

What is Slowager:

'Slow-ager' is a 12 week treatment, support and coaching program that will assist you at ageing slower and becoming a healthier, happier you!

This program gives you access to your personalized, holistic 'Slow-ager' support plan that is created specifically for you, to match your needs and requirements. You will receive exclusive professional guidance, applicable 'slow-aging' information for your daily habits and routines, and tried and tested tips and tricks to become a healthier and happier you.

If you have any health complaints not related to aging, then visit CareClin at <https://careclin.org> where I am your homeopath for gentle health care for all the little and bigger ails that may affect you or your loved ones.

*Forever
beautiful!*

Instant tricks to feel beautiful!

Believe it or not, 'feeling' beautiful is a first step to slow-aging. A confident facial expression that exudes contentedness is always beautiful, and makes no one a day older.

On the contrary think of an unhappy, sad face or a stressed expression: these make their wearers immediately look weary and yes, 'aged'. Of course it is sometimes impossible to feign happiness or ignore troubles, these emotions are part of life, but they will come to pass, or we manage to adapt.

Either way, by emphasizing a few little 'external' tweaks, we have a strong power to instantly 'pull things together' and enhance the beauty that we are.

While for some, a simply change of mindset, lies within their own will power, we others may be happy for the little changes to our habits, our routines and sometimes to our appearance to 'set a different tone' for a day. Below are some tips and tricks that can instantly make anyone feel beautiful.

Step 1

Sit down, lean over, let your hair down and brush it over head, at least 30 to 40 times. Raise your head, take a look at that lush buoyancy and then put it up in that pony tail or style it neatly or fancily, however you like. Even if you are not prepping to go out today. Do this for yourself, because every time you walk past a mirror or see your reflection in a window pane or a crystal vase, you are going to shrug for just a millisecond or two, because you are beautiful!

Step 2

Put on some neutral colored lip-gloss and maybe, if you feel like it, some eyeliner too. Don't put on the full make up, unless you need to, feel like it or are planning to go out..that's too much of a hassle if you are staying at home, and keeping the 'battle paint' off ever now and then allows your skin to recuperate and breath. So, just emphasize your natural beauty with a touch-up of gloss and maybe eyeliner. That alone will make you feel, just that tad enhanced that it may need for you to feel great! Beautiful you are, to enhance it just that bit, raises the mood to beauty level.

Step 4

Clean your hands, and feet if you feel up to it, and give your nails a clear coating of nail polish. Think of that feeling that you get with fresh nail polish on your fingers..you are careful with what and how you touch things, you keep an eye on the sparkle of the clear surface of the nail, and even just getting a cup out of the cupboard, is a task done with that little feeling of extra care and beauty.

Step 3

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Step 5

Go over to the mirror put on your prettiest smile and then seize the day. You are fabulous as you are and very beautiful! Show it to yourself most of all!



SLOWAGER - because Anti-aging does not exist!
<https://slowager.com>