

BLISS

Beauty + Wellness Starter Kit



Bliss Beauty + Wellness
"bringing out the beauty in you..."

Kick start your beauty + wellness journey!

It's the start of a great journey! Congratulate yourself on taking the first step towards personal growth, improving your health and designing your perfect wellness routine.

Beauty is an inside/ outside approach so it's important to create synergistic balance between what's going on internally as well as externally.

There are 4 core areas that affect your overall beauty + wellness.

Environment

Health

Wellbeing

Self-care

By taking time to balance these areas, you will increase confidence, boost energy, radiate positivity and love the skin you're in.

Here is the first step to repairing your relationship with your mind and body.

And I am here for support and to cheer you on!

Let's get started!



Environment

An unorganized environment can impact our energy levels in many ways. Imagine a time you're in a rush and looking for your car keys or that storage area that 'will be cleaned out someday'. (Oh, the frustration!). These tiny frustrations can also trigger negative thoughts which affect our mood and turn into negative choices or actions.

An organized environment can help us with time management (having items in the spot where they belong; items clearly labeled or easily identifiable, etc...), improve our energy (**energy needs to flow and clutter keeps energy 'stuck'**) and can bring feelings of comfort and improve mood (we love a cozy home).

Areas that tend to get cluttered are:

- electronics (email, phone notes/ pictures/ unused apps)
- wallet/ purse
- car/ vehicles
- home (kitchen pantry/ fridge; bedrooms- closet, night stands, dresser; bathroom pantry; storage areas)
- work (office space/ desk)

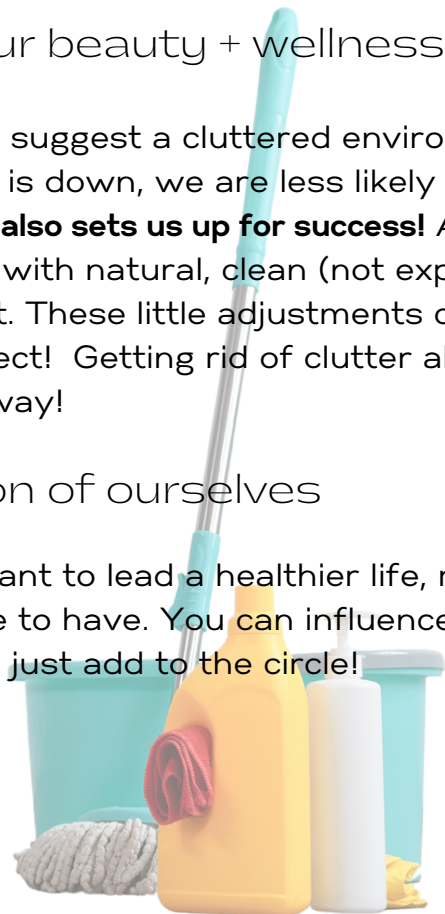
ACTION STEP: Pick an area to tidy up! (bonus points if its an area that's been neglected for a while). Donate, throw out/ reuse/ repurpose or sell items. After decluttering, take note of how you feel!

How does environment affect our beauty + wellness?

Our environment can affect our mental health. Studies suggest a cluttered environment affects our energy levels negatively. When our energy is down, we are less likely to be proactive in others areas of our life. **A tidy environment also sets us up for success!** A kitchen pantry stocked with healthy food options. A bathroom with natural, clean (not expired!) products. A workout area set up to use at any moment. These little adjustments can improve our wellbeing, self- care and our health. Its a ripple affect! Getting rid of clutter also opens up the window for opportunities that may come your way!

Our friends are a reflection of ourselves

Take note of who you surround yourself with. If you want to lead a healthier life, reach out or spend time with those who are leading a life you aspire to have. You can influence each other while building new relationships. The more the merrier, just add to the circle!



Health

Health is a huge topic. When we think of health we think of our own definition of it.

But what does being 'healthy' mean?

It's not as simple as saying "you need to do this_____". There is no perfect guideline or magic formula for everyone. We are all built differently and we all operate differently (lifestyle, biologically/ chemically). So many factors affect our health, so finding a general guideline that works for you is a good start! It is important to develop body intuition and read the signs your body is telling you! This is the first step to achieving better health. (In the next section we talk about 'cravings' and how they not always bad!)

Equally as important is fueling our bodies with high net gain foods. What are high net gain foods? These are foods that fuel our body with the nutrition we need to operate. On a less complicated level, we can look at this as "**whole foods**"- foods that are grown or foods that have few ingredients. Look at foods such as vegetables, fruits, whole grains, lean protein or plant based protein and healthy fats. Eating whole foods shouldn't be painful and boring! Get creative!

