

This Is What 5 Health Influencers Keep On Their Desks (And You Should Too)

Healthy snacks, clean beauty products, and more.

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Image via The Chriselle Factor

This week, you will probably spend at least 40 hours at the office. That's 2,400 minutes spent mostly sitting at your computer, so it's worth making your work space a healthy and inspiring one. For a few ideas about the desktop essentials to invest in, we asked health entrepreneurs and experts who are both professionally successful and thought-leaders in the wellness space to share the items they rely on 9–5 to keep focused, motivated, and inspired. From an Insta-famous nutritionist who swears by her healing gut powder, to the founder of one

of New York's buzziest fitness studio's obsession with a specific natural lip balm, you're going to need your credit card on hand for this one. Keep scrolling!

1 Alexandra Bonetti, Bari founder

- Herbivore coco rose lip conditioner. My lips cannot get enough. Ever.
- Notebook of wins. Writing down accomplishments or goals reached, big or small, fuel your week with positive vibes.
- A copper water pitcher. We all know how important staying hydrated is, and drinking water from a copper container takes it to the next level. Not only do the pitchers make for great eye candy, but they add some great health perks and cleansing properties to the water they hold.
- A palo santo bundle. Whenever I feel overwhelmed or need a reset I burn some palo santo. It calms me down, puts me in a good mood and helps me focus.

2 Julie Montagu, yoga and nutrition teacher

- Pure Integrity Candles are my favourite at the moment! They are made from soya wax and completely cruelty free. I always love to keep a candle in my work space for the fragrance.
- Avocado lip balm from Fruu is totally natural and infused with Aloe Vera which is extra calming. This is something I always like to have on hand to avoid dry lips.
- Green tea bags—I always have a stash of green tea bags on my desk to choose from during the day. Teapigs, Pukka and Rooibos are among my favorites!
- A water bottle—water bottles with filters are a great way to save money and always have a healthy drink to hand. The Brita Fill and Go is a good choice!

3 Lee Holmes, nutritionist and blogger

- I try and keep my desk relatively minimal with no excess clutter but I always have my Natural Instinct rose hip oil in my desk draw as I apply it to my hands and face a couple of times during the day.
- I also love the Milk by Michael Klim coconut kiss lip moisturizer as depending on the weather sometimes my lips can get dry so that's in the drawer too.
- I have my Heal Your Gut Powder in my food drawer which I drink with a glass of water a couple of times a day. (I have a food drawer under my desk too!)
- There's usually a few sesame crackers stashed in a bag on my desk too, they're my snack secret weapon of choice.

- I may or may not also have a few squares of dark chocolate!

4 Alisa Vitti, hormone expert and FloLiving founder

- I keep a set of crystals near my desk at work to help keep me grounded while I'm in the digital virtual reality of having an online business.
- I also have a few uplifting essential oils—lavender and orange—to help with energy and mood. Mostly, I like my desk to look serene and smell delicious so I can be primed to do my best work.

5 Dr. Debbie Palmer, dermatologist and author of *Beyond Beauty*



Image via Replere

- I keep my Beauty Shooters on my desk.
- I also have a post-it note to remember to meditate. I try to take five minutes between patients, several times a day, to close my eyes and focus on a mantra. I find doing this helps keep me balanced.