

SHOWCASING THE BEST IN AUSTRALIAN MADE

Australian *Life*

ISSUE 12 | OCTOBER 2024

KICKING GOALS

STEPH CLAIRE SMITH
AND
LAURA HENSHAW



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NOTE FROM THE

Editor

Don't freak out, there are only 77 days until Christmas.

I am a Virgo, so that means the absolute requirement (ok, addiction) of a festive pre-plan before the first draft plan and then the final plan.

There is much work to be done (no I am not OCD, I was just born in September).

Our October edition of Australian Life Magazine has a little something for everyone as we start pondering about those all-important stocking fillers.

Whether it's some fantastic fashion on page 20, the ideal beauty gift on page 7 or even a sustainable idea on page 21 that not only helps an Aussie maker, but helps grow and preserve the natural Australian environment.

I had well and truly started writing down my list for Santa Claus by now – I never did get that pony. But I fondly remember getting Big Ted from Play School. What an iconic Aussie TV show that is still showing today!

At 51 years of age, my list has changed slightly.

A nice bottle of Victorian or Tasmanian Pinot Noir, handmade Aussie chocolates (dark chocolate so I can talk myself into the idea that it is healthy), some new bathers (I should try them on after the chocolate and Pinot Noir) and some new cushions for the couch.

So, instead of putting pen to paper just yet, flick through our pages first and find something that's just right. It's not only a gift for the receiver, but it's a big gift for the local Aussie maker who created it.

Thank you for always supporting Australian made!

Mitch
Mitch Catlin
Editor



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DESSERT MASTERS



In the spirit of reconciliation, we acknowledge the Traditional Custodians of country throughout Australia and their connections to land, sea and community. We pay our respect to their Elders past, present and emerging and extend that respect to all Aboriginal and Torres Strait Islander peoples today.

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Meet
the
Maker

IRIS SAAR ISAACS - INSYNC DESIGN

IN VISIT
SYNC
design



WHAT INSPIRED YOU TO START YOUR BRAND?

The inspiration behind *inSync design* really came from wanting to bring more creativity and individuality into women's fashion. I was tired of seeing the same predictable, mass-produced jewellery everywhere. I wanted something that I genuinely loved—pieces that not only stand out but also make a statement all on their own.

I set out to create jewellery that fuses artistic flair with real comfort. I wanted each piece to be visually striking, yet lightweight, durable, hypoallergenic, and super comfortable to wear—things I needed myself. It was about making wearable art that could easily be part of everyday life. Interestingly, *inSync* began quite spontaneously. It was actually inspired by my then 3-year-old daughter's scribbles, and what was meant to be just a one-off project to make a little extra money for Christmas ended up taking off. The first collection of colourful, scribbly brooches sold really well, and before I knew it, I was hooked! Now, I'm gearing up to celebrate our 18th anniversary this November. It's amazing to look back and see how far we've come!



WHAT BRINGS YOU THE GREATEST JOY IN WHAT YOU DO?

The connection people make with my jewellery—when a piece I've created becomes part of someone's story, almost like an extension of their personality. It's an amazing feeling to know that something I've designed doesn't just add beauty to someone's life but also helps them express themselves in a unique, meaningful way.

I get so much joy from hearing from customers who say that wearing *inSync* jewellery makes them feel special, confident, and noticed. When someone tells me that a piece has become their "go-to" favourite, or that they keep getting compliments on it, it makes all the challenges of designing and creating completely worthwhile.

On a different level, I find a lot of joy in the creative process itself.





WHY IS PRODUCING LOCALLY SO CRUCIAL TO YOUR ETHOS AS A BRAND?

Producing locally is really at the core of *inSync design's* identity because it represents everything we stand for—quality, sustainability, and community. By keeping production here in Australia, I can ensure that each piece is crafted with real care and attention to detail. It means I can stay closely involved in every part of the process, keeping everything nimble and true to my vision, and making sure quality is never compromised.

Another big reason local production is so important is that it helps us reduce our environmental footprint. By working close to home, we cut down on the carbon emissions that come with long-distance shipping.

Being local also gives me the freedom to experiment hands-on with new materials and techniques, getting almost immediate results, which is really exciting.

HOW DO YOU NAVIGATE THE UPS AND DOWNS OF RUNNING YOUR OWN BUSINESS?

Navigating the ups and downs of running my business really comes down to keeping perspective, staying resilient, and staying connected to why I started in the first place. There are always going to be challenges—things like unexpected delays, market changes, or creative blocks—but I've learned to see those moments as opportunities for growth rather than setbacks. It helps keep me grounded.

A big part of how I get through tough times is by staying true to *inSync's* core values—creativity, quality, and sustainability. These values are like my guideposts; they help me make decisions that align with the brand's vision, especially when things get tricky. I remind myself that this business started from my love of design and my desire to share something meaningful, and that keeps me going, even when things aren't perfect.

Another important thing for me is building and leaning on a strong community. I've been lucky to form great relationships.

Finally, I make it a priority to balance all the hard work with some moments of reflection. I try to step back every now and then, celebrate the small wins, and just enjoy the creative process itself.



WHAT BIT OF ADVICE WOULD YOU SHARE TO HELP BUSINESSES GROW IN DIFFICULT TIMES?

In tough times, the best advice I can give for helping a business grow is to stay adaptable without losing sight of your core values. Challenges are always going to be part of the journey, but how you respond makes all the difference. Some of the things I focus on are being adaptable and innovative, leaning into your strengths, staying positive and persistent, continue to learn and trust your instincts!

WHAT DOES THE NEXT YEAR HAVE IN STORE FOR THE BUSINESS? WHAT'S YOUR MAJOR FOCUS?

In the coming year, I will continue the same path focusing on expanding our product range, boosting brand awareness and deepening customer engagement.

All of these initiatives work towards our ultimate goal: positioning *inSync design* as a leader in creative, wearable art. I want to continue empowering women who value style, comfort, and individuality, while championing timeless design and responsible craftsmanship.



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Discover the benefits of premium skin protection with *Aussenskin's* Sunflower Sunscreen. It includes hyaluronic acid, keeping your skin plump and youthful while adding deep hydration. Infused with sunflower oil for UV defence, natural antioxidants, and vitamins A, C, and E, it nourishes your skin, leaving it radiant while providing long lasting protection. Sun-Safe, Reef-Safe and Water-Resistant, Vegan, Organic, Cruelty Free and Local. Vegan and organic.

Based in Busselton, WA, *Aussenskin* offers an exceptional, natural skincare collection, meticulously crafted using high-quality, all-natural ingredients, for all skin types including sensitive skin.

The *Aussenskin* skincare line contains the luxury of hand picked, locally sourced ingredients, so you know that you're doing the very best for your skin. And in another initiative, each purchase helps to support a local community, which is yet another feel good factor.



←
GOLDFIELD & BANKS
MYSTIC BLISS
RRP: FROM \$46.00



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Breathe in the intoxicating aroma of Mystic Bliss - a gender neutral fragrance by *Goldfield & Banks* - an Australian luxury fragrance house.

Mystic Bliss encapsulates the science of this country's most authentic native essences with centuries of global expertise in the refined art of perfume making.

Goldfield & Banks perfumes, created in Australia by Dimitri Weber, is a collection of fragrances, showcasing exceptional, pure, and rare Australian essences previously unexplored in modern perfumery.

In a luxurious, understated violet bottle with a golden-toned rustic cap, Mystic Bliss is a soft aromatic woody fragrance. Fruity and captivating fragrance it features the rare native Kunzea flower and is also cruelty-free.



↑
JUSTICE HAIRCARE
EXTREME HOLD HAIRSPRAY
RRP: \$24.95

BUY
HERE

JUSTICE Haircare is a range of salon-quality hair care products with lots of hype. Each product is crafted with active botanical ingredients and provides professional results that don't cost the earth. The *JUSTICE Haircare* Extreme Hold Hairspray is the perfect addition to anyone's hair styling routine. The Marie Claire award-winning spray is expertly designed to be brushable and non-sticky, yet keep your hair in place for up to 12 hours of shine. Enriched with Pro Vitamin B5 & Soy Protein for elasticity and strength.

←
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CREAM FACE DISCS

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HERE

FACE DISC
RRP: \$25.00

BIODEGRADABLE REFILLABLE PALETTE
RRP: \$10.00



makeup routine and luminous-looking skin. It's also ideal for sensitive skin and certified vegan.

Adorn Cosmetics' founder Briony Kennedy, has over 25 years of experience in the beauty business. She created refillable beauty products in 2008, to be ethical and also budget conscious.