It's not a 'diet'. It's a lifestyle.

When we diet, we feel like there is no end and we end up on a yo-yo cycle of being 'good' then being 'bad' (on the diet then off the diet). This thought process can set us up to have a negative image of ourself which can lead us to unhealthy habits.

Look at implementing an 80/20 guideline. Eat clean 80% of the time and enjoy 20% of the time to be flexible! We're talking about the time when your friend invites you out for dinner to have a burger and dessert on a Wednesday night. You're not going to say 'no' because 'cheat day' is Saturday. You're going to be human and enjoy your social setting (and that delicious burger).

By having a more flexible mindset, we feel less restricted which can improve our wellbeing by allowing us to feel more 'balanced'.

Get up and dance...

Implementing a whole foods regime can boost our energy levels naturally. Our body knows how to break down natural foods. It can utilize the nutrition to fuel our cells.

What do you do with all this new found energy? Get moving! Get outside and go for a walk, take the stairs at work instead of the elevator, dance to your favorite music around the house, enjoy some relaxing or power yoga flows- whatever you enjoy, just start moving. Moving our body has a positive impact on our wellbeing and overall health. Not to mention, it detoxes our bodies so we can have that gorgeous glowing skin!



SNACK TIME

How to satisfy cravings and improve your body intuition

We usually try to stop our cravings or avoid them. But what if cravings were our bodies way of telling us were missing out on something?

Life is about balance. Its OK to enjoy chips, cake or cookies, but it's also about **moderation**. Cravings can also help us become more in tune with our bodies.

Being more in tune with our emotions and our body is beneficial. Sometimes we eat because we experience intense emotions (we're sad, depressed, over whelmed), but these feelings have a deeper meaning. If we're reaching for something sweet, we could be lacking balance in our diet, we may need more physical love and affection in our life or its possible we are on a blood sugar roller coaster from inconsistent meals or lack of balanced plates (protein, fats and carbs).

Make a note when you experience a consistent craving (is it at lunch time? at night?) Look at the whole situation. What happened before your craving or what did you eat or not eat? What kind of emotions are you experiencing at the time of the craving? Is there anything else you can do to satisfy that craving? (go for a walk, reach out to a loved one, meditate, read, enjoy a hobby...)

Alas, sometimes we just need to satisfy that craving. Here's some snack ideas:

- 1 oz of pure dark chocolate + handful of unsalted or lightly salted nuts/ seeds
- roasted cauliflower or chickpeas (using coconut oil + spices)
- Greek yogurt (or dairy free yogurt with a little protein)- topped with granola and berries
- Mejool dates filled with all natural peanut butter, chocolate drizzle topped with sea salt
- chia pudding (1/4 cup chia seeds, 1 cup coconut milk. Let it set overnight. Top with berries.
- kale chips (baked kale with a light drizzle of oil til crispy)
- good ol' celery + peanut butter (or other nut butter)
- fat bombs'- mix cocoa, nut butter and protein in a bowl, freeze into cubes
- cucumber boats- hollow out a cucumber and top with chicken breast + spices/ homemade dressing
- Water! (not necessarily a snack but sometimes we think were hungry when in reality we could be dehydrated,

Wellbeing

"What story are you telling yourself?"

How can we improve our mindset? We need to retell our story. When we are critical of ourself, it tells our brain that we are 'not worth it' or 'not as important as the other person'. "my needs are less important". Over time this can damage our relationship with ourself leading to destructive behavior or self criticism.

How do we change our story?

Each core area intertwines with each other. Once we start improving our environment, it can improve our wellbeing. When we reach for healthier foods and enjoy movement, we start to feel better about of ourself and release those feel good endorphins. When we take time for self-care it shows ourself that we are important too (plus boosts our self confidence).

Thousands and thousands of thoughts run through our head daily. Take note of how many thoughts are directed at yourself negatively. When you start to speak negatively to yourself, look at a positive way to FLIP your thinking. (FLIP- focus on leading + inspiring your purpose. Find out more about FLIP with a finding beauty coaching session).

Use the space below to write out 3 thoughts you have about yourself:

Then use the space below to turn it into a positive thought or a learning experience:



This is NOT an easy area for most. It takes patience to develop a growth mindset and be open to what comes your way. Sometimes we need additional support through counselling sessions so we can better understand why we view ourselves in a certain perspective. This is a great opportunity to explore and discover your true self. So embrace the change and all the feelings that come forward. It's moving you forward into the best version of yourself.

