginners)

- Parlour Palm
- Snake Plant
- ZZ Plant
- Spider Plant
- Ponytail Palms
- Inch Plants

PEST FREE PLANTS (insects avoid)

- ZZ plants
- Snake plants



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FIRST-TIME AUTHOR LAUNCHES TWO NOVELS

Steph Matuku (Ngāti Tama, Ngāti Mutunga, Te Āti Awa) is a freelance writer who has studied business management and is currently studying tikanga Māori with Te Wānanga o Aotearoa. She writes short stories and plays for children, film scripts, book reviews and articles.

Based in New Plymouth, Steph is a freelance writer. She completed Flight of the Fantail while on Te Papa Tupu, a six-month mentoring programme developed by the Māori Literature Trust and organised by Huia Publishers.



Flight of the Fantail
Steph Matuku
Published by Huia Publishers
RRP \$30.00



Whetū Toa and the Magician
Steph Matuku
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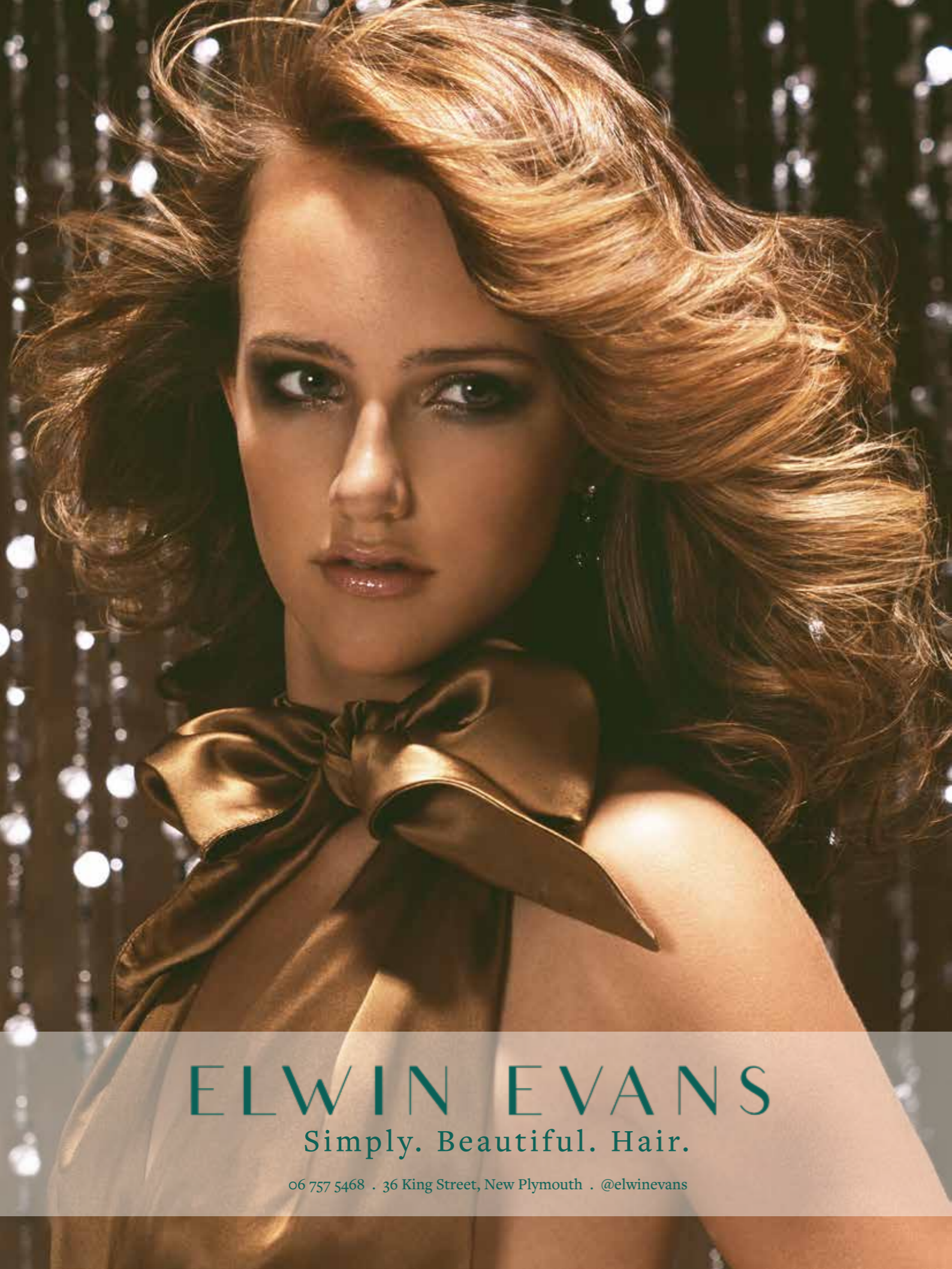
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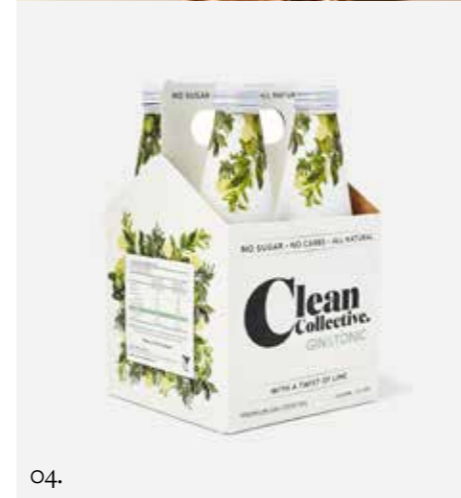
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**IT'S A
SUMMER
THANG**



