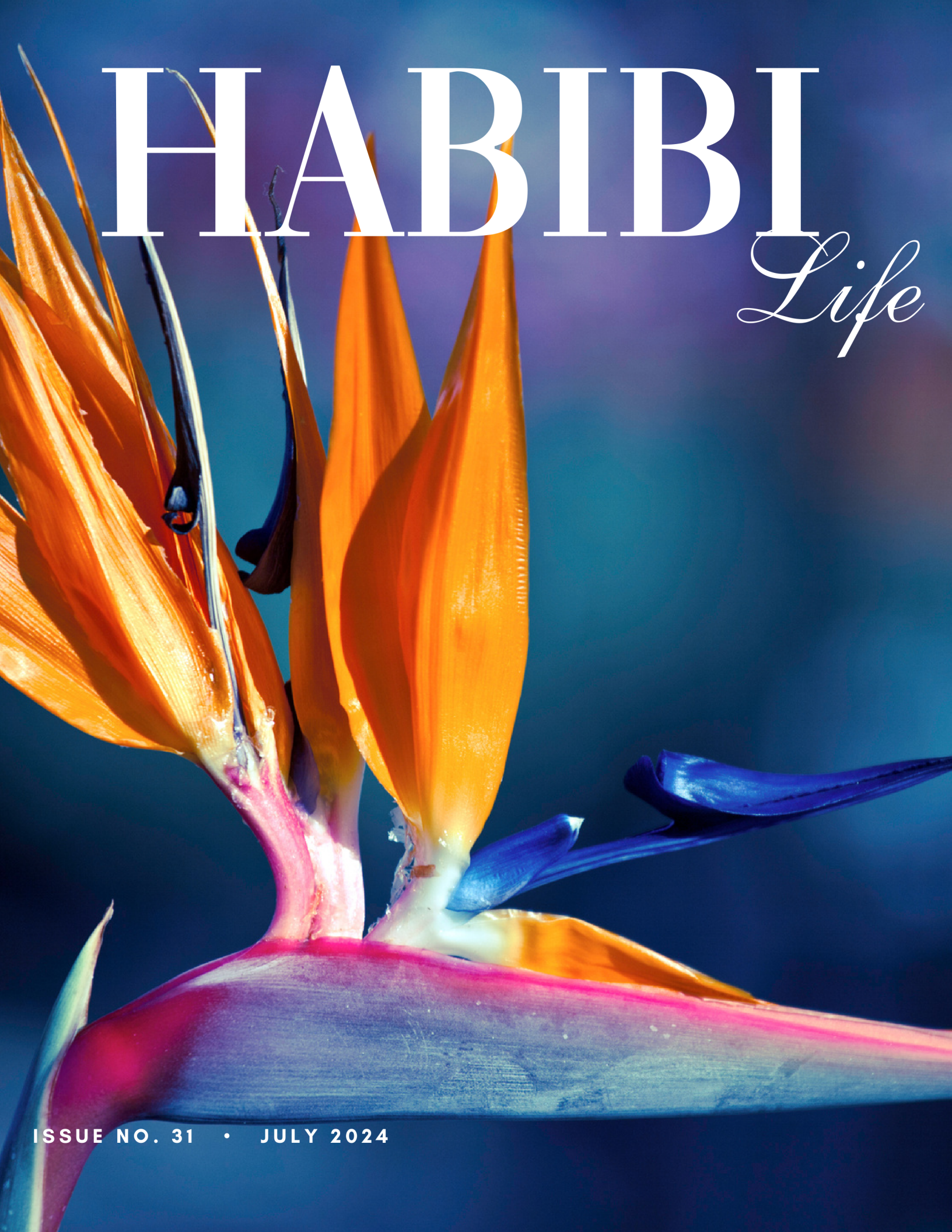


HABIBI

Life



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LET IT OUT



As we bask in the height of the summer season, we might take a lesson from nature as she expands into her full seasonal glory. Instead of bottling up emotions and letting them take the shape of shame, consider exhaling them from your person in a way that heals both yourself and your environment. Let it out. May you be lighter and better for it.

