

Utopia

Issue 11
May 2022

Kaylie
Finnis...

*Life is be
to lived*

|
S O L
I S E A

Utopia Health and Beauty
info@utopiahealthandbeauty.com

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Hey Team

Well it's official, winter is just around the corner, and getting up in the mornings requires some tough talking internal dialogue to get my backside out of bed. Having a personal goal, whatever that might be, certainly helps in this space, and is the thing that gets you moving in the mornings.

Keep those online bookings coming in, each time we get your online booking email we do a little happy dance! We are so grateful to everyone that continues to support us, and other local businesses for that matter.

I have been super busy organising a Spin Out, 24 hour spinathon, to help raise money for our Junior Rugby Trip to Christchurch in September. If you would like to register a team, or, you would like to sponsor a team / spinner, please get in touch. Check out page 9 for more details.

We are running the same specials from April, as our **Microdermabrasion treatment** is always so popular in Tairua. We would love to give you another opportunity to book our Pure Fiji **Full Body** scrub, it's delicious. Don't forget it's **Mothers Day** this Sunday, and what better way to say 'I love you Mum', than booking her in for one of treatments. Go on, you know she deserves it.

Our hours may change a little bit over winter, but if they do you will all be the first to know. Don't forget to 'like', 'share' and comment on our Instagram / Facebook posts, we really appreciate the feedback.

See you soon xx

Kirsty Law
Utopia Health and Beauty
info@utopiahealthandbeauty.com
(ph) 027 4238 457

Kirsty



Features

Kaylie

Is there anything this Woman hasn't done, or could do?

Utopia

Specials page 11/12

Spot Light Products

BESTOW



What makes a woman extraordinary is when she truly knows herself and shares the truth about who she is with others. When she is unapologetic about her womanhood, her identity, and her values and desires. A woman who can be true to herself and comfortable in her own skin, is something to behold. This is



Kaylie Finnis

“I have Started from Scratch so many times throughout my life, but, hey what doesn’t kill you , makes you stronger”



Kaylie's intrepid journey across our planet is mind boggling, yet an important prelude to this interview, and a mark of her statue. Toronto, Kentucky, Colorado, Las Vegas, Kauai Island Hawaii, Paris, Japan and now Tairua. Her ability to evolve, learn, take risks, and ultimately relate to people is extraordinary.

We had the privilege of sitting down with Kaylie at her Tairua Art Studio to talk through her personal narrative, life, opportunities and the creative brilliance of Kaylie....

Ok Kaylie Finnis, thank you so much for talking with us today, may I ask what lead you to Tairua?

It's hard to say actually, circumstances, passion, surf, healthy living opportunities, probably all those mixed together. Tairua reminds me a bit of Kauai, an Island in Hawaii, that has great surf spots, curvy roads and incredible people. I love how creative this town is, and I'm such a foodie. There are great places to eat here too, although we sadly just lost one my fave restaurants. *Yeah I agree, I loved that place, those polenta chips were amazing!!*

There's no doubt your artistic reputation precedes you; however, the 'Surfing Colouring Book', is very unique. Can you tell us how the concept came about and the journey to make this a reality.

It was 2 years in the making, I was illustrating some surfboards and drawing waves on Kauai (Hawaii) and I think someone on the beach suggested I put them in a book. I then continued to illustrate more of them when I came to New Zealand to have enough pages. I was doing a self development workshop, and this Tony Robbins style kinda guy eluded to the point that your life story can be become too attached, or, fixated on a single goal, yet, never actually achieve, nor, accomplish the goal. I found this was actually happening to me, where I'd talk about how I was going to publish this book, but, it wasn't happening!! That hit home for me. I broke the project up into smaller pieces and made it a goal to publish by the end of that month. *How often do we fall into the trap of saying "I'm going to this, or, I'm going to do that", and never actually achieving anything! I find it way cooler to keep certain goals quietly to myself, and reveal them when I've achieved them. Just a thought!!*



You're a vocal advocate for looking after, and protecting our oceans. What can the average 'Joe Blogs', do on a daily basis to make a difference?

Hmmm, I'm just going to rattle off a list here, so take from it what you like... Teach your child to be respectful of the ocean and inspire them to learn more about our waterways so they can grow up to protect them. Don't let the rising tide take your belongings when you're not looking. Trash on the beach, it's just so disappointing to see, so put the ego aside and pick it up. I'm sure I too have been an accidental jandal donor at some point, but I hope I've offset it with the plastic I've picked up. You can make a difference and be heard. I'm thrilled with the bag limits that were put in place in April, and grateful to all those who participated in submitting their opinions. 20 fish is more than enough for one person! We need to plan for the oceans of future generations, not just for tomorrow's situation. If I'm going to eat fish, it's caught or hunted by friends so that I know its source. Don't take a fish unless you know you can use it. As far as using less plastic, it feels like a challenge, but I try to buy what I can in glass or cardboard. Sometimes that's impossible. What's your plastic footprint? It can be fun to try to find a new way each month.

