



Summer
Gift Guide 2021.

by Isabella and Us.

Positive Wellbeing
ZINE FOR MUMS

Welcome to the Isabella and Us. Summer Gift Guide.

*Shop small, shop
sustainably, shop
happy.*

Shopping small and independent is something that is hugely important to me, both in my personal life but also through my business too. Supporting our local and online, independent businesses have never been more important, especially at this time. So I am incredibly excited to share the Positive Wellbeing Zine for Mums Summer Gift Guide for 2021.

Happy Shopping!

Emmay

Editor and Founder of the Positive
Wellbeing Zine for Mums



FREE GIFTS
WORTH OVER
£120



isabellaandus.com

Yearly subscription to Positive Wellbeing Zine for Mums.

*The perfect gift
for mums for just
£26.00**

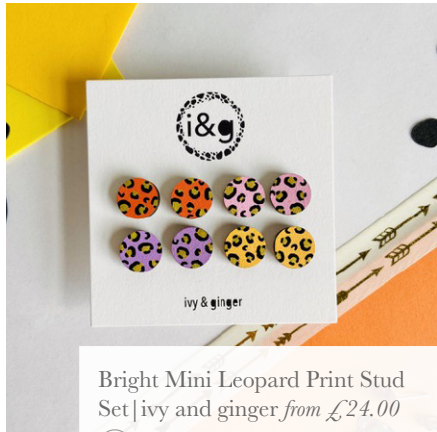
A Yearly Subscription to Positive Wellbeing Zine for Mums includes:

- Four copies of the magazine delivered to straight to your door (Issue 13, 14, 15 & 16)
- Access to the exclusive **Isabella and Us. Self Care Hub** with over £120 worth of self care resources, including access to Digital copies of Issues 1-3 of Positive Wellbeing Zine for Mums worth £15, Meditations and self care workbooks
- An A5 Winning as a Mummy Print - collab with Gem Pang Illustration (worth £6.00)

* Price also includes Postage and Packaging for each issue

Gifts for her.





Bright Mini Leopard Print Stud Set | ivy and ginger from £24.00

 ivyandginger.com



Skyla Moon & Stars Necklace | JANE DE BONO TEXTILES £25.00

 janedebono.com



The 'Baby Mine' Box | The Little Happiness Company £42.00

 thelittlehappinesscompany.com



9ct gold Laurel Necklace | Hello Halfpenny from £225.00

 hellohalfpenny.com



Hand Painted Trinket Dish | Ellie Cartlidge Design £15.00

 elliestextiles.etsy.com



'A Mother's Birth', Poetry Book on Motherhood | Maria Tempany £10.99

 etsy.com/ie/shop/therhymingone



Love More Gift Set | Juste Nature £34.50

justenature.co.uk



Reusable Face Wipe Set | Love in a mist £7.99

loveinamistaccessories.com



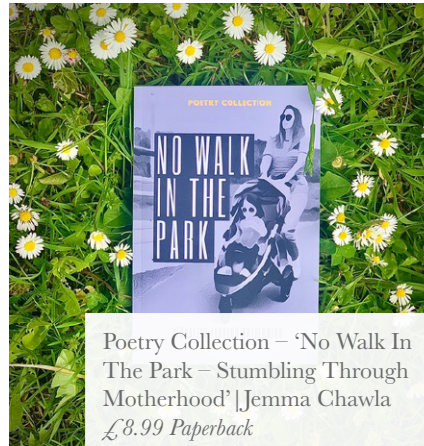
Bright Floral Pennant | Tink&Reu £15.00

tinkandreu.co.uk



Rock This Day Hand Lotion | A Little Bit Dotty £9.95

alittlebitdotty.co.uk



Poetry Collection – 'No Walk In The Park – Stumbling Through Motherhood' | Jemma Chawla £8.99 Paperback

amazon.co.uk/dp/B095GNV2GD



Summer Glow | Pampas Perfections £35.00

instagram.com/pampas_perfection

Gifts for them.