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Take stock and take accountability for your part in your own drama.

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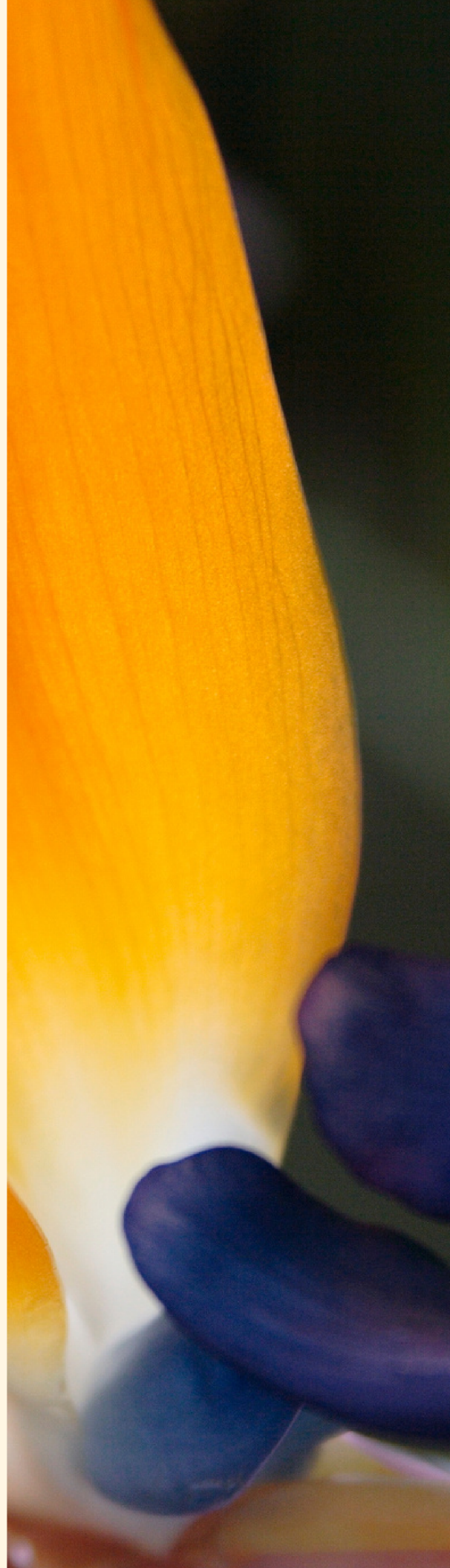
Moving is always a good idea, but ;moving outside might be even better. Explore the best ways to get your fitness fix in nature.

19 SUN SHIELD

We explore the best products to protect and nourish your skin during the summer months.

