



The Happy Carrot
Small Steps. Whole-Life Change.

The Happy Carrot Journal

July 2026

This Month's Little Pause

Making Space for Summer ■■

July invites us to slow down.

Longer days, brighter skies and warmer evenings remind us that wellbeing isn't measured by how full our diary is, but by the moments we make space for ourselves.

Sometimes the healthiest thing we can do is pause. A quiet cup of tea in the garden, a walk in the fresh air, a few pages of a good book or simply giving ourselves permission to do a little less.

Often, it's these small moments that restore us the most.

This month, I'd like to invite you to think about your own **Health Bank**.

Every nourishing meal, walk in the fresh air, early night or quiet moment is a small deposit into your future wellbeing. One choice won't change everything, but small, consistent deposits build energy, resilience and better health over time.

So this month, instead of striving for perfection, simply ask yourself:

"What small deposit can I make into my Health Bank today?"

Five Simple Health Bank Deposits

- Drink a glass of water before your first coffee.
- Spend ten peaceful minutes outdoors with no phone and no agenda.
- Add one extra colourful fruit or vegetable to your plate.
- Move your body because it feels good, not because you have to.
- Go to bed just a little earlier one evening this week and allow yourself to truly rest.

July Skin Tip

Daily SPF is one of the simplest and most effective ways to protect your skin—not just on sunny days, but throughout the year. Don't forget your neck, chest and the backs of your hands. These delicate areas are often the first to show signs of sun damage.

A Note from My Treatment Room

One of the questions I'm asked most often is: **"Which SPF should I be using?"**

The truth is, there isn't one perfect answer. The right SPF depends on your skin, your lifestyle and your individual concerns.

If you're ever unsure, I'd be delighted to help you find the one that's right for you. I stock a carefully chosen range of professional SPF products that I genuinely use, trust and recommend. Feel free to

ask at your next appointment or simply get in touch—I'm always happy to offer guidance.

A Little Thought to Leave You With

"Health isn't built in one perfect day. It's built through the small choices we make, again and again."

Thank you for sharing this little pause with me this month.

I hope it encourages you to make one small deposit into your Health Bank today. Sometimes the smallest choices become the strongest foundations.

Until next month, keep taking gentle care of yourself.

**With warmest wishes,
Marceena**