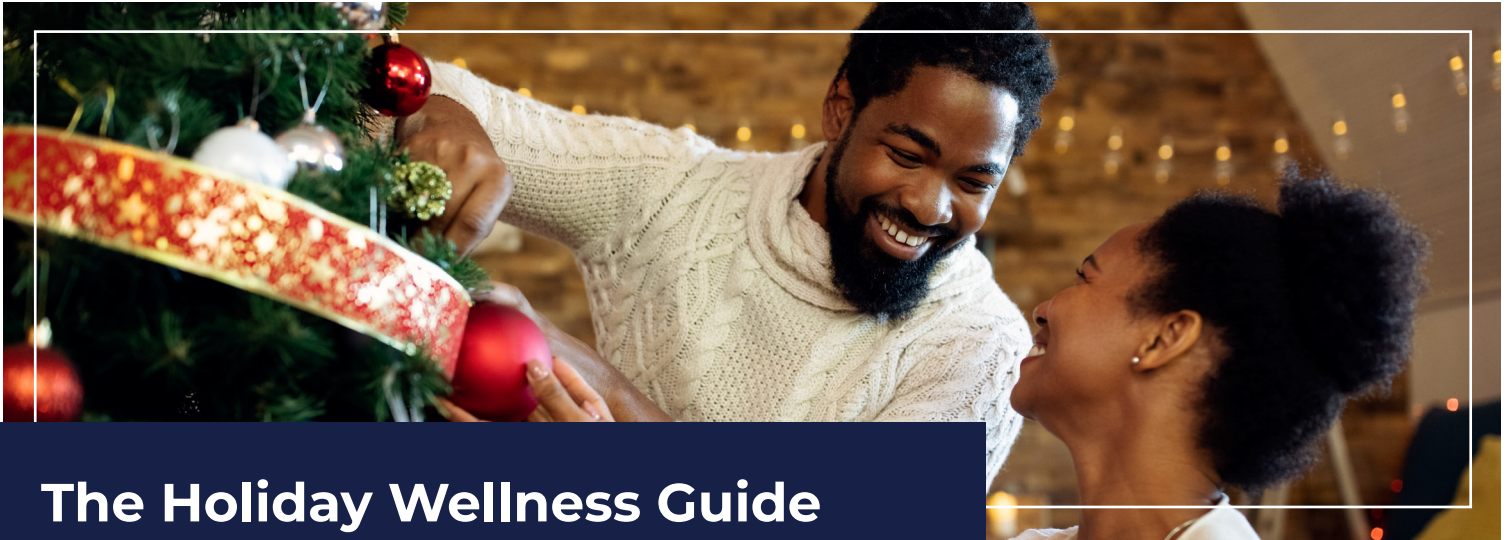


# December Edition Newsletter



## The Holiday Wellness Guide

### A Message of Gratitude:

As we approach the end of the year, we want to express our heartfelt thanks for trusting us with your health and wellness journey from January until now. Your continued support inspires us to keep providing the best care possible.

### 1. Embracing Mindful Holidays:

**Stay Present:** Focus on enjoying the little moments with loved ones.

**Digital Detox:** Allocate tech-free time to connect more deeply.

### 2. Harmattan Health Tips:

**Stay Hydrated:** Harmattan weather can be dry; drink plenty of water to stay moisturized inside and out.

**Skin and Lip Care:** Use shea butter or moisturizing creams to prevent dryness.

**Protect Your Airways:** Wear masks or cover your nose to avoid dust inhalation.

### For Clients Spending the Holidays in Europe:

**Stay Warm:** Winter temperatures can drop significantly. Layer your clothing, and use thermal wear and insulated outerwear to stay comfortable.

**Prevent Seasonal Illnesses:** Get your flu shot if recommended, and boost your immunity with warm teas, soups, and vitamin-rich meals.

### 3. Managing Stress Creatively:

**Holiday Journaling:** Write down daily reflections or gratitude notes.

**Hobbies:** Engage in crafts, cooking, or other hobbies for relaxation.

### 4. Year-End Health Reflections:

**Health Journals:** Take note of milestones, challenges, and goals for the coming year.

**Screenings and Appointments:** Mark overdue checkups on your calendar.

### 5. Sustainable Festive Living:

**Eco-Friendly Décor:** Use biodegradable or recycled decorations.

**Minimize Food Waste:** Plan portion sizes to avoid excess.

### 6. Staying Updated on Health Concerns:

**Harmattan Allergies:** Be aware of dust-related allergies, and take precautions.

**Health Advisories:** Keep informed about public health updates relevant to the season.

We're here to support your wellness journey as we step into the new year together.

*Wishing you a joyful and healthy holiday season!*