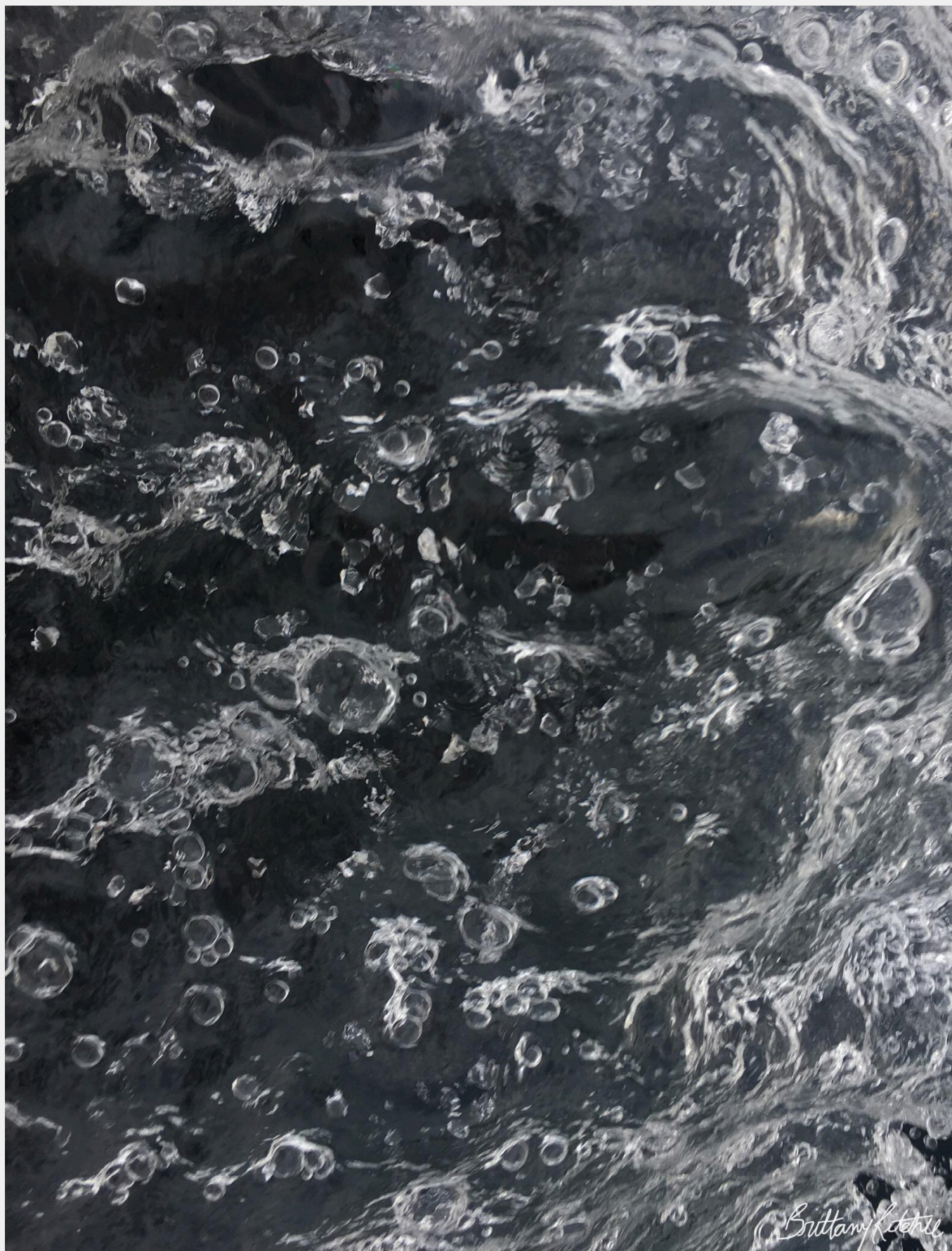


HOW TO TREAT YOURSELF TO BOUNCE BACK TO HEALTH

HOW TO HEAL THROUGH HEALTH BY BESPOKE GLOW



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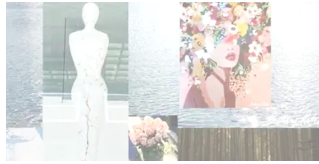
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BESPOKE GLOW VALUES



TREATING THROUGH HEALTH

All facials include a BESPOKE facial health analysis that is unique to the way I treat. Through an analysis with Osmosis Skin Mapping™, I thoughtfully consider all the variables that contribute to a healthy youthful GLOW. In doing so I put together a facial that is bespoke just for you!

