

NEWSLETTER

# ENDOBOX CHRONICLES

the first edition

## HOW MANY BATHS IS TOO MANY?

Okay so you're single-handedly responsible for draining the local water table. Annd you feel kinda bad about it. We've got luxe-yourself-up alternatives. (P3)



## ASTROLOGY IN AN AGE OF UNCERTAINTY

Covid-19 got us questioning big time. We asked you.. do you look for answers in the stars? (P5)

## SEX.

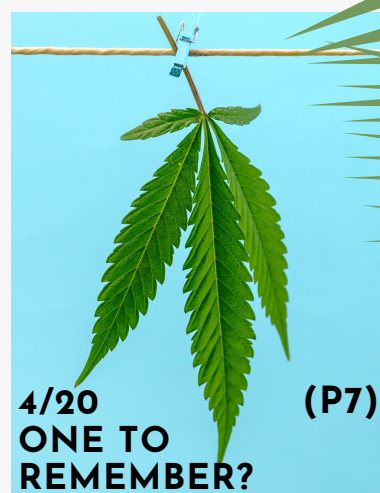
We're all wondering it. What the hell is everyone else doing? (P6)



## LOCKDOWN GOT YOUR SKIN FREAKING OUT?

**5 tips** to keep your skin happy! (P4)

endobox



## NOTE FROM THE EDITOR

If you'd have asked me 5 years ago whether I thought I'd be editing a newsletter for my own brand, I would have laughed. I was interning for a broadsheet newspaper at the time, and blogging for the Huffington Post. Now, as I sit here, sun blazing down on my back whilst I work on my laptop, I'm thankful for those senior editors who brutally critiqued my submissions. Thank goodness I know how to write.

As for content, well, I've been guided by the Endoboxes community. Many of you helpfully DM'd topics you wanted covered, and others emailed in. Thank you. Some topics will end up as blogs on the website soon!

You may have noticed that on the Endoboxes website the shop is sort of, 'closed'.

Is it because of the lockdown?

Partly yes, partly no.

The truth is that though things are moving a bit slower due to the current pandemic, I've made a decision to press pause. Don't worry, we'll be back soon, bringing you period care goodies and smiles in boxes. The pause is because there is an exciting new product line coming, and most of my days are taken up making sure everything is just right for you.

Products that bring you a smile, made with good, vegan, premium ingredients that make your body feel great when you need it the most. Our packaging is changing too; we're more eco-friendly than ever.



We've got all the lovely ladies and gents who attended our @ladiesweneedtotalk event on International Women's Day, to thank for voting for the signature essential oil blend ... Rose, Frankincense and Bergamot (the pink moon!).

It smells DIVINE.

Thanks for joining me on the first issue of the Endoboxes Newsletter. I hope that reading it lifts your spirits in these strange times.

With love and gratitude to you all,

Amelia x



# TO BATHE OR NOT TO BATHE, THAT IS THE QUESTION?

You're stuck indoors and you've got time. A LOT of time. The sun's blazing outside, but you're living in an odd reality where you've been banned from catching rays.

Netflix has asked if you want to 'continue watching' too many times for your liking, and you've already had your 3 meals a day by 1pm. 'Ahhhaa' you cry, as you turn to the trusty tub. After all, what better way to while away an hour than to indulge in a little self-pampering?

But after a handful of baths, and with the sun blazing outside.. you might fancy an alternative.

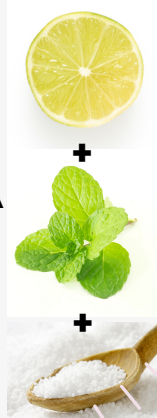
Don't get us wrong. We love a good soak. We even sell bathing products for goodness sake! (new product line coming soon). Sometimes there's simply no replacement for a bath, but.. if you fancy a luxe-yourself-up alternative, here are a couple of options.

## A HAND OR FOOT BATH

**SLICES OF/  
ZEST OF A LEMON  
LIME**

**SPRIGS OF  
MINT/PEPPERMINT TEA  
BAG/PEPPERMINT  
ESSENTIAL OIL**

**A CUP OF EPSOM  
SALTS AND OR  
BAKING SODA**



Feet often get the unfair end of the deal. They carry you around all day, yet they are often left neglected when it comes to TLC.

Zen out to some of your favourite music whilst soaking your tootsies. Why not try out this foot-refreshing recipe?

Keep a towel nearby. If you're feeling really fancy you can give your towel a warm blast with a hairdryer. Follow this with a foot massage with some coconut or olive oil. You might even decide to repaint those toenails of yours. Or... you might don your fluffy socks. No judging here.

