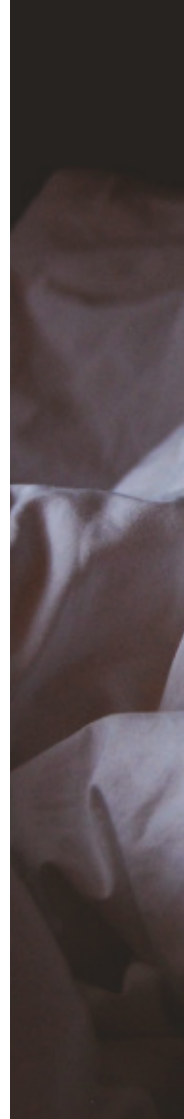
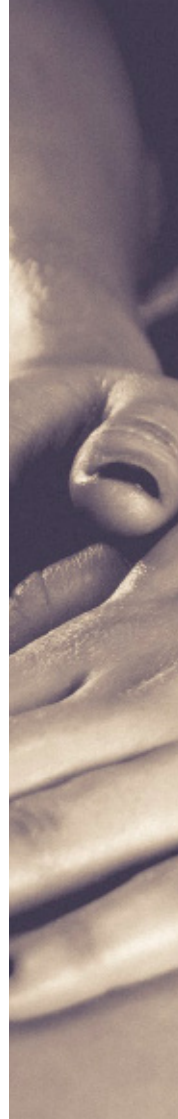
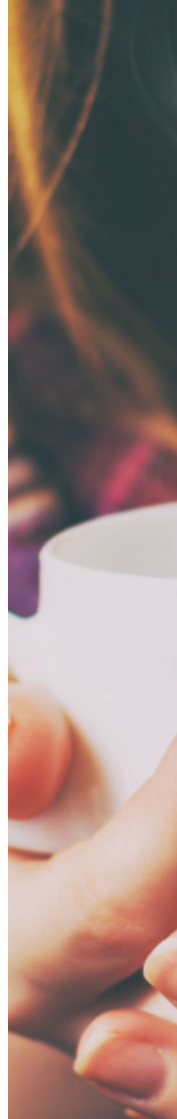
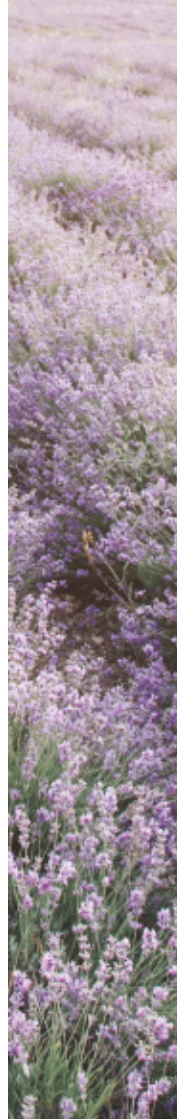


# FIVE SENSES RITUALS

FROM MIMOSA BEAUTY



---

# BEAUTY IS ALL AROUND US

YOU JUST HAVE TO KNOW HOW TO LOOK FOR IT.

One of the most powerful tools we have for connecting with beauty is through our senses, which is why I've created these five mini-rituals for you. Try each of them (or all of them!) whenever you need a little top up.

You'll be amazed at how something so small can make such a big difference in how you look and feel - but then again, it's always the little things that have the biggest impact, isn't it?

---



NO.1

---

# SEE

**WHEN'S THE LAST TIME YOU GOT OUTSIDE AND RATHER THAN READING A BOOK, PUTTING IN YOUR HEADPHONES FOR A RUN, OR WATCHING AFTER YOUR KIDS OR PET, YOU JUST SAT AND LOOKED AT THE WORLD AROUND YOU?**

We're surrounded by so much beauty - just think, we live on a planet with things like the Himalayas and the Northern Lights and tiny little orchids that look like bees - and yet, most of the time, we tend to pass it by without a second glance.

The next time you're feeling stressed or low, try to get out into nature and just be for a while. Look at the world around you, really see it. Even something as simple as a little patch of trees can hold intricate, astonishing patterns that give you a whole new perspective on life.



NO.2

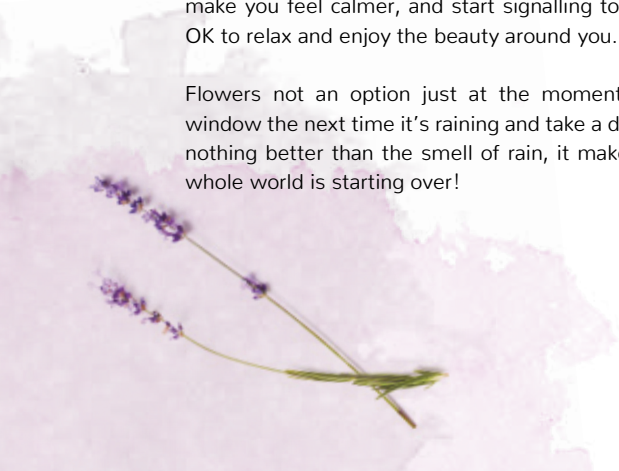
---

# SMELL

**WE TEND TO IGNORE OUR SENSE OF SMELL UNLESS THERE'S SOMETHING NASTY UNDER OUR NOSES - BUT SMELL CAN BE A POWERFUL WAY TO GROUND YOURSELF AND TAP BACK INTO THE BEAUTY AROUND YOU.**

