

As seen in the New Zealand Media...

JANUARY 2019

Hawke's Bay Today

Hawke's Bay Today featured us in their ultimate Valentine's Gift Ideas! You can purchase our Lantern Diffuser [here](#) and our Lavender Calming Bath Bombs [here](#).



As seen in the New Zealand Media...

NOVEMBER 2018

Metropol Magazine

Circulation: **45,000**

THANK YOU for the feature [Metropol Magazine!](#)

Their 'Latest Trends' editorial featured our very own Lantern Diffuser Set.



As seen in the New Zealand Media...

NEXT Magazine NZ

Circulation: 102,000

Next Magazine is one of NZ's leading magazines and their Gift Guide featured our stunning Lantern Diffuser, which comes with two FREE 5ml oils: Lemon and Lavender! You can purchase the Lantern Diffuser [here](#).



As seen in the New Zealand Media...

SEPTEMBER 2018

East Life Magazine New Zealand

Circulation: 30,000

Seedlings Feature



Beauty | COUNTER



ESSENTIAL OILS FOR BABY CARE

Globally renowned for its essential oils, Young Living has released its latest collection of skin-care solutions; bath and body products, nutritional supplements and at home products in New Zealand. All infused with 100% pure essential oil blends, the NZ range also includes the Young Living Seedlings™ line of naturally gentle, safe and pure products for the littlest members of our families. These soothing formulas are made without alcohol, parabens, synthetic fragrances, artificial dyes, or other unwanted ingredients. Seedlings™ products are made with only 100 percent plant-based ingredients, the light, calming scent including a blend of lavender, bergamot, coriander, geranium and ylang ylang.



EYEING UP NEW CONCEALER

Tired looking eyes can receive a real boost from Natio's new Under Eye Cushion Concealer (7ml, RRP \$21.50). The innovative cushion applicator concealer offers a lightweight and velvet-soft formula to even out the complexion, blur imperfections and conceal any hint of under-eye darkness or puffiness. Formulated with anti-oxidant pomegranate, kakadu plum and vitamin E to moisturise, this cosmetic 'must-have' blends easily into skin to revitalise your complexion. Available at pharmacies and some department stores nationwide from July 5.

As seen in the New Zealand Media...

JULY 2018

Eye Magazine

Circulation: 50,000

Find out why [Eye Magazine](#), Winter issue featured The Desert Mist™ Diffuser which has 11 different light settings and our high quality essential oils.

Grab the winter issue here:

<https://goo.gl/9gGWGS>

Young Living's Desert Mist Ultrasonic Diffuser

Young Living's Desert Mist Ultrasonic Diffuser functions as a humidifier, atomiser, and aroma diffuser in one simple-to-use product. Inspired by the design of a stylish Moroccan trellis, the diffuser brings an exotic and modern look to any space while helping support a natural environment. Young Living has a vast range of essential oils to complement the Desert Mist Diffuser with two of the most popular this season being: Citrus Fresh offering uplifting, refreshing aroma. If you're after something more floral, you can't go past Young Living's Lavender oil its scent is a wonderful blend of fresh, floral, clean, and calm. This dynamic aroma that has made the flower a classic for perfumes, soaps, fresheners, and beauty products. As one of Young Living's most popular products, Lavender oil is a great beginner oil and a must for every home. Lavender essential oil highly versatile – from skin care products to relaxing routines, this oil can infuse many areas of your life. Diffuser \$138.15 Citrus Fresh \$33.95 Lavender oil \$51.65 15 ml youngliving.co.nz

Young Living's Desert Mist Ultrasonic Diffuser

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As seen in the New Zealand Media...

JUNE 2018

New Zealand Next Magazine

Circulation: 35,495

What's New Gift Guide Featured

GADGET GUY

Noel Leeming's tech expert Stephen O'Loughlin answers your questions on living smarter.

Q: I'd like to be able to turn on my heat pump and lights before I get home – what technology do I need?

A: I'd recommend the Fingerprint Series of heat pumps, which allow you to easily control the time your heat pump comes on and the temperature of your

MAKING SCENTS

Young Living has released its latest collection of essential oils for your skin, bath, body and home. Infused with 100% pure oils, the range contains optimal levels of natural ingredients and also includes cleaning solutions and oral care.

youngliving.com

Home WHAT'S NEW

BY MONIQUE MCGRINLE

SOUTHERN BELLE

Adairs has a new store in Westfield Riccarton, Christchurch – the first in the South Island. In it, you'll find everything from basic linen staples to exclusive designer pieces, we're coveting this soft pink throw and these fringed cushions.

ADAIRS Malma Linen Throw, \$140; one Axel Cushions, \$70 each.

TV... what TV?