24 LOUNGE PERFECT

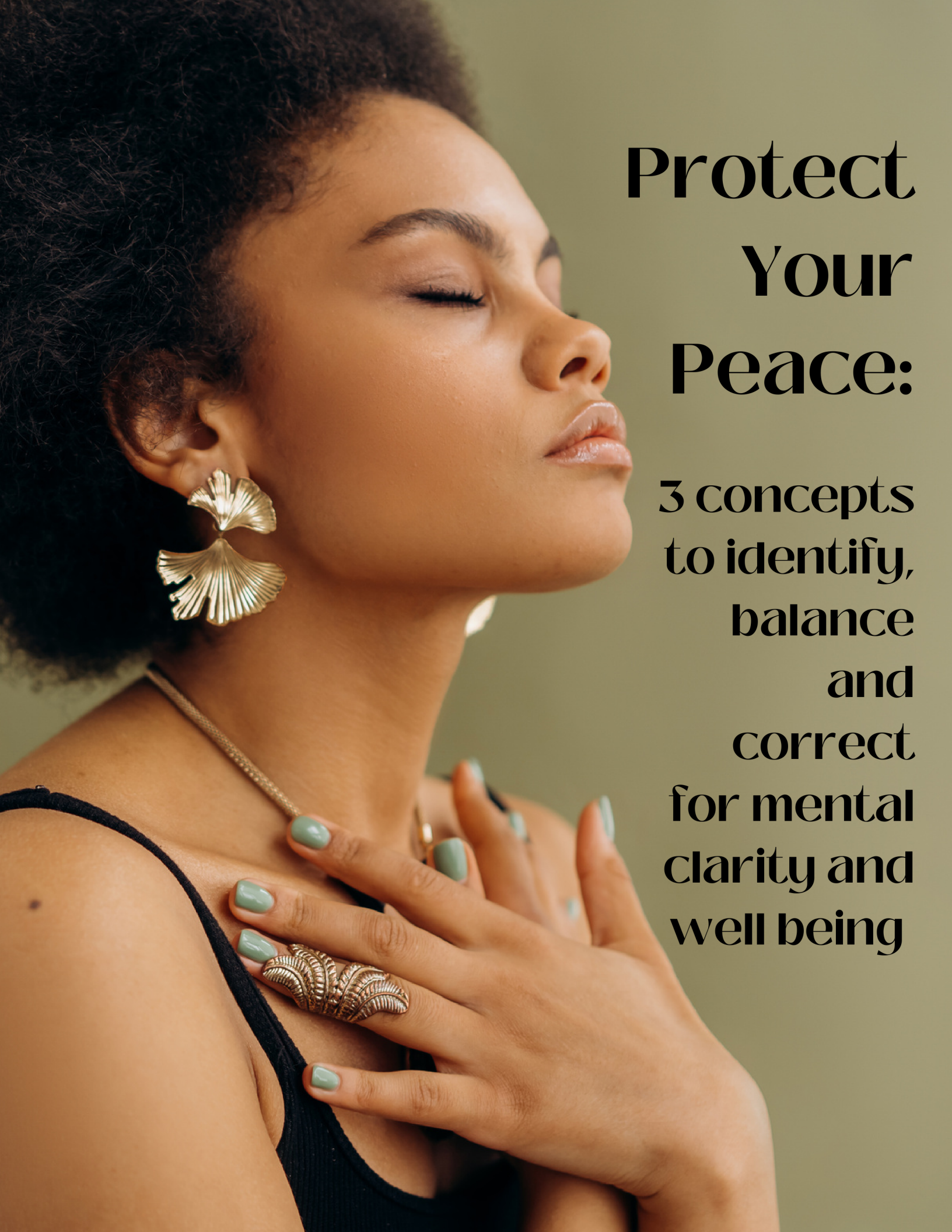
We line up the best brands to immerse your skin in the softest and most functional lounge-wear on the market.



The intersection of mental health awareness and culture can sometimes lead to the perpetuation of generational trauma. Acknowledging this may help break those bonds and make way for space to heal.

July Highlights Minority Mental Health





Protect Your Peace:

3 concepts
to identify,
balance
and
correct
for mental
clarity and
well being

Gossip



THINK BEFORE YOU SHARE. EVERYTHING ISN'T FOR EVERYONE. WHETHER ON SOCIAL MEDIA OR IN PHYSICAL COMPANY, ALWAYS CONSIDER YOUR AUDIENCE AND SURROUNDINGS. IS IT TRUE? IS IT KIND? IS IT NECESSARY? ASKING THESE QUESTIONS CAN OFTEN HELP FILTER POTENTIALLY HARMFUL THOUGHTS AND FEELINGS BEFORE THEY SPILL INTO THE ETHER.

ALL ACTIONS HAVE CONSEQUENCES. WHETHER GOOD OR BAD, CONSIDER YOUR MOTIVATIONS FOR SHARING THOUGHTS, FEELINGS OR ACTIONS IN ANY GIVEN SETTING. IF YOU FEEL THAT YOU MUST SHARE SIMPLY TO GAIN A REACTION, DIGITAL OR OTHERWISE, IT MAY BE AN INDICATION OF A DEEPER ISSUE.



