



niix

# NIIX TRICKS FOR BUSY WOMEN

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Time Saving Hacks from the  
UK's most celebrated bloggers

# Welcome

It is our great pleasure to introduce you to **niix tricks for busy women**: a series of tips donated by the UK's most celebrated lifestyle, travel & parental bloggers who have some clever tricks up their sleeves to help you fit more time into your daily routine.



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## A Quiet Style

Hello, I'm Emma, and I'm a blogger at A Quiet Style; a place where I chat about the things I love; simple interiors, well-being, photography, flowers, and fashion. From time to time, I also write about my life, slowing down, and my two daughters, Elvia and Dottie.

### My #1 tip to save time is:

Have a place for your kid's coats/shoes and school paraphernalia, and get them in the habit of putting these items in those places when they get home. Not only does it save time in the morning, as you aren't wasting valuable minutes searching for things, it also makes pre-school mornings a whole lot less stressful.

**Emma Harris**

[www.aquietstyle.co.uk](http://www.aquietstyle.co.uk)



## A Beautiful Space

I am Becky Goddard-Hill; a writer and a mother of 2 gorgeous young children. My blog is a place for me to share the beautiful things in life from art to travel, fashion to interiors.

### My #1 tip to save time is:

Have a coffee and 10 minutes' peace, if you can try sitting out doors and just breathe in the morning. Let yourself properly wake-up.

Being properly awake, ready to go and well organised will give you a fabulous start to a productive day ahead.

**Becky Goddard-Hill**

[www.abeautifulspace.co.uk](http://www.abeautifulspace.co.uk)



## Apartment No.4

I'm Victoria Jackson and I run the award-winning blog Apartment Number 4, designed to help people create a stylish home on a budget. We edit the inspirational and showcase the affordable.

### My #1 tip to save time is:

There is a super simple rule to live by when it comes to time management. If it takes less than two minutes, just do it. Do you need to clean your desk? Then do it. You need to make an appointment for your dentists? Do it now! There's no room for procrastinating when it comes to the two-minute rule. You'll soon discover how many things you can actually get done through the day.

**Victoria Jackson**

[www.apartmentnumber4.com](http://www.apartmentnumber4.com)



## Alexa's Attic

My name is Laura. My blog Alexa's Attic is where I document life with my three children, and my love for makeup, skincare and fashion!

### My #1 tip to save time is:

As a full time working mum to three children with tons of washing, I put on a wash whilst im in bed set on a timer so it finishes not long before I get up, get up 5 mins earlier the washing has finished and on the line before the children are even out of bed.

**Laura Brooks**  
[www.alexasattic.com](http://www.alexasattic.com)



## Beyond The Bathroom Scale

My name is Karen Oliver and I run the health and fitness platform for busy women; Beyond The Bathroom Scale.

### My #1 tip to save time is:

Spend a few moments on a Sunday to plan healthy meals for the week ahead, keeping your schedule in mind and any workouts you may have planned (as you may need to eat a little more on these days). Then check your fridge and cupboards to see what you already have in and what you need to buy, before writing your shopping list.

Make sure you only buy what's on your shopping list, and this way you'll know you're only buying what you need (saving money and food waste) and that you'll only have the healthy food you've planned to eat in the house.

**Karen Oliver**  
[www.beyondthebathroomscale.co.uk](http://www.beyondthebathroomscale.co.uk)



## Boo Roo & Tigger Too

Boo Roo and Tigger Too is written by Sarah is a work from home mum of three, Roo (Nov 2006), Tigger (Nov 2010) and Piglet (Nov 2015).

### My #1 tip to save time is:

Have three laundry baskets lined up whether it be in the utility room, on the landing or the corner of the kitchen. One for whites, one for colours and another for towels/bedding. Encourage everyone to sort their washing as it goes into the laundry baskets to enable you to simply fill the washing machine with whichever is the fullest.

**Sarah Anguish**  
[www.boorooandtiggertoo.com](http://www.boorooandtiggertoo.com)



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## English Mum

My name is Becky, mum of two, wife and helicopter pilot. I work from home on the blog English Mum, while in my spare time I'm an enthusiastic cook and food lover.

### My #1 tip to save time is:

Wardrobes can quickly get cluttered with items that are worn out or too small, especially when you've got kids that seem to grow a bit more every time you look at them. My favourite trick is to make sure that all the hangers are facing the same way. Every time something gets used, washed and replaced in the wardrobe, just turn the hanger the other way, then every few months you can quickly see the things that aren't being used any more and bag them up to donate to friends or charity.

