

march 2022 march 2022

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fluxus
mindful. creative. sustainable.

who we are



Hi there! We are Fluxus, a brand that produces content with the goal to encourage sustainability, mindfulness, and creativity. Created by two sisters, Fluxus has become our passion project and creative outlet. This edition, formatted to be viewed digitally, is a true reflection of where we are in our personal journeys of change. Fluxus, being the latin word for 'flux', means 'a constant state of change'. Our name is just the perfect depiction of this brand and who we are as individuals. We are always changing and evolving and hope you embrace this facet of yourself. We want to extend our thanks for reading the words that come from our inner most selves.

All of our love,
Ren & Nikole



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woman

Growing up, I felt that society told me that women were created to be feminine wives and mothers. Women were either feminine or masculine and that one was more desirable than the other. Women were either family-oriented or career-driven.

But the truth is, there is no one-size-fits-all. Women are not designed to be

one thing. Women are powerful, intelligent, hard-working, and kind. We can be both masculine and feminine, mothers and business women. We should embrace our duality and celebrate our passions and personalities.

When I was younger, I was sometimes called a “tomboy”. I enjoyed being competitive in sports, playing with cars and dinosaurs (things that were stereotypically labeled as boy activities). But I also loved playing with my dolls in my pink room.

First of all, let’s stop calling girls “tomboys” for enjoying sporty, adventurous activities and reinforcing gender roles. Secondly, let’s allow children to explore every side of themselves. I thought I had

to choose between being masculine or feminine. In reality, femininity and masculinity are just labels that we attached stereotypes to. It's natural for women to be nurturing to their children and also have a strong passion for their work. It's natural for women to be strong and powerful and also exude delicate beauty. Embracing duality as a woman can mean different

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things to different people. For me, it comes down to welcoming all aspects of my own personality & passions. It also means finding a balance and knowing that I have the power to make my own decisions. Embracing my duality filters into all aspects of my life and it's about telling myself that it's okay to experience life in different ways. ✨



Self Care for Vaginas

Disclaimer: I am not a medical professional, and you should not take my advice in place of seeking medical attention. Think of this article as big sister-ly advice from a fellow vagina owner.

As a vagina owner of 24 years, I know a thing or two about a thing or two. Unfortunately for me, growing up in a conservative home and going to a school that didn't include sex education as a part of their curriculum left me mostly unaware of how to care for myself for a long time. The good news is that thanks to fellow women, life experience and the internet, I've learned how to take better care of my vagina. Without further

ado, here is a list of tips that I wish I had when I was younger.

Let's start with the basics. Vaginas. Are. Self-cleaning. Please for the love of god don't douche or put any kind of wash inside yourself. Your vagina has a pH of between 3.5 and 4.5, and disrupting this balance can lead to infections. While the inside bits take care of themselves, cleaning your vulva should be a daily routine. All it needs is water, but if you want a little more, be sure to get something mild, without fragrance and has a pH that won't disrupt the pH of your body (personally I use an unscented dove bar of soap). Vaginas aren't

meant to smell like flowers, they each have a different scent and it's best to be familiar with your own. Knowing what's normal for you will help you know when something's off, and oftentimes what action to take. If you suddenly start smelling like a fish market downstairs, best to book an appointment with your doctor or gynecologist.

Vaginal health, just like other organ health, really benefits from

the things you consume. Good probiotic foods like Greek Yogurt and Kimchi are good to add into your diet if you haven't already (remember, a healthy gut can help lead to a healthy vagina). Lemons are also great, as they help balance

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your pH levels. You can add lemon juice to warm water with honey for a nice tea, or just slices to your water bottle. Cranberry juice was a weird one for me to find out about, but it is great for vaginal health and it helps fight off UTIs! You may have heard that pineapple juice helps you taste better, and while I'm

not entirely sure if that's true, fruits with Vitamin C, like pineapple and celery, are great for your vagina.

Finally, (kinda goes without saying, but still) water is so so so important!! Hydrating your insides will help all of your organs function properly, and that includes your vagina!!

My last group of tips cover prevention. Please please please use condoms, and not just when having intercourse with men!! If you prefer other vagina owners, you should still use condoms, as you can still get STDs and STIs without penetration from a penis. Also, like when it comes to wiping your bum, never ever go back to front (at least not before changing a condom or thoroughly cleaning). Another big tip that I didn't know for the longest time is to pee after sex. Peeing after sex helps prevent UTIs, trust me, you want to always do this!! Like I mentioned earlier, it's a great idea to become familiar with yourself!! Know what's normal for you, so that you can know when something is abnormal. You should also get tested regularly, in accordance to how

many new partners you introduce to your body. Along with regular testing, and I cannot stress this enough, PLEASE get a pap smear!! Getting regular paps is a great way to help prevent cervical cancer. Also, do yourself a favor and wear cotton underwear and let the girl breathe!! Sleeping naked is also great, it helps allow for breathing room for your vagina, and has also been shown to increase body confidence. My final tip is to make lube your best friend. While it always makes sex feel better, it can also help prevent micro tears.

I hope that in seeing your vagina as something to be looked after, you will develop a stronger sense of self love and appreciation towards your genitals. ☾

Flow with the Flow

5 Yoga Poses To Do During Your Period

Menstruation cramps and pains are so uncomfortable. These are my go-to yoga poses for when my period cramps pay me a visit. All poses below are able to be done in bed!

Balāsana / Child's Pose

This is probably my favorite for period cramps. Keep your big toes together, knees can stay together or apart (I like to separate my knees and put a bolster in between my legs). Sink your hips down and reach your hands forward or rest your forehead on the ground, a mat, your bed or on your hands if that's more comfortable.

Waterfall

Lift your legs up toward the ceiling, keeping your back and head on the ground. Maintain a gentle bend in the knees. (Can also be done laying down next to a wall with your legs propped up on the wall).

Supine Twists

Hug your knees in towards your chest on an inhale. Exhale as you let your knees fall to one side, gaze turns to the opposite side.

Paschimottānāsana / Seated Forward Fold

For menstrual cramps, I like to place a bolster in between my legs as I



melt my chest down onto the bolster. If your chest doesn't rest on the bolster comfortably, bend your knees. This doesn't need to be your deepest fold.

Cat/Cow

Find your tabletop position. Bring the wrists in line with the shoulders and

knees in line with the hips. Inhale to drop the belly and lift the gaze (cow pose). Exhale to round the spine and push the mat away (cat pose). ✨

a note from the writers

In celebration of Woman's History Month, this edition is all about femininity ! We are so excited about this year & are pumped about the things we have coming soon. You can currently look forward to our weekly podcast episodes every Tuesday and our monthly digital editions (like the one you're reading now) that come out on the 15th of every month! We will most likely announce new content and projects on our instagram, so please make sure to follow us there. We would also love some feedback! Let us know your thoughts on our digital layout, content you would love to see from us, and anything else! DM us or feel free to send an email.



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