



7-Day  
Wellness  
Program

Skincare is essential.  
Makeup is a choice.

*Anonymous*

NAYYA

At NAYA, we are dedicated to combining nature, wisdom and science rooted in the practices of holistic wellbeing and self-care and we believe skincare should be part of this. We have lovingly created our 7-day wellness programme with a relaxing and balancing selection of products and beauty regimes for you to experience in the comfort of your home. Holistic, results-focused skincare for optimum skin wellbeing.



Your well-being is our priority.

# 7-Day Wellness Programme

## Monday

Kick-start the detox process and restore balance before the week ahead with an alkali salt footbath to release blocked energy and restore balance to ensure a good night's sleep. Dissolve one spoonful of alkali salts in a bowl of warm water and soak your feet for 10-15 minutes. You can also use the salts as an exfoliator/scrub to gently buff the skin and help restore the skin's pH level. In addition, drink a Ginger and Lemon Tea and plenty of water to support the detoxification process from within.

## Tuesday

Hydration is key. After cleansing apply our Aura Serum paired with our nourishing and protective Day Cream. Pop outside for a fresh, brisk morning walk to clear the mind while the products work into the skin and provide a refreshing and firming effect.

## Wednesday

Mid-week wake up call? Try integrating cold-warm-treatments to your daily routine. Toxins are produced by our bodies which remain on our skin, especially overnight. Therefore, we recommend starting your morning with a cold shower to banish these toxins. Alternate 2-3 times between warm and cold water. Exposing the body to cold and warm water stimulates and promotes a healthy immune system.

## Thursday

Massaging facial products into the face with our Gua Sha or facial massage techniques can help release tension and reduce stress while the product penetrates deep into the skin. For example work the Glow Serum into the centre of the face and stroke/roll horizontally outwards. The precious Amethyst stone is known for its healing powers that are used to relieve inflammation, strengthen the connective tissue and release blockages. But also to reduce anxiety and stress which can cause damage to our skin.

## Friday

Nearing the end of the week, try our at-home treatment ritual to prepare your body for the weekend. Apply a Body Cream generously to your body. Massage cream into the skin with upward strokes to stimulate the lymphatic system, for toner, firmer skin

## Saturday

Go offline. Try and dedicate one evening a week to a good book in place of a digital device to protect your skin as well as your eyes from blue light radiation to help you wind down and promote a good night's sleep. Why not use our Everyday Face Oil and treat yourself to a gentle massage to whine down. Smells like pathouli, juniperberry and yland-ylang are ideal smells to ground yourself. Top tip: Take advantage and treat your feet to another alkali salt footbath for the perfect at-home spa treatment.

## Sunday

Baths are such a great form of self-care. The wonderful thing about bathing is that you can personalise your bath depending on what your physical and/or mental needs are. Start off by pouring yourself a luxurious bath and adding 5-7 spoons of nourishing salts after a long and busy week. To restore the pH levels and balance of the skin add alkali salts to protect the skin and soothe irritation for the perfect end of week re-boot

# We see beauty holistically.

This means if you live an all-round healthy lifestyle, you will not only look but feel your best-self. A healthy diet as well as regular exercise has a massive effect on our appearance and overall well-being. Why stop at skincare? Our approach to self-care is holistic: we look at the whole picture.

- **Drink a ginger and lemon shot each morning:** A shot of ginger is the best cure to detox the body. Nothing helps fight a looming illness like a cold or flu, combat a lack of energy or brighten a dull complexion better than a shot of freshly pressed ginger with lemon.
- **Take me-time:** Take half an hour to yourself each day to reconnect with yourself. Refocus your mind with a simple breathing exercise of deep conscious inhaling and exhaling for 5-10 minutes. This supports the lymphatic system, which works to dispose of toxins in our body.
- **Exercise is key:** Keeping active is an important part of a healthy, balanced lifestyle. Dedicate just 25 minutes of your day to a short power walk, pilates or yoga class. After your shower or warm bath, apply a lotion or body oil with upwards motions to activate lymphatic flow and relieve muscle tension.





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we hope you enjoy your 7 days of self-care

With love from NAYA

NAYA

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