05.



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- 1. Footloose Shoes - Nu By Neo \$179.90
- 2. Butchers Showcase - Meadowlark Spur Stud Earrings \$399
- 3. Blackbird Society - Black Lace Bralette \$35
- 4. Clean Collective - Gin & Tonic \$13.99
- 5. Glassons - Leopard Belt \$14.99
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BOYS WILL BE BOYS



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- 1. Torpedo 7 - Sex Wax Quick Humps Orange Cool-Warm \$4.99
- 2. Amazon - Element Prey Cap \$47
- 3. Sunglass Hut - Polo Ralph Lauren \$185
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ASPIRE | Skin & Beauty

"We are NOT your typical beauty clinic/spa, we are a bit left field. We like to chat and have a laugh while doing a great job that is Aspire Skin & Beauty's philosophy."

Aspire Skin & Beauty pride themselves on their fun and friendly approach, relaxed atmosphere and expertise in skincare and wellness. The business, which has been operating for 10 years, offers all the traditional beauty treatments as well as the latest in advanced facials and skincare. "We love skin and hoard skincare" says owner Sandy Herdman, who bought the business last year and recently added cosmeceutical brand Aspect to the skincare range. "It's a cosmeceutical range backed by science, full of everything your skin needs and nothing it doesn't. The products, which are never tested on animals, are formulated to make changes to your skin. It gets into the skin and changes the way it acts."

The Australian brand, part of the Advanced Skin Technologies umbrella, is suitable for all skin types and targets specific conditions such as acne, redness, pigmentation and ageing. "It's a good price point and it's easy to use. The kits contain serums full of A, B & C vitamins for anti-ageing, brightening and inducing collagen production. It's perfect for low maintenance people. Looking after your skin well will mean you can get away with using a simple BB cream for coverage." The range includes kits for adolescent skin, starter kits so you can try before you invest, and a new selection of Christmas gift kits – perfect for the holiday season.

Sandy and senior therapist Briar Davies are travelling to Auckland for in-depth training on the latest peels from Aspect. Learning and development is necessary in the industry, and something the team at Aspire thrive on. The duo, along with senior therapist and all-round superstar



www.aspirebeautytherapy.co.nz
@aspirebeauty
151 St Aubyn Street, New Plymouth

Words by Jenna Houghton



"We think it's important to be skin fit. Everyone goes to the gym, we think you should come in regularly to maintain or improve your skin."

Monique Betteridge, have years of experience and passion for the services they provide. "We love it, it's our jam," says Sandy, who has been in the industry for over 15 years.

When clients visit the salon, the atmosphere is relaxed and causal. The goal was to create a fun environment, where clients feel comfortable and cared for. A free skin consultation using a Wood's lamp can reveal skin conditions not visible to the naked eye and allow the team to recommend the best treatments and products. Advanced facials are highly sought after and highly rated. Microdermabrasion, skin needling, also known as Collagen Induction Therapy, and hydrabrasion – a process that uses water to remove impurities and reinvigorate congested skin, are just some on offer. All advanced facials are finished off with a sheet mask infused with Hyaluronic Acid and anti-ageing peptides. The effects of such treatments can include redness, flaking and peeling but the result is fresh, glowing, enviable skin.

Sandy is selective about the products Aspire uses and sells, preferring leading cosmeceutical brands from around the world. Genesis, a Korean beauty brand, has been formulated using botanicals and alternative ingredients like snail secretions, and U.S. based EmerginC contains clinically-proven cosmeceutical-grade ingredients that deliver results.



