

# Self Care

choose  
HAPPY

## **Filling Your Cup: The True Power of Self-Care**

Self-care is more than bubble baths and quiet nights with a book (though those are lovely!). It's about intentionally nurturing your physical, emotional, and mental well-being so you can show up as your best self in every area of life. And let's not forget one of the most vital pieces of the self-care puzzle: hydration. Staying hydrated fuels your energy, keeps your skin glowing, and even supports your hormones, helping your body feel balanced and at peace. Self-care isn't just a luxury; it's a commitment to refilling your cup so you can pour into your passions, relationships, and dreams. And with the right tools, like Glow Juice, it becomes a joyful and empowering way of life.

### **Why Self-Care Matters**

In a world that never seems to slow down, prioritizing self-care isn't a luxury—it's a necessity. It creates a shield against stress, burnout, and overwhelm while building resilience, boosting productivity, and increasing overall happiness. Think of self-care as the fuel that powers your dreams and goals. It gives you the clarity and strength to tackle challenges and take hold of opportunities.

And let's set the record straight: self-care is not selfish. In fact, it's one of the most selfless investments you can make. By taking care of yourself, you're better equipped to care for others and live a life that's vibrant, fulfilling, and aligned with your true purpose.

### **Fueling Your Mind and Body**

Part of this process is recognizing when your mental energy needs a boost. That's where tools like [Bellame Cognitive Energy](#) come into play. Crafted to naturally support mental clarity, focus, and overall cognitive wellness, it's the perfect companion on your self-care journey. Imagine tackling your day with sharpness and purpose, all while feeling calm and in control. Self-care extends beyond the physical; nurturing your mental health is just as crucial.

### **The Goal of This Challenge**

Ever wondered how to feel happy and healthy naturally, without the endless questions or second-guessing? This guide is your stepping stone to clarity and confidence, answering the "how" of self-care in a way that's simple, empowering, and totally doable.

Whether you're just starting to prioritize yourself or you've already mastered the art of self-care, this guide is your invitation to discover a natural approach to feeling your best. You'll uncover ways to nurture your body, mind, and soul while building a foundation of self-love and respect.

By the end, you'll feel energized, capable, and ready to live the life you've always dreamed of. Ready to take the first step? Let's unlock comfort, joy, and a little natural magic together!

**Girl, you deserve all the love, success, happiness, and abundance in the world, and I hope this helps you get one step closer to making it all yours!**



# SELF CARE DAILY ROUTINE

## SELF REFLECTION

Begin and end your day with a moment just for you—whether it's through prayer, meditation, or quiet reflection. Take this time to look within, let go of anything weighing heavy on your heart, and release what you can't control. Allow yourself to breathe deeply, forgive freely, and embrace peace. These moments of stillness can help you start your day with intention and close it with a sense of calm, setting the tone for grace and resilience no matter what life brings.

## SKIN CARE

A consistent skincare routine keeps your skin healthy and glowing. It's a form of self-love that protects against aging and environmental damage, promoting a fresh and vibrant appearance. Check the Product Informational Guide for more info about my favorite skin care line

## GLOW JUICE

This is my secret sauce to drinking my skincare and staying hydrated throughout the day! This is my non negotiable every morning and it is crafted to support enhanced energy, better sleep, firmer, brighter skin, reduction of wrinkles, healthier hair, stronger nails, hormone balance, weight management, and joint health. Check the Product Informational Guide for more info!

## COGNITIVE JOY

After prepping my glow juice, I grab my little blue bottle of happy—my go-to for staying focused, calm, and energized all day. (Curious about this game-changer? Check out the Product Informational Guide for all the details on this natural boost for cognitive health!)

Once my gratitude and mindset are in a positive place, it's time for some happy movement. I put on my favorite feel-good song and head straight to my trampoline. It's my little slice of joy! Bouncing around not only releases those amazing happy endorphins but also gives my lymphatic system a much-needed detox. It's like a mini celebration for my body and soul!

Afterward, I like to soak up the first sunlight of the day. Did you know those first 45 minutes of sunlight provide Red UV Light (nature's version of red light therapy) So, with a little bounce, a lot of sunshine, and my daily glow essentials, I'm ready to tackle whatever comes my way!

