

During your day you can take the opportunity to make space for a healing ritual. It is an opportunity to make space to listen to your body, reconnect to yourself, and recharge.

Healing rituals are one aspect of the self-care we practice during a 7-day Reboot. Consider joining us to unlock the full healing potential of conscious and intentional self-care.

## Body Scrubs

Whether it is a homemade salt or sugar scrub you use, or a store bought one, body scrubs are a wonderful healing ritual.

Taking time to focus on your body as the scrubs lifts away dead skin and creates room for healing the lymph nodes and de-stress your mind.

Salt scrubs offer minerals to support the nervous system and help it relax as well as slough away old skin.

Why are you doing this scrub?

Create an intention. When you scrub your skin gently what are you wanting to clear and remove? Rituals stem from creating intentions.

I love scrubbing before a shower or bath soak.

Sitting down, closing my eyes, deep breathing and imagining my body is releasing toxins as I gently scrub the skin on the top of my feet in circular motions up to the center of my chest, then finishing with my hands up my arms toward my heart.

To use scrubs for detoxing and clearing-always think of moving the energy **toward** the heart.

Be **very careful** not to play slip and slide in your bathroom or tub because the scrubs can be a bit slippery.

## Epsom Salt Bath Soak

Put your electronic devices away and allow yourself to unplug for the next 20 minutes.

Dim the lights.

Take a few minutes to sit and relax while your bath is filling. Add whatever salts or Healing Bath Bombs you are wanting to use.

Perhaps you can light a candle, set an intention, and take some nice healing breaths as you wait for your bath tub to fill.

Submerge your shoulders under the water, close your eyes, and breathe in through the nose positive healing energy and exhale anything that no longer serves you.

Take slow big deep relaxing breaths.

The water will relax your body and surround you with healing minerals and loving energy so that your body can release any stress, tension, and toxins it no longer needs.

Once you feel your time is done unplug the drain and imagine all of the toxins and energy you have released to go down the drain.

Focus on this thought...

*My body is calm and relaxed*

Enjoy! xo



## Fantabulous Fennel Soup

2 tablespoons extra-virgin olive oil or coconut oil

2 cups diced fresh fennel

1 cup diced zucchini (I leave the peel on)

4 green onions, chopped

¼ teaspoon celery seeds

2 cups water

1. Heat 2 tablespoons of oil in a saucepan over medium heat.
2. Add diced fennel, zucchini, onion and celery seeds.
3. Sauté for 5-6 minutes, or until fennel is translucent.
4. Add water and bring to boil.
5. Cover and reduce heat.
6. Let simmer for 15 minutes or until all the vegetables are tender.
7. Let the mixture cool a bit and then puree in blender until smooth.

Season to taste with salt and pepper.

If you don't want to blend/puree this, you don't have too!

Fennel is incredible for helping heal the stomach, gut, and central nervous system.

Fennel helps the body relax which allows it to reset. When the body can relax the body can heal.

Please try out this easy and quick (and tasty!) recipe and let me know what you think.

