

HIGH MAINTENANCE

To stay Low Maintenance

Annually

- Vision check up
- Goals review
- Plan and take a vacation
- Learn a new skill

6 Months

- Adjust fitness goals
- Beauty Products Review
- Health check up
- Gynecologist checkup

3 Months

- Trim hair
- Facial care in an institute
- Wardrobe Update
- Dental Check-Upp

Monthly

- Deep Cleaning
- Budget Review
- Body Scrub
- Pedicure
- Sauna
- Laser hair removal
- Lymphatic drainage
- Dry brushing



3 Weeks

- Tweeze brown
- Hair Color Touch-Up
- Professional nails

Weekly

- Skin exfoliation
- Face, feet, hair mask
- Meal Prep
- Oil on roots
- Full body shave
- Change sheets
- Wash make up brush
- Pilate or Yoga
- Self-Care day



Daily

- 2 L water
- Full AM skincare + SPF
- Full PM skincare
- Gua Shua
- Brush teeth, tongue scrape,
- Coconut oil pulling 20min
- Gratitude journaling
- Walk 10k
- Healthy Diet
- Exercise 30 min
- 10 minutes meditating
- 7-9 hours of quality sleep.
- Supplements

The Complete Of Body Maintenance

Lei Shi



The Complete Of Body Maintenance:

Reviewing **The Complete Of Body Maintenance**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**The Complete Of Body Maintenance**," an enthralling opus penned by a highly acclaimed wordsmith, readers set about an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

https://thebrandexperience.com/data/detail/Documents/The_Clockwork_Reader.pdf

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