



Diane Molinaro CPCP

Permanent Cosmetics

10-Day Stress Detox

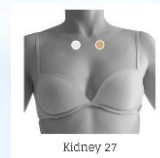
This powerful combination of Energy, Practice, and Journaling over the next 10 days will allow you to release the stress that is blocking your peace and prosperity

ENERGY

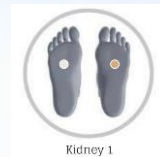
Apply Energy Enhancer patches 10 days in a row to help UN-BLOCK and clear stress in your body, cells and tissue.



- You will need 2 sets of Energy Enhancer Patches
- Every morning after shower apply 1 set of EE on bottom of feet Kidney 1 meridian
- Also 1 set of EE patches on your kidney 27 meridian point (thymus area)



Kidney 27



Kidney 1

PRACTICE

Take a specific stress-reducing action each day to provide benefits.....



- Begin reducing stress from the inside
- Taking action allows you to begin to make positive changes and reduce your stress

JOURNAL

Journal daily to reflect upon these actions and build healthy stress-reducing habits



- Spend just 10 minutes at the end of every day
- Put your thoughts into writing to better process your experience

To Purchase patches go to <http://dianemolinaro.com/lifewave-products/>



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DAY 1 - Mindset

Begin this stress detox with a positive mindset

ENERGY

Apply Energy Enhancer patches to help UN-BLOCK and clear stress in your body, cells and tissue.

PRACTICE

Start your detox right where the stress is located by meditating for 15-20 minutes. Find a quiet place, sit in a comfortable position, and clear your mind. If you need help, I recommend a guided meditation such as (enter resource)

JOURNAL

How did this feel? What did I experience?
Can I make this a healthy habit?

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DAY 2 - Movement

Moving your body will begin to clear your energy pathways

ENERGY

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PRACTICE

Move it or lose it. If you are out of practice, start by walking for 20 minutes. If you already have an exercise routine, try something new, like Tai Chi or Kickboxing

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THE ART AND SOUL OF PEACE AND PROSPERITY

DAY 3 - Sleep

Create an Evening Ritual to Prepare for Sleep

ENERGY

Apply Energy Enhancer patches to help UN-BLOCK and clear stress in your body, cells and tissue.

PRACTICE

Enjoy an evening Sea Salt detox bath with a minimum of 3 beautiful ivory candles lit, with room lights lowered. Listen to nature sounds or relaxing music. Use aromatherapy.

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DAY 4 - Gratitude

Focus on the blessings that you have

ENERGY

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PRACTICE

Write a handwritten letter or card to someone who has made a positive difference in your life. Share your gratitude for their love or friendship

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DAY 5 - Surroundings

Clear your home to clear your head

ENERGY

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PRACTICE

Evaluate the physical environment in your home. Focus on just one area that could use some love, spending 20 minutes to improve it. Then add some beautiful fresh roses or other flowers to increase the energy in the room.

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DAY 6 - Nature

Connect with Nature

ENERGY

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PRACTICE

Connect with nature to gather energy from the universe. Go to a park, eat lunch outdoors, or even pack a picnic. Watch a sunrise or sunset if you can.

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DAY 7 - Music

Feel the joy of music

ENERGY

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PRACTICE

Dance, sing, or make music. Feel the rhythm in your soul. Find live music if you can. Invite a friend to a karaoke bar and sing your heart out.

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DAY 8 - Self-Care

Honor your body

ENERGY

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PRACTICE

Nourish, honor, and respect your body with a massage or a pedicure. Allow yourself to feel pampered with a facial. Find a way to care for your body that is not part of your every day routine.

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DAY 9 - Explore

Find joy in the unexpected

ENERGY

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PRACTICE

Visit a place that you have never been to. Experience the excitement of a new place that inspires you, or visit a new exhibit at your local museum. Allow yourself to let go of stress by changing your surroundings.

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DAY 10 - Share Love

Pay it Forward

ENERGY

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PRACTICE

Do something special to help someone. Anonymously if possible. Or donate your time to volunteer where you are needed. Listen to your heart with this.

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