Your 30 day art challenge is very interesting. A piece of art, everyday, for 30 days!! I especially liked day 14, the way everything is entangled, it's hot! What's the thinking behind these challenges?

I think the challenges began with publishing my second book, 'Accountability Buddy' and getting up at 5am everyday to work on it. I enjoy 30 Day Challenges, they feel like a nice time frame for a commitment; 30 days running to the beach and taking photos, 30 days of charcoal drawings. I needed a challenge to stay consistent, and love getting into the flow with my camera or charcoal. *'Accountability Buddy' is certainly a great resource for those wanting to unpack goals and create momentum. It would be great to see our youth exploring this concept.*

So where does your inspiration come from,? One wouldn't be wrong in thinking you have live models?

Part of that challenge was attached to raw vulnerability. To draw myself and embrace all parts of my body by looking at it through a different lense with curiosity and compassion. Sometimes it would take me an hour to do the photoshoot (on a timer) and choose the right composition.

Try to recreate your fave recipes that come in plastic tubs. Choose glass over plastic, refill when you can. Save your soft plastic to take to a larger town to recycle. Get curious and do a little research to learn more about proper recycling and where plastic goes. Cook whole foods as much as possible and try your best to not buy fruit and veggies wrapped with useless plastic. There you go, that's my two cents.

“Life’s circumstances and opportunities have pushed me to see what I’m capable of, Not just what I’m comfortable with”

I had a corporate job
I had a corporate life
I lived in a ski-town
But only felt strife

The ocean was calling
I traveled, I surfed
The snow was falling
I traveled, I surfed

The ocean was calling
I listened, I planned
The snow was falling
I committed, I ran

Goodbye corporate job
Goodbye corporate life
I lived in a surf-town
And I feel alive

What do you do when you
hear the ocean calling you?

Kaylie Finnis...

Your Instagram account reflects the healthy way you live your life. Following your passions, doing what you love, eating good food, exercise... Would you like to share your thoughts on what you think the building blocks are for a healthy life? Well this would be a reminder for myself as well. Taking pleasures in life, finding the joy. Seeing things differently. The world has so much beauty. I sometimes feel we don't see it, so slow down on your walks and hikes. Follow children for inspiration. Say yes to new things and really savour your days, your food and look for the beauty in things.

What's next for Kaylie Finnis? Do you have any pieces of art that you're excited about, or, challenges ahead you might like to share with us?

Oooh, I have a few really big projects I haven't started and I'm super excited about those! I can't give them away yet, but will have some events to reveal them soon. I'm also working on a book called 'Tairua Winter Sunrises'. It will have photos from my weeks of beach photography. Three of my photos and a poem were just published in Eleanor Orozich's latest book "Lady Waves" so I'm stoked to have my name in published print for the third time. **OMG, 'Tairua Winter Sunrises', well I'm sure that will increase property prices and get Aucklanders running for Tairua all over again. lol**



A SURFER'S COLOURING BOOK

INSPIRED BY NEW ZEALAND & HAWAII



RESPECT THE OCEAN & USE LESS PLASTIC!
ILLUSTRATIONS BY KAYLIE FINNIS

Kaylie Finnis

kayliefinnis@surferscolouringbook

In our fast-paced modern world, with ever-increasing demands on our time and attention, along with carefully-curated social media making us feel inadequate at every turn, there are thankfully, individuals that buck the trend. These 'gems' give us hope that it is possible to live a life where we can follow our passions, determine our own pathway, and learn to be comfortable in our own skin.

Extraordinary Women have a certain character about them!! They have this super cool disposition that is non judgmental of others, yet, seeks out the good in everyone. They are not defined, or, limited by their past, and see every day as an opportunity to be the best version of themselves. Kaylie Finnis, is yet another example of the **Extraordinary Women** we have in our town. If you aren't following her on Instagram, you need to, if you haven't popped into her Art Studio, you should! It's well worth a visit. Give yourself permission to follow your Passions and Dreams. That's what Kaylie would do.

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LICENSED REAA 2008

4 TAIRUA PALMS PLACE

AUCTION 21 MAY, UNLESS SOLD PRIOR

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This Month's Product Spotlight

Bestow Collagen Boost

Bestow Collagen Boost powder slows down the visible signs of skin ageing. It boosts skin elasticity, plumps out wrinkles and promotes younger looking skin.



