

WEEK ONE 30 Days Welle

Before you begin your journey to welle, set daily reminders in your iCalendar to take your simple 3 Steps Welle routine - morning, noon and night.

RECONNECT

1

4 Minutes of Movement

-

Try Zach Bush's simple 4-minute workout (Elle takes a break and does this 3 times a day) to stimulate the release of nitric oxide which helps strengthen muscle and support cardiovascular and mitochondrial health.

[Watch Here](#)

EXPAND

2

Open Your Mind. Open a Book

-

"Set up an empowering habit — Choose a new book and read 5 pages every day. My current favourite is The Surrender Experiment by Michael A Singer."

- Elle Macpherson

REVITALISE

3

Move More with Leah Simmons

-

KAAIAA Movement Session 7:30am AEST

@welleco Instagram

[Join Here](#)

GLOW

4

Skin Secrets with Dr Sturm

-

Listen in to two masters of beauty — Elle and Dr Barbara Sturm — sharing the benefits of an anti-inflammatory lifestyle and how to glow from soul to skin.

[Watch Here](#)

ENJOY

5

Nurture Yourself in Cookie Heaven

-

The ultimate naughty-but-nice Cookie Dough recipe.

[See The Recipe](#)

PAUSE

6

A Moment of Calm Grounding

-

"I'm loving the Chopra app for daily guided meditations - they're always varied inspiring and only 6 -10 mins - so really easy way to start the day."

- Elle Macpherson

BOOST

7

Enhance Hydration Naturally

-

Add ¼ tsp of Celtic or Himalayan sea salt to a big bottle of water and sip often throughout the day.

Elle likes to add juice of a lemon or lime for a natural electrolyte boost.

VIBE

Listen Welle

-

Listen and unwind as you shift into your own zone with our Chill Welle Spotify playlist.

[Listen Here](#)

WEEK TWO 30 Days Welle

8

HEAL

Freedom through inner connection

-

Listen to Abraham Hicks talk about finding freedom in a relationship by connecting with your source energy and who you truly are.

[Listen Here](#)

9

REST

Treat Yourself

-

Book a float tank session for a highly mineralised therapy. Elle likes a 1.5 hour session, but even 30 minutes will feel like 10 days of well rested sleep.

10

REVITALISE

Move More with Leah Simmons

-

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11

BREATHE

Just Breathe

-

Today, try 4-beat box breathing to inspire calm and focus. Set your alarm 3 times throughout the day as a useful reminder.

12

ENJOY

Recipe of The Week

-

Raw Rainbow Salad packed with plant-based nutrients.
[See the Recipe](#)

13

LEARN

Wisdom from Dr Will Cole

-

Learn some new wellness tips and tricks. Elle and Will Cole talk about how they heal their body through natural nourishment.
[Listen Here](#)

14

REFUEL

Perfect Day of Plant-based Foods

-

Fuel your body with plant-based foods for the day. Adam Kenworthy has some delicious vegan recipes to inspire your meals. Try these Sicilian Sexy Salads he whipped up with Elle.

[See The Recipes](#)

VIBE

Listen Welle

-

Listen to our Glow Welle Spotify playlist which provides the perfect soundtrack of cheerful tunes to get you feeling good for the day ahead.

[Listen Here](#)

WEEK THREE 30 Days Welle

15

RELEASE

Sweat it out

-

Try a sauna, Elle love using her Therasage infrared sauna every day. Great for detoxification and boosting the immune system.

[Explore More](#)

16

DETOX

Clear Your Tongue

-

Start every day by scraping your tongue first thing in the morning and again last thing before bed.

Don't have a scraper? Your trusty toothbrush will work just as well!

17

REVITALISE

Move More with Leah Simmons

-

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[Join Here](#)

18

RESONATE

Heart to Heart

-

Elle chats with Angie Fletcher about their real raw experiences with motherhood.

[Watch Here](#)

19

ENJOY

Nourishing Smoothie

-

Try Elle's favourite post-workout Nourishing Smoothie.

[See the Recipe Here](#)

20

APPRECIATE

Give Thanks

-

"I end my day with gratitude, focusing on all that I'm thankful for that day."

- Elle Macpherson

21

FREE

Fasting to Feel Fantastic

-

Try one day of intermittent fasting and see how your body feels. Finish dinner at 6pm and plan your next meal for 8am next day (no snacking in between) Elle swears by it. Check out Dr Will Coles book on intuitive fasting.

[Read More](#)

22

CONNECT

Integrate Your Real You

-

Try this guided meditation by Elle's Life Mentor, Paul Darrol Walsh. He created it especially for your beauty-through-wellness journey.

[Learn More](#)

VIBE

Listen Welle

-

Try popping on our Sleep Welle Spotify playlist before bed each evening to help you wind down and calm the mind after a long day.

[Listen Here](#)

WEEK FOUR 30 Days Welle

23

REFRESH

Check Your Pots & Pans

-

Over time, our go-to kitchen utensils can leak hidden toxins. Swapping to ceramic or glass is an easy way to ensure you're cooking more consciously.

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REVITALISE

Move More with Leah Simmons

-

KAAIAA Movement Session
7:30am AEST
@welleco Instagram
[Join Here](#)

25

REGENERATE

Give back

-

Check out Farmer's Footprint, an inspiring non-for-profit that aims to help make our soils richer and regenerate our agriculture.

[Donate Now](#)

[Read More](#)

26

ENJOY

Brekkie Baked Oats

-

Power up your morning with these delicious Brekkie Baked Oats.

[See the Recipe](#)

27

REPLENISH

Edit Your Oils

-

Try replacing your regular cooking oils with healthier alternatives such as avocado, coconut or extra virgin olive oil.

28

AWAKEN

Appreciate Inner Beauty

-

Awaken to your inner beauty by taking the time to listen to this deep and authentic conversation between Elle and Darin Olien.

[Listen Here](#)

29

VIBE

Listen Welle

-

Whether you're powering through run or simply dancing in your loungeroom, try listening to our energising Move Welle Spotify playlist.

[Listen Here](#)

30

Celebrate!! You Made It

-

Congratulations on making it to day 30! We trust this month of conscious connection helps you feel inspired as you enter the new year with clarity and vitality, bringing your natural beauty into the world.