



CREATE YOUR OWN

retreat

WITHOUT LEAVING HOME

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7 STEPS TO THE PERFECT AT- HOME SPA DAY

For many, a spa day is the perfect way to relieve stress and feel special. Those hours of pure pampering are the ultimate indulgence, but when a spa trip doesn't quite fit into your schedule (or your budget!), there are plenty of easy ways you can recreate a relaxing spa-like experience at home.

A large part of the reason why going to a spa feels so special is because all five of your senses are engaged. When recreating this in your own home, remember to do the same and incorporate elements that are pleasing to your sense of sight, smell, taste, touch, and hearing.

1

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START THE DAY WITH HERBAL TEA

... or lemon water. Give your system a break from caffeine. It stresses your body and causes an imbalance in your blood sugar levels, which in turn leads to energy crashes.

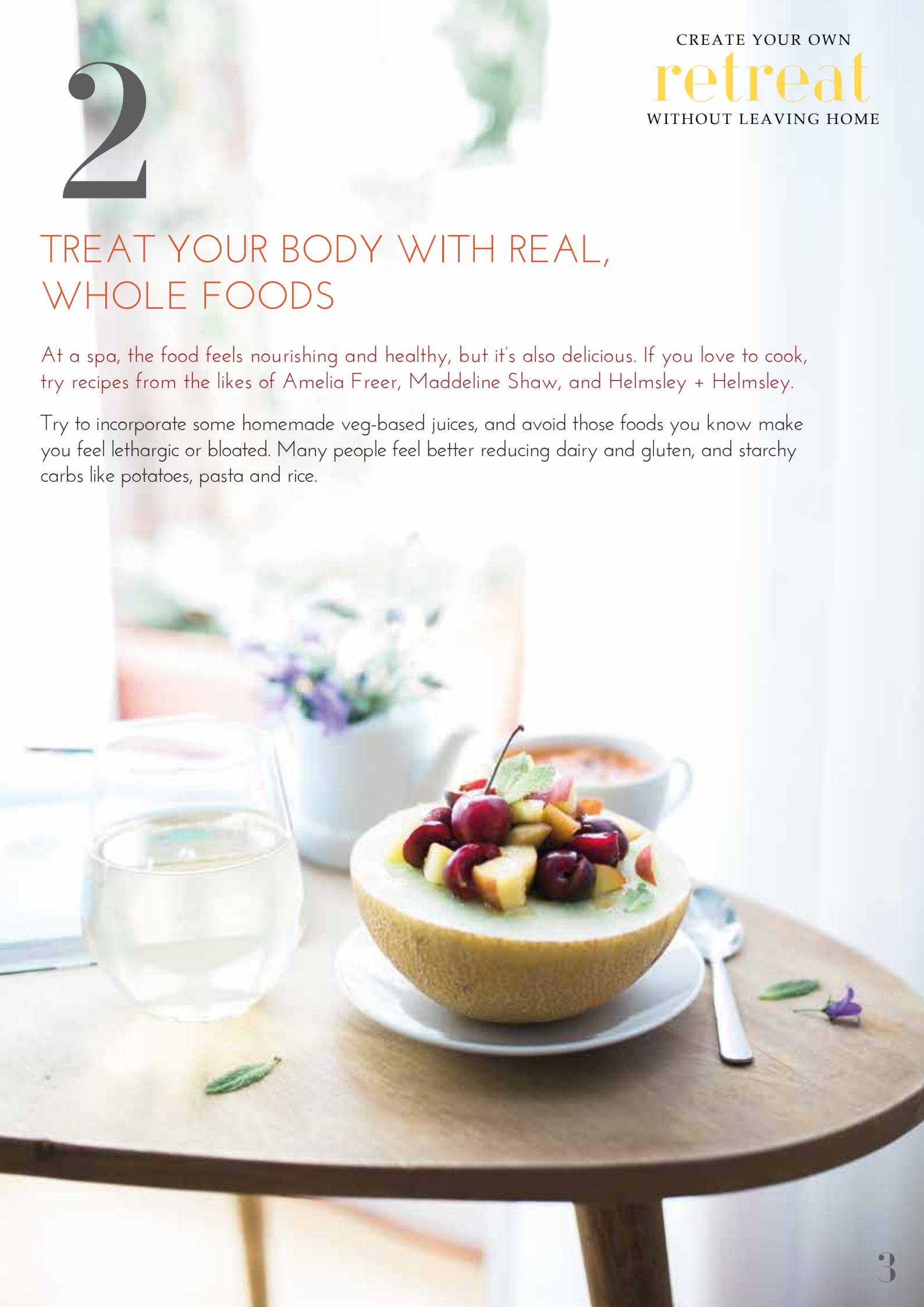
Lemon water invigorates the body and can help stimulate the digestive system and improve the detoxification process. Green tea and white tea packed with antioxidants. Liquorice tea can help support the body in times of stress, and peppermint is well known for being a good digestive tonic.