The versatile Mineral Pressed Powder & Cream Face Discs work as a blush, bronzer, eye shadow, eyeliner, contour and lipstick. With rich pigments, they blend flawlessly and complement your skin tone. This is true beauty on so many different levels as you become your own makeup artist.

KENZAKO
REPAIRING FACIAL OIL
RRP: \$59.95

BUY
HERE

Give your skin a glow up with *KenzaKo* Repairing Facial Oil. Formulated using the most regenerative ingredients, this luxurious, light-weight, cosmeceutical facial oil, is a powerful antioxidant that nourishes and protects the skin from free radicals and environmental aggressors. It will help to reduce the appearance of fine lines, wrinkles, redness and any skin unevenness, resulting in a healthy glow for any skin type.

The *KenzaKo* skincare range delivers all this, thanks to its potent ingredients. The Repairing Facial Oil includes the powerful antioxidant action of CoQ10, Vitamin A, Vitamin C and certified organic rosehip oil to rejuvenate, repair and hydrate your skin. It's 100% vegan and cruelty-free. Dermatologically tested to be non-comedogenic and suitable for sensitive skin.





Strength
band burnout



Strength • With Danny
Upper body blast



Treadmill • With Laura
Steady Slope Hills



Treadmill
Stronger Sprints

Kicking GOALS

STEPH CLAIRE SMITH AND LAURA HENSHAW

by Features Editor ROS REINES



Laura Henshaw and Steph Claire Smith are movers and shakers in more ways than one. The wholesome living advocates and exercise gurus behind the Kic app, are two of the most successful wellness personalities in Australia with some heavyweight ‘stats’ to back this up.

Consider the size of their community of devotees, which is around 2.5 million in 121 countries around the world, while their KICPOD podcast, which is part of Southern Cross Stereo’s Listnr platform, has achieved 14 million downloads. And while their turnover is a taboo subject, they are raking it in.

Steph Claire Smith debuted on the Young Rich List in 2021 with an estimated wealth of \$36 million. They’re wellness superstars.

The pair is also proof that the backing of big business isn’t necessary to make a go of it, even in a flourishing industry where ‘pro’ fitness & lifestyle trainers seem to abound on nearly every street corner and wellness speak is part of the universal language. They’ve bootstrapped their way in.

Henshaw and Claire-Smith met at Melbourne Fashion Week, as young, disillusioned models, who had been trying to make it in New York and Milan, but returned home with some serious self-esteem issues.

“I had disordered eating, which started a little bit before going overseas,” Laura Henshaw tells Australian Life. “I was in my late teens or early 20s and I was following these people who weren’t experts, but they were promoting diets. I thought ‘wow, losing weight can be easy’. So, my disordered eating was fuelled by social media and my modelling career.”

The two beautiful women hit it off as they have similar personalities and strict no bullshit attitudes, which is rare in a society, guided by glossy images of seemingly perfect lives.

Their rise has been meteoric when you consider that they only started out in 2015 with an e-book, which became an online fitness and food business on a hosted platform. (The original brand was Keep It Cleaner but Kic is more user friendly and well, active).

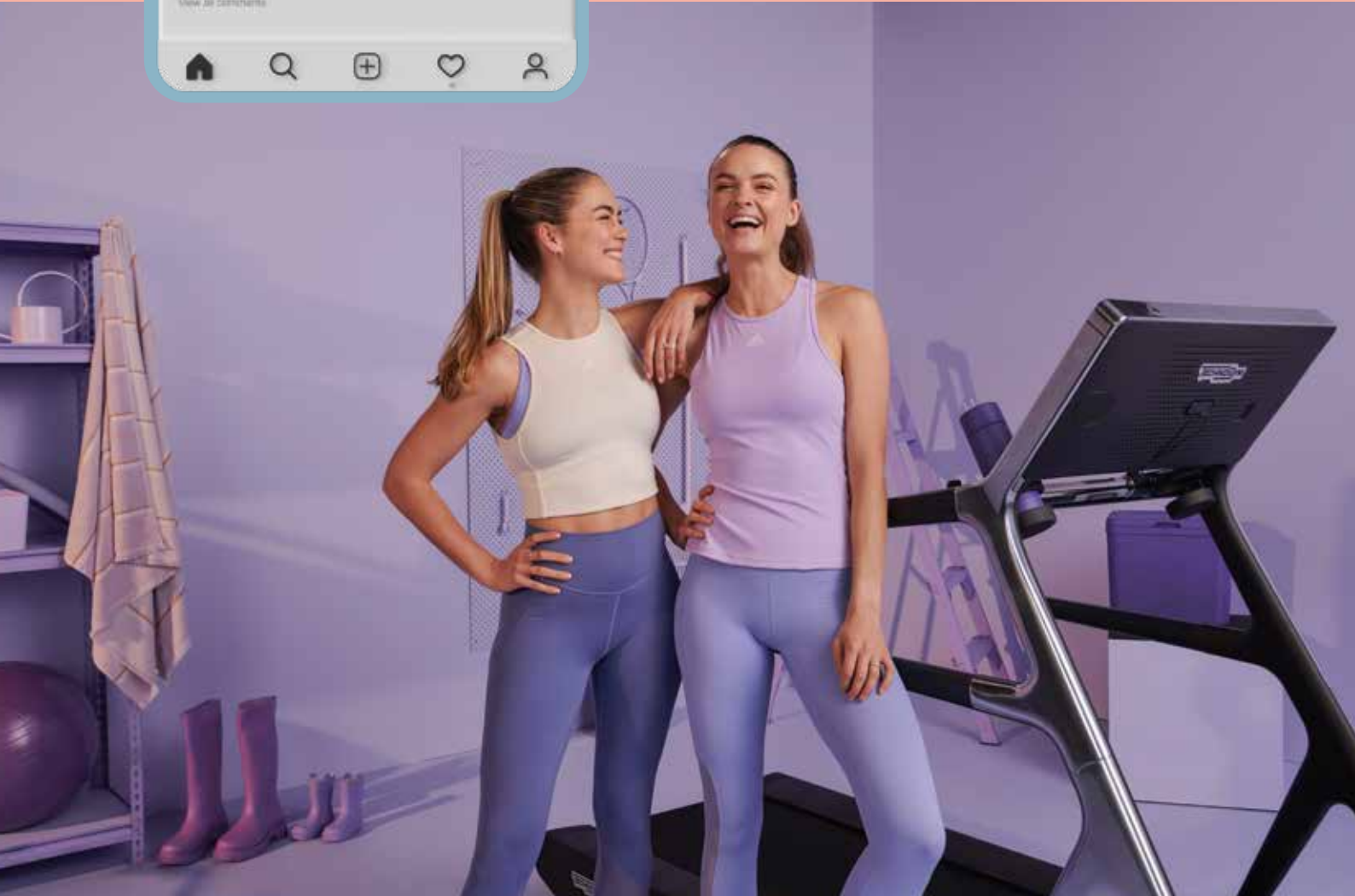
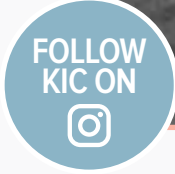
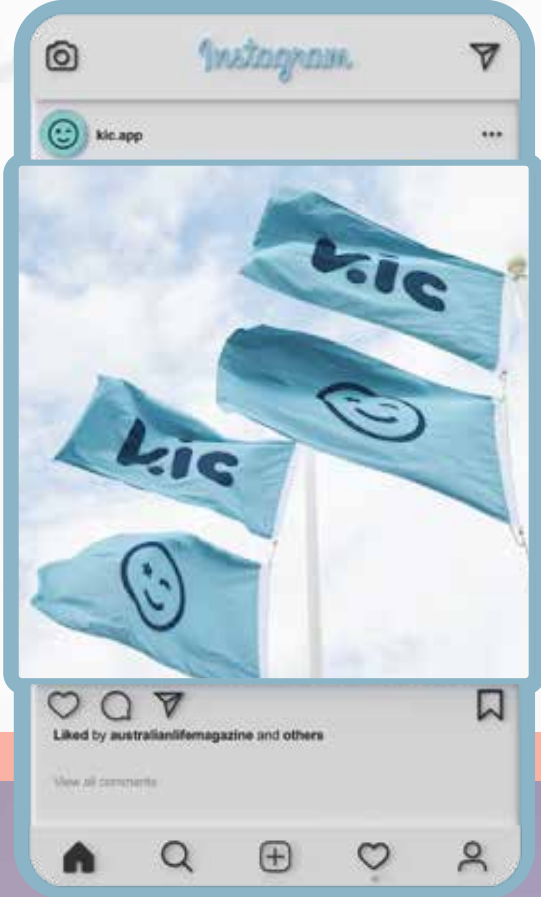
“We were quite honest about what we were going through and this really connected with people out there,” explains Claire-Smith. She believes that’s a sign of the times.



