

*“make your daily
rituals moments
to savour”*

A lifelong fascination for plants and their properties has led local Natalie Mitchell to share their healing properties with her skincare business, Lhami.

Photography by Lisa Haymes



Natalie Mitchell has

always been fascinated by the alchemy of plants and making her own beneficial potions. No doubt this has something to do with genetics - Natalie's Dutch grandmother trained as a chemist, while her Australian grandmother ran a health food store in 70's Perth and was one of the first stockists of Blackmores products.

Natalie is keen to live in an ethical and sustainable way and has made her own organic skincare products and perfumes since she was a girl. After a childhood spent in the Pacific Islands and early adulthood in Copenhagen, Natalie returned to Australia to start a business importing organic skin and haircare products from Denmark and selling them into health food stores.

This somewhat satiated her interest in organic products but with her constant studying (journalism, nutrition, aromatherapy and more!) and playing about with combinations of her own, Natalie decided to embark on a naturopathy course. It was during this study that she isolated the source of her fascination - plant chemistry. Having covered this component of her course she decided to chuck it in, knowing that she had found her true passion.



This was the point from which the brand Lhami crept into being.

Knowing that she now wanted to create her own products as a business, for others as well as her own growing family, five years ago Natalie went on to study with the head chemist from one of France's leading skincare companies. From there she developed a core range and launched her organic skincare business from the serenity of the Coastal acreage she shares with husband Damian and her two sons.

Like all startups it has taken time, but Lhami is now stocked in select chemists, organic stores and upmarket homewares stores. It's even being used by therapists as their inhouse product range.

Natalie is passionate about caring for her family, and the planet, in the most natural, ethical and sustainable way possible. Her Lhami brand is an extension of this philosophy. She lives an idyllic family life surrounded by rolling paddocks and chooks, as well as the plants that inspire her work.





The range features delicious combinations of essential oils and natural plant extracts but at its core is Natalie's plant chemistry knowledge. These are not the sweet-smelling concoctions of her childhood, mixed at the kitchen table. All Lhami products are prepared in Natalie's 'mini lab' - sterile and adhering stringently to quality control methods.

Her combinations are often therapeutic and have their basis in science, using ACO certified organic ingredients that are free from parabens, sulfates, propylene glycol, artificial colours and fragrances. Add 'certified cruelty free' to the label and you have products that are good for you and good for the planet.



Perfect to soothe and prevent dry skin, calendula has traditionally been used for all types of skin complaints. It's also a great barrier cream for babies at change time.



