

DIVING DEEPER WITH DR. DEAN

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Self Care

It's so hard to justify spending any time or money on oneself when we are so busy doing just that for everyone else.

But who is looking out for and replenishing you? As a busy mama myself, this rings ever so true! I burn the candle at both ends and just keep pushing through the exhaustion and the pain because everyone needs me to function.

But I learned the lesson of self-care the hard way. After doing this repeatedly and not taking time for myself, I started to throw out my lower back. After doing it a few times in a month, I'd get to the point of not being able to walk for a day or two.

This forced me to take a break. To be still and rest. Which did not come easy or without guilt. But it did teach me a valuable lesson to take the time to value myself; to make myself a priority.

I started to stretch daily which helped tremendously. I also made it a point to schedule my own bi-weekly massages. And even when I didn't feel like I could sacrifice the time, I kept that appointment to rejuvenate myself!

Ways to Self-Care @ Home

- Detox with a bath or soaking your feet by adding some Epsom salts or essential oils (lavender, chamomile)
- Meditate
- 4 square breathing - breathe in for 4 seconds, hold it for 4 seconds, release it over 4 seconds, hold for 4 seconds and repeat focusing on calm and slow deep breathing
- Take time to do something you enjoy and haven't done in a while
- Lymphatic Dry brushing - give your lymph some love!
- Rebounding - jump on a mini trampoline for 2 mins a few times a day to fully flush your lymphatic system
- Zzzz - getting proper sleep (and of good quality!). Try taking a nap.
- Laugh until you cry!
- Exercise
- Ground yourself by going outside barefoot!
- And if you can't force yourself to slow down, make yourself a scheduled appointment (Naturopathic, Massage, Ionic Foot soak).

Give the gift of self care!



Self Care Packages

Rejuvenate Me Package (2hr)

The rejuvenate me package includes a 50 minute massage accompanied by a 30 minute craniosacral session on the head as well as a 30 minute reflexology session on the feet leaving you with a full body experience.

Pamper me all Day! (3 hr)

The pamper me all day package includes the rejuvenate me package but takes it a step further and adds a premium add on service with an herbal rub treatment to deepen the relaxation state. It also includes a 35 minute ionic foot soak followed with a foot massager treatment.

Split Mini Spa (2 hr)

Grab a friend and while one of you is enjoying a 50 minute massage, the other will be pampered with a 35 minute ionic detoxing foot soak followed by a foot massager treatment. After the time is up, you swap places! *Premium add on service of an herbal rub is included to enhance and deepen your relaxation experience!

Split mini spa - Immune Supporting

This is a two hour treatment split with a friend or significant other. While one of you is enjoying the immune supporting benefits of a raindrop massage, the other is getting a detoxing ionic foot soak followed by a foot massager treatment. After the hour, you would swap places and continue the relaxation.

Dual Ionic Foot Soaks

Our Optimum detox foot baths are the most powerful on the market. They generate a higher voltage of negative ions and operate at higher amps. This allows the unit to generate more negative ions up to 35 times higher than competitors units. The copper tub then generates even higher conductivity enhancing the movement of electrons. So grab a friend or do it solo, but sit back relax and enjoy a book while detoxing your toxins out.



*Self Care is not about Self Indulgence,
it's about Self Preservation!*