

I Feel Good!

From head to toe, enjoy our 20 body cures to keep your body smiling all-year 'round.

- HEAD & NECK-

- Start your day with a nutritious breakfast at least two-three times per week.
- Every day, thoroughly wash your face before patting down your face (not wiping) with a cloth. A cleanser and toner will help to awaken and invigorate your face.
- Lay back and relax with a book or mag while wearing a face mask.
- Lean forward and press firmly against the back of your neck, rubbing upwards towards the base of your head.

- FEET -

- Support and love your heels by applying heel balm before bedtime, available at any local chemist.
- Next time you're watching a show, take some lotion and rub it into the soles of your feet.

- BACK & CHEST -

- Integrate some full-body stretches into your day - reach your toes slowly, or open your arms wide.
- Enjoy a stroll without earphones, and connect to your surrounds.
- Step outside mid-work/chores and take 3 deep breaths, deliberately filling your lungs.

- WHOLE BODY -

- Dress up and head out to your favourite cafe for some quiet time. Next, try the same thing at your local gardens!
- Wear an outfit that makes you feel great and own it - even if it's simply to the shops!
- Simply go for a walk - on your own or with someone! Try a fruit smoothie to follow and your body will thank you.
- Use your next shower to exfoliate. Follow up with a total body moisturiser.
- Go to bed early or plan for a late morning sleep in.
- Pay a visit to your local swimming pool and sit & soak in the spa. In lockdown? A shower or bath is just as good!

- SENSORY -

- Enjoy a hot drink, chilled wine or a refreshing juice to awaken or relax your body.
- Listen to your favourite music and release any tension through some song & dance.
- Lights off, burn a candle and soak in the bath or shower for a little while longer.
- Step out into a garden - inhale the fresh air, feel the grass beneath your feet and watch the sky.