Reflection. Release and Renewal

TORISANDRA.COM

# Self-reflection check-list

What I am thankful for today?

- 1.
- 2.
- 3.

I feel \_\_\_\_\_ because \_\_\_\_\_

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**Today I'm proud that I**

- 
- 
- 
- 

**Tomorrow, I hope...**



# SELF-CARE CHECKLIST

MONTH: ...../.....



01. Don't skip Breakfast

02. Stay hydrated, add a hydration Multiplier with Glow Juice

03. Get at least 7-8 hours of sleep.

04. Practice mindfulness or meditation, grab my cognitive happy supplements

05. Take breaks to clear your mind.

06. Read a book or engage in intellectual activities.

07. Connect with a friend or loved one.

08. Set realistic goals for the day.



# mental NEED



## Affirmation

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## Project Task

## Boundaries

- Saying no when you'd rather not do something
- Not volunteering for extra work
- Communicating needs directly to others

## Cognitive Abilities

- Learning something new
- Playing brain games to improve concentration
- Reading

## therapy

## Take a Break

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EVERY day, I am ONE STEP  
CLOSER TO MANIFESTING MY  
DREAMS.

With focus, DETERMINATION &  
positivity, I am CREATING THE  
LIFE I DESIRE & DESERVE.



# VISION BOARD PLANNER



FEELINGS

GOALS

THINGS


FOCUS WORD

VALUES

MY BEST


NOTES


A teal brushstroke graphic with a white outline, containing the text 'Self Care' in a white cursive font.

*Self Care*

**Product**  
*Guide*

# Glow Juice







Imagine a treat that does it all—combines the magic of collagen with electrolytes for a powerhouse combo. It's here to help you glow brighter, sleep better, boost energy, and tackle wrinkles like a pro. Plus, it's got your back with firmer skin, stronger nails, healthier hair, balanced hormones, joint support, and even weight management. Basically, it's like a spa day and a power nap wrapped up in one delicious little package!

## FAVORITE COMBOS

: Unflavored Beauty Boost + Any Hydrate Boost  
Apple Caramel Cider: Salted Caramel Beauty Boost + Appletini Hydrate Boost  
Mermaid Water: Lemon Lime Beauty Boost + Coconut Colada Hydrate Boost  
Raspberry Lemonade: Lemon Lime Beauty Boost + Raspberry Lemoncello Hydrate Boost





## HYDRATE BOOST



-  **Hyaluronic Acid:** Deeply hydrates, plumps, and improves skin's resilience for a youthful, glowing complexion.
-  **Baobab Fruit Powder:** From the nutrient-packed "Tree of Life," known for antioxidant and anti-inflammatory superpowers.
-  **Vitamin B1:** Smooths fine lines, improves skin tone, and gives your complexion a refreshed look.
-  **Vitamin B2:** Tackles fine lines, improves skin tone, and works wonders on dry skin and acne.
-  **Vitamin B3:** Fights hyperpigmentation, reduces redness, and promotes skin elasticity for that bouncy glow.
-  **Vitamin B6:** Balances hormones to prevent acne, boosts mood, and supports the metabolism of proteins, fats, and carbs.

cruelty free \* vegan \* gluten free \* soy free \* gmo free \* hormone free

## BEAUTY BOOST COLLAGEN

-  **NATICOL Marine Collagen Peptides (Type 1 Collagen)**
  - Purified protein sourced from sustainably caught European fish, produced under strict guidelines.
  - Clinically proven to reduce wrinkles, improve firmness, and enhance radiance.
  - A patented ingredient shown to support weight management naturally.
-  **Bovine Collagen Peptides (Type 3 Collagen)**
  - Sourced from grass-fed, pasture-raised bovines in the USA.
  - Replenishes collagen for stronger bones, joints, hair, skin, and nails.
-  **Antioxidants**
  - **Vitamin A:** Defends against free radicals to keep skin healthy and glowing.
  - **Vitamin C:** Boosts the body's natural collagen production.
  - **Biotin:** Promotes healthy hair, nails, and energy to support metabolism.
-  **Proprietary Blend**
  - A powerhouse combo of hyaluronic acid, resveratrol, bamboo extract, and baobab fruit.
  - Deeply hydrates, plumps skin, and targets fine lines for a radiant, youthful glow.