If lockdown's got you wondering if you could get paid to be an dry-shampoo tester... you are not alone.

When we're feeling lazy, hair everywhere gets pushed to the sidelines \*insert eyebrow raise\*

You owe it to those locks to do 'em some good. Fling open your cupboards and mix yourself up a nourishing 'I'm sorry hair' mask.

This one's easy but there are a bunch of others- look online! Tip: Try mixing 2 tbsp sugar and 4tbsp olive oil together for an exfoliating scalp treatment.

## AN 'I'M SORRY, HAIR' MASK

**2  
TBSP**

**HONEY/  
AGARVE NECTAR**



**2  
TBSP**

**OLIVE OIL**



**4-6  
TBSP**

**YOGHURT/  
NON-DAIRY YOGHURT**





# WHAT TO DO IF YOU SKIN HATES LOCKDOWN

## **Your skin hates being stuck indoors as much as you do.**

Tip 1: Get outside and soak up some vit D. Be it a daily walk. 10 minutes on a balcony, or even a people-watching session on your doorstep.

## **Is your skin dryer than usual? You might be dehydrated.**

Tip 2: This one's important. We might not be getting out as much but our body still needs about 8 glasses of water a day to be nicely hydrated. When we don't drink enough water our body borrows it from elsewhere in our body. You might even have dry, itchy eyes too (yeah, that might be your tear ducts drying up, hun), or achey joints (hello, angry, dehydrated cartilage), and you might be more tired than normal (your body will take water from the blood meaning you have less oxygen and less energy!). Too forgetful to hydrate? Put a glass of water by your bedside and down it in the morning. Fill a sippy cup (do they have another name?!) and keep it with you all day. Oh, and drink more herbal teas ;)

## **Self-isolation got you down? Stress/boredom might be making you pick your skin.**

Tip 3: Skin-picking will push bacteria deeper into your skin, making those red spots more angry. And worse, you'll add more dirt and bacteria to the area from your fingers and nails. Don't. If you feel your hands creeping to your face, take a deep breath and tell yourself to go and find something to do that you enjoy.

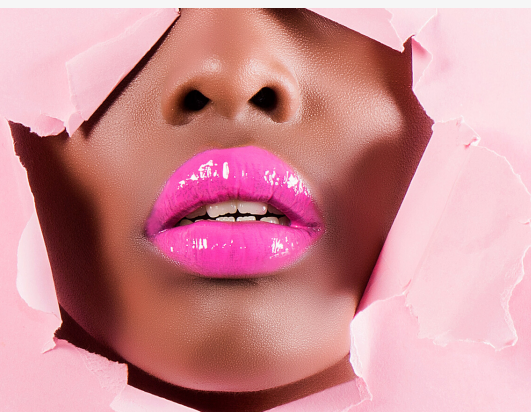
## **Kiss me through the phone**

Tip 4: Your phone is really, really dirty. Wipe it clean daily, and also try not to push it close to your skin when your chatting.

## **'But I'm not even wearing make up, this is so unfair!'**

Tip 5: It really is. We won't argue with you on that. But despite being make-up free, to keep your skin in check, you've still got to make sure you wash, cleanse and moisturise your skin as normal. Lazy option = keep face wipes by your bed.

There are 10's of other reasons that your skin might be unhappy, including periods and hormones, and we know this isn't an exhaustive list. Most importantly of all, remember that regardless of the fuss your skin may be kicking up, YOU are beautiful.





# DO YOU BELIEVE IN ASTROLOGY?

**In this time of uncertainty, more millennials than ever are asking the cosmos for answers.**

As this is the first Endoboxes Newsletter we're keen to make sure we bring you content that you're interested in. That's why we thought we'd find out what the Endobox community thinks about astrology, and though we couldn't ask you all, we asked a good handful of you. What's clear is that there is certainly sufficient interest for us to continue the conversation in the next issue...!

