

Greetings from the sunny south. As the festive season beckons there is no doubt that many of us are looking forward to the relaxation that comes with the December holidays. As such, we have gift wrapped a couple of great reads, December gardening tips and some fabulous coastal hikes for those of you who will be venturing to the seaside these holidays. For those of you who are feeling the burn of the last stretch of the working year, we offer a little wellness wisdom to keep you rejuvenated until such a time where you can put your feet up (and enjoy one of the books we have recommended). We're also spicing things up in the kitchen with some delicious vegan treats, and helping those of you who are stumped for gift ideas for certain relatives or friends. Don't forget we also have a fantastic give away.

Love and light,
The Life in Balance team

Gardening



This month is the ideal time to spend outdoors repairing and rejuvenating your garden. The high temperatures that come with December usually present difficulties when planting various seeds, so we recommend tending to things that may have been neglected this year such as overgrown hedges or repotting. That being said, the heat does present the opportunity to grow some interesting fruits crops such as melons and cucumbers.

[More planting tips for December](#)



Bright ideas



If you are someone that finds yourself often playing tetris with your handbag or a backpack, the idea of a fold up bicycle may seem purely mythical. However, unlike most popular myths, this concept has been willed into solid reality by a group of Beijing based designers

Getting close to the coast



Whatever your belief on the creation of the world and how certain things came to be, it can most probably be universally accepted that a bit more time was spent on crafting the coastlines of South Africa. If you are heading anywhere near the coast this festive season, get as close to

Sneaky vegan sensation



Delicious, sticky, and vegan? This may sound too good to be true, but believe us when we say these tasty spicy vegan breakfast buns are in

group of Beijing based designers named *Impossible Design*. Rather fitting we think. They have almost completed the design of a fold up bicycle that promises to be just under 5kgs and less than 43cm in length. Don't believe us? see for yourself!

[See how neatly this bicycle folds up](#)

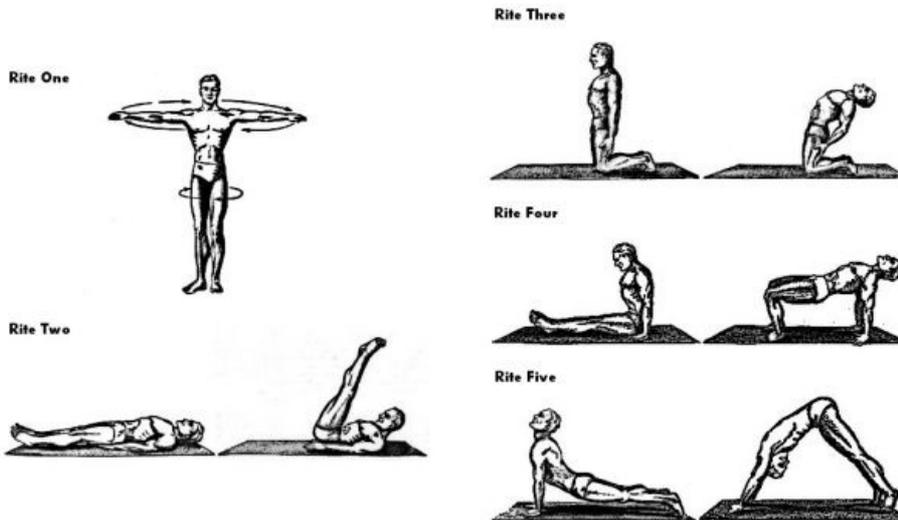
the ocean as possible on one of these spectacular coastal hikes, such as Hole in the Wall at Coffee Bay.

[Discover other Coastal routes](#)

fact real, with a recipe that is not too difficult to try at home. Spice things up at home over the holidays and show disbelieving friends and relatives that being vegan, or vegetarian does not mean you're missing out on the good things. Enjoy!

[How to make this delicious treat](#)

Wellness



With just over three weeks until most of us will be taking leave, arguably this last lap is definitely the hardest. If you are feeling a though you may burn out before the time comes, take a few minutes out of your day to do the five tibetan rites. These exercises aim to work on your breathing, general relaxation and rejuvenation.

[Guide to successfully mastering the 5 Tibetan rites](#)

For something slightly more different, take a trip across the globe with renowned French film maker Vincent Moon in his quest to show how hidden music rituals can bring people closer to their community, themselves and their culture.

[Vincent Moon's Hidden music rituals](#)



Gifts that keep on giving



Stuck with ideas for gifts this festive season? We recommend giving something that is not going to end up in the back of draw or re-gifted to someone else next Christmas. For example, baby succulents make a great gift as even those with the smallest amount of green in their fingers can look after these wonderful self-sustaining plants (and unless the receiver has an extreme aversion to leafy plants, they're not likely to end up in the back of a cupboard).

[More gift ideas](#)

Moments of wonder



This month, we're all about love; love of the earth, animal love, and most importantly, love for each other. See how nature and two animals' unconditional love for each other will warm your heart and leave you with a smile.

[Moments of love](#)

Good reads



The holiday season usually means a time for relaxation, and there is undoubtedly no better way to relax than settling down with a glass of wine, or cup of tea and a good book. We have a wide selection of reads for those who want to be outdoors, or indoors, such as *Coffee Culture*, by Map Studio. And even if coffee isn't your drink of choice, this book will make a nice present (a coffee table book maybe? No pun intended).

[Other good reads](#)



Give-away

Beaucience Give- Away:

Beaucience Botanicals skin care has been formulated to delay the early signs of aging by using highly effective naturally derived peptide technology, combined with organic extracts, essential oils and vegetable oils that combine to give your skin pure nutrients.

Beaucience Botanicals do great things for your skin leaving it healthy and radiant. The products are not tested on animals and there is a great range for the men in your life who are looking to take better care of their skin.



One lucky reader can win a hamper of products that contains:

- 1 x cleanser
- 1 x toner
- 1 x moisturiser day and night normal combination
- 1 x white toiletry bag
- Value: R500

Please send an email to melissa@lifeinbalance.co.za with the email header Beaucience give-away.
Entries close on the 15th December and please note only one entry per reader.

You can find Beaucience products at Wellness Warehouse and selected pharmacies. www.beaucience.co.za
Online Stores: www.spree.co.za www.absoluteskin.co.za www.takealot.com www.zando.co.za
www.rubybox.co.za

CONGRATULATIONS TO THE WINNER OF OUR OLGAMI REFRESHING TOOTHPASTE LUCKY DRAW:

Norlenders
Netta Laubscher
Lucia Tarasconi

Congratulations!

Thought for the month:

“Dwell on the beauty of life. Watch the stars, and see yourself running with them.”

— [Marcus Aurelius, Meditations](#)

