

B THE NEWSLETTER

A Monthly Edit: By Lia Bartha



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Restoration

By Lia Bartha

Happy July everyone! I can't believe this is our third issue of B The Newsletter. This initiative has been an amazing opportunity to dive deeper into topics that are important and relevant to us. But even more, I find this newsletter to have become an incredible chance for us to come together through these different topics and continue the conversation, deepening our communications as a community.

It takes our collective engagement, feedback, and participation to get these newsletters off the ground and I find I am getting to know each of you more, both individually and as a community.

This reflection of sorts directly ties into the focus for this issue, Restoration. There was such a momentum of brainstorming and planning for this month's issue that it is a bit longer than those past. I assure you it embodies so much insight and thoughts that you will see all of the love that was put into it. Feel that love, and spread it.

I hope you enjoy.

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The Focus

Restoration

A lot of different concepts come to mind when I think of the word restore:

- It is self-care, prioritizing what you know and feel you need.
- It is putting yourself first, a personal check in to give back to yourself.
- It is being present, calm, and aware.
- It is taking all of the above to re-establish a balance by pulling your mind and body together, both inside and out.

Summer is the time for outdoors, making the most out of the longer days, and soaking up the sun. Not to mention, the world is opening back up again. I don't know about you, but the easing of restrictions here in New York has encouraged me and my family to get out and explore, meet people new and old, and embrace the amazing energy of the world around us. All of this said, that summer sun is HOT and hitting the ground running like this can lead to unwanted burnout and fatigue. Even just being social again has me needing more down time.



I encourage you all to use this issue's theme, Restoration, as a means to check in and give back to yourself. Take a pause from your day to tune in, whether it be resting in the park (or in air conditioning), nourishing yourself with wholesome foods to fuel your mind and body, opting for a restorative or stretching flow on days when your body is asking for it, or taking a few extra moments on skincare (epsom salt bath anyone?). Reassess and reinvest in what YOU need. Restore your mind, calm your body, and make yourself feel good. May this issue provide you with a sense of presence and self awareness to tune in and check in with yourself.

The Movement

B The Method's approach to restorative movement and stretching workouts

The ability to move and mobilize our bodies is such a gift that we often take for granted. Sometimes, we push our bodies to move more than they want, and compromise performance and our state of mind as a result. This is that time when it is important to restore, rest, and reset. You can use this time to completely rest your body of all movement (it's ok to let yourself lay on the couch) or you can choose to use intentional and mindful movement as a means of tuning in both physically and mentally. By concentrating on breathwork, focusing on your alignment, and being both present and aware, the restoration will shine. Whatever it is that your body and mind need, make sure to carve out the time because rest and restoration is important for your long term health.

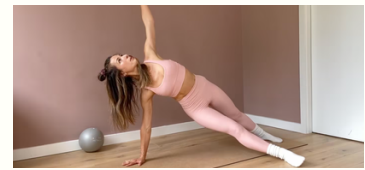
I am very grateful to have found a practice and created a method that not only works for me, but speaks volumes to others. I have had clients reach out expressing how B The Method restorative workouts feel similar to that of a therapy session. These series are designed to open you up, allow blood to flow through you, release anxiety, fill your body with oxygen, and establish a true connection of every element.

While we all may have different movement regimens, I encourage each of you to consistently check in with yourself and truly listen to what your body may be telling you. An effective movement practice is consistently asking your body what it needs that day and constantly showing up, caring for it, and respecting the response. Some days you may feel inclined to move a little harder, or for a little longer. Where other days you may feel inclined to stretch, foam roll, or rest altogether. I urge you all in your particular practice to find balance. This has been so helpful for me in the long term to stay committed, consistent, and excited to move my body. When you take time to restore, you will maximize your time, performance, and overall well being.

My Top 3 B The Method Restorative Workouts

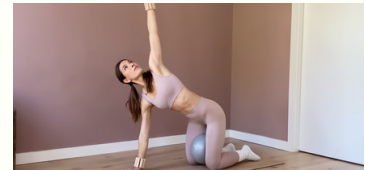
1

[45 Minute Restorative Flowing Series](#)



2

[30 Minute Restorative Flowing Series](#)



3

[15 Minute Restorative Flowing Series](#)



Nili Lotan x Champion



Last month, I taught an Instagram live class to promote the launch of Nili Lotan's first activewear line in collaboration with Champion. Not only is the entire line so beautiful, it is extremely comfortable and easily transitional from activewear to streetwear. Basically my everyday style! This was my first class outside of my home studio in over a year so I found the change of scenery incredibly restorative for my mental and physical health. I hope you were able to tune in and check out the collab. Here are a few more details:

New York-based women's ready-to-wear and accessories designer Nili Lotan has partnered with Champion Athleticwear to create a limited-edition collection that marries sport styles with luxury, combining Champion's authority in athletic apparel with Nili Lotan's minimalist design expertise. Featuring a sports bra, biker short, leggings, a tracksuit, zip-up hoodie, and a sweat suit, the collection is currently available for purchase at all Nili Lotan retail stores, nililotan.com, Forward, Goop, Intermix, MatchesFashion, Net-a-Porter, and TNT.