2

TREAT YOUR BODY WITH REAL, WHOLE FOODS

At a spa, the food feels nourishing and healthy, but it's also delicious. If you love to cook, try recipes from the likes of Amelia Freer, Maddeline Shaw, and Helmsley + Helmsley.

Try to incorporate some homemade veg-based juices, and avoid those foods you know make you feel lethargic or bloated. Many people feel better reducing dairy and gluten, and starchy carbs like potatoes, pasta and rice.



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LIGHT SCENTED CANDLES

When you walk into a spa it always smells delicious - not overwhelming but just enough scent so your brain picks up it's time to relax. Scented candles fit the bill perfectly, while also bringing in (especially after dark), a cosy atmosphere.

The ideal scents for a spa day include lavender, chamomile, rose, sandalwood and ylang ylang.

CREATE MOOD WITH MUSIC

Pick instrumental songs, rather than tunes with words. Research shows lyrics can trigger subconscious memories, upping your stress level, without you even realising it.

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4

5

5



TAKE A LONG, LUXURIOUS BATH

There are few things as relaxing as a bath. Just soaking in peace, feeling weightless, is pure bliss. Try adding Epsom salts or magnesium flakes to your bath to help ease your muscles and relieve stress. Or add a few drops of your favourite essential oil. Wrap up in your best, fluffy towels when you come out.

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PAMPER YOURSELF WITH BEAUTY PRODUCTS

Treat your body to gorgeous beauty products - a face mask, maybe, or a luxuriously rich body lotion. Go beyond that you would normally include in your daily routine to feel extra special.

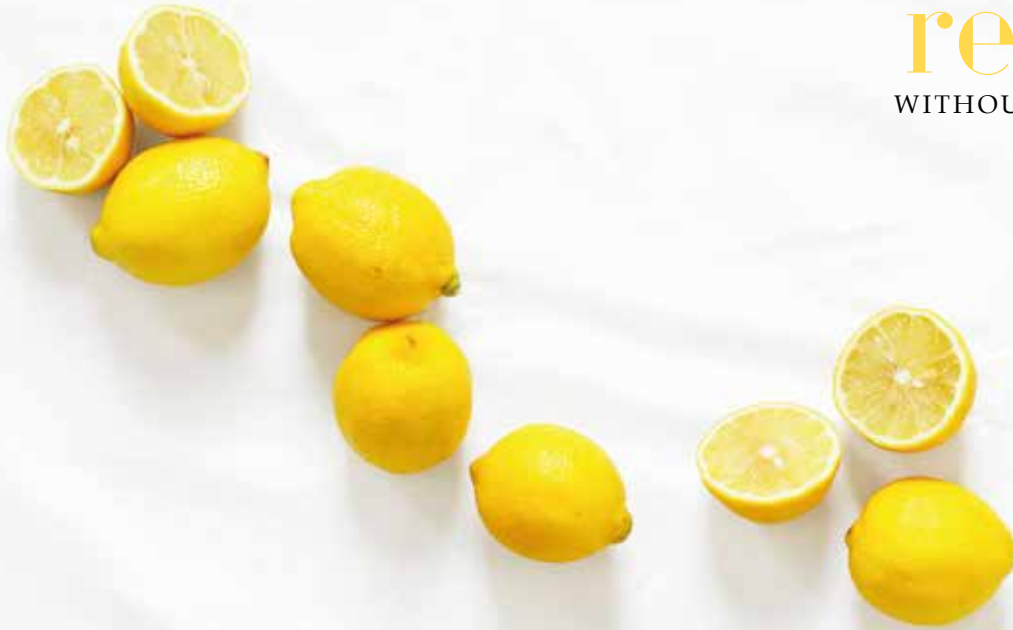
Check the ingredients to ensure you're not loading your body up with toxins - the skin is the body's biggest organ and will absorb into the bloodstream anything you put on it. See the guide on p12 for the ingredients to avoid.

