

More than Skin Deep – 21 Day Makeover

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There is a concept in yoga called Sadhana, which can be translated as “practice”; often in yoga it refers to a practice towards spiritual development. We like to look at sadhana in its broader sense of a practice one does to move towards a more positive place. Practice requires you to do something, and as such it also requires “discipline and perseverance “ for a period of time.

In the media these days “makeover to a new you” has become common place. We have described a little “sadhana” below, which may help move you towards “Fab” new you, both outwardly and inwardly.

Try this healthy Lifestyle practice “makeover” for 21 days straight. If you do not have what we use, then adjust with something local.

DAILY MORNING

1. **TONGUE** - Scrape your tongue before brushing your teeth. Stretch out your tongue a few times whilst smiling and breathing out. Hum a little.
2. **GUMS** – Massage your gums, rubbing all over with your fingers/thumb – using nothing, or herbal toothpaste, or oil (care with sliding or sharp nails with oil).
3. **WATER** - Drink at least 1 big glass fresh water (not bottled). Can add a few drops lemon juice or ginger slice or honey etc.
4. **SKINCARE** – apply body oil *before* your shower, or facial and body cream of your choice *after* your shower. We use sandalwood/rose.
5. **FEET** – apply a little oil or cream (or dry massage) your feet, especially rubbing the tender points on the soles of your feet. (Care with not slipping in the shower afterwards.)
6. **GENTLE EXERCISE** – Meditate: sit quietly a short while in silence. **Breathe:** pranayama, qigong or just 10 slow deep breaths. **Move**

easily: Stretch, Tai Chi, Yoga, Salute to the Sun, etc... See our book "Yoga+" for ideas.

7. **RELAXATION** – Relax a little while, every day.

8. **HERBAL SUPPLEMENTS/TONICS** – With your breakfast, take something for your immune system – we use 1 teaspoon Chywanprash. Take something for your brain – we use 1 teaspoon Brahmi (can purchase this from me).

(see your health practitioner for advice about this)

DAILY

1. **EAT** – Fresh. Not canned, bottled, frozen or takeaway. Eat a substantial breakfast.

2. **DRINK** - plenty of fluids and remember to drink some water (how much depends on what you are doing, exercise levels, your body constitution, etc.) If drinking water is difficult try adding a little lemon juice, or use some herbal teas.

3. **CARDIO EXERCISE** – Walk (or run if you prefer) for 30 minutes.

4. Remember good **POSTURE** – lift tall through the crown of the head, feeling the belly and waist draw in lightly. Allow your shoulders to relax back with lower ends of shoulder blades snug to your ribs. Breathe slowly allowing your belly and base ribs to expand and release. Do this when you sit, walk, wait in a line, or whenever you remember.

NIGHTLY

1. **HAIR** – Brush and/or comb your scalp and hair thoroughly. You can also do this in the morning, but it is the night time brushing that is important.

2. You can also **meditate** at night time. Sit quietly, relax, and hold your awareness on something (ie your breath, a sound, something beautiful to look at, a contemplation, etc) for a few minutes.

EVERY 2-3 DAYS

1. **JUICE** - Drink a huge glass of fresh juice, mainly vegetable juice (not canned or bottled). Try variations of carrot, celery, spinach, apple, tiny bit of fresh ginger, etc. If not juicy enough, then soak in a bit of water to re-hydrate, and can use some of the water as well.

2. **STRENGTH** – Run up and down the back stairs 15 times, and some wall push ups, or if that's too daunting, do about 6 - 8 strength exercises with resistance bands (see our book "Stronger for Longer" for ideas).

WEEKLY

1. **HAIR** – For dry hair, apply hair oil and leave a short while to soak in. For oily hair, apply some yoghurt and leave a short while before washing out. For normal hair – don't worry.

2. **FACIAL** – use castor sugar mixed with a tiny bit of water as a scrub to start with (don't put on the eyes). Then apply a mask of your choice – I use a sandalwood mask. Oily skin can use a chickpea flour and water mask. Then finish with a toner – I use pure rosewater (pure does not have alcohol, so is safe for the eyes).

3. **TREATMENT** – Have a Bowen therapy or a Massage. Do not mix. Choose one.

4. **READING** – Your choice of light reading for fun, interspersed with something deep for the brain, or some philosophy, etc...

5. **NATURE** – Sit or walk or picnic in Nature. Make an effort to harmonise with your beautiful surroundings.

AFTER 21 DAYS – feeling better - inwardly and outwardly! Hope you feel inspired to continue the program....