

# THE BEST HEALTH SUBSCRIPTIONS MONEY CAN BUY

CUT BACK ON THE MENTAL LOAD WITH THESE *WHOK'D* SET-AND-FORGET WELLBEING DROPS

You've got mail

The panic when you realise you're down to the penultimate sheet of toilet paper. The overwhelm at the thought of fighting to secure a place in next week's gym class. That slight twitchiness when you go to make a pre-meeting coffee and discover you're completely out. Thanks be, then, to subscriptions, which let you swap

decision fatigue and the feeling that your brain has one too many tabs open for a weekly, monthly or bi-monthly 'add to cart' that can then be struck off your to-do list. All the better if those services do your mind and body good. Whatever you're after (check the key over the page), we've got you covered. Right this way, friend...



## Cheex

Like Netflix for your sex life (sex-flix?), Cheex is a subscription service for audio and visual porn. With prices starting at **\$21.90 per month**, the sex-positive platform is a community that helps educate and empower women to understand their sexuality via digital tutorials and workshops. All content is ethically produced, meaning contributors are treated and paid fairly.

● [getcheex.com](https://getcheex.com)



## Heavily Meditated

For **\$7.99 a month** you can get high on life.

This down-to-earth meditation app offers a heap of guided modern meditations, some as short and sweet as 10 minutes. You can choose your flavour depending on how you feel, how much time you have or the technique you want to play with; set reminders and daily intentions; and track your progress to make meditation a habit.

● [heavilymeditated.app.com](https://heavilymeditated.app.com)



## Glo

Yes, in-person yoga is great but if you don't have time, a Glo subscription (about **\$33 per month**) is a game changer for your 'get into yoga this year' goal. With live and on-demand kundalini, hatha and Iyengar classes, as well as barre and breathwork, this app is ideal for long-time yogis and newbies alike.

● [glo.com](https://glo.com)



KEY



**PELOTON**

“Not since CrossFit has a workout given rise to such a cult following – and when you see the sheer vastness of the workouts on offer in Peloton’s monthly subscription, you’ll know why. Even if you don’t invest in the snazzy bike and/or treadmill (disclaimer: I have the bike and love it), the **\$16.99 per month** membership includes an insane back catalogue of classes – thousands across cycling, running, strength, yoga, Pilates, barre, stretching and meditation – plus a live timetable. They’re genuinely fun, especially when you work out which instructors you gel with. It’s replaced the gym membership I had pre-COVID for a fraction of the price and without the commute.” – Victoria Joy, writer  
 ● [onpeloton.com.au](http://onpeloton.com.au)



**Who Gives a Crap**

You do, that’s who – and won’t your house guests know it when they clock this brand’s signature bold packaging perched beside your dunny. Not only does this service remove the mental load of remembering to pick up toilet paper (choose from **48 three-ply rolls for \$60 or 24 for \$38**), but 50 per cent of profits go towards building toilets and improving sanitation in the developing world. Add-ons include tissues, paper towels and cloths. Nothing crap about that.  
 ● [whogivesacrap.org](http://whogivesacrap.org)

**WithU**

Sound is making waves in wellness and WithU is no exception: the audio-only platform is like having a PT in your ear, giving instructions for workouts across HIIT, running and yoga without the added distraction of looking at a laptop or a TV screen. Some workouts are available free; the full library costs about **\$18 a month**.  
 ● [withutraining.com](http://withutraining.com)



**Micropod**

Micropod offers DIY microgreens – seedlings of herbs and vegies that pack a mega nutritional punch. Get started with a grow kit (**from \$42**) then sign up for auto-ship to receive regular refills of seed mats (**from \$14**). Just add water – in about two weeks the seedlings will be ready to snip and sprinkle over salads, soups, sangas and more.  
 ● [micropod.com.au](http://micropod.com.au)

**Jonny**

Good sex is safe sex, so make sure you’ve always got protection sorted with help from Jonny. These vegan, lubricated condoms come in chic packaging, with a handy little biodegradable bag for discreet disposal after use. Subscribe for a regular delivery (options start at **\$8.46 for six**) and not only will you never be caught with your pants down, you’ll save 15 per cent on your rubbers, too.  
 ● [jonny.com.au](http://jonny.com.au)

**ENDEL**

“My concentration wavers when I’m working away from the office, so when a colleague recommended Endel, I downloaded it on the spot. An AI-powered sound app, Endel draws on inputs such as your location, environment and heart rate to offer a soundscape that boosts productivity. The Deeper Focus soundscape is a shortcut to accessing that flow state where the world disappears and you’re completely engaged in your work. For **\$79.99 a year**, it saves me so much time.” – Bridie Wilkins, writer  
 ● [endel.io](http://endel.io)

**Fetched**

Your pup means the world to you, so of course you worry about their nutritional intake. Enter dog food subscription Fetched. It uses human-grade ingredients like kangaroo and lamb, plus goodies such as flaxseed oil and carrots, in its premium, grain-free kibble. Let Fetched know your dog’s details (like size and activity levels) to get a box of perfectly portioned, healthy pet food in recyclable packs, delivered to your door, **from \$79**. Pawfect.  
 ● [fetchedco.com.au](http://fetchedco.com.au)



**Pod & Parcel**

Coffee pods are a scourge on the earth, right? Not if you use Pod & Parcel’s biodegradable and compostable pods. You’ll get a guilt-free tasty brew that’s sustainably sourced, right down to the cardboard-box packaging. Choose a subscription – **from \$7.89 for 10 pods** – and your caffeine fix will arrive at your door as often as your habit requires (FYI: research shows that up to 3.5 cups per day is linked to a longer lifespan). Plus, all deliveries are carbon offset so you can enjoy your java in peace.  
 ● [au.podandparcel.com](http://au.podandparcel.com)





