

MASSAGE ARTISAN

MINDFUL MOTTOS & RITUALS



February

SELF-LOVE



Nourish your body, cherish your heart & embrace your worth

DO LESS OF:

- Negative Self-Talk
- Social Media
- Overworking

DO MORE OF:

- +Positive Affirmations
- +Gratitude Practice
- +Rest, Relaxation & Tea

February Self-Love Rituals:

- ♥ Write Yourself a Love Note
- ♥ Do A Daily Act of Kindness
- ♥ Practice Gentle Movement

- ♥ Tell yourself "I am enough"
- ♥ Swap Coffee w/ organic Cacao
- ♥ Read an entire Book

*Love Yourself First.*

In this month of love,  
remember you deserve your  
own care, compassion & time.

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