TVs that turn into artwork? Sounds like an interior designer's dream! The Frame is the latest development in Samsung's chameleon-like Ambient Made across the new QLED TV range. Choose from one of the pre-loaded artworks or upload your own photos. Available at Noel Leeming.

Tots to Teens Magazine NZ

Circulation: 110,000

[illegible]

As seen in the New Zealand Media...

MAY 2018

Metropol Magazine

Circulation: 45,000

Mother's Day Magic with Relaxation Massage Oil



1. Jurlique
Rose Hand Cream
Handmade
with Rose petals
Flower Scent
100% NATURAL

2. Designer Brands Blush Up
Complexion Palette

3. Kat Giee Sunset Trip Necklace

4. We're Feather Cashmere Scarf

5. Young Living Massage Oil

6. Karen Murrell Cosmetics Set

Mother's Day magic

Mothers are said to hold their children's hands for a moment and their hearts for a lifetime so, although we wholeheartedly support the notion of honouring our mother's daily, if you've slipped, then why not pay homage with a thoughtful Mother's Day gift.

We've put together a selection of gifts that will knock the socks off your mum and the irony isn't lost on us; they're beautiful gifts for some of the most beautiful ladies in our lives.

Relaxation
Massage Oil

km.

fashion

As seen in the New Zealand Media...

APRIL 2018

- Chef Kate on the AM Show in NZ, covering breakfast television, internet and radio
- Chef Kate in NZ Mind Food Magazine Circulation 113,752
- Chef Kate on Miranda Kerr's blog KoraOrganics.com subscribers 1,000,000

Woman's Day NZ

Circulation: 82,400

Online link: https://static.youngliving.com/en-AU/IMAGES/NZ_Woman'sDay_230418.jpgg

Woman's Day

Healthy living
Health Editor Penny Lewis

Chef TO THE STARS

Food secrets of the rich and famous

WHAT ARE THE DIET SECRETS OF THE A-LISTERS? Celebrity personal chef Kate McAloon was in Auckland recently and shared her kitchen confidential tips with Woman's Day.

Kate, 59, has been dishing up meals for Courteney Cox, Gwyneth Paltrow, Steven Spielberg, Dwayne "The Rock" Johnson and Miranda Kerr. In fact, she became such good pals with Aussie model Miranda's mother Therese, she stayed with her when she moved to Australia from the US. They still catch up regularly.

WHAT'S THE NUMBER ONE TIP FOR HOW TO EAT LIKE A CELEBRITY?

"The key is to add flavour without adding calories. I do this by using fresh herbs and culinary oils," says Kate. "I'm an ambassador for Young Living – a US-based essential oils company – and I use its culinary oils in my cooking. If you don't have a lemon tree at home or lemons are horrendously expensive at the supermarket, adding a drop or two of lemon essential oil will do the trick." A 15ml bottle costs \$25 and will yield 250-300 drops. Young Living oils are sold online at youngliving.co.nz.

WHAT'S THE TOP FOOD TO MAINTAIN HEALTH?

Kate says anything green, except pistachio. "The chef was infamously misquoted a few years ago when she implied that Gwyneth doesn't eat anything except greens," "She does eat!" laughs Kate.

WHAT ARE THE STAPLE INGREDIENTS YOU ALWAYS HAVE?

Quinoa, good salt (preferably Himalayan), culinary oils and fresh fruit and vegetables, preferably organic, from farmers' markets.

OTHER FAVES...

Champagne, butter and cheese. What else is toast but a vessel for butter and cheese?

Blondies

"I created these blondies while cooking for Gwyneth Paltrow and her family during the filming of the first Ironman movie in Los Angeles. Gwyneth loved them so much, she featured the recipe on her lifestyle website Goop."

MAKES 12 LARGE OR 24 SMALL PREPARATION 15 MINUTES COOKING 30-35 MINUTES

Top tip

For a healthy alternative, use ghee or coconut oil instead of butter, then substitute 1/4 cup rice flour, 1/4 cup coconut flour and 1 cup almond meal for the 1 1/4 cups plain flour. Alternative flours take less time to bake, so check and cover sooner. I have also made these with alternative sweeteners including coconut sugar, honey or rice syrup, but they work better with organic white and brown sugar. Healthy white chocolate chips and marshmallows are harder to find, but check health food stores and online.

