

Daily Detox Strategies

Every day, choose one or more of the following daily detox strategies:

Day 1: Dry Brushing - Prior to having a shower, on dry skin, use a natural loofah to lightly brush your skin using long upwards motions towards the heart, starting at your feet.

Day 2: Hydrotherapy - after a hot shower, take a cold shower for up to 1-minute, always finish on cold.

Day 3: Take an epsom salt bath, light a candle and breathe.

Day 4: Create a sleep ritual by turning off all screens 1-hour before bed.

Day 5: Go for a walk at lunch or after work or engage in a bush walk, coastal walk, barefoot earth walking etc.

Day 6: Write your thoughts down or start journalling at the end of each day.

Day 7: Engage in gentle exercise e.g, yoga, pilates, Tai Chi, stretching.

Day 8: Have a massage, foot reflexology or facial.