'Knowing your natal chart is like knowing your astral barcode- it's an opportunity to understand how your life can develop in the framework of the environment. It's understanding the motions of stars, the way they shine light on us'

**Eliza, Libra**  
**Bow**  
**@legzdina**

I don't believe in star signs they're too vague.  
But saying that I want to know more about if the moon affects my period as I know they're supposedly connected'

**Anonymous**  
**Winchester**

'I do follow my star sign but I take them with a pinch of salt. I'd love to learn more about astrology though'

**Siouxie, Gemini**  
**Wales**  
**@womenofweeduk**

I like the idea of astrology and find entertainment in occasionally reading the zodiac columns. However, I am certainly a sceptic. I find it difficult to believe that by studying the movements of the planets and billions of stars and galaxies that exist, we can determine a person's destiny'

**Sherry, Virgo**  
**Hackney**  
**Winchester MD**  
**@ladybudsoflondon**

I suppose we won't ever know if it's real or not but then again that's the same with religions. I don't believe in astrology but then I've not explored it much. My period always comes on a full moon though, which is weird...

**Anonymous**  
**Northampton**

'Astrology is like my life map from the universe... a map of who I am and where I'll go in this life... It helps me make sense of why I react a certain way sometimes and why I feel the way I feel at others... it's all written in the stars. My chart said 'she will be drawn to the arts, especially lettering and calligraphy' and I was doing graffiti from aged 13 and no do handwritten freestyle calligraphy. It's literally written in the stars!!'

**Manda, East London**  
**@mandajane420\_**

'I love reading my horoscope because whether or not I believe in it, it gives me a baseline for my day and then it's up to me to see if I want to stick to it and make it happen or just change the direction of this day'

**Nina, Aquarius**  
**Balham**  
**@ninibee\_**

'I have an interest in astrology because I almost always find my horoscopes to be strangely accurate to what is going on in my life. My star sign is Scorpio and I feel a lot of the traits they describe. I also quite fancy the idea of scorpions being passionate and mysterious!'

**Ellie, Scorpio**  
**Portsmouth**

'I have never given astrology the time of day as always thought it was nothing more than baseless horoscopes found in magazines. However I now know there is much more to it and would be open to finding out more about the theories behind it all'

**Jess, Aries**  
**Southampton**

Do I believe in astrology? It depends who's reading me my charts. But I do believe in a higher order

**Basia, Taurus**  
**Stratford**  
**@cannpass**

'I think the universe is one of the most fascinating beauties we will ever see but never 100% understand... it's forever changing and we have so much to learn'

**Sarah, Aries**  
**Southampton**



# SEX. MATTERS.

**Am I normal? Are WE normal?**

**What the hell is normal?**

Turns out, right now, when it comes to sex, nobody has the foggiest idea.

**Couples isolating together are working out what living together 24/7 means for their sex lives.**

**Others are pining for S.O.'s whilst stranded miles apart.**

**And others are having more sex than ever. With themselves.**

In this time of crisis, and isolation, we're more nose-y than ever about what's going on with everyone else's sex lives! The truth is, we've never lived through anything like this before, and we may never again. With households crammed together and relationships bottled into tight spaces, it's inevitable that intimacy is affected, and we're curious to know what that means for people's sex lives.

In some cases, individuals and couples are having more sex than ever before. The headlines of tabloid newspapers in recent weeks, boasted that sales for sex toys and online dating sites subscriptions have skyrocketed in the months since coronavirus started. Incidentally, condom sales have been through the roof- it seems people are keen to avoid the Corona Baby Boom. Pornhub were even offering free premium access to people who live in quarantined Italy until April 3- how's that for a PR tactic? So the sex industry is cashing in on the outbreak, but what about in real-life?



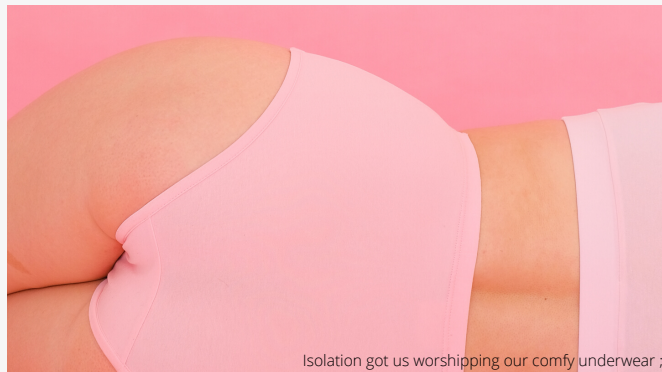
Success! Brad breathed a sigh of relief..

If you put the tabloids aside, and ask around your friendship group, you may find that whilst it may have all seemed like a fairytale for those who are isolated with their S.O., the reality is quite different.

After all, entering that sexual relationship likely didn't start with such, ermm, close 24/7, eat together-work together-chill together-sleep together conditions.