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MOOD MUM WITH REBECCA KEIL



I was asked if I wanted to write something mum related for the second issue of MOOD mag and I was chuffed, A- because I was cool enough to be asked and B- because I'm a Naki home girl originally and I LOVE anything the Naki does. So here I am writing this (they said I could write anything). I guess I should introduce myself first huh - I am Rebecca Keil, wife of Jared and mother of two Rocky (5) and Ruby (3). We live in Christchurch where Jared is a policeman and I do social media things #influencer.

I wasn't given a heap of direction with what to write, it was kind of just like be you it's cool. But here's the thing, I am full on and I have gone from thinking I'll just share my birth stories to haemorrhoids and back again, and I still don't know what I am writing about. So I thought I would share what I do in the world with some mother advice along the way, or I could just talk about the time I totally flooded a hospital room with my own urine when I was in labour? Ok, I'll go with the first.

I started blogging when I was pregnant with my second babe Ruby Lou. I would have been a few months pregnant and had a small following on the gram and EVERYONE who had a child in utero blogged so naturally, I needed one too. I started talking and they (the mums of the internet) started listening, and after that I couldn't stop. But as a young mother I was becoming concerned about what I was

seeing on the internet and what I couldn't get away from, so I decided I would take a stand and make a change.

We used to only have coffee groups to make us feel shit about our parenting achievements or lack thereof, we now have the glorious internet - a place full of judgment and bitching and perfect Pinterest mums. I was seeing white couches and white fluffy rugs and they had kids but maybe they were kept in cages (like nice cages), because I have a grey couch and well both my kids have popped a squat on it (number two FYI) so I just couldn't understand why so many mums of Instagram had these white possessions. I started speaking some mum truths, sharing my life - the good the bad and the hairy. There was a term "real mums" going around for a while which I wasn't super fond of. Well I just didn't get it, like if you didn't steal your kid and you could breathe I just feel like that means you're a real mum. But I felt like we needed some balance, someone to counteract all the perfect bullshit and say actually today was really, really hard. Like I cried five times before lunch and that's okay.

New Zealand is such a great place and we are so lucky to have the things we have, but we also have horrific mental health and suicide rates. I realised this was where I could make a tiny bit of difference by using my platform to bring awareness to organisations and raise money, but also by something so simple like turning taboo topics into something we spoke about.

I talk about it all because I don't want anyone to feel left out, or like what they are going through isn't normal or isn't important. I know the influence the internet has and I am determined to do good with it. I felt that if I could make one person laugh then job bloody well done, that's really my main goal - humour. I'm a huge believer that humour can do so much wonder in the world, especially when it seems like you are doing it all wrong. We are all doing our best and parenting in the way that seems right to us and our whanau - I don't care if you co-sleep, baby wear, put a tit or a teat in the baby's mouth, we are all facing the same struggles. There is no normal in mum life, my normal isn't your normal and your normal isn't the next persons normal, we are all normal (kind of) so we must stop comparing ourselves to strangers on the internet. I put in so much

effort and am so proud to have created a safe space that is inclusive and diverse. Let's have respectful discussions about topics we are too scared to talk about, let's share stories and learn from each other, let's listen and take the advice we want but not get upset when advice we don't want is offered.

We all feel like we must be the only person in the world dealing with these things, but there is someone else somewhere at the exact same time with the screaming baby on the bedroom floor at 2 am crying, while Googling all the things that would make this easier (don't Google - makes it easier lol) and feeling like we are doing it all wrong. There is a whole village out there in the same season, and my purpose right now is to bring that village to life which I do through The Mother Yarns - which is probably a story for another day ha.

Moral of the story is that if we don't laugh, we will probably cry. So just have that laugh, laugh at me laugh with me just laugh - it's great for the soul. I probably wrote way more than I was meant to but I will leave you with my top 5 pieces of wisdom.

1 - It's okay to want to throw your child out a window. Like it sounds bad and don't do it obviously, but it really is okay and dare I say it normal to feel this at least once as a mother.

2 - You might get haemorrhoids and that's cool. You can actually just pop them back up there yourself (cheers mum for the info), but you also might have to go to the most awkward doctor appointment in your life like me.

3 - If your midwife says just go there can't be much wee left, DO NOT LISTEN there will be a lot of wee, so much wee like Niagara Falls wee.

