

HABIBI

Life

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RECONNECT WITH YOUR ROOTS

Traditionally, we've come to understand that the most lasting changes manifest from the inside out. Surface trappings, while attractive in theory, are no substitute for the fulfillment of standing firm in your skin, with love and knowledge of self. Take the time to do the work. You are worth the effort.



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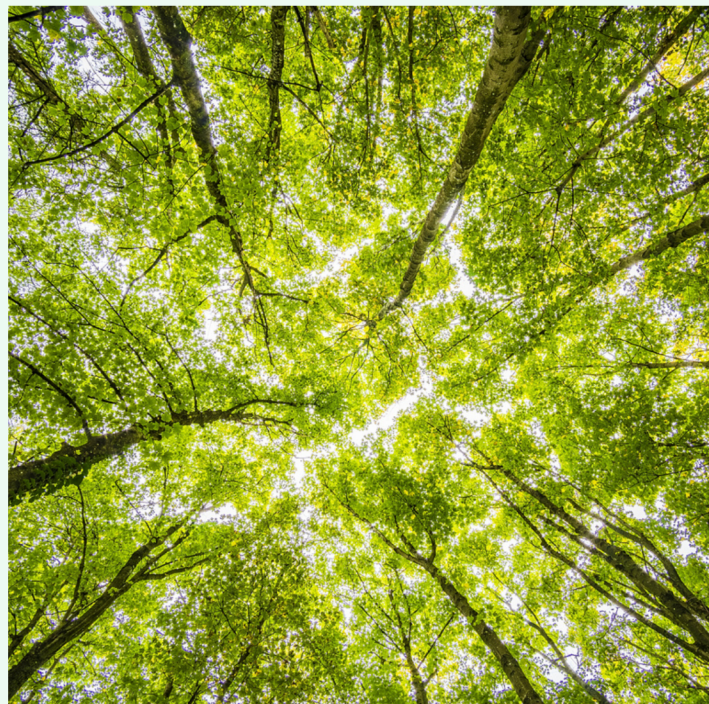
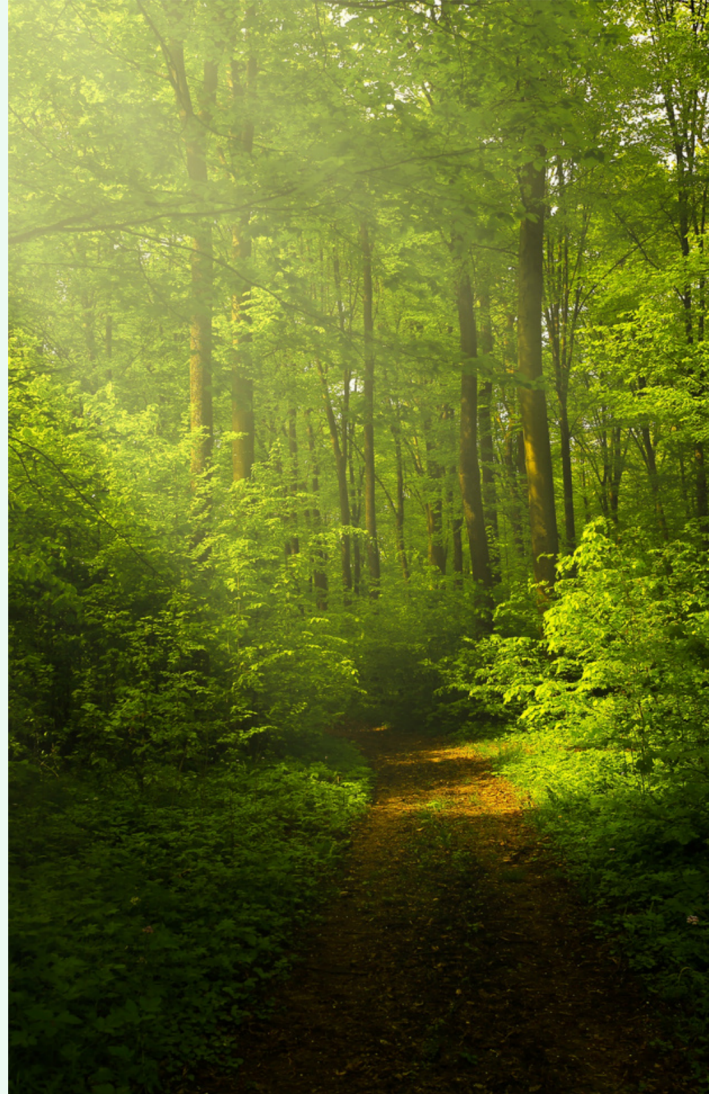
26 BACK TO NATURE

Learn the best ways to reconnect to mother earth, and let the spring season help you truly bloom.



