

The Conscious Cleanse guide to SIMPLE SELF CARE



GROUNDING BREATH EXERCISE

Get grounded with this simple breathing exercise.

Step 1: Sit down, either cross-legged on the grass or floor, or in a chair where you can have your feet firmly on the ground

Step 2: Take a slow deep breath in through your nose.

Step 3: Slowly release your breath through your nose or mouth.

Step 4: Repeat steps 2 and 3 a few more times, or until you start to feel more calm and relaxed.

SOOTHING DETOX BATH

Soak away stress with this simple detox bath!

Ingredients:

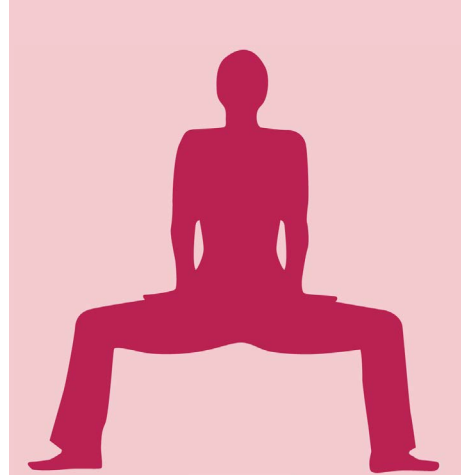
- 2 cups of Epsom salts
- 1 cup baking soda
- 4 drops of lavender essential oil

Instructions: Fill your bathtub with piping hot water. Sprinkle in Epsom salts, baking soda, and essential oil. Grab a glass of water. Light some candles. Dim the lights. Soak for 15-20 minutes.

5-MINUTE ENERGY BOOSTER EXERCISE

Need a natural energy boost without caffeine? Try our easy 5-minute Energy Booster Exercise.

① HORSE STANCE



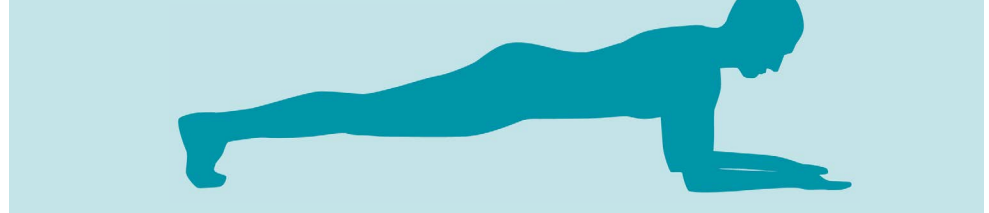
Step your feet 3-4 feet apart. Turn your toes out to a 45 degree angle and bend your knees. Bring your hands to your thighs. Hold for 2 minutes, breathe in for 5 counts, breathe out for 5 counts.

② WIDE-LEGGED FORWARD FOLD



Step your feet 3-4 feet apart. Point toes forward, feet parallel. Clasp hands behind the back. Fold forward and reach hands overhead towards the floor. Hold for 1 minute, breathe in for 5 counts, breathe out for 5 counts.

③ FOREARM PLANK



Start in a tabletop position. Bring your forearms down to the floor, arms parallel. Keep your shoulders in line with your elbows. Lift knees off the floor and straighten legs. Pull belly button back towards the spine. Hold for 2 minutes, breathe in for 5 counts, breathe out for 5 counts.