These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease



# Cognitive Energy

If you're fed up with experiencing mood swings and hot flashes, look no further than L-Theanine and Ginseng extract! L-Theanine soothes mood swings, while Ginseng extract aids in reducing hot flashes. Say goodbye to frustrating symptoms and hello to a more comfortable life with L-Theanine and Ginseng extract.



## POWERED BY HIGH QUALITY ACTIVE INGREDIENTS

### **L-Theanine**

is the next best thing! This amino acid promotes relaxation without drowsiness, giving you the zen-like focus you need to tackle your day with grace and ease.

### **Ginseng extract**

is like a gentle nudge from Mother Nature herself, keeping your energy levels stable throughout the day. No more rollercoaster rides of caffeine-induced highs and crashes

### **Baobab Oil**

known for its anti-inflammatory properties, which can help soothe and calm irritated skin. This is particularly beneficial for women experiencing hormonal fluctuations during perimenopause, as it can help alleviate discomfort and promote a sense of balance and well-being.

### **ASHWAGANDHA**

Indian Ginseng is a powerful adaptogenic herb that's especially helpful for women during perimenopause. Ashwagandha is known for its ability to combat stress and promote relaxation. During perimenopause, hormonal fluctuations can often lead to heightened stress levels, exacerbating symptoms such as mood swings and irritability. Ashwagandha steps in as a calming agent, helping to soothe the nervous system and restore a sense of balance.

### **ATLANTIC SEA KELP**

supports thyroid health, helping to regulate metabolism and energy levels. packed with nutrients such as vitamins A, C, and E, as well as minerals like magnesium, calcium, and potassium. These nutrients play crucial roles in supporting overall health and well-being, including bone strength, immune function, and skin health, all of which can be affected during perimenopause.

# Hydrating 3-IN-1 CLEANSER

Say goodbye to impurities and hello to dewy hydration!

This triple-threat is your skincare multitasker—powerful enough to wipe away stubborn makeup but gentle enough to leave your skin smooth and conditioned.

- Cleanser? Check.
- Makeup remover? Double-check.
- Mask? Oh, you bet.
- It's like a spa day in a bottle!

Massage 1-2 pumps onto dry skin, let it work its magic for a minute, then grab a warm Bamboo Washcloth to gently wipe away all the gunk. Bonus points for that soft exfoliation glow-up! Pro tip: Need a mini spa moment? Leave it on for 15-20 minutes as a hydrating mask. Relax, refresh, repeat!

## HERO INGREDIENTS

Baobab Oil + Infracin Soluxomes + High Powered Hyaluronic Acid + Vitamin C Ester

## BAMBOO WASHCLOTH



Treat your skin to the ultimate plush experience with our luxe bamboo washcloth! Naturally antimicrobial (because nobody wants bacteria drama), ultra-soft, and super absorbent, it's like a spa day in your hands. Gentle on your skin, this little beauty turns cleansing into a full-on pampering session.



## RECOMMENDATIONS FOR WASHING:

Handle with care when removing the protective paper ring to keep your cloth tear-free. Wash gently in cold or warm water with a mild detergent (no bleach, please!), and tumble dry on low or no heat for maximum softness.

## HYDRATING SERUM

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Baobab Oil High Powered Hyaluronic Acid, Infracin Soluxomes, Vitamin C Ester, Malachite Marine Collagen

Packed with mineral antioxidants, this powerhouse firms your skin, blocks inflammation, and helps repair sun damage like a pro!

For a quick lift and maximum glow, massage upward and outward over your entire face for 30 seconds. Use your palms to gently press the serum into your skin, then let it work its magic for a minute before layering on your Hydrating Eye Cream and Moisturizer.

**Pro Tip:** Serum isn't a moisturizer! Its tiny molecules dive deep to work from the inside out. Seal the deal with moisturizer to lock in all that healthy goodness.



