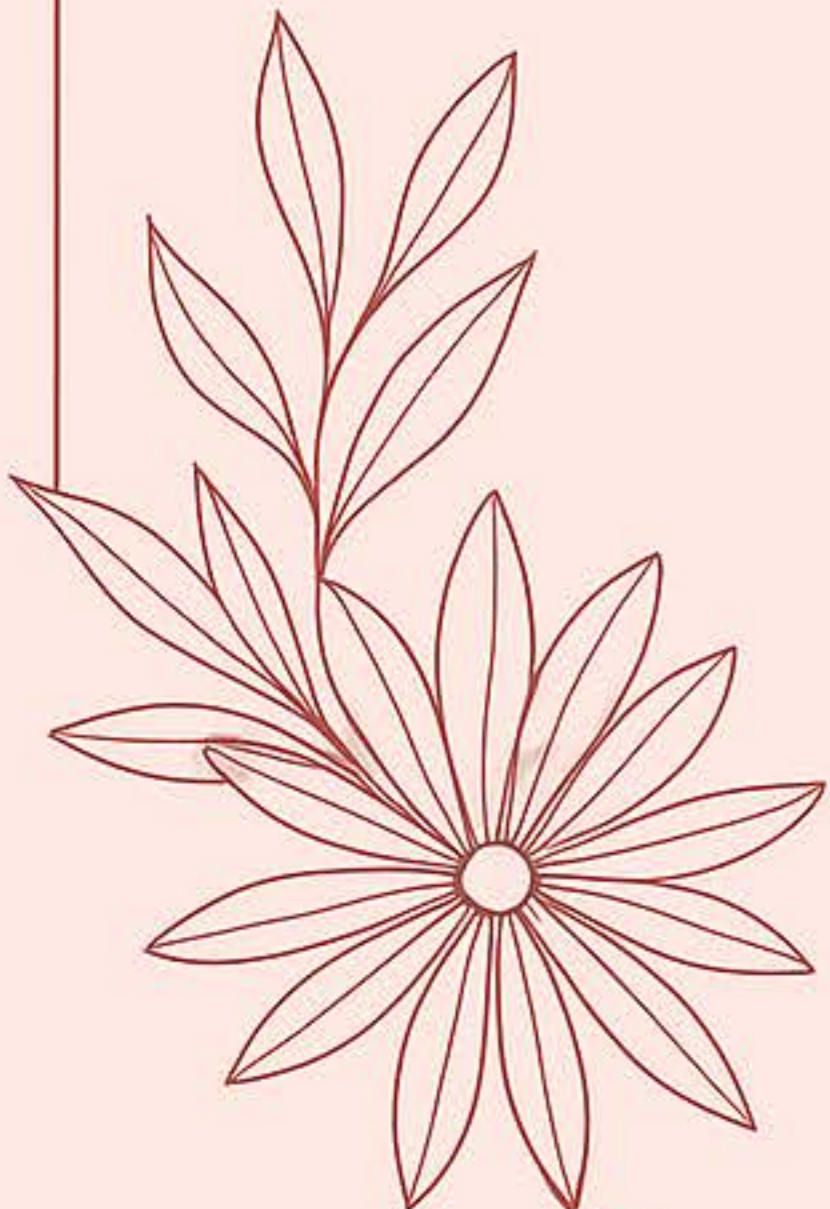


**BALANCED  
BEAUTY**

**FREEBIE**





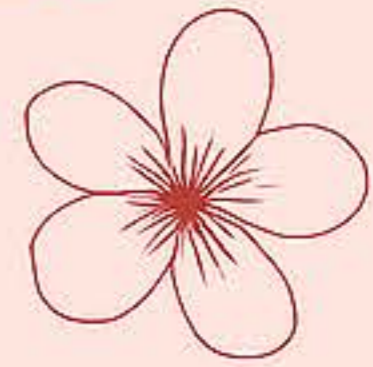
# BALANCED BEAUTY QUICK-START SELF-CARE TIPS

Welcome! In this guide, you'll find tips to support your hormone health by making self-care a priority. Remember, when you take care of yourself, you empower your body to function at its best.

