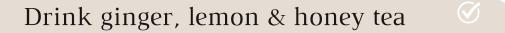
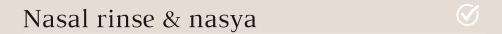
## DAILY SELF-CARE ROUTINES

Wake with the Sun			
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Brush	teeth	& scrape	the t	กทฐนะ	
Diasii	CCCII	a scrupe	CIIC C	onsuc	

Oil pull & mouthwash		
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Bathing & natural skincare

Daily movement & yoga

Meditation & reflection

Time outdoors in the sunshine