
On life & self-care after age 65

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Have you met different versions of yourself? What have they taught you? We'll encounter new aches and pains as we grow older, but we also get to experience the beauty of learning new and deeper parts of ourselves.

At Ghlee HQ, we're feeling especially grateful for our mothers and grandmothers. They've carried on family & cultural ways of being and have created new traditions, thousands of miles away from home. Along the way, they're adding new layers to their own identities — while teaching us how to move through life with intention.

In this week's newsletter, we're exploring the life and rituals of Ghlee's very own Alka Sharma: co-founders Varun and Arati's mom. We asked Alka, *What are you looking forward to as you get older?* Scroll slowly and joyfully to hear her story and self-care tips (red lipstick included).

meet alka

Alka Sharma is the "life of the party" and the #1 inspiration behind Ghlee. She grew up in Punjab, moved to Canada in her 20's, has four grown children, and is currently enjoying the slowness of retirement life with her husband.

On set with Ghlee, Alka shares her intention in life, making ghee in her childhood, and how she felt when Varun made the [Muscle Balm](#) for her knee pain.



[WATCH ALKA'S STORY](#)

Too good not to share: Baljit Singh, our talented campaign photographer, commented on Instagram —



bsinghh 22h · ❤️ by author

"I don't deny" - Alka, 2024

I've been quoting this everyday since the shoot. She's my idol.



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Reply

"I am 65 next year, but I'm getting younger and younger!
Now that my kids are older, I want to be myself and explore
myself more." —ALKA

on the blog

I was a little nervous to talk to Alka Aunty. This is only because we hadn't met before, and I wanted her to have a great interview over WhatsApp. As soon as we said our "hi / hellos," that feeling disappeared and was replaced by her warmth, humor, and generosity. I'm excited for you to experience Alka Aunty's vibrant personality and joyful world, too.

— Samia Abbasi

Ghlee, Content Strategist

In this Made With Ghee Interview, Alka explores her childhood in Punjab, natural remedies & rituals, and how she stays active & joyful in life.



Q. What remedies did you bring with you when you moved to Canada?

ALKA: I came to Canada at the age of 24, when I got married to my husband. I've been living here for most of my life now! Being away from home was very hard. Everything was different.

While raising my kids, I made sure to use these natural remedies that I learned from home. This included: using ghee in my cooking and warming ghee up with spices for *tel malish* (oil massage) when they were sick or aching. Now, when I see my ghee pot in the kitchen, it brings me ease.

[READ ALKA'S INTERVIEW](#)

"I tell my kids: Don't be stressed. Be happy and positive.
Take care of yourself." —ALKA

alka's self-care list

- ✎ **1. Bless my home** with incense & ghee. This is my meditation in the morning.
- ✎ **2. Wear red lipstick** as a mood-lifter & Ghlee's [Lip Balm](#) for soft, smooth lips.
- ✎ **3. Put on SPF** for healthy skin and sun protection. I look great, no?
- ✎ **4. Go on walks every day.** It's important to stay active as you get older.
- ✎ **5. Drink chai** with fennel seeds, cloves, ginger, & a little bit of ghee.

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P.S. Get ready for gifting season.
Our Black Friday sale begins on November 22nd.

from land to skin

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