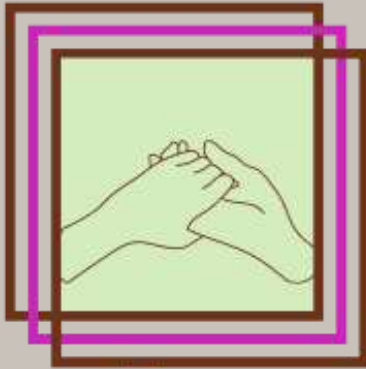


**Welcome to Your**



**Ease**

**May Self-Care  
Subscription Box**

# *Hello and welcome to Ease...*

At Ease, our self-care is holistic and grounded in our community. Self-care is an ongoing practice that comes in so many forms. Ease shares products and services that inspire or promote self-care practices.

# What's in the Box?

## Core items

- #TASTE: Chocolate Brownie

*A delicious brownie from Cape Town small business The Baker's Delicacies*

- #SPACE: spekboom pot plant

*Beautiful ornament from Cape Town small business Pots about Plants*

- #COMMUNITY: Postcard & Heart Stickers

*Beautiful postcard from Cape Town creative brand Loose Sketchings & stickers from NGO The Secret Love Project*

- #PSYCHE: Sage Card

*Point of action from Cape Town-based psychology practice, Sage Therapy*

- **#BODY: Tissue Oil, Body Lotion & Perfume**

## *hydrating beauty solutions from Joburg-based S Collection*

*Body lotion ingredients: Aqua, Paraffinum Liquidum, Stearic Acid, Glycerin, Glyceryl Stearate, Cetyl Alcohol, ALOE BARBADENSIS LEAF EXTRACT, Theobroma Cacao, Methyl Paraben, Propyl Paraben and Parfum*

*Tissue Oil: Paraffinum Liquidum, Prunus Amygdulus Oil, Glycine Soja Oil, Persea Gratissima Oil, Triticum Vulgare Oil, ALOE BARBADENSIS LEAF EXTRACT, Tocopheryl Acetate and Propyl Paraben.*

### Bonus Items:

- **Golden Hour Glo Voucher for 15% off**

*Coupon from a Cape Town small business*

- **S Collection Voucher for 5% off**

One random box includes:

- **Andalusia Pearl Studs**

*earrings from Stellenbosch student-owned business klassik*

# Ideas for How to Use the Ease Self-Care Box

Choose between sustained weekly sessions of self-care or an intensive all-day festival of self-care.

## A Month of Self-Care

The items in this box are prompts for self-care practices and there's at least one for every week of May.

Further on in the booklet, you'll find a "Recipe for Self-Care" for every week. You're welcome to mix and match the activities or swop the order around.

Follow us on @ease.mzansi on Instagram for more ideas on how to use the box!

# A Festival of Self-Care

If you're ready for some all-out pampering, then dive right into the box and get going on using these wonderful items.

Session 1: #TASTE & #PSYCHE

Session 2: #COMMUNITY

Session 3: #SPACE

*Lunch*

Session 4: #BODY

Session 5: #COMMUNITY

Session 6: #BONUSITEMS

#TASTE

#PSYCHE

## Week 1: Brownie & Sage Card

Make your favourite hot drink and take your brownie and Sage Card over to a comfy spot.

### Ingredients

Sage Card

Brownie

Hot Drink

Book/Movie/Picnic blanket

### Suggested methods of self-care

Read a new book or old favourite

Watch a classic or favourite movie

Have a picnic in your garden

Reflect on the Sage Card (try  
journalling or meditating)

#SPACE

## Week 2: Plant

Choose a space for your lovely new pot plant and before you place it there, spend some time clearing or even cleaning the area.

### Ingredients

Pot plant

Music/ Podcast (suggested: *Happier with Gretchen Rubin* Episodes #317 & #318)

### Suggested methods of self-care

Office: clear out your paperwork

Bedroom: clear out your  
bedside/dressing table

Bathroom: clear vanity/bath edge



#COMMUNITY

## Week 3: Postcard

Send a message the old-fashioned way. A postcard is a physical reminder of a connection and the artwork can also be framed!

### Ingredients

Postcard

Pen

Friend's address

Postbox

### Suggested method of self-care

Write a message to your friend

&

Get outdoors to find your nearest  
postbox

#BODY

## Week 4: Tissue Oil

Show your hard-working body some self-love with some hydrating tissue oils. Add on a special treat like a bubble bath or a foot soak.

### Ingredients

Tissue Oil

Body Lotion

Extra products of choice

### Suggested methods of self-care

Have a bath/long shower

Moisturise your whole body

Soak your feet in some hot water

Put your feet up and place Rooibos teabags on your eyelids

#COMMUNITY

## Week 5: Stickers

The Secret Love Project provides an income for people living on the streets.

You can take part in a public art project by getting outdoors and brightening up your neighbourhood!

### Ingredients

Stickers

Public infrastructure (try street light poles or rubbish bins)

### Suggested method of self-care

Go for a walk in your neighbourhood

&

Place your heart stickers

#BONUSITEMS

## Plan Ahead

This May, Ease has partnered with klassik and Golden Hour Glo to bring you some additional extras.

Use the Golden Hour Glo coupon to show your space some extra love. There's nothing like a warm, fragrant candle to set the mood for relaxing!

Were you the lucky winner of the stunning klassik pearl earrings? Congratulations! If it wasn't your month, you can always head over to @klassik\_pearls on Instagram to order your own pair!

# Reflect + Plan Ahead

The contents of the Ease Self-Care Box change every month. We aim to introduce you to new local brands whose offerings complement the various forms of self-care we practice.

If there were any products that you really enjoyed, go ahead and order some for the future. Make use of the S Collection coupon.

As you reach the end of a month of self-care, look back. Which practices really spoke to you? What made them special for you? How can you incorporate them into your life in the future? What would you like to work on next month?

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Finding a sense of ease amongst South Africa's socio-economic problems can be hard. The trick is not to disengage! These issues need individual and community action.

By joining our self-care community, you are supporting local business, something which has real community impact, and fostering a *sense of ease* in yourself as an individual as you not only find ways to cope with the *weltschmerz* of living in our beloved country but also refresh the energy you need to participate actively in your community.

*Wishing you a sense of ease*

*Were you sent this  
box as a gift?*

You can start your subscription on our website. Every month, you'll get a box full of products and services that "prompt" self-care practices! All items are locally made or sourced from small businesses.

## Keep in Touch

📷 @ease.mzansi

📘 Ease

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