

Spa & Skincare Content Club Package #7

Tips & Extras

Simple Post Work Yoga Stretches

After a whole day at work in front of a computer, you probably feel like a really good stretch. These moves will help to stretch out the stress that sitting still for so long puts on your body.

Neck Stretches

Sit somewhere comfortable, take a deep breath and relax your muscles. Tilt your head to the left and then the right, holding the position for one deep breath in and out on each side, and keep repeating the move until you feel any soreness or tension in your neck start to reduce. Repeat this stretch by tilting your head forwards then backwards in the same way, and if you need a deeper stretch, you can also apply pressure to the top of your head during the move, gently pulling in the direction of the stretch.

Wide Legged Forward Bend (Prasarita Padottanasana)

If work leaves you feeling stressed, you might need to release that stress with a yoga stretch that helps you to release anxiety, stress and other negative feelings. This stretch will also help to release any

tightness in your lower back and open up your chest and shoulders which can feel tight after a long day desk-bound!

1. Stand with your feet around three feet apart, with your toes slightly turned towards each other.
2. Clasp your fingers behind your back.
3. Inhale deeply, lifting your chest and engaging your core, while lifting your hands slowly behind your back. As you breathe out, fold your upper body downwards from your hips, bringing your head towards the floor. Try to keep your legs and spine straight. Hold this pose for 10 deep breaths.

Healthy Lunches for Busy People

It's easy to rely on the fast food joints or grabbing something calorific at your desk if you're up against a deadline and just want to fill up on something fast. A few extra minutes the night before can give you a healthy option that will enhance your health rather than leave you feeling a bit flat by 3pm. Try these for a lunch time pick-me-up that lasts.

Herby Cheese and Tomato Sandwich:

Cottage cheese is a great low-fat source of protein that provides an energy boost to last you through the afternoon, and the avocado is a great skin-saver.

You'll need:

- ☐ An English muffin
- ☐ ¼ cup low-fat cottage cheese
- ☐ Sliced tomato
- ☐ Sliced avocado (about ¼ of an avocado should do)
- ☐ A tablespoon spicy brown mustard if liked
- ☐ One leaf butter lettuce
- ☐ One tablespoon of chopped chives.

Delicious! And it takes no time at all to assemble the night before.

Garden Pasta Salad

Adding whole wheat pasta to this salad gives you a filling boost with more vitamins than a white pasta salad, and without the creamy mayo that packs on the fat and calories in store-bought pasta salads.

You'll need:

- ☐ ½ cup of cooked whole wheat pasta:
- ☐ Half a chicken breast, sliced (optional)
- ☐ 1 thick slice of mozzarella

☐ 4 Kalamata olives

☐ Half a green pepper

☐ Shredded carrot, shredded

☐ 2 tablespoons fat-free Italian dressing

Combine, refrigerate and take to work the next day for a nutritious and tasty lunch that will keep you full all afternoon.