

# MAMA

ISSUE #6

DISRUPT

THE ZEN MAMA  
REVOLUTION

TERESA  
PALMER

# SKIN LOVE ISSUE

EMPOWERMENT LIFE STYLE WELLNESS TRAVEL INTERIORS SOUL FASHION



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coffee  
date?**



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with the new bugaboo fox

say  
‘YES!’

the new bugaboo fox is here to help you say ‘YES!’ to all the things you love to do  
visit [bugaboo.com/fox](https://bugaboo.com/fox) to find out how

*Pregnancy, the most  
beautiful days of your life.*



It's all about you.

## *Avoid stretch marks*

During pregnancy, skin tone is pushed to the limit. The skin's elastic fibres are tight and risk splitting, leaving marks.

### *Tonic Body Treatment Oil \$68*

Firms, tones tissues and helps prevent skin slackening by improving skin's tone and elasticity which helps minimise the appearance of stretch marks.

### *Stretch Mark Minimizer \$75*

Applied daily to targeted areas, this rich, creamy texture helps reinforce skin's support structure, prevent the formation of stretch marks and reduce the appearance of newly formed ones.

## *Beautiful, comfortable legs*

Make sure your legs stay beautiful throughout your pregnancy. They will have to support all the extra weight of your pregnancy.

### *Energizing Emulsion \$55*

It relaxes and relieves tired, heavy-feeling legs and promotes an immediate feeling of lightness and well-being. Essential oils and plant extracts leave the skin soft, supple and well moisturised.

To learn more, please visit:  
[www.clarins.com.au/maternity](http://www.clarins.com.au/maternity)



# CLARINS

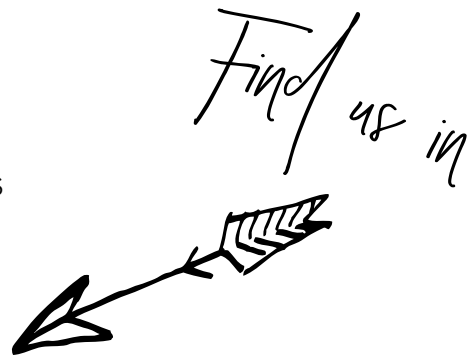


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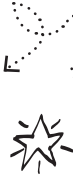


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# MAMA DISRUPT®



"Respecting and valuing my health, mind and body - giving myself permission to do the things that feed my soul."



**JESSICA JANE SAMMUT**  
FOUNDER + EDITOR-IN-CHIEF  
@JESSICAJANESAMMUT

What does self love mean to you?

"Treating myself daily to the simple things in life... flowers, coffee, vino or getting a mani."



"Soul time with my best gals - I always walk away on a high - heart full and so grateful for the laughter, love and support."



"A good face cream to start and end my day + always a kiss and long cuddle with my kids no matter how busy I am."



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We are incredibly lucky to work with a host of mind-blowing creatives in putting together Mama Disrupt® including stylists, photographers, writers, digital gurus, artists, illustrators and fashionistas. We may not be able to mention every individual by name, but each person has been an integral part of making these pages glow with love and inspiration. We are also indebted to our advertisers who are riding this incredible journey with us, believing in our dream. And finally, but by no means least, we thank YOU, our amazing tribe of modern mamas who make this soul sisterhood so special. We couldn't do it without you.

**PROUDLY MADE IN NOOSA (WITH THE HELP OF TEQUILA)**

**FOR JASON, ZAC + FINN**

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life without limit™

nano duo™  
go easy with two



new!

Mountain Buggy nano duo pilot,  
Anna Hewitt, mother of two  
San Francisco, United States of America

An incredibly lightweight side-by-side that delivers  
the perfect compact solution for city dwelling parents.

newborn solution

newborn ready  
for one or two,  
with the additional  
cocoon accessory



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\*limited edition only



learn more at [mountainbuggy.com](http://mountainbuggy.com)

SELF

LOVE



134

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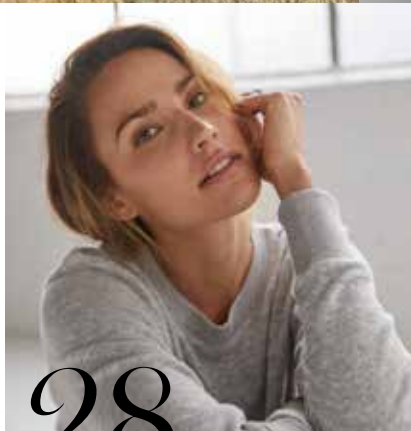
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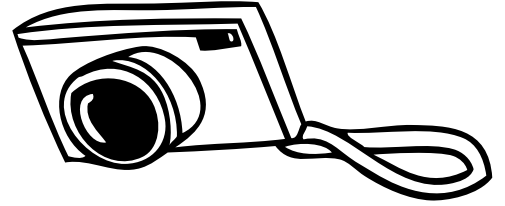
ON THE COVER  
Teresa Palmer

PICTURE: © Simon Lekias/Headpress





WORD



LOVING YOURSELF IS THE GREATEST REVOLUTION



## Vibe with Jess

We have so many amazing things happening this year, we are bursting to tell you! Follow our chief mama bear for bucket loads of inspiration, mama empowerment and a behind the scenes look at what Mama Disrupt® life looks like! It's ALL about the soul sisterhood. Become Jess's gal pal on insta @jessicajanesammut.



BE CRAZY ENOUGH TO KNOW YOU CAN DO ANYTHING YOU WANT IN LIFE.

Jess is passionate about living motherhood fearlessly and wants to shout it from the rooftops! Love your babies, but love yourself too. #selflove #mamadisrupt



@YOSOFINE\_



@LEGROUPCREATIVE

Thank you for all your love and support!



@THESE.ARETHE.DAYS

# MAMA WORD

## MD® SOCIAL SASS

We are loving all the pics you have been sharing with us @mamadisrupt. Here are some of our favs.

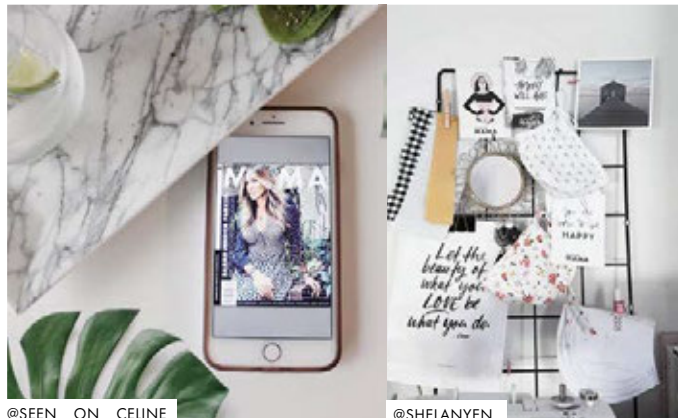
We head uptown, downtown and outta town to see what's vibing in our MD® HOOD.



### Join our daily motivation + conversation

We love your bones! Follow us @mamadisrupt, take a snap and show us how you #mamadisrupt. It might be having two minutes to yourself, enjoying a bear hug with your mini-me, sharing the cray cray of mum life, or just generally kicking ass. **WHATEVER IT IS, WE WANT TO SEE!**

Tag us #mamadisrupt @mamadisrupt



@SEEN\_ON\_CELINE

@SHELANYEN



@NEWMUMMYBLOGGER



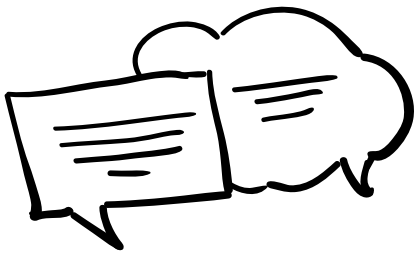
#BELINDAXIAILLUSTRATION



## Swoon + share

We want to see how you are enjoying your dose of MD®! Share your most creative pic of your Mama Disrupt® issue for a chance to be featured in our pages or on our social feeds.

Tag us #mamadisrupt @mamadisrupt



## Love Letters

"Mama Disrupt® – the only gang you want to join!" ~ **Romy Drew**

"MD® is a force to be reckoned with – my kinda fierce femmes!" ~ **Kayla Boyd**

"I've read your mag from start to finish (the first mag I've bought in two years AND read properly!) with a highlighter in hand and LOVED it! It's amazing, unfiltered and real. A must-read for all women!" ~ **@iamjanellecrawford**

"LOVING @jessicajanesammut and her empowering uplifting mag for women @mamadisrupt!! \*BOOM\* what a name. Go sister!" ~ **@purposeglobal**

"I adore your mag! It's such a breath of fresh air. I love how you showcase all the possibilities, not the restrictions on life!" ~ **@theculturedkid**

"I had been feeling like I'd lost my sense of self because I'd not stopped to look after myself or fill my cup with what makes me strong and fulfilled. But then I found Mama Disrupt®! Thanks a mill for the timely reminder! What you're creating for mums is so damn good!" ~ **@sarahkbreen**

"Today I discovered your magazine @jessicajanesammut. I am sooooo impressed. It is stunning, inspirational to women and the most beautiful magazine I have ever seen." ~ **Maree O'Connor**

"What an AMAZING publication you have created! I've worked for global publications for the last 15 years, but this is such a spot on and smart publication, not just the same ol' same ol'. Continue what you're doing and well done!!" ~ **Fiona Killackey**

"@mamadisrupt is a MUST-HAVE magazine for all mamas out there, filled with everything fashion and stylish related! In awe!" ~ **@thebubdesigns**

MAY YOU FIND THE JOY IN THE EVERYDAY  
AND THE LAUGHTER IN THE CRAZY @MAMADISRUPT

IN LIFE WE DO THINGS. SOME WE WISH WE HAD NEVER DONE. SOME WE WISH WE COULD REPLAY A MILLION TIMES IN OUR HEADS. BUT THEY ALL MAKE US WHO WE ARE. AND IN THE END THEY SHAPE EVERY DETAIL ABOUT US. IF WE WERE TO REVERSE ANY OF THEM WE WOULDN'T BE THE PERSON WE ARE. SO JUST LIVE. MAKE MISTAKES. HAVE WONDERFUL MEMORIES. BUT NEVER EVER SECOND GUESS WHO YOU ARE. WHERE YOU HAVE BEEN, AND MOST IMPORTANTLY WHERE IT IS YOU'RE GOING.



BUB STYLE @LUXE Everyday

I did a DNA test & found out I'm 100% Goddess #MAMAGODDESS

**FOLLOW OUR FEED**

@mamadisrupt

Join us over on Instagram + Facebook for daily inspo and SASS! We love chatting with you! #mamasquad



MOTHERHOOD @NEVEANDKNOX



TOTALLY LOGICAL @HOUSEOFWHITE\_

you are worth finding,  
worth knowing,  
worth loving.

you + all your  
one million layers.

always hold that close.

#SELFLOVE



THIS BEAUTY MAMA @CHELSEAJEAN @CADENCIA



## SALTY'S CORNER

Little Salty is having an awesome Autumn and is enjoying a super exciting 2018 so far on the Mama Disrupt® train of self-love!

We have so many exciting things on the horizon, but for Salty, as long as there's a bone, there's happiness...

Follow Salty's adventures on our social feeds

@mamadisrupt @jessicajanesammut #puppydisrupt



"You yourself, as much as anybody in the entire universe, deserve your love and affection." - Buddha



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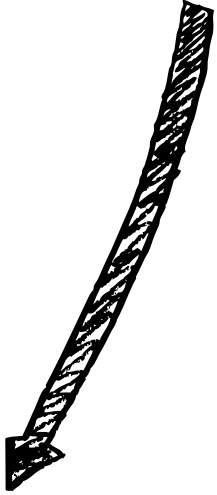


"Boys, let's play how long can we sit really still...!" LOL



VIBE WITH US [mamadisrupt.com](http://mamadisrupt.com) @mamadisrupt #mamadisrupt

# SELF-CARE ISN'T SELFISH



It's our first issue of the year! Woo! The kids are well and truly back at school, work is back on track, and we mamas are back in full mama-hustle mode (did we ever really switch off?!) It's life as usual as we find ourselves once again in the fast lane. Yep, 2018 has settled in, and the months are hurtling along at the speed of a toddler who has spied the chocolate machine.

Are we rested and reset? A little.

Are we starting to feel the frazzle already? Quite possibly...  
Which is where our theme of this issue comes in - **SELF-LOVE**.

With #mumlife becoming faster and more frantic with every day that ticks over, there's never been a better time to take stock and become aware of what it is to look after ourselves. The faster we go, the faster we need to go, and it's not a pathway that best serves our interests, nor that of our families.

I am currently reading an amazing book, *The Organized Mind: Thinking Straight in the Age of Information Overload* by Dr Daniel Levitin, and within it is the warning that our minds have a daily processing limit, that multi-tasking is a bad way to do nearly everything and that to function better and go further, we need to be careful about how we use up our mental power. Essentially, what the book says is that if we are constantly juggling a never-ending to-do list (and who isn't?), we need to make sure that we allow ourselves the time to decompress, recover, and revive. We need to **PRIORITISE OURSELVES**.

The lesson? Self-love isn't a frivolous over-indulgence, quite the contrary. Self-love is a necessary act in order to function optimally and be our best - for ourselves and for our families. Yo, we're talking science mama! Taking the time out to do the things that make our hearts sing charges up our souls, regenerates our minds arms us with patience and understanding (for those crazy kid days) and gives us the tools to be awesome human beings.

It makes us **HAPPY**. And a happy mama means a happy tribe...

So take some time out for **YOU**, **MAKE** it happen. Schedule it in like your bambino's swimming lesson. Run that bubble bath, start that project, go for that walk. Breathe. Let go. Soothe your soul. And smile, knowing that in doing so, you are not only positively changing your children's experience of you as their mother, but your experience of motherhood too.

You cannot pour from an empty cup mama, so don't even try...

#SELFLOVE

#MAMADISRUPT

Jess xo

FOUNDER + EDITOR-IN-CHIEF

CONNECT WITH JESS @jessicajanesammut #JJS

WHAT'S NEW

# What's New

COOL,  
HAPPENING +  
DOWNRIGHT  
AWESOME – THESE  
MAMA NEWBIES  
ARE ROCKIN'  
OUR WORLD!



## RUNNING FREE

The award-winning Bobux shoes have delivered yet again with the stylish new Hi Dimension kicks! These cute little sneakers have been designed to be super breathable and ultra-lightweight. Ahhh, we love it when there is attention to detail! Mamas with little critters on the go will applaud the abrasion-resistant toecap and high-flex sole – perfect for kids who push their shoes to the limit. You're also spoiled for colour choices with the range available in black, white and gold, grey and black, fuchsia and silver and blue. Take your pick!

**\$90-\$95 / [bobux.com](http://bobux.com) // [@bobuxshoes](https://www.instagram.com/bobuxshoes)**





# Tap and Listen

We are so excited about this product as we love anything that makes #mumlife easier! The Birde is a kid-friendly interactive media player that not only looks great but allows your little one to play their favourite music, audio book or video without having to handle a screen, mouse, remote control or keyboard. Pretty handy, right?! So how does it work? You simply purchase little discs called "Birde Seeds" that are magically loaded with popular kid content, including The Wiggles, Play School, Storybots, Counting with Paula, Dinosnores and much more. Then, all your child has to do is tap their chosen disc to the Birde console and voila, their activity will play! You can even sync it with a Smart TV or tablet to watch a video. It's completely washable and wireless too! Talk about G-E-N-I-U-S.

[birde.co](http://birde.co) // [@birde.co](https://twitter.com/birde.co)

## NATURAL WONDER

Let your babes delight in the wonder of learning with these gorgeous safe and natural toys by Mikoo Kids. We love the Secret Garden Crayon set which contains six natural crayons in the shape of cute garden visitors, including a bee, ladybug and butterfly. The hand-poured crayons are a blend of locally sourced beeswax, natural waxes and non-toxic colour pigments, while all of Mikoo's wooden children's toys are handcrafted from the finest wooden materials and finished with natural beeswax polish. You can also personalise the wooden toy collection with the name and birthdate of your mini-me!

**Crayons \$15.95 + Biplane \$30 / [mikookidz.com.au](http://mikookidz.com.au) // [@\\_mikookidz\\_](https://twitter.com/_mikookidz)**



## BAMBOO THREADS

We are loving the 'tude channelled in these chic threads from proudly owned and operated Australian children's label, Halo and Horns. With a passion for design, and inspired by their own miracle baby boy born at 30 weeks, their foray into fashion has been a strong one. Choose from a range of modern pieces for boo and even yourself, with a wide range of everyday pieces on offer. With fabrics so buttery soft, the happening label are big believers in comfort and long lasting wear; and use only the best bamboo and organic material for their clothes. Perfect for bambinos and kids aged between 1 to 5.

[haloandhorns.com.au](http://haloandhorns.com.au) //  
[@halo\\_and\\_horns\\_company](https://www.instagram.com/halo_and_horns_company)

### WHAT'S NEW



## NAPPY BAG SWAG

Looking for a baby bag like no other? Cue Alf the Label. The brand which has caught the attention of mamas worldwide (including our very own MD® chief mama, Jess), was started by a mum from Perth who couldn't find a baby bag to suit her edgy style. Fast forward just over a year and hundreds of modern mothers are now proudly toting these practical, but pretty, cow hide and leather nappy bags. Alf nappy bags can be strapped to any pram with their handy pram straps and come complete with cute accessories like a nappy change mat and dummy clip. Since launching, Alf the Label has also expanded its offering to include all sorts of other luxe goodies too – like smaller everyday handbags, wallets, and clutches which double as laptop cases for those working mums wanting something a little bit special. This chic label has thought of everything! WE LOVE.

[alfthelabel.com.au](http://alfthelabel.com.au) // [@alf\\_the\\_label](https://www.instagram.com/alf_the_label)





## BEACH HANGS

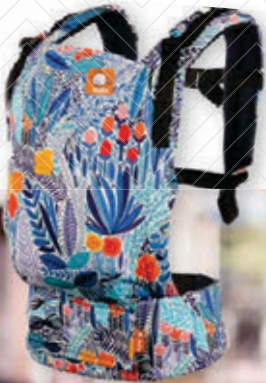
A towel that is designed in the shape of a hoodie? Do they come in adult sizes, too?! Wrap your kids in these adorable new-release hoodies by Australian label, Swoodi. Made from highly absorbent towelling, yarn dyed and woven into a modern grey and striped print, the unisex Swoodi also comes with two handy large pockets, big enough to carry beach gear, such as goggles, swim cap, keys, coin purse and much more! Leave the tote at home, mama! Run out the door with the Swoodi in tow for your babes – it's all you'll need!

**\$59.95 / [swoodi.com.au](http://swoodi.com.au) // [@swoodi\\_kids](https://www.instagram.com/swoodi_kids)**

## SLING SETTERS

Inspired by their own need for finding a baby carrier for their baby boy, Ula and Mike, the creators of Baby Tula, enlisted the help of Mike's grandma to sew a baby sling. It was close to perfect. What followed has been a remarkable journey into running a business selling custom baby carriers for families all over the globe. To experience the Baby Tula magic, try out the brand's rad Free-to-Grow Carrier – an adjustable baby carrier designed to grow with your child (3-20.4kg). In addition to all the features of Baby Tula's inward-facing, two-position standard and toddler-sized carriers, the Free-to-Grow Carrier also offers adjustable settings for width and height, ensuring proper, ergonomic positioning throughout the different stages of a baby's development with no requirement for an additional infant insert. We adore the variety of prints on offer, too.

**\$259 / [babytula-australia.com](http://babytula-australia.com) // [@babytulaanz](https://www.instagram.com/babytulaanz)**



## INTERIOR LOVE

From nurseries to teen retreats, Bam Interiors is all about creating seriously stylish spaces for busy mamas and their babes. Founder of Bam Interiors and mum of two, Talie Jordan, is super passionate about the impact that beautiful, organised and functional homes have on the wellbeing of modern families. Creating the most amazing interiors that not only inspire, but also feel good and work well for the whole family, Talie is a true talent (and super lovely too). Based in Perth, Bam Interiors offers design packages to clients worldwide and dishes out weekly kids' room inspo, practical advice and design tips over on their blog.

**[baminteriors.com.au](http://baminteriors.com.au) // [@baminteriors](https://www.instagram.com/baminteriors)**

## WHAT'S NEW



## SIMPATICA

Calling all minimalist lovers! For beautifully crafted accessories, put Simpatica on the top of your list. Designed in Australia and crafted using the finest leather in Indonesia, this chic Sydney label offers quality products in simplistic and authentic form. The current collection features 10 core pieces that are unisex and are available in black and tan, including the Mayfair Folio and Trinity Cardholder. Inspired by Phillip Lim, Acne, and Céline, the collection emphasises clean lines and an understated elegance of beauty in its purest form. The range includes embossed logo detailing and soft durable lining.

[simpaticacollection.com](http://simpaticacollection.com) // [@simpatica\\_collection](https://www.instagram.com/simpatica_collection)

## SCENE STEALER

Did we mention that we're a little bag obsessed here at Mama Disrupt HQ? Which is why the luxe leather range of bags by Toots + Co has caught our attention! Designed for longevity with the aim of becoming a treasured piece, the Toots + Co tote is especially a fav of ours offering an attach and detach feature for a Toots + Co clutch. Fill a large tote with all your baby or toddler needs, and use a smaller detachable clutch for mama-essential items. Neat! There's also a gorgeous backpack for mamas who want their hands free – so functional, yet super stylish!

[tootsandco.com](http://tootsandco.com) // [@tootsandco](https://www.instagram.com/tootsandco)



## RADICAL YES

Indulge your inner ballerina! Here's a statement ballet flat that will get you noticed. The Moon Dance square toe ballet shoe features unbeatable comfort for those days when you need to pound the pavement running errands inbetween school drop off and pick up. Featuring six eyelet cross-laced detail in homage to a dance shoe, memory foam padding lines the insole which makes them much more comfortable than your standard ballet flat. Style tip: for a vintage glam look, pair the shoe with a tiered, vintage velvet skirt with a fitted turtleneck knit and a coloured tight, or keep them weekend-easy with your favourite denim and an oversized knit.

**\$199 / [radicalyes.com.au](http://radicalyes.com.au) // [@radicalyes](https://www.instagram.com/radicalyes)**



# GO EASY WITH TWO



Introducing Mountain Buggy's answer for siblings or twins, the revolutionary lightweight SIDE-BY-SIDE nano duo™ delivers the perfect COMPACT solution for CITY-DWELLERS. Here's why it's a game-changer.

**G**etting around the city with only one child is often enough of a challenge, so when you find yourself having to venture out with two kids, what do you do? Hooray for Mountain Buggy, who have reshaped the world of double buggies by introducing the ultimate lightweight, compact, urban side-by-side buggy – nano duo™.

"As a company driven by values of innovation with an adventurous spirit, our dedication to authenticity has taken us from one edge of the globe to the other, delivering products that enable parents to live a LIFE WITHOUT LIMIT," says Campbell Gower, Mountain Buggy CEO.

Known as a brand that truly listens to what parents want and need through their 'pilot program', where families around the world experience their new products first and give feedback before the products are released onto the market, Mountain Buggy couldn't be happier, with nano duo™ changing #mamalife forever, making getting around with two kids easy. "Since having my nano duo™, I've been so much more adventurous!" says Becky Stannett, mama of twins. "It's narrow enough to get into our local cafe!" adds mum of two, Anna Hewitt.

Below are our top six features that make it such a game-changer. Ready for a city adventure?...



## 1 SUPERIOR MANOEUVRABILITY AND OUTSTANDING KERB POP

Cleverly engineered with perfect weight distribution, allowing you to easily 'pop' the front wheel up kerbs and obstacles.



## 2 ULTRA LIGHTWEIGHT

At just 9kg, nano duo™ makes pushing two that much easier.



## 3 EASY 2-STEP COMPACT FOLD

nano duo™ drops down into a compact fold size in an instant, perfect for those quick errands around town.



## 4 NEWBORN SOLUTIONS FOR ONE OR TWO

Compatible with the additional cocoon accessory for lightweight, newborn comfort.



## 5 FULL SIZED SEAT WITH DEEP RECLINE

With an extra tall seat of 66cm and the addition of a deep recline, it's great for a resting child or smaller passengers.



## 6 CARRY HANDLE AND SHOULDER STRAP

For even more convenience, the shoulder strap can be used for hands-free transportation on the go.





**“I AM DEDICATED TO  
RAISING CONSCIOUS-  
MINDED CHILDREN  
AND CREATING  
POSITIVE CHANGE.”**

# MOTHER TERESA

Confident, talented and REBELLIOUS, *Teresa Palmer* is not your average Hollywood star. A hard-working ZEN MAMA to her two SONS and STEPSON, and founder of a HOLISTIC REVOLUTION, Teresa proves you DON'T have to be PERFECT to lead a GOOD life – you just need to have your PRIORITIES straight.

WORDS // Karen Anne Overton

As the saying goes, when a child is born, a mother is born. And Adelaide star Teresa Palmer, knows this more than most, demonstrating without falter that growth and motherhood go hand in hand. Yes, motherhood equals “the juggle”, maternal guilt and the feeling you are only a whisker away from chaos, but it also equals courage you didn’t know you had, strength that stops at nothing, and joy that takes you to infinity and beyond. It makes you wanna shout, “I am mother, HEAR ME ROAR!”

When Teresa had to attend the Sundance Film festival at Park City, Utah, to promote her new film *Berlin Syndrome* last year – having only given birth to her second son, Forest Sage, just weeks previously – she refused to hide her role as a mother in the shadows, parked neatly out of the way for the event. Instead, the Aussie native took up the challenge with an elegant poise, and rather than relying on babysitters or in-laws, Teresa simply brought Forest along for the ride, with all that it entailed. “I like being able to travel with my kids and I consider myself very fortunate that I’m able to do interviews while my baby is right beside me,” says Teresa (“Tez”). “Most working women don’t have that luxury when it comes to their work.”

Balancing a thriving film career (Teresa writes, produces and acts) with being a wife to actor and

Teresa has embraced motherhood with an open heart (and mind) and regularly travels with her family while working.



director Mark Webber, a mum to four-year-old Bodhi Rain and one-year-old Forest Sage, a step-mum to nine-year-old Isaac, and chief caregiver to three dogs, Kohda, Luna and Cato, Teresa also finds the time to run two wellness and lifestyle websites. “You need to work harder to manage all your different responsibilities [as a mum]. You need to make sure you are spending enough time working on your relationship, just as you are on your career,” she says with a shrug and a smile, before revealing that motherhood has been as much a part of her great plan as forging a career as an A-list film star. “I’ve always looked forward to having children and I’m enjoying

everything that comes with that, but I’m also lucky to have a husband who is a dedicated and hands-on father, which is exactly how I am as a mother,” she says. “It all comes down to being good at juggling the different roles in your life.”

“Different roles” is something the 31-year-old has had an abundance of throughout her career, which began back in 2006 when she, then an ambitious young hopeful, was cast by indie filmmaker Murali K. Thalluri in high school drama *2:37*. The story tells of a normal day in the lives of six teenage students whose lives are intricately interwoven, which then turn to tragedy at precisely 2.37pm. But however uncomfortable and sinister the plot may have been for Teresa – playing







Teresa has enjoyed career success whilst balancing the “mama juggle” like a pro.

a young girl who is violated – the film was a triumph and lauded her arrival on the global stage.

While the role set her up for great success, there were several brushes with blockbusters that ended in disappointment – such as when she landed a lead part in the action film *Jumper* only to allegedly lose the role to Rachel Bilson, or when she was cast in the DC Comics superhero film *Justice League of America* only for the production to be cancelled. But equally, there have also been moments of unexpected glory in her career to date, such as when low-budget horror *Lights Out* became a global smash, along with the opportunity to work with legendary directors like Terrence Malick on *Knight of Cups* and Mel Gibson on his war epic *Hacksaw Ridge*. As motherhood is a roller-coaster, so apparently is the world of big screen success.

You get the impression that the typical Hollywood trajectory wouldn't suit Teresa, who has a fierce independent streak and a tendency towards rebellion, but it may be that she simply makes it work, her way. Penning her own feature with her husband in 2014 – *The Ever After*, it looks like more homegrown projects may soon be on the horizon, with Teresa's priorities shifting toward artistic satisfaction over box office promise. “Now that I'm older and a mother, I'm a lot more selective in terms of projects. I'm drawn to real. I just want real – characters that are steeped in a reality; strong women with a specific point of view,” she explains.



**“I'M A MOTHER  
– IT HAS BEEN MY LIFE'S  
MOST PASSIONATE  
DREAM AND HAS BECOME  
THE SOURCE OF MY  
GREATEST JOY.”**

As well as evolving her commitment to her values, motherhood has additionally had the inevitable effect of making the actress reconsider how much time she is away from home. “I think working on *Hacksaw Ridge* and *Berlin Syndrome* made me realise that I don’t want to work on anything but truly interesting and meaningful projects,” she says. “I love being able to spend time with Mark and the kids so much that I really only want to work when I have the chance to work with a great director and tell an interesting story.”

To further understand Teresa and her desire for authenticity and security, much can be learnt from her unsettled and, at times, tough childhood, her time spent between government housing with her mother, and her father’s farm in the Adelaide Hills. Her mother, a former nurse and missionary who named her daughter after Mother Teresa, has a long history with manic depression, which inevitably took its toll on the family. Acting, therefore, was not just a vocation for Teresa, but a safe space where she was able to exorcise her deep-rooted demons. “When I was asked to do *Lights Out*, I connected with the lead character because I also have a mother who suffers from mental illness. It was a therapeutic experience for me. I also drew on my relationship with my mother for my work on *Hacksaw Ridge*. I used a lot of her beautiful qualities – how very, very gentle and sweet she could be,” explains the star.

Realising the importance of self-care and the benefits a holistic life can bring, Teresa launched Your Zen Life ([yourzenlife.com](http://yourzenlife.com)) in 2011, a wellbeing website and community inspired by the Gandhi quote, “Be

## WORKING GIRL GOSS

### HOW IS IT JUGGLING MOTHERHOOD AND A CAREER? //

You know, it’s funny, I gave birth to my first son Bodhi, and oddly, that’s when I started to get all these great roles and opportunities. And traditionally, it’s not supposed to work out that way, it’s supposed to be the opposite. But I decided that as long as I was able to have my family with me wherever I went, for work, then I would always say yes.

