

DISCOVER A NEW STATE OF MIND

a sneak peek of the 3 themes

The fun-regenerative lifestyle

We are in times of change when we start to awake and thrive for a positive transformation. As a society, we are becoming more conscious of our decision-making, giving priority to things that before were less important or inexistent. Health, love ones, mental wellbeing, inner peace, nature, among others. Our mantra is that finding a balance in your life matters and value quality over quantity is essential. Because no job, toxic relationship, burn out or negative thoughts are worth your mental wellness.

We promote and help you connect with your inner self and others through the magic white island. Spread inspiration, love, fun and good energy is our state of mind shared for your next bright step in your life.

You deserve free time, meaningful relationships and surround by beauty to find inspiration. Your better version is there and we can work on your transformation here.

Top 5 mindful practices for peace and inspiration

In the winter season, be it for the cold or a prosperous and hopeful new year with fresh resolutions, it is a great season to reflect and retreat in a cozy place. We show you 5 easy self-care practices for a better living to personal growth.

Stretching - is good for your mental and physical health, 10' first thing in the morning. It relieves tension, reduces stress and increases blood circulation. Don't forget to inhale and exhale at the end of a stretch releases endorphins that help you calm the feeling of muscle pain.

Breathwork - Bring to awareness your breathing,

this conscious control is said to influence a person's mental, emotional or physical state. You can do this while standing, but ideally, you'll be sitting or even lying in a comfortable position. There are many modalities such as a breath of fire, victorious breath, and pranayama among others. "Prana" means "vital energy" while "Ayama" means "stretching" in Sanskrit. You need to inhale in 4, retain the breath in 8 and exhale in 6. The benefits are many, clears your mind and reduce stress and anxiety, which enhances your cognitive brain function, improves mindfulness in the present moment, improves circulation and sleep quality.

Burn palo santo sticks - made by diverse plants, is a natural tool well known to purify your house from bad energy and negative thoughts. Coming to this ancient practice from South America, the tree has been used for centuries for its supposed cleansing properties. In addition, It can help also with inflammatory reactions such as headaches and stomachaches as well as reduce stress levels but is perhaps best known and used for its spiritual and energy cleansing and clearing abilities.

Simply light a stick and then extinguish the flame with special emphasis at the corners where is said the energy may be stuck, gently waving the stick in the air.

Tibetan bowls bring you a state of meditation, just close your eyes, sit down in a comfortable position and play the bowls. It is the best way to promote relaxation, regenerate the muscles, and minimize the feeling of anxiety. Researchers say it can even stimulate the immune system and benefit brain function.

The cocoa ceremony, heart sound healing - "the Obama cocoa" food of the gods increases 40% the heart, body, and brain oxygen. The cocoa medicine has spiritual benefits such as: Activates the remembering to self-discovery, opens and clears creative channels, kindly brings to the surface subconscious believes and shadows, as an adaptogen bit meets you where you are, adrenaline it takes you to another level.

Top 3 tips to identify a healthier wine

Taking care of yourself is also productive, here it is 3 things you need to know when making a wine choice.

Vegan wine: you might be surprised to find out that some wines are not vegan. Animal derivatives are often used to pour the wine, called fining agents. Especially egg whites, casein, and milk protein are added to remove tannins in red wines or achieve more clarity in white wines. The reason for using fining agents is because there is a market push to get the product ready as soon as possible, altering the circle and timing of the vineyards. If you buy a wine at a standard store, there is a high chance that an animal source was used. For more sustainable and natural products, it is used vegetable derivatives such as pea or potato.

Organic wine: from an organic farming, this healthy wine excludes the artificial chemicals alteration like fertilizers, pesticides, fungicides and herbicides.

According to an IWSR Drinks Market Analysis, over a billion bottles of organic wine will be consumed around the world by 2022. Did you know that Spain is the country with the largest area dedicated to #organic vineyards? said by the FWS, with a 26,88% of world production and growing, however the wine represents in the total organic basket just a 1,5% which makes it the product least demanded by consumers of "organic."



No sugar added: natural from the fruit fermentation. The Sauvignon blanc is the lowest-sugar variety from usual wines, which contributes to their lower calorie count. Generally, if a wine is described as "dry," that means there are less than 10 grams per liter of residual sugar; a "sweet" or dessert wine has more than 30 grams per liter. Wines that fall in the middle of these limits are called "off-dry." Robiza rosé contains 3 gr / lt of natural sugar.

Robiza accomplishes these 3 parameters, and doesn't cause a hangover, drinking in moderation. The grapes grown healthy don't have chemical manipulation, natural sulfites are used, the sugar is coming naturally from the fruit and is used our own natural yeast to provide authenticity to the wine.

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**A CONSCIOUS CHOICE FOR
YOUR BODY AND PLANET**
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