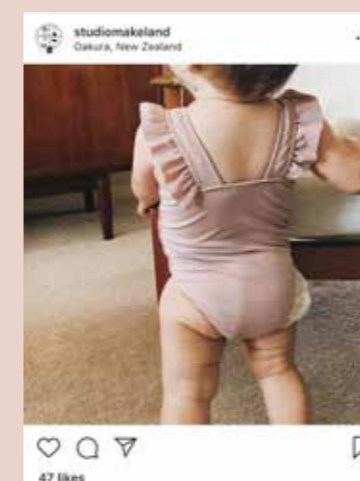
4 - Take the advice, don't over think it because I can guarantee you it's 9/10 coming from a good place and while your poo-hooing it, you might actually miss something that might actually benefit you. So politely listen to the damn advice, take what you want, and disregard the rest.

5 - Sleep deprivation is the worst form of torture.

B xx

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I CORDIALLY INVITE YOU TO

BUY MY BABY SOME SH*T

Have you been tasked with planning a baby shower or gender reveal party? We've got your back with all the planning tips and helpful hints to make sure it is a memorable day for the mum-to-be and a stress-free experience for you, the organiser.

BEFORE WE GET INTO THE PLANNING HERE ARE SOME OF OUR MUST READ TIPS TO CONSIDER

- Avoid surprise parties. Although it is a nice gesture, a pregnant lady with hormones charging around her body might not enjoy being surprised, so keep her in the loop.
- Baby showers don't have to just be for women. It is common now to have the dad-to-be, his friends and male family members attend the celebration or to arrive near the end.
- Don't over complicate the food. It doesn't have to be a massive sit down meal, make easy nibbles for the guests or set up a big platter where people can help themselves.
- Plan the party that she would want, not the party you want. Take into consideration her needs, anything she has been craving or is allergic too.
- Don't organise any games that might embarrass the mum-to-be or any guests, this isn't a hens party. If you are unsure if something is acceptable then ask her.
- It doesn't have to be an all day affair, 2-3 hours is a great amount of time.

DATE AND GUEST LIST

Pick a date, often people have their baby showers around 6-8 weeks before the birth. She is safely into her pregnancy and has time to organise the gifts afterward. Ask the expecting mum who she would want to come, if you are doing physical invitations gather the addresses, or alternatively create a private Facebook event so the mum-to-be can invite everyone. Tip: even if you do physical invitations it is often a good idea to have a Facebook event set up as well so you can give people any updates before the day. It is an easy way to let everyone know the date well in advance, prior to the invitations arriving and you can update them if there is anything in particular the mum-to-be really wants as gifts.

VENUE AND DECORATIONS

The easiest venue is normally at someone's house. Hosting a shower in a living room or backyard is intimate and much more cost effective. If there is a large number of people and depending on the time of year, a nice park setting can work really well or a place that offers high teas or function spaces for hire (the bonus with this option is they will often do the clean-up and organise the food for you). Decorating doesn't have to be stressful or cost an arm and a leg either. Search Pinterest for inspiration. Our tips include getting a good number of balloons, these are a great way to make a statement and are easy to set up. Get some baby specific ones like Lively & Co's "Oh Baby" 10 pack, mixed in with a pack of their confetti balloons, easy! Use statement BABY balloons and a banner just to finish it off. Some little table decorations can be nice amongst the food to keep with the theme as well.

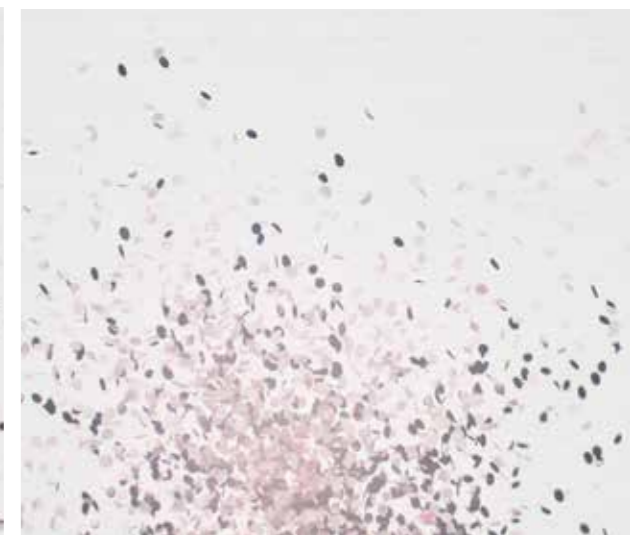
FOOD

Don't overthink the food. Often baby showers are held mid-morning or afternoon so people only expect little nibbles which is much easier than a full sit down meal (saves a heck of a lot of dishes too). If you want to go all out and make baby themed food then Pinterest is your best friend for creative ideas. The food can be a great way to get the grandparents involved, often they are keen to help organise so get them to make with a few dishes. Platters are a very popular option because they look awesome, have a variety of food so they cater to everyone's different food preferences and are easy to put together.