This beautiful planet is our home. May we honor her beyond simply one day each year. May we come to understand that our health, wellness and survival is intrinsically linked to Hers.

April Highlights Mother Earth





EVERY LITTLE THING

Preserving the planet can be overwhelming, and it's easy to want to give up. But you can make small changes in your everyday routine that have a big impact over time.

TURN IT OFF



This common sense practice should become a regular habit in your life. When not in use, turn it off. That includes lights, any and all devices, and even kitchen appliances that are not in use.



STEP OUT



Make walking or biking to short-distance destinations a regular part of your daily activities. In addition to helping reduce your carbon footprint, you get the added benefit of movement and daily exercise. Doing this can also help you rethink what you regularly purchase and consume. Walking or biking to the grocery store may look different when you have to carry things yourself.

SHOP LOCAL



The more you support local farmers, crafters and artisans, the less likely the things you consume and enjoy have to be flown or shipped to your location. Plus, you enjoy the added benefit of supporting small businesses and helping independent artists make a living.

IN SEASON

Spring has sprung! That means a fresh opportunity to enjoy the most nutritious fruits and vegetables that nature has to offer.



GREEN SCENE

SPRING IS THE BEST TIME TO MAKE THE MOST OF DARK LEAFY GREENS. ENJOY THEM FRESH OR LIGHTLY COOKED FOR A NUTRITIONAL BOOST



Arugula

This peppery green is loaded with nutrients, including calcium, potassium, folate, and Vitamin C. Arugula also contains Vitamin A, which supports immune function, cell growth, night vision, and overall eye health. It also works to help maintain kidney, lung, and heart function.

Kohlrabi

Kohlrabi is a member of the cabbage family. It's high in calcium and magnesium, so it helps develop and maintain stronger bones. It's also packed with Vitamin C, B6 and potassium, which is important for heart health and fluid balance

Turnip Greens

These greens are among the top vegetable sources for vitamin-K. They are also a great source of magnesium, copper, calcium, sodium, potassium, iron, manganese, and phosphorus.

GONE TO GROUND

SOME OF THE MOST DELICIOUS SPRING PRODUCE HAS TO BE UNEARTHED! TAKE THIS OPPORTUNITY TO REVEAL THESE INCREDIBLE ROOT VEGGIES.



Carrots

Carrots can help balance your blood sugar, help with blood pressure regulation, and help reduce the risk of heart disease. They have also been shown to help boost your immunity and even your brain health.

Radishes

These little spicy veggies are high in fiber, but low in calories. They have also been shown to support liver function, and help with digestion.

New Potatoes

New potatoes are enjoyed for their thin skin, which makes it easier to digest. They are packed with B6, potassium and dietary fiber.

FLAVOR BURST

SPRING GIVES US THE UNIQUE OPPORTUNITY TO EXPERIENCE THE SWEETER SIDE OF LIFE, WITH COLORFUL OPTIO THAT CAN BE ENJOYED AS IS OR COMBINED FOR A FLAVOR EXPLOSION!



Rhubarb

Rhubarb is an excellent source of vitamin K, which is an essential vitamin for bone health and blood clotting. The vitamin A in rhubarb may also help to fight free radicals that cause skin damage and premature aging.

Mangoes

We typically think of mangoes as a Summer fruit, but plenty of varieties can be found during the Spring. They are a great source of fiber, which can help with digestion.

Strawberries

This popular fruit is packed with Vitamin C, which can help curb inflammation, manage your blood sugar, and guard against health conditions like high cholesterol, heart disease, stroke, and diabetes.

RHUBARB SMOOTHIE

- 3 large rhubarb stalks, cut into chunks
- 24oz plain plant yogurt (sub plant milk for a thinner consistency)
- 2 cups of raspberries
- 1/2 cup of hibiscus tea (liquid)
- 10-15 medjool dates, pitted

Combine all ingredients in a blender and blend on high speed until smooth. To elevate this recipe, add a 1/2 plug of ginger root.



Smells like: Rhubarb



Ffern Spring '24

The subscription-based perfumer Ffern has seemingly managed to do the impossible: capturing the essence of rhubarb in the latest offering as a true ode to the season. Boosted with notes of citrus and herbs, the result is beautifully close to the real thing.

\$129

Ffern.co

Anatomy of a Bath



Slough



Dry brushing is a fantastic way to increase circulation, which can help keep your skin bright and blemish free. It also helps to slough off dead skin cells to promote truly silky skin and help your skincare better absorb.