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'Simple Flowers' Watercolour Kit | Kerri Awosile *from* £9.50

kerriawosile.co.uk/shop



Be Inspired Poetry Card Pack | Kelly The Poet £12.00

thepoetrygiftshop.com



The Ultimate Gift Box | Elementric £35.00

instagram.com/elementric_scents



Inspirational Print with Rainbow Enamel Pin | A Little Ray of Happy £3.00

etsy.com/uk/shop/ALittleRayofHappy



You're So Fab Cookie Gift Set | Sweet Enchanted £11.00

etsy.com/uk/shop/SweetEnchanted



Personalised Leather Coin Tray | Orgill Originals £23.00

etsy.com/uk/shop/OrgillOriginals



Marshmallow Gift Set |
The Cake Spa £15.00

 [thecakespa.co.uk](https://www.thecakespa.co.uk)



Little Zen Leopard | The Little Leopard Co.
£20.95

 [thelittleleopard.co](https://www.thelittleleopard.co)



Lemon Cleansing Bar | Dorset
Corner £6 (per 100g bar) - code
ISABELLA20 at check out for 20%

 [dorset-corner.co.uk](https://www.dorset-corner.co.uk)



Aromatherapy Weighted Eye
Pillow | lovefrom_hm £14.00

 [instagram.com/lovefrom_hm](https://www.instagram.com/lovefrom_hm)



Personalised Bamboo Plant/
Vegetable/Herb Tags | Lucie
Pritchard £3.00

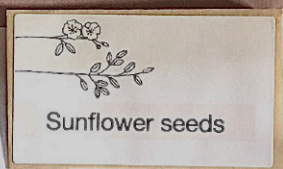
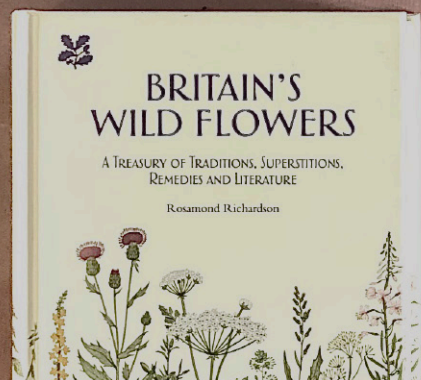
 [etsy.com/uk/shop/luciepritchard](https://www.etsy.com/uk/shop/luciepritchard)

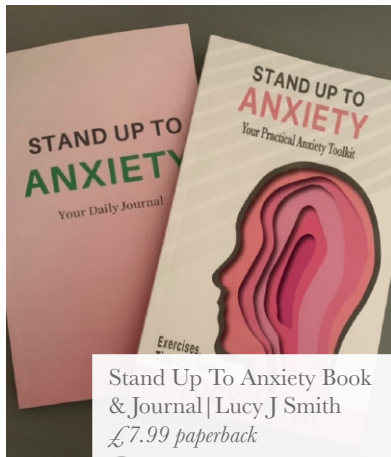


Map Coaster Set | Studio One48
from £6.00

 [studioone48.com](https://www.studioone48.com)

Self Care Gifts.





Stand Up To Anxiety Book & Journal | Lucy J Smith
£7.99 paperback

lucysmith.com/book



Seasonal Nature Subscription Box for Women | Robin + Rose Nature
£35.00 per quarter

robinandrosenature.com



An introduction to Reflexology | The Little Surprises Company
£35.00

thelittlesurprisescompany.co.uk



Grey Concrete Incense Tray | Luzarvia
£18.00

etsy.com/uk/shop/Luzarvia



Ceramic Diffuser & Pure, Natural Essential Oils | merak & co Diffuser:
£65.00 inc a free 5ml oil. EO's starting from £7.00

merakandco.co.uk



Willow & Rose | Natural Gift Co
£25.00

naturalgiftco.com

Greeting Cards.