Rescue



JUST BECAUSE SOMEONE NEEDS TO BE RESCUED, DOESN'T MEAN THAT YOU ARE THE PERSON FOR THE JOB. YOU CAN BE A GOOD FRIEND, RELATIVE OR COLLEAGUE AND LISTEN TO SOMEONE'S STRUGGLES, WITHOUT VOLUNTEERING TO BE THEIR SAVIOR. THERE IS NO NOBILITY IN BREAKING YOUR OWN BACK TO CARRY SOMEONE ELSE. DO WHAT YOU CAN, BUT NEVER MORE THAN YOU CAN AFFORD.

SIMPLY LISTENING OR BEING PRESENT FOR A PERSON IN NEED CAN BE VERY HELPFUL. BALANCE YOUR TIME AND UNDERSTANDING TO DISCERN THE DIFFERENCE BETWEEN WHAT IS NECESSARY AND WHAT IS EXCESSIVE FOR BOTH YOUR TIME AND ATTENTION.



Martyrdom



PUTTING YOUR PHYSICAL OR MENTAL HEALTH IN JEOPARDY TO INVOLVE YOURSELF IN ANOTHER'S CRISIS IS NOT BALANCED. IF YOU FIND YOURSELF IN THIS POSITION ON MORE OCCASIONS THAN NOT, IT MAY BE TIME FOR SELF-REFLECTION. MARTYRDOM CAN BE A SYMPTOM OF SOMETHING DEEPER, LIKE A NEED FOR LOVE OR ACCEPTANCE. KNOW THE SIGNS AND SEEK COUNSEL IF YOU NEED IT.

THE HEALTHIEST RELATIONSHIPS ARE BALANCED; SOMETIMES THEY GIVE AND SOMETIMES THEY TAKE. IF YOUR CONSISTENT EXPERIENCE WITH OTHERS INVOLVES YOU GIVING AND THEM TAKING, IT MAY BE TIME TO CREATE A HEALTHIER CIRCLE.



GET OUTSIDE

TAKE YOUR WORKOUT OUTDOORS AND MAKE
THE MOST OF THE SEASON



THE OBVIOUS BENEFIT TO TAKING YOUR WORKOUT OUTSIDE IS FRESH AIR AND SUNSHINE. BUT YOU CAN ALSO IMPROVE YOUR MOOD AND MOTIVATION IN A SINGLE EFFORT. OUTDOOR WORKOUTS HAVE TO BE ADJUSTED WITH YOUR SURROUNDINGS; IF YOU CHOOSE A DIFFERENT PLACE TO WORKOUT EACH TIME (EVEN A DIFFERENT ROUTE ON A REGULAR WALK OR JOG), YOU HAVE TO ADJUST FOR THAT ENVIRONMENT. SMALL CHANGES CAN LEAD TO DIFFERENT AND POTENTIALLY MORE BENEFICIAL OUTCOMES THAN A STANDARD INDOOR GYM ROUTINE. INCREASING THE VARIETY OF YOUR OUTDOOR ACTIVITY CAN ALSO BOOST YOUR MOOD; BECOMING CURIOUS ABOUT YOUR ABILITIES CAN HELP YOU SET NEW GOALS FOR YOUR HEALTH AND FITNESS JOURNEY.



YOU ALSO DON'T HAVE TO GO IT ALONE. CONSIDER JOINING A GROUP TO MAKE THE MOST OF YOUR FAVORITE OUTDOOR FITNESS ACTIVITIES. GROUP FITNESS IS A GREAT WAY TO MEASURE YOUR OWN PROGRESS, WHILE ALSO GETTING SUPPORT AND ENCOURAGEMENT FROM THOSE ON A SIMILAR JOURNEY. IT'S EASIER TO STAY MOTIVATED, AND HELPFUL TO RECEIVE FEEDBACK AND CONSIDER NEW AND EFFECTIVE WAYS TO STAY HEALTHY AND VIBRANT. IT CAN ALSO BE EASIER TO STAY CONSISTENT, BECAUSE IF YOU'RE NOT PRESENT, MEMBERS NOTICE AND CAN HOLD YOU ACCOUNTABLE. IT'S ALSO MORE LIKELY THAT YOU'LL PUT IN MORE EFFORT DURING YOUR WORKOUT BECAUSE OTHERS ARE THERE TO WITNESS YOUR EFFORTS.



