

WEEKLY BEAUTY RITUAL GUIDE

Create a weekly inner and outer beauty ritual to radiate from the inside out.

MIND

- Outdoors
- Meditate
- Stillness
- Journaling
- Aromatherapy
- Deep Breathing
- Avoiding Drama
- Limiting Judgement
- Social Media Breaks
- Aspirations + Visualizations
- Self Awareness/Thought Patterns
- Declutter & Organize Your Spaces
- Stop Self Criticism/Give Yourself Credit
- Dedicating Time To Relationships/Community

BODY

- Stretch
- Facials
- Drink Teas
- Quality Sleep
- Eat Seasonally
- Destress Activities
- Improve Gut Health
- Food Allergy Testing
- Juicing (Green Drinks)
- Increase Nutritional Intake
- Exercise/Yoga/Fitness Classes
- Dry Brushing/Exfoliation
- Increase Lymphatic Drainage
- Massage

SOUL

- Dance
- Scripture
- Music
- Laughter & Joy
- Love & Kindness
- Purpose & Meaning
- Stillness & Quiet Time
- Prayer Time/Meditation
- 10 Things Your Grateful For

THE SKINCARE BOUTIQUE.

The Skincare Boutique. Incorporating inner beauty with outer beauty musts.

WEEKLY BEAUTY RITUAL CHECKLIST

MONDAY

AFFIRMATION: WALK IN STRENGTH AND BEAUTY

- | | | | | | |
|-------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Gulp | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Solitude | <input type="checkbox"/> |
| Movement | <input type="checkbox"/> | <input type="checkbox"/> | Skincare Ritual | <input type="checkbox"/> | <input type="checkbox"/> |
| Supplements | <input type="checkbox"/> | <input type="checkbox"/> | Tea Time | <input type="checkbox"/> | <input type="checkbox"/> |
| Feet care | <input type="checkbox"/> | | Bath | <input type="checkbox"/> | |

Something I'm achieving today:

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Psalm 139:14

TUESDAY

AFFIRMATION: MY PEACE IS POWER

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|-------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Gulp | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Face & Body Exfoliation | <input type="checkbox"/> |
| Journal | <input type="checkbox"/> | | Skincare Ritual | <input type="checkbox"/> | <input type="checkbox"/> |
| Supplements | <input type="checkbox"/> | <input type="checkbox"/> | Workout Class | <input type="checkbox"/> | |

How I will give love today:

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Romans 8:28

WEDNESDAY

AFFIRMATION: I HAVE THE ABILITY TO GROW & CHANGE

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|----------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Gulp | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Be In Nature | <input type="checkbox"/> |
| Supplements | <input type="checkbox"/> | <input type="checkbox"/> | Skincare Ritual | <input type="checkbox"/> | <input type="checkbox"/> |
| Movement | <input type="checkbox"/> | <input type="checkbox"/> | Hair Mask | <input type="checkbox"/> | |
| Deep Breathing | <input type="checkbox"/> | | Read | <input type="checkbox"/> | |

Healthy recipe I'm making today:

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Hebrew 11:6

THURSDAY

AFFIRMATION: MY THOUGHTS ARE CALMING DOWN

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|------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Gulp | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Solitude | <input type="checkbox"/> |
| Supplements | <input type="checkbox"/> | <input type="checkbox"/> | Skincare Ritual | <input type="checkbox"/> | <input type="checkbox"/> |
| Dance To Music | <input type="checkbox"/> | | Tea Time | <input type="checkbox"/> | <input type="checkbox"/> |
| Protein Smoothie | <input type="checkbox"/> | | Face Mask | <input type="checkbox"/> | |

How I'll fuel my passion today:

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Matthew 15:28

FRIDAY

AFFIRMATION: I AM WORTHY OF INVESTING IN MYSELF

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|-------------|--------------------------|--------------------------|---------------------------|--------------------------|--------------------------|
| Gulp | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Face & Body Massage | <input type="checkbox"/> |
| Supplements | <input type="checkbox"/> | <input type="checkbox"/> | Stress Relieving Activity | <input type="checkbox"/> | <input type="checkbox"/> |
| Community | <input type="checkbox"/> | | Skincare Ritual | <input type="checkbox"/> | <input type="checkbox"/> |
| Green Drink | <input type="checkbox"/> | | | | |

How I am great today:

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1 Corinthians 28:20

SATURDAY

AFFIRMATION: I HAVE FAITH IN MY ABILITIES

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|-------------|--------------------------|--------------------------|--------------------------|---------------------------|--------------------------|
| Gulp | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Stress Relieving Activity | <input type="checkbox"/> |
| Supplements | <input type="checkbox"/> | <input type="checkbox"/> | Skincare Ritual | <input type="checkbox"/> | <input type="checkbox"/> |
| Movement | <input type="checkbox"/> | <input type="checkbox"/> | Clean/Declutter An Area | <input type="checkbox"/> | <input type="checkbox"/> |
| Solitude | <input type="checkbox"/> | | | | |

How I am lightening my load today:

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Hebrew 11:6

SUNDAY

AFFIRMATION: MY EFFORTS HELP ME SUCCEED

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|--------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Gulp | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Check On A Friend | <input type="checkbox"/> |
| Supplements | <input type="checkbox"/> | <input type="checkbox"/> | Skincare Ritual | <input type="checkbox"/> | <input type="checkbox"/> |
| Be In Nature | <input type="checkbox"/> | | Light a Candle + Read | <input type="checkbox"/> | <input type="checkbox"/> |
| Relax + Rejuvenate | <input type="checkbox"/> | | | | |

How I am letting go + surrendering today:

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Jeremiah 29:11