Choose Joy Greetings Card | Dottypink Designs £3.00

 [dottypink.etsy.com](https://www.dottypink.etsy.com)




You are a superstar Greeting Card | Hanxmade - Hannah Morgan Illustration £2.50

 [hannah-morgan.com](https://www.hannah-morgan.com)



'You Are Blooming Lovely' and 'You Are Such A Treasure' Notelets | Slow Sunday £3.50/£12.00 for four

 [slowsunday.co.uk](https://www.slowsunday.co.uk)



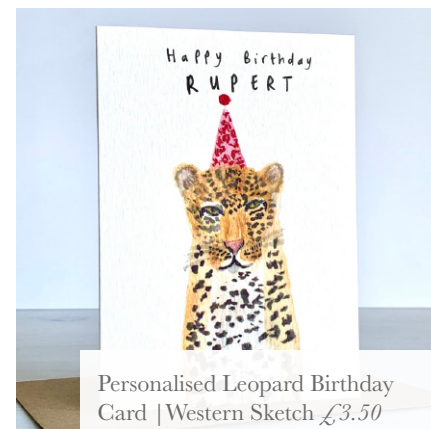
Handmade Liberty Print Occasion Cards | Little E Creates £3.50

 [instagram.com/little.e.create](https://www.instagram.com/little.e.create)



Wildflower Thank You Plantable Postcards | Frames that Sparkle from £2.00

 [frameshatsparkle.com](https://www.frameshatsparkle.com)



Personalised Leopard Birthday Card | Western Sketch £3.50

 [westernsketch.co.uk](https://www.westernsketch.co.uk)

A young girl with brown hair in pigtails stands in a forest. She is wearing a yellow and white checkered dress with a ruffled collar, patterned leggings, and brown boots. She is holding a large, round, floral-patterned basket with blue handles. The forest floor is covered in dry leaves and pine needles, and the background shows tall, thin trees under a bright sky.

Gifts for Kids.

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Magnetic Tooth Brushing Chart |
TotsUp Ltd £16.95

 totsup.co.uk



Happy Box: Lockdown
Edit | Beautiful Nice £10.00

 beautifulnice.co.uk



Story Book Bundle - Come Explore and Come
Dive With Me | The Little Black & White Book
Project £11.50

 blackandwhitebookproject.com



Nature Book Club Subscription |
Little Robin Education £20.00
every other month

 littlerobineducation.com



Cottage Garden Den Kit | We're
the Den Kit Co. £45.00

 thedenkitco.com



Children's Mindfulness box | Emma
Martin Mindfulness £20.00

 emmamartinmindfulness.com/shop



Mindfulness Affirmation Cards | Little Crystal Minds £15.99

[littlecrystalminds.co.uk/shop](https://www.littlecrystalminds.co.uk/shop)



Organic Cotton Baby Accessories Set | Ted & Dino £37.00

[tedanddino.co.uk](https://www.tedanddino.co.uk)



Strawberry Breton | Turquoise Strawberry Designs £20.00

[turquoisestrawberrydesigns.co.uk](https://www.turquoisestrawberrydesigns.co.uk)



Doll's Carrycot | Jasper and Juniper from £65-£80.00

[etsy.com/shop/JasperandJuniperUK](https://www.etsy.com/shop/JasperandJuniperUK)



Be Kind to our Planet Pennant | Arnold & the Caterpillar £25.00

[etsy.com/uk/shop/arnoldandcaterpillar](https://www.etsy.com/uk/shop/arnoldandcaterpillar)



Solar System Crayons | The Crayon Bug £25.00

[thecrayonbug.com](https://www.thecrayonbug.com)

Gorgeous Prints



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Go Outside Print | Callie Stay Cool
£12.00 (A4) £9.00 (A5)

[calliestaycool.com](https://www.calliestaycool.com)



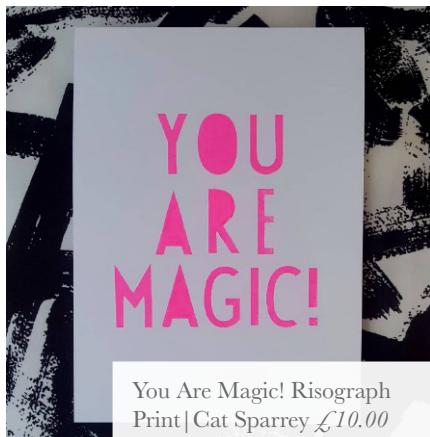
Be Kind To Your Mind Print |
Harper Prints A4 - £10.00