"Admire someone else's beauty without questioning your own"

Self-Care

Beauty + nature

When is the last time you read the ingredients on the product you use? If the answer is rarely or never, you may want to start this habit.

the beauty industry is multi billion dollar industry. We all want to beat the clock- look youthful and aesthetically pleasing. But this can trap us into using products that are harmful, not only to our bodies but the environment as well.

What goes in , must come out

The wonderful thing about our body and the environment is, it's beautiful connection of interrelated molecular action. Everything is connected. What we use on our skin can affect ecosystems and our surrounding environment. On one hand, when we use products on our skin it is absorbed in the body and filtered through our system. When we have a build up of too many toxins, it can show in the form of body inflammation, a poor complexion (rosacea, hyper sensitivity, acne/ blemishes, uneven/ sallow skin), gut sensitivities and more. On the other hand, the product we use also affects the environment from how it is manufactured, where the ingredients are sourced (how they are sourced) and what is washed down our sink into our water systems. so what we use on our skin can have a ripple affect.

What should I buy?

Have you ever used deodorant then try to scrub in the shower to find it doesn't seem to come off? Or have you used a face moisturizer and feel like you have saran wrap on your face, like your skin can't breathe? Our sanitary products, body care and skin care products can contain harsh chemicals and carcinogens. So how do we navigate the aisles? Rule of thumb, if you're unsure what the ingredient is, don't buy it or if the ingredient list is really long, don't buy it. Reach for organic, locally made, small batch, natural, clean ingredients.

Some fantastic products that can be purchased in store or online are:

Druide (to purchase online click here -> <https://druidebio.com/?ref=c14291>)

Nelly Devuyt (to purchase online click here -> <https://nellydevuyt.com/?ref=C14291>)

Jane Iredale

Youngblood Cosmetics

Cheekbone Beauty Inc.

Fitglow Beauty

This is just a small list. There are MANY companies trying to move their formulations to more natural and eco friendly .

Final Thoughts

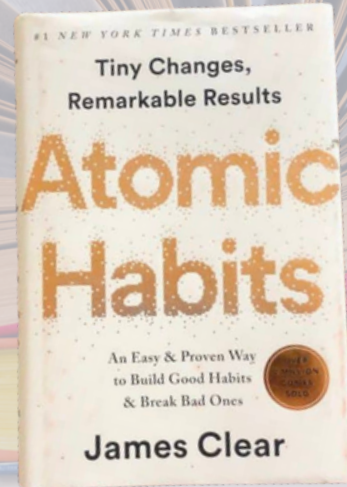
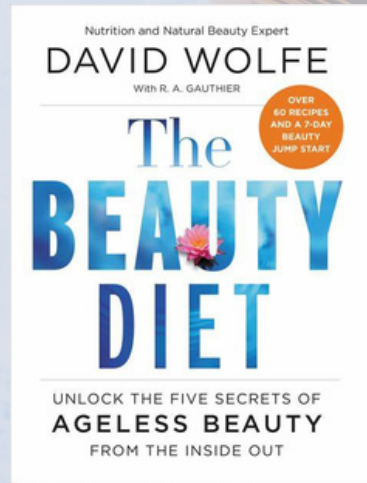
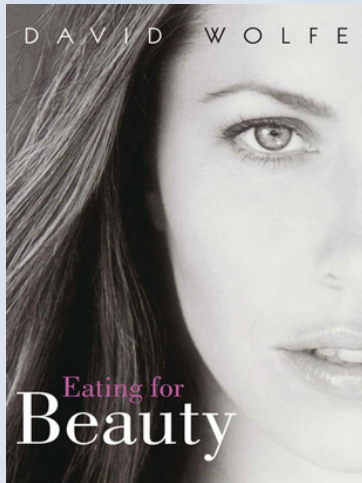
We're not asking you to throw out everything in your pantry and follow this 100% . We have to live too! Naturally you come in contact with chemicals on a daily basis. The goal is to limit this chemical interaction so to improve your overall health and wellbeing. As noted above, chemicals can chemically change our bodies and create an imbalance, causing a ripple effect. Its just important to be more mindful of what we purchase on a day to day basis. Slowly the more and more we do this as a society, it could potentially create a positive impact on the environment as well as our wellbeing.

It's time to go back to the basics and enjoy what nature provides for us.

Life is complicated. Beauty shouldn't be.



Recommended Books



Documentaries to Watch



toxic Beauty
CBC Gem



Makeup's Big Secret
Youtube Documentary

BLISS

"bringing out the beauty in you..."



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