### HAS MOTHERHOOD DEVELOPED YOUR CAREER? //

Something has definitely changed for the better. I think a lot of it has to do with the wave of change in Hollywood where female roles are much more enriched because women are increasingly dominating the box office, so the roles are strong and complex.

## TERESA’S BABY BUMP STYLE...



PICTURES: SHUTTERSTOCK/ALAMY

Teresa hasn’t let pregnancy stop her channelling pure elegance on the red carpet – but it’s really her natural beauty that shines through which captivates so many.

the change you wish to see in the world". After an encouraging response, Teresa went on to co-found the sister website, Your Zen Mama (yourzenmama.com) which is littered with beautiful and helpful advice for mothers, powerful stories, and candid snaps and videos of Teresa and her brood, proving that not all celebrities are obsessed with creating the commercial illusion of perfection. Naturally, this approach has led to criticism via internet trolls, but, like everything else, Teresa has taken it in her stride. After being chided for breastfeeding two-year-old Bodhi for example, Teresa posted a defiant but adorable snap of her son feeding, writing: "It's strange to me to think that we now fall under the 'extended breastfeeding' label. He still seems like such a baby to me and is still very dependent on me for so many things... but having his boobies is certainly his favourite activity and I assume it will be for much longer." Here is a woman who will not be swayed.

When a child is born, a mother is born. And this mother has found her wings. <sup>MB</sup>



Teresa is using platforms like Instagram and website, yourzenmama.com to bring awareness to everyday motherhood issues, sharing her own personal experiences as a mama.

# ZEN MAMA BITES

## TELL US ABOUT YOUR MINDFUL JOURNEY... //

My most exciting journey has been over the past few years. I have recognised a desire to go deeper, and with that I have delved into many different facets of myself, landing in a really authentic and contented place. I focus on living a life as mindfully as possible and I am dedicated to raising conscious-minded children and to creating positive change. I'm finally a mother – it has been my life's most passionate dream and has become the source of my greatest joy.

## WHAT'S ON YOUR MANIFEST BOARD? //

Mamas, children, farm life, various directors I want to work with, actors whose work I admire, women who use their profile to effect positive change, charity workers, authors.

## WHAT DO YOU BELIEVE IN? //

Manifesting for one. That you can reach any goal possible with the right frame of mind. That you can heal so much of your present state by delving into your past and recreating new ways of relating to childhood experiences. That the state of pure presence can help you instantaneously find contentment.

## WHERE DO YOUR PASSIONS LIE? //

Raising my kids first and foremost, it's my favourite thing in the world. Conscious living, being mindful to all I encounter. I'm such a deep seeker, I love learning more and going deeper within my relationship to myself as well as my connections with everyone I interact with. Growing and learning is a huge passion for me.

## WHAT ARE SOME OF YOUR FAVOURITE LIFE LESSONS? //

I have learnt that I'm enough just the way I am and that states of comparison are detrimental. I can now tap in to all of my quirks, uniqueness and individuality – it's these things that

make me shine. I was always running away from that which made me different. [I now] embrace all aspects of [my]self and lean in to who I really am.

## WHAT DO YOU FIND MOST CHALLENGING ABOUT BEING A PARENT? //

The biggest challenge is that there is no break at all. You're always someone's parent, so that intense love, the worry, that dedication, the time spent, the thoughts whirling around, the hoping and praying that they'll be okay, feel okay, will be happy – is always prevalent. But in all that confronting and complex stuff, the fact that we should be so lucky to love and care for someone is the greatest gift and blessing in the world.

## HOW DO YOU LIKE TO SPEND THE DAY WITH YOUR TRIBE? //

Poolside, hubby, kids plus other close friends and their families, great organic yummy food, music on, kids laughing, deep connected conversations and then finishing the night with family Mariokart and pizza.

## HOW DID YOU CHOOSE YOUR KIDS' NAMES? //

I love the meaning of Bodhi – it means Enlightened One. Bodhi chose his middle name through a dream three days before he arrived. I have always loved Forest's first name since I was a child. I knew I was pregnant because I dreamt of him and he told me his name.

## NAME FOUR THINGS YOU CAN'T LIVE WITHOUT... //

Kids podcasts for car rides – Storynory is a favourite. A king-sized bed for all that co-sleeping. Red wine!

\*Source // yourzenmama.com

# Your essential breastfeeding companion

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**AVENT**

Rachael's love for sport in her early years has now come full circle with the launch of her online health program.



# BODY LANGUAGE

She's the MOGUL and mama-of-two who's carved out her own space in the WELLNESS world. *Rachael Finch* is living her best life – and now she wants to INSPIRE others to do the same.

WORDS // Kathryn Madden

**R**achael Finch's resume may as well be sprinkled in sparkles. She shot to prominence on the world stage representing life downunder in 2009 as Miss Universe Australia; the following year she shimmied into sequins for *Dancing with the Stars*; today she glides down red carpets in graceful gowns and sports glossy blow-drys on magazine covers.

And yet her story is rooted in a much simpler reality: a childhood building dirt castles in far North Queensland; a passion for wellness carried into a career; and now, the glorious and humbling experience of motherhood.

Rachael's first love as a child was always sport. "Mum says she can remember me running down the athletics track with nappies on," says the 29-year-old, who once had her sights set on competing in The Olympics in long jump. But that wasn't to be. As a gangly 15-year-old she was instead approached by a model scout at the airport, which led to jobs in Singapore, London and New York, a spot in Miss Universe (where she placed fourth), and then Channel 7's *Dancing with the Stars*.

"It was one of the most significant times of my life," says Rachael of her foray into foxtrot. Not only did the ballroom dancing competition ignite her passion for movement – "I love that dance is a mind/body/soul exercise," – and kick-start her TV and radio presenting career, it also sparked a love story. Rachael fell for none other than her Ukrainian dance partner Michael "Misha" Miziner. "I was swept away – I think I had my toothbrush in his house three weeks after we met!" she recalls. "He asked me to marry him six months later."

The couple tied the knot in Sydney in January 2013, discovering they were expecting their first child on their honeymoon. "I really enjoyed being pregnant," says Rachael. "It's such a special time. It's the only experience with just you and the baby, and that's your nine months of bonding." Giving birth to baby Violet in September 2013, Rachael remembers a seismic shift the moment the tiny newborn was placed on her chest. "Your perspective changes completely," the self-confessed health nut muses. "Until that day all you've really been thinking about is yourself, but when you become a mother you have this little soul relying on you 100 per cent."

Even with Violet a gurgling bundle of joy, Rachael still endured the emotional jumble of sleep-deprived







**"SOMETIMES LIFE CAN BE REALLY OUT OF WHACK, BUT THOSE DAYS ARE ACTUALLY THE ONES THAT MAKE YOU STRONGER. YOU GROW ON THOSE DAYS."**



"Motherhood is a balancing act," say Rachael. "You've got to just try to keep ticking off the different elements of life."

nights and dazed days that come with all entries to motherhood. "You're in the field of the unknown, you're so new to everything and you're playing the guessing game. And there's this child and they're crying or sleeping or waking..." Ultimately, Rachael found her answers by looking inward. "For me, it was about listening to my body and intuition, and trusting that I had the answer," she says.

This philosophy – listening to your body – seeps into Rachael's entire world, in fact. After the arrival of baby number two, Dominic, last March, along with her work as a Channel 7 presenter and Myer ambassador, the "mama juggle" got real. "It's a balancing act. You've got to just try to keep ticking off the different elements of life," says Rachael. "It's nearly impossible to get the family time, the social time, the you-time, the fitness time, the time for good food, the time for good sleep. It's about constantly looking at your picture of life and thinking, 'What's a little bit out of whack today? What do I need to focus on so that my body and my soul can stay content?' Sometimes it's really out of whack, but those days are actually the ones that make you stronger – you grow on those days."

Her love for her two little ones is boundless – "Seeing them smile is my favourite thing," – but Rachael takes care not to lose herself along the way. "I'm the queen of me-time," Rachael says candidly. "It's my coffee on the balcony in the morning. Or I say to Misha, 'Do you mind if I get up at six before you guys and run to yoga? Or on my way home from work, do you mind if I stop and have a sauna?'" It's the

little rituals that keep Rachael mentally strong and physically fit for whatever the day may bring.

All earth-mama ease and upbeat energy, it has to be said that Rachael certainly seems to be doing something right. "It works for us," she says simply, demonstrating her aversion to mummy-judging or -shaming. "You never know what someone else has been going through – never ever assume that someone's life is a particular way. You don't know what goes on behind closed doors."

Rachael knows only too well the negativity that can be bestowed upon mums, having been the subject of a media pile-on in 2016 herself when a weekend magazine reported that two-year-old Violet spent every weekend at Rachael's mother-in-law's. The family addressed the comments at the time – their weekly schedule is unconventional with the kids coming to work and often travelling with the couple during the week, and that they value their children's relationships with their grandparents (during this interview, Sydney-based Rachael is in Melbourne reporting for Channel 7, her husband and children in tow).

These days, Rachael is focusing on empowering other woman, launching Body by Finch ([bodybyfinch.com](http://bodybyfinch.com)) this month, an online health program combining workout videos, meal plans and Rachael's personal beauty hacks (note: her skin glows like a Valencia filter). "Everything's quick and easy – meals on the table in under 30 minutes, and workouts in under 30 minutes so you can do them while

## RACHAEL'S TOP 5 HEALTH + FITNESS TIPS FOR MUMS

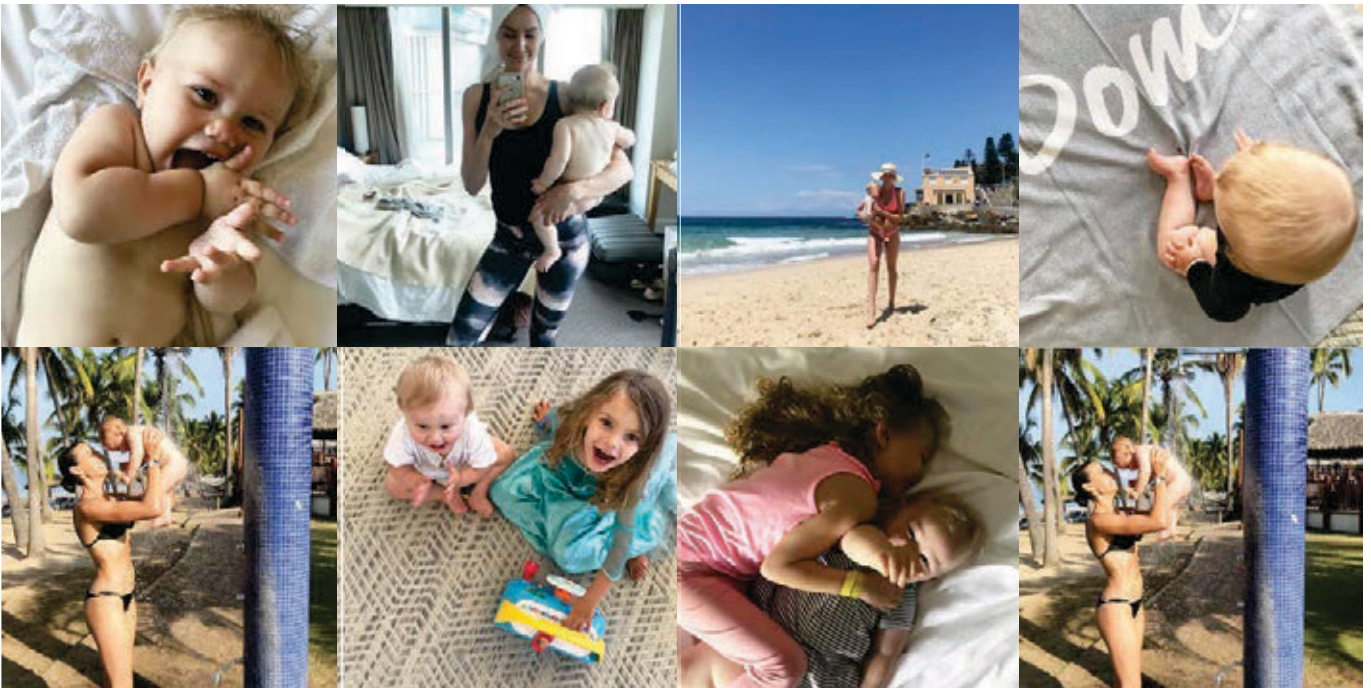
- 1 // Take it outside – a long walk pushing the pram gets the heart rate up.
- 2 // Sneak in a quick workout at home while your baby sleeps.
- 3 // Make healthy snacks with your children – Violet, 4, loves to help make protein balls and smoothies.
- 4 // Exercise at the park while keeping an eye on your children playing.
- 5 // Learn to listen to your body – you want to be the best version of yourself for you and your family.

the kids are napping.” Unlike some regimes, it’s not centred on how the body looks, but how the body FEELS – including a meditation and mindfulness element, of which Rachael, a certified health coach, is an avid participant. “It would be an absolute dream to see women around the world doing Body by Finch and getting happy, healthy and fit,” she affirms.

With a 225k-strong Instagram following, the mogul delights in connecting with like-minded women. Her insta feed is a collage of daily life in the Finch/Miziner household: smoothie recipes, snaps of Violet (now four), commentary on one-year-old Dominic, fitness videos and inspirational quotes. “I have so many beautiful women contact me asking what they should feed their babies, what I eat and my kids’ sleep patterns... I love being able to share my tips as I’m always reading and researching.”

For now, Rachael is set on soaking up life’s little joys: beach days with the family, bubble baths, cooking with Violet, breaking into a salsa with Misha, and perhaps down the track, baby number three. While work shows no signs of slowing down – she’s also launching a dance-inspired activewear range, B.O.D by Rachael Finch ([bodbyfinchapparel.com](http://bodbyfinchapparel.com)), an ode to her and Misha’s early romance – she considers her primary job title “Mama and Wife”.

Nearly a decade after sambaing onto our screens, Rachael is the same but different. She may have traded in her pageant crowns for prams, and the ballroom bling for burpees, yet somehow, she hasn’t lost a hint of sparkle. MB



Whilst her career is self-fulfilling, Rachael is adamant that her most important role will always be “mama and wife”. Family time is everything with the awesome foursome finding joy in life’s everyday moments at home and spending time outdoors being active.

# THE NEXT GENERATION: BUGABOO FOX

Bugaboo are always one step AHEAD when it comes to design + their latest INNOVATION is no different – say HELLO to the NEW Bugaboo FOX...

Long-time innovators of luxury prams, Bugaboo have once again brought smart design and sass to the forefront of the mama runway, with the latest must-have pram for the modern parent – the Bugaboo Fox. A pram to be seen with (subtext: it's uber cool), offering style and class in abundance, not to mention European engineering, the Bugaboo Fox is high on the HOT list of high profile mamas, perfect for flitting about town, a double cap in one hand (or in the Bugaboo Cup Holder) and the Bugaboo Fox in the other. So what is all the fuss about? We get the lowdown...

## // ULTIMATE COMFORT + EASE

The Bugaboo Fox is the queen of single-handed navigation. Yep, breeze around tricky corners and busy streets with race car precision, thanks to the advanced all-wheel suspension. Effortless pushing and steering? Check. A bump-free ride? Yo mama! Driving the Bugaboo Fox feels like a dream. Features include easy grip one-handed steering and an adjustable handle bar. We also love how the seat is positioned at optimal height, making it a cinch to lift bebe in and out. The ergonomic shape and partly flexible material mean the seat adjusts to fit the shape of your child too, while still providing support. Plus, a large basket under the seat means you can carry all your essentials on the go. Did we mention babies make fab shopping buddies?

## // LIGHTWEIGHT + COMPACT

One of the reasons this pram is so revolutionary and coveted is its super simple one-piece fold, making it easy to transport or put aside without getting in anyone's way. Basically, it folds up to nothing! "Creating a pram that is sturdy and lightweight comes

down to a combination of clever engineering and design," explains senior designer, Marco Nieuwenhuizen. "It takes a lot of calculations to get it just right." And get it right Bugaboo have. Coming in at under 10kg, the Bugaboo Fox feels strong, yet it's as light as a feather, much like a Lamborghini.

## // SUSTAINABLE + STYLISH

And finally, the Bugaboo Fox is a lesson in sustainability. The core fabrics alone are made from 92 recycled PET bottles. "The Bugaboo Fox is a serviceable, modular design, but the parts are sustainable too," says Marco. And as with most Bugaboo prams, you can replace and update your fabric to suit the season (or your next child), easily removing it to extend the lifecycle of your pram, or simply to create a new look, choosing from a wide range of colours. Plus, the fabrics are machine washable, and also protect from the harshness of the sun. And if you already have a toddler on the run? You can attach the Bugaboo Comfort Wheeled Board, perfect for a second child. Too easy!



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A LIFE LESS ORDINARY

# THE ACE RACE

WORDS // Amy Molloy

Beach days,  
#bossmama  
dreams + road  
trips. As the head  
of a **NOMADIC**  
family, Jes White  
**SETS THE PACE**  
for a life free of  
stress - and  
**FULL OF**  
**ADVENTURE.**





"I want our little ones to remember lazy mornings, painting rocks in the nude and swimming in the ocean until sunset."



Jes White's first born son, Ace, was just four weeks old when he undertook his first overseas adventure to Hawaii to watch the Pipe Masters Surfing Competition. "We were expecting to take a six-week-old, but Ace was cosy in the womb and was born two weeks late," exclaims Jes, "Honestly though, that newborn stage is such a good time to travel. He was a sleepy little koala and slept the entire flight, there and back."

In his passport photo, Ace – who is now four years old and has a younger sister, two-year-old Lux – is almost unrecognisable. "He was only two weeks old in the photo," laughs Jes. "He was so asleep we had to strip him naked to get him to open his eyes. Thankfully, the photo was approved."

Today, custom officers enjoy a good smile looking at the passport photo whenever the family travel – and they travel a lot! A self-proclaimed "day dreamer and sun chaser", Jes and her husband Rad split their time between their home in Noosa and Bali, where they escape every time winter hits the Southern Hemisphere.

On her Instagram page, The Ace Life, which she set up six months into motherhood, Jes relays the family's free-spirited adventures, crediting husband Rad with introducing her to the "barefoot, nomadic lifestyle" when they were just teenagers.

"Each summer since I was 19, we would go AWOL and live in his panel van, travelling the coast of Australia," she says, "We had the mindset that the babies would fit into our lifestyle." And, it seems they have.

Despite running her own hat business, The Rad



This modern family spend the year chasing the sun, splitting their time between Noosa and Bali.



Folk, Jes juggles her tribe and love for everyday adventure. More than 11,000 Instagram followers are hooked on her images of sandy beach cuddles and Balinese adventures. And, she believes the lifestyle is helping her children thrive.

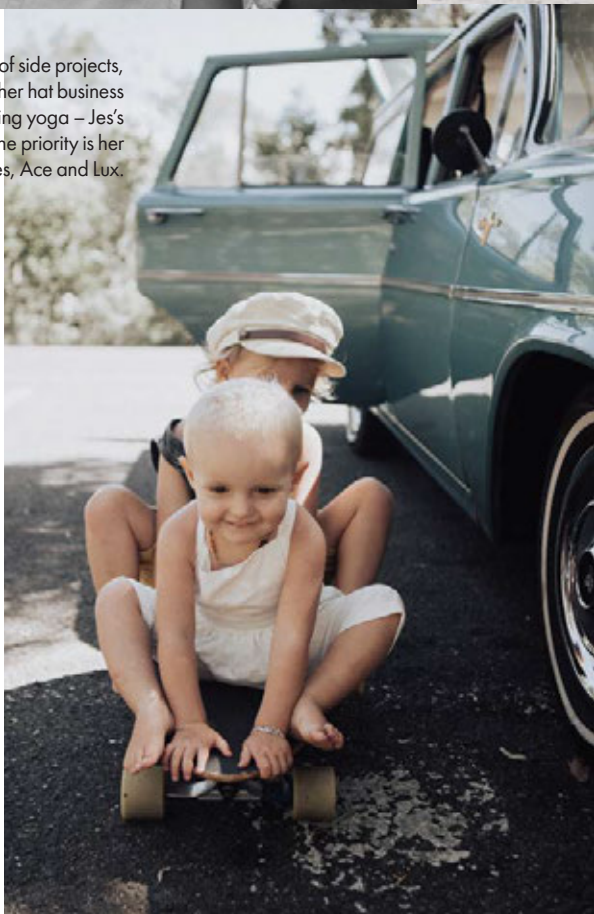
"Ace, in particular, is in his element whenever we are travelling or in a different country," says Jes, "He is a social extrovert and loves having new people to talk to each day. He can speak about 50 words in [the Indonesian language] Bahasa and is always trying to teach his little friends."

The quieter of the siblings, Lux (a name meaning "light") has also taken to travel naturally. "When I fell pregnant with Lux I thought I would change [the name of my Instagram page] to include her name, says Jes, "But I wasn't able to





A juggler of side projects, including her hat business and teaching yoga – Jes’s number one priority is her babes, Ace and Lux.



come up with anything creative that incorporated both their names. Lux is pretty obsessed with her big brother, so I don’t think she will mind – hopefully!”

Originally from Newcastle, the family relocated to Noosa in July 2016 to chase a tropical existence amongst the palms. From there, Jes launched her business. “The Rad Folk is still a newborn,” she says of her headwear brand that went live in December 2017, “Now I think back, it probably wasn’t an ideal time to start a new business. My husband works away a lot and we have no family or help here on the Sunshine Coast. There has been a lot of staying up until 3am getting things ironed out, whilst my babies are in dreamland.”

Now three months in, the business, although in its infancy, is already growing. Also a yoga teacher, the extra string to her bow has forced Jes to set boundaries – of sorts. “I definitely don’t think I have the time management worked out yet,” she says, “My general rule is that, when the babes are awake, they are my priority. So I get all of my work done and fill my cup once they have gone to bed for the night. Overall, I am grateful that I have found something that I feel passionate about and it doesn’t take me away from being with my family, just my pillow!”

A new start-up also means a second Instagram account to manage (Jes prefers to keep her personal account and side-hustle separate). “Running two Instagram pages is a new experience for me,” she says, “I am finding a lot of differences in posting from a business aspect compared to a lifestyle aspect. My business page is growing and I am gaining different followers from The Ace Life page which is cool.”

She is thankful for two late-risers (both kids can sleep until 9am on a good morning), which leaves time for Jes to practise yoga, followed by 10 minutes of meditation. “If the kids are awake when I meditate they generally, not so quietly, sneak beside me, pick up a crystal and join in,” says Jes, “They haven’t always done this, but I have found that over time it has been a natural progression. Hopefully they carry [the ritual] on in their lives.”

It’s not *all* ohming and peaceful days in the sunshine, however. On her Instagram feed, Jes is honest about her parenting worries and reaches out to her social media community for support, whether it’s for tips for transitioning a child from daycare to kindy, or how to cope with an over-emotional toddler.



## A LIFE LESS ORDINARY



Jes thrives on a nomadic existence and loves her hippie family life.



Becoming an Instagram influencer has also led to real-world connections. "My Instagram friendships have made moving interstate so much easier," she says, "Prior to moving, through my social media platform I had already connected with some amazing mamas that I hadn't even realised were on the Sunshine Coast until they mentioned it when they saw I had moved. Now we catch up weekly! Our kids also call them by their Instagram names often, which is hilarious." Many of the women are also ball-juggling entrepreneurs. "These girls are absolute boss mamas and have definitely been my mentors and role models," she says, "When women support each other, incredible things happen. I definitely would not have been able to open The Rad Folk without those mamas by my side, supporting and inspiring me."

Making the "sea-change" to Noosa was a game-changer. "We were starting to feel like the city we were living in was out-growing us," says Jes, "It is so easy to be swept up in the race to the finish line. We have always followed the motto of "work to live, not live to work". Our move to Noosa helped to maintain this goal of ours. We can hear better, we can think better and we don't sweat the small stuff."

For a family who likes to live outside the lines, life still moves quickly however. And on top of a new business, the couple are now expecting a new arrival too. "This year we will be becoming a family of five!" reveals Jes. "No matter how many times you see those two little pink lines on a pregnancy test, it is always just as exciting as the first time! We can't wait to meet our new addition." →

"We have always followed the motto of 'work to live, not live to work.' Our move out of the city has helped. We can hear better, think better + we don't sweat the small stuff."






# HOW TO FIND FREEDOM AS A MAMA

**LEARN TO SAY NO** // There is no prize for being the busiest, most tired or burnt out mother on the planet. Mama time is precious and necessary, so work out what makes you and your family happy, and prioritise.

**FIND BEAUTY IN THE MUNDANE** // Motherhood can be a mundane and challenging gig. Fill your house with your favourite flowers or burn your favourite candle while having your morning tea. Take time out to create enjoyable moments. It is up to you to fill your cup any way you can.

**MEDITATE** // I might sound like a new age hippie, but seriously this works. Find 10 minutes in your day, every day, where you can sit, shut everything off and just breathe. The benefits that come from calming the mind are indescribable. Your family will think you ducked out to the day spa... almost!

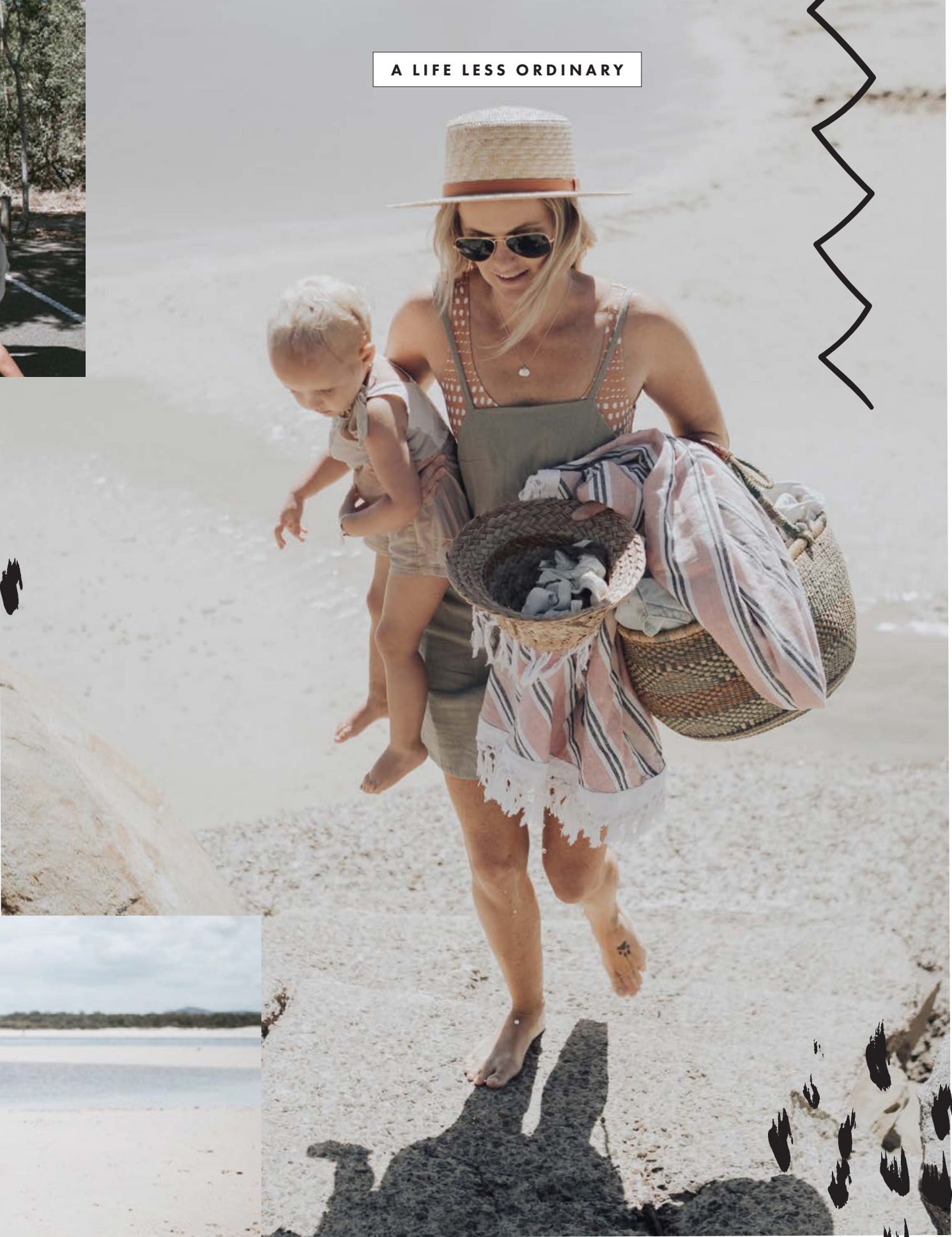
And rather than press pause on their travels, their latest pregnancy has only inspired them to go further. "We recently made the decision to try and only visit new countries, so a New Zealand trip might be on the cards next, or maybe Canada," says Jes, "I am not entirely sure yet, we will see which way the wind blows. More than anything, I want to be present [as a parent]. I want our little ones to remember lazy mornings, painting rocks in the nude and swimming in the ocean until sunset. I want to be there every step of the way." 

A big believer in self-love, Jes takes 10 minutes out of each day to just breathe – "the benefits that come from calming the mind are almost indescribable".





A LIFE LESS ORDINARY





# Go Beyond Organic

Go beyond organic with the world's only toddler drink made with milk from **100% certified Grass Fed cows**.

**MADE IN NEW ZEALAND**



SELF-LOVE



# LION HEART

She's suffered miscarriage, DARK DAYS in her high-profile marriage and the vitriol of online trolls, yet *Kayla Boyd* is one FIERCE mama who radiates a ZEST for life and EXUBERANCE as she spreads her message of EMPOWERMENT and SELF-LOVE.

WORDS // Nicole Madigan





S

he's only 30 years old, but already mum-of-one Kayla Boyd has experienced the sorts of extreme highs and lows most of us can't imagine. Having embarked on a

path to career success at just 14 years of age, Kayla made her mark in real estate while simultaneously chasing her dreams, the latter leading her to travel the world.

