

A SPECIAL GUIDE TO

# *HOW TO RELAX*



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## HOW TO RELAX

### LIFTING YOUR MOOD

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# CHAPTER 1

LIFTING YOUR MOOD



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# **LISTEN TO YOUR BODY!**

Do you take care of your body after a long week at work?

Lack of energy can be due to stress, lack of sleep, poor diet and so much more! Eating regular meals throughout the day is a great way to train your body into a routine. You might not like to exercise but its essential to feel better. Try your best and walk for at least 15 minutes to boost energy. Start small and build up.



“TO BE BEAUTIFUL MEANS TO  
BE YOURSELF. YOU DON’T  
NEED TO BE ACCEPTED BY  
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ACCEPT YOURSELF.”

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# ENERGY MATTERS

## LIFTING YOUR MOOD P1



### STEP 1:

A stroll through the countryside with your favourite person!

Imagine this! On a warm summer's day, you have a picnic ready to go and you find the quietest place to recharge in the countryside! So what's the point of this? To recharge your body batteries. The smell of cut grass fuels your smile and your mood transforms to become happy.

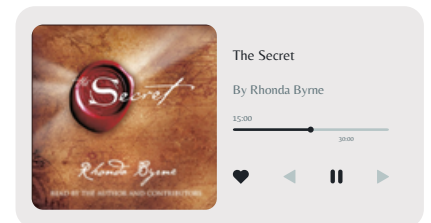


### STEP 2:

Tuning in to your most favourite podcast!

We all love inspirational people right? Why not download your most favourite podcast and listen to it? Our Creative Director Susan recommends

Click [here](#) to start your free 30 day audible trial!



### STEP 3:

Running a long-needed bath? Yes, please :)

Imagine this! Your most favourite bubble bath, music and a great day out. The most rewarding part is a luxurious bath filled with warm bubbles.



# ENERGY MATTERS

## LIFTING YOUR MOOD P2



### STEP 4:

Ready to train your mind?

Meditation is a great way to start to lift your mood. There are a variety of Meditation techniques;

**Concentration Meditation:** This involves focusing on a single point. Breathing or staring at a candle flame. This can be challenging.

**Mindfulness Meditation:** This technique involves the Practitioner to understand thoughts as they drift through the mind.



### STEP 5:

It's time to dig out those paintbrushes!

We all love watching DIY SOS right? Well, it's time for you to start your project. Start small: Transform your bathroom with a new lease of life by selecting new paints! You will thank us for it!



### STEP 6:

Sharing is caring :)

The pandemic has caused a lot of struggles. Charities are not being funded due to the public being on lockdown etc. If you have unwanted clothes or gifts, please donate them to your local community to make it a better and safer place.



# YOUR WORKING ENVIROMENT

To boost the mood for yourself new desk accessories are very important. Whether you want to upgrade your mousemat, pencil holder or even add a plant. These will always improve your mood and make you more positive.

Whether you are working from home or in the office this is essential for your working needs.



A new desk plant



A new mouse mat



A new set of pencils or pens



A Luxury Candle





# BELIEVE MORE

WITH L' SAUVE® HOME!



START TO ADD THE SMALL THINGS TO YOUR HOME

STEP 1:

ENTER THE MOST FAVOURITE ROOM IN YOUR HOUSE! ( OUR 2ND FAVOURITE IS THE CONSERVATORY) AND OPEN **A WAX LYRICAL DAY AT THE SPA DIFFUSER!**

[CLICK HERE TO PURCHASE](#)

STEP 2:

WHETHER YOU ENJOY READING OR LISTENING TO A PODCAST IN THE CONSERVATORY, YOU WILL BE FILLED WITH AROMATIC AND OCEANIC FRAGRANCES FOR THIS LOVELY DAY AT THE SPA. HERBAL NOTES, GERANIUM, SOOTHING LAVENDER TOGETHER WITH ROSE PETALS.

STEP 3:

FINALLY, TAKE OUT THE **WAX LYRICAL DAY AT THE SPA SPRAY** AND SPREAD THIS IN YOUR LOUNGE! YOU WILL THANK US!

[CLICK HERE TO PURCHASE](#)

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A SPECIAL GUIDE TO YOU ABOUT HOW TO RELAX

*SLOW  
PROGRESS IS  
PROGRESS*

L' SAUVE®