## SELF-CARE PRACTICES

### NOURISHING FOODS

Fuel your body with a variety of whole, nutrient-dense foods.

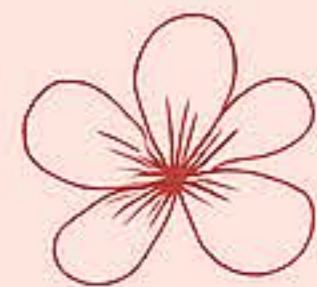


### MOVEMENT

Enjoy gentle exercise that feels good for you.

### STRESS MANAGEMENT

How can you incorporate relaxation into your day?



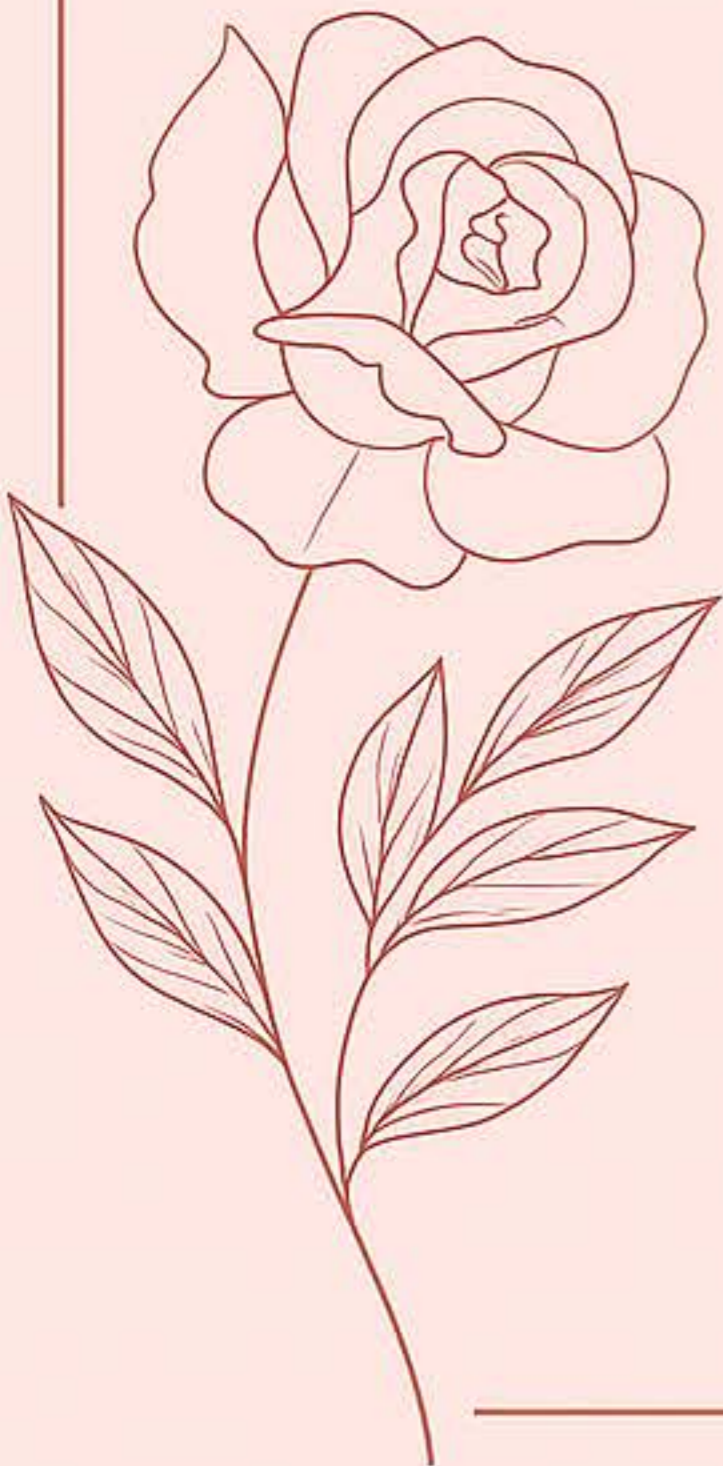
### RESTFUL SLEEP

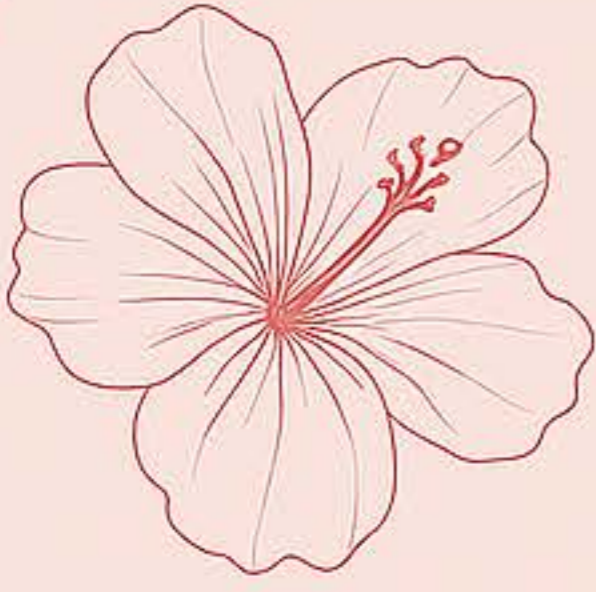
Can you create a calming bedtime routine?



