

SUMMER RESET

*Gentle Rituals To Refresh
Your Body & Mind*



WHY CLEANSE IN SUMMER?

Summer shines bright—with warmth, energy, and abundance. But with all its brilliance, it can also leave you feeling overheated, scattered, or exhausted if you're not gently supporting your body through it.

This isn't about strict fasting or aggressive detoxes. This is about soft, soul-nourishing rituals—the kind that cool your system, uplift your mood, and help you realign with nature's rhythm. You don't need to overhaul your life. You just need to pause.

“ *Sip. Breathe. Nourish. Let your body lead the way.* ”





HYDRATE TO HEAL:

10 Minute Water Ritual

Your body speaks in whispers. And often, it's just asking for water.

Try this gentle hydration challenge: every 10 minutes, take a sip of water or a homemade electrolyte drink.

Infuse it with mint, cucumber, basil, or lemon to keep your energy light and vibrant.





CREATE YOUR DAILY HYDRATION TRACKER:

Time	Drank Water	Humid (ml)	Dry (ml)	Cold (ml)	Notes
5:30 AM		200	250	180	Begin with warm water to awaken digestion
6:30 AM		200	250	180	Early hydration = early energy
7:30 AM		200	250	180	With or after breakfast
8:30 AM		200	250	150	Refresh and energize your mind
9:30 AM		200	250	150	Add herbs like tulsi or mint
10:30 AM		200	250	150	Cool the system, reduce inflammation
11:30 AM		200	250	150	Light sip before lunch
12:30 PM		200	250	150	Supports better digestion post-meal
1:30 PM		200	250	150	Midday refresh; avoid sugary drinks
2:30 PM		200	250	150	Prevent that energy slump

CREATE YOUR DAILY HYDRATION TRACKER:

Time	Drank Water	Humid (ml)	Dry (ml)	Cold (ml)	Notes
3:30 PM		200	250	150	Cucumber- or lime-infused water works great
4:30 PM		200	250	150	Stay focused and hydrated
5:30 PM		200	250	150	Calm the system before your evening meal
6:30 PM		150	200	120	Reduce intake slowly; prepare for rest
7:30 PM		100	150	100	Optional light sips
8:30 PM		100	150	100	Fennel/cumin water for a digestive wind-down



EAT LIGHT, FEEL BRIGHT: Your Alkaline Food Plan

Nourishment is medicine—especially when it's water-rich, cooling, and aligned with the season.



Day	Fruits	Vegetables
Monday	Watermelon, Cucumber	Spinach, Zucchini
Tuesday	Muskmelon, Strawberries	Lettuce, Celery
Wednesday	Blueberries, Pineapple	Cucumber, Bell Peppers
Thursday	Papaya, Oranges	Kale, Courgette
Friday	Kiwi, Grapes	Broccoli, Asparagus
Saturday	Apple, Pomegranate	Baby Spinach, Carrots
Sunday	Pears, Coconut Water	Beetroot, Cucumber

Let food cool you, hydrate you, and energize you—all at once.



COOLING BREATH:

Sheetali Pranayama



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How to Practice:

- 1) Sit comfortably, in stillness.
- 2) Roll your tongue like a straw (or part your lips slightly if you can't).
- 3) Inhale slowly through your tongue, feeling a wave of coolness.
- 4) Close your mouth and exhale softly through your nose.
- 5) Repeat for 5–10 calming rounds.



REST. REFLECT. REJUVENATE.

Detox isn't just physical—it's emotional, mental, and spiritual too.
Take a few minutes each evening to fill this:

Action	What I Did	How I Felt
Rest	<hr/>	<hr/>
	<hr/>	<hr/>
	<hr/>	<hr/>
Reflect	<hr/>	<hr/>
	<hr/>	<hr/>
	<hr/>	<hr/>
Rejuvenate	<hr/>	<hr/>
	<hr/>	<hr/>
	<hr/>	<hr/>

Sometimes the most powerful ritual is simply giving yourself permission to slow down.



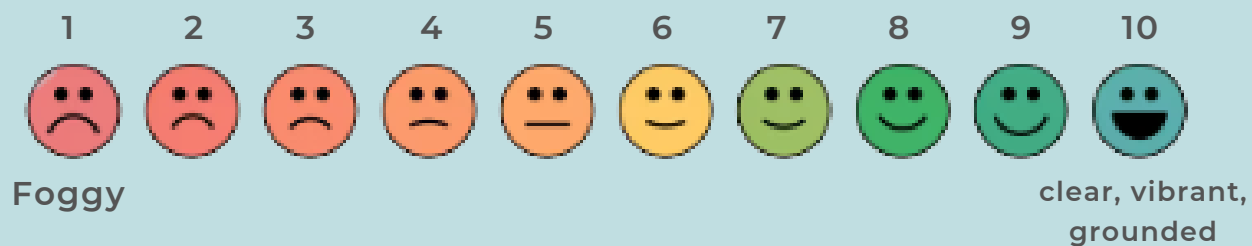


DIGITAL DETOX: *Cleanse Your Mindspace*

Choose one day this week to clear your digital clutter:

- Delete apps you no longer use
- Unfollow people who drain your energy
- Turn off notifications for just 1 hour
- Spend intentional time offline

At the end of your detox day, ask yourself:
“How refreshed do I feel?”



