

# Olivia Owens

Hair Blonde

Long days catering to every whim of the rich and famous require a breakfast of champions, as gorgeous Olivia Owens discovered while she crewed on superyachts drifting around the azure Mediterranean in her early 20s.

Olivia would rise extra early to spend hours creating delicious healthy breakfasts for herself and her shipmates, styling and photographing them for Instagram against the backdrop of Europe's glittering ports and stunning beaches. @breakfast\_babes was born; and as Olivia continued her travels with the man who would become her husband, Mohi, she never went anywhere in the world without her iPhone and a bag of ingredients for a super smoothie bowl!

Now a mum who lives in stunning Mount Manganui with her husband and young son Luca, creating delicious, healthy meals from scratch – which don't cost the earth – continues to be a priority for Olivia, who is now also a qualified personal trainer, yoga and pilates instructor.

Olivia is extremely passionate about health, wellness and encouraging others towards a more vibrant lifestyle - whether that be by sharing new products; healthy and easy meal options, ideas around supporting healthy hormones, or talking about tips and tricks about keeping mental health in-check.

Mental health is a subject close to Olivia's heart, as she experienced a bout of post-natal depression following the birth of her son. Rather than slap on a smile and pretend she was fine, Olivia bravely chose to share her experiences with her followers, and was overwhelmed with the response she had.

After giving an interview for [thesimplisticroad.com](http://thesimplisticroad.com) about her struggles, Olivia was inundated with messages from women reaching out about their own experiences with PND. Olivia considers it one of her greatest privileges to be able to engage with this community of women; sometimes offering help and advice; sometimes just listening.



*outspoken*

Driven but down-to-earth, Olivia values compassion and kindness above all else, and seeks common ground with her students, always making people feel calm, relaxed and free to be themselves in her presence.

From a loud and super-close family of seven, she loves creating meals for family and friends, being outdoors, surfing, swimming, beach days and getting out for walks.

Her mornings start at 5:30am to teach personal training sessions or lead pilates and yoga classes; which flow into a busy day of parenting, cooking & creating, teaching more classes, communicating with her Instagram community, as well as fitting in time for meditation and self-care.

Olivia only shares products with her followers that she is absolutely excited and passionate about. In the past she has worked on collaborations with Sans Ceuticals; Eve Health and Be Pure; Dose and Co; Biotrace; Beauty Tofu; Ruby Boutique; Fresko and Up Beat Eats.

Her beautiful content reflects Olivia herself; carefully considered, inspirational and, glowing with good health.