"All I knew was that I wanted to work hard and achieve great things from a young age," says the effervescent Kayla. "I've always been very independent. If there was something I set out to do – I always achieved it. I launched an agency in Wellington, started an online dress boutique then later opened a flagship store in Newcastle in 2013."

The clued-up brunette now runs the successful website and blog, *Adored by Kayla Boyd* and is set to release her first book in June. "It's something I have always wanted to do and I've been working on it for a while," shares Kayla. "I love being a conversation starter, and I am so grateful to be able to do what I am most passionate about, to be my own boss and be as creative as I can be."

But while Kayla's success is something to be admired, even envied, she has also endured her fair share of extreme hardship, starting as a young teen when she suffered kidney failure, narrowly surviving. Years later, tough times struck again when Kayla watched her super-star Rugby League husband, Darius Boyd, who she married in 2012, slip into darkness due to severe depression. Despite her best efforts to help her partner, Kayla eventually made the difficult decision to leave her high-profile marriage which was suffering immensely under the fog of her husband's mental illness. "It was probably the most painful time in my life to be honest," she says. "Darius went from playing his best footy, to his worst. He had never experienced that kind of failure in his career and he didn't know how to cope – I didn't know how to deal with that."



"I felt alone, empty, emotionally exhausted and drained. It affected our marriage in every way possible, it tore us apart," recalls Kayla. "I left, and it was the best thing I could have done because it allowed Darius to see his life for what it really was. He quit football and he got the help and support he needed."

Reuniting with Darius after he began to acknowledge his demons and turn his life around, things began to look up. In fact, following the rekindling of their marriage, the Boyds soon began planning their family expansion, starting with their daughter, Willow.

While the pregnancy was difficult – Kayla suffered from Hyperemesis Gravidarum and the pair's home was robbed during this time – motherhood came naturally to her, eliminating all memories of the extreme nausea she'd previously endured. "I was grateful to have a healthy baby and I was ready to move forward in this next chapter of motherhood," explains Kayla. "However, everybody's advice was so negative regarding parenthood. We got the impression that having children was going to be so hard and that our lives

Kayla's openness about her personal struggles has allowed her to reach out and help others who have gone through a similar experience.

"SOME DAYS WE WILL BE KILLING IT AS MOTHERS. AND OTHER DAYS WILL BE A COMPLETE WRITE-OFF. AND THAT'S OK. I COULDN'T BE PROUDER TO BE A WOMAN. MORE OF US ARE LIVING OUR TRUTH."

it went to," shares Kayla. "The breakdown moment for me was when I read a comment where someone told my husband and I to go and kill ourselves and to put Willow into care. I was in total shock."

But with as much negative uproar as there was, Kayla also gained an abundance of support, and true to her typically optimistic approach, she managed to view the experience as a positive one. "I have no regrets in sharing what I went through," states Kayla. "Nobody has the right to tell anyone what to do. I'm not ashamed about my decision, it was the right one for me and my family at the time. And in turn, I know I have helped thousands of other women. That's where the substance lies in everything I do – in helping others. That's what nourishes my joy."

But, it didn't stop there for Kayla. Fifteen months after having Willow, Kayla suffered from Perinatal Depression, perhaps the result of so much emotional turmoil. "All I remember is I couldn't stop crying and I didn't know why at the time," recalls Kayla. "I felt empty and alone. I didn't want to let my husband see me suffering, because I was the one who needed to be strong for him." However, it was Darius' moment to step up and be there for Kayla, and with his support Kayla was able to begin her journey to recovery. "With his own experiences of mental health, he was, and still is, such a positive influence," says Kayla.

After guidance from a holistic life coach and GP, Kayla also made the conscious decision to take a break away from her chaotic lifestyle. "When we moved into our new home, I took a break from everything," says Kayla. "Now I read a lot of self-

would be over – so we were expecting the worst. But we got an angel baby!"

And the pair were overjoyed when they found out they were expecting again just six months later. "We were beyond thrilled, we were so excited!" Sadly though, Kayla miscarried six and a half weeks into the pregnancy. "I was devastated. I felt as though my body had failed me," recalls Kayla. "We were thankful to have Willow, she was our saving grace – so we decided to put our hearts and souls into her. Another coping mechanism was devoting time to my work and career. It was a way to keep my mind distracted in a positive way. To have a focus outside of motherhood has always been an important factor for me."

As a result of the emotional impact of the experience, and a change of mindset, Kayla made the controversial choice to terminate when she fell pregnant again just a few months later. Her decision to share the experience on her blog led to an additional challenge, as online trolls unleashed.

"I knew there would be some negativity, but not to the extent

help books and affirmations, meditate as often as I can, nourish my body with good food and surround myself with good people.”

Since positioning herself as an open book and having been through such varied life experiences, Kayla now receives thousands of emails from people seeking advice on a range of issues, from mental health, to relationship battles, to pregnancy, to miscarriage. “I want people to know that Darius and I are relatable and we go through the same issues as everyone else,” says Kayla. “I know that there are millions of other women in this world who have gone through similar experiences, and I hope that by being so open and honest it encourages a movement for change, and dissolves stigma.”

Of course, of all her ups and downs, Kayla sees her daughter Willow as her most momentous achievement. “Becoming a mother has made me realise that I am fierce beyond measure, that I am brave and that I really can handle anything that comes my way. I’ve found a new richness in life. Motherhood brings out the inner child in you, and delivers you the biggest blessings yet the biggest lessons that you’ll ever learn.”

Being able to connect with other like-minded women has made the experience that much more enriching for Kayla, while at the same time allowing her to successfully launch her business. “I enjoy speaking my truth and sharing my story,” explains Kayla. “I am so lucky that I am able to make a living out of what I do. I feel good that I am able to contribute to our family financially. I love helping people, and knowing that I am making a difference makes my heart full.”

Which leads to the million dollar question. How does this mama bear balance her busy career with being a mother? “There isn’t the perfect balance. It’s just whatever works,” reveals Kayla. “Some days we will be killing it as mothers, and other days will be a complete write off. And that’s okay. Willow is in daycare three days a week, so I prioritise my



SELF-LOVE

**KAYLA'S TOP  
5 WARDROBE  
STAPLES FOR THE  
BUSY MAMA**

1. AN OVERSIZED WHITE SHIRT
2. A PAIR OF MID-RISE JEANS
3. A CLASSIC WHITE TEE
4. A LINEN SLIP DRESS
5. A PAIR OF KILLER SUNNIES

A grateful Kayla hopes  
that Willow is  
fearless in the pursuit  
of her dreams  
and happiness.






work on those days. When she's home, I am 100 per cent present with her."

But it's a conscious decision by Kayla to be so strong, with the young mama making a concerted effort to be mindful and to focus on finding the best in everyone – including herself. "I practise mindfulness and self-love every damn day!" she says. "I always have my essential oils diffuser going at home!"

While Kayla isn't showing any signs of slowing down when it comes to helping others through life difficulties similar to that which she has endured, her number one goal is to impart some of her hard-earned wisdom to Willow. "I hope that she lives her life fearlessly and unafraid. I hope that she has the strength to be discerning as to the things in life that do not serve her, and the courage to stand up for herself and speak her mind."

And to the women who have come to depend on her advice? "Remember: never a failure, always a lesson. You're only confined by the walls you build yourself. Choose optimism, it feels better." 



LIFE PHILOSOPHY // "NEVER A FAILURE,  
ALWAYS A LESSON. YOU'RE ONLY CONFINED  
BY THE WALLS YOU BUILD YOURSELF."



A WALK.  
A DEEP BREATH.  
A HUG.  
A MOMENT  
OF SILENCE.  
A SMILE.  
YOU DESERVE  
ALL OF THESE.



# #mumlife



# ARTIST TAKEOVER

ANA JARÉN



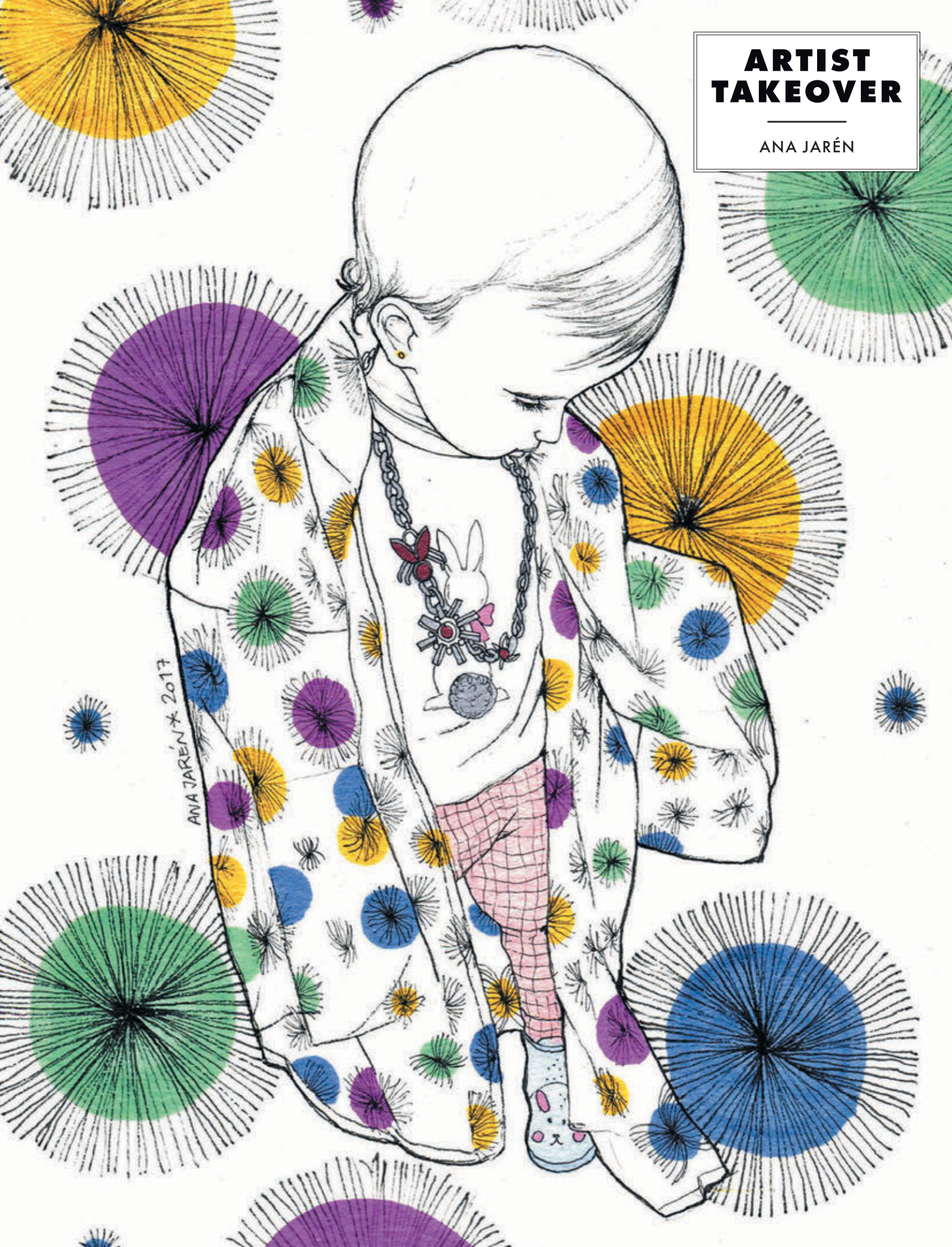


THIS PAGE, CLOCKWISE FROM TOP: GALA 1 MONTH, CORTEZ, GALA 8 MONTHS, DONUTS  
OPPOSITE PAGE: GALA 14 MONTHS



**ARTIST  
TAKEOVER**

ANA JARÉN

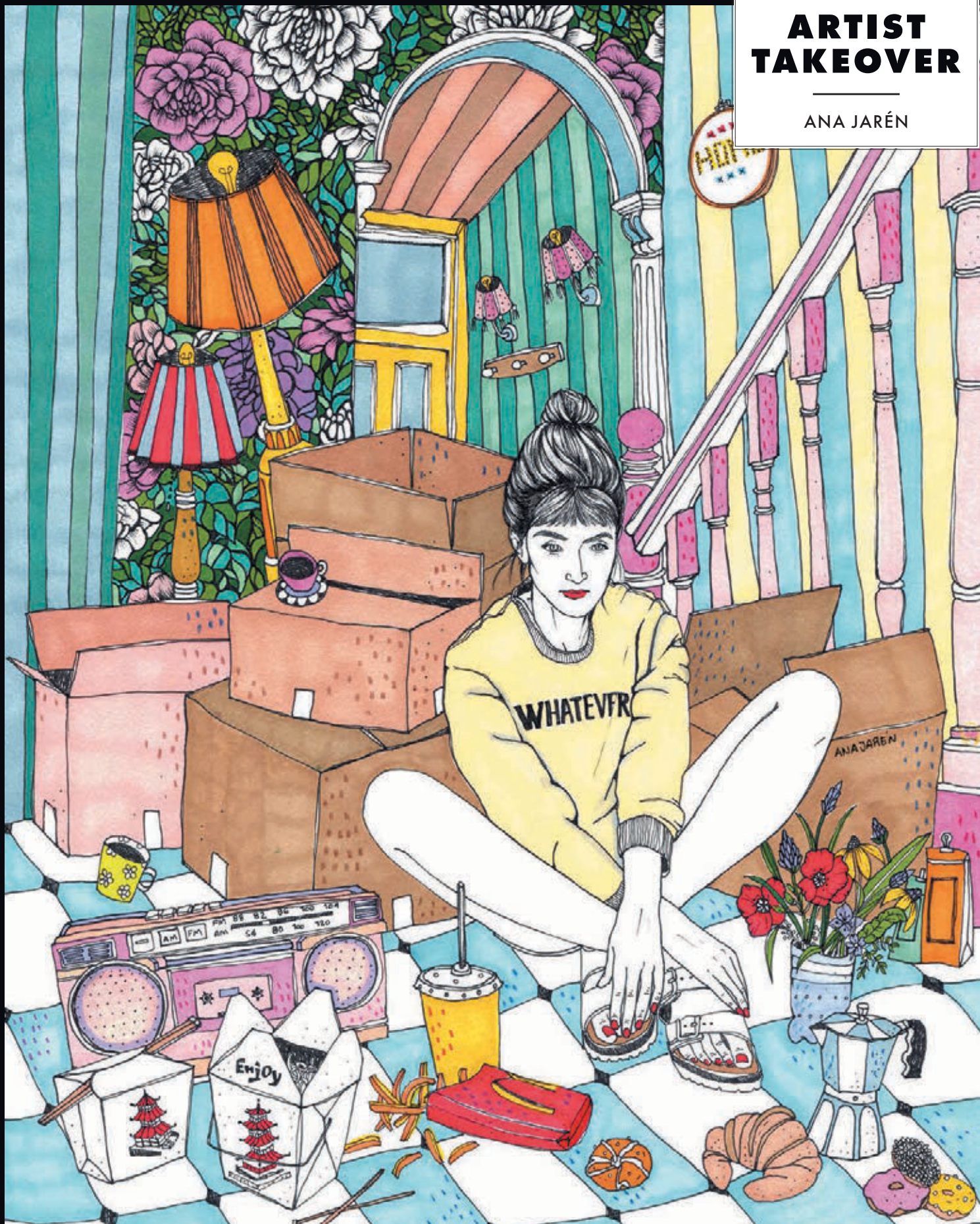






# ARTIST TAKEOVER

ANA JARÉN



# HAPPY FEET

Time to make some room in the closet mamas! Get that PEP into your child's STEP with these STYLISH discoveries...



**BOBUX SIGNET BOOT, \$95-105**

Check out this sophisticated boot that mamas and kids alike will adore! The Bobux Signet boot is made from premium leather, and features a newly-designed hard-wearing sole. The boot also supports healthy foot development while boasting a stylish, modern design. Available in denim, black ash, caramel, dark pink and plum. [bobux.com](http://bobux.com) // [@bobuxshoes](https://www.instagram.com/bobuxshoes)



**BABY BOOTIQUE SHOES, \$89.95**

Watch Bambi come to life on your little one's feet! Chemical-free and Brazilian-made, with a soft pillowed footbed and patented PVC technology, these beauties offer superior quality and comfort. Plus, they smell like BUBBLEGUM too, so good! [babybootique.com.au](http://babybootique.com.au) // [@babybootique](https://www.instagram.com/babybootique)



**CHOOZE MARY-JANE, \$74.95**

The Chooze shoe label is about empowering its wearers to be confident and creative, which we think is rad! These rainbow love heart Jump in Unity Mary-Janes will give tiny feet lots of love and inspiration! Super funky. Super cool. [choozeshoes.com.au](http://choozeshoes.com.au) // [@chooze\\_au](https://www.instagram.com/chooze_au)



**SEED HERITAGE EMBROIDERED FLATS, \$39.95**

In a classic style adapted for tiny toes, these metallic beauties are perfect for special occasions or for every day. With a hook and loop strap, the floral embroidery detail adds a colourful pop. Made with a synthetic upper and a rubber sole, they are available in sizes 0-3. [seedheritage.com](http://seedheritage.com) // [@seedheritage](https://www.instagram.com/seedheritage)



**JUST RAY MORK SOFTSOLE, \$32 (ADD SILVER WINGS, \$8)**

These little beauties are too cute for words! Just Ray creates gorgeous soft sole shoes for babes – ideal for rollers, crawlers and walkers. Made from 100% genuine leather, these little lace-ups will protect your bebe's foot and won't restrict movement. Dreamy! [justray.com.au](http://justray.com.au) // [@justray\\_baby](https://www.instagram.com/justray_baby)



**CLARKS RAINBOW CANVAS SNEAKER, \$59.95**

Rainbow is a classic style canvas shoe from the Clarks Pop-Patch collection that features oh-so-trendy embroidered patch detailing. Elastic laces and a self-fastening strap give a secure and adjustable fit on a lightweight, flexible outsole. There is so much personality on these kicks we want them for ourselves! [billylou.com.au](http://billylou.com.au) // [@billyloukidsshoes](https://www.instagram.com/billyloukidsshoes)



**HUBBLE & DUKE GUMBOOTS, \$49.95**

Now these are cool! Get set for unpredictable weather or simply for spending time outdoors with these adorable natural rubber gumboots by Hubble & Duke. Featuring cotton lining, your kids will be able to hop about fuss-free while still looking stylish! Available from May. [caminokids.com](http://caminokids.com) // [@caminokids](https://www.instagram.com/caminokids)

SCHOOL DROP



HABITAT

# NOAH'S PLAYFUL BURROW



The creation of *Noah's* nursery evolved into a Scandinavian-inspired HAVEN of PLAYFUL accessories and lovingly HANDMADE keepsakes.

THEME // Cool Scandi-Chic STYLING // Tiarn Grosvenor PHOTOGRAPHY // Jason Allan





## GET THE LOOK

**Custom Moon**  
**Memory Drop \$85 //**  
 tleafcollections.com.au

**Sleepy Eyes \$18 //**  
 prettyinpine.com.au

**Wallpaper \$132 //**  
 miltonandking.com

**Toy Storage Sack POA //**  
 prettytidy.bigcartel.com

**Lego Storage Brick \$49.99 //**  
 toysrus.com.au

**Organic Wooden**  
**Ring Stacker \$50 //**  
 nocnoc.com.au

**W**hen Tiarn and Todd Grosvenor decided to wait to find out the gender of their bebe, the nursery was given a neutral palette. Since the arrival of little Noah, the Scandinavian vibes that took shape in his room have flowed throughout their entire living space. After a recent makeover, Noah, 3, loves playing in his modern character-filled bedroom. We chat to mama Tiarn for all the deets...

### WHAT MADE YOU CHOOSE THE THEME "COOL SCANDI-CHIC" FOR THE NURSERY?

The gender of our baby was left a surprise so when setting up the nursery, it was neutral everything! We fell in love with this style. As our house renovations took place we created a scandi vibe throughout the home and this has carried through to Noah's toddler room. As he grows this room is forever evolving to suit this style.



### WHEN DID YOU START PLANNING THE DESIGN?

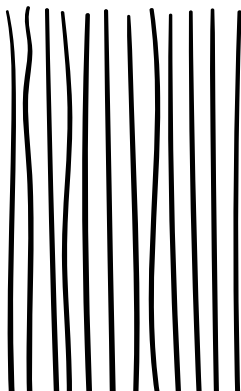
When Noah turned two we wanted to create a "Big Boy Bed" for his birthday and we felt it was the perfect time to transform the whole room and make it fun for him to play in.

### WHAT MAKES THE SPACE UNIQUE?

Our home is quite small, with little play space for toys so we wanted to create a room for Noah where he could really spend time learning. We wanted him to interact with books and toys and also be able to lounge around with him.

### WHERE DO YOU GET YOUR DESIGN INSPIRATION FROM?

Instagram! It's the most creative place to connect and source handmade small business products, and when you see it all come together it's just magical!



The monochrome accents work well together to create a sense of calm for little Noah while he plays.

## HABITAT

“I LOVE RAW TIMBERS, PLYWOODS AND WOODEN TOYS – THEY LOOK FLAWLESS IN ANY SPACE.”



### WHAT TIPS CAN YOU SHARE TO CREATE A SIMILAR FEEL?

Keep it simple and slowly add small elements. When you can really showcase each item in the space to its full glory, you'll create a stunning room.

### WHAT MADE YOU DECIDE ON THE STYLE OF THE ROOM?

We based the entire room around his cute little house bed which Todd made, with its white and plywood tones, we then designed the rest of the room around this. It's the big feature piece so it needed to stand out. One thing that I always loved doing when I was growing up was having my height tracked, so I located the cutest little ruler height chart from a small business mum. It was the first thing we ordered for Noah's room as we designed it, we knew we had to create these memories with our little guy too.

### WHAT LOOKS ARE YOU IN LOVE WITH AT THE MOMENT?

The raw timbers, plywoods and wooden toys. They just look so flawless in any space.

### WHAT WOULD BE YOUR ONE MAIN PIECE OF STYLING ADVICE?

Throw it all in and then remove two or three items. When it comes to practical pieces for a kid's bedroom, you can always find it in a stylish design, don't settle for the standard.

### HOW HAS YOUR LIFE CHANGED SINCE HAVING NOAH?

I'm more patient! I feel like after raising a tiny human for the past three years, the strength that forms within yourself is indescribable. If you can handle the emotions of a small person that can't grasp their emotions, then you can tackle the world!

### WHAT IS YOUR FAVOURITE THING ABOUT BEING A MODERN MAMA?

How entirely loved you feel. They wake up and want to cuddle, they go to sleep wanting to cuddle and what's not to love about feeling your heart burst each time they squeeze you that bit tighter.

### WHAT IS YOUR FAMILY MOTTO?

Always share a three second kiss and cuddle before sleep. You'll never go to bed cranky. <sup>MD</sup>



Whimsical wooden toys and timber side tables help bring a sense of warmth to the room.

## 5 FAV PIECES

### 1. STORAGE BOXES AND SACKS //

They hide all of the toys and destruction and look so damn cute at the same time.

### 2. RULER HEIGHT CHART //

This creates memories for the whole family.

**3. RUG //** It's practical and doubles up as a car track for imaginary play.

**4. MEMORY MOON DROP //** I love being able to add photos to the room on this amazing handcrafted memory drop, you can update it as the family grows.

**5. WALLPAPER //** For such a simple piece, it adds that wow-factor to the entire space, and of course, who doesn't want less painting!



Tiarn looked to small businesses on Insta to help source some of the furniture and toys like the ruler height chart.



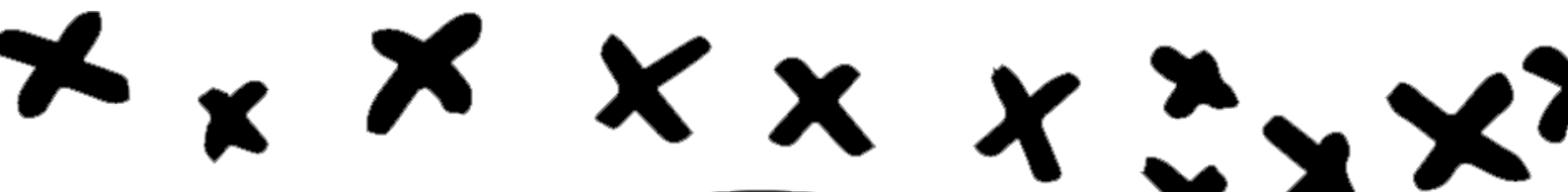
STYLE FILE



## NOAH'S STYLE

1. PERSONALISED WOODEN HEIGHT CHART From \$115 [lepiticadre.com](http://lepiticadre.com)
2. SLEEPY EYES STICKERS \$18 [prettyinpine.com.au](http://prettyinpine.com.au)
3. PLAY PRINT \$49.95 [sproutandsparrow.com.au](http://sproutandsparrow.com.au)
4. ORGANIC WOODEN RING STACKER \$53 [nocnoc.com.au](http://nocnoc.com.au)
5. MINI GUITAR \$129 [loog.com.au](http://loog.com.au)
6. COTTON RUG \$44.99 [hm.com/au](http://hm.com/au)
7. KNIT LION CUSHION \$27.99 [adairs.com.au](http://adairs.com.au)
8. FELT BASKET \$49.95 [mocka.com.au](http://mocka.com.au)





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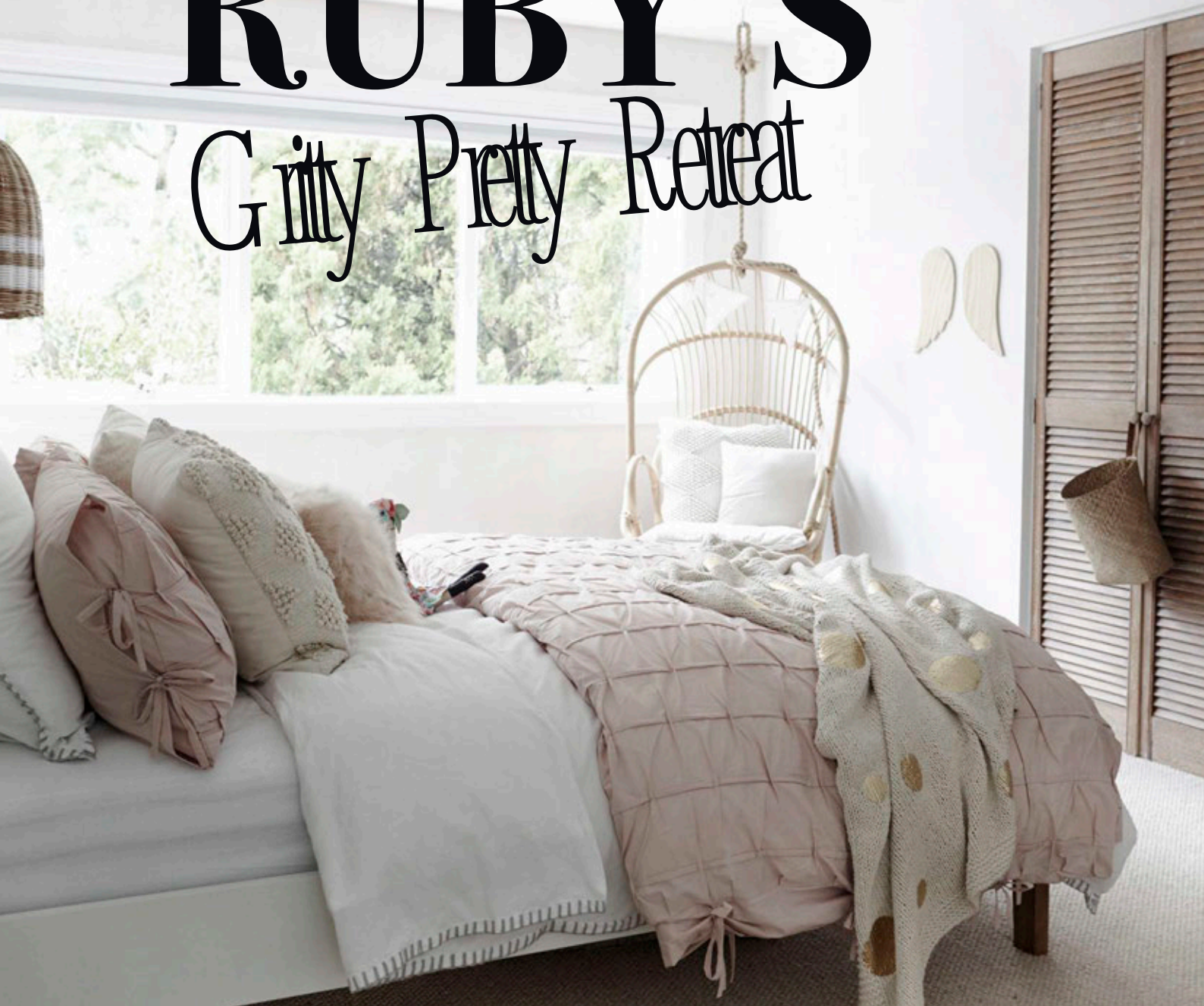
[WWW.BANDOFBOYS.CO.NZ](http://WWW.BANDOFBOYS.CO.NZ)

**BAND OF BOYS**



# RUBY'S

## Gitty Pretty Retreat



A GIRLIE colour palette is offset by EARTHY texture to create a SWOON-WORTHY retreat full of JOY and WONDER for young *Ruby*.

THEME // Gitty Pretty STYLING + PHOTOGRAPHY // [threebirdsrenovations.com](http://threebirdsrenovations.com)



A gorgeous and earthy rattan hanging chair and angel wings create a cosy corner full of wonder and joy.

# W

hen Lana Turner, co-founder of Interior Design business Three

Birds Renovations, was planning the upgrade of her family’s forever home, a more mature bedroom makeover was on the cards for her 10-year-old daughter Ruby. It had to be a space the tween could grow into. What transpired is a dream haven – a charming palette of soft pinks with the added drama of gold and washed timber accents for a modern yet rustic vibe.

