

# The Beauty of High Living & Well-Being



## 15 Self-Care Rituals

for women who  
want more  
**LUXURY** in  
their life

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It is easier than you think to infuse your day with self-care and luxury. Recognize that you deserve daily luxury in your life. So often women “wait” until they have enough time, enough money, enough energy to indulge in self-care. The beauty is just the opposite. Start to include more self-care NOW and watch the time, money and energy respond with abundance! Here are a few rituals you can begin implementing today!

- Before you even get out of bed in the morning begin your day with a **Holy Trinity**:
  - 1) First acknowledge a **Brag** (something you are very proud of, i.e. *“I brag I am an amazing cook, I brag I am a rockstar entrepreneur”*).
  - 2) Next state a **Gratitude** *“I am grateful for the support of my family” “I am grateful for the money to pay my bills”*.
  - 3) Finally state a **Desire** *“I desire more time with my girlfriends” “I desire a home in the South of France”* Make your desires as BIG as you like!! This ritual will set the tone and the energy for your entire day!! (Thank you for introducing me to this ritual Mama Gena [www.mamagenas.com](http://www.mamagenas.com)).
- Get up and **Make Your Bed** beautifully! Consider your bed a luxurious Wellness POD! Your body does virtually all of its healing & rejuvenating



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while you sleep. If you don't love your bedding, set your intention to seek gorgeous linens and pillows that you love. I am a huge fan of all white bedding!

- Before you eat or drink anything else, start your day with the simple elegance of a **Glass of Water with fresh squeezed Lemon** and a



dash of cayenne. The benefits are endless and include: radiant clear skin, boosted immune system, aided digestion...Use a beautiful glass and set it out the night before so that you don't go right for the coffee!

- **Vitamins** - Health and vibrancy begin at the cellular level. You cannot build a house on a poor foundation and you get what you pay for. In order to look, feel and perform your BEST, optimize your metabolism and nourish your skin, take the highest quality vitamins and supplements that you can find. Don't settle for less. Poor quality supplements are not only less effective, they can be very dangerous. Be sure you choose from only a handful of brands that also receive a 5 star rating in the Comparative Guide To Supplements. Most of these brands are only available from a health care provider but I'm grateful that you can create your own customized daily wellness health-pak online here, with my brand of choice: [www.embodysdailywellness.usana.com](http://www.embodysdailywellness.usana.com)

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- **Dry Skin Brush**

before your shower.

This is exfoliating for your skin and fires up your lymphatic system- You can purchase a skin brush from any pharmacy or health food store.

Perhaps create a gorgeous self-care basket in your bathroom that contains

your dry skin brush, essential oils, candle, i-pod). *You can google "Skin Brushing" videos for technique.*



- Transform your **Morning Shower with Aromatherapy**. Add few drops of pure essential oil to your morning shower. I recommend orange, grapefruit, lemon or eucalyptus to energize your day and uplift your mood. You can place the drops on a washcloth and hang it on your shower handle so the oil doesn't get washed right down the drain.

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- **Skin Care Ritual** - Pamper your skin for natural radiance. Be sure you have a beautiful morning and evening skin care routine using clean, non-toxic products. I love following my cleanser with a perfecting serum, eye nourisher and applying an antioxidant infused moisturizer with natural SPF for daytime and a repairing renewal moisturizer at night. Once or twice a week indulge in giving yourself a facial at home (I love doing it in the bath) using a Skin Polisher and Nourishing Creme Masque. I have used Sense Beautiful Science for over 5 years and love it! You get everything you need in a [Sense Deluxe Pack](#) that lasts sooo long, you'll love it! Whatever Skin Care Products you choose be sure they are pure, healthy and nourishing!
- **Thoughtful Dressing** - What mood are you in? Sexy? Sassy? Powerful? Love-filled? Flower Child? Bad Ass? Yogi? Goddess? Take a moment to think about which clothes will reflect who you "feel" like today! This is just for you! Add a cool belt, repurpose an old



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scarf...HAVE FUN! Slowly start purging things from your closet that don't make you feel amazing. If you are in the habit of living in yoga pants (*and you are not a yoga teacher*), this is the perfect opportunity to up-level your wardrobe choices! How do you feel about your current undergarments? Time to up-level in that department too!!

- **Dance Break** - Always start your day with a dance break! I like to listen to music while I dress, it inspires me! Explore different music that moves your soul (*and your hips!*). With the Pandora app on my phone, I have all the music I need at my fingertips.
- Hang a **Disco Ball in the Sunshine**. Place a medium sized disco ball near a window, a small disco ball in your car or a large kick ass disco ball as part of your home decor. Give it a spin and dance in the sunshine sparkles. Pure Glitter for Your Soul!



•**Hydrate** - Hydrate throughout the day but limit the water you drink *with* your meals as it will dilute your digestive enzymes. Take a digestive enzyme with meals and a probiotic daily for optimal digestive health. Dehydration & Poor digestion will show up on your gorgeous face - yuk! Choose a water bottle you LOVE. I like mine to be tall, simple, elegant and made from glass.

•**Move that Body!** Do something you enjoy! Don't focus on the duration, simply vow to move your body and break a sweat everyday! Again dress thoughtfully. Away with the frumpy sweatpants and oversized cotton t-shirt! Choose clothes appropriate for the activity but that make you feel awesome. Buy some new sports bra's...you know the ones you have been

using are TIRED! Brush your hair, throw on some lip gloss and have fun!

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- **Work/Household** - We all have work to do...find the pleasure in it! Play background music, find a pen you adore & a chair you love to sit in. Cut a fresh bloom for your desk/counter (*I love to find mine in nature*), light a candle, use your favorite mug or glass, de-clutter your work space. Lack of clutter = clarity. A cluttered space is the sign of a cluttered mind. If you commute, clean your car, download a great audible book, create a rocking playlist, add a couple drops of essential oil to the floor of your car or buy an essential oil diffuser specifically for autos.



- Try incorporating the **Trinity** ritual before meals and before bed too!
- **Power Down Early** - Electronics off early, keep them out of your bedroom, start to dim the lights in your home an hour before bed.



- **Bedtime** - Start a pampering ritual for your skin before bed, sip chamomile tea, list 10 gratitudes in your gratitude journal, read a book if you like - let your body drift into a peaceful slumber - Your day is complete! Enjoy!