7

READ A LIFE-AFFIRMING BOOK

Taking time out to read is a fantastic form of self care. For a true spa day experience, put down the thriller and switch to a game-changing book that will leave you feeling motivated and inspired.

My favourites include *Things Will Get as Good as you Can Stand* by Laura Doyle, and *Thank and Grow Rich* by Pam Grout.



GENTLE DETOX

You will no doubt have heard that detoxing is good for you. It's true, supporting your liver so it can function to the very best of its ability can work wonders for your body. There are benefits for weight loss, energy and hormone balance. Sounds good, right? Here are the golden rules...

Give your liver a break by easing up on all those things it needs to work so hard to get rid of. This means:

- Cut back on caffeine and alcohol.
- Rethink your personal care products (shampoos, conditioners, deodorants, body lotions, etc). Avoid anything that contains parabens or sodium laureth sulfate as these are synthetic oestrogens and contribute to hormone imbalance. Health food stores (or the internet) are your best bet but even supermarkets have a basic selection. See our guide to the ingredients to follow on page 12.
- Reconsider your household cleaning products for exactly the same reason - try Method or Ecover instead.
- Take care with your medications and prescription drugs. These place an extra burden on the liver, so make sure you're taking the lowest effective dose.
- Eating organic if you can. Non-organic food is contains artificial hormones, growth hormones and other chemical additives. If not, wash produce well in water with a little bicarbonate of soda.

WHAT TO BUY Organic



Some fruit and veg is so heavily sprayed with pesticides you really do need to buy organic. The Environmental Working Group produces a report on those items that usually have the most and the least pesticide residues.

DIRTY 12

- Strawberries
- Spinach
- Nectarines
- Apples
- Peaches
- Peas
- Cherries
- Grapes
- Celery
- Tomatoes
- Red, yellow or orange peppers
- Potatoes

CLEAN 15

- Sweet corn
- Avocados
- Pineapples
- Cabbage
- Onions
- Sugar snap peas
- Papayas
- Asparagus
- Mangos
- Aubergine
- Honeydew
- Kiwi
- Cantaloupe
- Cauliflower
- Grapefruit



Add in plenty of fruit, vegetables and other liver-boosting foods to your diet. This includes:

- Sulphur-rich foods like garlic, onions, and cruciferous veggies (cauliflower, broccoli, cabbage, Brussels sprouts, kale).
- Beetroot and carrots are also liver-loving foods, stimulating the detoxification process.
- Leafy green veggies are great for mopping up environmental toxins from the blood stream.
- Start the day with hot water and lemon. The citric acid encourages your liver to produce bile, which helps you excrete toxins.
- Turmeric and cinnamon are great spices to try to incorporate as they've been shown to support optimum liver function.
- Get moving! Studies show that moderate exercise can boost levels of liver enzymes, which may support liver function.

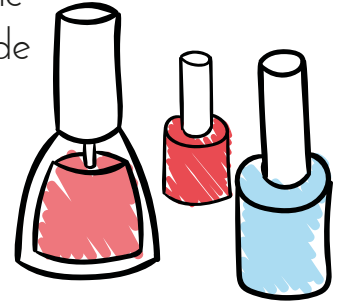


soap & body wash

Octamethyl - cyclotetrasiloxane
Ethanolamines
Triclosan

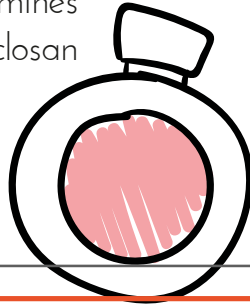
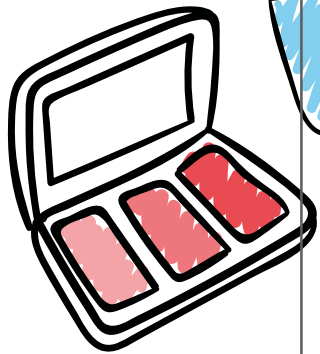
nail polish

