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**"Who am I without dance?" - Benita**

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Welcome to Made With Ghee: our newsletter on all things life and Ghlee. In between the beautiful and busy times of building our brand, we want to slow down and share some Ghlee-ful stories with you — energizing profiles & blog posts, catch-ups from the team, and the best recs from our community.

We're in our Muscle Balm Era, exploring extraordinary people and their everyday aches. Grab your chai (or something bubbly?) — we're dipping into this week's installment: on dance, change, and healing, with classically trained Bharatanatyam dancer, Benita R.

— Team Ghlee

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**meet benita r.**

Benita is a lawyer and has trained as a dancer & choreographer for the past 15+ years. On set with Ghlee, she shares what Bharatanatyam means to her and how she keeps her muscles conditioned to perform at her prime.



[WATCH BENITA'S STORY](#)

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"Dancing makes me feel like I'm on top of the world.  
There's no limit to it." —BENITA

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**on the blog**

On our Made With Ghee Interview series, we were curious about Change. Are you good at change? Do you invite it into your life, or do you actively avoid it? We chatted with Benita

about how she's encountered change in her life, dance as a source of healing, and what self-care looks like for her (skincare and TV show obsessions included).



## Q. What was a memorable moment of change in your life?

**BENITA:** I went to law school abroad in London, and that was a long flight away from home. Studying abroad was a challenging moment in my 20's, both mentally and emotionally. I navigated so many new, difficult, and different things, away from my friends and family. What really helped me navigate this change was incorporating my routine from home, practicing self-care, and buying home decor that reminded me of home.

[READ BENITA'S INTERVIEW](#)

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**"Even though there's difficulty in change, there's beauty in unveiling the better parts of yourself." —BENITA**

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## benita's top recs

- 📌 **TV Show:** [Nobody Wants This](#) (2024)
- 📌 **Bodycare:** [Muscle Balm](#) by Ghlee
- 📌 **Skincare:** [Moisturizing Lotion](#) by COSRX
- 📌 **Beauty:** [Creme Blush](#) by Patrick Ta

SHOP MUSCLE BALM

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*from land to skin*

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