

Day Spa FOR THE *Mind*



WHEN YOU CHANGE YOUR MIND,
YOU CHANGE YOUR LIFE...

About Day Spa FOR THE *Mind*

Day Spa for the Mind is an online space where you can relax, unwind, and get into the right mind-space to create positive change in your life. We all have busy lives and the thought of meditation, even though we all know the benefits, can seem all too daunting.

Our Purpose

The purpose of Day Spa for the Mind is to create a space where you can safely explore your life journey, and create powerful guideposts that will help you manifest the life of your dreams.





MEDITATION IS A POWERFUL PROCESS OF CONNECTING WITH YOUR INNER GUIDANCE, BUT FOR MOST OF US, GETTING THERE IS A CHALLENGE.

A SIMPLE, YET POWERFUL WAY TO 'TUNE YOURSELF UP' FOR SUCCESS...

Day Spa for the Mind treatments:

1. Always begin with a meditative process to clear your mental clutter.; then
2. Our treatments take you through an active process of nourishing your mind with positive-mind programming (or sub-conscious affirmations) and then,
3. Taking you through a powerful visualisation process where you 'fill-in the gaps' of your journey.

YOU ALREADY HAVE EVERYTHING YOU NEED,
YOU JUST NEED TO UNLOCK IT...

These processes borrow from the principles of hypnotherapy and visualisation techniques as tools to achieving personal success. Hypnotherapy allows for subconscious obstacles to be overcome, and visualisation allows for the conscious, deliberate creation of your success journey.



ALL THE RIGHT TOOLS,
ALL IN THE ONE PLACE...

There's a goal setting workshop and goal editing tool, a journal to document your treatment experiences and new treatments each month to build on your success journey.

THE REST IS UP TO YOU...
you create your own path for success.

Using the Treatments

AS WITH ALL MEDITATION PROCESSES, USE YOUR OWN GUIDANCE
AS TO WHAT WORKS FOR YOU.

We offer the following recommendations:

1. If possible, dim the lights of your room
2. Use headphones if your speakers are not high quality, and set the volume at a comfortable level
3. Switch off your phone and make sure you won't be interrupted
4. Sit comfortably at your desk or lounge chair if you're using a laptop, and de-activate suspend mode/screen savers
5. Use some essential oils in your burner if you have one
6. Relax and enjoy the experience



How Often?

For each treatment to have optimal impact, we would recommend daily use for 30 days.

Alternatively, to maintain a balanced approach to your success journey, use one treatment in your library every day... or follow the prescribed program at login.

As with all personal development work, take your time with it, and avoid making any major or life changing decisions within the first 45 days of using Day Spa for the Mind.

After the Treatment

At the end of each treatment, take time to write your thoughts and experience in the journaling space provided. You'll find it helpful to review your success journey at a later date. A journey worth achieving is a journey worth recording.

Set Goals

Use the Goal Setting Workshop to set some initial goals. Review your goals at the start of each day to help activate your pathway to achieving them.

On a monthly basis, check to see if your goals have evolved, and update them accordingly.



Goals are a powerful way to focus your intentions for success.

Check in with yourself

As with all personal development tools, keep an open mind, and check in with yourself as to how its working for you. Whilst the material contained in Day Spa for the Mind have been created with the most positive of intentions, if you find it does not resonate with you, keep searching for other tools that will help you on your path.

In the spirit of love, wisdom and the highest intentions for your personal success; we wish you a wonderful experience as you explore Day Spa for the Mind.

Your Sincerely,

THE DAY SPA FOR THE MIND TEAM



www.DAYSPAforTHEMIND.com