



## Gold Coast Bulletin

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**PREVENTION** is better than cure. It's a simple message, but one that two of Australasia's 'self-care gurus' swear by.

Kim Morrison and Fleur Whelligan believe 'self-care is not selfish – it's essential'.

The authors of the feel-good book *Like Chocolate for Women*, also known as 'The Happiness Diet', hope their healthy recipes for life, using the art of aromatherapy, can help you to look after your most important asset: your health.

Kim and Fleur had astounding success at the book's first launch in their home of New Zealand, so they decided to write a version specifically for the Australian woman.

The delicious title came from their love of the sweet treat and the Johnny Depp movie of the same name, *Chocolat*.

CoastConfidential spoke with one half of the dynamic duo, Fleur Whelligan, on their Gold Coast tour about their new organic skincare range, *Twenty8*, and how two minutes of self-care every day can change your life.

### **Tell us the underlying message this book delivers? What is it all about?**

The whole gist of the book is about giving women permission to say it's OK to look after themselves.

As women, we somehow carry around this guilt about spending time to ourselves.

So we're saying, 'let's get over that', because if we look after ourselves and we feel great, then we've so much more to give to everyone else.

So this book is all about making yourself a priority and putting yourself first.

For example, when you're going to have a quick shower, why not take a body brush in with you and turn into a two minute treatment?

I know this sounds crazy but for some women, the only two minutes they get is when they're going to the bathroom.

It doesn't matter what shape, size or condition you are, just by acknowledging and nurturing yourself, you will see change.

### **When did you both decide you needed to write this book for women?**

We were thrown together on a plane to present a workshop in Wellington and we instantly clicked.

We just knew that we would do something together

one day. We wrote the first book 10 years ago, then every two years we brought out another.

Eventually, we were approached by a group of women in Australia and we moved here three years ago.

### **Is your friendship now a vital support base?**

Absolutely. We have a chapter called connectedness because it so important to make those connections.

Society has lost that, we've become much busier, faster, and in turn we've lost many of our support networks that we definitely need.

We are so close, we can feel when the other one is getting stressed and know how to defuse it, then we crack up laughing. Having that support is absolutely vital.

### **What was the process in creating your organic skincare range, *Twenty8*?**

It came from listening to women and what they wanted. All these oils have been perfectly blended and rounded to create a balanced blend.

So many companies say they do 'all natural' but they preserve it with a chemical. We would rather create small batches fresh.

What you are putting on your skin should be as good as what you put in your mouth in supporting your health.

### **In a world obsessed with anti-ageing or slowing the ageing process, what is your message to women?**

It has nothing to do with anti-ageing and everything to do with ageing gracefully. Get over yourself, we are ageing.

You can't just put a cream on your skin and think you are going to age well.

It's about nutrition and looking after yourself as a whole.

We asked a whole lot of people from ages five to 95, 'what does beauty mean to you?'

One of the children's responses was from a little girl called Mia, 6, who said 'beauty is being yourself, but with a sparkle'. That really summed it up for us.

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**Fleur Whelligan and Kim Morrison**