



Mindfulness Journal

By Salon 23 Laser Skin Beauty

Nourish your Mind & Body daily!

We created this journal to help you slow down and check-in with yourself.

Mindfulness is a practice of paying attention to the present moment on purpose with kindness and curiosity. Journaling is an intentional way to do just that.

Over the week we invite you to connect with your body, heart, mind, environment and the relationship you have with yourself and others.

Each day we provide prompts as a starting place for this process. Feel free to do all of them or pick the ones that most resonate with you.

We hope that this combination of presence, contemplation and reflection will serve to deepen your awareness, inspire insight and empower your choices.

Give yourself 10 minutes every day and write. Do it just for you and discover the wisdom that lives within. Wishing you a mindful week.

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*"find whatever makes
you happy"*

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Plan your week!

Make it as nourishing as possible.

What days do you want to meditate? What days do you want to exercise? Where can you prioritise self-care? What do you need to do this week? What can wait until next week?



*"The best thing you
will ever do is believe
in yourself"*

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Be present

Mindfulness is the aware, balanced acceptance of the present experience.

It isn't more complicated than that.

It is opening to or receiving the present moment, pleasant or unpleasant, just as it is, without either clinging to it or rejecting it.

Being more intentional in our choices is reason enough to embrace mindfulness habits.

There are many additional physical and emotional benefits. Mindfulness practices have been researched extensively and shown to:

Reduce rumination and overthinking.

Decrease stress by lowering levels of the stress hormone cortisol.

Improve memory, concentration, and performance.

Help maintain emotional stability.

Improve relationship happiness.

Reduce symptoms of anxiety and depression. Improve sleep.

Protect against mental illness.

Provide pain relief.

With the repetition of mindfulness activities, you will create real changes in your brain function and structure.

Just as exercise habits will change your body, mindfulness habits will literally reshape your mind.

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Let's get started together

The practice of journaling is an excellent mindfulness practice itself, because you are encouraging your mind to be present with your writing.

It forces your brain to slow down to better organize your thoughts and consider the big picture.

This journal will be filled with positive affirmations alongside some healthy recommendations to support your bodies overall health and wellbeing.



*“heal your body
cure your mind”*

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Regul8 - Maintain

Stress results in alterations of your brain-gut connection, which can contribute to or directly cause numerous gastrointestinal disorders, including:

- Inflammatory bowel disease.
- Irritable bowel syndrome
- Food antigen-related adverse responses (food allergies).

Stress can cause gut problems, gut problems will also have an effect on your emotions. This connection goes both ways. A troubled intestine can send signals to the brain, just as a troubled brain can send signals to the gut. Therefore, a person's stomach or intestinal distress can be the cause or the product of anxiety, stress, or depression.

Scientific evidence shows that nourishing gut flora with friendly bacteria with whole foods, prebiotics and probiotics is extremely important for proper brain function, and that includes psychological well-being and mood control.

Formulated to soothe and repair the gastrointestinal system – removing unwanted and unhealthy organisms – soothing existing irritations and aiding sustainable gut health – rebalancing the good bacteria, providing them with the appropriate environment to flourish in.

Our unique microencapsulated technology means that the healthy bacteria is protected and will survive to reach the lower digestive system, keeping your gut healthy and balanced. 100% live delivery – this is a unique and key element of the success of Regul8 Maintain.

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Regul8 - Relax

Designed to help you remain calm and reduce stress during the day, and may assist with sleeping better at night. Relax addresses concerns revolving around stress within the body, through herbal ingredients to assist the body to find mental homeostasis – improving overall health.

Excessive stress and poor sleep are linked with higher levels of cortisol, decreased immunity, trouble with work performance, and a higher susceptibility to anxiety, weight gain and depression.

The Relax formulation of therapeutic ingredients are responsible for - Lowering Cortisol. When the hormone cortisol stays high for a long period of time from emotional or physical stress it can cause your body to experience:

Lowered blood glucose response

Abdominal weight gain

Thyroid issues

Hormonal imbalance

Decreased memory

Weakened immunity

Relax has been shown to have the ability to increase resistance to a variety of chemical, biological, and physical stressors.

Benefits include:

Anti-depressant

Cardioprotective

Central nervous system enhancement

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DMK - Ultra EFA

Skin saving capsules!

Essential Fatty Acids - are essential to the proper functioning of the human body. We, as humans are unable to produce EFAs, which means we need to be consuming them in our diets. Unfortunately, typical Western diets are deficient in essential fatty acids, with saturated fats making up the majority.

To reduce the risk of an essential fatty acid deficiency it's important to supplement EFAs. Systemically they will also nourish the immune and nervous systems.

EFA deficiency can present in the skin in many ways - Dryness, dehydration, eczema, dermatitis, psoriasis, acne, congestion, redness, inflammation.

DMK's powerful blend of the EFAs 3, 6, 7 and 9, this supplement has more than 190 nutrients and bioactive substances all entirely sourced from plant-based ingredients. Coconut oil, Mekabu Seaweed Extract and Seabuckthorn are just some of the 'superfood' ingredients.

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*"may all your vibes
say I've got this"*

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Monday

What feeling would you like to invite into your day?



What are you letting go of today?



What are you grateful for today?



Tuesday

What feeling would you like to invite into your day?



What are you letting go of today?



What are you grateful for today?



Wednesday

What feeling would you like to invite into your day?



What are you letting go of today?



What are you grateful for today?



Thursday

*What feeling would you like to
invite into your day?*



*What are you
letting go of today?*



*What are you grateful for
today?*



Friday

What feeling would you like to invite into your day?



What are you letting go of today?



What are you grateful for today?



Saturday

What feeling would you like to invite into your day?



What are you letting go of today?



What are you grateful for today?



Sunday

What feeling would you like to invite into your day?



What are you letting go of today?



What are you grateful for today?



Reflection

Reflecting on your week -

What have you learned about yourself this week? What shifts do you want to make?

What do you want to carry with you?

When you wake in the morning, think of what a precious privilege it is to be alive to breathe, to think, to enjoy, to love.

Sit quietly, take a few deep and cleansing breaths, and perform a relaxation body scan. Starting at your toes, focus attention on each part of your body, breathing relaxation into each area.

Move from your toes upward, relaxing each body part until you reach the top of your head.

Pay attention and note how your body responds.



*“pause and self-
reflect”*

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Reflections & Notes



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"I reflect on all of the lessons I have learned in life so far, and how they have helped me grow and evolve"

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Healthy Mind, Healthy Body, Healthy Spirit

At Salon 23 Laser Skin Beauty, we are dedicated to you,
and helping you discover the best version
of yourself!

Saving Skin & Restoring Confidence is what we do best!

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*“every moment
matters”*

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