### WHAT MADE YOU CHOOSE THE THEME “GRITTY PRETTY” FOR THIS BEDROOM?

My daughter Ruby was turning 10 and no longer wanted a room with rainbow pillows and unicorn motifs. It was time for the next level!

### WHY WAS DOING A SPECIAL SPACE FOR RUBY SO IMPORTANT TO YOU?

I knew that Ruby loved her old bedroom and we were going to turn that into a living space and move her into a new room – so it had to be even better. We extended the new room over an old, external staircase to make it a good size for her, and made use of the beautiful large windows (and its gorgeous view).



### HOW DID YOU CHOOSE THE OVERALL THEME?

We wanted something girlie, but in a “growing up” sort of way. We chose only muted pinks, and added neutrals and warm timber for a “dirty” vibe. The recycled timber louver doors which we white-washed, gives the room an earthy, grown-up feeling.

### IS RUBY ENJOYING HER NEW SPACE?

I often find Ruby relaxing in her room with the door closed. She loves spending time on the floor and doing gymnastics in there. We chose a natural-coloured, premium wool, large loop carpet which is so inviting.

### WHERE DO YOU GET YOUR DESIGN INSPIRATION FROM?

Pinterest, Instagram and from Bonnie, my fellow creative director.





## GET THE LOOK

1. Leaf Shaped Fan \$289  
beaconlighting.com.au
2. Pom Pom Baskets \$59  
inmyhood.com.au
3. Tambourine \$249  
inmyhood.com.au
4. Pleat Queen Quilt \$229  
freedom.com.au
5. Wall Hanging  
(above desk) POA  
threequeensinteriors.com
6. Purple Floor Pouffe \$299  
marr-kett.com.au



Premium bedding in different shades of blush help add a charming feminine touch to the space.

### WHAT TIPS CAN YOU SHARE TO CREATE A SIMILAR FEEL?

Less is more. Don't go over the top with colour or use too many items in the space. The design of Ruby's room and the whole house is quite minimalist with a raw, earthy feeling – where texture reigns supreme.

### WHAT WOULD BE YOUR ONE MAIN PIECE OF STYLING ADVICE?

Don't crowd a space with too much furniture and "stuff". Clutter will organically accumulate over time – so don't give yourself a head start!

### HOW HAS YOUR LIFE CHANGED SINCE HAVING CHILDREN?

Life is so much harder – but so much better. I'm more fulfilled because there are now these two little creatures in it that are so pure and innocent. In today's world, and even with my hectic job, I take comfort in having those two around me. They always keep me grounded.

### IS YOUR FAMILY COMPLETE?

Our family is very complete. We are lucky to have a boy and girl so didn't feel we needed to try for a third. To be honest, I felt like I would be spreading my love (and time) too thin across three children... so we got a parrot instead. His name is Green Sunshine and he turns two this week.

### WHAT VALUES DO YOU WISH TO INSTIL IN YOUR CHILDREN?

Be kind and honest. Always act with integrity. Don't fear failure – fear not trying in the first place. <sup>MD</sup>



# Family Motto

“DON'T DIE WITH THE MUSIC IN YOU. LET'S DO THIS - TOGETHER.”



Boho baskets create storage, while complementing the other rattan and wicker accents in the room.

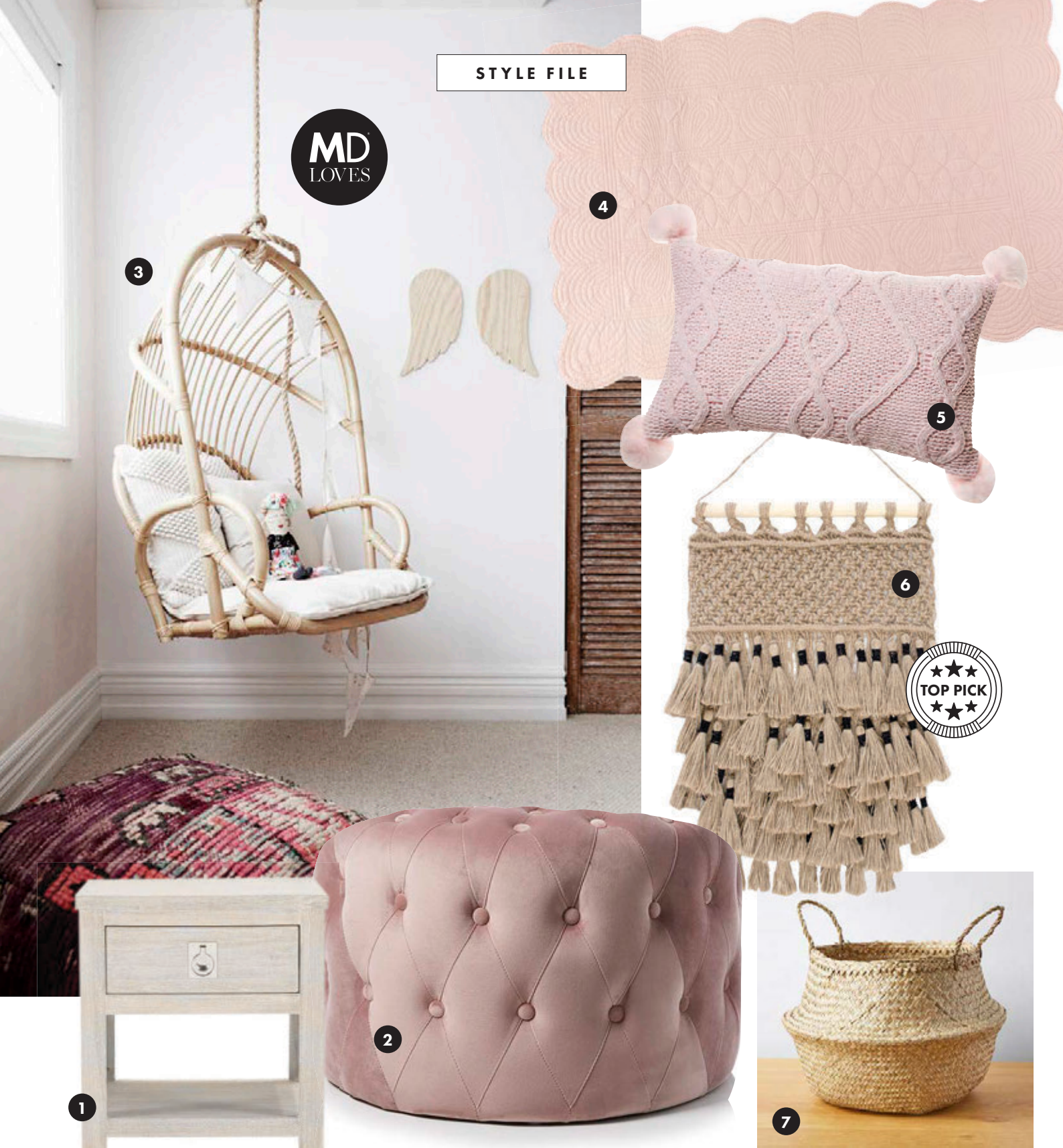


## 5 FAV PIECES



- + **DUSTY PINK DOONA** // It's the details I love – the pin-tucks and bows.
- + **HANGING CHAIR** // It reminds me of Enid Blyton's *Wishing Chair* books. I love the angel wings next to it.
- + **TIMBER LOUVRE DOORS** // These make the room feel lived-in and earthy.
- + **LEAF-SHAPED FAN** // It's 100 per cent beautiful and 100 per cent practical. Everyone always comments on it.
- + **BLINDS** // The blinds we installed above Ruby's windows are amazing. There's a sheer one at the back which she can pull down for privacy whilst still letting the light through, and then there is a blackout blind at the front which drops down with just one pull of the cord (as if it's electric – but it's not). This darkens the room perfectly for weekend sleep-ins!

STYLE FILE



3

4

5

6



2

1

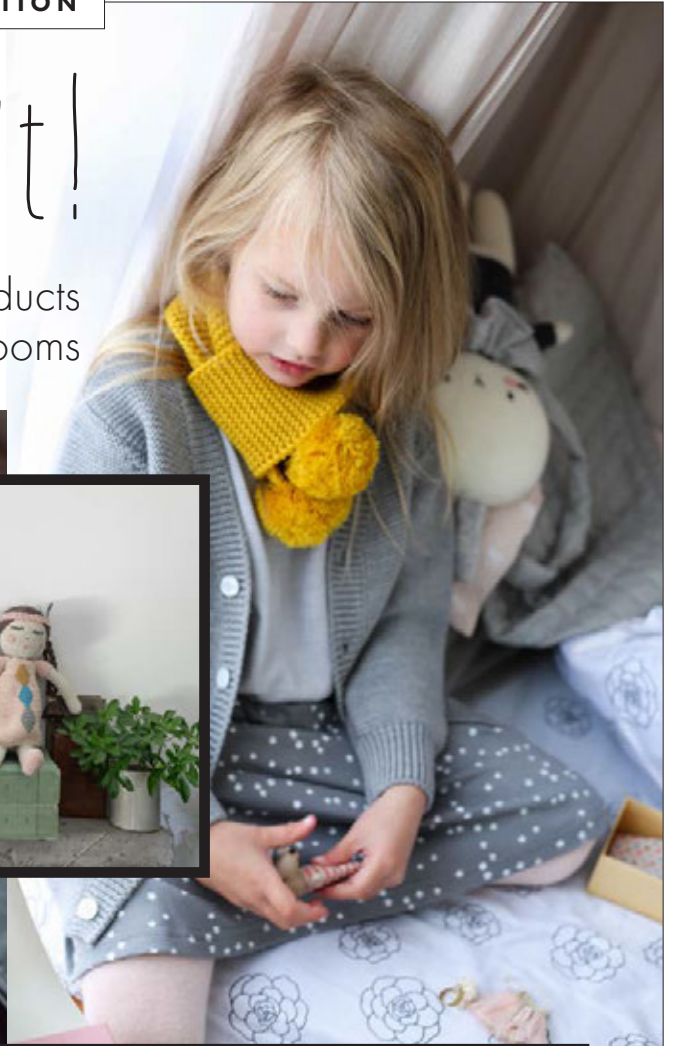
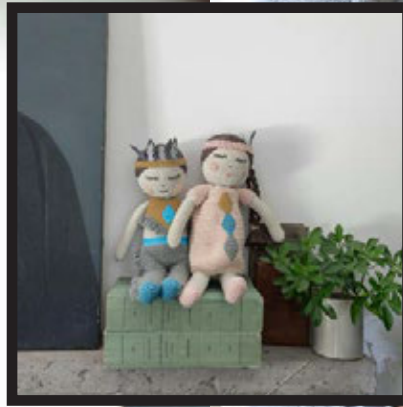
7

# RUBY'S STYLE

- 1. CUNCUN SIDE TABLE \$299 freedom.com.au
- 2. OTTOMAN \$209.99 adairs.com.au
- 3. HANGING CHAIR \$499 byronbayhangingchairs.com
- 4. QUILT AND PILLOW SET \$189 bonnemere.com.au
- 5. CUSHION \$33.99 adairs.com.au
- 6. LOTO WALL HANGING \$99 templeandwebster.com.au
- 7. SEAGRASS BASKET \$15 target.com.au

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- ONE SONNY DAY • PAX AND HART • PHOENIX AND THE FOX • PLYROOM • PONY RIDER • POUCH AUSTRALIA • SACK MEI • SERIOUSLY • SQUARED • THIS LITTLE LOVE
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MAMA MAIL



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HABITAT

# #BOSSMAMA BUSINESS

BOLD pinks and COOL whites collide with brass accents to create a BEAUTIFUL HOME OFFICE primed to nurture some BADASS PRODUCTIVITY for stylist Jen Bishop.

THEME // Colour Bright  
STYLING // Jen Bishop  
PHOTOGRAPHY // Jacqui Turk



PENGUIN  
LANTERN



**T**he purchase of a new house presented Jen Bishop, stylist and mum to Sebastian, 2, the opportunity to finally create her dream home office. The result? A bright and thoughtfully laid out space oozing with personality and charm. With abundant light, badass wallpaper and functionality – from the generous desk and edgy storage hub, to the magazine ladder (which doubles as a mood board), there is no shortage of inspiration.

#### **WHAT MADE YOU CHOOSE THE THEME “COLOUR BRIGHT” FOR YOUR HOME OFFICE?**

I have loved the Anna Spiro wallpaper since she launched it in 2012. If you still love something five years on, it's a good idea! It's obviously very bold and feminine, but as I run my business from home, my workspace is really important to me. We only bought this house this year, and having a dedicated office has meant I can finally be really self-indulgent and choose everything that is very me!

#### **WHEN DID YOU START PLANNING THE DESIGN OF THE OFFICE?**

As soon as we moved into our new house, I started thinking about how to make the room special. Once I had talked my husband Damian into the wallpaper (I'm really the only one who uses the room), it was full steam ahead!

**WHERE DO YOU GET YOUR DESIGN INSPIRATION FROM?**

As an interiors blogger, I'm exposed to the latest and greatest in design and homewares every day. It's both a blessing and a curse as unfortunately my shopping funds are limited! I have become friends with many amazing interior designers and stylists who are kind enough to give me advice when I doubt my own ideas.

**WHAT TIPS CAN YOU SHARE TO HELP CREATE A SIMILAR FEEL?**

Wallpaper can really transform a room, it's so powerful. If you opt for something bold like the one I've chosen, make sure you keep everything else simple and uncluttered or the look will soon become overwhelming.

**WHAT MADE YOU DECIDE ON THE STYLE OF THE SPACE?**

I already had the large timber desk, which I love for its size and simplicity. I chose the grey storage units because grey goes so well with pink and because I like my ugly printer to be hidden away behind closed doors! I like that they don't look too corporate. I also wanted somewhere to display favourite accessories and plants. Wallpaper aside, it's a very simple room.

**WHAT WOULD BE YOUR ONE MAIN PIECE OF STYLING ADVICE?**

Don't rush into anything. Wait and see if you still love something after a few months before you invest. As someone famously said, buy well and buy once.

The wallpaper is the focal point, yet there is balanced feel to the room which is clutter-free.

**GET THE LOOK**

**WHITE SHUTTERS \$POA //**  
diyonlineblinds.com.au

**FLORAL ARTWORKS \$VARIOUS //**  
kimmyhogan.com.au

**WINDSOR BOOKCASE \$179 //** potterybarn.com.au

**COCHIN BLUSH HAND STITCHED RUG \$199 //**  
earlysettler.com.au

**ALTAR DESK \$POA //** contentsid.com



*"I THOUGHT I WAS EFFICIENT BEFORE MOTHERHOOD, BUT NOW I'M A POWER MULTI-TASKER!"*



## 5 FAV PIECES

**1. WALLPAPER** // It's obviously a huge part of the room and what makes it feel so me and so energising!

**2. DESK** // It's a really practical large size but has a handy draw at the front for pens and notepads.

**3. ARTWORK** // I love these floral artworks by Kimmy Hogan and Lamai Anne.

**4. LAMP** // This adds a touch of glamour while still being quite neutral.

**5. CHAIR** // I love this so much. I imported it before it was easily available here. It's not at all ergonomically sound as a desk chair, but I don't care!

### WHAT ARE YOUR GO-TO MUM AND BABY BRANDS?

Bobux Shoes, Jack & Jill bubble bath, Bugaboo and Pottery Barn Kids.

### HOW HAS YOUR LIFE CHANGED SINCE HAVING SEBASTIAN?

I thought I was efficient before motherhood, but now I'm a power multi-tasker! I love that being my own boss gives me flexibility and freedom to spend a lot of time with my son. It does mean I have to get a heap done when I'm in work mode though, and there are never enough hours in the day! Motherhood has also taught me perspective. Nothing is more important to me than my family's happiness and security. I have become even more of a homebody and I just love hanging out with my boys!

### WHAT IS YOUR FAVOURITE THING ABOUT BEING A MODERN MAMA?

It's the absolute best. Having Seb brings me joy and entertainment every day. It just keeps getting better.

### WHAT DO YOU WISH YOU KNEW BEFORE BECOMING A MOTHER?

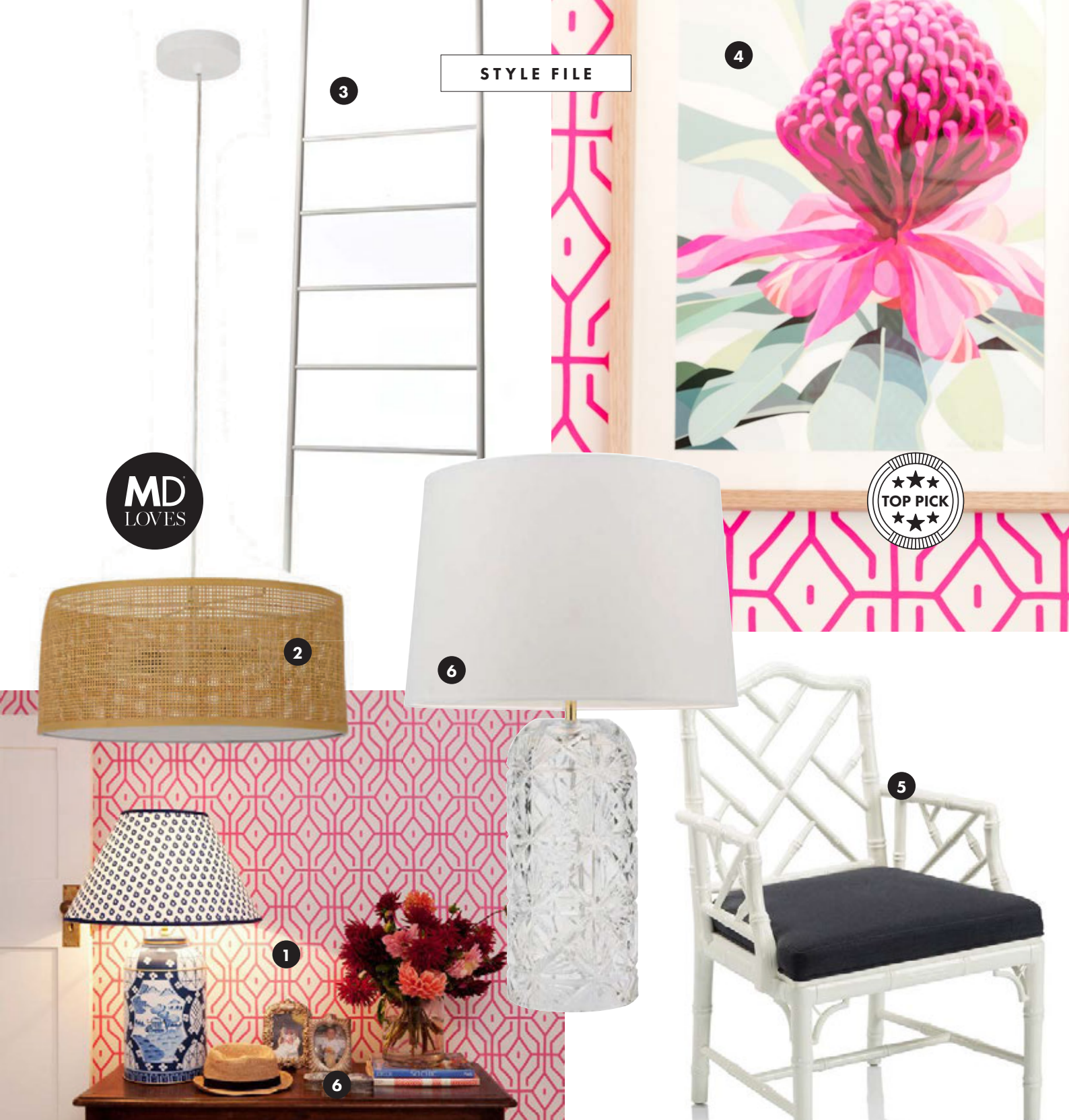
That breastfeeding isn't always the easiest most natural thing in the world, and that's okay.

### WHAT'S YOUR BEST MAMA ADVICE?

Mum knows best. Because she really does. 

Jen did not rush into choosing key pieces for her office but made sure the room was a true reflection of her style.

STYLE FILE



MD  
LOVES

TOP PICK

# JEN'S STYLE

- 1. ANNA SPIRO ROSEY POSEY TRELIS WALLPAPER \$POA porterspains.com
- 2. PENDANT IN TAN RATTAN \$119 beaconlighting.com.au
- 3. HOME REPUBLIC LADDER \$49.99 adairs.com.au
- 4. WARATAH PRINT \$250 lamaianne.com
- 5. JONATHAN ADLER CHIPPENDALE ARMCHAIR \$1455 cocorepublic.com.au
- 6. ZOYA TABLE LAMP \$200 lightinglightinglighting.com.au

# AN EMPOWERED FUTURE



When it comes to MOTHERHOOD and a CAREER, being your own BOSS sounds like a DREAM. But what if that dream was POSSIBLE – allowing you to be PRESENT with your kiddos and run your OWN BUSINESS around your family?

It's every parent's conundrum, how do you juggle work and a family? Do you return to your previous job after maternity leave? Do you try to change your hours? How can you afford to pay childcare and still make working worthwhile?

Which is why the beautiful homewares brand, Lorraine Lea, is giving women the opportunity to get back to work by building their own businesses to suit their lifestyles – as Lorraine Lea Independent Stylists. Cue social shopping, Lorraine Lea parties, and maybe a Champagne or two. Cue earning a crust working as much or as little as you want. It's a model that many women are turning to in recent times, with life changing results.

We chatted to Monique Webb, mama of three, who has been a Lorraine Lea Independent Stylist for four years, to get the lowdown...

## WHAT DID YOU DO BEFORE BECOMING A LORRAINE LEA INDEPENDENT STYLIST?

I was a stay-at-home mum to my two oldest children, Flynn and Maison. My boys were born 20 months apart, which meant I'd been out of the workforce for almost two years.

## WHAT LED YOU TO LORRAINE LEA?

Money-wise, we needed another household income to support our growing family. For me, it was really important to have a career that fitted around my kids, because I didn't want to miss a moment of them growing up. I'd been looking for a suitable part-time or casual job for about six months, but found it difficult after being on maternity leave for so long. That's when I found Lorraine Lea. I didn't need any previous experience and was provided with training and support to get my business going.

Monique says she loves being a stay-at-home mum whilst also building a business.





*"I'M IN COMPLETE CONTROL OF THE HOURS I WORK. IT'S MY BUSINESS, AND I CAN RUN IT HOWEVER I CHOOSE."*

### **TELL US ABOUT YOUR ROLE AS A LORRAINE LEA INDEPENDENT STYLIST.**

Every day is different! I host three to four home styling parties per week and meet people from all walks of life. I lead a team of Independent Stylists in my area who are also running their own businesses. There's a very collaborative culture of women supporting other business women and celebrating each other's successes.

### **WHY DO YOU LOVE YOUR JOB?**

The flexibility! I'm in complete control of the hours I work, which means I can block out a weekend if I want to go away camping with the family or take a couple of weeks off for Christmas. It's my business, and I can run it however I choose. The money is also great, and I know the more I put into it, the more I'll get out of it. There are always incentives I can work towards, like Thomas Sabo jewellery and 5-star trips to overseas destinations too, fully-sponsored by the company! I went to New Zealand with Lorraine Lea in 2015. That was the first time I'd ever been overseas. That experience was life-changing for me. I'm currently on-track to qualify for a trip to Malaysia in October. These opportunities wouldn't have been possible without Lorraine Lea.

### **DID YOU ALWAYS DREAM OF BEING YOUR OWN BOSS?**

Direct selling wasn't something I thought about as a career, but after hosting a home styling party and chatting with the Lorraine Lea Stylist who came, I could see the potential in starting my own business and reasoned I had nothing to lose by giving it a go. I haven't looked back.

### **DO YOU ENJOY WORKING?**

One of the reasons I started this business was to find my confidence again; something I felt I'd lost during my break from the workforce. My Lorraine Lea business is something I do for *me*, where I'm able to get out of the house and have some social time away from the kids. I really enjoy what I do. It isn't hard work and I have a wonderful Lorraine Lea Leader who supports me and helps me set goals.

### **HOW DO YOU JUGGLE A BUSINESS AND YOUR BOYS?**

It's a juggling act, but we have a good routine going. Generally, I plan ahead and book parties to fit in with my schedule, not the other way around. Family is my number one priority. I don't live to work, I work to live, and Lorraine Lea enables me to do that.

### **WHAT'S THE MOST EXCITING THING ABOUT RUNNING YOUR OWN BUSINESS?**

I really enjoy going out to do home styling parties and meeting new people. When I did my first party, I got a huge adrenaline rush and it ignited a spark in me. I thought the excitement that came with doing parties would wear off after a while, but it hasn't! They're so much fun, I'm a bit addicted to the thrill!

### **HOW HAS IT MADE A DIFFERENCE TO YOUR LIFE?**

The autonomy I enjoy from my business, particularly when I fell pregnant with my third child, Ted. I was quite sick the whole way through my pregnancy and that affected my ability to work, but with Lorraine Lea there was no pressure. I could keep my business ticking over, even if I wasn't physically able to go to hosts' homes. After Ted was born, I was straight back into running my business seven days after giving birth! The flexibility allows me to be a stay-at-home mum while still advancing my own career, and I've made so many lifelong friendships!

### **BEST PIECE OF MOTHERHOOD ADVICE?**

Make time for your kids, they won't be little forever. And drink lots of coffee. It's essential!

[LORRAINELEA.COM](http://LORRAINELEA.COM)

 [@LORRAINE.LEA](https://www.instagram.com/LORRAINE.LEA)

**lorraine lea**   
simply home

BAMBINO STYLE

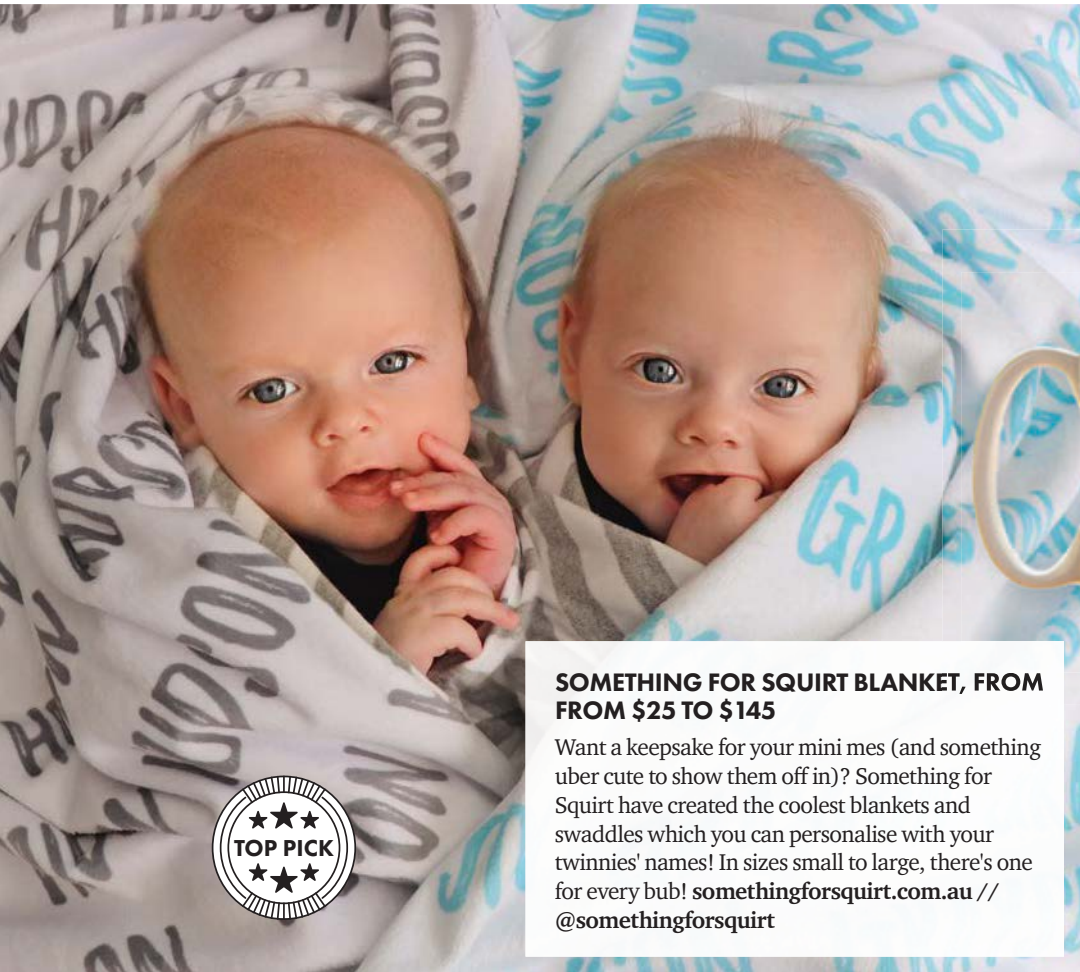
# Double Trouble

Enjoy twice the FUN with these cool-as buys designed to make life with TWO a little EASIER. You're welcome!

## THINGS FOR TWINS MUG, \$19.99

For those days when you're bordering on delirium, the Things for Twins mugs will get you through! 'Cause you know what they say, "A cup of tea (or wine!) will solve anything..."

Right mama? It's also a fab gift idea. #snap thingsfortwins.com.au // @thingsfortwins



## SOMETHING FOR SQUIRT BLANKET, FROM \$25 TO \$145

Want a keepsake for your mini mes (and something uber cute to show them off in)? Something for Squirt have created the coolest blankets and swaddles which you can personalise with your twinnies' names! In sizes small to large, there's one for every bub! [somethingforsquirt.com.au](http://somethingforsquirt.com.au) // @somethingforsquirt



## LITTLE HARVEY BOY TWIN PLAY GYM, \$169.95

Time for double the fun! Designed for two, this gorgeous twin play gym stretches one full metre in length and shows off five uniquely designed gym toys, each one with something different for sensory learning. But that's not all! The handmade timber gym also comes with personalised baby names on a ring of silicone beads that are attached to the toys. L-O-V-E. Little Harvey Boy at [Etsy.com/au](http://Etsy.com/au) // @little\_harvey\_boy





**BABY BJORN BOUNCER BLISS, \$209.95**

Bebes love these! The Bouncer Bliss is all about letting bub move about securely while staying safe, creating a fun activity and resting spot (so you can get some jobs done!). Bouncers help babies develop their motor skills and balance so the experts say, which means they're educational too. Winning! Suitable until the age of two. [babybjorn.com.au](http://babybjorn.com.au) // @babybjorn



**BAM LOVES BOO BABYWEAR, FROM \$34.95**

We are loving what the Bam Loves Boo label is all about! Ethically made, wrap your mini muse up in soft clothing created from the finest bamboo and organic cotton. How adorbs are these dot onesie prints! And there is even a twin discount of 15% on any two matching items.