“Social media is now moving into a place where everyone wants to see more reality and not glossy aesthetic lifestyle shots. They’re wanting to follow real people, which is awesome. It’s also more fun for us to be truly ourselves with a brand that is based on our personal values,” she explains.

Once they had established their mission, they were focused on being real about health, nutrition and positive body image rather than confirming to ideals on how one is ‘supposed’ to look and feel.

“Every business decision that we have made is easy, because we lean into our values and our communities. Authenticity is everything to us in our company,” says Claire-Smith





EXPLORE
THE APP



However, after just one year on the hosted platform, they decided that it was time to own their space with an app. After being informed that this could take up to one million dollars to get off the ground, they decided to try and do it themselves. Unfortunately, they had to leave their followers behind and all they had left were their Instagram accounts.

“We had to start from scratch,” confirms Henshaw. “We had to redo all the content and build the app. This was important to us because we wanted to make eating healthily and exercising as accessible as possible.”

They turned to a friend in game development, who came up with a revenue share model to get their app built. Meanwhile, Henshaw, who has a double degree in Commerce and Law, was able to bring some of her knowledge to the table.

“That degree took me nine years because I was just doing one subject at a time, but I’m glad that I did that,” she remarks. “I use my Law degree in my role at Kic in lots of ways, especially when it comes to the number of contracts that arrive on our desks, although of course, we also have our own team of lawyers as well. It has given me a lot of confidence though in my daily life. I’m a big believer in that if you can sit through a two-and-a-half-hour Law exam, you can do anything,” she says.

They structured their business plan on something that Henshaw had learnt: When starting something new, you need five months of financial coverage to be secure.

While they’d had to leave their following on the original site, Claire-Smith and Henshaw estimated that perhaps they could win a quarter of them back. This turned out to be a vast underestimate.

“We had more subscribers on the launch day for our app, than we had in our history,” she says.

“We had to do this without a marketing budget. But we just used the resources we already had.”

As their business grew they also added value to the app with top of the line trainers in pilates, strength, yoga, HIIT and running, offering a choice of 1,000 workouts. Their consumer promise is that Kic “has a movement for every body”.





↑ Steph with her husband, Josh and her son

There are also 800 healthy recipes to try and a chakra-load of meditative practices including soothing meditations, affirmations, soundscapes & mindful movements.

Just as important to the App's resources is their engagements with their community in real time.

In a brilliant promotion, Kic took over Bondi Beach last May with a gigantic mirror on the sand emblazoned with the words 'Every Body Is a Beach Body'. This was an antidote to the usual body conscious lines including that "Summer Bodies Are Made In Winter" and The Only Body For The Beach Is A Bikini Body.

They also had a live custom print stand which enabled visitors to print empowering messages in reverse on free 'merch'. The words were printed backwards as a timely reminder to make your own rules every time you look in the mirror.

It's just one of their initiatives with Kic on the cusp of offering their followers other ways to interact with the site with an announcement due to be made early next year.

When the pair look back at the business they've created with a whole team behind them now, they're a little shocked at how it has all unfolded. But their advice to others considering starting something new is just to do it and when it comes to a new brand, show images of the people behind it to make it relatable.

"We always talk about the beauty of just jumping in when it comes to a start up," says Henshaw. "They're crazy days. In the beginning you're fearless because you don't know what's ahead, so you just charge in."

Of course, when it comes to Kic, there wasn't so much at stake in those early months.

"The risks were down to the two of us," Claire-Smith agrees.

"Obviously we had a community around us but no big company, so the decisions were always ours to make."

The Kic industry might be all consuming now, but for these best mates, the demands are easy to deal with, as they're doing something they believe in and they're remaining true to themselves. No other competitor can replicate their unique style and their learnt experiences. They wouldn't have it any other way. They are more than just KICKing goals.



↑ Laura and her husband, Dalton Henshaw



NEW



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These bitters invite you to understand the abundance of country, and the protection, nourishment and new life our plants yield.

All natural with no added sugar, add a few drops to mineral water as a non-alcoholic beverage.

These tree bold bitters speak of provenance, of earth and origin. Pundi's head distiller, Rose Kentish lets the plants do the talking with her original layering of flavours to enhance your cooking experience and elevate the contents of any glass – warm smoked Wood, air in the Leaves and tangy Fruit.

So far, they've won two bronze metals at the 2023 Tasting Australia Spirit Awards with many more to come their way.

Wood has the flavour of wattleseed and smoked wood with peppercorn, river mint and native honey. Leaves is based on lush river mint on a tropical breeze of native lemongrass, finger lime, lemon-scented eucalyptus and lemon myrtle. While Fruit has warm and tangy rosella, quandong, holy basil and native honey with a hint of clove to the bitter finish.

All three flavours are packed with goodness including being antibacterial, antioxidant and anti-inflammatory. Discover mindfulness drinking today.



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←
VITACEUTICALS BERBERINE+
RRP: \$29.49
SUBSCRIBE FOR MORE SAVINGS

Enlist a little help with your wellness journey with *Vitaceuticals* Berberine+.

This tablet, which combines Berberis Aristata with Ceylon Cinnamon and Milk Thistle, is an all-in-one formula to help with body weight loss and promote fat loss when used in conjunction with increased physical activity and reduced calorie intake.

According to its pharmaceutical creators, it enhances your metabolism, supports healthy liver function and improves gastrointestinal health. It also supports healthy cholesterol and blood glucose levels.

Founded in 2015, Pharmacy Healthcare launched the *Vitaceuticals* brand in Australia. It's dedicated to delivering unique products with premium ingredients to enhance well-being and making a meaningful impact.



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←
AUS CROC SOUVENIRS CROCODILE HANDBAG
FROM: RRP \$695.00

Take a walk on the wild side with a Crocodile Handbag, hand-crafted in Australia by *Aus Croc Souvenirs*. It has been created, in accordance with the Convention of International Trade In Species of Wild Flora & Fauna (CITES).

Choose from a cow or kangaroo leather hide with a stunning crocodile Backstrap feature on the front and back.

The bag's interior has a centre part with a zip and it has pockets for mobile phones as well as a smaller zip compartment. The crown of the crocodile skin acts as a bag closure with a magnetic button.

This exclusive, exotic designer handbag measures 33cm at the bottom of the bag and it is 22cm high. The price is far less than one would normally expect to pay for authentic crocodile skin detailing. It's quite simply - heirloom quality.



BUY HERE

↑
NOSHU FRUIT & CREAM PROTEIN BARS
RRP \$8.90

Discover guilt-free snacking with a *Noshu Fruit & Cream Protein Bar*. You could choose between Raspberry & Cream; Mango & Cream or Peaches & Cream. Or just give into temptation and try a second, as they only contain 100 calories.

These juicy fruit bars are made possible by 'invisible whey protein' from Bodie'z Clear Protein Water. They're gluten-free and contain only 3g of sugar per serve, plus they're nut-free.

Noshu are famous for plant-based ingredients that work in synergy and are zero or low GI. They may taste sweet and delish, but more importantly, they don't act like sugar does in your body. As well as this they have 100% natural colours and flavours.

Low calorie snacking has never been so pleasurable. A *Noshu Fruit & Cream Protein Bar* is set to become the taste of summer.

→
MENTWELL GIFTCARD
FROM: RRP \$50.00

Give the gift of kindness with this *Mentwell* initiative - Australia's First Health & Wellness Gift Card. Far from being just a spa service, this digital gift card opens the door to mental health and wellness services including GPs, psychologists, acupuncture, reiki and more, Australia-wide.

Whether you choose to gift someone a card for a special occasion, or maybe just to show support, giving *Mentwell* shows care and connection.

Simply select the the amount you wish to give, enter the recipient's mobile or email and choose to gift anonymously or with a heart-felt message.

Mentwell's founder, Nikki Williams is in the business of self-transformation and believes in the power of demonstrating empathy. She also wants to encourage businesses to look after their staff with the ultimate 'feel good' present - a *Mentwell* Health & Wellness Gift Card.



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REJUVENATION
CLINICS OF AUSTRALIA



LOVE OUR *Community*

DR GARRY CUSSELL - REJUVAUS



HOW DID REJUVAUS START?

