

Summer Wellness

15 Simple Ways to Feel Your Best This Summer



BIRGITTE HAANING CHRISTENSEN

Feel Your Best This Summer

Summer is a season of warmth, joy, and connection—a time to enjoy the outdoors, move our bodies, and find joy in the little things.



This guide was created to help you enjoy the season while supporting your body, mind, and skin through a few simple daily habits.

You don't need complicated routines, expensive products, or hours at the gym to feel good. Often, the smallest changes are the ones that make the biggest difference.

Inside, you'll find 15 easy, natural wellness tips that fit effortlessly into everyday life. From mindful breath-work and gentle movement to nourishing foods, simple skin care, and moments of gratitude, each tip is designed to help you feel more balanced, energized, and connected to yourself.

Whether you're a busy parent, just beginning your wellness journey, or simply looking for a gentle seasonal reset, this guide is for you. Each suggestion is meant to work with your body's natural rhythms and encourage a slower, more intentional approach to health.

Take a deep breath. Feel your feet on the ground. Let's make this your healthiest, happiest summer yet.

1 – Mindful Start

Begin your day with calm, clarity, and purpose.



Quick Breath-work:

Inhale deeply through your nose for 4 seconds, hold for 4, exhale through your nose for 4 seconds.

Repeat 5 times.

Grounding:

Stand barefoot outside for a moment if possible, or visualize roots growing from your feet.

You can do this while you do the Breath-work.



Set Your Intention:

Choose a word or phrase (e.g., I am beautiful, I am grounded, I am loved).

Setting your intention helps direct your energy and creates a sense of purpose from the start.



2 - Body Boost

Wake Up Your Body Naturally



Light Stretches:

Reach your arms up overhead, bend gently side to side, roll your shoulders, and stretch your neck. Finish with a few light jumps in place to get your circulation going and boost your energy.

Dry Brushing:

Use a natural bristle brush in gentle, upward strokes toward your heart to boost circulation, support lymph flow, and exfoliate.

Do it on dry skin before a shower.



Cooling Self-Massage:

Use *Coconut Oil* with a drop of *Peppermint Oil* on feet, legs, or neck.

This supports circulation, cools the body naturally, and offers a calming moment of self-care.



3 – Natural Nourishment

Hydrate, Fuel, and Thrive



Hydration:

Start with a glass of water with a squeeze of *Lemon*. This helps rehydrate your body after sleep, supports digestion, and gives you a refreshing vitamin C boost to start the day.

Summer Supplements:

Vitamin C for immune and skin health, *Spirulina/Chlorella* for natural energy and detox, and a pinch of *Pink Himalayan Salt* in your water or under your tongue to replenish electrolytes after sweating.



Cooling Fruit Bites:

Enjoy a some fresh *Orange*, *Watermelon*, or *Cucumber*.

These juicy, vitamin-rich fruits help cool the body, hydrate, and give you a natural boost of energy and nutrients.



4 – Skin & Sun Care

Protect and hydrate your summer skin.



Non-toxic Sun Care:

Apply a non-toxic natural SPF oil like *Red Raspberry Seed* or *Carrot Seed* oil. These oils offer gentle sun protection while nourishing your skin without harmful chemicals.

Hydration Mist:

Spritz your face and neck with *Aloe Vera* or *Rose Water*.

This instantly cools, tones, and soothes the skin, especially helpful after time outdoors or in dry air.



Lip & Eye Care:

Gently dab a natural balm on your lips to protect and nourish delicate skin.

Shea Butter and *Jojoba Oil* hydrate without irritation, while *Cucumber* offers a refreshing effect that helps reduce puffiness around the eyes.



5 - Stay Present all Day

Slow Down and Enjoy the Moment



Midday Reset:

Pause for a short breath-work session
Inhale for 4 seconds, hold for 4, exhale for 4 seconds. Repeat 3 times. Do this in silence to recharge your body and mind.

Evening Wind-Down:

Step outside barefoot at sunset and repeat the same breath-work as above.

As the light fades, dim your indoor lights, silence your phone, and allow your body to shift into stillness and rest.



Gratitude Journaling:

Before bed, write down 5 things you're grateful for—big or small. This simple habit helps shift your focus to what's good, building a more positive, peaceful mindset over time.

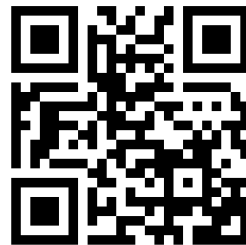
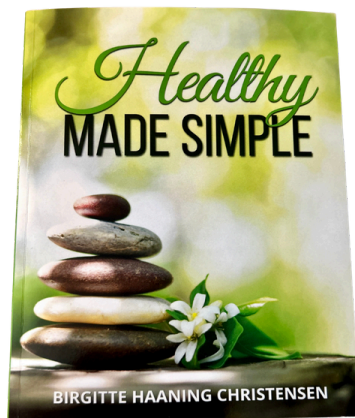


One Small Step At A Time

My hope is that these 15 simple tips inspire you to slow down, reconnect with yourself, and enjoy the simple joys of summer.

If you'd like to continue your journey toward natural, uncomplicated wellness, I'd love to invite you to explore my book, Healthy Made Simple.

Simply scan the QR code below to purchase it.



Wishing you a summer filled with sunshine, connection, and simple moments of joy.

Disclaimer

I am a passionate Holistic Practitioner who has helped people change their lifestyle in a uncomplicated and easy way for almost 2 decades.

This book offers health and wellness suggestions from my own experiences and is not meant as a substitute for, nor does it replace, professional medical advise, diagnosis or treatment.

I am NOT a doctor and can NOT diagnose or advise you what to do. If you have any concerns about your health, always consult with your physician or other health care professionals.

The use of any information provided in my books, resources and on my website is solely at your own risk.