

**Forbes**

## **January: A Little Black Book Of Health, Beauty And Wellness Practitioners**



January is a month of resolutions, resets and, thankfully, results. It tends to be a month where we look forward and approach the forthcoming year with vigour and aplomb. January is when gym memberships are bought, promises are made and new traditions are formed. But resetting the algorithm is not without its stresses and complications, and never is there a time of year where a helping hand goes unappreciated.

## Indie Lee



Clarity kit by Indie Lee | INDIE LEE

[Indie Lee](#) built her brand out of a need and an inherent passion. After receiving a diagnosis for a rare and life threatening tumour, then coming out of the subsequent surgery alive, Lee started asking some tough questions about the products she was putting on and in her body. The eponymous brand Lee built is about empowerment, education and healthy living. The products are beautifully packages and entirely transparent about the ingredients and their naissance.

## Carbon Theory

Today In: [lifestyle](#)



These days, new beauty brands are so common they are barely news at all. But **Carbon Theory** is a young brand worth noting. The idea behind it is both simple and refreshing: deep-clean your skin - look fresher, feel better, and maybe even go out bare-faced. Built on powerful natural ingredients, in particular charcoal and tea tree oil, Carbon Theory is promoting a brand identity and message that is hard not to get behind.

## Rosewood Castiglion del Bosco Yoga Retreat



Deep in the Tuscan countryside Montalcino, [Rosewood Castiglion del Bosco](#) is an Italian haven. This April 16-19, the exceptional resort, which takes 15 minutes just to drive across with host its inaugural Forest Bathing and Anusara Yoga Retreat. As part of the distinct program, guests will retreat to the hills of Tuscany for four days of immersive Forest Bathing and transformative yoga led by certified experts. Calming and mindful walks amongst the ancient trees will be complemented by Anusara yoga sessions to enhance physical and mental rejuvenation.

## Flykick



Flykick FLYKICK

Bringing together mind and body, [Flykick](#) in central London is launching a new programme of classes and workshops that focus not just on fitness but also mindfulness and mental acuity.

## Age Defy + Green Beauty



Green Beauty supplements | [greenbeauty](#)

Beauty from the inside out is no longer a buzz word but instead it's really more of an accepted way of life. A 60-capsule formula, [Green Beauty with Astaxanthin](#) has been designed with six nutrient-rich superfoods - Astaxanthin, Seagreens, Seaweed, Barley grass, Wheatgrass, Spirulina and Chlorella to help support the signs of ageing and protect against the effects of pollution, UV light and immune stress.

## Lumity



A twice-daily skin supplement, **Lumity** was born out of years of research into the process of ageing. As you grow older, the body accumulates damage that can lead to inefficiencies and degeneration. Lumity's founder and creator, Sara Palmer Hussey, PhD is a Cambridge University graduate. After years of research, fascinated by the human body and the role nutrition plays in health, Sara created a set of products that carefully support existing body functions, using the most-effective ingredients that nature has to offer.

## Captain Blankenship



Founded by Jana Blankenship, the mandate of the [Captain Blankenship](#) is to inspire cleaner beauty habits, not only by continuing to create effective hair and skin care products with sustainable packaging and clean ingredients, but also by becoming a resource for truly all-natural personal care. Jana grew up spending every summer in the tiny coastal town of Sorrento, Maine running barefoot through the woods, hopping on and off boats, exploring islands and paddling across the freezing, salty ocean. A small, women-run company in the Hudson River Valley, the aim of the brand is to make products that are luxurious and honest, formulated organic and with domestically grown ingredients whenever possible, and never using synthetic preservatives, parabens, or sulfates.



## Ana Trida



**Ana Trida** is a Brazilian nurse with over 16 years of experience in her field and a particular passion for lymphatic drainage. Trida began her career working in oncology and bone marrow transplantation, and it was here that she learned about lymphatic system, when it's already compromised, so she became an expert in this system and the kind of issues that can arise around it. Years later, she moved to London and started up a mobile practice, visiting homes of celebrities, models, royalty and the like, offering her signature massage technique, helping to relieve pain and discomfort, as well as help to remove toxins from the bodily tissues.