# EMPOWERING AFFIRMATIONS

- I am worthy of self-care
- I honor my body's needs
- I trust in my body's wisdom
- I accept myself as I am





# 4-Week Tracker

Week 1

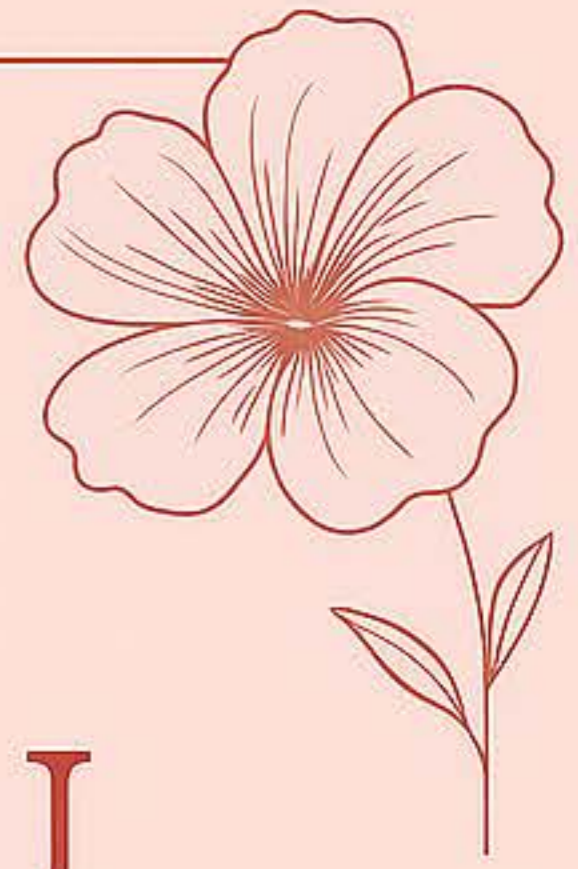

Week 2


Week 3


Week 4




Track your progress  
each week



# THANK YOU

I hope you enjoyed this  
Balanced Beauty freebie.  
For more self-care resources,  
be sure to check out the full  
Balanced Beauty Guide!

[hormonesandher.org](https://hormonesandher.org)