### Becky Wiggins

[www.englishmum.com](http://www.englishmum.com)



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## Elizabeth Danon

My name is Liz and I own EDIT – a place for de-cluttering and interior design using a mindful approach.

### My #1 tip to save time is:

Decluttering.

When it comes to decluttering areas of your home, my top hack is to remove everything from the shelves, inside the wardrobe or in cabinets and place it on the floor.

Next you decide which pieces are your favourite, which you either love or find useful and place them back. What you'll be left with will be either a capsule wardrobe with your most beautiful clothing, shelves that are adorned with your most precious items and cupboards neatly organised with the items you need most.

The rest can either be sold, donated or recycled. Though it might feel like a challenge, the feeling you'll get afterwards (also during) is a sense of new beginnings and a fresh start.

### Elizabeth Danon

[www.elizabethdanon.co.uk](http://www.elizabethdanon.co.uk)



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## Exeter Baby Activities

I'm Arabella, 40 something mum of two strong girls aged 14 and 6. I work with local (and national) businesses to help them promote themselves to the thousands of families here in Exeter.

### My #1 tip to save time is:

Invest in a couple of nappy pouches and stock with nappy, washable wipes, spare romper, muslin and tiny toy. Keep one in the car and one by the front door – that way you are always ready for a quick get away.

### Arabella Greatorex

[www.exeterbabyactivities.co.uk](http://www.exeterbabyactivities.co.uk)



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## Fresh Design Blog

My name is Rachel editor of modern and contemporary home interior design blog, Fresh Design Blog. The blog features an array of product ideas, from high street stores and well-known names, to new and up-and-coming designers.

### My #1 tip to save time is:

Save yourself cleaning time by ditching open shelving in the kitchen! Open shelving is really popular and looks great at first, but it's a major magnet for dust. Having to take off every mug, plate or storage container to dust is time-consuming and, if you don't do it regularly, your shelf can become super dusty. So save yourself time in the long run and stick to cupboards or cabinets in your kitchen. If you particularly want to see your shelves and their contents, glass doors work just as well and keep your shelves cleaner!

**Rachel Newcombe**

[www.freshdesignblog.com](http://www.freshdesignblog.com)



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## Go Eat Do

My name is Stuart, I am a travel writer that was shortlisted for the Travel Blogger and Vlogger of the Year award at the Travel Media Awards of 2015 and 2016

### My #1 tip to save time is:

Get into the habit of saving electronic documents into logically named folders when you create them. Give the document a name that makes sense too. Once you have numerous word documents on your laptop it can take an age to find the correct one if you don't use a rational naming convention. Being neat and tidy in the virtual world is just as important as being orderly around the home.

**Stuart Foster**

[www.go-eat-do.com](http://www.go-eat-do.com)



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## Gypsy Soul

My name is Gina Caro. These days I am a work at home Mummy. I'm a freelance writer and the editor for Mumsnet Devon. The main topics I cover are Simple Living, Natural Beauty, Zero Waste, Wellbeing, Thrift and Lifestyle posts.

### My #1 tip to save time is:

One thing that has completely changed our lives is decluttering our house. Our home is now organised and everything has a place which means I no longer waste time searching for things. Obviously decluttering your home isn't something that can happen overnight, it takes time and effort but once it's done you'll find it was certainly time well spent. It really has made a huge difference to our daily routine.

**Gina Caro**

[www.gypsysoul.co.uk](http://www.gypsysoul.co.uk)



## Home & Horizon

I'm Laretta, a travel journalist by day and a blogger (and vlogger) by night – sometimes even until the wee hours. I'm mum to two tweens – Nadja (9) and Luis (11) and the wife of a fabulous school teacher. I have two passions in life – interiors and travel – hence the name Home and Horizon!

### My #1 tip to save time is:

I try to use 'dead time' to complete mini tasks. For example, if I'm waiting for a phone call I'll do some dusting; when brushing my teeth, I'll be cleaning the sink with wet wipes (or doing lunges!); and when I'm commuting I'll be catching up on social media on my phone.

#### Laretta Wright

[www.homeandhorizon.com](http://www.homeandhorizon.com)



## Lifestyle Enthusiast

Hello! I'm Reena, a twenty something London-based travel and food blogger, with a love for incredible restaurants, great tea, luxury hotels and big, fluffy robes.