Our Medical cosmetic clinics had always stocked many different brands, considered high-grade cosmeceutical skincare products. We did this to support laser treatments for treating problematic skin texture, pigmentation redness, acne and acne scarring amongst others. I always felt these products were left wanting because to achieve maximum impact required using multiple bottles containing one or two active ingredients which was time consuming, and the lack of penetration of these ingredients was insufficient to produce desired results.

So, we decided to formulate a skincare range based on combining synergistically, multiple truly active ingredients covering all eight possible categories of action, together in individual bottles. The aim was to make application of skin care easy and taking no longer than one minute, by applying all the serums together!! We wanted to make regular skin care quick and simple so that everyone could easily comply with twice daily applications.

WHAT SEPARATES YOU FROM SIMILAR PRODUCTS ON THE MARKET?

The most important fact is that they actually work, producing real results in all skin types. Results can be seen extremely quickly.

Rejuvaus seems to be the only skin care range that combines such a large amount (20-33) of active ingredients in the one bottle, targeted at improving all of the seven major categories to improve skin complexion. Most importantly these are in airless and light proof containers to maintain the product's integrity and so they don't become oxidised. They are very natural without harsh preservatives and petrochemicals, and they are also free of synthetic fragrances, pigments or any non-functioning fillers.



WHY IS HIGHLIGHTING YOUR AUSSIE MADE CREDENTIALS IMPORTANT TO REJUVAUS?

When it comes to high grade medical quality formulated ingredients, "Australian made" is associated with trustworthiness and reliability and we are proud to be Australian made.

WHAT HAVE YOU NOTICED HAS HELPED THE BUSINESS BY MANUFACTURING LOCALLY?

Manufacturing locally gives us access to both the formulators and manufacturing facility, as well as local logistic supplies to be able to or easily manage production and distribution as well as manufacture.

WHAT LITTLE BIT OF ADVICE WERE YOU GIVEN THAT HELPED YOU CREATE YOUR BUSINESS?

To stay always true to your brand and not compromise on ingredients for any cost savings that would interfere with the integrity and efficacy of the product you are making. This is part of our ethos as a business.

HOW DO YOU REWARD AND RECOGNISE YOUR TEAM MEMBERS?

We have always run a family type business involving Robyn and myself with three of our daughters, very involved in our business.

We employ a large number of staff both in the medical cosmetic clinics and in the skincare manufacturing and marketing sides of the operation.

We all love the rewards of positive feedback about our work and the Rejuvas products by our clients and customers, along with the positive industry feedback as well.

WHAT'S IN STORE FOR REJUVAUS OVER THE NEXT 12 MONTHS?

We will continue to be an innovative business by adding any new additional ingredients that have proven to have true efficacy in rejuvenating skin complexion. We are currently adding a new leave-on mask for nighttime hydration, and firming and also a milk-to-water calming cleanser, to add to our 2 very effective exfoliating cleansers. We're also constantly trying to think ahead with new efficient and airless bottles and dispensing pumps and have recently released new mini size Travel Bottles.



CULINARY WONDERLAND

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ISSUE 17



BUY
HERE

Munch OF THE MONTH

↑ WILD MOTHER TASMANIA
VINCOTTO RRP: \$21.50
VINEGAR RRP: \$17.50

Wild Mother Tasmania is a unique and innovative startup in the Australian food and beverage landscape, making small batch vinegars, tonics and barrel aged condiments in Tasmania's Huon Valley. The Founder and Vinegar Maker Dr Tim Jones began his career as a scientist and after moving into the beverage industry, became one of Australia's top cider makers. In one year of retail, they have already won an extraordinary 10 medals at the Sydney Royal Fine Food Show. The products are proudly healthy and gourmet, using quality fruit while diverting produce from the waste stream. And they're delicious!

The Black Cherry Vincotto is a delicious sticky rich condiment made from luscious fresh black cherries that are pressed and cooked. The Black Cherry Vinegar is a delicious fruit forward, full bodied vinegar with tight fruit tartness. It has rapidly developed a following among experienced chefs, home cooks and wellness oriented customers.

SIMPLE RADICCHIO VINCOTTO SALAD

INGREDIENTS

- 1 head of radicchio lettuce
- 1 tablespoon Wild Mother Black Cherry Vincotto or to taste
- 1 teaspoon Wild Mother Black Cherry Vinegar - optional, for elevated acidity
- Freshly grated pecorino romano cheese to taste
- Salt & Pepper
- Optional: crushed walnuts

METHOD

1. Separate radicchio leaves and soak in cold water for 15-30 mins to crisp them for great crunch.
2. Gently dry the lettuce leaves between tea towels and then tear into smaller pieces.
3. Place in a bowl and drizzle Wild Mother Black Cherry Vincotto over the leaves.
4. Add Black Cherry Vinegar if desired. Toss gently.
5. Drizzle some good quality extra virgin olive oil and season with salt and pepper.
6. Toss gently again and sprinkle with freshly grated pecorino romano cheese.
7. Sprinkle optional crushed walnuts.





DIETLICIOUS
 LOW SODIUM MEAL DELIVERY WITH HEART SALT
 RRP: MEALS STARTING FROM \$11.00

Discover the joys of *Dietlicious* - healthy prepared meals delivered to your home. Loved by health nuts, foodies, and the time-poor, *Dietlicious* meals are made without preservatives or additives; just a mix of fresh, natural ingredients, a dash of imagination and a spring of epicurean expertise.

Last month, *Dietlicious* joined the fight against cardiovascular disease, becoming the first Australian ready-made meal provider to make the switch away from regular salt to potassium-enriched salt. They now offer a huge range of low sodium meals.

Dietlicious also caters to other dietary requirements including vegetarian, vegan, gluten-free, keto, various allergies, and other preferences.

Choose from a meal plan from 800 to 1500 calories, a food cleanse, lunch and dinner packs or just build your own plan. You're guaranteed to love what is on offer and to find it easy to adhere to your health and nutrition goals.

Dietlicious is also about reducing our environmental footprint, so their kitchens create near zero food waste. So by ordering pre-cooked meals, you can be eco-friendly as well.

Make a positive choice to eat healthily today. Deliveries are available across NSW, Victoria, Queensland and ACT.

BUY
 HERE



←
SON OF A NUN
 0% ALCOHOL LAGER
 RRP: 4-PACK FROM \$11.00

BUY
 HERE

Son Of A Nun Zero Alcohol Lager has your back this Sober October. You can still indulge thanks to their clean, crisp tasting zero-alcohol lager. It boasts lower hop bitterness and a smooth, enjoyable experience. With a maltier, denser flavour profile featuring subtle caramel notes, it's the perfect way to unwind guilt-free. Hallelujah, it's a miracle in a can.

You can also enjoy the brand's Mid Strength Lager and Low Carb Lager. It's shaping up to be a great summer.

Available in a 4-pack of 375ml cans or in a 30-carton.



SPRING

Style



← **LILIBELLA
CURVED BODICE DRESS**
RRP: \$149.00

**BUY
HERE**

Feel chilled this season in the Curved Bodice Dress by *Lilibella*, in natural heavy weight linen. It redefines feel good fashion. Arched at the front, it drops at the back gather line and is shaped at the waist, making this a very feminine style. It also has practical side pockets, wide turnover hems and cuffs and a self binding neck edge. The Curved Body Dress is available in four colours including Beige, Plum, Navy and Black.

Lilibella is a Melbourne-based, natural clothing range created in 2017. It's definitely a label to watch. The collections include women's wear, activewear and accessories.

Take your pick of sustainable materials including organic cotton, hemp, linen and bamboo. Wearing natural fabrics has never been more fashionable.

→ **RUNNING BARE
COLD FRONT THERMAL RUNNING JACKET**
RRP: \$89.00

Start your morning exercise routine in the Cold Front Thermal Running Jacket from *Running Bare*. It's made with incredible four-way stretch for maximum comfort to support your shape. Pair with leggings to complete the ultimate outfit for cycling, hiking, trail running, bootcamp, and all outdoor fitness. Available in two colours.

Inspired by the Bondi Beach lifestyle, *Running Bare* has been around since 1983 and is well known for fashionable, sensual activewear.

Working with stretch fabrics, the mother and daughter team behind the label, understand the importance of the perfect fit & flawless patterns, which have been the keystones of their longevity & success. This activewear compliments every woman's shape from sizes 8-22, inclassicandpetitefits.

The *Running Bare* collections encourage you to live your best life - and look sensational when you're doing just that.

→ **LEINA & FLEUR PRESLEY PANT**
FROM RRP: \$199.00

Shake a leg in the *Leina & Fleur* Presley Pant in the Whimsy Print, to really make a flower power statement when you step out. You'll love the extreme flair, the double layer waistband that will not dig in and side pockets with topstitching. It's all about the attention to detail, which makes this such a luxe find, in soft jersey and a colourful addition to your spring wardrobe.