Sex therapist and relationship guru Esther Perel said that actually too much closeness can impede desire, as that 'seperateness' is key to attraction. In her book 'Mating in Captivity', Perel writes:

**'Separateness is a precondition for connection: this is the essential paradox of intimacy and sex.'**



Isolation got us worshipping our comfy underwear :)

Solo-sex is affected in all the same ways. When we're stuck inside, and bored, our mood can be low, our sexual desire declines too. Add into that the fact that there is a global pandemic sweeping the world, the fact that life-as-we-know-it has changed completely, we are more bored than normal, no-one's had a haircut in weeks andddd voila! You have a pretty unusual situation, either in a relationship, or out of one! So if you're feeling less fruity than normal, you're not alone.

The solution?

Don't stress, that's for sure. With mood and libido so intimately connected, with our moods so up and down- our libidos are vulnerable to fluctuation too. Professor of Anatomy and Physiology Andrew Goliszek Ph.D wrote in 'Psychology Today', that to combat this, 10 minutes a day of relaxation can do wonders for our mindset and libido. His other tip? Sleep properly.

And either in the corona times, or outside of them, don't worry about if anyone else is getting any. Your experience of sex is completely private, and completely your choice. And one thing's for sure, when it comes to deciding what sex you desire, you've got enough time to figure that out. So use this time to experiment! To learn about your body. To love your body.

For those of you away from your love interest, and oh-so desperate for a slice of the action. Sit tight. Good (or great) things come to those who wait. Anticipation is the name of the game.

Oh, and we're not fans of tabloid media but here's something to raise a smile: The most popular sex toy RN? A women's masturbation toy.



## 4/20. How was yours?

This was more than likely the most extraordinarily quiet 4/20 that those of us in the Canna/CBD community will have ever experienced! Endoboxes spent the day doing a series of Instagram lives and chatting to all sorts of wonderful women in the community. A good number of you tuned in, and it was great to have you interact with us. It seems that most of you that we chatted with were really happy with having solo 4/20 celebrations. Perhaps it's because each of us has such an intimately unique relationship with the plant that it felt.. right?! Let us know what you thought of this 4/20 by dropping us a DM! How was your 4/20? Are you itching for Hyde park next year, or did you relish the peace and quiet..? We'll pop your answers in the next newsletter =)

Oh and if you, or anyone else wants to jump on an IG live with us, please drop us a

DM or an email to [info@endoboxes.com](mailto:info@endoboxes.com).

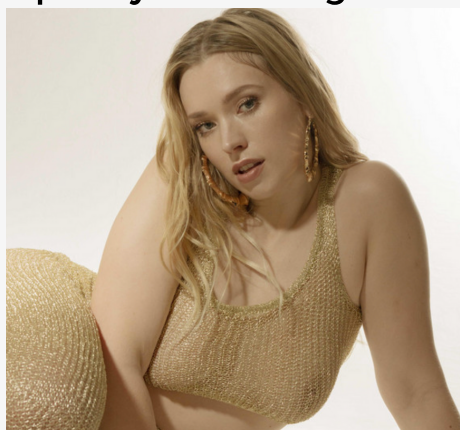
Follow @endoboxes on instagram for updates.

## SHOUT OUTS. The women doing bits.

Eliza's music makes isolation feel so easy. She effortlessly wanders boldly off the traditional template for music. Powerfully provocative lyrics meet strong vocals, leaving listeners feeling unshackled, empowered, and imbued with sexual confidence. 'Give me your word, i'll give you feminine' says Eliza in her track 'Tom and Jerry'. And damn she does feminine so well. New music dropping soon, and we can't wait.

IG: @legzdina

Spotify: Eliza Legzdina



We're IN LOVE with this Endoboxes artwork by our very own nina (@ninibee\_), depicting a woman in all her glory, indulging in all her Endobox luxuries. Endobalm in hand, and Endobox by her side, she's strong, she's sassy, she's on her period, and she's invincible!

Keep your eyes peeled for tote bags and other merch featuring this incredible artwork coming soon!



No words can express the impact that this little lady had upon the world. We have endless gratitude for Charlotte Figi and her family for the major changes that they led with regards to cannabis laws. Tragically Charlotte passed away due to Coronavirus complications earlier this month and our thoughts are with her family.

This organisation is led by femme champions, and pairs knowledge & sensitivity in its approach to providing support, advocacy and education to patients and healthcare professionals considering medicinal cannabis treatments. We're looking out for the patient's Educational Guide book from the consortium of Educators, Patients and Registered Nurses which constitutes CPASS. Subscribe at [cannpass.org](http://cannpass.org) & follow their journey

IG: @cannpass



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