Contact [bamlovesboo.com.au](http://bamlovesboo.com.au) for the discount code // @bamlovesboo

**MOUNTAIN BUGGY NANO DUO, \$699**

Hit the road in style with the incredibly compact nano duo™ by Mountain Buggy. The perfect answer to urban living, you can now take your little ones anywhere safely side-by-side with a stroller that is nimble, folds quickly and is VERY easy to carry (it's a super lightweight 9kg!). We give props for the oh-so-sleek design, too – just choose your fav hue and you're ready to roll.

[mountainbuggy.com](http://mountainbuggy.com) // @mountain\_buggy





**PHOTO  
SERIES**

Bec Zacher

*A mother's*

*love*



A mother's LOVE is ENDLESS and UNSELFISH and ENDURING  
come what may, for NOTHING can destroy it or take that love AWAY...



**PHOTO  
SERIES**

Bec Zacher





**PHOTO  
SERIES**

Bec Zacher



# A Mother's Love

BY HELEN STEINER RICE

A Mother's love is something  
that no one can explain,  
It is made of deep devotion  
and of sacrifice and pain,

It is endless and unselfish  
and enduring come what may  
For nothing can destroy it  
or take that love away . . . .

It is patient and forgiving  
when all others are forsaking,  
And it never fails or falters  
even though the heart is breaking . . . .

It believes beyond believing  
when the world around condemns,  
And it glows with all the beauty  
of the rarest, brightest gems . . . .

It is far beyond defining,  
it defies all explanation,  
And it still remains a secret  
like the mysteries of creation . . . .

A many splendoured miracle  
man cannot understand  
And another wondrous evidence  
of life's tender guiding hand.



# dial up the style (FOR LESS!)

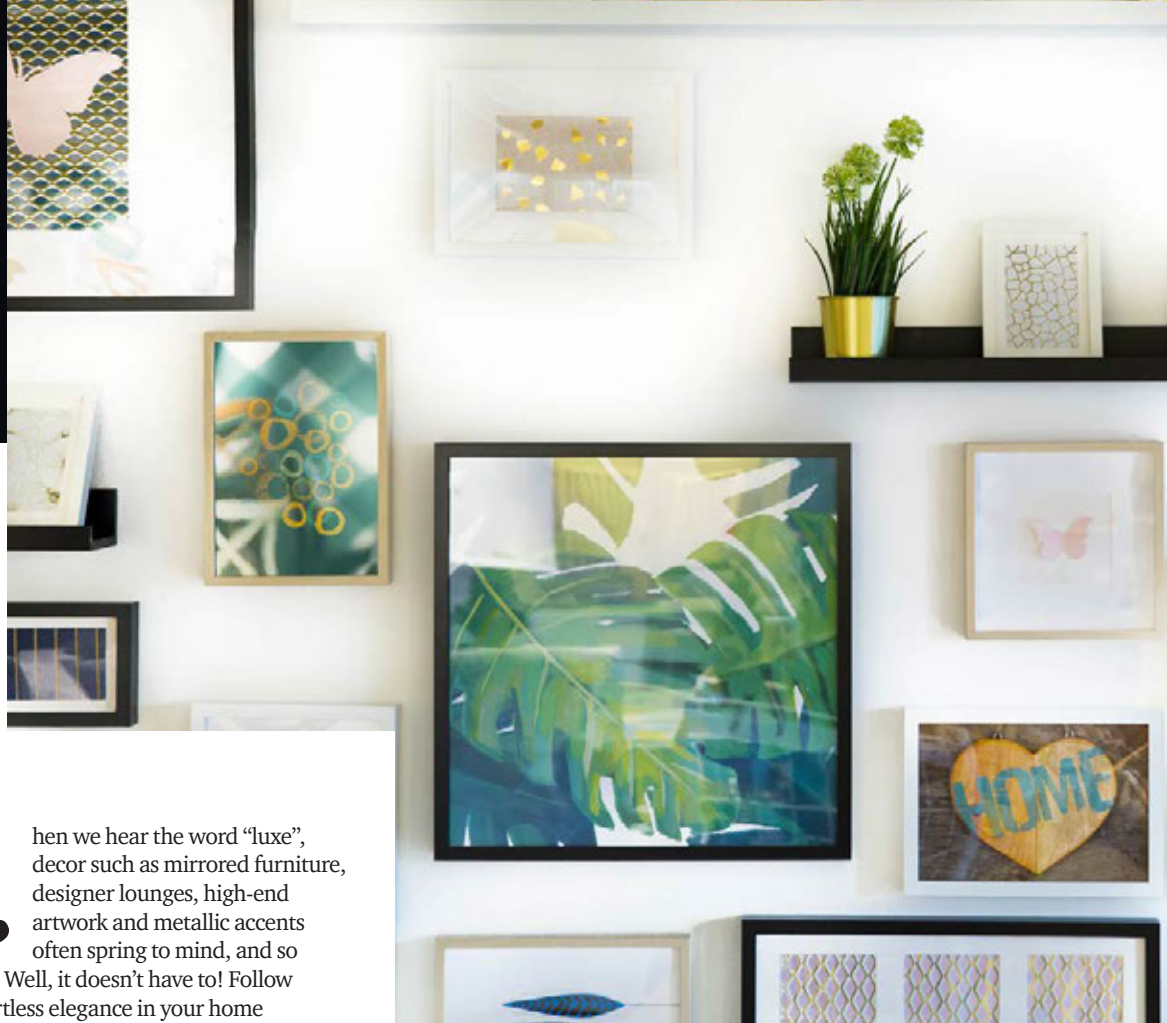
Forget about creating a wish list for your abode. Achieve GOTTA-HAVE-IT-RIGHT-NOW luxury using these AFFORDABLE and CHIC stylin' tips...

WORDS // Amanda Smythe Design

The right mirror, stylish storage options and contrasting foliage will add instant "ooh la la" to your everyday spaces.



You can't go more luxe than a carefully curated display of artwork. Brass accents and varying frames amp up the look.



When

we hear the word “luxe”, decor such as mirrored furniture, designer lounges, high-end artwork and metallic accents often spring to mind, and so

do two words: Budget. Blowout. Well, it doesn't have to! Follow these simple tips to achieve effortless elegance in your home without breaking the bank. Then witness your abode transform into something you'll fall in love with, again... and again!

## DECLUTTER AND CLEAN

The first step? Wipe the slate clean mama! Look around the different spaces in your home with fresh eyes and think objectively about what you need, and what's gathering dust. Get rid of unnecessary items and put your keepsakes (choose wisely!) in storage. Also, clear the way. Remove any furniture that causes bottlenecks or blockages, and aim to create open space in high traffic areas. Once the declutter is complete, consider a deep clean, including cupboards and windows.

## LET THERE BE LIGHT

For an instant high-end feel, let in as much natural light as possible. New light fittings can also add that added “wow-factor”. Pendant lights are a great way to achieve the luxe look in the right space and can be hung over kitchen benchtops, or in living areas and bedrooms. Got room to fit an oversized light in the dining room? Go for it! Embrace trends like beaded or wicker for that coastal look, and for something more classic, you can't go wrong with a chandelier. Prefer a subtle lighting solution? Table and floor lamps are perfect accents.

## ATTENTION TO DECOR

It's the details that matter and this is one way to amp up the luxe factor. Opt for large lifelike orchids as a dining centrepiece or on buffets, sideboards and consoles. Love a high-end coffee table book? Group a few together with items, including candles, photos frames and fresh flowers. A modern display like this looks uber-cool, adding warmth and style.

“Throws add a sense of warmth, so go for chunky cotton knits or a soft mohair for some real luxury, especially in the cooler months.”





## PICK A PALETTE

Choose a colour palette for your home or room and keep it consistent! A fresh coat of paint works wonders and gives a space an instant face lift. For something intense, a feature wall with statement wallpaper can stop guests in their tracks. Popular hues like monochrome and scandi add immediate luxe. But don't be afraid to go bold either – a dark wall, together with coordinated furnishings, can make a big impact.

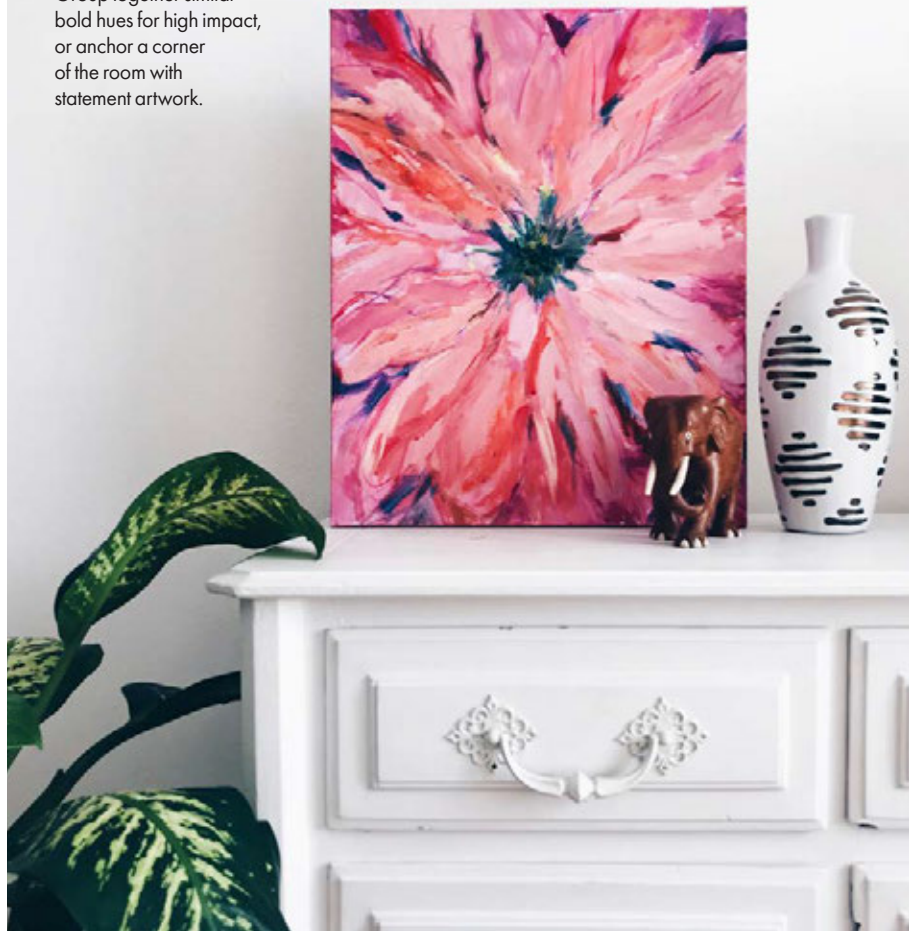
## LAYER UP

Textiles and accessories can add colour and texture to a space, while showing personality. Choose cushions and throws that complement your chosen colour theme and radiate an on-trend feel. Throws add a sense of warmth so go for chunky cotton knits or a soft mohair for some real luxury, especially in the cooler months.

## LOVE YOUR ART

Framed art is an easy way to achieve a luxe look at home. Go as big as your space will allow and aim to have at least one artwork or mirror in every space. Feel free to use a mix of old and new, but make sure all are in good condition (older pieces may benefit from a new frame), and that colours are consistent with your soft furnishings.

Group together similar bold hues for high impact, or anchor a corner of the room with statement artwork.



High end coffee table books and fresh flowers create instant luxe.



## THE UP YOUR LUXE HIT LIST

- BEDHEAD
- SHEER CURTAINS
- LUXURY BED LINEN
- HIGH END COFFEE TABLE BOOKS
- CANDLES
- NEW LIGHT FITTINGS
- FREE STANDING MIRRORS
- BRASS STORAGE TRAY
- ARTWORK
- CUSTOM WALLPAPER



## BATHROOM MAKEOVER

If a full-scale bathroom renovation is out of the question, a few tweaks in this space can make all the difference. Clear the clutter off your cabinets and vanities, replace old bathroom linen with fluffy new bathmats and plush towels. Adding a few quality products will put that extra spring into your step during your morning routine.

## MIRROR, MIRROR

Mirrors are wonderful additions as they reflect the outdoors and bring in the light. They also create an illusion of space, which is essential for a luxurious home. Choose key areas that need opening up, and as with artwork, go as big as you can. A mirror can have a huge impact in the right space.

## DRESS YOUR WINDOWS

Curtains can elevate a room. A sheer or linen curtain is an inexpensive addition that adds a touch of luxe. Forget heavy old floral numbers, contemporary sheer curtains create drama, style and privacy.

## GET THAT FIVE STAR FEEL

Create a sanctuary in the master bedroom and you'll feel like you're on holiday. One word – bedhead! Nothing screams luxury more than a beautiful bed head/frame. There are so many styles and fabrics to choose from, from so-hot-right-now blue velvet to modern natural linens. Brass studs add glam, as do matching side tables, lamps and art. Complete the look with gorgeous bed linen – there are so many affordable options on the market now. For a fresh feel, go all-white and add colour and texture with cushions and faux throws. 



**L  
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T H E  
M S E E W  
H A T T H E Y M E**

**A N T O Y O U E V E R Y D A  
Y T H E Y W A L K B Y O U R P H O  
T O F I L L E D W A L L S D O N T L E T T H E S M A L L  
M O M E N T S B E C O M E A B L U R D O C U M E N T T H E I R  
S T O R Y W I T H A S P E C I A L M A M A D I S R U P T E D I T  
I O N P H O T O S H O O T M E S S A G E F O R M O R E I N F O A T  
W W W . M E L A N I E M C N I V E N . C O M . A U**



# Interior Trends We ♥



This year throw the home trends you THOUGHT you knew OUT the window + EMBRACE new looks that are both LOUD and UNDERSTATED, ELEGANT and RAW. It's time for a FRESH take on MODERN where ANYTHING goes...

WORDS // Justine Wilson / Vault Interiors



Want to wow your guests?  
Metallic accents, bold hues  
and textured finishes like glass  
and velvet bring in the luxe.

## High Glam

For on-trend fabulousness, we're talking glam and regency decor finishes that appear in hotel interiors (think the Hydro Majestic in Sydney's Blue Mountains or the Langham). Brass is now the metallic of the moment, with furniture stockists also embracing replica faux bamboo trim and bold acrylic. Retailers such as Vignette Room, Coco Republic and Pottery Barn, are leading the charge.

### Get the Look

- // Occasional furniture, including coffee tables or side tables, add instant glam to living areas, especially if the tops are marble or glass.
- // Consider a bar cart in your dining zone. Any metallic frame will add instant bling and has a nice old world glamour feel that is perfect for entertaining.
- // There are plenty of stunning gold and rose gold candles and accessories around. Even a nice tray under some coffee table books adds a touch of glam.
- // Metallic patterns or solid cushions on a sofa or bed look pretty and have a top end feel.
- // Change your fittings! Swap out a ceiling light for an overhead pendant version with a metallic design, or hang a large gilt framed mirror for a true glam interior. Make oversized fittings a standout feature in any room.



**C**alling all interior addicts! In a style rut at home and need some inspiration? Bold new decor trends are currently taking centre stage, so don't be afraid to step outside your comfort zone and experiment, mama! Embrace these game changing trends...

## Deep Accent Colours

Statement hues such as plum, emerald and navy will dominate interior schemes in the coming months. Expect it to be incorporated into faux fur, velvet upholstery, textiles and even feature walls across living and bedroom areas.

### Get the Look

- // Homewares, including glass vases in plum or navy look stunning as a table or console centrepiece. Pair with lush greenery or twig foliage for an elegant display.
- // Consider using bold shades via faux fur blankets draped at the end of your bed and sofa, or via throw rugs on the floor next to occasional chairs for a super luxe and intimate vibe.
- // Artwork is another great way to introduce bold colours to your space. Try graphic framed prints in plum tones, mustard or navy hues.
- // Layer dark velvet cushions on your sofa or bed. Combine with crisp white linen on beds or light fabric on sofas, the contrast will be visually dramatic.
- // Paint a feature wall, i.e. behind an entry console in a hallway, leading to an ensuite, or behind a bedhead for maximum impact.



## Japandi

A twist on the hugely popular "scandi" trend, this is an interior style defined by its moody tones such as charcoal, black or dark oak stained finishes. It's a fusion of signature Japanese elegance with an unexpected modern take.

### Get the Look

- // If you have scandi-style furniture or homewares, consider spray painting or staining these pieces black to achieve the look, or invest in a few dark elements to introduce alongside your oak items.
- // Dark moody artwork is a great way to get a japandi look. Think black and white photos or monochromatic prints.
- // Mint is a dominant japandi accent colour, so consider a feature wall or even a large mint floor rug to zone or define a space.
- // Sand and stain your floors a bold colour for the ultimate take on the trend.
- // Select new furniture that has thin retro lines in darker tones. Fabric should be light or grey for the perfect look. Minimalism is also part of the japandi vibe, so keep it simple and focus on statement items. Even one japandi-style chair can transform the feel of a space.



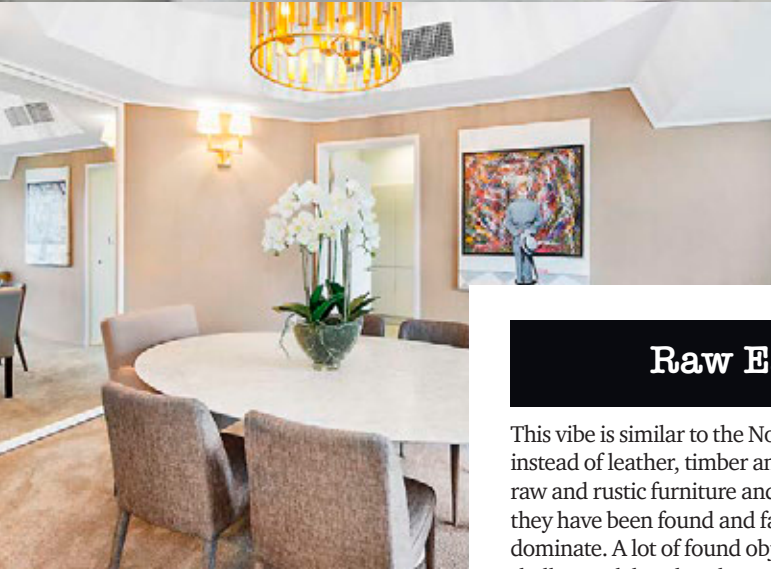


## Rounded Edges

Angular looking furniture has long topped the "What's Cool" list, but now curves are making a comeback! It's all about comfort, not edginess. Go round for a more romantic, soft and pretty vibe.

### Get the Look

- // Introduce an oversized round rug to your space to add depth and softness.
- // Artwork in round displays are having a moment. Hang in a group for big impact.
- // Incorporate the organic shape into your textiles with rounded cushions – for a bold feel, opt for primary colours.
- // Think about swapping out your dining table and occasional tables for round versions, then pair with rounded table lamps or a statement overhead light.



## Raw Earth

This vibe is similar to the Nordic approach, but instead of leather, timber and dramatic lighting, raw and rustic furniture and items that feel like they have been found and fashioned by craftsmen, dominate. A lot of found objects like feathers, shells, coral, handmade wooden features and twigs, are going to start gracing interior wish lists. Raw Earth includes pieces like timber stools that look like tree trunks, sisal rugs, neutral accents and manuals like calico, hemp and wool being used with a mix of linen in shades of grey, beige and white.

### Get the Look

- // Rattan accessories or wood carved items create an instant Viking style.
- // Collect items from adventures or bush walks and display in a large bowl on your coffee table or entry console. Found objects create intrigue and tell a story.
- // Key furniture such as coffee or dining tables should be solid and raw. If you have a stained dining table, consider sanding it back or white washing it for a rustic effect.
- // Sisal rugs, light cowhides and jute mats forge a layered earthy look.



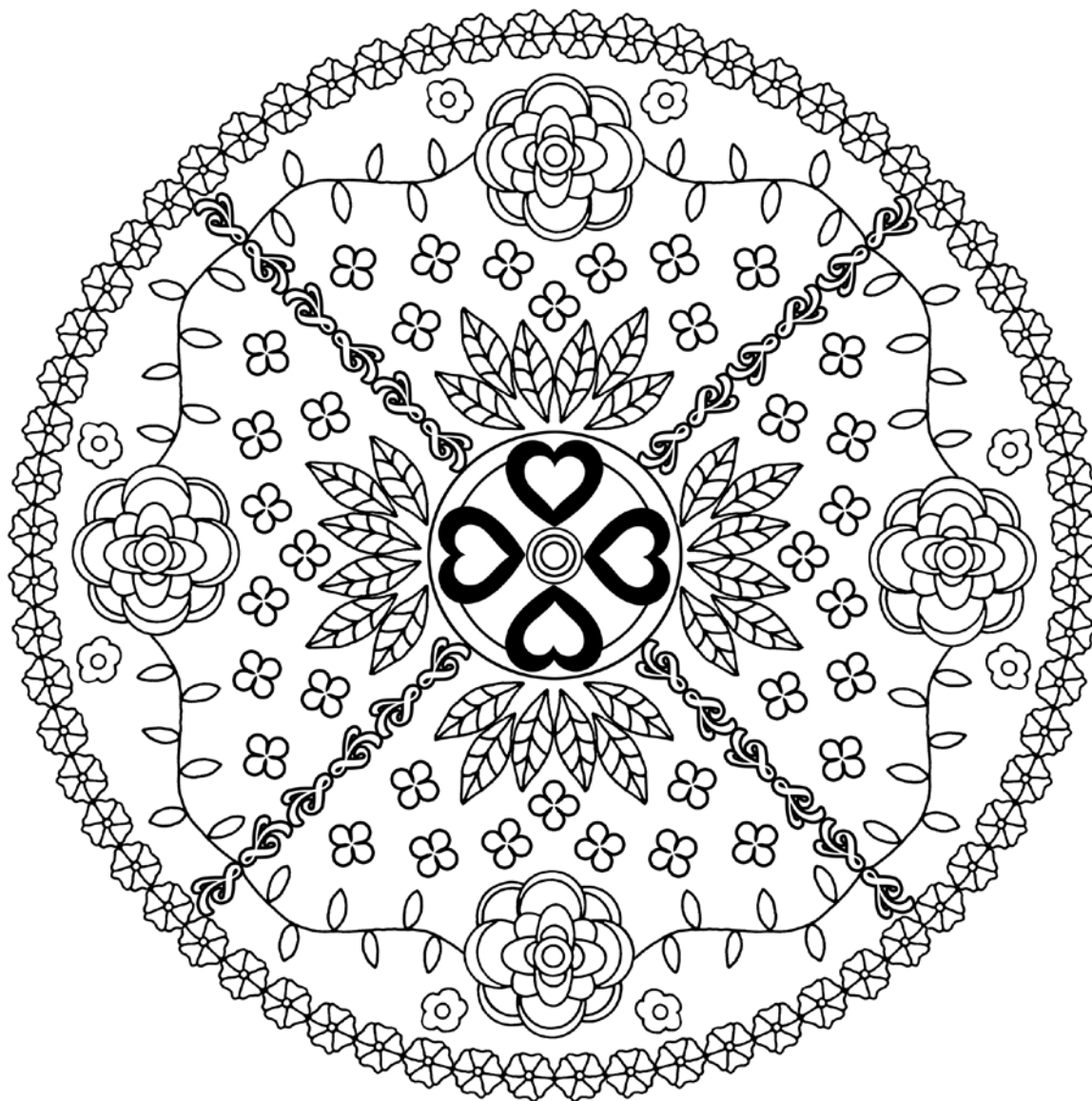
Extend the raw earth trend to the outdoors and introduce elements like steel and copper to add depth to the look.



MAMA CHILL

# SOOTHE YOUR SOUL

NO ONE is YOU, and that is your SUPER POWER.  
#SELFLOVE



COLOUR IN + TAKE TIME FOR YOURSELF

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MAMA MOTIVATION



SELF LOVE

SELF-LOVE  
**MAMA**  
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motherhood  
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strong

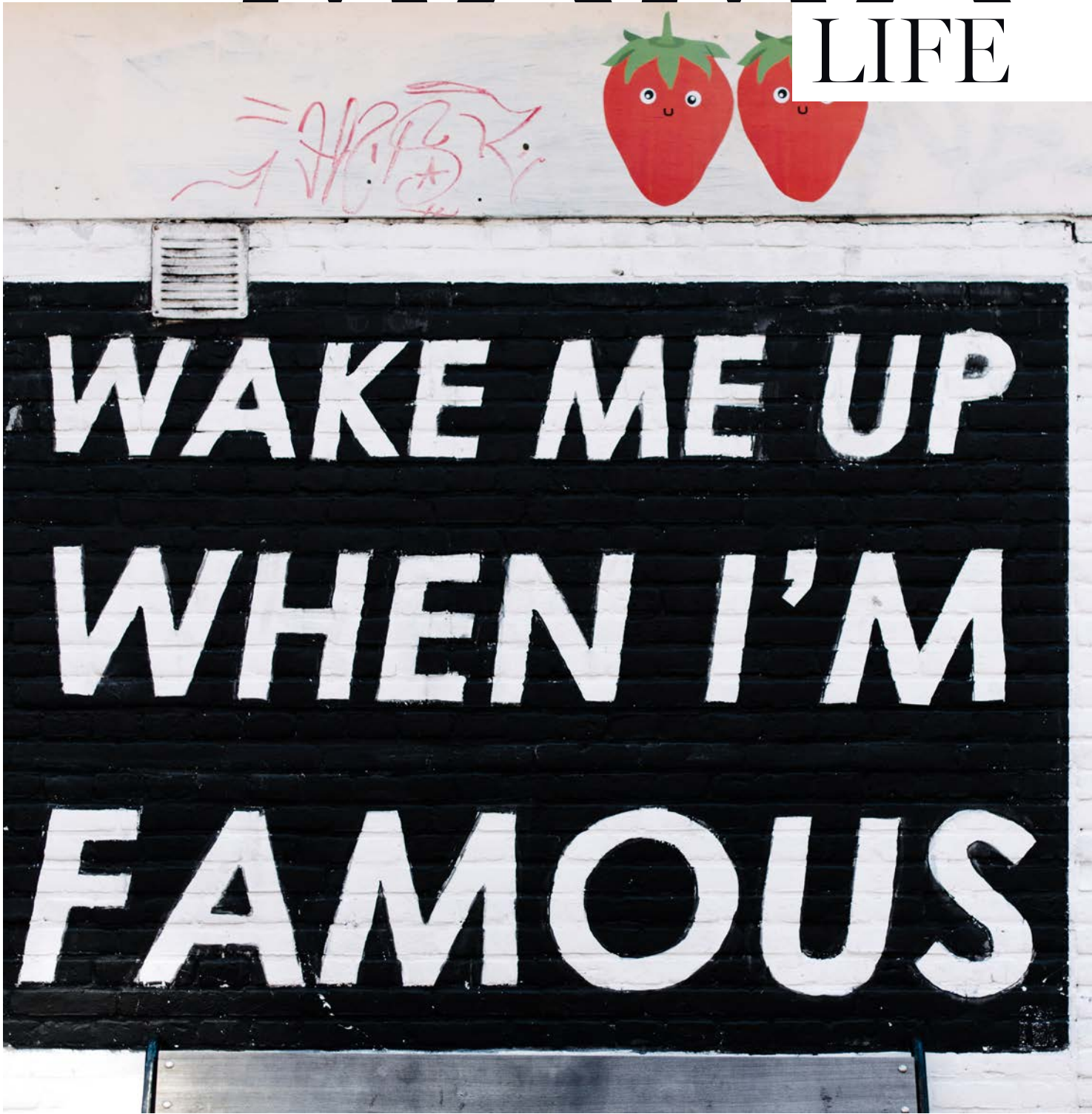
SELF-LOVE  
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**MAMA**  
DISRUPT

# MAMA

# LIFE



SUCCESS comes to those who DEDICATE themselves to their PASSIONS. HOW we live is what makes us REAL. #SELFLOVE

# MAMA MINI BREAKS

## #girlgang

Need INSPIRATION  
on how to INDULGE your  
WANDERLUST self mama?

It's time to plan  
that GIRLIE WEEKENDER  
with these UNIQUE  
out-of-the-way finds...

WORDS // Natalie Baseur

**W**hat better way to embrace  
self-love than with a  
much-needed escape from  
everyday responsibility?

And yes, we're referring  
to work, home, the kids. B.C. (before children),  
a girls' weekend usually involved a quick group  
whatsapp sesh and voila, a trip of adventure  
was sorted. Now, it takes an army of babysitters,  
and more lists and organisation than planning a  
wedding, but the reward is SO worth it.

And it's actually in the interests of your fam  
bam that you get away – a change of scene is as  
good as a new mama, so they say. After a few days  
of rosé, good food and relaxation with the girls,  
you'll be raring to get back to those baby sleep  
schedules, house errands and work commitments.  
You know it!

It's time to create new memories and recharge,  
ladies. Bring on the serenity...



## The Luxury Beach Escape

Blue skies, sand and surf? Heaven. Just add cocktails at sunset...

### 1. MAISON BLUE BED AND BREAKFAST, ALDINGA, SA

Surrounded by stunning gardens, the interior decor at Maison Blue oozes charm with a French provincial twist. This bed and breakfast destination is only seven minutes from the picture perfect Aldinga beach, yet you will feel as though you are in the English countryside. Long lunch options aren't far away, with world-class wineries in McLaren Vale just a 10-minute drive. The best part? It's only 45 mins from Adelaide CBD. From \$990 per night, the four-bedroom house can accommodate up to eight guests. // [maisonblue.com.au](http://maisonblue.com.au)



Unplugged: Make yourself a priority mama! Round up the girls and say hello to a weekend of bliss (hello, long lunches and vino-fuelled catch ups!)