1 cup butter, at room temperature
3/4 cup organic white sugar
3/4 cup brown sugar
2 large eggs
2 teaspoons vanilla extract or essence
1-2 drops culinary lavender oil (optional)
1 1/4 cups organic plain flour
1/2 teaspoon baking powder
1/2 teaspoon sea salt
1 cup shredded or desiccated coconut
3/4 cup white chocolate chips
3/4 cup small marshmallows (or large, cut into pieces)

1. Preheat oven to 180°C. Line a 23cm x 30cm baking pan with baking paper.
2. Using an electric mixer, combine butter and sugars together until creamy. Add eggs, vanilla and lavender oil, mixing well.
3. In a separate bowl, mix together flour, baking powder and salt. Add flour mixture to the batter slowly, then stir well. Add coconut, chocolate chips and marshmallows, blending together.
4. Spread mixture into the prepared baking pan and cook for approximately 15 minutes, then check and cover loosely with baking paper so the top does not burn. Continue baking for 12-15 minutes longer. They should still be a little soft and chewy inside when done.
5. Remove from oven and cool before cutting. Blondies will keep for up to five days in an airtight container or freeze for up to a month.

Buy the book

Recipe from *The Flavour of Joy* by Kate McAloon (InHouse Publishing, rrp \$29). Available from theflavoursofjoy.com.

COURTENEY COX

Five healthy foods: Roasted vegetables and mockanas (non-alcoholic margaritas). **Five treats:** Hummus, margaritas and guacamole. She and Jennifer Aniston are said to have indulged in the Moroccan specialties after Jen split from Brad Pitt.

MIRANDA KERR

Five healthy foods: Salmon, roast chicken, quinoa and greens. **Five treats:** Chia puddings, cream and chocolate.

GWYNETH PALTROW

Five healthy foods: Tuna and roast chicken. **Five treats:** Blondies – like a brownie but flavoured with white chocolate. See recipe left.

As seen in the New Zealand Media...

Newshub.

Circulation: 45,000



What it takes to cook for Hollywood's I

01/03/2018

Like 63



Cooking for anyone can be a lot of pressure... but what about cooking for some of the biggest celebrities in the world such as Dwayne the Rock Johnson, Orlando Bloom and Miranda Kerr?

Chef to the stars Kate McAloon spoke to Duncan Garner.

Watch the video for the full interview.

Mind Food

Circulation: 113,752



As seen in the New Zealand Media...

Kora Organics.

Online link: <http://blog.koraorganics.com/the-joy-of-culinary-oils/>



KORA[™]
ORGANICS

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SEARCH Q



♡ 1

FIND BALANCE IN YOUR SKIN

Create the state of equilibrium in your complexion, by mastering the pH scale of acid and alkaline.
[READ MORE](#)



♡ 2

THE JOY OF CULINARY OILS

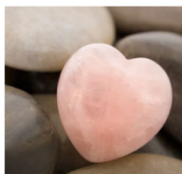
Add flavor & vitality to your everyday cooking with premium grade essential oils.
[READ MORE](#)



♡ 9

MIRANDA SHARES HER BREAKFAST PARFAIT

A delicious, nutritious & super simple breakfast recipe.
[READ MORE](#)



4th April 2018, Chef Kate

THE JOY OF CULINARY OILS

Culinary Oils are premium grade oils known to add to the flavor intensity of a dish, they are set apart from ordinary essential oils because they are deemed safe to ingest by regulating Food Standards agencies.

We've chatted to our long-time contributor, Chef Kate, about adding a "flavor pop" while lifting the "vibrations of food" in your everyday cooking, as well as a few surprising uses along the way!

KORA: What are culinary oils?

CHEF KATIE: Oils that are therapeutic-grade and therefore safe to be ingested, designed to add vitality and flavor to food. I also use them to raise the vibration of my dishes by utilizing the high-frequency oils.

They can also be much more cost-effective than buying fresh herbs or using dried spices, as a very small amount can achieve a lot of flavor. They also last much longer than the aforementioned.

KORA: How do we use them?

CHEF KATIE: Culinary oils are very concentrated, so a little goes a long way. I use a small amount in most of my creations—just one drop can make all the difference to a meal.

I recommend the "toothpick" method to add stronger oils such as basil, dill, lavender, marjoram, oregano, German chamomile, rose, rosemary, and thyme to a recipe. Drop a clean toothpick into the bottle to achieve a tiny amount, before adding directly to your ingredients. Remember not to double-dip!

There are several ways of incorporating them:

Dropper method: source a glass dropper to measure out the exact amount of oil needed

Spoon method: try dropping the amount of oil required onto a spoon first, as to avoid overkill!

Toothpick method: a safe way (as above) to get a tiny amount of stronger oils that could potentially overpower a simple dish!

As seen in the New Zealand Media...

MARCH 2018

Newshub.

Online link:

<http://www.newshub.co.nz/home/shows/2018/02/what-is-takes-to-cook-for-hollywood-s-hottest.html>

Newshub.
10 April 2018

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What is takes to cook for Hollywood's hottest

01/03/2018 Like 67



Cooking for anyone can be a lot of pressure... but what about cooking for some of the biggest celebrities in the world such as Dwayne the Rock Johnson, Orlando Bloom and Miranda Kerr?

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