Diethyl phthalate
Hydroquinone
Formaldehyde



make up

Galaxolide
Tonalide
Parabens
Ethanolamines



reduce toxins

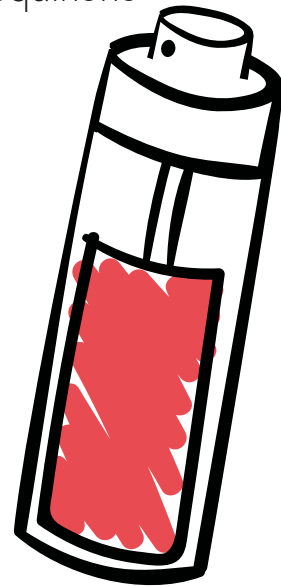
FROM YOUR PERSONAL CARE PRODUCTS

Some products you use to pamper yourself may contain synthetic oestrogens, and these contribute to the toxic load in the body. How? The skin is the biggest organ in the body and any thing we put on our body - from shower gels to moisturisers - is absorbed.

This can lead to too much oestrogens in the body, which is linked to certain types of cancers and female hormone problems. Here's my guide to what to avoid in common personal care products.

hair spray

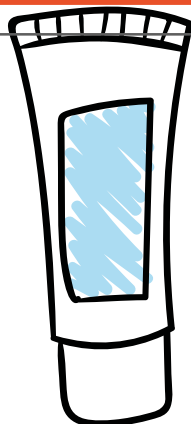
Diethyl phthalate
Hydroquinone



be aware of...

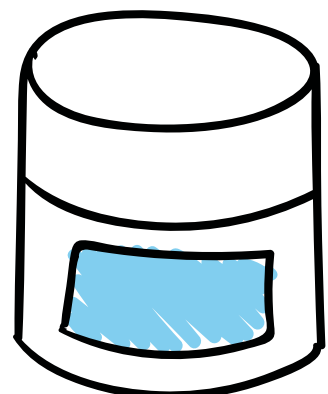
Petrochemicals are derived from crude oil. Petroleum-based ingredients such as petrolatum, mineral oil, and paraffin (derived from nonrenewable sources) form a barrier when applied to the skin that does not allow it to breathe and can clog pores. Sulfates, such as sodium lauryl and sodium laureth, are harsh detergents that give cleansers, soaps, and shampoos their latherability.

Often derived from petroleum, sulfates can also come from coconut and other vegetable oils that can be contaminated with pesticides. Sulfates can cause eye irritation and skin rashes.



body creams & moisturisers

Parabens
Butylated hydroxytoluene
Formaldehyde
Benzophenone
Ethylhexyl methoxycinnamate
Octinoxate
Ethanolamines





STEP UP YOUR SELF CARE

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Self care means replenishing your spirit by taking care of your own happiness – taking a little time every day and dedicating it just to YOU. Let's get one thing straight; self care is not optional. If you've ever travelled by, you'll understand the importance of seeing to your own life jacket before you can take care of anyone else.

Self care is the recognition that only YOU can make yourself happy and that, if you make sure that you dedicate some time EVERY DAY purely for your own enjoyment, you will have more fun, you will be more fun to be around, and you will have far greater reserves to deal with the stresses of everyday life.

Before you think you have this already taken care of, I challenge you this: Have you? Really? Are you doing AT LEAST three things EVERY DAY just because they make you happy? If you aren't, then you might like to consider upping your self care.

Here's how: Self care is a skill and it is a discipline. It is something that can be very easy to do (which is why it is something we often don't bother to do). Here's your challenge: make a list of at least 20 things (even really frivolous things) that you love to do just because they make you happy or they delight you. Just so you know, housework will NEVER be self care, however much you like a nicely pressed sheet.

