



Congrats on beginning your self-care journey with The Daily Shield!

To help you enjoy and feel the true benefits of this incredible wellness system, we've provided some tips and suggestions below. Thrive on!

Consistency is Key.

To help you remember to take each formula during the first few days, try keeping the box in plain sight and slip a few stick packs into your purse, backpack or briefcase for mixing away from home.

You can even set a reminder to take each formula at a certain time, until it becomes a habit!



Add Water to Taste.

Our suggestions on the amount of water to use with each flavor are just that...suggestions.

Feel free to add as much (or as little) water as you like, along with ice cubes if you prefer.

It's ok to "thrive your way!"

Mix It Up.

As they say, *variety is the spice of life.*

In addition to water, try adding the formulas to your favorite juice or smoothies.

(Calm tastes amazing in a mug of warm apple cider— we dare you to try it!)



SHARE YOUR EXPERIENCE



Inspire others to find amazing ways to enjoy The Daily Shield by sharing your recipes and selfies on social media!

Simply post a pic on Instagram or Facebook with the hashtag #drinkupwellness and we'll enter you into our monthly drawing for a Spafinder gift card!

[DETAILS HERE](#)