Brush in smooth motions from the outermost edges of your body toward your heart, one limb at a time. Finally, make circular motions on your abdomen and low back to complete the ritual.



Shower



Taking a quick shower before you settle into your bath ensures that you're not soaking in dirty water. Rinse off impurities (including any leftover dry skin cells) before running your bath and settling in for your soak.

If you're washing your hair, shampoo and apply conditioner. Leave the conditioner in under a developer cap, for the added benefit of a deep conditioning treatment while you soak.



Soaks



Time your soak for a minimum of 20 minutes. That will give you enough time to truly decompress and relax your muscles, your joints and even your mind.

You can boost your soak by adding bath salts, oils, teas (seriously, just drop a couple of tea bags in the warm water and steep), and even fresh herbs and flowers. Every little boost can enhance your physical and your psychological experience.



Seal



When you're done, don't towel dry. Instead lightly pat your skin to remove excess water, but leave your skin damp. Then seal in all that soaked up goodness with a natural oil, lotion, or even a body balm.

Ideally, the best thing to do after this ritual is to relax... maybe even take a nap. Making this a weekly part of your physical and mental maintenance can go a long way to help you tackle whatever stressors come your way.



Master the Art of Self Care



HABIBIBODY.COM



Costa Brazil Hydrating Face Cleanser

This oil-based cleanser transforms from a gel to a gentle milk that effectively removes dirt and makeup, without stripping skin of essential moisture.

\$45
costabrazil.com

Habibi Immersion Bar

Designed to be used on the face and the body, these massive bars (a full pound!) come in three skin-loving formulas to maximize your regimen and boost your results.

\$49
habibibody.com



EARTHBOUND SKIN REFRESH

Treat



Jumiso Nourishing & Recharging Mask

This refreshing mask is packed with lemon, turmeric and sugarcane to gently exfoliate skin and leave it hydrated and glowing.

\$28
jumiso.us

Laniege Bouncy & Firm Sleeping Mask

This mask contains peony and peptides to help revitalize and firm skin while you sleep.

\$36
sephora.com



EARTHBOUND SKIN REFRESH

Hydrate

Eadem Cloud Cushion

This water-based moisturizer contains glycerin, niacinamide, peptides and ceramides. It also contains ingredients to help fade acne scars and hyper-pigmentation caused by common skin blemishes.

\$58
eadem.co



Tatcha The Water Cream

This oil-free cream floods skin with hydration, thanks to skin-loving ingredients like wild rose and green tea extract.

\$72
tatcha.com



Get your Scalp Situated

Great hair begins with a healthy scalp. While many products on the market address hair concerns, few also contain essential ingredients to encourage and maintain a healthy scalp.

PHILIP B has been on the market for decades, and remains consistent with ingredients that truly promote hair and scalp health. One of their most potent shampoos is the WHITE TRUFFLE SHAMPOO, which contains white truffle, witch hazel, nettle and rosemary to cultivate a healthy scalp and super soft hair.

HABIBI ESSENTIAL GROWTH OIL focuses on scalp health with ingredients like Indian Gooseberry, Hazelnut, and Green Tea Seed Oil to nourish the scalp and boost hair growth. The formula is boosted with Walnut Oil and Evening Primrose Oil to further strengthen each strand. The combination promotes deep moisture and encourages length retention.



IT'S TIME TO CHOOSE YOU



Back to Nature

This seasonal thaw is the perfect opportunity to reconnect with the earth, no matter where you live.





Take a Walk

Get outside and take a walk in the best representation of nature that your area has to offer. Even if you have to drive to a place where there are more trees than cars or humans, take the time to reconnect with the Earth.

Meditate in natural surroundings

Let the sounds of the natural world help you release stress, anxiety and anything that may be troubling you. Sit down in a secure location, take a deep breath, and let go





Plant a Garden

You don't have to own acres of land to plant a garden. Consider planting potted herbs, roots, fruits and vegetables to grow in and around your home. You'll be able to refresh your home space by bringing nature indoors, and feast on the fruits of your labor.

Populate your home with plants

If you're not into gardening, consider populating your home with common plants. They help improve oxygen levels, and can add a calming touch to even the most chaotic spaces.



Spring Clean your Spirit...

Spring cleaning is not just for our physical spaces. Making the time to clear out our mental and energetic space is just as important. Take the time to prioritize what is important to you, not just what is important to others. Set physical and mental boundaries. Avoid volunteering your time or your energy to humans and projects that cost you peace of mind. Learn to exist without need for approval from others in your professional and your personal space. Take care of your mental health in the same way you take care of your physical health, that the two might mirror each other and represent the entirety of your existence.

-Shahada Karim