### 2. NETANYA, NOOSA, QLD

Unplug and unwind Noosa-style at the retreat that is Netanya resort – located in the heart of action-packed Hastings street in this gorgeous beach town. This is THE place to visit if you want coastal walks at the Noosa National Park by day, followed by surfing lessons, sunbaking or shopping. Enjoy fine dining at Bistro C, yummy cocktails at Miss Money Penny's, and don't leave without trying an infamous Betty's burger. From \$299 per night // [netanyanoosa.com](http://netanyanoosa.com)

### 3. THE BYRON AT BYRON RESORT AND SPA, BYRON BAY, QLD

For pure beachside bliss, make a beeline for Byron and let the daily cycle of breakfast, beach and ocean begin. If you stay here you won't even need to leave the resort to do all three. In case you do venture out, try the much-loved tapas and cocktails at St Elmo's Dining Room and bar and visit the Roadhouse cafe for organic brekkies and turmeric lattes. Rooms start at \$343 per night // [thebyronatbyron.com.au](http://thebyronatbyron.com.au)



## Tranquil Hideaway

Does your idea of a mama mini break include reading books with a vino, while glancing at starry night skies? Look no further...

### 4. BED IN A SHED, CLARE VALLEY, SA

If you want a rustic escape on your own or with a couple of girlfriends, then Bed in a Shed is worth a look. Just as the name suggests, expect a corrugated iron shed, catering for up to five guests, with kitchen facilities and an onsite masseuse. It's the perfect place to read a novel and stare at the country view that is at your doorstep. Hire some bikes to ride along the Riesling trail and go wine tasting at one of the 44 wineries. Don't miss a lazy lunch at Skillogeelee – just ask for a verandah table. From \$245 per night // [airbnb.com.au](https://airbnb.com.au)

### 5. ROCKY MOUNTAIN SPA LODGE, EAGLE REACH RESORT, VACY, NSW

Set in the Upper Hunter Valley, Vacy is about a 50-minute drive from the wineries. A glorious getaway, it showcases Australia at its finest. The lodge can be booked for a group of up to six guests, and has a large hot tub on the deck with panoramic views of the countryside. Check out the kangaroos lazing on the lawn as you eat breakfast each day, and head to nearby Morpeth for coffee, freshly baked bread and antique shops. From \$560 per couple, with each additional guest at \$80 per night // [countrycabin.com.au](https://countrycabin.com.au)



Escape to the countryside and decompress.



### 6. ASHWORTH HOUSE, BERRY, NSW

Does your dream mini getaway involve browsing boutique homewares and antique stores, indulging in bakery treats and enjoying dinner at the local pub? Than look no further than Berry – a pretty town only two-hours south of Sydney. Rolling green hills and cows dot the landscape, with Ashworth House located at the heart. A modern house with a large pool, games room and fire pit catering for 10 guests, it's the ideal girls' retreat. Book ahead if you are coming on the June long weekend, Berry has a fabulous Winter Wine Festival on. From \$1200 a night // [ashworthhouse.com.au](https://ashworthhouse.com.au)

### 7. ABLE HOUSEBOAT ON THE HAWKESBURY RIVER, NSW

This luxury houseboat has all the trimmings, even a hot tub that fits 10! Great for a big group, where cooking and listening to music as you meander up the magnificent river are the only plans for the day. From \$420 a boat per night // [hawkesburyhouseboats.com.au](https://hawkesburyhouseboats.com.au)



## City Break

Are you more of a shopping, dining out, cafe hopping, relaxing in a bubble bath and watching in-room movies with room service mama? These chic go-tos are best enjoyed solo or with your bestie in tow.

### 8. QT, MELBOURNE, VIC

Undeniably chic, glamorous, quirky and extrovert, the QT hotel is a great place to stay when you want the opposite of your everyday reality. Located in a great spot near Chinatown, it's just a short stroll for when you're craving those late-night dumplings. Make sure to wander around and get lost in the city's exciting laneways, shop it up on Chapel St, and have breakfast on Brunswick. Oh, and enjoy a cocktail or two at the hotel's chic rooftop bar. From \$315 per night // [qthotelsandresorts.com/melbourne](http://qthotelsandresorts.com/melbourne)






**9. THE LANGHAM, SYDNEY, NSW**

The Langham is a glorious destination for a luxe getaway with your bestie, located close to Barangaroo – Sydney’s newest harbourside restaurant strip – as well as near the historic Rocks area. Known for its high teas and day spa, the hotel is just a quick Uber away from the hustle and bustle of the CBD. For something different, head over the bridge only five minutes by car to Kirribilli for breakfast at the weekend markets, while taking in the phenomenal views of the harbour city. From \$439 per night // [langhamhotels.com](http://langhamhotels.com)

**10. MONA PAVILLIONS, HOBART, TAS**

Staying at the Mona Pavillions on site at the Mona Gallery is a once-in-a-lifetime experience. These rooms have spared no expense, and have baths with floor-to-ceiling windows facing the water, piles of books for leisurely reading and amazing breakfasts. Visit on a Tuesday and ask for a private museum tour. From \$662 per night // [mona.net.au/stay/mona-pavilions](http://mona.net.au/stay/mona-pavilions) 



Grab your #1 girl and indulge in a little upmarket R+R. Spa treatments are compulsory!

*Handy Travel Apps + Sites*

- AIRBNB.COM.AU** // Affordable accommodation
- BMGG.COM.AU** // Beaches and mountains girls’ getaways
- GIRLSGETAWAYS.COM.AU** // Choose your getaway
- EXPEDIA.COM.AU** // One-stop travel site with great rates
- HOPPER APP** // Money saving flight booking app
- PACKPOINT APP** // Free packing list organiser
- HITLIST APP** // Choose your fantasy destination + get an alert when airfare prices drop!



**#MAMASQUAD**  
**#GIRLGANG**



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Travelling just became really easy with Teebee, a unique toy box for kids on-the-go! Kids can continue to enjoy their favourite activity... just pop it all in a Teebee and bring it along.

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Teebee even comes with a plate that fits into the trays that is suitable for Lego®, Mega Bloks® and Kreo®. Easy! Available in five colours.

NOW AVAILABLE IN AUSTRALIA: [AXISTOYS.COM/TEEBEE-STOCKISTS](http://AXISTOYS.COM/TEEBEE-STOCKISTS)



ON-THE-GO



# WANDER WITH STYLE

When it comes to having an on-the-go EDGE, make a STATEMENT with these ESSENTIALS wherever you ROAM.

## ZOE SAGE 5-IN-1 MAMA COVER, FROM \$61

The Zoe Sage 5-in-1 multi-use original mama cover can be used for all things bebe on-the-go: as a car capsule cover, trolley cover (so handy!), high chair cover, breastfeeding cover and as an infinity scarf for mama. Practical and versatile, soft, breathable and lightweight, it's super easy to put on and take off for all uses.

[zoesage.com.au](http://zoesage.com.au) // @zoe\_sage\_



## TEEBEE TOYPOD, \$49.95

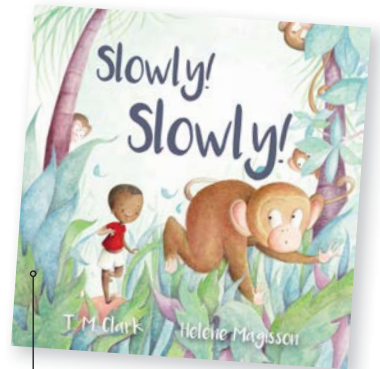
This Danish-designed toypod allows kids to play anywhere, anytime. A great mini storage unit, perfect for filling with your kiddo's fav little toys for on-the-go fun, it's lap friendly, and even includes a Lego® and Mega Bloks® plate.

Plus, the handy leather strap makes it easy and fun to carry for travelling play. [axistoys.com/Teebee-Stockists](http://axistoys.com/Teebee-Stockists) // @axis\_toys

## OLLI ELLA MINI CHARI BASKET, \$55

A favourite for so many reasons! A bike basket, a scooter basket, a treasure bag, a handbag - this little woven basket bag is functional, adorable, and perfect for boho multi-taskers and adventurers alike.

[tipyoureit.com.au](http://tipyoureit.com.au) // @tipyoureit



## SLOWLY! SLOWLY!, \$24.99

A great book for easy on-the-go entertainment, author T.M. Clark has cleverly taken the proverb 'Slowly, slowly catchee monkey', and crafted a beautiful tale about patience, perseverance and gratitude. Set in the wild landscapes of Africa, we love!

[wombatbooks.com.au](http://wombatbooks.com.au) // @wombat\_books

## BUGABOO FOX, \$1799

We are lusting after the newest kid on the stylish pram block – the Bugaboo Fox! Offering the ultimate in comfort, with a one-piece fold, single-handed steer, adjustable handlebar, ultra-light frame and a marine grade aluminium chassis, we can't stop swooning. [bugaboo.com](http://bugaboo.com) // @bugaboostrollers



# UNFORGETTABLE



# HEALTH RETREATS

It's time to LEAVE the GRIND BEHIND! We've rounded up a few of our fav HEALTH ESCAPES to put on your SELF-LOVE hit list to prevent MAMA BURNOUT.

WORDS // Natalie Bascur



**TIP**  
**Preparing for a detox?**  
Try and cut down on caffeine, alcohol, sugar, tobacco and processed foods. This will make the experience less of a shock to the system.



**L**ong gone are the days where health retreats were considered a self-indulgent holiday option. Today, the mass appeal of wellness escapes is on the rise. Faced with busier schedules and faster paced lifestyles than ever before, not to mention the mama juggle, a week away at a health spa is now something of a necessity to prevent mama burnout.

Retreats offer the chance to reconnect with yourself, regenerate your reserves and rebuild your resilience without the pressures and deadlines of everyday life getting in the way. Stripping back to the soul essentials, eating well, exercising, nurturing your body and mind – it's all about refilling your cup when visiting a health retreat, whilst also learning and growing. Plus, it's the chance to give up certain vices (think caffeine, chocolate and alcohol) which can be managed more easily when done with support!

We've curated our very own list of bliss-inspired options to help you on your way to feeling super charged and fully zen. Now all you have to do is choose where to go...

### **IDYLIC**

#### **SAMADHI SPA AND WELLNESS RETREAT, DAYLESFORD, VIC**

One of the most exclusive retreats in Australia, Samadhi offers privacy to its guests, who can choose from a range of programs to follow during their stay, with a focus on spa treatments over fitness. Aptly located in Daylesford, Victoria's spa country, Samadhi is favoured by those who are burnt out and looking for help in balancing and nurturing both mind and body. Prices are available upon booking, with all programs tailored to individual needs.

// [samadhiretreat.com.au](http://samadhiretreat.com.au)

### **BACK TO NATURE**

#### **BILLABONG RETREAT, MARAYLYA, NSW**

A down-to-earth retreat, with a focus on reconnecting with nature, this escape even offers day stays for those who need time away but can't take too much time off. For guests who favour surprises, book the Lucky Dip program, which has a daily workshop at 9am. Prices start at \$400 per night for a shared room, including all meals, drinks and activities, such as yoga and meditation.

// [billabongretreat.com.au](http://billabongretreat.com.au)





Time spent at a retreat is time well spent. Recharge, unwind and most of all, enjoy.

**LUXE**

**GAIA RETREAT AND SPA, BYRON BAY, NSW**

This internationally renowned retreat, owned by superstar Olivia Newton-John, is located in beautiful Ballina, surrounded by endless, rolling green hills. If you have the budget, this is a great destination for first timers. The food here alone is worth going for. Organic coffee and even wine are available upon request. The rooms and spa are second to none. A two-night stay, spa retreat package, including all meals and retreat activities starts from \$1,145. // [gaiaretreat.com.au](http://gaiaretreat.com.au)

**CLEANSE**

**HARMONY HILL WELLNESS AND ORGANIC SPA RETREAT, HOBART, TAS**

Not sure what you want from a retreat? A stay at this wellness destination in Hobart will do all the deciding for you. Each day starts with yoga and meditation, with meals and spa treatments to follow, the emphasis on removing negative energy from your mind and body. A two day all-inclusive retreat starts from \$600 per night. // [organicspa-retreat.com](http://organicspa-retreat.com)



**DID YOU KNOW?**  
Retreat, by definition, means "a place of refuge, seclusion, or privacy".





**PAMPER**

**GOLDEN DOOR HEALTH RETREAT AND ELYSIA SPA, POKOLBIN, NSW**

Here's another reason to visit the Hunter Valley apart from the wine! In fact, at the renowned Golden Door Retreat, there is no red meat, coffee or alcohol served. Home to Australia's largest day spa, this is the place to go to when you want a bit of pampering included in your experience. With a 25-metre heated lap pool, tennis court and a range of other activities, there's lots to do.  
// [goldendoor.com.au](http://goldendoor.com.au)

**ECO**

**GWINGANNA HEALTH RETREAT, GOLD COAST HINTERLAND, QLD**

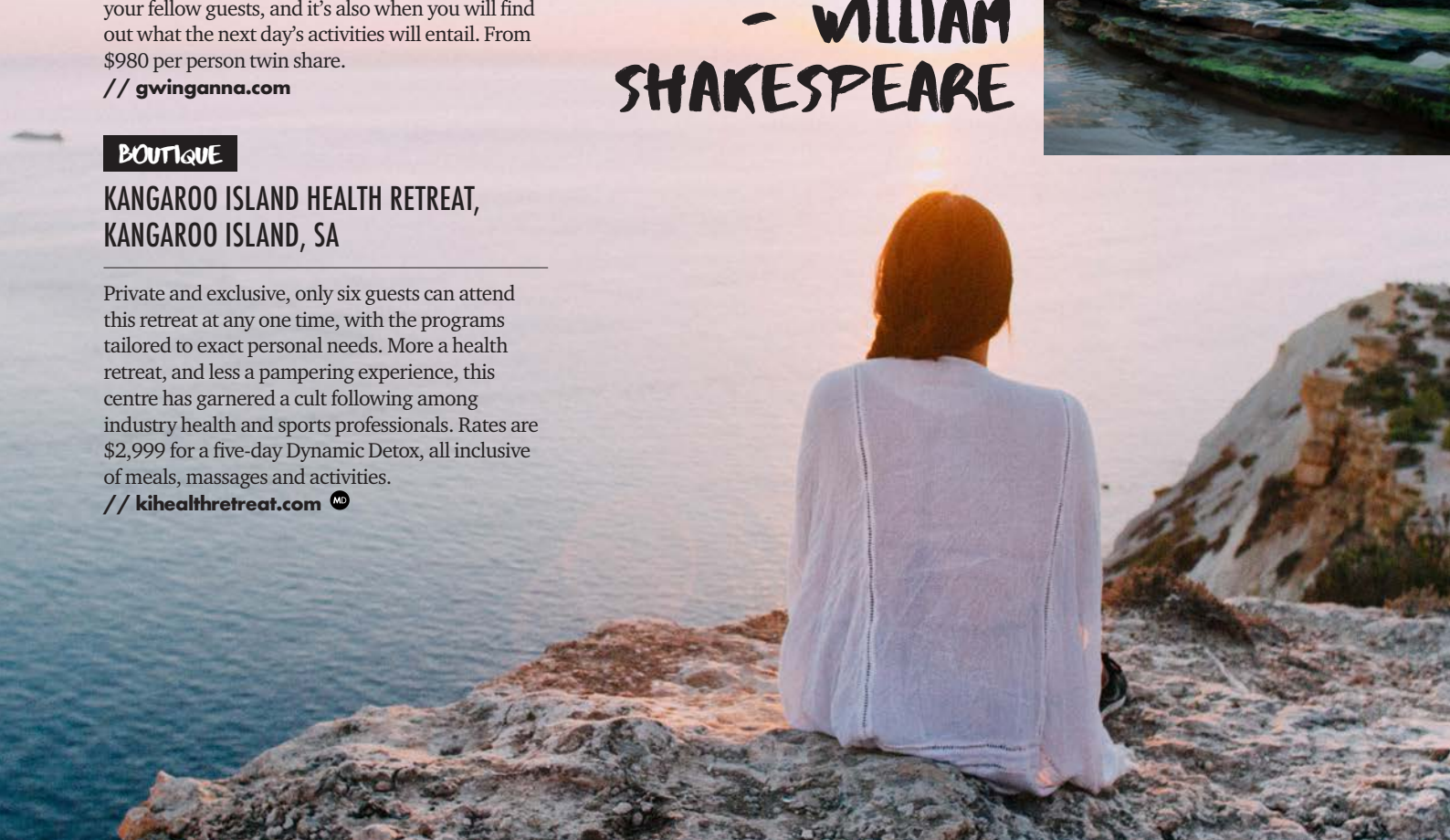
If you're after an escape from modern life, consider Gwinganna. The rooms are eco style, some with a private plunge pool. The focus is on exercise and embracing ways to move regularly, and you will be more than inspired when surrounded by the stunning backdrop of the Gold Coast hinterland. Communal dining encourages you to get to know your fellow guests, and it's also when you will find out what the next day's activities will entail. From \$980 per person twin share.  
// [gwinganna.com](http://gwinganna.com)

**BOUTIQUE**

**KANGAROO ISLAND HEALTH RETREAT, KANGAROO ISLAND, SA**

Private and exclusive, only six guests can attend this retreat at any one time, with the programs tailored to exact personal needs. More a health retreat, and less a pampering experience, this centre has garnered a cult following among industry health and sports professionals. Rates are \$2,999 for a five-day Dynamic Detox, all inclusive of meals, massages and activities.  
// [kihealthretreat.com](http://kihealthretreat.com) 

**"OUR BODIES ARE OUR GARDENS TO WHICH OUR WILLS ARE GARDENERS."  
- WILLIAM SHAKESPEARE**



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[www.babybjorn.com.au](http://www.babybjorn.com.au)



# into the looking glass

WORDS // Yasmin Thomas

## SELF LOVE //

"I feel the happiest and most confident when I'm being active with my kids. It's a powerful feeling knowing that they're looking up to you. Self-love is important: you can't teach something you don't believe in. And of course, a little bit of concealer to hide those sleepless nights doesn't hurt!"





A CREATOR at heart, Romy Drew didn't discover her passion for PHOTOGRAPHY until the arrival of her little ones. What followed was a creative AWAKENING and now this mama of two has found a NEW way of capturing the life she LOVES, through ROSE-COLOURED lenses.



I was always that person taking photos at family events from a young age, and I certainly went a

little snap crazy when my niece and nephew were born," says Romy Drew. "Now that I'm older, I realise photography is a dream that has been inside me for so long..."

A self-described "impatient person living very much in the present", the 33-year-old Brisbane gal had, until a few years ago, lived a life searching for her purpose. "Up until motherhood, I didn't really have a specific dream I was chasing," says Romy. "I had an interest in the fitness industry for a short period, however nothing that really stuck. I constantly had a million things I was busting to do... I get a kick out of trying new things!"

Having always been drawn to the creative side of life – "You should see my office/sewing room/craft room/photography prop room!" – Romy imagined one day working in fashion or marketing. The birth of her first child, daughter Winter, now two, opened this door, and it was during maternity leave that Romy truly found her creative mojo. "I started up a handmade business designing children's clothing," shares Romy. "It gave me that outlet I needed, and it was a massive learning curve since I didn't really have much experience in running a business."

Nonetheless, it was a project that Romy took great pleasure in, but it was through this endeavour that Romy discovered that her true passion actually laid with something else: photography. "I soon realised that I was inspired more by all the amazing photographers shooting the campaigns than the business I had been running for the previous two years!"

Emboldened by what she had witnessed, Romy decided to explore her love of photography further during her second stint of maternity leave after son Vander (now one) was born. "I decided to finish up with designing, and put that time into learning and growing in this new direction," says Romy.





“Motherhood has evolved, and as mamas we’re learning that supporting each other is so powerful,” says Romy.

When Romy was approached by a family to take photos after they had seen some of her images, the idea of pursuing her new interest as a full-time profession suddenly gathered momentum. “To have someone else trust me was a bit of a lightbulb moment,” recalls Romy. “I started to wonder if I could make this into something more than just snapshots of my own family.”

And that she has. Now shooting campaigns for families and businesses she loves, Romy is starting to build a name for herself. “I think you need to throw your dreams out into the universe. That way, you’re accountable for going after and chasing them.”

Having a public Instagram (@romydrew) where Romy shares her love of photography has also worked wonders for her business and confidence, spurring her onto pushing her creative boundaries. Today, with an insta feed full of boho glory, Romy utilises the small following she has built-up to further strengthen her quest for growth. “Whilst I don’t post on Instagram for ‘likes’ or ‘followers’, it has definitely motivated me to learn and develop my skills,” smiles Romy. “I’m lucky to have connected with some amazing mamas that I look to for inspiration. It’s been great to find some common ground.”

However, being a self-taught photographer has led to the occasional bout of self-doubt. “I think it’s natural to be self-conscious. Comparing yourself with other successful people is sometimes really hard to overcome,” admits Romy. “Wondering if people will get your vision and appreciate your art or hate it, can be scary. I’ve learnt from having

a small business to take the time to plan and set goals, and that it’s not a bad thing to wait patiently for the right time.”

And how does this eagle-eyed entrepreneur navigate motherhood? “You just have to roll with the punches! I believe you should do what works best for you and your family. But it is funny, my sister – who had kids before I did – quite often reminds me of the silly and naive things I would say before becoming a mama!” I also think it’s normal to have those ‘I’m not doing the best I can’ or ‘I could have handled that situation better’ mama thoughts that run through your head while you’re laying in bed after a challenging day!

Having a birth plan that flew out the window also wasn’t how Romy envisioned the start of motherhood, but it has been a lesson in taking each day as it comes. “I ended up having a C-section. This was not what I had planned, but all the worry in my head disappeared the moment I held my HEALTHY baby girl,” recalls Romy proudly.

Issues with breastfeeding have made her tough too. “People used to say things to me like, ‘Some people just can’t do it’ which affected me so much – they may as well have said ‘You’ve failed.’” I remember being out at a cafe with friends at one point, and not wanting to feed Winter formula in public because I was so worried that other mums would judge me,” recalls Romy. “So I took my baby out of sight to give her the bottle. I finally realised that these were irrational thoughts and decided that fed is best, however you can or choose to!”

And life right now? “My kids are my muses,” smiles Romy. “It’s rare that a day goes by that I don’t pick up my camera. I want to remember the everyday moments, of them sitting in the morning light playing together, chasing the waves or exploring new places. My partner and I are so blessed to have created these two magical little souls!” **MB**

“I THINK YOU NEED TO THROW YOUR DREAMS OUT INTO THE UNIVERSE. THAT WAY, YOU’RE ACCOUNTABLE FOR GOING AFTER AND CHASING THEM.”



## ROMY'S TIPS FOR LIVING A CREATIVE MAMA LIFE

### + GO-TOS FOR INSPIRATION //

I'm a member of a few Facebook groups of photographers – the information and real-life experiences they share is priceless.

**+ STYLE TIPS FOR INSTA //** I'm conscious of keeping complementary tones in each photo. My feed is mostly personal work, with a lot of candid snapshots of my family.

**+ FAV FASHION LABEL //** I loving Zulu & Zephyr, matching swimmers for me and my babes!

**+ HOW TO BALANCE CREATIVITY WITH MOTHERHOOD //** Designate dedicated creative (me) time and don't try to multitask a million other things. Encourage your kids to get creative too as they'll likely want to be doing what mama is, so set them up with a kid-friendly version.



Daughter Winter, 2, and son Vander, 1, are Romy's biggest inspiration.



SELF-LOVE

Be kind.

Be patient.

Be generous.

Be accepting.

Be all of

these things

to yourself.

# True Blue

From modest beginnings to BIG CITY lights, *Rebecca Jobson* found success in the high-profile world of FASHION, but the OCEAN called to her, sparking a newfound sense of PEACE, CREATIVITY + SELF-EXPRESSION.

WORDS // Yasmin Thomas

Rebecca Jobson was only 18 when she left home on the NSW South Coast for city life in Sydney. In that time, not only did she achieve a career working in public relations managing fashion accounts for an agency, but her exotic looks also had those same fashion houses lusting after her to wear their latest collections on the runway.

Fast forward to almost a decade later and the Filipino-Australian mama muse has left that world far behind, and now resides in the coastal town of Yallingup in Western Australia with her tribe: two-year-old daughter Arabella, and partner, champion surfer Taj Burrow. The move back to the ocean proved to be one of life's lightbulb moments. "Separating myself from city life was something that made me grow up a lot and discover what truly matters to me," recalls Rebecca.

Becoming pregnant in 2015 was the catalyst for the sea change. "I think a lot of the trivial things that I used to care about before motherhood disappear when you become a mother," says Rebecca. "Your heart feels more full than you ever thought possible." The new role inspired a newfound respect for her own mum. "It really is the hardest job I've ever had to do," admits Rebecca. "I didn't know the full extent of how much work mums put in. I bow down to my mum and all those mamas out there doing it all day every day for the love of their kids – they sacrifice so much."

While Rebecca has sought out salty surroundings that feed her soul, she hasn't rested on her laurels. Rather, she has thrown herself into starting a children's fashion label, Mini Marley, and it's felt like one of the biggest risks she's taken. "It has been a huge leap of faith, but it's turned out to be so rewarding," says Rebecca. "Mini Marley feels like a second child. I'm so proud of my two little children!"





The arrival of Arabella was actually the inspiration behind the creation of Mini Marley. "After shopping for Bella and finding that a lot of the clothing was very gender specific and filled with a lot of tulle and sparkles, I wanted to make something that was comfortable, neutral and suited my own personal style." It was about capturing moments in an organic way that felt natural. "I wanted to celebrate childhood" says Rebecca. "To celebrate adventure and imagination, and to use natural fabrics that were soft and gentle on skin."

It was this passion and drive coupled with the support of women around her that Rebecca, 28, credits as the key to her success. "I'm so lucky to be able to lean on inspiring women. They have offered me so much help and advice along the way," says Rebecca. It's still a big learning experience, but I am loving every minute."

Investing time in the business along with raising a small child has, however, proven difficult at times. "It [has been] risky... losing so much of my time with my baby, but I know it is going to be better for all of us in the long run," says Rebecca. "I am motivated by my daughter, to strive and push further to create an amazing life for her and to show her that she can be anything she wants to be if she works hard."

Taj's surfing often sees the party of three take family life on the road, and it's a lifestyle the brood have grown accustomed to. "A lot of the travel is very late notice where we just pack up and drive." explains Rebecca. "The only constant in our lives is the beach."



*ON SELF LOVE II "Our bodies are incredible and it's by being pregnant and having a baby that I've learnt to appreciate and have self-love for my body. It's so good to teach our kids that too!"*



"Our lives revolve around the ocean." Family is clearly everything, and Rebecca and Taj are committed to raising Bella as they see fit, simply and peacefully. "I think there is so much judgement when it comes to parenting, and so many people tell you what you should and shouldn't be doing," says Rebecca. "I've always stayed very strong with my beliefs, and we are bringing up Bella exactly how we want. She couldn't be more perfect, so I guess we're doing something right!"

There have been challenges along the way though, some of which Rebecca still faces. "It's been tough," she reflects. "There's been a lot of emotional loading. Mums are always the ones who are expected to know everything about their kids – what medicine they need to take, how many scoops are in the formula etc. Mums are expected to know the whereabouts of every single belonging of their own *and* their kids at any given time. The hardest thing is to find the time to give back to yourself, and to not get too overwhelmed by what in reality is an extremely overwhelming situation. Sometimes you need to let your ego go a little bit and not be too proud to ask for help."

## REBECCA'S TOP 6...

1. **SKINCARE** // La Mer Renewal Oil
2. **HOLIDAY DESTINATION** // The Maldives
3. **FASHION LABEL** // Sir The Label
4. **READ** // *Shantaram* by Gregory David Roberts
5. **ITEM IN YOUR HANDBAG** // Lanolips – it's such a versatile product. I use it as a lip balm and to create a dewy look on my eyelids and cheekbones.
6. **DISH** // If I had to choose a last meal, it would be my mum's fried rice. It's popular in our family and it tastes just like home.


Rebecca says she wants to show Bella that it is possible to live life on your own terms.



*"Being vulnerable isn't a sign of weakness, it's a sign of how strong you are to admit that life isn't perfect. It's okay to ask for help and to let people know you need support sometimes."*

Experiencing hormonal imbalances since becoming a mother has also been problematic for the slow living bohemian. "Now I get migraines and terrible mood swings that have been hard to deal with. I never even got these growing up!" Rebecca's been able to push forward with the support of her partner and loved ones though. "They help get me through when I'm feeling down," she explains.

With daily snaps of her life shared regularly to social media, Rebecca has also made meaningful connections with other mamas. "I think the community vibe that exists is such a beautiful thing," shares Rebecca. "I've made so many friends that were complete strangers. So many women are willing to offer help, and share their stories. I don't consider myself an expert at all, but I am a genuine voice of a modern mum who, in reality, is just trying to fumble my way through motherhood and make it out the other side smiling," she explains. "I am still learning every single day – having the support of other women has been such a soothing feeling."

And the future? With love in her corner, this self-described "small-town girl living her dream" is busy plotting her path. "There are lots of new exciting things in the pipeline!" But for now, the ocean-loving tribe are content to live life day-by-day. "Just watching Bella interact with her dad, hearing her laugh and say the words, 'I love you Mummy and Daddy,' – these are the moments that fill me with a love that I never thought possible." 





At heart, Rebecca is simply a mum who is trying to make it through mamahood smiling.



*LIFE PHILSOPHY II "Karma and manifestation are so important. If you surround yourself with good people and good thoughts and do good to the world, it will be good to you."*



SLOW LIVING

*"I love that Mama Disrupt® celebrates the modern mother and shows women with ambition who support and lift each other up."*



# The #selflove Evolution

It's a BODY + SOUL ethos where HEALTH is fused with HAPPINESS. Born of a desire to make motherhood a BETTER place to be, THE MUMMA MOVEMENT is certainly putting self love at the top of the agenda, with #bossmama *Ariel Blyth* leading the way.



"You can do anything if you set your mind to it."

