

Seasonal Wellness Rhythms

Supporting your health through Kenya's seasons — and the week

Wellness isn't only about what's in the cabinet — it's also about rhythm. A few small adjustments through the year, and through the week, go a long way toward steady health.

The Long Rains (March – May)

Cooler, damp weather is when colds and chest congestion travel fastest. Keep ginger, eucalyptus, and thyme within easy reach, and lean on warm teas through the day rather than cold drinks.

The Dry, Cool Season (June – August)

Drier air tends to show up on the skin first. This is the season for aloe vera, calendula oil, and a little extra water through the day — dehydration is easy to miss when the heat itself isn't obvious.

The Short Rains (October – December)

A second damp stretch, and a busy one for most households. Garlic and moringa are easy to fold into daily cooking for steady immune support without adding another task to the day.

A Weekly Rhythm of Rest

Beyond the seasons, the body was made for a weekly rhythm too. Setting aside one day to rest — away from orders, errands, and screens — does as much for steady health as any remedy on a shelf. It's part of why our own ordering pauses for a day each week: rest isn't a delay in the healing journey, it's part of it.

This guide offers general wellness information only and is not medical advice. Please consult a healthcare provider for guidance specific to your circumstances.