**WHEN YOUR WORKOUT IS DONE,
THERE'S NOTHING QUITE LIKE
HARMONIZING WITH NATURE.
BUILD A LITTLE EXTRA TIME IN
YOUR WORKOUT ROUTINE TO
REST AND REFLECT IN
NATURE'S GYM. THIS PRACTICE
CAN HELP EASE ANXIETY AND
GIVE YOU AN OVERALL SENSE
OF PEACE AND WELL-BEING.
IT'S IMPORTANT TO TAKE THIS
TIME IN GRATITUDE, INSTEAD
OF USING IT TO CRITICIZE YOUR
PERFORMANCE OR BEAT
YOURSELF UP FOR ANY NUMBER
OF REASONS. NO MATTER
WHERE YOU ARE ON YOUR
FITNESS JOURNEY, TAKING A
FEW MINUTES TO REST AND
REFLECT AFTER EACH
WORKOUT CAN GIVE YOU THE
CLARITY YOU NEED TO ASSESS
WHERE YOU ARE... AND
LOVINGLY STRATEGIZE THE
BEST WAY TO GET TO WHERE
YOU WANT TO BE.**

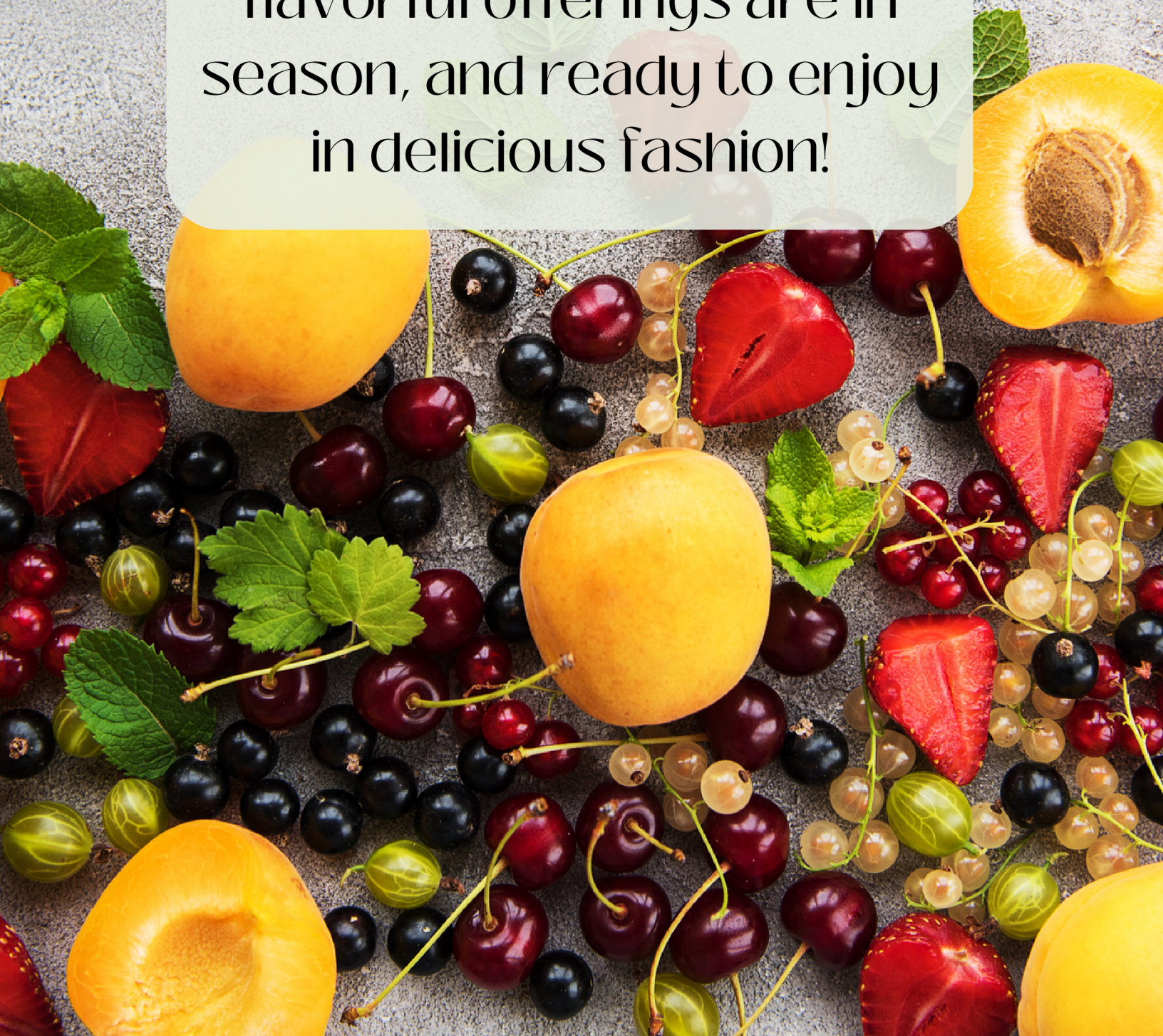




TAKE YOUR WORKOUT ANYWHERE
HABIBIBODYSPORT.COM

Summer Faire

Nature's most colorful and
flavorful offerings are in
season, and ready to enjoy
in delicious fashion!





SUMMER FAIRE

CHERRIES: THIS POPULAR SEASONAL FRUIT IS UNDENIABLY DELICIOUS. BUT EATING THEM CAN ALSO HELP YOU FIGHT INFLAMMATION, SOOTHE SORE MUSCLES AND PROMOTE A BETTER NIGHT'S SLEEP.