The Pantry

Restorative essentials and staples in my home pantry

Just like movement, food can also be very restorative for the mind and body. I often use meals and snacks as a way to reset not only my mood, but also my insides - specifically the gut because that is where so much restoration is needed on a daily basis.

I love to cook and happen to find it extremely therapeutic (especially when it does not involve little hands making huge messes haha).

It could be the aromas, the act of putting love and care into the preparation, or maybe just the simple fact that the next step is eating something delicious. It is so great that your creations can be just as restorative for you as the act of preparing them.

There are so many ingredients, recipes, and products out there loaded with nutrients to restore your body on the inside and out. I have selected six of my favorite products that are staples in my home pantry and dive into why I consider them each to be a personal and restorative essential.

In My Pantry

Organic Dark Chocolate Walnuts



I have a sweet tooth that needs to be satiated every day. Dark chocolate covered walnuts are a staple sweet in my pantry. I consider them a restorative gift to my body for many reasons. First, I enjoy the act of eating them in little nibbles as if a little surprise is waiting for me, even if I know what it is (surprise, it's a walnut). Second, the benefits of eating walnuts and dark chocolate are incredible. Walnuts help you relax by increasing melatonin levels in your body and lowering blood pressure. Therefore these little guys aid in a more peaceful and restorative sleep. Dark chocolate just flat out boosts your mood too.

Seed: Daily Synbiotic

Use code LIA15 for 15% off!



Seed's Daily Synbiotic is a really amazing probiotic + prebiotic I have been using for long term restoration and balance of my gut health. I swear by it and have heard countless stories from our community members who have shared that it has been a game changer with managing healthy digestion and their bowel movements. It does take a little patience so make sure to give it time. Some people experience discomfort during the first week or so of starting (I had a little bloating and constipation to be honest), but once it kicks in, it is smooth sailing from there on out. Seed supports healthy regularity in the bowels as well as ease of bloating and discomfort, which is the epitome of gut restoration if you ask me.

Moon Juice: Magnesi-om

Use code liabartha15 for 15% off!



I add Magnesi-om to a glass of water before I go to bed to restore and relax my mind and body. I find so many benefits of magnesium to be true, such as an enhanced feeling of calm, a peaceful mind state, and an overall relaxed body. All of these benefits lead to better sleep. I advocate for gut health (clearly) and magnesium is known to support regular bowel movement the morning after taking it (and yes, it really works if you are curious).

Fire Cider



Fire Cider is an apple cider tonic. It has an entire list of organic raw and whole ingredients that literally jumpstart your body. It is SPICY. I take it in shot form, and usually in the morning to give my body a vitality boost. I consider this one of my restorative essentials because it increases blood circulation (you can feel that happening immediately), helps with digestion, and hopefully fights off seasonal colds (and probably vampires) with all that ginger and garlic.

Natural Papaya: Fresh or Dried



I truly am a New Yorker with a Hawaiian heart. I grew up eating papaya from the day I was born. I love it in any form, so when the price of importing a papaya to a non-tropical location gets too high, I go to the dried version to get my fix. Papaya is my restorative fruit because the high dietary fiber content supports a very (I mean very, without being TMI) healthy digestive system. It is also extremely high in antioxidants and vitamins like A and C. Apparently, it also prevents signs of aging, but I will report back on that one in a few years.

Leafy Greens

Raw and/or Powder for smoothies



It is no secret that I love leafy greens and swear by their benefits. I try to get at least one serving per day because I actually feel my body restoring, repairing, and cleansing itself. My go-to greens are usually Kale and Arugula because they are packed with vitamins and minerals and loads of fiber to help with digestion (There is definitely a theme here with gut health haha). I sometimes like to double up on the greens with a smoothie especially in the summer when it's hot. In this case, I love WelleCo powder because it truly has everything you need in one scoop and tastes delicious.



The Essentials

Featuring community member Jenna Levine, Founder of Linné Botanicals

I am so glad to feature community member Jenna Levine in this issue. Jenna is the founder of Linné Botanicals, a skincare company of which all products are made from all-natural botanical compounds formulated to optimize the health and appearance of your skin.