Curated the European way, facials as an investment into your health, that includes treatment to your face, neck, and décolleté.

And NO before and after at BESPOKE GLOW, because that is not an ingredient in the recipe for health. I will show you how to treat yourself pre and post treatment for best results, along with the evolution of treating through health. A BESPOKE GLOW facial is an investment into your health and a healthy sense of self. Along with that I will always include the gentle reminder that what you see is unique to the individual being treated.

EMPOWERING WITH KNOWLEDGE

Treating all of you, not just your skin.

Each facial includes your own BESPOKE recipe to GLOW.

Through my expertise in inside out health, I empower you with all the pieces that contribute to a GLOW from head to toe.

BUILDING INDEPENDENCE

Best results for treatment, require proper homecare.

The everyday topical treatment provides the best possible environment, for best results during a facial.

At 125 per treatment, I want to make sure that your investment with me keeps evolving through health, and that I provide you with the most amount of value with each treatment so that you can continue to invest without the stress.

GIVING BACK

You give with each treatment!

A percentage of each treatment is not only reinvested into you, a percentage is also allocated towards a quarterly give to a cause that supports health and education. In my opinion, two of the most powerful ingredients for independence.

PREPARE TO BOUNCE BACK TO HEALTH

So I planned to provide you all with how to prepare to bounce back in 2018 when I went back to study skin health, as all of the information in here was acquired prior 2014 upon deciding to create a documentation of it for all of you in 2018. What I am providing to you is the structure of how I treat my own HEALTH for some HEALTHY celebrating, although it felt that my voice purposely got drowned in 2018. Although my love for what I do and for seeing people with a healthy GLOW prevailed. Through TREAT YOURSELF TO BOUNCE BACK TO HEALTH, you will be provided with my perspective as a HOLISTIC SKIN HEALTH PROFESSIONAL, with regard to how to bring yourself back to health during times of celebration. In addition to that, you can also look to it during times of stress, a time when your own body creates ingredients that harm your health. Furthermore, you can also use the healing tonics and smoothies for a seasonal cleanse, and look at all the recipes for any occasion, as the ingredients have been carefully selected to create a FOUNTAIN OF YOUTH in the fluid circulating through your body to heal and protect your HEALTH.

In addition to that, I have provided links to resources that go into more detail, because in my opinion, it is lifesaving information in the way that it leads to decisions through health. Along with providing awareness to make the healthiest decisions for yourself and all of the people you love. These are all my own recipes that I created through my knowledge of the nutrients in the ingredients, in consideration to the variables, to provide the healthiest way to treat yourself back to HEALTH. The only recipe that isn't my own is the sandwich from France, I asked for the recipe while in France in 2008.

When it comes to your health, alcohol does a lot of things! From the perspective of PH, it creates a corrosive environment that depletes your HEALTH, acidic environments take the nutrients from your body to bring it back to health if it isn't being fed what it needs to neutralize the environment. That is why dairy is arguably stagnant, in terms of it being a source of calcium and vitamin D in regard to variables due to how it prevents the body from creating a HEALING environment. The reason for that is due to how internal systems are trying to create that healing environment when it reaches corrosive acidity, so it will take from your nutritional reserves at the detriment of your own health, that is why you see people shrink. In addition to dairy and alcohol, the following ingredients also contribute to that; sugar, chemical additives, meat, coffee, ingredients your body creates during times of stress etc. That is why I see animal products as a treat in the way that I don't look to those for nutrients, if I eat any, and I do at times because I love the taste, any nutrients those do contain are in addition to making sure my requirements are met through whole plant based foods. I find that looking at it that way also protects from the harmful ingredients in meat and dairy when consumed as a treat.

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Now I do acknowledge that some of those ingredients contain nutrients that contribute toward healing, although they also contain ingredients that harm. Knowing how to create a healing environment while being able to indulge in all of the things you love, allows you to live and reap the healing benefits of the social aspect with regard to the connection that some of the ingredients that harm your health are present at for healthy celebrations. When you know the variables, you can make decisions to put yourself in the direction of consistently healing toward positive growth. I also find that what I am presenting to you has a positive impact on the relationship with food because you evolve to see food as healing, so you eat to be healthy, that causes inflammation to melt, and for some people, that is what prevents that person from reaching their HEALTH goal. When you eat to be healthy, your weight naturally finds a healthy BMI, your skin, your hair, and your nails all find a HEALTHY GLOW. Cognitive function improves, your energy levels increase, your sleep improves, and your immune system becomes stronger as you feed the FOUNTAIN OF YOUTH, also known as the FOUNTAIN OF HEALTH, with all of the ingredients you need to HEAL you back to HEALTHY CELLULAR FUNCTION.