## BACK TO BASICS

You're done with diets and restrictive meal plans - now what? Get Back to Basics. Developed by dietitian Lyndi Cohen, this app is an anti-diet guide to healthy eating, with more than 500 recipes, a flexible meal planner and expert mindset advice to help with cravings and emotional eating. It also comes with at-home workout videos and meal-prep guides, plus a handy customisable weekly shopping list feature. With recipes like poke nachos and slow-cooked beef on the menu, you'll be well fed. Prices start at **\$15 per month**.  
 ● [lyndicohen.com/back-to-basics](http://lyndicohen.com/back-to-basics)

## Jusi

From your morning collagen powder to your evening magnesium, keeping track of your supplement schedule can feel like a full-time job. Jusu, founded by former pro tennis player Silvia Kramka, aims to streamline the process with a monthly supplement box. It's split into am and pm, with three daily tablets to top and tail your day. The morning sachet covers immunity, hair, skin and nails, and energy; the evening round works on gut health, stress and sleep, and liver cleansing. Just add water. On a subscription, a supply of vitamins will set you back **\$161.10 for 30 days**.

● [jusi.com.au](http://jusi.com.au)

ALWAYS READ THE LABEL AND FOLLOW THE DIRECTIONS FOR USE. VITAMIN AND MINERAL SUPPLEMENTS SHOULD NOT REPLACE A BALANCED DIET



## Make My Shave

Dermatologists recommend changing your razor every five shaves to avoid irritation. If that's the kind of life admin you never remember, check out Make My Shave, a women's razor subscription tackling stubble and sustainability. The starter kit, including a reusable handle and two razor heads, costs \$21.99 and comes in eco packaging. Then set your razor refill delivery (**four blades for \$21.99**) for one, two or three months. Every six deliveries you'll get a compostable mailer to return your blades for recycling with TerraCycle. Shipping is free and each order plants a tree for our wildlife.  
 ● [makemyshave.com.au](http://makemyshave.com.au)

## YourCycle

Have good intentions of tracking your cycle but still get taken by surprise with not a single tampon in the house? It happens to the best of us, so we advise you to acquaint yourself with a period-care subscription - namely, YourCycle. Build your own box of pads and tampons, which are made with 100 per cent organic cotton, take just 12 months (rather than 500 years) to break down, and will be delivered to you in sync with your cycle. There's a handy free app to help you stay on top of your cycle, and for every annual purchase, YourCycle donates three years of period products to someone in need. Makes menstruating something to feel good about. **From \$6 + postage**.

● [yourcycle.org](http://yourcycle.org)



## Software

Software is designed to sort your skin woes with personalised, prescription-grade skincare via the world wide web. After a digital consult with a derm to assess your skin issues, the brand creates a customised plan to serve your goals, whether that's anti-ageing, nixing acne or addressing pigmentation. Your script is then formulated and sent directly to you (in très chic packaging). It costs **\$88 for your initial custom formula then \$44 a month**. Plus, you'll have regular check-ups with your doc to keep track of your progress. Looking good.

● [skin.software](http://skin.software)



## CATHARTIC

If your hobbies include attempting to scroll to the end of the internet and updating your Mecca basket, we recommend you get one that's a little less screen-centric. Having a hobby has even been associated with lower blood pressure and fewer symptoms of depression. No clue where to start? CathARTic is a good place: a new craft kit is posted out each month (**\$35 for a single box**; you'll nab a discount on three and six-month subscriptions) to keep your creativity progressing.  
 ● [catharticbox.com.au](http://catharticbox.com.au)



Special delivery

## Kin

Going to the doctor every year just to get a script for the pill is a hassle no one has time for. Enter Kin, a service designed to make getting your contraception easy. Start with a questionnaire to suss out your preferred brands and health, then a text convo with a real GP to prescribe your meds. Confirm your order and your pill will arrive at your door in one to three business days, with refills appearing every two weeks. It costs **\$55 per year** plus the pharmacy cost of your script, and you can access a GP any time if you have Gs.  
 ● [kinfertility.com.au](http://kinfertility.com.au)



## WellRead

You love to read. You just... haven't in a while. Aside from your never-ending Netflix queue, part of the problem is, we're guessing, finding a reliably great book among the overwhelming array of choices. Virtual bookstore WellRead is designed to come to your reading rescue - **subscribe to a monthly or bi-monthly delivery (\$35)** and you'll get a literary surprise in the mail, thoughtfully selected to work your grey matter with compelling themes, rich plots and nuanced characters. The benefits of reading? A better memory, reduced stress, great sleep and the ability to impress friends at dinner parties.  
 ● [wellread.com.au](http://wellread.com.au)



## Toothcrush

Oral health products are difficult to recycle, with toothbrushes among the worst offenders. Bamboo brushes are an alternative to all that plastic, and with a Toothcrush subscription (from **\$35 a year** for quarterly delivery), you'll get a new bristle colour every time. Cute and hygienic.  
 ● [au.toothcrush.com](http://au.toothcrush.com)

## DIPSEA

Like Cheex, Dipsea is an empowering erotic platform designed with women in mind. At **\$21.49 a month** (or \$97.99 for an annual subscription), what makes Dipsea different is that all its stories are told via audio. Here, you'll find sexy and inclusive storylines, 'immersive pillow talks' (where the characters talk directly to you) and even bedtime stories for those nights when only sleep will do.  
 ● [dipseastories.com](http://dipseastories.com) **WH**

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