GAMES AND AGENDA

Sort out what needs to be done prior to the day first, such as buying decorations, food, organising any games and favours (optional) and delegate where you can. To help things run smoothly on the day, put together a rough timeline of events such as when people are arriving, the games you have chosen to play, opening gifts, food etc. Definitely organise the games well in advance in case you need to prepare anything for them. Again Pinterest is full of ideas for this, along with printable templates you can use. There doesn't have to be heaps of games and it is nice if the day feels relaxed and casual. Enjoy celebrating the new baby about to arrive!

*Greer Garner @lively_and_co
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THE DRESS



Shopping for your Bridal Gown can be an incredibly exciting and happy experience, but it can also be quite daunting and a little bit overwhelming. Follow our top tips and shopping for “the one” will be a beautiful breeze:

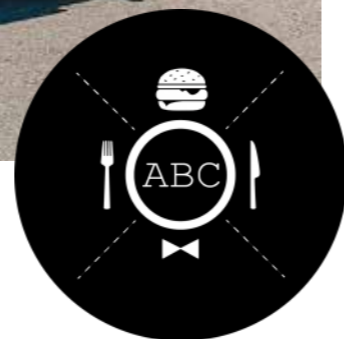
CHOOSE YOUR SQUAD WISELY The more people you take gown shopping, the more opinions you have to listen to, the more ideas and suggestions you’ll have to take on board and more than likely – the more dresses you’ll need to try on. This can lead to you becoming overwhelmed and feeling pressured to make a decision that will suit other people more than you. Take a select few whose opinions you trust and appreciate and who it’s important that you share this momentous occasion with.

SHOP WHEN YOU’RE READY Don’t feel pressured to start too early or get caught up in the excitement of being freshly engaged – you might end up making a decision you’ll later regret. Falling in love with a dress early on can be a disaster if you’re not ready to commit as it might not be available when you are ready to buy. By the same token though – don’t leave it too late then put yourself under pressure to make a decision because time is running out. Just relax and enjoy the process – for some, it takes just one hour and for others, it can take a year.

KNOW YOUR BUDGET - AND DON’T BE AFRAID TO STICK TO IT A good Bridal Consultant will respect your budget and do their best to find your dream gown within in. Don’t feel pressured to spend more than you’re willing and don’t be tempted to “just try” something over your budget unless you’re really prepared to break it. There’s nothing worse than falling in love with something over your budget and going home broken-hearted.

HAVE AN OPEN MIND AND TRUST THE CONSULTANT They know the process and the gowns and are equipped with all the right knowledge to guide you. Never be put off by how a gown looks on a hanger – some gowns need the right body to make them perfect. Your consultant may make suggestions about gowns that you wouldn’t even have considered but don’t be put off because one of them might just be “the one”.

BE REAL Bridal Shopping in real life is not quite the experience you’ll see on TV. Brides generally try on a lot more than 3 dresses, there isn’t always cheers and clapping and tears are few and far between. Don’t feel like you’re doing something wrong if your dress doesn’t reduce you to tears or have your entourage on their feet squealing with joy. Sometimes “the one” just makes you feel good, something you can’t stop thinking about it, sometimes it makes you want to dance and sometimes – it makes you want to cry. Every Bride has a different reaction so don’t get hung up waiting for “that feeling”.



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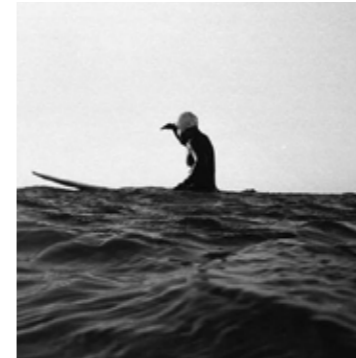
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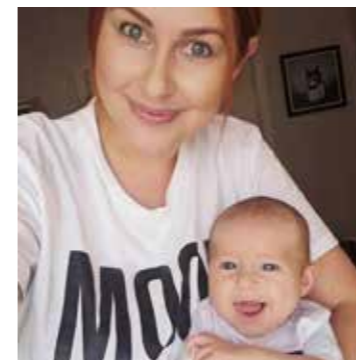
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