One of my favourite ways to do this is by treating myself and the salon to some really beautiful flowers. Why not do the same? Try getting some lilies, peonies, roses, or any flower you like that has a lovely scent, and put them around your home. Make it a point each day to go over and smell them at least once. It will make you feel calmer, and start signalling to your body that it's OK to relax and enjoy the beauty around you.

Flowers not an option just at the moment? Then open your window the next time it's raining and take a deep breath. There's nothing better than the smell of rain, it makes you feel like the whole world is starting over!





***We recommend:***

Our special favourites are Tea Pigs Peppermint and Twinings Green Jasmine tea.

## NO.3

---

# TASTE

### IS THERE ANYTHING MORE SIMPLY SOOTHING THAN THE FIRST SIP OF TEA IN THE MORNING?

Nothing I've found yet - which is why I've made a ritual out of it. Celebrate the good things in life by playing up your sense of taste with a tiny tea ritual of your own.

You don't have to go all out if you don't want to. (Although if you feel like breaking out the fine china, that's great!) But you can bring so much enjoyment and beauty into the moment simply by being consciously aware of what you're doing. Rather than slinging a bag into the mug and dashing a bit of water over it, take your time. Go slowly, just for a bit - I promise the world will wait.

As the tea brews, sit and just be by yourself for a moment. Put your phone down, shut the door, and rest. Then, when you're ready, put the cup to your lips and let that first sip slide into your mouth. Really taste the flavours of the tea; the grass-freshness of green tea, the sweet, floral jasmine, or the bergamot-spiced Earl Grey. In that moment, the world can melt away.

NO.4

---

# TOUCH

**DID YOU KNOW THAT THE SKIN AROUND YOUR EYES IS ONE OF THE THINNEST, MOST DELICATE PARTS OF YOUR BODY?**

As such, it needs special care - and it can be a great reflection of the more delicate, tender parts of yourself.

So try this touch ritual: the next time you're putting on your eye cream, gently tap it into the bone around your eye. Don't rub or pull at your eyes; this strains the skin. As you're tapping, think of one of your favourite affirmations.

Here are a couple I like:

**BEAUTY IS ALL AROUND ME.**

**I LOVE HOW MY BODY TAKES CARE OF ME.**

**MY BODY IS BEAUTIFUL.**

As you're doing this, you're both caring for your eyes and physically anchoring those affirmations into your body, which makes them even stronger.

## NO.5

---

# LISTEN

**DID YOU KNOW THAT WE ALL HAVE A NATURAL TIME-KEEPER BUILT INTO OUR BODIES? IT'S THE BREATH. WE EXIST IN ITS EBBS AND FLOWS, BUT WE NORMALLY DON'T REALLY PAY ATTENTION TO IT UNLESS WE'RE EXERCISING, MEDITATING, OR RUNNING AROUND SO MUCH WE GET OUT OF BREATH!**

Try using the breath as a listening ritual. Find a few minutes in your day where you won't be disturbed. (I find that the couple of minutes before I go to bed works well for me.) Sit in a comfortable, quiet place, and just relax for a minute. Listen to the sounds around you: what can you hear? Maybe there's a bit of traffic noise, maybe you can hear people walking around in your house, or a clock ticking. Or maybe it's just silence, which has its own kind of sound.

Just listen for a few minutes without worrying about anything or assigning any feelings to the sounds. Then, gradually, bring your attention to your breath.

You don't have to change the way you're breathing, just listen to what's already happening. You might notice that you start to breathe a little deeper, that's great! You might not change anything at all, which is also totally fine. It's all about just listening and letting it happen.

Stay this way for a few minutes, listening to your breath rise and fall in its natural rhythm. You'll find that your heart rate starts to slow down, your mind starts to clear, and you start to feel like you can relax back into your chair. Life slows down a bit when you listen to your breath - and that's something we can all do with.





We interact with the world through our senses; the more that you're aware of them, the more that you cultivate them, the more you can use them to see the beauty around you.

I hope you enjoy re-discovering the power of your senses, and, by extension, the beauty in your life with these five mini rituals.

And I'd love to hear which one's your favourite! Let me know on **Facebook** or **Instagram**, and don't forget that you can join me for mini-rituals on Instagram too!

I can't wait to see you there.

## Jennie