[etsy.com/uk/shop/HomeWithHarper](https://www.etsy.com/uk/shop/HomeWithHarper)



Personalised Single Map Print | Studio One48
from £9.00

[studioone48.com](https://www.studioone48.com)



You Are Magic! Risograph
Print | Cat Sparrey £10.00

[instagram.com/cat.sparrey](https://www.instagram.com/cat.sparrey)



Personalised World Map
Print | EverlyRosePrints £15.00

[etsy.com/shop/everlyroseprints](https://www.etsy.com/shop/everlyroseprints)



Portrait Papercut | Tiny Bison
Illustration from £20.00

[tinybisonillustration.com](https://www.tinybisonillustration.com)

Homeware.



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Shell Dish | Dapple £8.50

 etsy.com/uk/shop/MadeByDapple



Wooden Wall Mountable Planter |
Nut Nut Designs and Makes *From*
£19.00

 etsy.com/uk/shop/NutNutDesigns



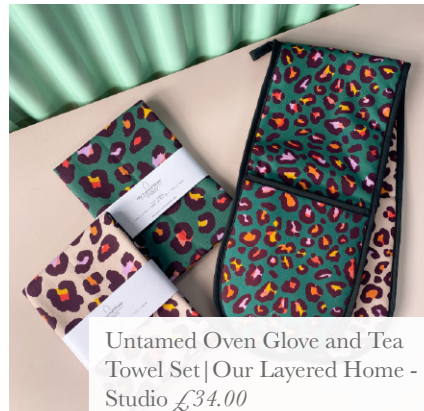
“Daisy Chain” Complete DIY
Embroidery DUO Kit | Hope &
Hart £25.00

 hopeandhart.com



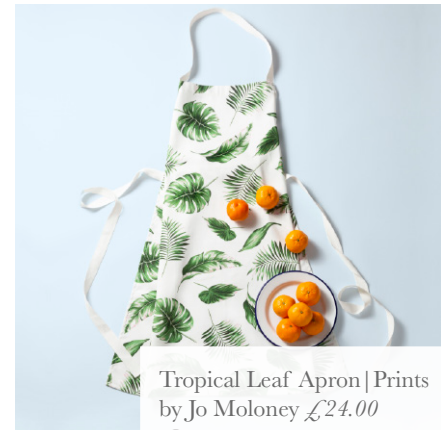
Shell Mirror | Wooden Treasure
£18-£22.00

 woodentreasure.co.uk



Untamed Oven Glove and Tea
Towel Set | Our Layered Home -
Studio £34.00

 ourlayeredhome.com



Tropical Leaf Apron | Prints
by Jo Moloney £24.00

 printsbyjomoloney.co.uk

PRE-ORDER
FOR
£4.50

A poem just for you mama.

Words: Ria Burgane

To all the amazing mamas
Who question themselves most days
I want to tell you, you're perfect
No...wait a moment...let me rephrase

Because mama...nobody's perfect
Not even that mama on Instagram
Who makes you question yourself daily
Who makes you wonder if you're a good
enough mum

See behind those perfect pictures
Is a mama just like you
Who despite the smile on your little screen
Might be covered in sick and poo

We've all had those days mama
Where we've felt we can't go on
Where we've sat with our head in our
hands
And wondered what on earth is going on

What's really important to know mama
Is that you really are not alone
And to know you are the best mama
To this precious gift that you've grown

There will always be days like this mama
But they will be followed by joy and love
So when you are feeling low mama
Please remember all the above.



Pre-Order Issue 13 Positive Wellbeing Zine for Mums.

Out on 1st August

Including articles on:
Just do it by Louise Daniel, And so to Shop
Motherhood it's another hood by Iona
Hickman, eyeownadesign
Why looking after your gut is good for you
and your baby by Tasha D'Cruz
Mindfulness by Emma Martin, Emma
Martin Mindfulness
Finding your superpower by Hannah
Sturland, The Mental Health Community



isabellaandus.com



where we got engaged



Isjos Beach, Cornwall

where we first met



Wales

our first home



York, England

our forever day



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