Cult favourite brand, *Leina & Fleur* in Burleigh Heads has built a following through their softly tailored separates that flatter every body, in sizes 8-24.

If you're looking for easy-care solutions for work, weekend and travel, then consider their collections.

Leina & Fleur is also committed to ethical, local production with their clothing made in small batches to reduce waste. This also means that you're unlikely to encounter anyone else having 'a Presley moment' at the same time as you. Step out with confidence in *Leina & Fleur*.



**BUY
HERE**

← **MASSURI
AARNA POCKET DRESS**
RRP: \$210.00

Discover your perfect summer look with the Aarna Pocket Dress, handcrafted by *Massuri* in Byron Bay (where they know a thing or two about effortless warm weather dressing).

Cute and comfortable with a boat neck, all the key elements are here including button detailing at the side neckline, lightly shirred waistline, pin tucks, flattering sleeves and of course, pockets.

Their exquisite garments are meticulously handcrafted from the finest breathable, natural fibres that are gentle on your skin and kind to the earth.

Look every inch the Byron Bae in the Aarna Pocket Dress that will take you from the CBD to a cocktail party when you change it up with a lace belt.. It's available in four limited edition colours.



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HERE**



**BUY
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Love OUR PLANET

BUY
HERE

EDEN SEEDS
CERTIFIED ORGANIC SEED PACKETS
STARTING FROM RRP: \$3.90

Experience the pure joy and wonder of planting a garden from Certified Organic Seed Packets from *Eden Seeds*.

Based in Queensland and founded in 1986, *Eden Seeds*, a family business, is famous for upholding the tradition of seed saving. Only heirloom and open-pollinated varieties have been gathered, without any chemical treatments.

As most passionate gardeners are aware, open pollinated seeds are pollinated naturally by insects, birds, wind etc. and are usually hardier, have better flavours and will adapt naturally to suit the local environment.

Each precious seed is a treasure trove of unique traits that have evolved over centuries. This diversity provides resilience to climate change, pests and diseases. By re-embracing heritage seed, a more resilient food system for ourselves and future generations, is safe guarded.

The team at *Eden Seeds* is always on the lookout for passionate growers and seed savers, as a source of Australian grown organic seeds to add to the range.

Bulk purchases available.





CURRENT
Affairs

IT AIN'T EASY BEING *Green*

Image: thatmyspot.com.au

Sustainability has become a primary driver in consumer and business choices, with many Australians seeking environmentally responsible products and many brands using their sustainable practices as a marketing tool.

Yet, the increasing cost of sustainable goods has led to a frustrating dilemma for many Australians who are willing to pay more, but find prices just beyond their reach.

New research from global consultancy firm Simon-Kucher reveals that while more than half of all Australians are open to paying a premium for sustainable products, the current price points actually deter them from purchasing.

Over 1,000 Australians participated in the survey, part of a larger global study examining the role of sustainability in key markets.

The research found that Aussie shoppers do feel a responsibility to contribute to the protection of our environment, fear that damage is being done to our natural surroundings, and gain satisfaction from buying sustainable products, yet they often hesitate at the final checkout due to the increasing prices.

Amelie Spaniol, Senior Manager at Simon-Kucher Australia notes that “brands that bridge the affordability gap and meet consumer price perceptions will realise a material commercial advantage in the market.”

However, the willingness to pay for sustainable products clearly varies across generations.



↑ Image: techiewires.com

While the overall percentage of Australians willing to pay more for eco-friendly options has increased substantially over the past two years, there's a stark difference when it comes to age. Baby Boomers are the least likely to pay a premium, with only 16% to 25% indicating they would do so, compared to Gen Z's, who lead the charge with almost half of those surveyed willing to spend more for green-friendly products.

While consumers are growing more supportive of sustainable brands, they are also becoming more discerning. More than half of Australian consumers (54%) believe many companies are guilty of greenwashing, misleading them with false sustainability claims. Instead of taking companies at their word, eight out of ten consumers now conduct their own research into a product's environmental impact before parting with their money.

In this era of consumer awareness, transparency and authentic sustainability practices lead to loyalty. A report by Monash University in 2023 found that brands that demonstrate genuine environmental commitment are rewarded with a dedicated customer base, offering them a distinct competitive advantage.

While individuals are encouraged to pay more for green products, the onus cannot be pushed entirely onto the individual to combat a global scale issue such as climate change.



↑ Image: vmapromotionalproducts.com.au

Despite the move towards more environmental practices across industry, The Australian Institute reports that in 2023-24, the Labor government allocated \$14.5 billion in subsidies to major fossil fuel producers. This subsidy equates to \$27,581 every minute or \$540 for every Australian.

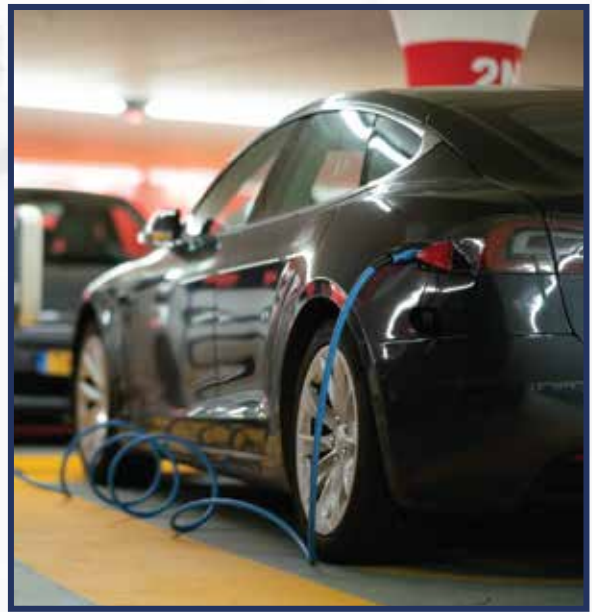
Despite this, the Albanese government has launched the 22.7 billion Future Made in Australia package as a part of the 2024-2025 federal budget. We can see a significant focus on green energy as the future. But at what cost? And will people buy in?

As Chris Bowen, the Minister for Climate Change and Energy highlighted in May this year, “ this investment will help us become a renewable energy superpower and an indispensable part of the global economy. These measures are designed to maximise the economic and industrial benefits of the move to net zero and secure our place in a changing global economic and strategic landscape.”

Such policies and investments will be crucial to reaching the current Government’s target to reduce greenhouse gas emissions to 43% below 2005 levels by 2030.



↑ Image: sourceseparationsystems.com.au



↑ Image: thatmyspot.com.au

Simon-Kutcher’s survey found that 61% of Australians now rank sustainability among their top three value drivers when making purchase decisions. This trend is even more pronounced in industries like energy and home improvement, where environmental concerns are directly linked to the products and services offered.

However, the same cannot be said for the Electric Vehicle (EV) market. Drive.com.au highlights that “Electric vehicle (EV) sales in Australia are on track to flatline by the end of 2024 – and may fail to grow year-on-year for the first time since 2016.”

With entry level EV models starting at \$35,000, a study by Novated Lease Australia – a company that allows people to pay off car loans directly through their salaries – found that almost nine out of ten Australians believe the price of an EV is a major barrier to switching to an EV.

Clearly, the key to success lies in offering products that align with people’s values while remaining affordable. Those that can achieve this balance, could stand to gain loyal customers and set themselves apart in a competitive market.

Australians are increasingly ready to pay for sustainability, but only to a point. If brands and governments work together to support affordable sustainable options, the shift towards a greener economy will become more feasible for consumers. Like anything to do with economics and the environment, it’s always a constant balancing act.

by News Reporter
HENRY WALLACE



↑ Image: thatmyspot.com.au

LOVE A *Getaway*



by Editor
MITCH CATLIN



THE MAGICAL MORNINGTON PENINSULA

It's often referred to as Melbourne's version of "The Hamptons" – the exclusive coastal getaway of New Yorkers during the American Summer.

During the warmer months, large numbers flock to Victoria's famed Mornington Peninsula, just an hour from the city, but this holiday haven is now a popular destination all year round. Whether it's the cuisine, wine, beaches, health and wellness, walks or just some unwind time, there is something for everyone.

On this little road trip journey, we explored the well-known towns of Red Hill, Sorrento and Portsea.

What better way to start a weekend than with a glass of Pinot Noir?

The cool winter climate in Victoria breeds some of the best red wines in the country, and there are a plethora of wineries to please any palette.