### My #1 tip to save time is:

Life has been just that little bit simpler since my other half and I started using a shared calendar. We use an online version that we can both edit live, in Google Sheets. In this, we're able to both put in our commitments, work schedules and important milestones. We can edit them live even if we're not sitting together, and we have visibility of when our diaries are looking too crazy. This gives us the chance to block out free time for time together, some time for rest without any social commitments, and even time for spontaneity

#### Reena

[www.lifestyleenthusiast.co.uk](http://www.lifestyleenthusiast.co.uk)



## Motherhood Diaries

I am Leyla Preston, a busy mum of two boys aged 5 and 6 years old and the Founder/Editor of Motherhood Diaries and Five for a Fiver (a food blog of up to 5-ingredient recipes for £5 or less.)

### My #1 tip to save time is:

Place a vinyl sheet or blanket directly under where your kids eat, so you don't have to bring the Hoover and mop out every time they have food. This hack has saved me hours of kitchen cleaning time – you just scoop up all the mess, empty the remains outside in the garden or in the bin, and then pop the blanket or sheet into the wash (or wipe clean) when you're done!

#### Leyla Preston

[www.motherhooddiaries.com](http://www.motherhooddiaries.com)



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## Motherhood – The Real Deal

Hi there, my name is Talya, editor of Motherhood: The Real Deal. Conceived initially from the pure frustration (and of course amazing experience!) that motherhood can be two years ago, and my disbelief at how much people don't talk about openly or share, I've created this platform to get some of the issues and struggles mothers should be aware of out there.

### My #1 tip to save time is:

As crazy as it might sound, you can save time and stress by making dinner and breakfast at the same time! Although this takes a little extra organisation it is well worth it for the reduced stress in the crazy mornings. For example - you can easily make up some pancake mix or overnight oats for the following morning while you're waiting for dinner to cook (rather than wasting time on social media!).

**Tyla**

[www.motherhoodtherealdeal.com](http://www.motherhoodtherealdeal.com)



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## LillaLoves

My name is Lilla. I'm a Harry Potter reading, Mean Girl loving 28 year old girl, living in Brighton, well Hove actually. My blog, LillaLoves, is a hobby blog that features fashion, beauty, lifestyle and my comings and goings around Brighton.

### My #1 tip to save time is:

My biggest time hack is batch cooking homemade ready meals. I buy chicken breast and minced meat in bulk, plan three easy things to make - usually Lasagne, Cottage pie and Chicken curry. Divide them into portions in foil trays. Name and date them before freezing.

The lasagne and cottage pies can be cooked straight from the freezer in the foil trays, and the curry can be take out the night before to defrost and put in a slow cooker in the foil tray with a jacket potato ready for dinner. Not only does it save you cooking every evening, but the foil trays limit the washing up as well!

**Lilla Allahiary**

[www.lillaloves.com](http://www.lillaloves.com)



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## My Thrifty Life

I'm Cassie, a full-time writer and thrifty blogging addict who refuses to grow up. My blog is a home from home for me and it's where I spend most of my time. I use it to share my DIY projects, sewing tutorials, photography, adventures, money-saving tips, budget recipes and everything I see that inspires me.

### My #1 tip to save time is:

One of my favourite life hacks to save both time and space is to scan or photograph my bills, documents and product guarantees. I no longer have folders of paperwork or receipts cluttering up the house.

I store them in a folder on my desktop and keep a backup on cloud storage so that I can access the information from any device whenever I need it. This really helped me when I was renovating my house, as I could access room measurements and previous quotes for work while I was standing in the DIY store!

**Cassie Fairy**

[www.cassiefairy.com](http://www.cassiefairy.com)



## Mums Do Travel

I'm Gretta Schifano, an award-winning blogger. I write about luxury family travel, travel with teens, and trips when you leave the kids behind. I live with my Italian Londoner husband (hence our surname) and teenage kids in rural South-East England.

### My #1 tip to save time is:

Only iron clothes if absolutely necessary - cotton shirts or dresses, for example. If you hang wet clothes out to dry, then tumble-dry them for half an hour from damp, most things won't need ironing at all. You can simply fold or hang up the clean clothes straight from the dryer.'

### Gretta Schifano

[www.mumsdotravel.com](http://www.mumsdotravel.com)



## Hannah Frances McCreesh

I am Hannah, editor of the blog Hannah Frances McCreesh.

### My #1 tip to save time is:

I always use the time between me going to bed and falling asleep to plan what I'm going to wear the next day. Not only does this save valuable time in the morning, but it keeps my mind occupied on something positive as I try to fall asleep - meaning no dwelling or worrying on the day just gone!