"But I don't have the time," you might be saying to yourself. When you make some extra time for you, suddenly more time appears in the day as if by magic, which can only be explained by way of saying that, when you focus on your own happiness (as well as your job, family and so on), you'll have a much more positive, can-do attitude that gets things done more efficiently. Try following the tips in my self care planner to create more joy and peace in your life.



Drink 2 litres of water. See how vibrant and calm you feel when you're hydrated. Infuse with lemon/cucumber/ mint.

2 Practice receiving compliments rather than rejecting them. Next time someone says something positive, simply say 'thank you'. Nothing more.

3  Mirror exercise: look in the mirror, SMILE and give yourself compliments, not criticism. Say 5 things (or more) that you love about your body / yourself.

4  Be calm. When you're feeling frustrated, resistant or anxious today, breathe deeply, soften your body, and choose peace instead.

5 Seek out the joy in life. Before you swing your legs out of bed in the morning, tell yourself 'this is going to be an amazing day!' and make a point to look for good in every situation.


6 Love your body up with glow-giving healthy fats. They're incredible for your skin and hormones (and no, they won't make you fat).

7 Embrace your inner child with all its joy and freedom. It's easy as an adult to ignore your playful side and crowd it out with mundane responsibility. Dance, skip, gallop and sing like you were still 6 years old!

8 Practice radical acceptance and surrender. If something is making you feel stressed, let it go. Remind yourself "It's only a problem if I make it one."

Meditate. Aim for 5 to 10 minutes. Sit quietly, turn your attention inwards, let go of thoughts as they come up, and focus gently on your breath.

10  Embrace the power of vulnerability - it's OK, really it is. Watch Brene Brown's TED talk **watch now**

11  Keep a food diary today and reflect on everything you eat and drink. Get curious about what you're choosing and dive into the 'why' behind your choices.

12 Get 8 hours of sleep. Everything feels better when you're well rested. Good sleep is good self-care.

14

Practice the art of allowance. Treat yourself - guilt free - when you feel called to.

15

Do an act of kindness for somebody else. The beauty of this is that it not only makes them feel wonderful, you feel wonderful too.

Be your own best friend. Check in with yourself when you're having a tough day and ask yourself: how can I support myself more?

17

 Eat your veg!

Consider how you can squeeze in an extra portion day. Smoothie? Juice? Extra serving at dinner?

19



Treat yourself like you'd love to be treated. Buy yourself some flowers. You deserve it!

20

Practice self-compassion: Be gentle, warm, and understanding towards yourself when you struggle, fail or feel inadequate

21



Stop procrastinating. Is something weighing on your mind or lingering on your to-do list? Do it first thing. You'll feel a million times better for it.

22

Notice how different foods make you feel. What makes your body feel deliciously healthy? What satisfies you and energises you? What irritates your skin or tummy?

23

Remember that you are a brilliant, unique person and the universe needs you. Consider 'beautiful' means be you to the full.

Spend time in nature. Even just 5 minutes. Go to the park, take a stroll, smell the flowers, breathe in fresh air, walk in the grass. Nature = soul food.

26

Have a bath or shower and make it really special. Use your favourite products, add a few drops of essential oils to the water, listen to music. Take your time to relax and unwind.

27

 Eat like you love yourself.

When your choices are fuelled with kindness, you naturally find a happy harmony between treats and nourishing, nutrient-dense whole foods.

28

Exercise in a way that feels joyful. Notice how good it feels to move your body...and to do so in a way that feels light, loving and intuitive.

29

 Preparation is

key to eating well. So fill your fridge with nutrient-rich food you love, prep ahead, pack snacks and batch cook.

31

Ever catch yourself sabotaging your best efforts to live and eat well? Take this advice

watch now

Take a moment to focus on your achievements. Consider how far you have come and not how far you have to go.



I warmly invite you to book a free 30 minute call to discuss how making small changes to your diet and lifestyle can help you to be on your way to a healthier, stronger and more resilient you.



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