Montalto winery, Ten Minutes by Tractor and Port Philip Estate are among the award winners in the Red Hill region. You can walk through the vineyards, taste test the top drops and enjoy a stunning meal out in the sunshine or by the fireplace (remember – Melbourne has four seasons in one day). For us, a highlight was the Cellar Door at Ten by Tractor, a bottle of 2024 10X Pinot Noir and a grazing board of local Mornington Peninsula produce including homegrown beetroots and Main Ridge goat's cheese.

After one pampering session, it was time for another.



↑ Sorrento's Conti Hotel - Image: Urban List

The iconic Continental Hotel on the main street of Sorrento was built of sandstone in 1875 and has undergone a massive renovation in recent years and is now part of the luxurious Intercontinental hotel chain. The spectacular Aurora Spa and Bathhouse provides everything from the Detoxifying Body Wrap, the Himalayan Stone and Sound massage and the Botanical Spa Facial. You can spend an entire day here!

While you can enjoy high-end pub food, acclaimed chef Scott Pickett can host you at Audrey's – Peninsula fine dining at its best Audrey's recently won the best pub restaurant for 2024 by the Australian Hotels Association.

Rooms are available at the hotel but it's not for someone on a budget. It's definitely a special occasion night-out but worth every cent! The hotel holds many weddings and celebrations.

The nearby Sorrento Hotel also has a brand-new accommodation offering with an array of rooms and a private pool area. It's a three-minute walk to the beach.

We end the day at the iconic Portsea Pub – fish and chips on bench seating overlooking Port Phillip Bay. Being Melbourne, the sun was back out again after a little shower of rain. The hotel has a fantastic restaurant and booking is often essential, especially, on weekends and across the holidays. Over summer, the pub is "the place to be" with regular live music acts.

Head to the Portsea back beach for the ideal place to watch the sun set. In January and February, it's like a European summer dream.



↑ The Continental - Image: thecontinentalsorrento.com.au/stay/

↓ Image: Visit Victoria



The perfect walk, or bike ride, to start the day (well, anytime of the day) is through the Port Nepean National Park at Portsea. The park goes back thousands of years and was significant in shaping early European settlement as the quarantine station for people arriving in Victoria. It was also a strategic defence point and used for military training. There are panoramic views, military forts and tunnels and artefacts going back over 150 years.

You can even extend your stay and camp on site at the new pre-pitched Point Nepean Discovery Tents to enjoy nature at its best.

↓ Chef, Scott Pickett - Image: Sydney Morning Herald



↓ Fort-Nepean - Image: Parks Victoria



↓ Image: Ten Minutes by Tractor



↓ Port Philip Estate - Image: portphillipestate.com.au



To keep up the energy, the best coffee in town is on the Sorrento Main Street at The Sisters Kitchen and Garden Café. Victorians love their coffee.

The highlight of the trip was the brand-new Alba Thermal Springs about half an hour from Sorrento. The multi-million-dollar facility has mineral spas at all temperatures, as well as saunas to sweat out the local wine from the previous day. Given its significant popularity, Alba can be very busy. So, don't think it will be just peace and quiet.

There is a stunning restaurant on site with a menu curated by TV chef Karen Martini, and the Hot Springs sells packages to bathe before a lunch or dinner. Evening bathing is also an option and popular with couples, and you can book a range of treatments from massages to facials. Literally across the road is the other well-known spa – the Peninsula Hot Springs. So, if you can't get into one, try the other!

It's been the best weekend, and we want some beach time to end on a high.

We head to the famous general store – Stringers – pick up some local produce including cheese, olives, dips and crackers – take our blanket – and sit on the shores of Sorrento.

Don't forget that local Pinot Noir! The peninsula really is perfection.



MY
Australia

Darren Purchase is one of the most sought after, creative and respected chefs working in Australia today, renowned for his exquisite and extravagant sweet & savoury creations. He is the celebrity chef behind the online popular recipe and food news platform *Studio Kitchen*, a regular fixture on *Masterchef Australia*, co-judge on *The Great Australian Bake Off*, ambassador of the AFL team *Sydney Swans* and as a contestant in the upcoming Channel 10 reality TV show *Dessert Masters*.

Where is your favourite Aussie getaway?

We are so lucky here in Australia as you could spend your entire life exploring this incredible country and still not see it all. I love to visit places I haven't been before but one of the places I return to as often as possible is Tasmania. The island is pristine, beaches are fab, and the food scene is so good. Local producers are exceptional with world class seafood, wines, truffles, cheese and more. My trips to Tassie always include a food destination like King Island, Bruny Island, or the East Coast. I have a trip booked to Flinders Island in next year where I plan on foraging, cooking, and eating. I will be filming and writing recipes for my Studio Kitchen website, and I am staying at a place called the Crayshack on Killiecrankie Beach. I can't wait to catch some Crayfish and Abalone to cook up on one of the beautiful beaches.

Are you an Aussie Winter or Aussie Summer man and why?

I am a summer man for sure and not just because of the weather allowing me to go to the beach, but because of the amazing produce in season. I love mangoes, stonefruits and fresh summer veggies. The beach is my happy place and a swim on a hot day is perfection to me. Having said that, as a foodie I love all the seasons and especially enjoy citrus in abundance during the winter. I could see myself moving to Tasmania one day and the summers there are amazing, not too hot but good for a beach day. I also spend two months a year in Sydney during late Winter and early Spring and love beach walks and swims on the Sydney beaches.

Why does Australian food have such a strong global reputation?

Aussies love food and love embracing multicultural influences and letting them sing in their food. I believe that we are uninhibited by hundreds of years of food tradition like France or Italy which means we are always inventing our own cuisine that is unique and delicious. We have brought our café culture to the world and our cuisine seems tropical, free and fun to the outside world. Our produce is sensational too and our producers make world class products like wine, cheese, bread, seafood and much more. More use of indigenous ingredients would only enhance our reputation on the global food stage.

What's your favourite dessert?

That is too hard to answer, but of course, it is the question I am asked most! I love desserts that are balanced in sweetness, nothing too sweet or rich and I love desserts that include seasonal fruit. I love tang and zest so in Winter my favourite dessert would be a perfectly cooked lemon tart (or yuzu if I am lucky). In Summer a juicy peach or apricot poached with a sweet wine and served with lemon verbena cream is sublime. Springtime something like a Rum Baba with seasonal fruit compote and cream is delicious and in Autumn I start to cook with one of my fave ingredients Pears, perhaps in a caramelised tart tatin.

Give us Darren's "must do's" to remember when making a dessert?

Plan your dish, research the recipe and be exact when you measure your ingredients. Try to source great quality ingredients that are in season where possible. Think about how you want the dessert or cake to look before you start the dish and work towards your plan. When making a dessert try to think about incorporating different contrasts in temperature, texture and flavour. Also try not to overcomplicate and let the flavours of your ingredients sing!

What can people expect to see in the new season of *Dessert Masters*?

You can expect to see some seriously talented pastry chefs from all over the country. The calibre of chefs is so high and that is great for our industry. Personally, I plan on using every single second to try to produce eye catching and delicious desserts with my trademark style of multiple components. I will be running fast and attempting to make as many yummy elements as I can. I am sorry for all the washing up I will create but I will go toe to toe with some brilliant pastry chefs and contribute to what will be a celebration of Australian food talent. As one of the older competitors, I am keen to see if I can keep up with some of the younger chefs. It's going to be a cracker of a competition.



STARTS
MONDAY 14TH OCTOBER ON



**Dessert@
MASTERS**



BINGE
This

A FOXTEL ORIGINAL DRAMA
SECRET CITY

WATCH NOW ON
NETFLIX

When it comes to the complex and often dividing topic of politics, where do you stand?

Do you exercise your democratic right, then vote for a party or their policies? Or are you swayed by a candidate's charisma?

People in power are the subject of varying public opinions. They make great multi-layered characters, perfect for a gradual burn thriller and, if involved in this way, make an enthralling plot point.

Australian political thriller series, *Secret City*, originally premiered in 2016 and is now available on Netflix. It's based on Chris Uhlmann and Steve Lewis's best-selling novels *The Marmalade Files*, *The Mandarin Code*, and *The Shadow Game*. It's set and filmed in Australia's capital, Canberra at a time of growing tension between China and the United States, which put Australia in the uncomfortable position of being in the middle of these two. It tested our allies, loyalty and our strength as a nation. Almost a decade later, a similar narrative still resonates today.