Jenna has taken over The Essentials section, partaking in an insightful and beautiful Q&A. I've also provided my top five Linné products that I love using to restore and replenish my skin.

Q: What inspired you to start Linné Botanicals?

A: I started making skincare from natural ingredients as a child, and my passion for botany, herbal medicine, environmental stewardship and recipe development carried through my education and career. It wasn't however until more recently, while treating my sister's cystic acne and my own psoriasis that I felt moved to create a line of products.

Q: As a female entrepreneur, can you share what has been the biggest challenge and also the most rewarding?

A: I love being a female entrepreneur and connecting with other women. I am perhaps more "challenged" by being a conscious entrepreneur. It would be far easier to not care about planetary health or worker welfare but it is certainly far more rewarding to make deliberate choices to do better business. I am proud to share that we are a certified Plastic Negative brand, Carbon Neutral, Cruelty Free and members of 1% for The Planet.

Q: What advice do you have for keeping skin healthy on a daily basis?

A: The human body is amazing, we make our own antioxidants, ceramides, sebum and hyaluronic acid, and engage in regenerative processes such as the shedding of dead skin cells and formation of collagen. Yet nonetheless, reparative activity slows and reserves deplete as we age. The best thing we can do is support the body's natural processes with topicals and foods that support rather than fight the body. That means limiting harsh chemicals that can weaken the skin barrier function and strain the detox organs. Opt

instead for fresh whole foods, plenty of water and biocompatible, responsibly sourced skincare products.

Q: What is your best self-care tip to restore your body and mind?

A: I love a bath, anytime of year. I set the mood with some soft lighting and music, grab a book and pour myself a cup of LINNÉ Skin Tea - hot or chilled (I love the idea of a glass of wine but get thirsty during a long hot soak). I add the LINNÉ hibiscus bath salts to the running water, and apply SCRUB or PURIFY as a face mask and slip in. These days bath time looks a little different as I now regularly bathe in the tub with my baby girl. The water is much cooler and we use a set of products I formulated for her (to launch this fall) but it is just as restorative - and seeing her splash and kick her little legs brings me great joy!

Q: Do you have any pre or post workout tips to keep our skin clean and refreshed?

A: Generally speaking I do not wash my face in the morning. I do however love to splash it with cool water and once dry, spritz it generously with REFRESH mist. This helps invigorate the skin and prepare it to receive RENEW serum and BALANCE face oil. I mix these two together and take a good minute to massage them into the face and neck area - don't forget the back of the neck, as tension here can actually lead to creasing in the forehead. Because the products absorb readily into the skin, this is an appropriate regimen before engaging in exercise, even if you plan to sweat. If your routine is light and you don't sweat you may choose to leave your skin as is, or re-mist with REFRESH. Our mineral mist makes the perfect-post workout treatment

as it is calming, cooling, pore-clearing, hydrating and antibacterial. If you sweat heavily, or get dirty outside, you can wash your face with PURIFY, then follow with REFRESH, RENEW and face oil.

Q: It was so inspiring to see you continue B The Method throughout your pregnancy and now post-partum. What has your journey been like?

A: I feel super fortunate as I loved being pregnant and had great energy throughout. We lived in Vermont during my second and third trimester so had the fortune to hike each day. To supplement fresh air movement I used the B Method to improve my alignment, balance and strength. I went into labor and birth feeling strong and empowered. Now that I'm balancing my business and motherhood, exercise sometimes feels harder to schedule. While I may prefer a longer workout, I love that there is always a 15 min series I can sneak in no matter how full the day.

To learn more about Linné Botanicals, visit the website's [products page](#) and [blog](#), and Instagram account, [@linnebotanicals](#).



My Top Linné Picks

Use code LIAXLINNE for 15% off!



[PURIFY Face Wash](#)



[REFRESH Face Mist](#)



[REPAIR Face Oil](#)



[ACTIVATE Body Wash](#)



[Limited Edition Bath Salts](#)

Coming Up This Month

- Friday 15 minute Instagram lives this month will focus on flowing restorative movement! Tune in Friday's at 12pm EST, IGTV, and the B The Method App.
- B The Method foam roller and mat will soon be available! Stay tuned for launch date and giveaways!

THANK YOU FOR READING

This newsletter is for our community, by our community. Send us a message with any questions, comments, and feedback.

JOIN OUR AFFILIATE PROGRAM!
Interested in being part of our program? Email us to chat.

hello@bthemethod.com

