



A Gentle Wellbeing Reset

A pause, a little clarity and one small step at a time

August can feel like a natural halfway pause - a chance to notice what is supporting us, what has quietly become clutter and what might need a gentle reset. This is not about changing everything. It is about making a little space, choosing one useful step and letting that be enough.

This month's little pause: Your Supplement Tidy

Gather your vitamins and supplements in one place. Notice what you have, why you take it and anything that may need checking. This is about clarity - not taking more.

WOULD YOU LIKE THE PRINTABLE SUPPLEMENT TIDY WORKSHEET?

Email me with 'Supplement Tidy' in the subject line and I will send it to you.

hello@marceenafriis.com

Five gentle August resets

1

Clear one small space

Choose a shelf, drawer or bedside table - not the whole house.

2

Return to water

Keep a glass or bottle nearby and make hydration easier to remember.

3

Add colour

Bring one extra colourful fruit or vegetable to a meal today.

4

Take ten quiet minutes

Step outside, stretch, breathe or simply sit without an agenda.

5

Choose your next small step

Pick the action that feels useful and realistic this week.

Check your skincare shelf too

Look for products that have changed in smell, colour or texture, and check how long they have been open. A simpler routine you use consistently is often more helpful than a crowded shelf.

A note from the treatment room

Small, thoughtful changes are often where progress begins. If your skin or wellbeing routine feels confusing, we can gently untangle it together - without pressure or perfection.

What is one small thing I could make clearer, lighter or easier this month?

Small steps. Thoughtful choices. Wellbeing that works for you.

With warmest wishes, Marceena

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