## Duck And Dry



Duck and Dry: breakfast and blow dry service. [our space](#)

In 2014 Yulia opened doors to the [Duck & Dry](#) flagship store in Chelsea. And since then the brand has gone from strength to strength. Known as social beauty spaces, they now have outposts in five locations including Chelsea, Oxford Circus, Mayfair and Spitalfields. As well as quick and clever blowdries, they offer nails and brows too. Always reinventing the wheel, in January, for example, they partnered with Rude Health, offering clients a complimentary breakfast alongside any morning blow dry. And this month, they've announced a new franchise model, so it's safe to say we will shortly be seeing more of these successful salons cropping up around town.

Foreo Luna Mini



The **LUNA mini 3** is an extraordinarily hard working facial cleansing massager with 12 adjustable settings and intensities. The new Swedish design features a “glow boost” mode, a larger brush head, app connectivity and softer, longer bristles, resulting in the ultimate deep cleanse.

## Esker



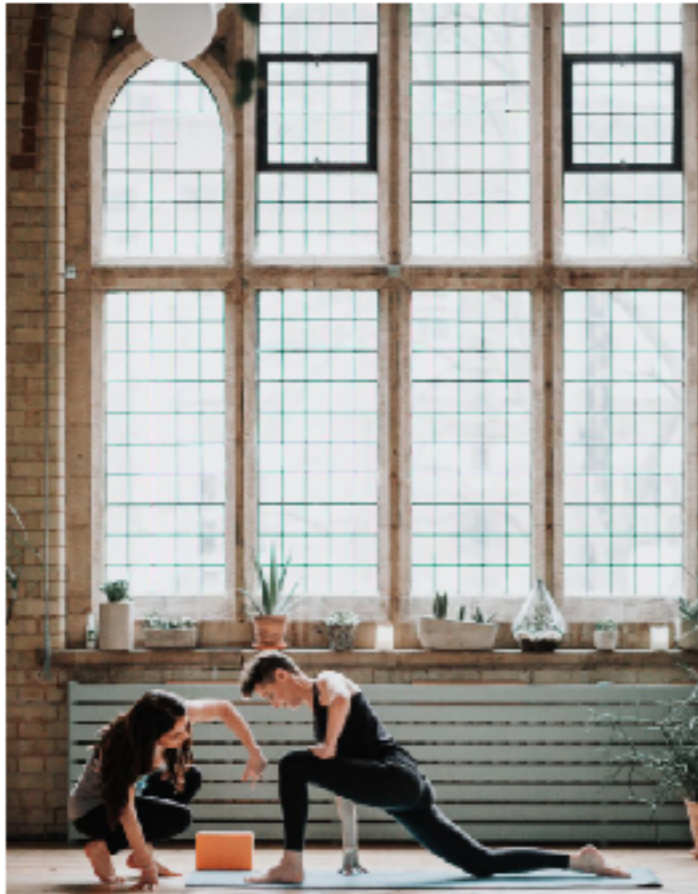
**Esker** is a brand committed to clarifying the often murky information permeating the beauty industry. Their “Allover” tool is designed to be used on both face and body. Beautifully crafted and made with Xiuyan Jade, the tool promotes regeneration, detoxification and tension relief. And post-roll, Esker has a series of luxurious filler-free and effective bath and body oils.

## Sheets & Giggles



A young, fun, millennial-led company based in Denver Colorado, [Sheets & Giggles](#) makes bedding consists of sustainably made, 400-thread-count sateen sheets that are static-free, moisture-wicking, use no insecticides or pesticides, and are half the cost of the store-bought competition. Made using eucalyptus in the place of cotton, they are soft, smooth and undeniably breathable. Beyond the company's ambition to turn the lifestyle industry on its head, they participate in local tree planting events via their partnership with One Tree Planted, and the brand also partners with local homeless shelters in the United States to donate sheets and other much-needed items.

Yogi2me



Like at-home beauty, personalised at-home fitness is a growing trend. And for good reason. If financially attainable, using an app like [Yogi2me](#) - which sends leading yoga practitioners directly to your home to lead your practice - is undoubtedly the most efficient and satisfying way to work out. Providing handpicked yoga and meditation instructors to Londoners' homes, Yogi2me offers 12 types of yoga and wellness services, with an overall aim to help its clients create more balance between the mind and body.