GRAPES: ANOTHER SUMMER STAPLE, GRAPES ARE PACKED WITH NUTRIENTS TO HELP IMPROVE YOUR EYE AND BONE HEALTH, IMPROVE YOUR MEMORY AND MOOD, AND PROTECT YOUR HEART. GRAPES ARE ALSO A GOOD SOURCE OF FIBER, POTASSIUM, CALCIUM AND MAGNESIUM.



STONE FRUITS: PEACHES, PLUMS, APRICOTS, LYCHEE AND MANGOES FALL INTO THIS CATEGORY (CHERRIES TOO), AND CAN HELP CREATE COLLAGEN, BOOST YOUR IMMUNITY, PROMOTE HEALTHY NERVES AND MUSCLES, AND STRENGTHEN YOUR BONES AND TEETH.



SUMMER FAIRE

OKRA: BEFORE YOU REJECT THIS AMAZING VEGETABLE, CONSIDER ITS BENEFITS. IT'S RICH IN FOLATE, FIBER, ANTIOXIDANTS, AND VITAMIN C, K1, AND A. CONSIDER CHARRING OR ROASTING THEM TO BYPASS THE SLIMY TEXTURE.



TOMATOES: ALTHOUGH AVAILABLE YEAR ROUND, THEY ARE AT THEIR PEAK IN SUMMER. HEIRLOOM TOMATOES IN PARTICULAR ARE RICH IN FLAVOR AND NUTRIENTS THIS TIME OF YEAR. TOMATOES SUPPORT BRAIN HEALTH, HELP BOOST YOUR IMMUNITY, AND MAY EVEN REDUCE THE RISK OF TYPE 2 DIABETES.



CANTALOUPE: THIS UNDERRATED FRUIT CAN DO WONDERS FOR YOUR BODY, INCLUDING HELP YOUR HAIR GROW. IT ALSO PROMOTES SKIN HEALTH, LOWERS BLOOD PRESSURE AND CAN HELP PREVENT ASTHMA. IT ALSO CONTAINS ENOUGH WATER TO SUFFICIENTLY HYDRATE YOU.



