

## Episode N°2 How to Build Beautiful Night Rituals

Do you like the proudest feeling of accomplishment and remembering the happy and laughing moments that happen during the day and the excitement for the next day when you go to bed? If so you are in the right place my goddess friend.

In today's episode, I am so excited to share with you how to build beautiful night rituals with easy steps so that you can take immediate action today.

Welcome to the Haute Couture Life Podcast. I'm your host, Mana, here to help you become the most beautiful goddess version of yourself. Whether it's beauty, style tips, health, or personal growth, this podcast is your Ultimate Guide to becoming happier, and healthier and creating the most beautiful life. Are you ready to unlock the secrets? Let's begin.

So what are beautiful night rituals? I think that building beautiful night rituals makes you feel so fulfilled and perfect timing to reflect on how you lived your day because every day is going to be ultimately your life you know and not only creating morning rituals to start your amazing day but also finish your day with beautiful energy I think it is so gorgeous and so beautiful to really reflect how did you feel like what did you experience and then how you want to move to the next level you know so.

I have eight tips that I'm going to share with you. So let's dive in. Number one, remove your makeup. So when you get your work done, I would like to say work as a mission because the mission is more exciting you know so passionate to really commit and follow through. So after your mission is done for a day, it's time to remove your makeup and I think it is crucial to remove your makeup so that your skin can breathe deeply. It's always fresh and clean so important you know.

So if you haven't checked yet, I have amazing vegan cruelty-free skin care products and then there's one makeup oil cleanser that I am loving it so much. Your skin is going to be super clean and flawless and I am so loving it if you are interested you can check my show note that I am going to upload the details. So stay tuned and excited.

So tip number one, find your favorite vegan and cruelty-free skin care product and remove your makeup.

Number two take a shower or a bath. I find that whenever I take a bath at night makes my body rest and relax so well that it is easy to have a quality deep sleeping time so in this shower or bath time you can create two sacred beautiful habits.

## Episode N°2 How to Build Beautiful Night Rituals

So the first one is Ho'oponopono. They are like magical words that came from Hawaii and it is a little bit confusing for the first time like when you hear Ho'oponopono or Pono Pono. You can simply remember four words which are I'm sorry, please forgive me, I love you, and thank you.

You can imagine the things that have happened during your day or wanted to take a moment and send love to someone or something you did or something you received. And you can simply say to your body mind and spirit. So I'm sorry, please forgive me, I love you, and thank you.

During your bath time and then it is so relaxing and so healing to your Body Mind and Spirit. The second one is a body scan with gratitude. Without health or vitality, we have nothing. I came up with this idea when I did guided meditation a few years ago on the app and when I felt a little bit sick last month. You know I'm going to show you how I recovered so quickly from a little bit of sickness in my future podcast, so please stay tuned.

And you can say thank you to your body from bottom to top or top to bottom as you like. So basically scan your body and say thank you. You can customize it however you want to. And my saying is something like thank you brain, thank you eyes, thank you nose, thank you mouth, thank you lips, thank you teeth, thank you ears, something like that. So we tend to forget how amazing and magical our body is so that it's so nice and beautiful to remember how amazing every body part is and then if you scan your body like you can check how my eyes are really feeling you know how my throat is very feeling.

So it is so important to scan your body to every part of your body and then say thank you. So as you practice this body scan and say thank you, you feel more gratitude and I think wherever you want to heal you can focus on saying thank you to the part, it will recover faster I think it's so magical.

So when you wash your body I highly recommend using an exfoliating grove that a few times a week your skin will be more smooth and then after using it a few times you will be so surprised. You know beauty is also created by tiny daily actions. After finishing the bath and facial treatment or shower like shampoos and treatment, take a cup of water, and let's move on to body care.

So tip number two practice Ho'oponopono and body scan with gratitude.

## Episode N°2 How to Build Beautiful Night Rituals

Number three use your body massage oil or creams and moisturize your entire body. Especially when you do exfoliating groves onto your body it is very nice to massage your legs and arms and body with massage oil or creams to moisture.

One of the organic brands, Neal's Yard Remedies, it's not fully vegan but it is a cruelty-free brand and I love their massage oil. It makes my body so smooth and I just love the beautiful scent I also added this one to my show notes so if you're interested, you can check and use same as mine.