### Hannah Frances McCreesh

[www.hannahfrancesmccreesh.com](http://www.hannahfrancesmccreesh.com)



## LDN Diaries

I am Paula, editor of The LDN Diaries. Alongside The LDN Diaries, I am an aspiring novelist. I love a good cocktail and I am always on the lookout for discovering the latest foodie trends.

### My #1 tip to save time is:

You are most likely to have a to-do list, but do you have a waiting list? Make a list of what you're waiting on, whether it be someone calling you back to a refund for a purchase.

It will ensure nothing gets forgotten about and will save plenty time not mentally worrying, so you can get on with your day more productively.

### Paula Holmes

[www.theldndiaries.com](http://www.theldndiaries.com)



## Slick Mummy

I am Sarah Benn, editor of Slick Mummy. If you can carry a toddler through an airport in high heels, do the school run in leather leggings, crayon inspirationally and maintain decorum in three languages, you are indeed a Slick Mummy.

### My #1 tip to save time is:

If, like me, you carry a handbag stuffed full of the kids' paraphernalia as well as your own essentials it is likely too that you often struggle to rummage around for your keys. If you frequently find yourself with one hand rooting around between mashed banana and spare pants at the bottom of your tote; whilst balancing shopping, attempting to rein in your children and uttering expletives at your front door or car, tie a selection of colourful ribbons to your key fob. This makes them easy to grab, reassuringly easier to spot in your bag - plus ribbons on keys will entertain a toddler for half an hour too!

**Sarah Benn**  
[www.slickmummy.com](http://www.slickmummy.com)



## Squibb Vicious

I am Haydy, editor of Squibb Vicious. I am a twenty something blogger from Essex where I live with my partner, Mike, in a super cute flat.

### My #1 tip to save time is:

To save time, plan meals a week in advance and do your food shop to last this amount of time too. This means when you get home from work or a busy day with the kids, you know exactly what you're cooking and by having the food in the house already there's no last minute runs to the shop. Plus buying in advance and bulk saves money too. If you're feeling super organised too - make extra dinner for you lunch tomorrow to save even more time!

**Haydy Squibb**  
[www.squibbvicious.com](http://www.squibbvicious.com)



## The Mummy Adventure

I am Bex, welcome to The Mummy Adventure, an award winning blog documenting the adventures big and little that being a parent entails. Life with four aged five and under is never quiet, but it is always fun. Dylan, Archie, Finn and Cora are the biggest adventure I have ever undertaken.

### My #1 tip to save time is:

Always pack your bags for the next day the night before. Top up nappies, wipes, spare clothes and snacks so that you can just pick it up and go in the morning. It takes away the stress and makes you less likely to forget something, especially if you are running late.

**Becky**  
[www.themummyadventure.com](http://www.themummyadventure.com)



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## The Enchanted Pixie

Enchanted Pixie began back in 2010, I was a full-time Mama with three little girls at home.

I began blogging to document our day-to-day life and also to give myself something creative to do. I didn't know much about the world of blogging when I began, but what started as a hobby has grown into something so much more.

Six years on, this is the longest I've ever stuck at any one thing for – something I'm pretty proud of!

Now I work part-time on the blog while I homeschool my four kiddos.

### My #1 tip to save time is:

Create a 'master list' of meals that your family enjoys, and use this as a base to build a monthly meal plan around, adding in a few different meals each month. Planning a month at a time means you can buy in bulk, avoid food repetition and make meal times much less stressful!

**Polly Jemima**

[www.thisenchantedpixie.org](http://www.thisenchantedpixie.org)



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## Wave To Mummy

My name is Sanna and I am originally from Finland. My husband is a born and bred Londoner. We live in the leafy part of London in a little terraced house with our toddler girl.

### My #1 tip to save time is:

My top tip would be to always make a bigger batch of food than you need. Then you can freeze the leftovers for later meal, or take them to work with you the following day. Alternatively, while you are cooking, there is often small amounts of downtime where you need to be in the kitchen to monitor the food but might not be actively cooking. Use these stolen moments to prepare a sandwich lunch for yourself – you'll thank yourself the following morning when you can just grab the sarnie and go!

**Sanna**

[www.wavetomummy.com](http://www.wavetomummy.com)



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## A Mother's Ramblings

My name is Pippa D aka Mummy, Mum, Crazy Cat Lady and a host of other names too! I'm slightly addicted to Socks and I spend way too much time on Social Media as well as being editor for the blog A Mother's Ramblings.

### My #1 tip to save time is:

Have more than one laundry basket and sort as you go to save time when it comes to putting on a wash!