She's the fierce Bonsoy latte-sipping vegan mama behind the FEEL-GOOD BE-GOOD tribe, The Mumma Movement. With a mission to support women to stay active, look their own kind of best and fuel their bodies and babies through pregnancy and beyond, she's certainly a Mama Disruptor. We're talking about Ariel Blyth: the CrossFit trainer, pregnancy coach, exercise scientist, yogi, motivator, mother of three under five (River, Raine and Reef), and all-round beautiful human being. So, how is this fearless #bossmama managing to change the world *and* doing the school run? We grabbed a coconut milk and bliss ball with the driven health advocate to find out why she is taking the idea of mama self-love to the next level...

## WHY DID YOU START THE MUMMA MOVEMENT?

The Mumma Movement was born out of my passion to help and support women on their journeys into motherhood. There was so much misinformation out there about training through pregnancy and during the post-partum period, that I wanted to correct this, and offer mums a factual and supportive program to empower them to feel great about their body and movement. It is also part of my mission to help women LOVE their birth experience. As a doula I want to give mamas the love and support they need. It's been exciting to combine my skills, experience and knowledge into a service that I can offer women online and in my community. My goal is to offer a complete pre- and postnatal experience that empowers and guides mamas towards health and happiness, including coaching, holistic nutrition advice, CrossFit and doula services.

## HOW HAVE YOU TURNED YOUR PASSION INTO A CAREER?

It's been a process. I initially began blogging when my son, River (6), was born, and so I started to build a community this way. I also studied hard and specialised in pre- and postnatal training at Deakin University during my Bachelor of Exercise and Sport Science, and

# THE MUMMA MOVEMENT MISSION

**X** To improve birthing outcomes for families to enhance bonding and decrease the incidence of post partum depression, as well as increase the quality of baby health.

**X** To help women feel and look amazing through pregnancy and into motherhood.

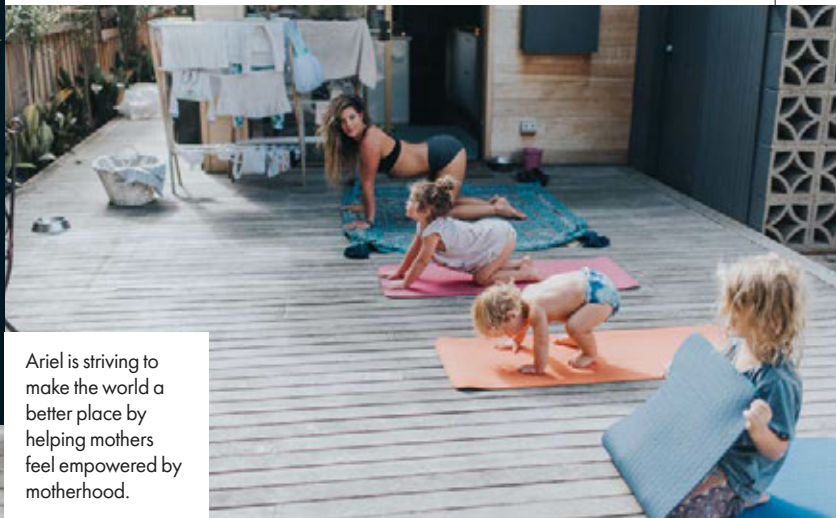
**X** To empower women to move well, create a balanced and sustainable lifestyle, practise self love and parent peacefully.

**X** To practise sustainability, environmental responsibility, empowerment and LOVE.

**X** To support, care and help nourish mothers.

**X** To help women feel like goddesses, knowing their value and worth.

"Coffee, lots of coffee (and wine) help the mama juggle!"



Ariel is striving to make the world a better place by helping mothers feel empowered by motherhood.



Ariel loves spending time outdoors, and is energised by the sun and the ocean.

then last year I became a doula, finally combining all my skills into one movement towards better health and wellness. And here we are...

## HOW HAVE YOU MANAGED TO START-UP A BUSINESS AND BE A MUM?

My husband and I own and operate CrossFit Croydon in Victoria together. While this has been a difficult financial journey, it has allowed us to parent together full-time and take our children with us wherever we go. I have studied while my children have slept (sometimes only in 45 minute blocks!) and have managed my schedule around school and work commitments. You can do anything if you set your mind to it! My husband is an amazing father and we support each other's dreams.

## HOW DO YOU JUGGLE MOTHERHOOD WITH YOUR OWN PERSONAL AMBITION?

Sometimes it's challenging. I am often sleep deprived, and it is difficult to give 110 per cent to my family, business and myself. Often, I neglect myself and my needs, which can result in burn out. I try to train and practice yoga daily which makes me a nicer person. And...coffee, lots of coffee, and wine!

## WHAT MOTIVATES YOU?

My children motivate me to be a better woman. I hope to leave them with a legacy of perseverance and responsibility to the earth and all people. I am working towards giving them a calm and beautiful life.

## WHAT'S YOUR BEST PIECE OF MOTHERHOOD ADVICE?

Read *Buddhism for Mothers* by Sarah Napthali, trust your instincts and intuition, find your tribe and love them hard, respond to each situation rather than react, and choose love and grace. I promise, you WILL survive! You're doing so much better than you think.

## WHAT'S THE HARDEST THING ABOUT START-UP LIFE?

It isn't spoken about, but financial stress is the hardest. Trying to make ends meet while starting a business can be devastating, particularly if you *and* your husband do the same thing. I wish there were better financial planners for entrepreneurs! Social media can be tricky to navigate also. You want to feel present with your family, yet you also need to promote your business and be on social a fair bit to do so. It can be easy to fall into the trap of comparing yourself to others who might seem more successful, too.

## WHAT IS SUCCESS TO YOU?

Success to me is helping to make the world a better place. It is having the financial ability to live life on my own terms, provide for my family and serve my community. A successful day is working hard, laughing often, doing no harm and being at peace.

VISIT // [THEMUMMAMOVEMENT.COM](http://THEMUMMAMOVEMENT.COM)

 @OHMMUMMA

CHANGING THE WORLD



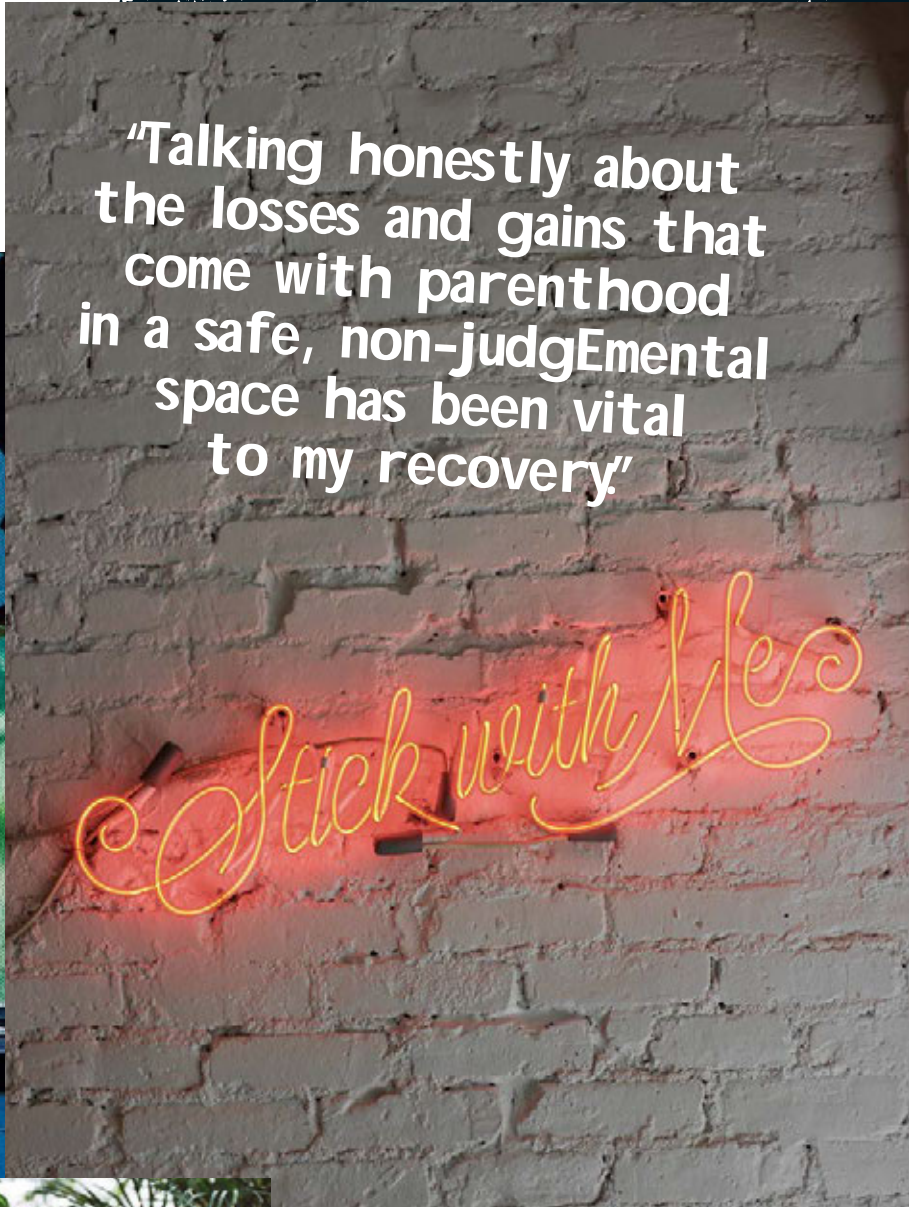
**PANDA**

Perinatal Anxiety &  
Depression Australia

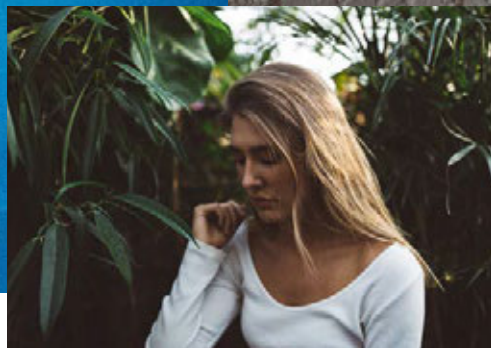
SHINING  
A LIGHT



“Talking honestly about the losses and gains that come with parenthood in a safe, non-judgmental space has been vital to my recovery.”



PANDA provides a safe environment where women (and men) can talk openly about their struggles.



Motherhood, anxiety and depression can be an ISOLATING and SCARY experience. For 30 years, Perinatal Anxiety & Depression Australia (PANDA) has been a beacon of HOPE to tens of thousands of new and expectant mamas across the country.

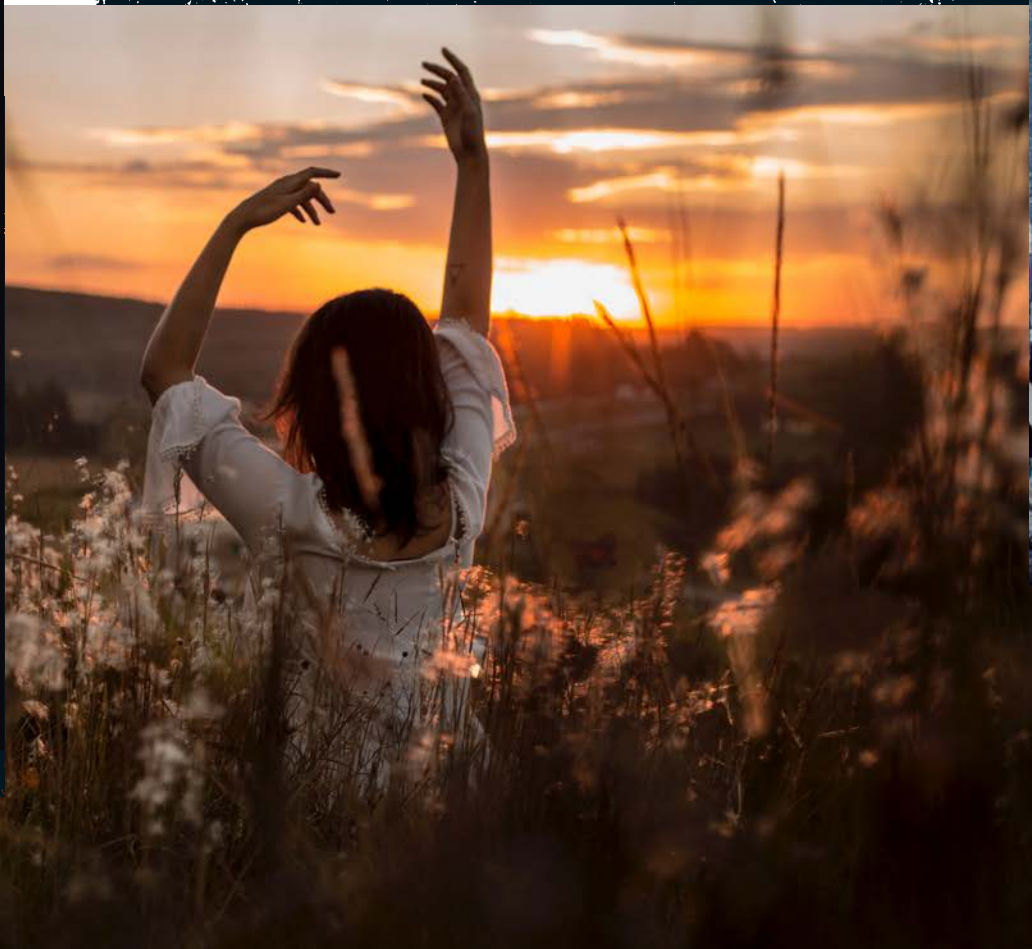
**P**erinatal anxiety and depression (“perinatal” relates to both pregnancy and the time after a child has been born) affects up to 1 in 5 new or expecting mums and 1 in 10 new dads, and can have an enormous impact on all areas of wellbeing. And these are just the parents we know about. In reality, the statistics are probably far higher, with many mamas suffering in silence, going out of their way to mask their difficulties for fear of being branded a bad mother and judged for not coping. But it’s high time this condition was given some love and acceptance.

Introducing Ann Lanigan and Janet Child. In the early 1980s, Ann and Janet were part of the statistics – both suffering from postnatal depression. But when they were introduced to one another by their maternal and child health nurse, the introduction was life-changing. Not only did

# MAMA DISRUPT® PARTNERS WITH PANDA

"The recognition and treatment of perinatal depression and anxiety is a cause very close to my heart as it is a condition that drastically impacts on our happiness and wellbeing as mothers and as women. I therefore couldn't be prouder to be partnering with PANDA this year to help SMASH the stigma, LIFT the lid, and BREAK the silence to bring this INVISIBLE condition OUT of the shadows.

— JESS, EDITOR-IN-CHIEF



they find comfort and support in each other, but they also realised that there were many more parents out there needing to share their personal experiences and seek support.

Just five years later, Ann and Janet established Perinatal Anxiety & Depression Australia (PANDA), a volunteer-based collective aimed at supporting new and expectant parents experiencing perinatal depression, anxiety and postnatal psychosis.

## REDUCING THE STIGMA

One of the key reasons many expecting and new parents struggling with perinatal anxiety or depression don't seek help is because they don't know what's happening to them or where they can go for support. PANDA therefore established many initiatives to proactively support women and families to help combat this. One of these is PANDA's amazing national helpline, dedicated to perinatal mental health, where peer support workers and professional counsellors respond to the needs of families across Australia in city and rural and remote areas, making a huge impact across the nation.

PANDA also dedicated itself to reducing the stigma associated with the illness, running awareness campaigns to help educate as to the signs of perinatal anxiety, depression and post natal psychosis, and how to deal with it. In support of this, there is now also the Community Champions program, where a national network of volunteers share their personal experiences in an effort to raise awareness and reduce stigma, as well as distributing important resources to their localities.

## READING THE SIGNS

So why is it so important to get help if you suspect you may have perinatal depression or anxiety? It's vital to ensure a quicker road to recovery, as Nicole from Victoria learnt after the birth of her second child. "My mobility hadn't bounced back, so getting on with daily tasks was a struggle," she recalls. "It was easier to stay indoors. This way, I could avoid the anxiety I would feel. I withdrew myself from friendships to the point that asking



Through the support and presence of PANDA, mothers Nicole and Prue felt they had the strength to begin their own personal journeys to recovery.



The anxiety lingered after the birth of her son. “In the very early days after giving birth, both my partner and I experienced this and I put it down to our brains making new neural connections and our protective instincts coming into play. But my anxiety persisted and I felt as though it preyed on me.” It was at this point – after countless sleepless nights, that Prue looked at the PANDA website. “There was a list of signs and symptoms of perinatal anxiety and depression and I found myself identifying with most of them. I was so shocked that there could actually be a name for what I was going through,” she explains. “For so long I had felt like I just wasn’t coping because I was too sensitive, and that this was what motherhood was like.”

Calling the helpline gave Prue immediate relief. “I’ll always remember how kind and comforting the voice on the other end of the phone was and how soon I started to feel better. Talking honestly about the losses and gains that came with parenthood in a safe, non-judgmental space was vital to my recovery.”

The lesson? No matter how dark your days are, it does end. Never be afraid to seek help and never be afraid to tell someone you are struggling. <sup>MD</sup>



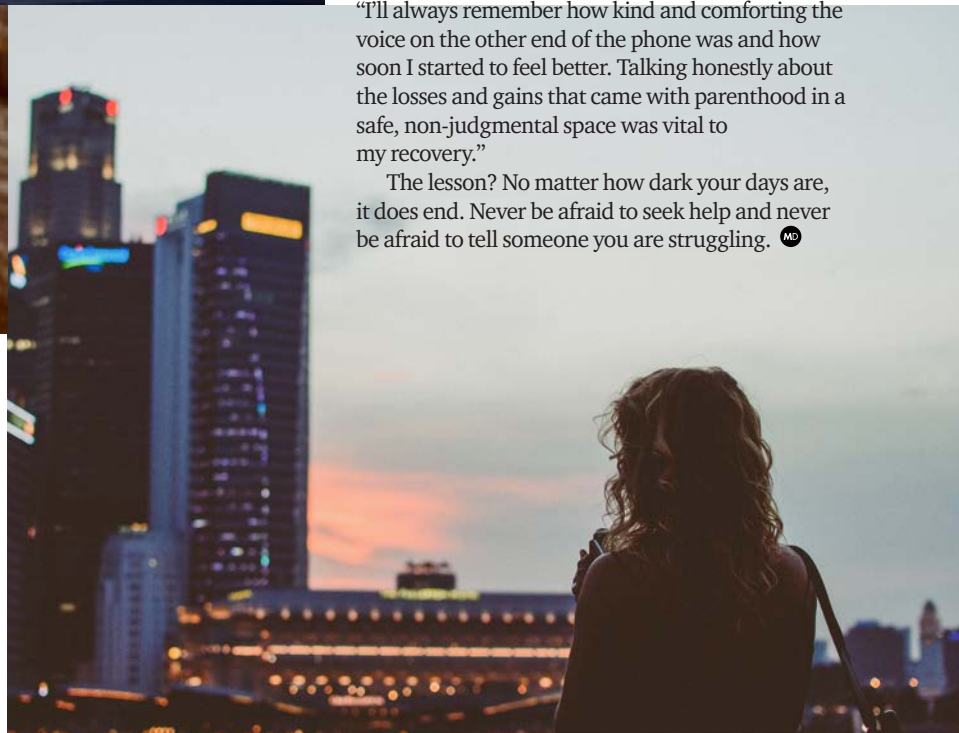
anyone over would be too anxiety provoking. It made me feel sick to my stomach having to put on a front or admit that I was not coping. I started resenting both my kids. I felt tense. I felt angry. And I was starting to feel so out of control that I did not know where my anger would lead.”

Taking advice from her husband, Nicole organised a spa day with a girlfriend to help get her mojo back. “We went out for lunch and then went to a day spa for some pampering. But, rather than feeling relaxed and rejuvenated, I had a panic attack and walked out of there tenser and even more exhausted than I was that morning. This was my lightbulb moment when I realised that things were really not right,” reveals Nicole.

“I called PANDA after that and left a message. The counsellor who called made me feel like she had all the time in the world for me and understood everything that was going through. It was not long until I felt the rawness of letting go, and tears started flowing. This was where my journey of acceptance that I may have been suffering perinatal depression began.”

## ONE CALL AWAY

Another Victorian mother, Prue, was excited to find out she was pregnant, but began to feel pangs of anxiety when sharing the news. “Every time I closed my eyes, my mind would play endless loops of scenarios involving my child being harmed and me not being able to protect him,” she says.



## HOW YOU CAN HELP

- If you have experienced perinatal anxiety, depression or postnatal psychosis you can join PANDA’s Community Champion program. The program is super flexible and volunteers can choose which activities they want to get involved in.
- Speak out about your experience of PNDA. Reach out to new and expecting mums and dads you know and ask them how are they doing.



**FACEBOOK:** @PANDAadmin

**INSTAGRAM:** @pandanational

**TWITTER:** @PANDA\_NATIONAL

**WEBSITE:** panda.org.au



SELF-LOVE

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strong

# MAMA

# SOUL

Be Love. ed.



CARE for yourself, as you would ANOTHER.  
With SELF LOVE, ANYTHING is possible.



# DITCH THE MAMA GUILT

FEELING BAD about your parenting DECISIONS could be exactly what's HOLDING YOU BACK from making the RIGHT ones. It's time to DITCH THE GUILT!


WORDS // Rebecca Hooton

Before having her first child, Katie\* was a human resources manager. She was organised and kicking goals in her career, and expected to do the same as a mother. “She was convinced that her baby had to stick to the routine in the parenting book she’d been reading,” says Lizzie O’Halloran, counsellor, author and founder of Help For Mums ([helpformums.com](http://helpformums.com)), describing one of her clients. “Any time she was asked to leave the house, like to meet a friend for a coffee, she’d feel extreme stress and guilt over disturbing her baby’s sleep.”

Unfortunately, this incident is all too common – a study of more than 2000 mothers in the UK found approximately 87 per cent experience mama guilt at some point, and according to another study, this guilt hits at least 23 times a week. It seems we’re damned if we do, and we’re damned if we don’t. Want to go back to work? You’ll likely feel guilty about leaving your children. Want to stay home with your kids? You’ll suffer the guilts from not “working”.

“Mum guilt is probably the most common issue I see in mothers,” says Lizzie. “Generally speaking, most mothers have an underlying belief that they should sacrifice everything for their children, put themselves last and do their utmost to keep their children happy at all times. Of course, this isn’t possible or desirable, and it usually leads to exhaustion, unrealistic expectations and increased guilt when mums can’t achieve this.”

Mama guilt can wreak havoc on self-esteem and the ability to enjoy motherhood. “Another one of my client’s



children was very emotional and the mother was riddled with guilt and self-blame for her daughter's personality and issues," recalls Lizzie. "Her self-esteem was so low by the time she came to see me, and her self-loathing was not helping her daughter in any way. In fact, because she felt so guilty every time she said "no" or stood up for herself when her daughter was rude to her, it made it worse."

And guilt is not an easy feeling to turn off. Even as a counsellor, Lizzie has experienced it herself. "When my first daughter was younger, I felt bad so about leaving her at childcare that she only went one day per week for two years. This made the transition to childcare even harder because she'd forget all about it for six days and then was shocked again to go back on day seven. I could hear her crying from the front door of the building, so I felt like the worst mother in the world having to leave her in tears.

"It's totally normal to feel sick to your stomach leaving your child in care – but you have to remember you're doing what's best for your family", says Lizzie. "I knew I had a right to send her to childcare and that going back to work was really important for my whole family. I knew I wasn't hurting her, because she was happy once I left. Needless to say, my second child went to childcare two days per week from the age of 15 months and transitioned much more smoothly – I learnt my lesson there."

Don't let mama guilt wreak havoc on your self-esteem and the ability to enjoy motherhood. Taking time out for yourself is important, too.



As mums, we feel guilt over everything – from switching from breastfeeding to formula, to letting our kids watch TV, to losing our temper when it all gets too much. But we really need to go a little easier on ourselves, advises Dr Karen Phillip, counselling psychotherapist and relationship authority ([drkarenphillip.com](http://drkarenphillip.com)). "A mother's role is extraordinarily complex and time-consuming – being everything to everyone at all times," she says. "Expectations are the culprit – don't compare yourself to others you see on social media or TV, or in stories about women who 'do it all'. What we don't hear about are those who crash and burn out."


There are a lot more opportunities available to women now, but we're still often torn between pursuing our dreams and being available to our children. But of all things, the decision regarding work – and how soon we return – is one of the sources of the most angst. "Mothers' guilt magnified a few decades ago when women stepped out of the kitchen and into education and careers," explains Dr Phillip. "The major role of parent and homemaker remains with the mother, but now with the added responsibility of building careers."

**"A MOTHER'S ROLE IS EXTRAORDINARILY COMPLEX AND TIME-CONSUMING, + EXPECTATIONS ARE THE CULPRIT. DON'T COMPARE YOURSELF TO OTHERS YOU SEE ON SOCIAL MEDIA OR TV, OR IN STORIES ABOUT WOMEN WHO 'DO IT ALL'. WHAT WE DON'T HEAR ARE THOSE WHO CRASH AND BURN OUT."**

But letting the guilt take over can cause us to make decisions that lead to regret. “There was a mum that was coming to the practice and she loved making jewellery,” says Dr Brooklyn Storme, director and head psychologist at All Psyched Up (allpsychedup.com.au). “She was so talented that she’d been featured in a prominent women’s magazine and was offered employment that required her to work in the city (which was an hour’s drive away). But, she couldn’t bear the thought of being away from her child and gave up the work. However, she now feels she’s missed an amazing opportunity.”

Guilt is also common around the concept of no longer contributing as much financially. “I knew a married couple – both professional workers – and the mother decided she would take a year off work to care for their new baby after birth,” says Dr Phillip. “However, she was terrified of ‘going broke’, even though her partner earned a good wage and could support them all.”

Being the one at home caring for a child is just as valuable as being the one going out and making the money to pay for the mortgage and bills, so it’s important to do what is right for you. “I remind couples of the fact that there are two parents, not just a mother, and a woman has every right to have a career too. That helps women start to feel more empowered,” says Dr Phillips. In fact, a major study conducted by Harvard University in 2015 showed that sons and daughters of working mothers appear to thrive, with daughters benefiting the most from the positive role model of a mother with a career. So if you do choose to return to the workplace, it isn’t something to feel guilty about.

Essentially, motherhood is a huge journey with ups, downs, twists and turns. But the rule of all rules? Don’t allow your mind to fall into the pit of mama guilt. And if you do find yourself there? Climb out mama, climb out. 

## 3 STEPS TO SMASH MAMA GUILT

Every time you feel bad, ask yourself these three questions, says Lizzie O’Halloran, author of *Perfect Mum: How To Survive The Emotional Rollercoaster of Motherhood*.

### + IS IT BEST FOR YOU AND YOUR FAMILY?

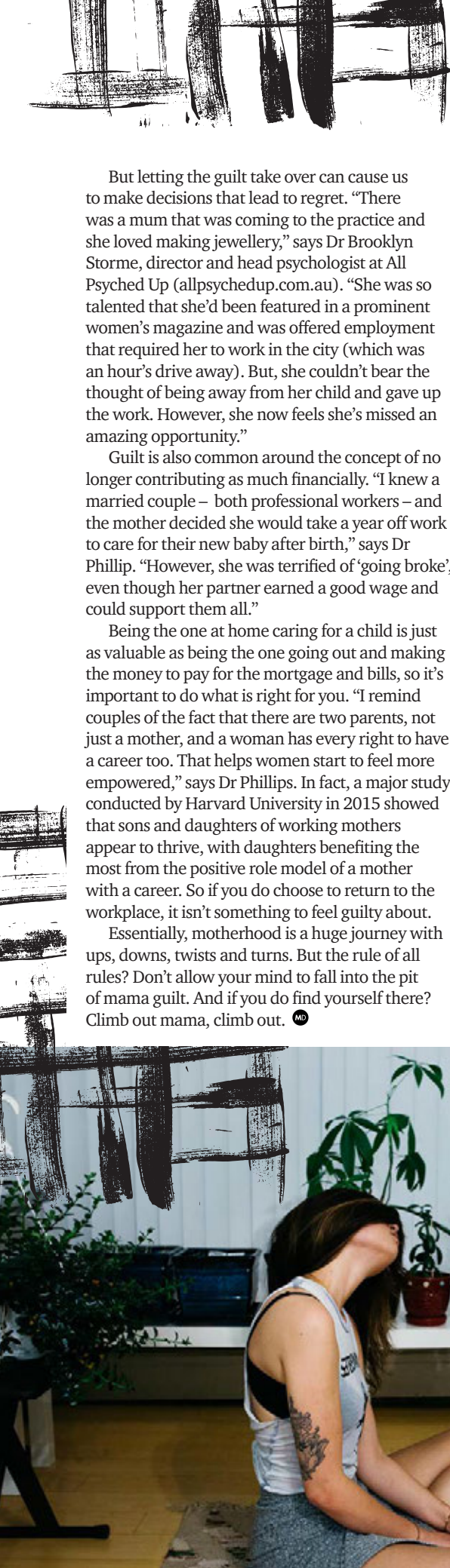
If it’s for the sake of your own sanity, it’s the right decision. For example, if you’ve given breastfeeding a go and you’re struggling and stressed because your baby is losing weight, it’s not in either of your best interests to continue.

### + ARE YOU A PARENT OR A BEST FRIEND?

Yes, your child might be angry because you won’t let them have that “treat”, but you have to look at whether your goal is to hurt them – or simply do what’s best for them. And usually it will be the latter. You’re a parent, not their best friend.

### + HAVE YOU ADDRESSED THE SITUATION?

Maybe you yelled at your toddler in a trying moment, or your daughter told you you’re not around as much anymore because you’ve gone back to work. That’s when you sit down and talk to your child. You may say something like, “I’m sorry mummy lost her temper – I was feeling very tired and upset and make mistakes sometimes, too.” Or explain, “Going back to work is important to me and to help support our family – maybe you could choose something extra special for us to do this weekend?” Whatever you do, don’t cave into the guilt!



Start doing what’s right for you and you will begin to feel empowered. Go mama!