Prepare to BOUNCE BACK contains all ingredients that work together to prepare the healthiest environment to bring you back to health by avoiding depletion of nutritional reserves while the body metabolizes. Alkaline forming foods provide the healthiest environment, that is why when you eat food direct from the earth, all the ingredients that you see in the produce section, you are eating nature's perfectly combined creations direct from the source. Along with that, if you can, make sure to allow your body to FAST, it also contributes towards healing inflammation. If you haven't practiced fasting, you can always seek professional medical advice to make sure that there are no contraindications to do so, as it is medicinal.

I think that the reason people might be deterred from fasting is due to how the ingredients the body creates internally during stress compound more harm with an abundance of edible ingredients from refined foods; and that includes all meat and dairy, in relation to causing the effect of alcohol in the bloodstream. The ingredients that people were taught were healthy sources of nutrients, and can be if people are also cautioned of the variables. When you do your own research you learn of those variables, you see there are no good foods and there are no bad foods, there are healthy healing ingredients that are abundant in nutrients, stagnant ingredients that contain nutrients and ingredients that cause harm to your health, and ingredients that don't have any nutrients that harm your health. Although, ingredients from each category could be classified in another with consideration to variables, specifically to quality and quantity of the food eaten.

I feel that the reason for that is because people were taught that animal products are healthy sources of nutrients, along with foods created for convenience. That can be a slippery slope when stress levels increase, due to how those foods cause stress to the body. Foods that grow from the earth are the healthiest source of nutrients, if you

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increase the foods from the earth, plant foods, and that includes aquatic algae, etc . You are giving yourself ingredients to HEAL on a daily basis, allowing you to reap the healing benefits of fasting during times of stress. The only time, in addition to health contraindications, that I would advise against fasting is post celebration with an indulgence in alcohol. The reason for that is due to how alcohol could still be present in your bloodstream. So that is why a lot of the ingredients, especially upon waking, are blended to increase absorption time to prevent those ingredients from being taken from your nutritional reserves to bring the corrosive environment back to healing. Stress also creates a corrosive environment, although, because it is created by your own body, fasting has a healing effect to stress. Since there are varying degrees of stress, and if you don't know how your body responds, you can always ease into the practice of fasting for health by adding the blended ingredients that are easily absorbed.

In addition to that, when it comes to supplementing, for the most part, you want to look at those as being between source ingredients and manufactured in such a way that some are preserved directly from the source, and some can be harmful. I feel the same thing about protein powder too, it isn't something that I would consume every day, you can add a couple days of hemp hearts or a cup of edamame to the smoothie with the addition of stevia, honey, monk, fruit, sweet potato paste, etc as an alternative to protein powder. Furthermore, consulting with the people who work at supplement stores for direction in terms of how to differentiate will provide you with how to determine the healthiest sources, although I do feel that supplementation should be treated as an assist to food. I do acknowledge that those were created for the purpose of saving lives, although I feel that one of the reasons is because a lot of people don't eat to HEAL to be HEALTHY. Furthermore, it is important to note that most plant milks are refined, so you would want to see those as a treat when buying the convenience version. I prefer to make my own, the AMINO OMEGA recipe is a really good example of that! You can blend any of these with water to create the same thing; hemp, banana, oats, any nuts and seeds, olive oil, coconut oil etc. I grew up on water, my favorite drink, if a recipe calls for milk, I just add water. The thought of drinking a glass of milk, cloudy water that causes cloudy cells, makes me GAG, cloudy cells disrupt healthy cellular function. I also find it interesting that people who like milk, wouldn't just buy cream and add water to it, as it seems healthier and more cost effective than processed milk for people who like the taste of it.

A lot of people look to food for instant gratification, the same thing goes for the way that the skin is treated, we have seen skin evolve to instant gratification, as opposed to being treated through HEALTH. Although, so many HEALTH PROFESSIONALS want to see you healthy and healing all the time, so many people want you to be able to touch the floor at all times in your life. Your body does everything and anything that it can to try and put you in a position to do so, when you learn how to bring yourself back to HEALTH, that innate sense of how to treat yourself for your own best interest becomes instinctual.

Let's bring that internal climate back to healthy healing.