So tip number three massage your entire body with organic body oil or cream.

Number four, stretch and medication. Yes, it is so nice to stretch not only in the morning to wake up but also in the night to sleep. Your brain starts to feel more relaxed and then prepare for a good sleep. So during stretches, you can also practice taking a deep breath. It is so calming and then all the stress is going to be gone.

By the way, have you heard of Ballet Beautiful? I love ballet beautiful. It's like a ballet workout and then in my show note, I am introducing my favorite stretch video I would like to try every day so if you want to join me, let's do it.

Tip number four find your favorite how-to-stretch videos.

Number five, time to reflect on your day with a daily journal. I personally love to keep a diary, because you can easily look back to what I was doing you know and I can see my own personal growth from one year ago.

I always love to write such as what I did, how I felt, what kind of conversation I had, what made me happy and smile and laugh, and what I want to upgrade next time. If you want to be successful in achieving your dreams, it is so important to measure.

You can also journal with prompts, such as what did I learn today? What have I given today? Because whatever you give you will receive. What made me smile and laugh today? What was the magical moment today? How can I make it better next time? How do I want to show up tomorrow.

You can also track the food you ate and things you invested in or bought in your journal. Let's celebrate your blessings and accomplishments every night. So tip number five, start collecting Beautiful Moments from every day.

## Episode N°2 How to Build Beautiful Night Rituals

Number six, plan your day for tomorrow. Before you eat dinner or go to bed, it is time to plan your day for tomorrow. It is so crucial to have a vision and purpose in your life remind yourself every time and take action to reach your goals every day.

If you make a plan for tomorrow ahead of time, you will be able to be more productive and easier to focus on what matters in your life. I personally love to use the RPM system which is created by Mr. Tony Robbins.

The first thing you want to ask yourself is not what should do or what do I need to do, but simply ask yourself what the outcome or result you want and why. Many people have a Have-Do-Be model but as we are beautiful goddess examples, so make sure to change to the Be-Do-Have model. I will explain more in detail in a future podcast, so stay tuned.

But basically, you have to be the person first so you can take action as her and you will get the result. Many people start with how but we need to make sure who do I need to be to get the result this is the very life-changing mindset you can practice.

So anything you want to create a plan first ask yourself, what is the outcome or result I want to achieve tomorrow and why do I want to achieve it? This is the purpose and then the purpose is going to generate your feelings, what are my top two priorities for tomorrow? What energy do I want to bring to accomplish this goal? So tip number six is to start planning your day ahead of time and starting with goals and purpose so that you can be laser-focused and you can commit and follow through easily.

Number seven read the books that should make you grow. At night especially you don't want to input anything that will not serve you like social media unless you are creating something with it. I recommend you turn off all the devices when you do beautiful night rituals. Reading books before you go to bed is very calming and you will have more great ideas from amazing people.

I personally love to read something personal growth like Think, Grow and Rich by Napoleon Hill but also love to read very amazing beautiful fashion art books before I go to bed. There are my favorite Australian fashion illustrator Megan Hess and then I have Grace Kelly, Christian Dior, and Coco Chanel versions. It is so beautiful and I also added on to my show note for this episode so if you're interested please check her out. It's so gorgeous.

So tip number seven find your favorite books to read before you go to sleep.

## Episode N°2 How to Build Beautiful Night Rituals

Number eight visualization. Most scientific research shows us that we can easily access our subconsciousness before we fall asleep. It is beautiful timing to visualize your future self one year from now 3 years 5 years 10 years or next month, three months as you love.

So where does she live? Who is she with? What her sound like? What does she wear? And what is her favorite place? So think about those questions as you sleep and connect with your future self be friends with her and then be excited to become her.

So tip number eight, start connecting with your future self. When you focus on your dreams and goals and build rituals around that you will notice that as you practice you will feel more calm fulfilled happy and excited.

So what steps would you like to practice today? For deeper content, please make sure to subscribe not only to my podcast but also newsletter for my blog so that you will be the first to know my exclusive class content coming soon. I am so excited to hear from you, my goddess friend.

As we wrap up today's episode, I encourage you to take action on what you learned. Visit [hautecouturelife.com](http://hautecouturelife.com) to leave your comments. I am so excited to hear your takeaways and insights. So until next time, stay beautiful and have an amazing week my goddess friend.