SUMMER FAIRE

WATERMELON: THIS FRUIT IS SYNONYMOUS WITH THE SUMMER SEASON. MADE UP OF MOSTLY WATER, IT'S PACKED WITH MINERALS TO KEEP YOUR BODY HYDRATED AND REGULATED DURING THE SEASON'S HIGH TEMPERATURES. IT CAN ALSO HELP REDUCE BLOOD PRESSURE, AND IMPROVE CIRCULATION TO PROMOTE HEART HEALTH.



YELLOW SQUASH: THE FIBER IN THIS SQUASH CAN IMPROVE DIGESTION, PREVENT CONSTIPATION, AND KEEP CHOLESTEROL LEVELS DOWN. IT'S ALSO RICH IN MANGANESE, WHICH HELPS TO BOOST BONE STRENGTH AND HELPS THE BODY'S ABILITY TO PROCESS FATS AND CARBOHYDRATES.

MANGO

SALSA

- 1 large mango, peeled and cut into small chunks
- 1/8 small red onion, chopped
- 1/4 cup cilantro, chopped
- 1 lime, juiced
- 1/2 red chile, chopped (optional)
- 1/4 tsp. salt

Combine ingredients and serve immediately. Keeps refrigerated for 3 days



PROTECT YOUR SKIN

SUN PROTECTION FOR THE FACE HAS COME A LONG WAY. FORMULAS, IN ADDITION TO EFFECTIVELY PROTECTING YOUR SKIN, ALSO CARE FOR IT WITH INGREDIENTS DESIGNED TO HEAL AND NOURISH YOUR SKIN. AN INCREASING NUMBER OF COMPANIES ARE ALSO ACKNOWLEDGING SUN PROTECTION FOR LIPS, WITH NON-STICKY AND NOURISHING FORMULAS THAT CAN COMPETE WITH SOME OF THE BEST LIP BALMS ON THE MARKET TODAY.

ALLIES OF SKIN
INVISIBLE SUNSCREEN GEL
→
\$45 (US.ALLIES.SHOP)



DRMTLGY SPF 25
LIP BALM
→
\$15 (DRMTLGY.COM)



AVENE MINERAL
TINTED COMPACT
←
\$42 (AVENEUSA.COM)



Master the Art of Self Care



BATH *Habibi* BODY

Essential Conditioner

Our deeply nourishing formula is designed to hydrate and detangle your hair without weighing it down. Apply a generous amount on clean damp hair and pull through from root to tip. Leave on for a 1-5 minutes. Rinse.

Ingredients: Water (Aqua), Persea Gratissima (Avocado) Oil, Coconut Emulsifier, Chenopodium (Quinoa) Protein, Emblica Officinalis (Amla) Fruit Extract, Lawsonia Inermis (Henna) Extract, Urtica Fulva (Slippery Elm) Inner Bark, Fulvic Acid, Carrageenan (Red Algae), Athae Officinalis (Marshmallow) Root Extract, Raphanus Sativus (Radish) Seed Extract, Glycerin, Tremella Fuciformis (Mushroom) Extract, Punica Granatum (Pomegranate) Fruit Juice, Jasminum Grandiflorum (Jasmine) Flower Cera, Musa Sapientum (Banana) Leaf/Trunk Extract, Wasabia Japonica (wasabi) root extract, Zingiber Officinale (ginger) root extract, Allium Sativum (garlic) bulb extract



500ml

habibibody.com



HABIBIBODY.COM

SUMMER HAIR SHEILD

QUICK FIX

FENTY Hair: The Comeback Kid

Powered with a patented replenishing blend, plus baobab seed and chia seed extract... this formula is perfect for when parched strands need a quick pick me up. Either apply to clean hair and rinse out, or leave in for continuous care.

\$36 (fentybeauty.com)



LONG GAME

NUTRAFOL: Strand Defender

This lightweight conditioner was formulated by physicians to nurture and protect hair at any stage of damage. Results can be seen and felt after the first use, and are cumulative over time to protect against future damage.