In the series, Canberra Press Gallery journalist Harriet Dunkley, portrayed by **Anna Torv**, seeks to uncover the truth of interlocking conspiracies which threatens her career, her loved ones, her own life and endangers the freedom of every Australian. These are the key ingredients for a first-rate political thriller; which has been dubbed Australia's very own *House of Cards*.

Written by Matt Cameron and Belinda Chayko, it's skillfully structured. Torv's elegantly restrained performance allows the series to favour the "coincidences" that intertwine the characters and their stories, without shying away from the consequences of this action and the dangers for those involved. *Secret City's* characters seek to use global events to turn Australia into a surveillance state, while those outside the government try to expose what is being plotted in the name of their country's "safety" and "security."

The journalist, Harriet Dunkley tries to unearth the truth behind political and powerful corruption. Her adversary is a politician willing to do anything to create a new Police State in Australia and to establish Draconian laws in the process. Dunkley connects the dots as we follow her investigation. We never quite know who we can trust and keep guessing at every turn. As expected, Dunkley, is thwarted in uncovering the truth. The police stonewall her and remain evasive, her government sources stay silent and her secret contact within Australian Intelligence, tries to warn her off. However Dunkley is aware that while a conspiracy may be deeply hidden, it involves those who are powerful, ruthless and who have a great deal at stake, so collateral is inevitable and accountability is essential.

Oscar-nominated Australian actress, **Jacki Weaver**, who plays Senator Catriona Bailey - the Australian Attorney-General and Minister for Justice, is a Labor Party power broker. She matches Torv's performance, with bite and wit to demonstrate power over her male counterparts, with an

intelligence and cunning that suggests she not only knows where the bodies are buried but she may have put them in the ground herself.

The pieces of the story unravel sporadically to help build momentum. Dunkley's findings suggest Bailey's (Weaver's) fingerprints are all over the military and political cover-up, while maverick Independent MP (minister for Defence and WA Senator), Malcolm Paxton, played by **Daniel Wyllie**, is in trouble with Bailey over the deployment of ships with the American fleet, jeopardising Australia's relationship with China. Canberra becomes a city of deals and divided loyalties, lies and opportunism, led by people driven by greed, corruption and ego. What is finally unearthed is something even the Prime Minister (portrayed by **Alan Dale**) knows nothing of or could have predicted. It gives a fresh twist to the narrative.

This series really has a lot to offer as a compelling drama with outstanding performances by two of Australia's best female actresses. Meanwhile **Damon Herriman's** performance as Dunkley's now transgender ex-husband, Kim Gordon is short lived but excellent, while **Marcus Graham**, **Justin Smith**, **Miranda Tapsell** and **Alex Dimitriades** play strong supporting characters in this story of political subterfuge.

It is nuanced, understated and an intriguing blend of political play by high profile politicians in a government that operates outside the law. Perhaps *Secret City* could be foreshadowing a similar political storm, which could become a reality. Chilling!



↑ **Alex Dimitriades and Damon Herriman**
Images by Netflix

by Cultural Editor
IAIN HOGG



MONEY Matters

FIVE PROPERTY HOTSPOTS FOR UNDER \$300,000

WITH THE RISING COST OF REAL ESTATE, YOU COULD BE FORGIVEN FOR THINKING THAT HOME OWNERSHIP FOR LESS THAN \$300,000 IS IMPOSSIBLE. WELL, I'M HAPPY TO TELL YOU CAN STILL NAB A BARGAIN.



BROKEN HILL, NEW SOUTH WALES

Broken Hill is a historic mining town located in far west of NSW. You can buy a house here for around \$210,000 with a weekly rental yield of \$310 per week or 7.67%. Mining is central to Broken Hill's economy, but it's diversified over the years, with tourism becoming a significant sector.

- Median House Price \$210,000
- Median Unit Price \$165,000
- Median House Rent \$310 per week
- Median Unit Rent \$225 per week



LAUNCESTON, TASMANIA

Launceston has seen significant growth and increases to median house prices over the years. We suggest looking now before the rise continues.

The suburbs of Newnham and Mayfield in the Greater Launceston area have a median house price of \$299,000.

- Median House Price \$299,000
- Median Unit Price \$250,000
- Median House Rent \$430 per week
- Median Unit Rent \$380 per week



WHYALLA STUART, SOUTH AUSTRALIA

Whyalla Stuart is a suburb in the west of the township of Whyalla, which is 4 hours northwest of Adelaide. Buying a house will set you back around \$215,000, and with strong rental yields greater than 7%, continued growth in Whyalla's industrial sector and infrastructure improvements, makes this little town an attractive option for investors and owner occupiers.

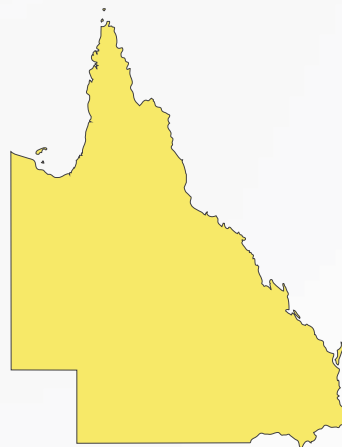
- Median House Price \$215,000
- Median Unit Price \$165,000
- Median House Rent \$300 per week
- Median Unit Rent \$260 per week



MILDURA, VICTORIA

While the median house price is higher than \$300,000, you can still find houses in the heart of Mildura for less. We found a four-bedroom house on a 900sqm block for \$297,000. With rental vacancy rates at less than 1%, this is a top spot for those looking to invest.

- Median House Price \$425,000
- Median Unit Price \$280,000
- Median House Rent \$450 per week
- Median Unit Rent \$300 per week



ROCKHAMPTON, QUEENSLAND

Rockhampton, located half way between Brisbane and Cairns, is well-known for agriculture, mining and tourism. Houses can be found for under \$300,000 however, units go for considerably more.

- Median House Price \$400,000
- Median Unit Price \$475,000
- Median House Rent \$420 per week
- Median Unit Rent \$475 per week



WITH
LUKE MARRAFFA-IVES
REGIONAL DIRECTOR, VICTORIA
ELLO LENDING CO

The information in this article is for educational purposes only and is not intended to be taken as financial advice.



BUYING?
INVESTING?
REFINANCING?



WE CAN HELP!

WE WORK WITH OVER 30
LENDERS & OUR SERVICE IS
FREE



THE PODCAST
THAT TURNS THE
KEY TO YOUR
FIRST HOME

HOME IS WHERE THE *heart* IS



↑
JOANNA DEL NIDO
ACRYLIC WALL ART
RRP \$399.00

Created by Darwin artist, *Joanna del Nido*, these fabulous oversized wall-art pieces will instantly elevate your living space. This stunning extra-extra-large, layered orchid flower is crafted with precision from laser-cut acrylic. It has intricate layers of vibrant orange petals with pink, and red and a yellow centre. This unique artwork will no doubt become the talking point of any room!

Installation is a breeze thanks to the D-ring on the back, making it compatible with a simple wall hook or screw. Other pieces shown (above) are available on request.

BUY
HERE



↑
Orange Orchid - Acrylic sheet
49x59cm



←
KIND BOD
BATH VITAMINS
RRP \$29.00

Treat yourself to pure pleasure with nourishing Bath Vitamins by *KIND BOD* and experience the ultimate self-care ritual. A delicate blend of grape seed, jojoba, and almond oil, rich in vitamins C and E, these Bath Vitamins improve skin elasticity, tone, and softness.

The pure organic essential oils relax your muscles, ease anxiety, and promote restful sleep. They're also eco-friendly, vegan and cruelty free. Simply drop a few of these fizzing, precious gems into the bathtub and let those luscious oils soak into your skin to give you a luminous glow.

KIND BOD believes in the transformative power of self-care. They invite us to embrace the art of slowing down and reflecting on life within the sanctuary of your bathroom. These moments of solitude become a spa-like escape.

BUY
HERE

BUY
HERE

→
DINOSAUR DESIGNS
RESIN HOMEWARES

Serve your chilled sweets as a work of art with the *Dinosaur Designs* Flow Dessert Bowl. With its gentle curves and ribbons of light and shade, the Flow Dessert Bowl is a poetic yet highly functional object. Perfectly sized to accommodate an array of your favourite dishes.

We would expect nothing less from *Dinosaur Designs* - the OG of Australian avant-garde tableware and jewellery, in handmade resin and metal.

Since 1985, the brand, helmed by Louise Olsen from Australia's first family of art and Stephen Ormandy, has been at the intersection of luxury art forms and practicality.

With stores in Sydney, Melbourne, Brisbane, New York and London, each piece is handmade and lovingly created to retain its beauty for generations. It's also eco-friendly and food safe.

