

Self-love Treatments



SELF
CARE



MAKING SPACE WITH WHAT WORKS FOR YOU





RITUALS

TAKE TIME

Make sure you book time off for yourself. It is vital not to skip it for something else. See it with similar importance as if you'd meet a friend.

ROUTINE

It is also important to plan in advance and to make your self-love time a routine. Look a month ahead and mark the days when you take time for yourself.

THANK YOURSELF

Always start your practice with thanking yourself. If it wouldn't be for this body, you wouldn't exist. If it wouldn't be for this mind, you wouldn't be able to understand things as they are.

THREE GOOD THINGS

End your practice with three things you are grateful for. This is ideally about yourself. Write them down in your journal.

LIGHT A CANDLE

Light a candle during your self-care. We often associate candlelight with relaxation; this will help you to fully be present in your ritual.





INDULGENCE

ABHYANGA

An Ayurvedic full body self-massage that energises, rejuvenates and detoxes our physical and energetic systems. Instructions [here](#).

TAKING A BATH

For centuries humans value the relaxation that comes from taking a bath. Follow them, using essential oils, soaps and other indulgent fragrances and colours.

FOOT MASSAGE

The feet represent all our organs and systems. If we give ourselves, even for 5 minutes, we can benefit our whole body.

AROMATHERAPY

Using essential oils such as lavender, peppermint, jasmine, can help to unwind and benefit your self-care ritual. They are also beneficial if you just burn them during the day or before going to sleep.

RELAXING

Make sure to take time to not do anything. Our body, mind and energy needs to re-charge.





EXERCISE

YOGA

Simple Yoga routines can help to maintain a healthy body and mind.
Find a suitable practice in my [Breathing Space](#).

TAI CHI & QI GONG

The slow movements of [Tai Chi and Qi Gong](#) can help your mind to slow down from thoughts and worries. It also helps your body to release stuck energy and makes you feel ready for anything that comes.

RUNNING

Being in nature and moving our body is two-fold beneficial. If you are a running-type of person. Get out your shoes and go for a run.

CYCLING

But maybe you prefer cycling. In that case, get out your bike and enjoy nature flying past you.

GARDENING

Gardening is very stimulating and at the same time quite an exercise! Digging in the ground, watering the plants, picking flowers... anything that comes to mind - do it!



MEDITATING



SITTING

Sit down every day, even for five minutes and breathe.

LYING DOWN

Lie down and relax. Feel your body weight, feel every muscle relax and let go into the earth beneath you.

WALKING

Walk slow, walk mindfully and observe every step you take. Feel the ground underneath your feet. Listen to the sounds around you.

VISUALISING

Visualise yourself in a beautiful place. Use Dream Journeys to unwind, relax and recharge your body and mind.

MOVEMENT

Move your body and mind with Yoga, Tai Chi or Qi Gong.
Movements are form of meditation too. Simply be mindful and fully present.



ALL THINGS LOVE



JOURNALING

Every day take 5 minutes and just write down any thoughts that go through your mind, any feelings or emotions you feel.

READING

Take some time to read your favourite book, or read an article, a magazine, anything that brings you joy.

LISTENING TO MUSIC

Listen to your favourite songs, playlists and close your eyes. Venture in songs from your childhood, indulge in the memories.

GRATITUDE

Write down 5 things you are grateful for today.

SMELL THE FLOWERS

In your home, in the supermarket or outside in nature. Stop for a moment, appreciate and smell the flowers.

