

# A WELL-LIVED LIFE

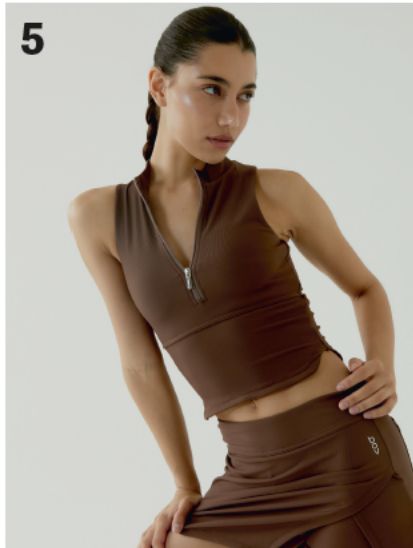


1. Bringing a sleek, confident edge to sportswear, **AIEA Golf** fuses technical performance with elevated design. Minimalist yet striking, each piece is crafted for versatility - whether teeing off, travelling, or moving through the city. AIEA redefines what it means to dress like an athlete: refined, stylish, and ready for anything life demands. Visit [aieagolf.com](http://aieagolf.com) and follow @aieagolf on Instagram.

2. Launched in 2023, **Samson & Solomon Candle Co** is quickly growing into an inspiring e-commerce brand for soy wax candles and fragrances that inspire the home. Created and handcrafted by Tali Butler, the brand is expanding to include diffusers, candle care kits and accessories, and ships worldwide. Visit [samsonandsolomoncandleco.com.au](http://samsonandsolomoncandleco.com.au) and follow @samsonandsolomoncandleco on Instagram.

3. **Tabúcha** is redefining the wellness ritual with its naturally caffeine-free Tartary Buckwheat Tea. Rich in antioxidants and minerals, the smooth, nutty Original and the comforting Vanilla with cacao nibs create a nourishing moment for both mind and body - a delicious, mindful alternative to coffee or traditional tea. See more at [tabucha.co.uk](http://tabucha.co.uk) and on Instagram @tabu.cha

4. **Flow Brew** is redefining the energy drink sphere with functional mushroom blends designed as an alternative to coffee. Rooted in ritual and crafted for modern living, each blend is inspired by the pursuit of balance and focus as part of a healthy lifestyle. Discover more at [drinkflowbrew.com](http://drinkflowbrew.com) or follow @drinkflowbrew on Instagram.



5. **Bov Active** is a golf and tennis athleisure brand offering versatile, modern pieces designed by women who play. They never compromise on style or functionality, and their pieces transition seamlessly from the course, court to everyday life, and empower women who invest in themselves. If this resonates, you're a Bov Girl. Visit [bovactive.com](http://bovactive.com) and follow @bovactive on Instagram.

6. **Gym & Lake** elevates Cotswold heritage into modern Wellness Wear™. Following royal recognition for their acclaimed Blaisdon Plum collection and attracting Olympic equestrian professionals, they've unveiled The Cotswold Edit - a thoughtfully curated lounge collection showcasing regional artisans. The collection pairs authentic Cotswold coffee beans with artisanal hand-poured candles. Perfect for cottage retreats, taste and feel authentic Cotswold heritage. Discover more at [gymandlake.com](http://gymandlake.com) and follow on Instagram @gym\_and\_lake



7. **ULA** is more than just a shower filter. By removing chlorine, heavy metals, and other impurities from hard water, it helps restore natural balance to skin and hair. With the added option of beauty capsules, from Vitamin C to enhance glow, Argan oil for hydration or Collagen for skin elasticity, ULA transforms the everyday shower into a beauty ritual. Discover more at [ulabeauty.com](http://ulabeauty.com) and on Instagram @ulabeautyofficial

8. Treat yourself to a ritual of presence. **Rainbow Sounds** crystal bowls, crafted from ultra-high purity quartz, invite calm, clarity and reflection. As a gift, they carry meaning; as a personal choice, they begin a journey. Each tone awakens intention, making daily rituals restorative and resonant. Visit [rainbowsounds.co](http://rainbowsounds.co) and follow @rainbowsounds\_official on Instagram.



9. **Elemay** creates luxury refillable soy candles, hand-poured in small batches and inspired by landscapes. Housed in ceramic pots glazed to reflect nature's beauty, each is hand-crafted by a local female ceramic artist. Female-founded whilst on maternity leave, Elemay blends sustainability with serenity, making them the perfect addition to any self-care wellness routine. Winner of Theo Paphitis' SBS award. Visit [elemay.co.uk](http://elemay.co.uk) and follow @elemaycandles on Instagram.

10. Blending Ayurvedic traditions with contemporary science, **NutraTea** has created a new range of herbal teas inspired by the evolving needs of women at different life stages. Crafted from 100% natural ingredients, with no fillers or flavourings, each infusion is thoughtfully formulated to complement a balanced lifestyle. Visit [nutratea.co.uk](http://nutratea.co.uk) and follow @nutra\_tea on Instagram.

11. Why Choose the **VIVE-NAD+ Pen**? This Smart Pen is a convenient, easy-to-use device designed for those interested in supplementing their wellness routine. VIVE-NAD+ are committed to advancing innovation and supporting ongoing research in the area of lifestyle and wellbeing. To find out more, visit [insideoutbiotech.com](http://insideoutbiotech.com) or follow @vive\_nad on Instagram.



consultation at 07481 363651, [wildhut.com](http://wildhut.com) or @wildhutsaunas on Instagram. Photography: Elliot Shepherd.

12. Want to create a private health sanctuary in your garden? **Wildhut** is the luxury British sauna company that cleverly fuses classic design with modern convenience in a wellbeing asset that enhances your home and lifestyle. Made by sauna experts, expect exceptional quality in four sizes, built to last. Contact Thaisa or Annie for your free



13. Introducing Turmeric Tea by **Divine Teas**, awarded 1-star at the Great Taste Awards 2025. A soothing blend of organic turmeric, ginger, cinnamon, and cardamom. Created by Shahida Aslam to support immunity and wellbeing, it's the perfect evening ritual for the cosy season. Rooted in heritage and healing, each small-batch blend is a celebration of natural self-care. Visit [divineteas.co.uk](http://divineteas.co.uk) and follow @divinetea\_uk on Instagram.

14. **Niyodo Blossom**, inspired by Japan's purest Niyodo River, introduces a new art of modern wellness with vibrant tea blends that reconnect women with nature. Guided by sustainability, each blend cherishes wellbeing and honours the planet, bringing beauty, aroma, taste, and vitality. Visit [niyodoblossom.com](http://niyodoblossom.com) and follow @niyodoblossom on Instagram.