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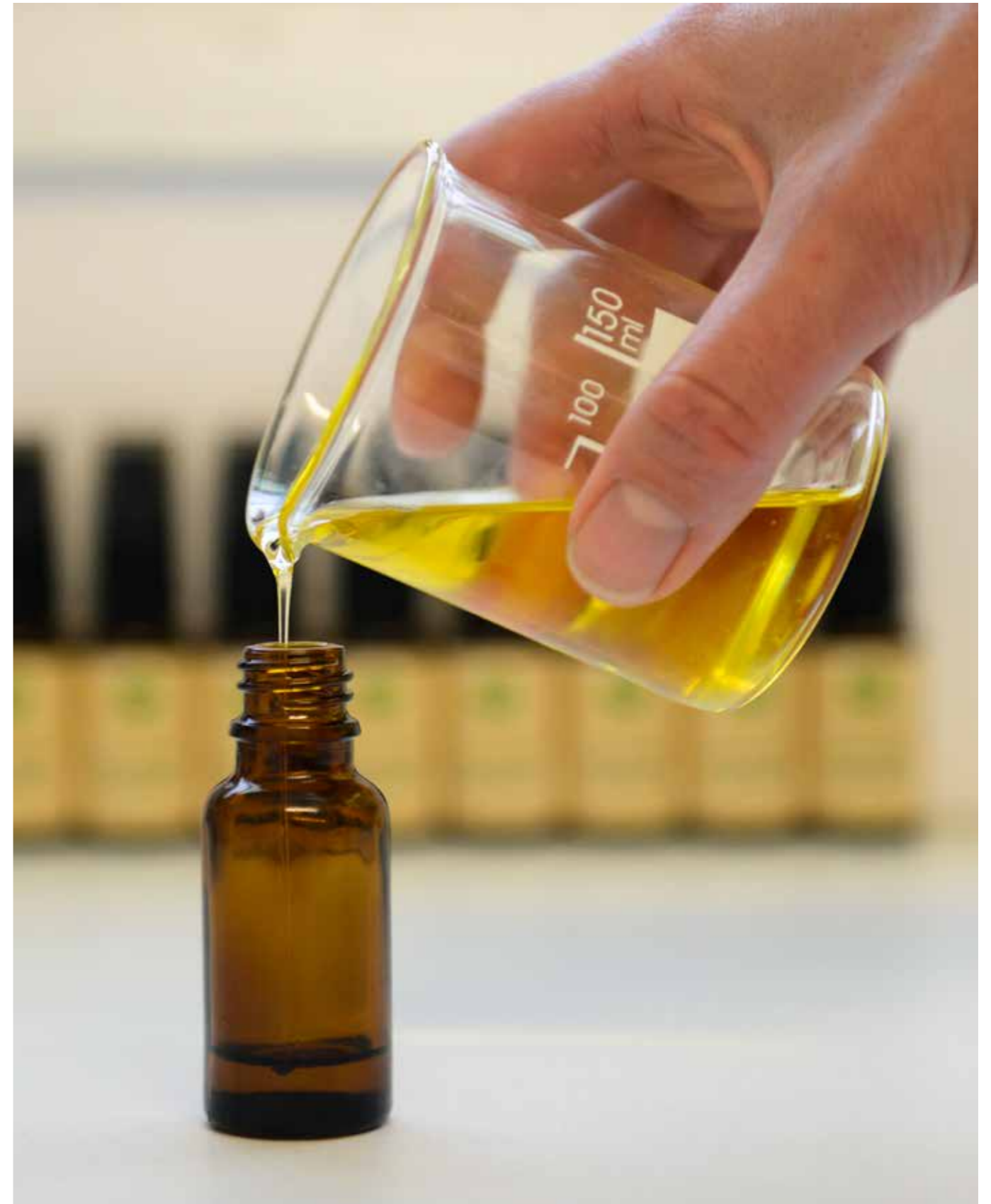
The range covers everyone with products for children, men, women and older skin, with many of the products also helping with specific issues, such as the calendula range which is great for a variety of skin complaints from eczema to insect bites.

Wild Rosehip Face Oil is Natalie's biggest seller, a magical blend of frankincense, ylang ylang, calendula, jojoba and wild harvested rosehip oil. Added into the blend is an exotic rose oil which is created from rose petals hand-picked by women in the legendary Valley of the Roses in Bulgaria.

Another popular product, Wattleseed Exfoliating Cream features finely ground native Australian wattleseed which is wild harvested by traditional land owners. When ground, the wattleseed produces a heady aroma of coffee and chocolate.



Wild Rosehip Face Oil is rich in naturally derived antioxidants including beta-carotene for age spots, vitamin C for collagen production and vitamin E for tissue repair. Calendula soothes and chamomile, rose and frankincense oils tone and help reduce the appearance of fine lines and redness.



Being a mum has made Natalie even more aware of how we live our lives and what we put into, and on, our bodies. The family live an idyllic life surrounded by rolling paddocks and chooks, living mindfully and healthily. Natalie is eager to pass some of this on, with Lhami products designed to be good for your soul, creating a break in the chaos and creating small yet nurturing rituals within our day to calm and centre us.

As word of Lhami's products spreads and people become more aware of what is in many mainstream products, Natalie is growing the range. Conditions such as asthma, exzema and even cancer seem to be on the rise, urging us to be mindful of harmful additives. It seems to absolutely make sense to take our cue from nature.

Natalie's latest addition to Lhami is an element of fun and sees her revisit another childhood passion - candlemaking. Lhami is now offering beautiful kits that include all the materials to make your own candles contained in a vintage stemmed glass. Including, of course, divine essential oils. Just another addition to the nurturing love Lhami products aim to bring to us all.

Lhami is located in Erina Heights.

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Click to read Natalie's article on caring for your child's skin, naturally.

For a list of stockists or to purchase online go to the Lhami website:

www.lhami.com.au

For a fascinating insight into organic skincare and more, follow Natalie and Lhami on Facebook and Instagram



Feel like playing alchemist yourself? Lhami offers a "blend your own" body cream! Click below to choose your favourite essential oil and customise your very own Lhami potion.

CLICK