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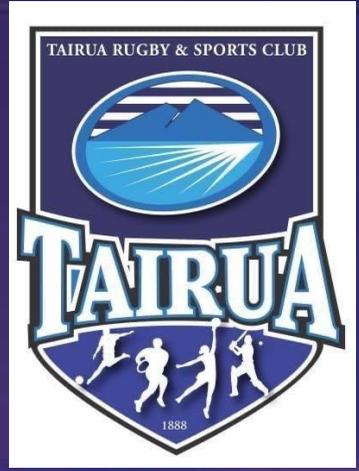


Spin Out Fundraiser

24 hour Spin Out to raise money for Tairua Junior Rugby

Teams of up to 10. Each team needs a \$1000 buy in - whether that's through sponsorship or each spinner donates \$100.

You will spin for 2 x 1 hour slots! Times will be randomly allocated once we have 12 teams confirmed!
2pm-2pm.



Friday 20th, May

Paradise
GYM
— TAIRUA —
🏋️‍♂️🏋️‍♀️🏋️‍♂️

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- TO -
Tairua

This package Includes

**2 Nights accommodation, including
Breakfast at SunLover Retreat.**

Dinner Voucher @

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Coromandel Ocean Adventure.

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**For Inquiries
and Bookings**

ph. Kirsty

0274238457

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A free consultation to start with, followed by a skin rejuvenation programme tailored to your skin's needs. Let's repair that summer damage! Dermaplaning, clinical peels & IPL are just a few of the treatments Sue offers.

I (Kirsty) had IPL on my face after suffering horrendous cystic acne and after three treatments (and quality home care), my acne scarring had completely disappeared. I highly recommend Sue and the treatments she provides. They work!!

Sue is also running a hair removal promo - **Free** underarm treatment with any Bikini/Brazilian treatment booked. Book three sessions with Sue from Pharmalite at \$180. April, May and June.

TAIRUA DATES - TUESDAY 26TH APRIL, MONDAY 23RD MAY, MONDAY 20TH JUNE.

PAUANUI DATES - TUESDAY 3RD MAY, TUESDAY 31ST MAY, TUESDAY 28TH JUNE.



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7455 OR PAUANUI 07 864 7582 OR
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INFORMATION.**





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Pauanui



What's
Hot This
Month
at

Utopia

HEALTH AND BEAUTY

**60 min FULL
BODY Pure
Fiji Scrub
\$130**

We are bringing **Fiji** to Pauanui! Renew and revitalize dull, dry and dehydrated skin with this natural exfoliation and extraordinary moisturizing treatment from the pristine islands of Fiji.

Relax and enjoy as milk from the coconut combined with macadamia and coconut oils are gently massaged into the skin followed by an application of pure cane sugar and tropical nut oils to rid the body of dead skin, revealing new healthy skin as well as strengthening the skin's elasticity and replenishing its moisture.

Tairua



What's
Hot This
Month
at

Utopia

HEALTH AND BEAUTY

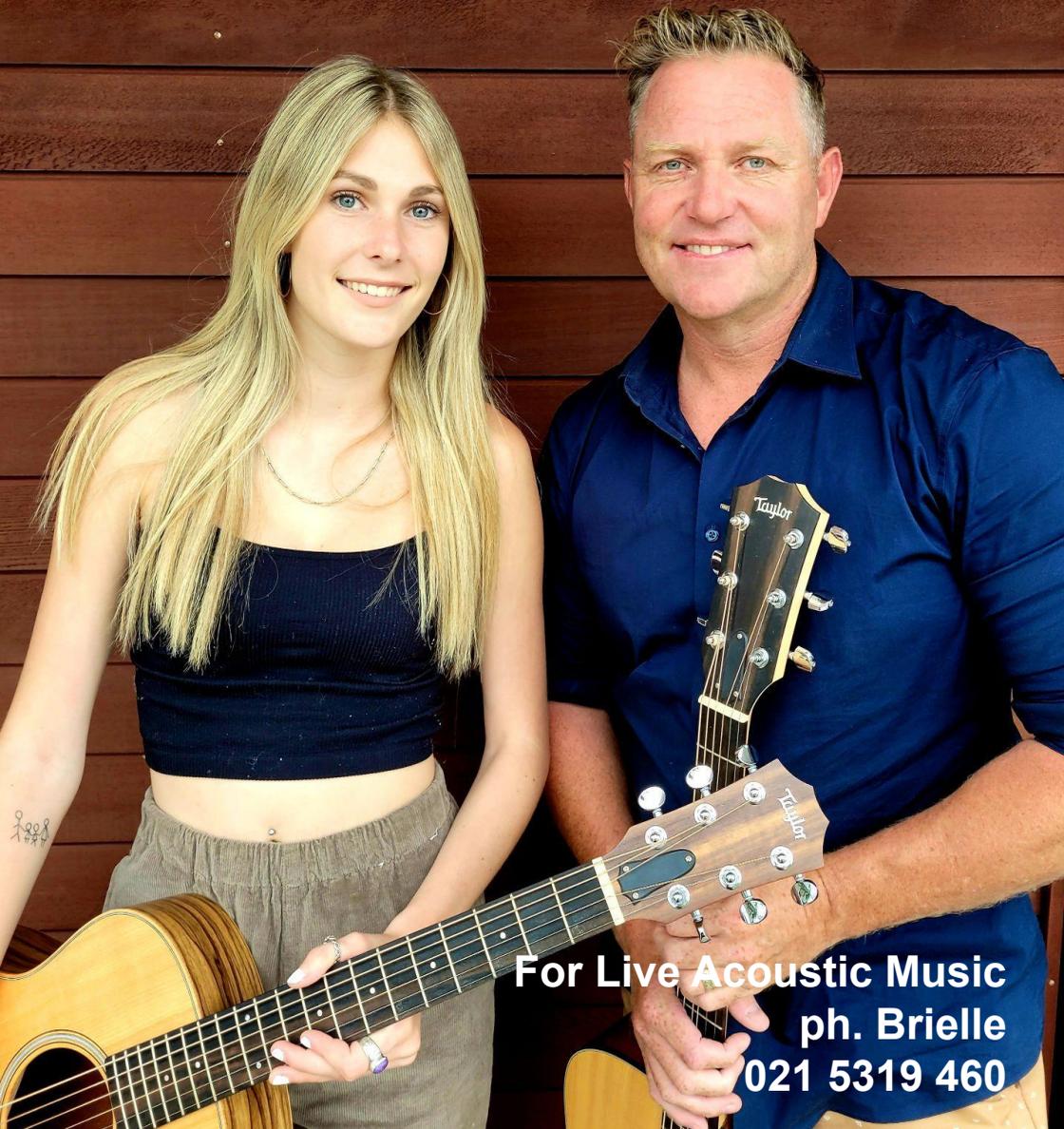
**Book two
Microdermabrasion
treatments and
your third is
FREE! Saving
you \$120.**