HEALING

TONICS AND SMOOTHIES

The ingredients in all of the healing tonics and smoothie recipes have an alkaline effect on the body to protect your own alkaline nutritional reserves from being leached at the detriment of your health. You can also look to these during times of stress, as that is when your endocrine system produces your own ingredients that have the same effect on the body as ingesting those that cause harm through creating an acidic environment.

I would recommend making all of the healing smoothie and tonics, the reason is because all of those ingredients have been carefully selected to provide you with the best defence pre and post celebration. Not only do those protect and add to the nutritional reserves to bring you back to health, but those all make sure that your immune system is being fully supported, as all of those ingredients work together to take the stress off of your organs. Your organs work to purify and cleanse the body with the addition of the harm that alcohol causes, along with any other harmful indulgence that you may have met your mouth while celebrating.

SNACKS

THE STABILIZERS

The ingredients in the recipes have been carefully selected to provide ingredients that give back the nutrients that are depleted from the body during a celebration. These are what you want to be snacking on pre and post celebration, along with making great additions to bring as an appetizer if going somewhere that requires so.

HEALTH PROTECTORS

MEALS FROM SCRATCH & HYBRID

These recipes provide the substance that is required to protect your health during a celebration. Eating these pre and post, provide you with what is needed to protect your nutritional reserves and add to it so that you can treat yourself to bounce back to health. The addition of the HYBRID meals create the feeling of take out, also known as take away, that is especially appreciated by most for a post celebration meal.

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HOW TO PUT IT ALL TOGETHER

Make sure to increase your water intake and when making the healing tonics, you can decrease the water enough to blend for a concentrate that you can add water to at time of consumption. The following is a guideline to prepare you for a celebration that can cause nutrient depletion that leads to people feeling like indulging post celebration.

PRE CELEBRATION

FAST

WATER

1 oz IMMUNE BOOSTER AND OM
2 ozs HEALING HERBS
GLASS OF THE CLEANSER
2 FIBRE OATMEAL BOMBS

SNACK

1 oz HEALING HERBS
RAW MULTIVITAMINS
GLASS OF AMINO OMEGAS
2 REESE'S PIECES BOMBS

AFTERNOON

RECIPE FROM HEALTH PROTECTOR

GLASS OF THE CLEANSER

EVENING

RECIPE FROM HEALTH PROTECTOR

DETOX WATER

BEDTIME

1 oz OF HEALING HERBS, IMMUNE
BOOSTER AND OM
GLASS OF DETOX WATER
GLASS OF AMINO OMEGAS

POST CELEBRATION

DON'T FAST

due to the presence of alcohol in bloodstream.

DETOX WATER

2 oz IMMUNE BOOSTER and OM
2 oz HEALING HERBS
GLASS OF AMINO OMEGAS
GLASS OF THE CLEANSER
FRESH NUTRIENT BURSTS

GLASS OF DETOX WATER, AMINO
OMEGAS AND 4 OATMEAL BOMBS

RECIPE FROM HEALTH PROTECTOR

SNACK

1 oz HEALING HERBS
RAW MULTIVITAMINS

AFTERNOON

RECIPES FROM HEALTH PROTECTOR,
NOW IS WHEN YOU WILL PROBABLY
WANT THE HYBRID MEALS.

GLASS OF THE CLEANSER

EVENING

RECIPE FROM HEALTH PROTECTOR
BEDTIME

1 oz HEALING HERBS, IMMUNE BOOSTER,
OM, AND A GLASS OF AMINO OMEGA
AND SUSHI BOMBS IF NEEDED

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ADDED ALTERNATIVES

WATER

Make sure to increase your water intake leading up to a celebration and try to go one for one with water to a drink, you and your skin will thank you for it. [Santevia](#) makes sticks and bottles so that you can fill up anywhere, add ½ a lemon to your water in the morning if you drink coffee, due to how it has an alkaline effect in the body.

FOOD

The recipes in the snack section and meal section provide you with what you need so that your body has the best defense for protecting healthy reserves. If you end up indulging in some meals during a celebration, don't worry, because all the nutrients in the smoothies and tonics also provide you with a defense to protect healthy reserves. The most important thing is to make sure that you eat some substance to restrict absorption of celebratory drinks.

ORGANIC LEMONS

When recipes call for whole lemons, to include the skin, make sure that you buy [organic lemons](#), if the lemon isn't organic, don't include the skin to avoid ingesting contaminants.