A FINAL WHISPER

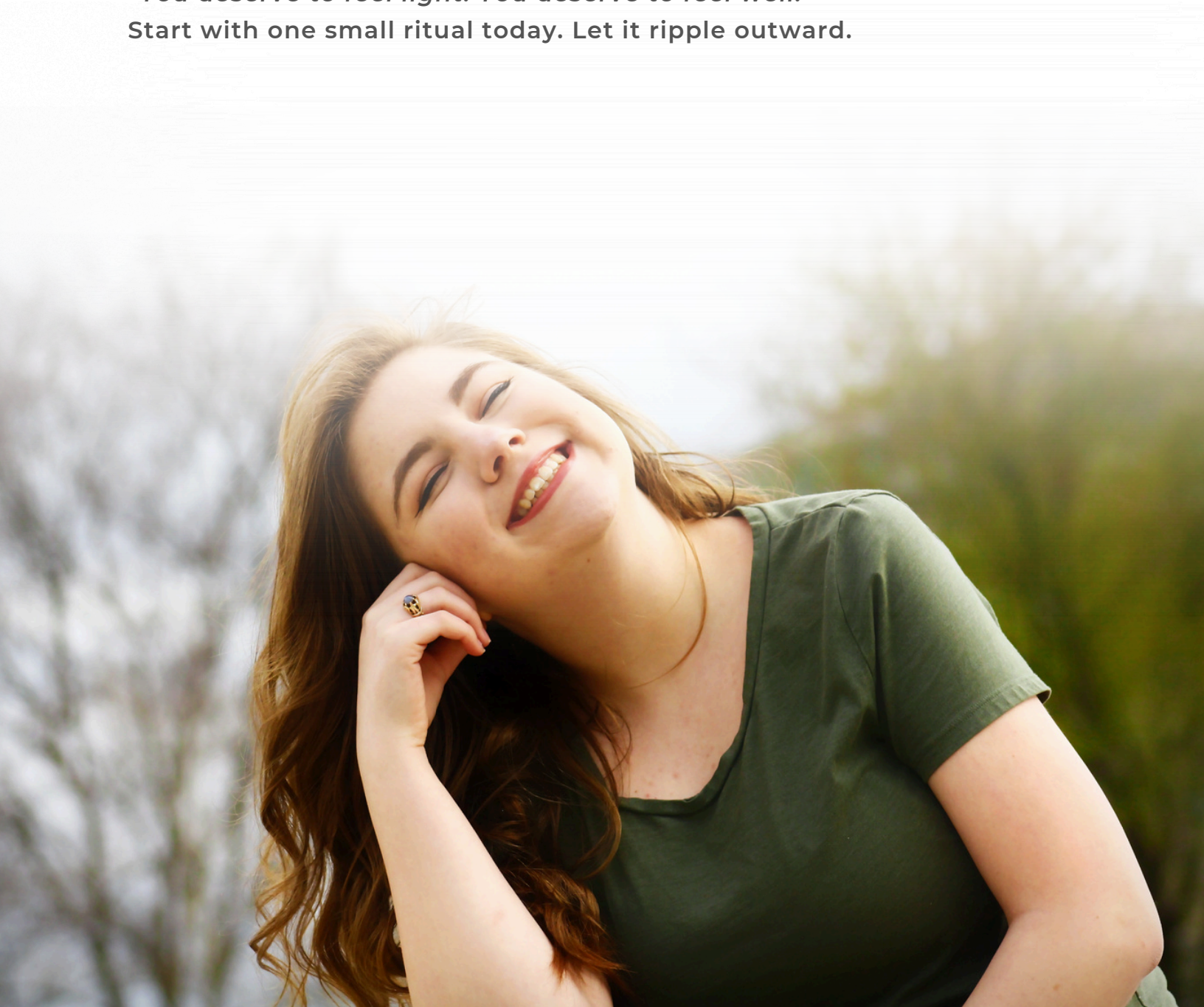


Real detox isn't about restriction. It's about restoration. It's about returning to yourself—hydrated, nourished, alive. This summer, choose the kind of rituals that feel like love. Gentle, consistent, joyful.

The kind that whisper:

"You deserve to feel light. You deserve to feel well."

Start with one small ritual today. Let it ripple outward.





The
BeachHouse
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