



The  
BeachHouse  
Goa

WEEKEND RITUAL FOR  
*Glowing Skin  
& Luscious  
Hair*



Welcome to your ultimate weekend ritual for glowing skin and luscious hair!

Imagine dedicating just a couple of days each week to rejuvenate and nourish your body from the inside out.

This guide will walk you through a holistic routine using chia seeds, a superfood that can transform your beauty regimen.

Embrace the power of natural ingredients and discover how these tiny seeds can make a big difference in your hair and skin health.

Let's embark on this journey together, where you'll learn simple, yet effective rituals to pamper yourself and reveal your natural beauty.





## *The Transformative Power of Chia Seeds for Your Beauty Routine*

Chia seeds are a versatile and powerful addition to your daily routine. Their rich nutritional profile, packed with omega-3 fatty acids, antioxidants, fibre, protein, vitamins, and minerals, supports overall health and enhances natural beauty.

- **Omega-3 Fatty Acids:** Reduce inflammation, prevent acne, and keep skin hydrated and plump.
- **Antioxidants:** Fight free radicals and protect skin from environmental damage.
- **Fiber:** Promote good digestion, helping to eliminate toxins and leading to clearer skin.
- **Protein:** Strengthen nails and improve skin elasticity.
- **Vitamins and Minerals:** Vitamins A, B, D, E, calcium, magnesium, and zinc are vital for healthy skin and nails.





**Saturday  
Morning:**  
*Revitalise Your  
Skin*







## 1) Start Your Day With Chia Water

### INGREDIENTS:

- 1 tablespoon of chia seeds
- 1 glass of water or juice

### METHOD :

1. Mix chia seeds in water or juice and let it sit for 5-10 minutes.
2. Drink this refreshing beverage to kickstart your metabolism and hydrate your skin from within.





## 2) Chia Seed Moisturising Face Mask



*For Dry Skin*



### INGREDIENTS:

- 2 tablespoons of chia seeds
- ½ cup of coconut milk
- 1 tablespoon of honey

### METHOD :

1. Mix and let it sit for 5 minutes to form a gel.
2. Apply to your face & leave it for 20 minutes.
3. Rinse with warm water. This mask deeply hydrates and nourishes your skin, leaving it soft and supple.





## Chia Seed Moisturising Face Mask



*For Oily Skin*



### INGREDIENTS:

- 2 tablespoons of chia seeds
- ½ cup of aloe vera gel

### METHOD:

1. Mix and let it sit for 5 minutes to form a gel.
2. Apply to your face & leave it for 20 minutes.
3. Rinse with warm water. This mask helps to balance oil production, reduce inflammation, and prevent acne.





## Chia Seed Moisturising Face Mask



*For Sensitive Skin*



### INGREDIENTS:

- 2 tablespoons of chia seeds
- ½ cup of chamomile tea (cooled)

### METHOD :

1. Mix and let it sit for 5 minutes to form a gel.
2. Apply to your face & leave it for 20 minutes.
3. Rinse with warm water. This mask soothes irritation & redness, providing a calming effect on sensitive skin.





**Saturday  
Afternoon:**  
*Nourish Your  
Hair*





## 1) Nourishing Lunch with Chia Seeds

*Quinoa & Avocado  
Salad with Chia Seeds*



### INGREDIENTS:

- 1 cup cooked quinoa
- 1 avocado, cherry tomatoes, cucumber
- 1 tablespoon of chia seeds, lemon juice

### METHOD :

Mix all ingredients. This salad is packed with vitamins and minerals that support healthy skin and hair.







## 2) Chia Seed Hair Mask for Dry Hair



### INGREDIENTS:

- 2 tablespoons of chia seeds
- 1 cup of coconut milk

### METHOD :

1. Mix and let it sit for 10-15 minutes to form a gel.
2. Apply to your hair and leave it for 30 minutes before rinsing. This mask deeply moisturizes and repairs dry, damaged hair.





### 3) Chia Seed for Clarifying Rinse for Oily Hair

#### INGREDIENTS:

- 1 tablespoon of chia seeds
- 1 cup of apple cider vinegar
- 1 cup of water

#### METHOD :

1. Mix and let it sit for 10 minutes.
2. Use as a final rinse after shampooing. This rinse helps to balance scalp oils and add shine to your hair.





# Sunday Morning:

*Balance &  
Calm Your Skin*





## 1) Breakfast Smoothie: Your Skin's Best Friend

### INGREDIENTS:

- 1 cup of mixed berries
- 1 banana
- 1 cup of almond milk
- 1 tablespoon of chia seeds

### METHOD :

Blend all ingredients together. This nutrient-dense smoothie not only fuels your body but also provides your skin with essential antioxidants and omega-3 fatty acids to keep it glowing and youthful.





# Sunday Afternoon:

*Prepare for a  
New Week*





## 1) Chia Seed Nail Strengthening Soak

### INGREDIENTS:

- 1 tablespoon of chia seeds
- 1 cup of warm water
- 1 tablespoon of olive oil

### METHOD :

1. Mix and let it sit for 10 minutes.
2. Soak your nails for 15-20 minutes. This soak helps strengthen your nails and promotes healthy growth.







## 2) Chia Seed Nail Strengthening Balm

### INGREDIENTS:

- 1 tablespoon of chia seeds
- 1 tablespoon of shea butter
- A few drops of vitamin E oil

### METHOD :

1. Mix and let it sit to form a balm.
2. Apply to your nails and cuticles before bed. This balm strengthens and moisturises your nails, promoting healthy growth.





**Transform your weekend into a sanctuary of self-care with these holistic rituals.**

**By dedicating just two days to nurture your skin and hair with the power of chia seeds, you can experience remarkable improvements in your natural beauty.**

**Embrace this ritual, and let chia seeds help you reveal your most radiant self.**





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