\$44 (nutrafol.com)


MAINTENANCE

HABIBI Essential Conditioner

This formula is packed with oils and botanicals that have been proven to grow hair and protect existing hair strands. Fortified with Amla, Walnut, Algae and Fenugreek, this formula can be applied and rinsed out, or used as a leave in conditioner to strengthen and protect hair.

\$49 (habibibody.com)





Summer temperatures mean many of us are more likely to choose comfortable lip glosses over high maintenance lipsticks. The best formulas are non-sticky, come in a wide range of colors to suit skin tones across the spectrum, and last for hours without fading or leaving a waxy film on the inner lip.



LISA ELDRIDGE Baume Embrace Melting Lip Color is a mouthful to describe what is essentially a solid lip balm with a flush of color. The formula is non-sticky and wears beautifully. It comes in five shades to flatter a range of skin tones.

\$34 (lisaeldridge.com)

EADEM Le Chouchou Lip Softening Balm can exfoliate, hydrate and protect lips in a single swipe. Every color is sheer enough to flatter just about anyone, and the formula is light and comfortable.

\$24 (eadem.co)



MILK Odyssey Lip Oil Gloss contains goji berry and cloudberry to hydrate even the most chapped lips. They come in a series of shimmer and flat colors to suit every skintone and every mood.

\$26 (milkmakeup.com)



Lounging is one of the most accessible expressions of self care. All you need is your body and a space to relax.





Lounging:

Lunya

LUNYA HAS FIRMLY ESTABLISHED ITSELF AS ONE OF MOST ACCESSIBLE (ALBEIT EXPENSIVE) LUXURY LOUNGEWEAR BRANDS ON THE MARKET. IN ADDITION TO INCREDIBLE FABRIC BLENDS AND REMARKABLE CONSTRUCTION, LUNYA ALSO MAKES PYJAMAS AND LEISUREWEAR THAT LOOK LESS 'STUFFY' THAN ITS LUXURY COUNTERPARTS. THEY UPDATE INVENTORY REGULARLY WITH NEW COLORS AND STYLES, AND IF YOU'RE LUCKY... EVERY NOW AND THEN THEY'LL HAVE ONE HECK OF A SALE.

WEBSITE: [LUNYA.CO](https://www.lunya.co)



Lounging:

Vuori

VUORI AIMS TO BRIDGE THE GAP BETWEEN CLOTHES THAT PERFORM IN THE FITNESS SPACE, AND CLOTHES THAT ARE COMFORTABLE ENOUGH TO SLEEP IN. WITH A FOCUS ON SUPER SOFT FABRICS AND FORGIVING SHAPES, EACH PIECE IS DESIGNED TO MOVE WITH YOU, NO MATTER WHAT ACTIVITY YOU CHOOSE. THEY BOAST AN IMPRESSIVE SIZE RANGE, AND KEEP THE COLOR PALETTE NEUTRAL ENOUGH TO ACCESSORIZE WITH YOUR INDIVIDUAL FLAIR.

VUORICLOTHING.COM



Lounging:

Beyond Yoga

BEYOND YOGA LIVES UP TO ITS NAMESAKE WITH CLOTHING THAT IS PERFECTLY COMFORTABLE TO WEAR IN JUST ABOUT ANY YOGA CLASS... BUT ALSO GREAT FOR OUTDOOR ACTIVITIES OR RUNNING ERRANDS. THE CUT OF MOST OF THEIR CLOTHING IS GENEROUS (SO A TIGHTER FIT MIGHT MEAN SIZING DOWN), AND MANY OF THEIR CHOSEN FABRICS ARE SUPER STRETCHY AND COMFORTABLE.

BEYONDYOGA.COM

MIND / BODY CONNECTION

- Notice the parts of you touching the Earth
- Root into those parts and ground yourself
- Breathe slowly and steadily
- Focus on the rhythm of your breathing
- Relax your shoulders, belly & butt
- Close your eyes
- Be still for as long as possible



H A B I B I
Life