We have four baskets, one for colours, one for lights, one for dark and one for towels. Putting a load on is a breeze!

**Pippa**

[www.amothersramblings.com](http://www.amothersramblings.com)



## Chloe Pierre LDN

I am Chloe, a working Fashion PR living in London, documenting a life of fashion, events, travel, shopping, lifestyle, technology and music.

### My #1 tip to save time is:

Brushing my teeth in the shower, planning my outfit for the next day along with my handbag with everything I need the night before and keeping my eye cream in the fridge so when I apply it to my eyes and dark circles the formula is fresh and uplifting.

**Chloe Pierre**  
[www.chloepierre.com](http://www.chloepierre.com)



## 2 Boxes Photography

I am Sarah, a style blogger who has over 25 years of professional fashion and beauty experience.

### My #1 tip to save time is:

I've worked backstage at countless fashion shows doing the nails for brands such as Louis Vuitton, Vivian Westwood and Stella McCartney and one of the biggest hurdles is quick removal and reapplication of polish.

My all-time essential beauty time saving hack is for ladies that love their deep dark reds, delicious sultry pinks or even vampy blacks and hate colour changes. The best way to get that dark nail polish off is to use your cuticle oil on your proximal nail fold (the bit of skin that everyone thinks is the cuticle and should never be cut btw!) pop in a generous amount, then place and press the cotton wool soaked in polish remover on the nail for about 5 seconds, then wiggle from side to side as you wipe and pull off the colour. You will have a clean polish free nail with no staining to the skin!

**Sarah Bacchus**  
[www.2boxes.co.uk](http://www.2boxes.co.uk)



## Beyond The School Run

I am Louise Webster, Mother of 2 and Founder of [beyondtheschoolrun.com](http://beyondtheschoolrun.com)

### My #1 tip to save time is:

Exercise is so good at clearing your head, try and introduce it into your routine. Often I find going to the gym early whilst my husband does the kids breakfast works well and then I can be back to drop them at school and start work. 20/30 mins can make all the difference.

**Louise Webster**  
[www.beyondtheschoolrun.com](http://www.beyondtheschoolrun.com)



## Downs Side Up

I'm Hayley Goleniowska, founder of Downs Side Up, which started as a way of sharing our story and resources with other parents with a child with Down's syndrome. The blog quickly took on a life of its own, and is now the hub for many other branches such as publishing, advocacy, public speaking, media work, training and so on.

### My #1 tip to save time is:

Create a visual timetable to keep everyone on track in the morning. Print off images from a website such as Twinkl, which can include pictures of toothbrushing, eating breakfast, getting dressed and so on, and either create a poster or laminate images and velcro them to a grid when they have been completed. Nothing gets forgotten, stress is reduced and you save time by not having to remind everyone of their morning routine.

**Hayley Goleniowska**  
[www.downssideup.com](http://www.downssideup.com)



## Sex and London City

### My #1 tip to save time is:

If you find yourself making excuses about being too busy to exercise (like me pretty much every day), try sleeping in your gym clothes. You'll be more likely to actually get up and go for a run in the morning, plus it saves a good 15 minutes putting your kit on. I'm the queen of faff so this has been working wonders for me!

I'd also be in bits if it weren't for my planner! Invest in a really nice one that you'll actually want to fill, and use check-box to-do lists to get that rush of satisfaction when you've achieved a task. I love the ones from Kikki K. Or if you're more of a digital gal, use online tools like Trello, which lets you keep track of all your to do's and important events, then syncs them to your gmail calendar and phone.

**Holly Earp**  
[www.sexandlondoncity.co.uk](http://www.sexandlondoncity.co.uk)



## The Beauty Shortlist

### My #1 tip to save time is:

Instead of playing ping-pong email while your inbox is exploding, try checking your emails just twice a day (late morning and late-ish afternoon work well for me). Hard at first but it'll save time, help make your replies more succinct and prevent "email fatigue" and you'll still have time to deal with important or last minute stuff before the day's over. Also check out Unroll.me which rolls all your newsletter-style emails into just one minimalist, daily update. It's brilliant.

