

A Fresh, Holistic Approach to Spring Cleaning

Written by Dani Deneau for Pro-Age Aesthetics Academy

3/15/23



Hi [first_name],

Winter is almost over, but hopefully we didn't waste its significance. This quiet, still season is often a time of reflection. Everything you've dreamed, built, and experienced throughout the year resurfaces in your heart and mind. Some questions get answers, while others simply opened the doors for deeper discovery.

For some, winters can be gloomy. The cold keeps you indoors, and the lack of natural vitamin D could lead to developing seasonal [depression](#), among other things.

But all that changes with the promise of Spring. Fresh green leaves color the world around you, new life emerges, and your sense of hope and inspiration is renewed.

This brings about this famous and popular idea of **spring cleaning**. This historic and whimsical notion motivates you to wipe the slate clean. New dreams, new goals. Out with the old and in with the new!

And because wellness is a holistic endeavor, we want you to embrace spring cleaning in a new, fresh way. Here are our tips for enjoying a vibrant and invigorating Spring:

Refresh and Renew Your Mind

Everything you do starts with what you believe. We get it, life gets hectic. You may look around at your house and think, *“What a wreck.”* You look at your schedule and sigh, *“I don’t have time for the things that really matter to me.”* Or you review your long-term business plan and think, *“How am I ever going to reach my goals?”*

When you’re out of alignment, your boundaries soften. You stretch yourself thin because you’re not even sure what your priorities are anymore. You find yourself on a hamster wheel, going nowhere fast.

This spring, take a look at your inner beliefs about your home, your time, and your future. Ancient wisdom reminds us that, [“As a man \(woman\) thinks, so he \(she\) is...”](#) Our thoughts affect our actions, which influence the life we live.

Starting from a place of Love, remind yourself of these truths:

✨ *I’m on a journey. Change and redirection are ok, and I embrace the possibility of a bright and exciting future.*

✨ *My home is my safe place. A clean and tidy place enables me to focus my energy and efforts on my other goals.*

✨ *I have time for the things that matter most to me. There is much to do, and I will do my best to accomplish my most, relinquishing the rest and trusting that they will happen [in their own time](#).*

Renewing your mind with kind, encouraging words will help shift your focus from overwhelm and frustrated to a thankful perspective and courage to move forward.

Remember Less is More



Ever heard of those people who claim to be “minimalists”? They seem to have very little, but the level of peace and harmony seems to be amplified.

Sometimes less is more, and when it comes to removing clutter and toxic buildup of excess, nothing could be more accurate.

Practical ways to declutter your home, life, and mental space:

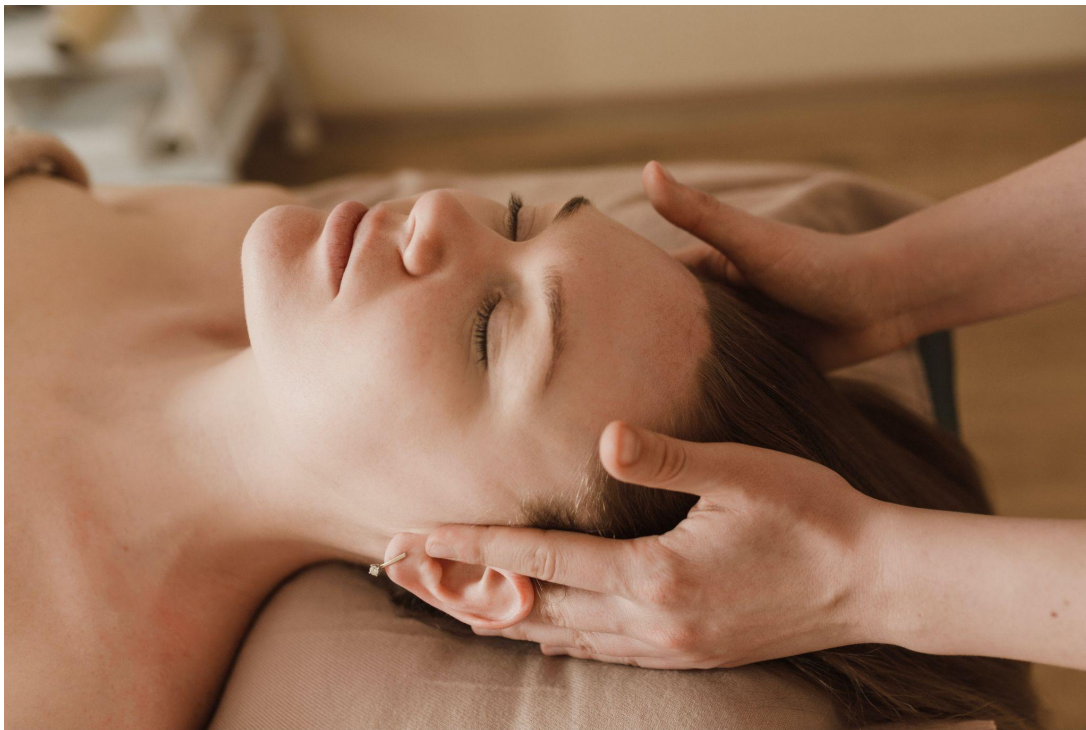
◆ **Bring in Air-Purifying Plants:** eliminate indoor toxins and infuse that breath of fresh air with beautiful plants like areca palm, snake plants, English ivy, aloe vera, peace lily, and pothos.

◆ **Trash Your Stash:** it's so sweet when Aunt Bertha sends you a "Thinking of You" card, and you feel bad tossing it. But keeping piles of cards, receipts, notes, and other random tangibles makes for a messy living space. If something is truly special, consider keeping it in a scrapbook, photo album, or digital folder. Otherwise, accept that some of these must go (don't forget to recycle when possible!)

◆ **Diffuse incense or essential oils:** Aromatherapy has been around for ages, and diffusing essential oils has been found to offer [medicinal benefits](#). Fragrances like lavender, frankincense, geranium, and lemongrass can help elevate your mood, sharpen mental clarity, and clean up the air from unwanted toxins.

It may seem selfish to remove things you're so used to having around, but doing so leaves you lighter and freer to enjoy a more peaceful, productive, and purposeful life.

Why our Holistic Approach Works



At Pro-Age Aesthetics Academy, we understand that simple is better. Our certified program offers a comprehensive yet uncomplicated study course that allows you to uplevel your career alongside other therapists, activating your inner beauty leader and growing your heart-centered businesses.

We cover the physical, mental, and emotional aspects of NEOLIFTING, marketing your business effectively, and helping you carve your path as the beautiful person you are.

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