# Hydrating EYE CREAM

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Ever feel like your under-eyes need a little love? Say goodbye to puffy mornings and hello to brighter days! This powerhouse formula is made to handle the unique needs of your delicate orbital area. It softens fine lines, deflates puffiness, and tackles those stubborn dark circles like a pro.

- 💧 High-Powered Hyaluronic Acid – Serious hydration for that plump, dewy look
- 🌿 Baobab Oil & Aloe Barbadosis Leaf Juice – Nature’s gentle soothers
- ☕ Caffeine Circulation Booster – A wake-up call for tired eyes
- 🍃 Inflacin & Cucumber Extract – Calms inflammation and refreshes
- 🐟 Marine Collagen & Milk Peptide Complex – Builds up skin’s bounce
- 🍊 Vitamin C & Soluxomes – Brightens and fights free radicals



## HOW TO USE

Apply a pea sized amount of the eye cream onto your ring finger (your ring finger naturally has the lightest touch). Tap your two ring fingers together to get an even amount of product on both. Then, gently tap the entire eye area upward and outward, starting from under the corner of your eye and out. Use this morning and night for the best results.

# Hydrating Moisturizer

Targets fine lines and wrinkles from the inside out  
Targets spots, dullness and uneven tone from inside out  
Adjusts to your skin needs and doesn’t just rest on top as a barrier like most moisturizers



## HOW TO USE

Gently massage 1-2 pumps onto your face in upward, circular motions, morning and night. Take a moment to enjoy a full minute of “me time” before applying makeup or settling in for your beauty sleep. This little pause lets the product absorb fully, giving your skin all the nourishing benefits it deserves.

Pro *Tip*

These high-grade clinical ingredients work hard to penetrate and rejuvenate your skin’s top layers. Freshly exfoliated and clean skin can be more sensitive to sunlight, so don’t skip the sunscreen—it’s a must-have step in your skincare routine!





# Sheet Masks

## REFRESH COLLAGEN MASKS

Infused with Collagen and Baobab Oil Treats skin to the ultimate spa experience Leaves skin feeling rejuvenated, strengthened, and healed

### 7 TYPES OF MASKS

1. Acqua Boost to help nourish and tone
2. Aloe Vera to help soothe and combat blemishes
3. Collagen to help firm and reduce the appearance of fine lines and wrinkles
4. Green Tea to help calm and reduce visible redness
5. Hyaluronic Acid to help plump and smooth
6. Red Ginseng to help energize and brighten
7. Royal Jelly to help reduce the appearance of fine lines and wrinkles



## ROSE GLOW EYE MASKS

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It's the end of a long day, and your skin is begging for a little TLC. You reach for these under-eye miracle workers—not your average moisturizers, but a targeted solution that works from the inside out. Fine lines, wrinkles, spots, dullness, and uneven tone don't stand a chance. Unlike those typical creams that sit on the surface, these masks adapt to your skin's unique needs and dive deep to rejuvenate.

### PROPRIETARY 3-LAYER TECHNOLOGY

#### Here's where the magic happens:

- ✦ Top Layer: Imagine a mini sauna for your skin. This foil layer locks in moisture, opens pores, and pushes nourishing ingredients right where they're needed.
- ✦ Middle Layer: A stretchy, elastic fabric that hugs your under-eye area perfectly—no slipping, no sliding, just freedom to move.
- ✦ Bottom Layer: Soft wood pulp holds the active ingredients in place so they can work their wonders.



Start with clean, dry skin—your face is the perfect canvas for these refreshing masks! Gently remove the mask from its pouch (careful, it's packed with goodness!) and unfold it. Align the cutouts with your eyes, nose, and mouth, then press it snugly onto your face, letting it hug every contour.

Now, kick back and relax for 10-15 minutes while it works its magic.

When time's up, peel it off, and give your skin some love by massaging in all that leftover serum. No rinsing needed—just glow!

*Pro Tip*

Want to take your pampering up a notch? Pop the mask in the fridge for 30 minutes before using—it's like a cool spa day for your face!