Microdermabrasion is a procedure used to treat acne scars, skin discoloration, sun damage, and stretch marks by removing the top layer of skin. Microdermabrasion benefits include **improvement in the skin's texture and appearance**. Because it deeply exfoliates, microdermabrasion can improve the tone and texture of your skin.

If you have a series of treatments done (which is what is recommended) you should notice your skin tone evening out. You may see a softening of fine lines and superficial wrinkles. Microdermabrasion can also help fight sun damage and make anti-aging creams more effective.



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HEALTH AND BEAUTY

Pricelist

Janesse Facials

- Utopia Hydrating Facial
- 45mins \$90
- Utopia Re-energising Facial
- 60mins \$120
- Ultimate Utopia Facial
- 75mins..... \$160
- Massage and Facial Combo
- 75mins..... \$150

Microdermabrasion

- Microdermabrasion
- 30mins \$110
- ADD-ON Microdermabrasion
- 15mins \$50
- ADD-ON Moroccan Oil Head Massage
- 15mins \$35



Tairua
Shop C 227 Main Road
07 864 7455

Pauanui
52 Jubilee Drive
07 864 7582

www.utopiahealthandbeauty.com



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Waxing

- Lip \$15
- Upper lip bleaching \$25
- Chin \$20
- Underarm \$20
- Arm \$30
- Bikini \$30
- Ext bikini \$40
- Half leg \$35
- Full leg \$50
- Brazilian \$65
- Return brazilian (4-6 weeks) \$50

Waxing combos

- Lip and chin \$20
- Arm and underarm \$35
- Half leg and bikini \$55
- Full leg and bikini \$75
- Half leg and brazilian \$85
- Full leg and brazilian \$95



Eyes

- Brow tidy \$15
- Brow tint \$15
- Lash tint \$15
- Brow tint and tidy \$25
- Lash tint and brow tidy ..\$25
- Lash and Brow tint \$25
- Eye combo (Lash and brow tint and tidy)

Manicures/Pedicures

- Classic manicure \$45
- Classic pedicure \$50
- Gel manicure \$55
- Gel removal \$20



Massage

- 60 min \$110
- 30 min \$70
- Moroccan oil (20min)
- Head massage \$65

Spray Tan

- Full body \$50
- Half body \$30

Utopia

Book online at
www.utopiahealthandbeauty.com
or ph: 07 864 7582

Tairua

Closed

Sunday, Monday

Tuesday

9:00am - 3:00pm

Wednesday

9:00am - 5:00pm

Thursday

9:00am - 5:00pm

Friday

9:00am - 3:00pm

Saturday

10:00am - 1:00pm

Pauanui

Closed

*Saturday, Sunday,
Monday*

Tuesday

9:00am - 5:00pm

Wednesday

9:00am - 5:00pm

Thursday

9:00am - 5:00pm

Friday

9:00am - 5:00pm



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HEALTH AND BEAUTY