

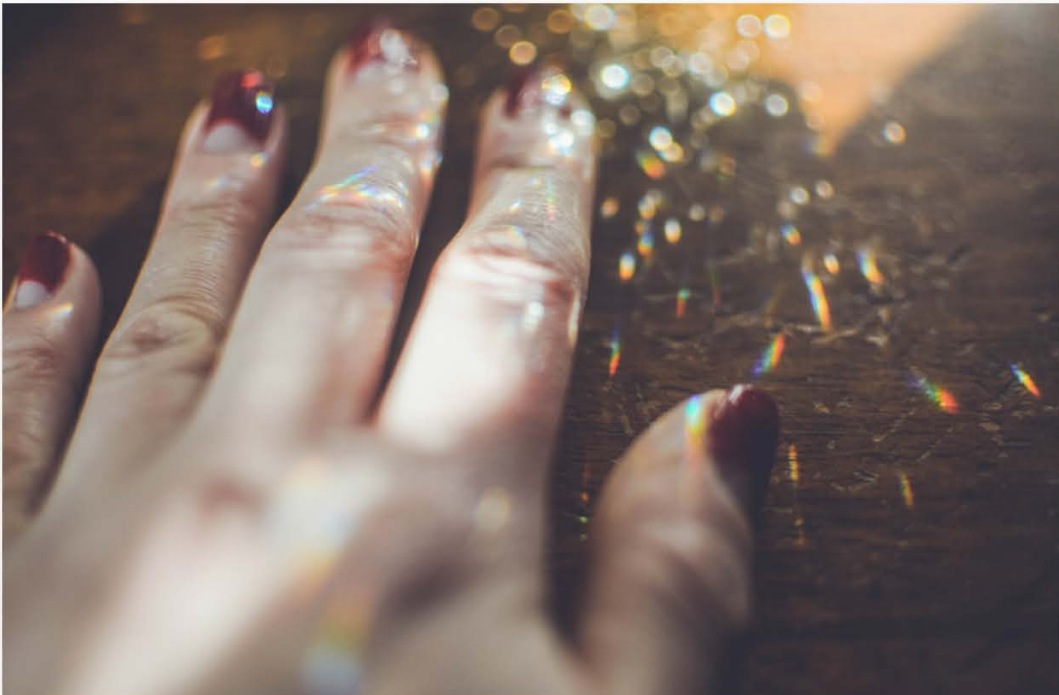
StyleSeat  
BEAUTY BLOG

6 Wellness Activities To Start Your Best Fall Ever

Summer is a joyous time filled with patios, BBQs, weddings, and seemingly endless events. We're often too busy to properly take care of ourselves. The change of seasons is the perfect time to treat your body to the TLC it deserves.

Check out our top 6 picks to treat your body and mind to the post-summer decompression you deserve.

Mani-Pedi



While sandal season is nearly over, your nail beds could use the rejuvenation of a mani-pedi. The thorough cleanse, massage, and fresh paint job will not only treat your overworked extremities to much-needed pampering—it will also give you a mental break to sit down and relax.