"A mother  
who radiates  
self-love and  
self-acceptance  
actually  
**VACCINATES**  
her daughter  
against low  
self-esteem."

— Naomi Wolf

# Natural Glow

Want to FEEL GOOD? Go the GLOW with these NATURAL mama must-haves, with not a toxin in sight.

## ELLA BACHÉ GREAT TAN WITHOUT SUN, \$40

We love this moisture rich cream that provides a natural, golden tan without sun. Tinted for an immediate sun-kissed effect, it develops a streak-free tan after one to two hours. Enriched with cocoa butter, lanolin, vitamin E and green tea, it's the perfect tan without toxins! [ellabache.com.au](http://ellabache.com.au) // @ellabacheaus



## TINY TONICS COFFEE BODY SCRUB BUMP & GRIND, \$19.95

With an amazing combination of exfoliating natural goodness, get ready for a body that feels invigorated! Made with organic, fair-trade coffee beans (whose caffeine content stimulates blood flow and promotes healing), nourishing oats, mineral dense coconut blossom sugar, detoxifying epsom salts and chamomile-infused apricot kernel oil, we can't wait to get scrubbing! [avidiva.com.au](http://avidiva.com.au) // @avidivababy



## SOAK SOCIETY NOOSA WELLNESS SOAK, \$11.95

Hustle. Soak. Repeat. Remembering long summer days spent in crystal blue waters, this is an ode to Noosa (the home of MD® HQ)! Made of 100% natural ingredients including celtic sea salt, yellow Australian clay, lemon myrtle, lime and jasmine flower, this vegan bath soak will have you drifting away on a wave of calm. [soaksociety.com](http://soaksociety.com) // @soaksociety



## THE BODY SHOP WILD ARGAN OIL FOR BODY + HAIR, \$34

Get your glow on with the rich radiance of this organic Community Fair Trade argan oil. Usable on both body and hair, this beautiful argan oil is derived from the best argan nuts hand-cracked by Berber women in the southwest of Morocco. It's time to shine, shine, shine! [thebodyshop.com.au](http://thebodyshop.com.au) // @thebodyshopaust



## BADGER BALM ORGANIC PREGNANT BELLY BUTTER, \$21.95

We adore this butter! Offering a little love for a growing belly, its emollient-rich blend relieves dry, tight, pregnant belly skin, and its creamy texture and natural aroma of cocoa butter instantly soothes. Packed with coconut oil and vitamin E, it's a bump pamper in a tin. [avidiva.com.au](http://avidiva.com.au) // @avidivababy



## MOOGOO NATURAL MOOTHPASTE, \$9.90

Offering a no-nasties solution to clean teeth, this natural toothpaste provides the benefits of fluoride without the actual ingredient, using a natural substitute instead. Considering how much toothpaste we swallow, we love this! Suitable for all ages, it also comes with that minty burst of flavour we love so much. We're hooked. [moogoo.com.au](http://moogoo.com.au) // @moogoskincare



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# DETOX TO HAPPINESS

Feeling tired and RUN-DOWN? You may be neglecting a MAJOR organ that could – when treated RIGHT – help TRANSFORM your health for a BETTER YOU. It's time to start showing your LIVER some LOVE. Here's why...

WORDS // Dr Libby Weaver

**W**e don't usually consider our liver when we feel tired, irritable, headachey and run-down, but did you know that this mighty organ is often at the heart of such symptoms? In today's world, we are exposed to more pollutants than ever before through what we eat, drink, breathe and put on our skin, and it takes its toll. Our exposure to some of these toxins is beyond our control, i.e. they are in the air that we breathe, but other problematic substances we actually choose to consume.

## WHAT IS THE LIVER?

Our liver is the key organ responsible for helping our body to process and prepare substances for elimination, which if allowed to accumulate, will be harmful to us. This process is called detoxification, and it goes on inside us all day, every day. Essentially, it is a transformation process, where the liver converts problematic substances into less harmful forms so they can then be excreted safely from our body and removed forever. If our liver is overwhelmed and the mechanisms of detoxification and elimination are compromised, every process inside of us that creates health and energy, as well as those processes that help to prevent disease, can be affected.

Essentially, the best way to imagine the liver is to picture a triangle shape on its side, and to envisage that inside that triangle are billions of little circles, each one of them a liver cell. Inside each liver cell is a mouse on a wheel running, and each turn of the billions of little wheels is driving your detoxification capacity. When we treat our liver unkindly, a circle can die. For a time, the liver can regenerate a new



A change in season marks the perfect time to refresh your fridge.



## WHAT WE EAT BECOMES A PART OF US.



cell where a cell has died, but after a while, this is no longer possible, and a globule of fat will take up residence where once that energy-producing little “mouse” was working. When many fat globules take over the liver (known as “fatty liver”), our health and energy can suffer significantly.

Less efficient detoxification processes can lead to poor thyroid function, sex hormone imbalances, congested skin, lousy cholesterol levels, and impaired blood glucose management that often shows up as sugar cravings. Moreover, where our body wants to store body fat can also shift. You may notice you have a fat roll quite high up on your abdomen, which is called a “liver roll”. For women, this is just below the bra-line, and for men, just beneath the pectoral muscles.

### THE ROLE DIET PLAYS

It really does matter what we eat. What we put in our bodies becomes a part of us. In the not-too-distant past, only people who regularly over-consumed alcohol developed fatty liver disease, but we are now seeing teenagers develop it simply from eating diets high in processed foods and drinks. This has become so common that a new disease has been named, “non-alcoholic fatty liver disease”. Imagine a liver that looks just like one that has

been chronically battered by alcohol, yet processed food has created it. This is the power of diet.

The liver detoxification pathways require nutrients to function, so dietary choices influence how efficiently each phase of detoxification is able to proceed. For the first stage of detoxification, numerous nutrients, including B vitamins, are essential. Antioxidants such as vitamin C, vitamin E and carotenoids are also important, and these are found in colourful plant foods. For phase two, we require specific amino acids and sulphur. Sulphur can be obtained from Brassica family vegetables, eggs, onion and garlic, and we get our amino acids from protein foods. The protein is broken down into amino acids, which then create all of the cells in the immune system, which are what defend the body from infection. The amino acids also create the neurotransmitters in the brain that influence mood and clarity of thought.

The liver makes enzymes that are responsible for the transformation of each substance, and the rate of production of these essential enzymes determines how quickly each substance is processed. But it’s not just about ensuring our liver detoxification pathways have the nutrients they need to function properly. The load placed on the liver also determines how quickly things move through it, so we need to consider how the choices we make influence how efficiently the liver is able to do its job, which significantly contributes to how we feel.



## MAMA NOURISH

### DID YOU KNOW?

GREEN TEA IS FULL OF PLANT-BASED ANTIOXIDANTS KNOWN AS CATECHINS WHICH ASSIST LIVER FUNCTION.

### HOW TO DETOXYFY TO HAPPINESS

To look our best and feel our happiest, we want detoxification to be a highly efficient process. "Liver loaders" include alcohol, trans-fats, refined sugars, caffeine and synthetic substances, such as those found in pesticides and conventional skin, laundry and cleaning products. Minimising our intake or exposure to these can therefore help to reduce the load on the liver. The liver also has to deal with substances the body makes itself such as oestrogen and cholesterol, and when our detoxification pathways are congested, these substances might only be partially detoxified. If so, they are recycled back into the blood, consequently remaining in the body. The recycling of oestrogen, for example, can contribute to hormonal imbalances, which can be debilitating to energy. So, it's best to be honest with yourself about the "liver loaders" in your life.

In a nutshell? Focus on taking care of and nourishing yourself. You only have one liver. Love it accordingly. <sup>MD</sup>

What you put in your body has a direct impact on how you feel.

mindfulness

### HAPPY FOODS

- + Broccoli
- + Kale
- + Cauliflower
- + Chia
- + Berries
- + Kimchi
- + Walnuts
- + Avocados
- + Fish
- + Garlic
- + Eggs
- + Water
- + Beetroot

HAPPY  
DAYS  
AHEAD

# RAW COCONUT ICE

CHEF // Anthea Amore

Inspired by the GOODNESS of COCONUT, these sweet delights are fragranced with ROSEWATER, coloured with BEETROOT powder and sweetened with VANILLA. That's HEALTHY with a capital 'H'!



**TIP:** LEAVE THE SLICE TO COOL TO ROOM TEMPERATURE, THEN DIP A SHARP KNIFE INTO WARM WATER BEFORE CUTTING YOUR PIECES.

## INGREDIENTS

### WHITE LAYER

- 3 cups desiccated coconut
- 3 tbsps melted coconut oil
- 3 tbsps light agave syrup\* (mildly sweet, adjust to your liking)
- ½ tspn vanilla bean paste

### PINK LAYER

- 3 cups desiccated coconut
- 3 tbsps melted coconut oil
- 3 tbsps light agave syrup\* (mildly sweet, adjust to your liking)
- 1/8 tspn beetroot powder\* (or use grated beetroot and squeeze to juice for soft pink colour)
- 1 tbspn rosewater

\* You'll find these ingredients at your local health-food store or online.

## METHOD

### WHITE LAYER

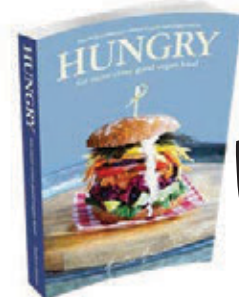
1. Blend the desiccated coconut in a food processor for 5-10 minutes or in a high-speed blender (it will take longer in a domestic blender) or until it's turned into a nut butter texture. Make sure it is slightly runny/oily and not too dry or the coconut ice will not cut well!
2. Add remaining ingredients and blend until smooth.
3. Pour into a lined baking tray and refrigerate until firm to the touch.

### PINK LAYER

1. Make the pink layer in the same way, using beetroot powder and rosewater.
2. Once the white layer is set slightly and firm to the touch, pour the pink mix on top. Allow it to set overnight or until firm.
3. Cut with a warm sharp knife into 24 pieces. Keep in an airtight container in the fridge for up to one month.

**PREP** // 15 minutes  
**SETTING TIME** // Overnight or until firm to touch  
**SERVES** // 24 pieces (use a 24cm x 15cm x 2.5cm tray)  
**VIBE** // Tropical Chill

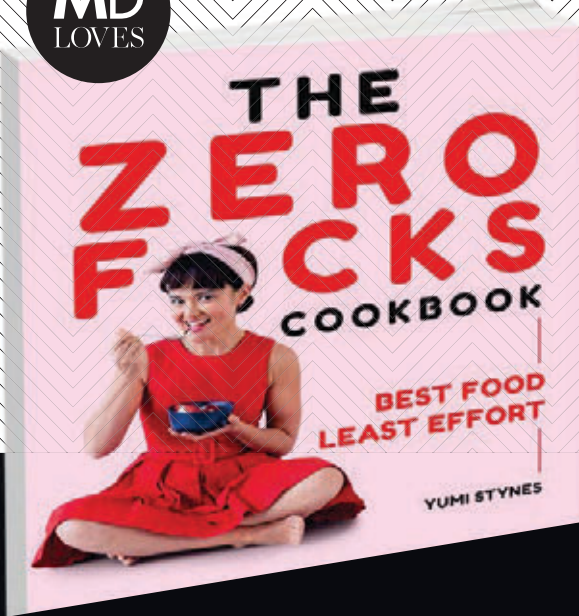
READ // HUNGRY FOR MORE CRAZY GOOD VEGAN FOOD BY BYRON BAY VEGAN CHEF, ANTHEA AMORE



MD  
LOVES

# What to READ

(when you should be doing something else)



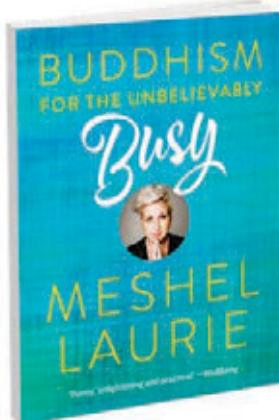
With chapters such as "Snacks, Emergencies + Other Moments of Desperation", this book is for those who love good food, but also have a million things to do.

## THE ZERO F\*CKS COOKBOOK

By Yumi Stynes

Now, this is our kinda cookbook! Devoted to stress-free scrumptiousness, with a creative yet no-bullshit approach, cooking commandments include, "Thou shall never apologise. You cooked. That is enough", and "If a step can be simplified, shortened or skipped altogether, it will be". We're sold.

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



## BUDDHISM FOR THE UNBELIEVABLY BUSY

By Meshel Laurie

We're all busy these days. Unbelievably busy. Self-confessed workaholic Meshel Laurie is too. But as a practising Buddhist, she's discovered some principles to help. Exploring how to juggle the demands of work, children and life, this book is an honest and hilarious guide to the modern conundrum of "balance".

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



## THE REAL BABY BOOK YOU NEED AT 3AM

by Karen Miles

Being a mother can be tough, and we mostly do it alone. *The Real Baby Book You Need at 3am* helps with concerns about self-doubt, feeling overwhelmed and mum guilt. Offering bucket loads of support and encouragement, it's a cute bedside book of inspiration and care.

[karenmiles.com.au](http://karenmiles.com.au)

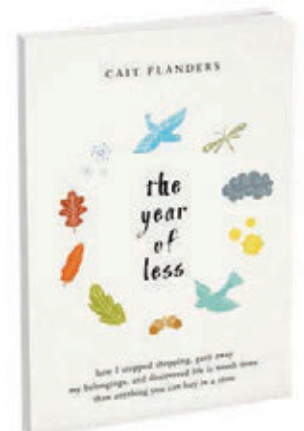


## THE RELATIONSHIP FIRST AID KIT

By Timothy O'Leary

We know that we shouldn't neglect our relationship, but how do we avoid doing it? Offering advice across three areas: common injuries, prevention, and relationship first aid, this book will help you resist throwing your other half out the window, even when he or she deserves it!

[hayhouse.com.au](http://hayhouse.com.au)



## THE YEAR OF LESS

By Cait Flanders

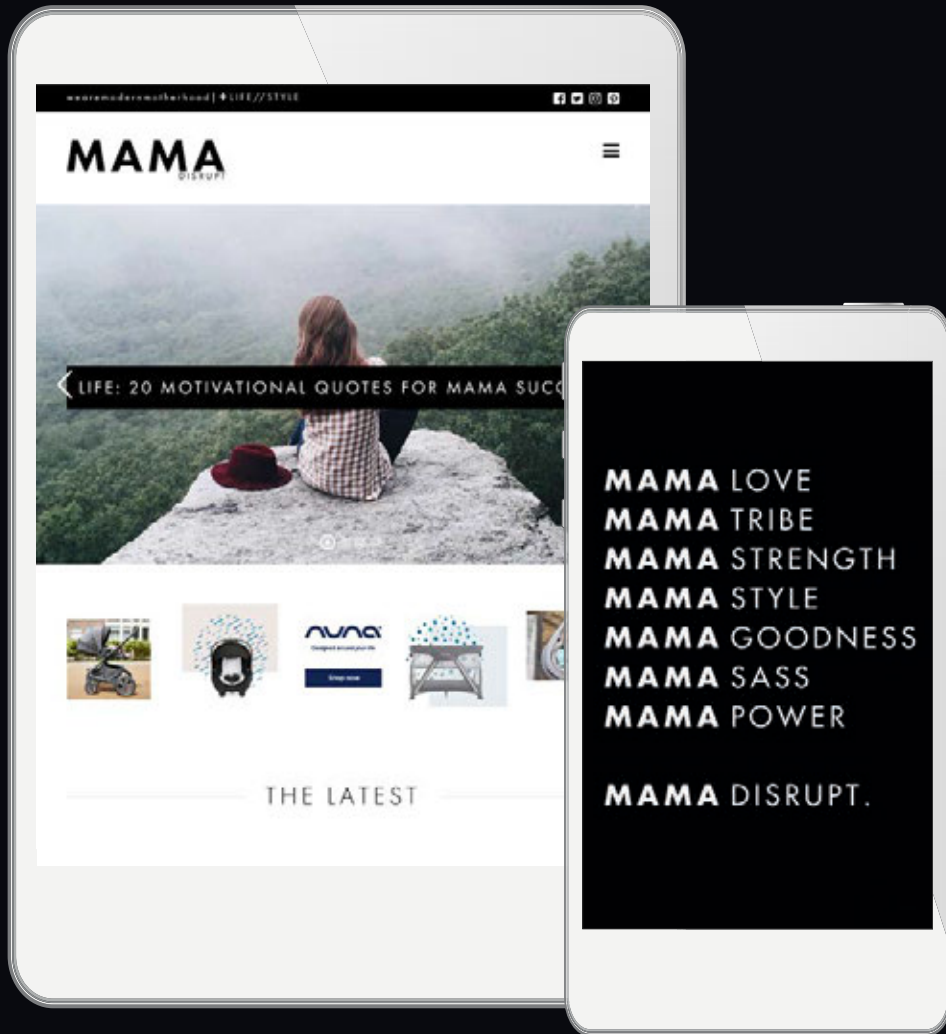
Documenting Cait's life for 12 months during which she bought only consumables, i.e. groceries, toiletries and fuel – and rid herself of 70 per cent of her belongings, this is a story of purpose, change and growth that will have you itching to declutter and simplify, while finding your own path of *less*.

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

MAMA MOTIVATION



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Visit us daily for **INSPIRATION**  
and **EMPOWERMENT**.



# MAMA

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**ANTHOLOGIE**

Anthologie love to create products that inspire writing, thinking and creativity in children, sparking young imaginations. With Anthologie, it's all about making childhood awesome, with a gorgeous range of books, frames and all things creative.

**ANTHOLOGIEGROUP.COM**  
**@ANTHOLOGIEGROUP**



**AVIDIVA**

An easy, non-toxic way to shop gifts and goodies for baby showers and newborns, Avidiva offers a beautiful collection of premium, stylish and natural baby products for little ones. Plus there are some treats for mama bear, too. #natural #organic

**AVIDIVA.COM.AU**  
**@AVIDIVABABY**



**BABY BOOTIQUE**

Baby Bootique is your one-stop online destination to dress your little one in the most amazing brands from Australia and abroad. From shoes to clothing to accessories, you'll want to add everything to your basket. Be warned!

**BABYBOOTIQUE.COM.AU**  
**@BABYBOOTIQUE.AU**



**BABY INK**

Baby Ink is the easiest way to capture little hand and footprints. Mess-free, certified non-toxic and safe to use from birth, it's a beautiful way to capture precious milestone moments at any age. Available in pink, blue, grey and black.

**BABYINK.COM.AU**  
**@BABYINKKEEPSAKE**



**BAND OF BOYS**

Band of Boys gets boys. They are rad, curious and funny as heck, and they're never afraid to be loud and crazy. Designed with free and simple shapes in bold colours and fabrics, Band of Boys offers the coolest threads for boys. Sizes 3mths to 14yrs.

**BANDOFBOYS.CO.NZ**  
**@BANDOFBOYS\_**

MAMA COLLECTIVE



**BIRDIE + CO**

Birdie and Co is the home of a unique and delightful collection of clothing, footwear, accessories, decor and toys for babies and tweens, plus an offering of stylish clothing, accessories and homewares for mama. You'll want it all!

[BIRDIEANDCO.COM.AU](http://BIRDIEANDCO.COM.AU)  
@BIRDIEANDCOKIDS



**BIRD ON THE BUFFALO**

Offering contemporary and luxurious leather bags designed with the essentials that are practical and stylish, this label is the home of the perfect 'it' baby bag for busy mamas.

[BIRDONTHEBUFFALO.COM](http://BIRDONTHEBUFFALO.COM)  
@BIRDONTHEBUFFALOBAGS



**CHOOZE**

A lifestyle brand that inspires children to be creative, confident, and unique, Chooze shoes are bright, flexible, breathable and well constructed, giving kiddos healthy feet, whilst also being fashion-forward and funky!

[CHOOZESHoes.COM.AU](http://CHOOZESHoes.COM.AU)  
@CHOOZE\_AU



**ME & MINI CLOTHING**

Created by two rad dads, Me & Mini clothing delivers a perfect mix of witty charm, street culture and a big dose of parenting feels. The new range supports allergy awareness too, with designs to suit your child's needs.

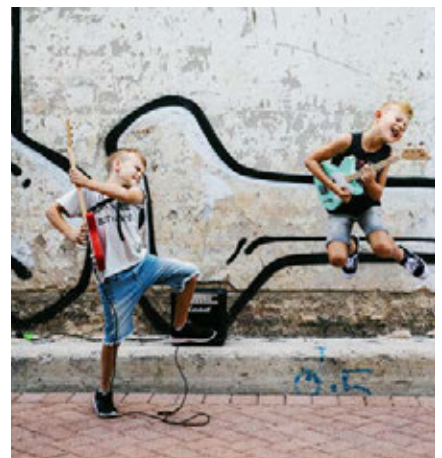
[MEANDMINICLOTHING.COM.AU](http://MEANDMINICLOTHING.COM.AU)  
@MEANDMINICLOTHING



**KNOTS FOR DARLING**

Australian clothing label, Knots for Darling, features stunning limited edition designs for the modern bohemian mama. Check out the kimonos and breastfeeding-friendly dresses made from organic and sustainable fabrics to bring out the modern gypsy in you.

[KNOTSFORDARLING.COM.AU](http://KNOTSFORDARLING.COM.AU)  
@KNOTSFORDARLING



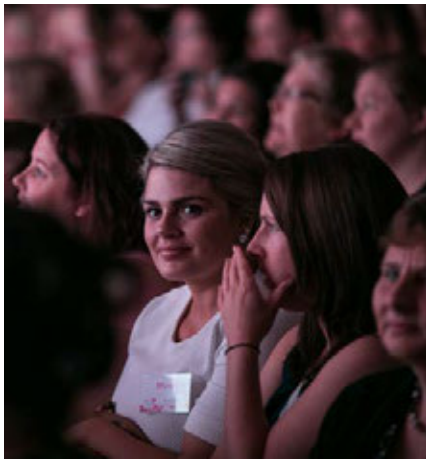
**LOOG**

Loog is the home of quality award-winning guitars for kids. The beautifully crafted, ergonomically designed instruments are the perfect introduction to playing guitar, and have chord flashcards and an interactive learning app included. Age 3+.

[LOOG.COM.AU](http://LOOG.COM.AU)  
@LOOGGUITARSAU



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**LORRAINE LEA**

If you are looking to juggle motherhood and a career, how about becoming a Lorraine Lea Independent Stylist? Launch your own business and build a life you're proud of that is fun, flexible and rewarding. Every success starts with the decision to try.

**LORRAINELEA.COM**

**@LORRAINE.LEA**

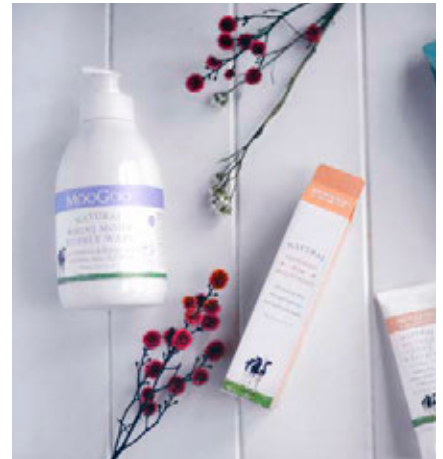


**FINDING UNICORNS**

If you have a unicorn lover at home, look no further! Offering a selection of carefully curated unicorn gifts for children, with a focus on quality and style, Finding Unicorns brings you the cutest unicorns around, bringing sparkle to your day.

**FINDINGUNICORNS.COM.AU**

**@FINDINGUNICORNS.SHOP**



**MOOGOO**

With an entire skincare range of natural and gentle products that are made with proven effective and active ingredients, MooGoo is the answer to beautiful glowing skin and hair, without the gimmicks. Your skin will thank you for it. #no-nasties

**MOOGOO.COM.AU**

**@MOOGOOSKINCARE**



**MUNCHKIN**

Munchkin's Miracle® 360° Cup is the first sippy cup invented with both parents and little ones in mind. With a dentist recommended spoutless design, the 360° degree drinking edge eliminates spills completely. BPA Free and easy to clean.

**MUNCHKIN.COM**

**@MUNCHKIN\_ANZ**



**PEACH GALLERY**

Peach Gallery has you covered for organic, sustainable and unisex kids' fashion and accessories from 0-11 years, delivered with fun + style + quality. Brands include Mini Rodini and Goat-Milk NYC. Check it!

**PEACHGALLERY.COM.AU**

**@PEACHGALLERY\_STORE**



**POIDS PLUME**

Poids Plume creates timeless baby keepsakes unique for your family to treasure. Each piece is custom-made in Australia from solid brass to the exact weight of your newborn baby and is hand engraved with your baby's name, birthdate and weight.

**POIDSPUME.COM.AU**

**@POIDSPUMEOFFICIAL**

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A collection of handcrafted jewellery and accessories for the modern mama, Poly and Bee strive to make every woman feel fabulous, with every piece made with love.

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RUBY RABBIT

Shop the latest on-trend party and event supplies at Ruby Rabbit. YAY! Ruby Rabbit loves birthday parties, baby showers, christenings, engagements, bridal showers, weddings and special celebrations. Have a look and be inspired!

RUBYRABBIT.COM.AU

@RUBYRABBITPARTY



SAGE DESIGNS

A bohemian, gypsy-inspired fashion label for mothers and babes, ethically made with care and quality fabrics, Sage Designs has got it goin' on! Unleash that hippie soul, and use code MAMADISRUPT for 20% off.

SAGEDESIGNS.COM.AU

@SAGE\_DESIGNS\_CO



THE MUMMA MOVEMENT

Get into shape with the The Mumma Movement – a brand new post partum eight-week online program guaranteed to get you moving! Includes specialised sessions and weekly nutritional support.

THEMUMMA MOVEMENT.COM

@OHMMUMMA



TOOTS + CO

You'll love these luxe leather baby bags that are stylish, yet instinctively practical, keeping mum and bub essentials separated and organised. The range includes totes, backpacks and clutches that are designed to be adored well past the baby years.

TOOTSANDCO.COM

@TOOTSANDCO



ZARINAH

A mother-owned and operated label, Zarinah handcrafts ring slings from 100% dupion silk for wearing your baby, from newborn to toddler. Made in Melbourne and available in a range of colours, your baby has just become your latest accessory.

ZARINAH.COM.AU

@ZARINAH.MELBOURNE

# THE SILENT SUFFERING

It's time we RAISED our VOICES,  
UNITED in our mission of  
ACCEPTANCE and SELF LOVE.

WORDS // Jessica Jane Sammut

Your bub is in your arms, the stream of well wishes from friends and family has died down, and your life is adapting to a new normal. Having successfully ridden the waves of pregnancy and birth, you are now front seat on the roller-coaster ride of parenthood, and it's a journey of thrills, spills and sleepless nights.

As time goes by however, you find yourself increasingly dominated by anxiety, irritability and teariness. Daily life feels overwhelming, and the future looks unrelenting. You feel like you've lost your sense of self. Could this be just part of having a baby? You hope it eases with time, but it doesn't. In fact, your outlook, once fairly positive, continues to decline, and you begin to question where you went wrong.

What you don't realise is that your experience of motherhood is being twisted, and if your malady could speak, you'd hear it whisper, "It's not you, it's me." Postnatal depression and anxiety (PNDA) has crept into your psyche unannounced, taking hold while you have been trying to reason it away. As a mother, you don't want to admit you're not coping. Of course, being a mum is hard. You're just imagining it...

But this is exactly what PNDA wants you to think. And all the while, it rubs its hands together, continuing to isolate you, disempower you and disconnect you from your joy. And as it does so, its grip grows tighter and its hold spreads wider.

Postnatal depression and anxiety (also known as perinatal depression and anxiety to include the period of pregnancy) is a common and debilitating illness that can hit any new mum (or dad). Clever at hiding itself behind tiredness, guilt, fear, shame, vulnerability and stigma, it's a condition that revels in its anonymity, impacting negatively on all areas of life. To put it mildly, it SUCKS. And what makes it even worse is that it often remains a secret to those silently suffering – for fear of judgement.

But enough of the whispers. Enough of the prejudice. It's time we dragged PNDA out into the light and into the modern age. It's time we spoke about it freely and acknowledged it without self-reproach. It's time we celebrated the fact that we have the power to deal with it. We are NOT in this alone.



**“IT IS NOT WITHIN YOUR CONTROL,  
AND IT IS NOT YOUR FAULT. YOU ARE  
NOT A FAILURE AT BEING A MUM.”**

Which is why we are so honoured to have partnered with PANDA (Perinatal Anxiety & Depression Australia) this year to support them in helping mamas and papas all over Australia who are struggling, afraid of what might happen if they admit to how they are feeling. I personally have suffered with PNDA, and know first hand the emotional journey it delivers. I am passionate about smashing the stigma, lifting the lid and breaking the silence to bring this invisible condition out of the shadows – a condition that affects, and has affected, so many of us. Quietly. Secretly. Behind closed doors.

So, let's raise our voices together, united in this mission of ACCEPTANCE and SELF-LOVE. Will you raise your voice too? 🗣️

**#PNDA #SELFLOVE #MAMADISRUPT**



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OFFICIAL MEDIA PARTNER  
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# PERINATAL ANXIETY AND DEPRESSION

Perinatal anxiety and depression does not discriminate. It affects around 100,000 families across Australia every year.

## Signs and symptoms include:

- Constant sadness or crying
- Panic attacks
- Persistent generalised worry
- Lethargy
- Loss of confidence and self-esteem
- Sleep problems unrelated to baby's needs
- Withdrawal from family and friends

Up to  
**one in five**  
expecting or  
new mums will  
experience it.

It can happen  
to any expecting  
or **new**  
**parent.**

---

**IF YOU CAN KNOW WHAT'S HAPPENING, YOU CAN SEEK HELP.  
AND THE SOONER YOU SEEK HELP, THE SOONER YOU CAN RECOVER.**

FIND OUT MORE AT [WWW.PANDA.ORG.AU](http://WWW.PANDA.ORG.AU)

PANDA'S NATIONAL PERINATAL ANXIETY & DEPRESSION HELPLINE 1300 726 306 9AM - 7.30PM (AEST/AEDT)



**PANDA**  
Perinatal Anxiety &  
Depression Australia

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