The BeachHOUSE Goa

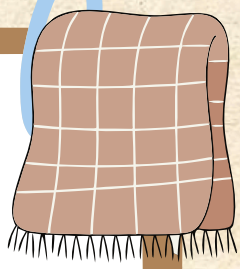
YOUR WINTER SELF-CARE WARM-UP

A cozy guide to staying warm — in your body, and in your spirit.

Winter has a way of chilling more than just our hands.

When the air cools, our energy dips, stress rises faster, digestion slows down, and our heart feels a little heavier under the weight of shorter days.

This checklist is your reminder:
Warmth is a practice — a choice we make each day.
Not by pushing harder, but by caring deeper.



STAY WARM IN YOUR BODY

Daily rituals that strengthen immunity from within:

- [x] Start mornings with warm water and lemon to awaken digestion
- [x] Use warming spices in every meal: ginger, cinnamon, cumin, turmeric
- [x] Keep socks on in the evening to prevent heat loss through the feet
- [x] Take sun breaks — even 10 minutes boosts Vitamin D & mood
- [x] Swap cold salads for soups, stews & broths that nourish deeply

STAY WARM IN YOUR MIND

Small daily choices that soften winter stress:

- [x] Practice 5 minutes of belly breathing before bedtime
- [x] Limit scrolling after sunset to avoid over stimulation
- [x] Light a candle or lamp in the evening — let the glow soothe you
- [x] Put worries to rest by writing them down instead of carrying them to sleep
- [x] Practice a nightly “should-free hour”— just rest, no fixing

STAY WARM IN YOUR HEART

Emotional warmth is immunity too.

- [x] Call or text one person you care about — connection heals
- [x] Give yourself permission to slow down (without guilt)
- [x] Wrap yourself in a blanket & place a hand over your heart — breathe
- [x] Let go of one unnecessary responsibility each week
- [x] Choose joy in small doses: music, laughter, your favourite tea

A SOFT REMINDER

Winter doesn't ask you to push through. It invites you to come closer to yourself — to nourish, to rest, to slow down, so your inner fire can burn bright again.

You deserve warmth. You deserve ease.
You deserve to feel alive in every season.

Ready for a Warmer Winter — Inside & Out?

If you'd like deeper support for immunity, stress release, and mind–body balance, join us at The Beach House Goa for the Ayurveda Indian Detox Retreat.

- Gentle cleansing.
- Personalised herbs & nutrition.
- Slow movement.
- Nervous system reset.

Because true wellness isn't built in a rush — it's rebuilt in warmth, care, and presence.

Learn More & Book Your Retreat: https://thebeachhousegoa.com/

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