

BEAUTY & BALANCE

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The Self-Care Ritual Planner

*A printable monthly companion
for daily intentions, beauty rituals,
and mindful moments.*



A free guide from our library — yours to keep

*with warmth,
the Beauty & Balance team*

INTRODUCTION

A Month of *Devotion*.

A printable monthly planner with daily intentions, beauty rituals, and mindful moments.

Self-care is not a single act. It is a thousand small ones, repeated until they become invisible — woven into the fabric of an ordinary day. This planner is designed to help you build, slowly, a practice that holds.

Print these pages. Keep them somewhere visible — the inside of a wardrobe, the back of a vanity. Fill them in with a pencil, a pen, or a pause. They are yours.

“The most powerful rituals are the smallest ones we keep.”

PART ONE

The Morning *Ritual*.

Five Minutes Before Anything Else

Before the phone. Before the news. Before the noise. A glass of warm water with lemon. Three slow breaths. A single intention for the day.

The Body Wakes

Open a window. Stretch for ninety seconds. Notice the light. This is your nervous system's gentlest invitation to begin.

The Skin Is Tended

Cool water. Cleanser. Vitamin C serum. Moisturiser. SPF. Five minutes, in the same order, every morning. Your skin learns to expect you.

The Sculpting

A rose quartz gua sha, three slow strokes per area. Always upward, always outward. Three minutes. The face awakens.

The First Real Sip

Coffee, matcha, or a tisane — something prepared slowly, drunk slowly. Sit with it. The world can wait three more minutes.

PART TWO

The Evening *Ritual*.

The Soft Transition

An hour before bed: lower the lights, lower the noise, lower the expectation of yourself. The day is over. Permission to soften.

The Cleansing

A double cleanse — first an oil to remove the day, then a gentle cream to remove the residue. The act of removing is itself the ritual.

The Treatment

On certain nights: a retinol, an exfoliating acid, a hydrating mask. Choose only one. Listen to the skin.

The Quiet Hour

A book, a bath, a stretch. Anything that does not glow. Twenty minutes is enough to change how you sleep.

The Final Breath

Three slow breaths in bed. A small gratitude. The body softens. The day closes properly.

PART THREE

The Weekly *Anchor*.

Beyond the daily, the weekly. Seven anchors that, when kept gently, transform an ordinary week into a tended one. Choose three to begin. Add the rest only when the first three feel effortless.

Sunday A long bath. A long walk. A meal cooked slowly. Sunday is not for productivity.

Monday A clean kitchen, a lit candle, a journal entry. Set the week with intention, not urgency.

Tuesday Move the body for thirty minutes — anything that brings breath. Yoga, walking, swimming, dancing.

Wednesday A digital pause: one hour, no screens, no scroll. Read something on paper. The midweek reset.

Thursday A hair mask. A face mask. A foot soak. Choose one. Take the long version of any beauty step you usually rush.

Friday Write to one person who matters. A letter, a long message, a phone call. Connection is its own beauty practice.

Saturday Cook something with care. Eat without distraction. The weekend begins with the body, not the calendar.

PART FOUR

The Monthly *Intention*.

At the start of each month, sit with these four prompts. There are no right answers. There is only the practice of asking.

— *What does my body need more of, this month?*

— *What does my body need less of?*

— *What is one ritual I want to keep, however small?*

— *Who am I becoming, slowly, through this practice?*

A FINAL NOTE

On *Beginning*.

Do not begin all of this on Monday. Choose one ritual — the smallest, gentlest one — and begin only with that. The morning glass of water, perhaps. The evening three breaths.

Keep it for two weeks. Not one. Two. Then add another. Slowness is not the obstacle to a beautiful life. It is the path.

A SAMPLE WEEK

How *One Editor* Filled It In.

Sometimes seeing it done makes it possible. Here is one full week from our editor's planner — an ordinary woman, ordinary commitments, small choices that added up.

Monday

Morning: Made coffee in silence before checking phone. Evening: Ten minutes with the book on the nightstand. Read three pages. Slept early.

Tuesday

Morning: Five-minute stretch in the kitchen while the kettle boiled. Evening: Wrote three things I noticed today. Not what I did. What I noticed.

Wednesday

Morning: Walked the long way to the bus. Evening: Skipped the news. Watched twenty minutes of a comedy with my husband instead.

Thursday

Morning: Drank water before coffee. Evening: Long bath. Used the good salts I have been saving for a special occasion. The occasion was Thursday.

Friday

Morning: Wore the lipstick I usually save for going out. To the office. Evening: Called my sister.

Saturday

Morning: Slept until I woke up. No alarm. Evening: Folded laundry while listening to an album, beginning to end. No skipping.

Sunday

Morning: Bought myself flowers at the market. Evening: Sat on the porch for twenty minutes with no phone. Watched the light change.

“Notice that none of these are big. None require a spa appointment, a quiet house, or a budget. The trick is not the activity. The trick is choosing to do it.”

THIRTY RITUAL IDEAS

When You're *Out* of Ideas.

Pull from this list. Cross them off as you try them. Some will become regulars. Some will not. Both are useful information.

- 01. Drink a glass of water before coffee
- 02. Stretch for five minutes
- 03. Walk outside before noon
- 04. Phone in another room for one hour
- 05. Write three things you noticed
- 06. Read ten pages of a real book
- 07. Wear the perfume you save
- 08. Light a candle at sunset
- 09. Make the bed properly
- 10. Use the good towel
- 11. Cook one new thing
- 12. Call your mother
- 13. Send a friend a long voice memo
- 14. Take a real bath, not a shower
- 15. Buy yourself flowers
- 16. Wear lipstick for no reason

- 17. Sit with morning coffee outside
- 18. Listen to one album beginning to end
- 19. Write a thank-you note
- 20. Take the longer walking route
- 21. Use real plates, even alone
- 22. Put fresh sheets on the bed
- 23. Eat dinner without a screen
- 24. Watch the sunset for ten minutes
- 25. Massage your hands with cream
- 26. Reread an old favorite passage
- 27. Polish one pair of shoes
- 28. Stand on grass with bare feet
- 29. Do nothing for fifteen minutes
- 30. Write a letter to yourself one year from now

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