**Fiona Klonarides**  
[www.thebeautyshortlist.com](http://www.thebeautyshortlist.com)

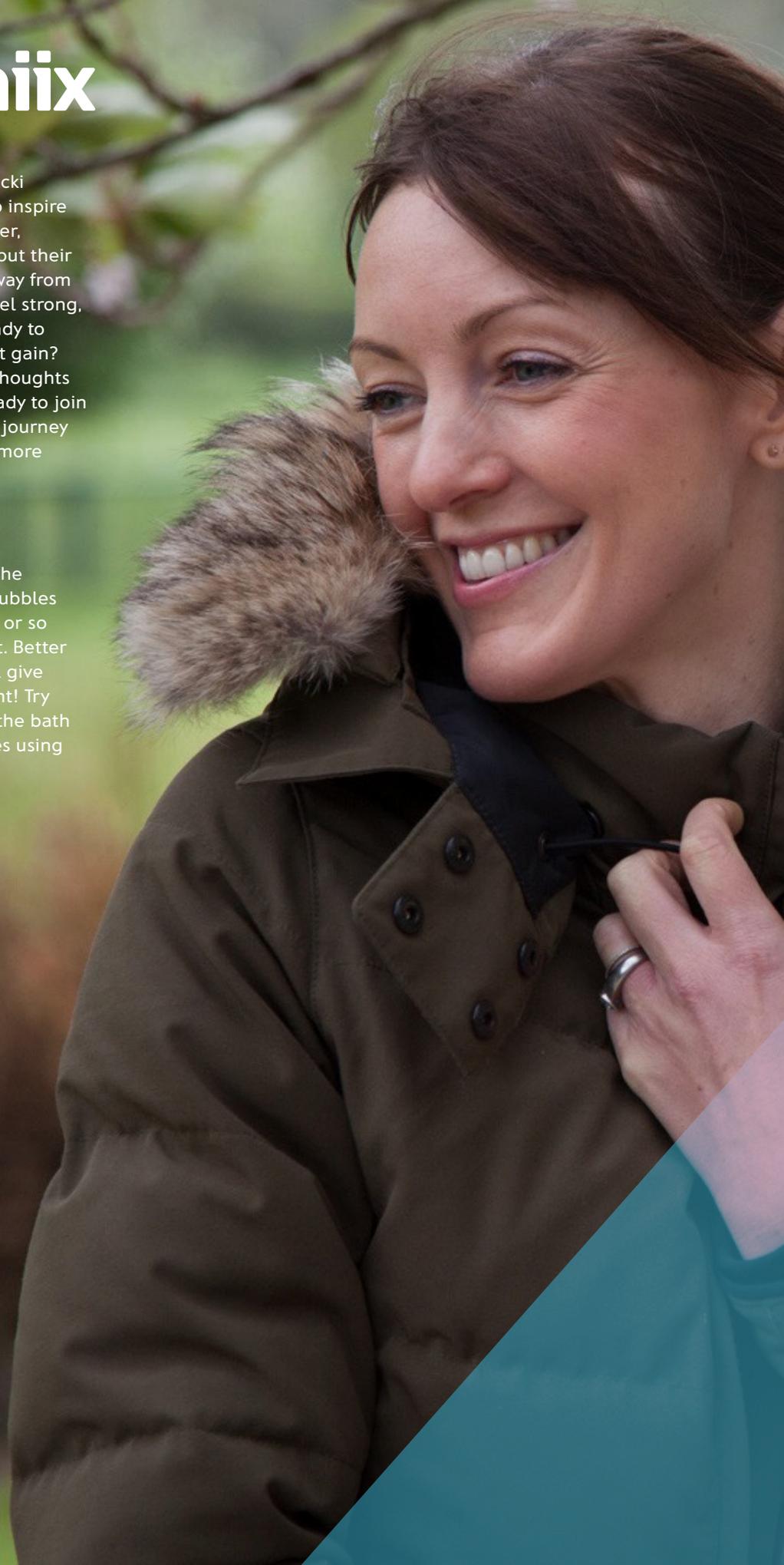
# About niix

niix is a fitness app, created by Nicki for women 40+ who she hopes to inspire the world over to become stronger, healthier and more confident about their bodies. Are you ready to break away from bad habits, bad technique and feel strong, healthy and fearless? Are you ready to resist physical decline and weight gain? Are you ready to resist negative thoughts about your body? Then you're ready to join the niix resistance and start your journey with Nicki towards being a fitter, more confident you!

## My #1 tip to save time is:

When the kids are having fun in the bath and i'm waiting for all the bubbles to pop - i try to use those 10mins or so wisely and will do a little workout. Better than anything is that the kids will give you a whole lot of encouragement! Try a few push ups & planks against the bath followed by some squats and plies using a towel rail to support you.

[www.niix.fit](http://www.niix.fit)





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Niix Tricks For Busy Women

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