

MASSAGE ARTISAN

MINDFUL MOTTOS & RITUALS

January

DETOX

A gentle return to balance, clarity, & intention.

DO LESS OF:

- Processed foods
- Screen time
- Negative thoughts

DO MORE OF:

- +Herbal teas
- +Fresh air
- +Mindful movement

January Detox Rituals:

- ☾ Morning lemon water
- ☾ Enjoy Sauna or Steam
- ☾ Try a Digital Detox

- ☾ Epsom salt bath soak
- ☾ Journal & Reflect
- ☾ Try intermittent fasting

Refresh. Renew. Restore.

Embrace the new year with  
a clear mind, a pure body,  
and a rejuvenated spirit.