Discover the brilliant colours and textures of *Dinosaur Designs* collections, which are as nuanced as an artist's palette. They would make an exquisite addition to your tablescape.



STONE SERVERS
RRP: \$110.00



FLOW DESSERT BOWLS
RRP: \$90.00



WORKING LUNCH

with Ros



NATALEE BOWEN - INDAH ISLAND

by Features Editor
ROS REINES



Award winning Australian interior designer, Natalee Bowen of *Indah Island*, has grazing down to a fine art. The woman who singlehandedly made Australian Hamptons' Style, blossom from Broome to Balgowlah, often lunches as if attending a Southhampton cocktail party.

Today's no different as she's hosting guests at the Indah Island' luxury destination venue, Hamptons Farm Estate, 100km east of Perth. So, she toys with a mini quiche and enjoys some impossibly shiny, coral red and juicy local prawns.

Bowen's earned this canapé feast. For the past few months, she's been on a strict regime of twice daily - protein supplement shakes a day, that are part of a formal weight loss plan.

"My daughter, who owns a healthy smoothie bar (which weren't part of that particular diet), banned me from visiting her there or going on TV, looking the way that I did," she shares. "I hadn't realised that I'd put so much weight on until I saw some photos of myself."

Once Bowen fully leant into her new routine, she was unstoppable. The kilos disappeared fast. She's now on a maintenance diet of a breakfast smoothie and then she consumes the sort of meals that anyone who is either in their car or on a plane, might know well. It's a healthy burger here, a toasted sandwich there and nibbles in between.



"Effervescent, glamorous and surprisingly down-to-earth for a woman whose day job is decorating the interiors of mega-mansions, Natalee Bowen is officially the Australian guru of good taste.

For instance, if she decreed that vaulted, electric orange ceilings were chic, you can bet there wouldn't even be a smudge of citrus paint left in certain upscale suburbs.

She's even diving into our wardrobes, heads first. This year she introduced her Australian Hamptons Hat collection - five exquisitely designed pieces that capture the essence of her renowned style.

"That was a no brainer," she says, "because we're all swanning around our .. entertaining spaces in our homes, we needed something to keep us safe from the Australian sun, while looking stylish."





↑ Interior Design by Natalee

From a very young age, Natalee Bowen, who grew up in Western Australia, demonstrated her decorating nous. She was influenced by her dad, a builder, often going on site with him and collecting scraps of materials. She would take them home and make her own constructions. As a result, her doll collection was almost accommodated in palaces.

She later styled her own teenage bedroom, always shifting things around and playing with the colour palette. So, becoming an interior designer was a natural progression to the way she had grown up.

Natalee Bowen takes credit for adding the phrase, Hamptons style to the lexicon of Australian decorating terms.

"It's still the most Googled phrase when it comes to design," she says. "Australians relate to clean-looking seaside destinations. The white-on-white coastal look, suits our lifestyle".

However, there has been subtle variations over the years, especially among Bowen's well-heeled clients.

"The new style is transitional modern, which is old meets new," she explains. "It's all built around the introduction of antique pieces that have a story to tell and build character. This could be a glamorous chandelier or an embellished sideboard."

Other trends to watch out for, she says, include black wrought iron curves and more depth in styling with some colour to break up all that whiteness.



"Duck egg blue is the 2024 colour and next year it will be sage green," she reports. "It's more moody, and grounded, with heavier neutral tones including caramel and some woods."

Indah Island has its own homewares collections including indoor and outdoor rugs and textiles, plus so much more, it's like a one-stop shop for gracious living.

"I was getting a bit bored with having to search and find fabrics. My biggest conundrum was trying to find co-ordinates that would go with our hero pieces," she comments.

"So, at Indah Island, we created a bespoke colour range that we could co-ordinate with our settings. Now we can utilise our own fabrics to upholster chairs and sofas, cover bedheads and make curtains. Our next release will be a collection of wallpaper," she promises.

Bowen's also working with Australian building brands to introduce floor tiles, hardware and even mouldings for wainscoting.

"It just makes it easy for people to get the total look without having to shop around," she says.

Indah Island also has a range of international projects, which have been easier for Bowen to work on since Covid 19 with many meetings now taking place on Zoom instead of having to go onsite.

She says that in the USA especially, they love the elegant, laid back style Australian style. Ironic, when Australians are talking about the local Hamptons style to the Hamptons.

Bowen's advice for anyone thinking of starting out in their own decorating business is to "fall in love with what you do" and then everything will happen from there. There's no point in going into anything half-heartedly.

"I love this work so much that I really don't know what I would do instead," she comments.

However, she does have a new project. Inspired by how good she feels with her own weight loss, she is starting Indah Island Wellness, which is set to become part of the brand's Lifestyle Range and will be dedicated to enhancing client's wellbeing, inside and out. Looks like Natalee Bowen, is taking her 'interior' design to a whole new level.



↑ Natalee and husband, Mark Bowen

LOVE A *Good Time*

OUT AND ABOUT AT THE BIG AUSSIE EVENTS

OUT &
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↑ BIKETOBER, MELBOURNE VIC

Biketober is a collaboration between *RACV, Love to Ride* and the *City of Melbourne*, challenging participants to log as many bike rides as possible during the month of October in a fun and friendly environment.



↑ CARNIVAL OF FLOWERS, TOOWOOMBA QLD

Spring in Queensland showcases some of the most beautiful Jacaranda trees in the capital city of Brisbane, but nothing compares to the colour of the annual *Carnival of Flowers*, in Toowoomba. Each year this stunning flower festival takes over the Darling Downs, guaranteed to put a 'spring' in the step of all who visit it. The 2024 program included a floral LEGO exhibition, outdoor movie nights, a giant ferris wheel, sideshow alley, markets, and a food and wine festival.



↑ SXSW SYDNEY, SYDNEY NSW

Don't miss *SXSW Sydney* this Oct 14-20. Integrating art and entrepreneurship, this annual gathering of visionaries, thought leaders and emerging talents has more than 1,000 events and networking sessions. Ideas are exchanged and partnerships are forged on *Tech & Innovation, Games, Music and Screen*.



↑ SCULPTURE BY THE SEA, BONDI NSW

Sculpture by the Sea, Bondi has been the world's largest free to the public outdoor sculpture exhibition for over two decades. It returns to the Bondi to Tamarama coastal walk from 18 October - 4 November with over 100 sculptures transforming the 2km coastal walk.



SPRING CLEAN DECATHLON

If your place is looking like an episode of hoarders (like mine does 😊) don't worry, a spring clean can fix it. And I'm writing this column for myself too, because I'm someone who has a floordrobe - where all of my clothes are on the floor. However, in my defence, they are all clean! My approach is to do my laundry, and when it is dried, I put it back on the floor.

I think it's a very good system, but my Mum disagrees. So, it's time for a Spring cleaning decathlon!

COUCH POUCH

Over Winter, we spend a lot of time on the couch. And one thing is for sure, when you take off the cushions you will reveal an oasis of crumbs and coins. Yes, even in this digital age there will still be coins. Don't ask me how. It's like there's some sort of couch fairy. You now have a new income stream!

PAMPER THOSE PILLOWS

If your pillows look like you've been washing your hair with curry, then hang them outside in the fresh air or put them in the dryer (no heat) cycle. If they still look like chicken tikka, throw them in the bin! Also, did you know pillows have an expiry date? I only know this because I recently saw that my pillow expired in 2016. It must be a typo though, because my pillow works fine!



DECLUTTER YOUR WARDROBE

I was watching Oprah once and she said that if people haven't worn a piece of clothing for a year, then throw it out. Based on this theory I could throw out 95% of my wardrobe. You get a clean wardrobe! You get a clean wardrobe! Everyone gets a clean wardrobe!

DECRUMB THE TOASTER

Crumbs live in toasters. A good way to clean it is with the crevice tool on your vacuum... if you don't have a crevice tool then just take your toaster outside and shake the crumbs out. Pro tip: If you do this, change your t-shirt afterwards to avoid people thinking you have a severe case of dandruff.

WIPE KITCHEN WALLS

If you've ever tried to blend hot liquids, this one's for you. I tried to blend hot coffee and butter and it exploded. I'm still finding coffee on the walls. On the upside, it's a fast way to give your kitchen a new paint job.

Ok well that's a good start. But, if you've been too busy looking at your phone then maybe try a digital cleanse? This could simply be deleting old emails in your inbox. I just did it and I'm now under 10,000 unread emails. Can't wait to tell Mum, she will be very impressed!





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