Massage



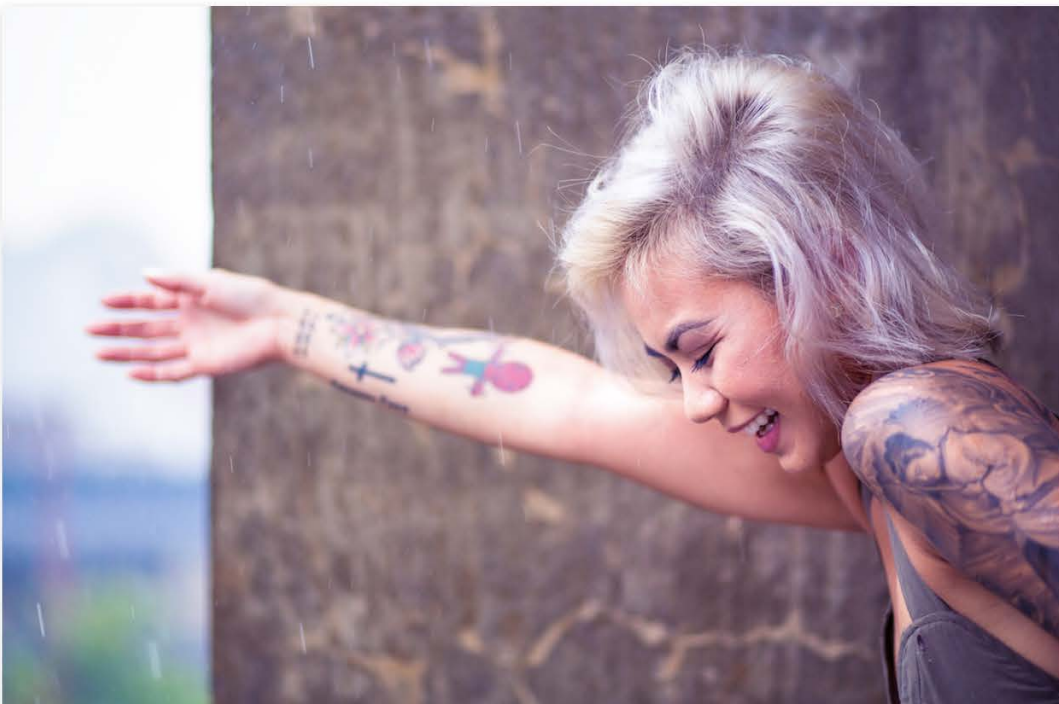
Summer is crazy, so take a moment to relax with a massage. It will give your body the time it needs to decompress, and you'll feel phenomenal. Give up a few martinis in exchange for the cost of a massage, and we promise you'll feel like a million bucks...even as the weather gets colder.

Fall Makeup



For the confidence to tackle the impending chilly seasons, consider a fall makeup session to help you refresh your look with this year's fall colors.

Superfoods



Most of us binge a little more during the summer. With weekly BBQs and irresistible restaurant patios, we indulge in delicious foods that don't make the top ranks in the health chart. Give your mind and body a boost by adding some nutrient-dense foods to your diet. Think beets, kale, spinach, rich spices (like turmeric), kelp, spirulina, salmon, almonds, pumpkin, and so on. Beauty truly does come from the inside out, and your body and skin will appreciate the vitamin boost. Even adding a healthy smoothie a day can go a long way.

Facial



Facials are a relaxing and rejuvenating activity—but not many of us indulge in them often enough. Regular (or even occasional) facials help clean your pores, encourage lymphatic drainage, provide a much-needed skin assessment, exfoliate, fight aging, and alleviate stress. Head to our homepage to find qualified professionals in your area that offer your preferred facial methodology and technology.

Final Tip

All too often, we spend much of our time taking care of others—be it friends, family, or children. Recognize that taking time to recharge your own battery isn't 'selfish'—it's deserved, and required. Taking care of your body can be a vital boost to your personal energy and well-being. You can't be superwoman without mind and body support.

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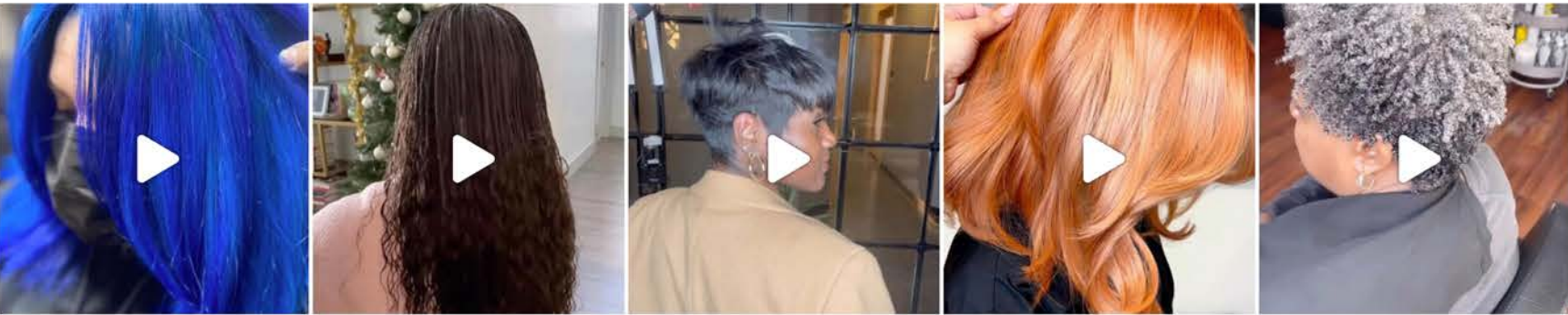
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