

# *Self-Care Guide*



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# A guide to your self-care practices

Let this be a guide to exploring what self-care can look like for you.

Your self-care routines and rituals will evolve as your life ebbs and flows.

A well-rounded self-care practice allows space for your physical, mental, emotional and spiritual self to feel fulfilled.



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# What does true self-care mean?

Self-care is more than bubble baths and massages, and it's more than quiet moments in meditation and journaling.

Self-care is about creating rituals and routines that honour your authentic self and connect you to your inner wisdom. These rituals and routines ground you and provide awareness to the workings of your inner mind and how this impacts your happiness.

True self-care can fill up your cup and simultaneously be uncomfortable as it creates change.





# How does self-care impact your daily life?

Incorporating self-care into your daily life will profoundly impact how you see yourself and the world around you.

True self-care teaches us to honour our physical, mental, emotional and spiritual health. It trains us to recognise when we allow fear to hold us back and play small. While simultaneously building the awareness to identify when we are pushing too hard and fast with a one-way ticket to burn out ville.

Self-care guides us to return to our inner wisdom and build a life of fulfilment, purpose and authenticity.





# Movement

Without physical movement, our bodies can feel tense and sluggish with stagnant energy.

Often trapped energy and emotions appear as lower back pain and tight hips.

Moving our bodies isn't about focusing on how we look or the weight on the scale. We must move past the airbrushed images we see and connect to how we feel.

As we build strength and reach new personal bests, our confidence in our own abilities increases.

Our increased self-confidence and physical strength give us the courage to take on new challenges and speak up for our needs.





# Health

Our bodies are our vehicle for life; without our health, we have nothing.

Taking care of our health ensures our bodies function at their best.

The gut-brain connection plays a role in our physical, mental and emotional health.

Our gut and brain are connected physically through millions of nerves, and the trillions of microbes that live in your gut make chemicals that affect how our brain works.

When our health is taken care of, we feel energised, our motivation increases, and we have clear thought patterns.





# Mindfulness

Cultivating a mindful practice is a potent way to lower stress and anxiety levels, increase focus and concentration and improve self-awareness and self-esteem.

A mindfulness practice provides you with time to check in with how you are feeling, let go of built-up energy and regulate your emotions.

For everyone, a mindfulness practice will look different. The most popular form is meditation. If you are new to meditation, you'll find plenty of apps to help guide you. Our favourite is [1 Giant Mind](#).

Free-form journalling is an excellent option if mediation feels overwhelming or isn't best suited to you. Grab a blank page and pen and write whatever comes to mind or focus on an area that has been taking up space in your mind.





# Growth

Carving out time for personal growth is essential in a self-care routine.

Growth is about continuing to evolve on a mental, emotional and spiritual level.

Learning about who we are at our core and how we can embody our authentic selves each and every day.

This could be a personal development course to learn a new skill, working with a counsellor or coach to break through limiting self-beliefs or reading business books.

Learning something about ourselves or a new skill increases our confidence.







# Grounding

Grounding, or earthing, as it is also known, is a simple practice with profound results.

Research shows that bodily contact with the Earth's natural electric charge reduces inflammation, pain, and stress, improves blood flow, energy, and sleep, and generates greater well-being.

Grounding is as simple as removing your shoes and standing on the Earth barefoot for five minutes or more. This is one of the reasons we feel so amazing after a walk on the beach.

Another great way to ground yourself is with water. It's said that water has the same healing effects as standing on the Earth. Take a shower, have an Epsom salt foot soak or swim in the ocean.





# Environment

Your space affects your mood, mindset and motivation.

Fill your life with items that have meaning and products that bring you joy.

Wear clothes that make you feel confident and empowered.

Light candles, play music and choose a unique mug to have your morning tea in.

Place plants and salt lamps around your space. Choose a special throw rug to snuggle up in when you need comfort.



# Self-Care Menu Ideas



## Movement

- Walking your local area
- Yoga class
- Stretching at-home
- Group HIIT class
- Surfing

## Growth

- Listen to podcasts
- Read books
- Signup for a workshop
- Find a counsellor or health coach
- Attend a retreat

## Environment Menu

- Light candles and incense
- Play music
- Turn on salt lamps
- Find a unique mug
- Tidy your space

## Health

- Eat the rainbow
- Choose organic produce
- Drink 2+ litres of water
- Work with a naturopath
- Source a trusted doctor

## Mindfulness

- Meditation
- Journalling
- Gratitude practice
- Sit in stillness
- Colour in a mindfulness book

## Grounding

- Stand on the grass barefoot
- Walk along the beach
- Swim in the ocean
- Take a shower
- Epsom salt foot soak



# About LUNAR

I endured terrible acne as a teen, which started my lifelong obsession with skincare. I've always had a deep-rooted connection to nature, an interest in how what we put into our bodies and onto our bodies makes us feel and a desire to make others feel their best.

LUNAR Skincare ignited a passion for wanting to do something bigger than myself. It was an urge to birth something into the world that fulfilled my desire to help others make more meaningful, health-conscious and positive choices for themselves.

I started this business with bottles, essential oils, base oils, a few tears, cups of tea, late-night chats and a hell of a lot of love.

That's what this skincare range still is. Unfussy, a little raw, transparent and authentic. LUNAR Skincare is about returning to simple, natural, honest basics that ground us within ourselves.

Amy Williams  
Mixologist & Creator



# Weekly Self-Care Checklist



**SCHEDULE  
"ME TIME"**



**JOURNALING**



**MOVE MY  
BODY**



**GROUNDING**



**CONNECT WITH  
A FRIEND**



**READ A BOOK**



**SOCIAL MEDIA  
FREE DAY**



**TIME IN  
NATURE**



**STRETCHING**



**MEDITATION**



**FACE MASK OR  
BATH SOAK**



**DRINK WATER**