CHIA GEL

Mix water, lemon and chia seeds together to make chia gel to provide yourself with more ways to make sure that you receive all of the healing and skin loving benefits of healthy omegas, fibre and a complete protein. You can find so many recipes if you look. I will be providing more through my [blook](#), although in the meantime you can look for more recipes or add a couple spoonfuls in dressings, sauces, soups, or straight up. The seeds need to be soaked in water in order for you to receive the full benefit of all the healing ingredients.

SANDWICH AND WRAP SIDES

The sandwiches and wraps go really good with chips and raw vegetables.

ACCOMPANIMENT

The indulge wrap only requires ½ the baked beans, another accompaniment is to add ½ cup salsa, ¼ fresh cilantro, 2 tbsp fresh minced onion, 2 tbsp fresh or pickled jalapeno to the beans. Mix all the ingredients together and serve with fresh vegetables and/or tortilla chips.

SUPERFOODS

Most grocery stores provide greens powder, a healthy alternative to get more healing greens during times of celebration and times of stress. Bring some with you, and add some to water if you end up indulging in food along with drink if you don't order fresh greens to go with it.

CHLORELLA AND SPIRULINA

You can buy these in tablet form, these provide your body with what it needs to make protein, along with ingredients that bring you back to healthy cellular function during times of celebration and times of stress. Bring some with you, and add some to water if you end up indulging in food along with drink if you don't include enough fresh greens to go with it. You can also buy a chewable tablet form that your cells will love! These are best when sourced RAW.

HEADACHE

Give yourself an orgasim, seriously, look up the benefits of an orgasim to see how giving these to yourself is medicinal treatment, strong enough to provide relief to a migraine. In addition to medicinal creations for headaches in tablet form, your body produces its own medicinal ingredients during an orgasim, ingredients that also contribute toward HEALTHY SKIN. If you choose to allow your body to heal itself and/or reach toward synthetic tablets for a headache post celebration, also make sure to drink water, and eat something healthy, due to how headaches post celebration are usually due to dehydration. If you have completed all of those and the headache persists, then look to the intervention of synthetics as it will be better received by your body with the addition of water, food, and relaxation.

THE SKIN

The ingredients in the bounce back recipes have all been carefully selected to protect your HEALTH, and that includes the health of your skin. You want to make sure to increase your water intake leading up to, during and post celebration to protect the health of your skin, although there are additional health investments that you can include to topically treat your skin for a HEALTHY CELEBRATION inside and out.

- WATER, increase water intake with the addition of alcohol to protect the HEALTH of your skin.
- HUMECTANTS the addition of humectants; hyaluronic acid and glycerin are a couple examples of humectants that you can find in facial masks and/or serums to protect the hydration levels in your skin. Alcohol is dehydrating, consumption of it affects the health of your skin, while humectants work to bind H2O in the skin to keep it hydrated. You can buy sheet masks and container masks to amplify a daily serum for some pre and post celebration, doing so protects from how alcohol pulls H2O from the skin when it hasn't been given enough water to preserve the health of vital organs.
- ANTIOXIDANTS, antioxidant serums, to include E, C, and A, are some of the antioxidants that will protect the HEALTH of your skin, especially during celebrations when antioxidants circulating in the FOUNTAIN OF HEALTH go toward protecting the HEALTH of vital organs. Since skin is the last to receive, making sure to give a topical dose pre and post celebration will work to protect the health of it.
- LIPID SEAL, making sure your skin's barrier is intact supports the HEALTH of your skin by allowing it to naturally regulate itself. The addition of a non comedogenic barrier as a finish to your SKIN

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HEALTH regime provides a seal to allow your skin to maintain moisture levels and reduce TEWL that leads to further dehydration.

- **AVOID IRRITATING ACTIVES** the addition of alcohol increases skin sensitivity, so that is why you want to avoid anything aggressive in terms of product and treatment that cause an inflammatory response. During the time of celebration, opt for calming, soothing, and hydrating. Consulting with a **SKIN HEALTH PROFESSIONAL** will provide you with further direction that is specifically curated for you.
- **SLEEP**, celebrations usually involve ingredients that harm the quality of your sleep. The addition of the **AMINO OMEGAS, OM, HEALING HERBS, and THE LIVER TONIC**, leading up to **SLEEP**, provide the body with what it needs to try and promote the best possible internal environment for **CLEANSING SLEEP**. The ingredients also provide a **HEALTHY** flood of antioxidants that work to protect your **HEALTH** as the body further works to metabolize it during sleep.
- **CLEANSE**, if you're someone who usually skips the cleanse post celebration, having a quick alternative to your regular cleanse is the best way to protect the **HEALTH** of your skin. Having some wipes, or a microfibre cloth for a quick removal so that you can put the healing and sealing ingredients on to protect the **HEALTH** of your skin during **SLEEP**.
- **TEETH** making sure to brush your teeth, fresh water swish if no toothbrush in site with acidic ingredients, and **OIL PULLING**, especially post celebration. Tongue scraping, dental floss, and/or a water pick are all positive health investments that contribute toward evolving through **HEALTH**.
- **SPF**, especially if you're celebrating in the sunshine, due to how the combination of how sunshine and alcohol work together to compound dehydration. 15-20 minutes with no SPF gives the daily amount of vitamin D, along with health benefits that are received when the body is relaxed, although the addition of alcohol increases the harmful effects of sunshine. Along with wearing SPF, increasing water intake will protect from the evaporating effect on skin. Alcohol depletes antioxidants and increases the risk of burn, antioxidants protect your **HEALTH** during sun exposure, also protects your health during alcohol consumption. So do you see **HOW** and **WHY** adding those healing blended nutrients protects your health through the inside out. Furthermore, because alcohol also increases the risk of burning, you want to make sure to be consistent with SPF, along with protecting your brain and facial skin from direct exposure with a hat, and the **HEALTH** of your sight, with **SUNGLASSES** that also protect the delicate eye area.
- **AVOID** coffee post celebration, due to how the consumption of alcohol the night before compounds the harmful effects of coffee, it is best to think of coffee as **AM wine ALL THE TIME**. Wine has health benefits, along with ingredients that harm, and the same thing goes for coffee. Letting a couple glasses of lemon water, and some of the healing tonics will protect you if your preference is to have coffee upon waking. Although if it is post celebration, and in all instances making sure to eat, further protects from the harm it causes to **HEALTH**.

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COMPLETION

My intention for creating it is to SHOW you and TELL you HOW to protect your HEALTH, along with WHY, so that you can be empowered to make the HEALTHIEST decisions for yourself and all of the people you love. I purposely put links to further detail so that you can always refer back for more information, as it only leads to HEALTHIER decisions!

Now that I have completed an annual complementary magazine to empower you to treat yourself through HEALTH for some HEALTHY holiday celebration. The only thing I ask with the creation of TREAT YOURSELF TO BOUNCE BACK TO HEALTH for all of you as my quarterly give, is that you find your own way to give back upon downloading the PDF. Furthermore, if you want to capture your give back for social media, please tag @bespokeglow with the hashtag quarterly give the gift of glow #quarterlygivethegiftoglow. Furthermore, when I say give, it could be purposefully trying to wear a smile all day to lead to more smiles, although doing so might lead to a lot of laughing, and that is a good thing for your HEALTH. You can hold the door open for someone, provide a food or gift donation, say some loving words to people, send the link to TREAT YOURSELF TO BOUNCE BACK TO HEALTH to people to give the gift of HEALTH, some of the ways to give! As I plan to keep building on it through the years as the QUARTERLY GIVE for BESPOKE GLOW, providing you all access to what is created for the people I treat through [@bespokeglow](#), [THE FACIALIST BY BESPOKE GLOW](#) podcast, the [BLOOK](#) at [bespokeglow.ca](#), informative videos and now a SEASONAL MAGAZINE to add more HEALTH to your life.

THE PROVIDER

BRITTANY KATHLEEN RITCHIE BGS, CERT, DIP

SKIN HEALTH PROFESSIONAL

Skin Health Professional and Sole Proprietor of BESPOKE GLOW and a complete geek when it comes to the health of the integumentary system, our largest organ and our defence. Some even call me a skin health expert, although I don't know if I would consider myself so, I just know that I love seeing people with a HEALTHY GLOW.

- Completing the Holistic Skin Specialist Certification LEVEL 1, with Osmosis Beauty
- Skin Anatomy and Physiology Advanced Education, Pastiche Training
- Reiki Holy Fire II : THE ALCHEMY OF HEALING LEVEL I
- Advanced Training; Dermalogica Academy, BABOR Academy
- Basic Infection Control Certificate, Premp
- Professional Esthetics/Spa Therapist Diploma, Blanche Macdonald, Certified Esthetician
- BGS Degree, University of the Fraser Valley
- Journalism Certificate, University of the Fraser Valley
- Professional Communications Certificate, University of the Fraser Valley
- Creator of all content, along with, unless otherwise noted, all pictures, drawings and paintings are my own creations.