

# Selfcare 101

WELCOME  
*to*  
MADE

30.8.20



SELF  
CARE

Your weekly dose

Welcome to MADE's email newsletter Selfcare 101 is an online wellness magazine featuring blogs, news, products & offers to help you live well and promote the ethos **selfcare isn't selfish**.

Yoga : a  
beginner's guide

You have bought your yoga leggings and rolled out your mat - but now you don't know where to begin. Check out our guide for newbie yogis >>>



Stuck in a rut!

Last minute changes, negative news overload, being stuck at home, anxious about the future... many of us are stuck in a rut. Here are our founder Penny Weston's top 10 ideas to help you to break out of a funk >>>





Why we all need  
a cold shower...

**“You are master of your  
mind, captain of your soul.”**

Those wise words were spoken by none other than Wim Hof, AKA Iceman Hof who has become famous for his ice therapy and cold showers.

Check out our round up of the benefits of regularly taking the plunge >>>

## August's book club



**"BIG MAGIC"** by Elizabeth Gilbert. The author of Eat, Pray, Love brings us a completely different read. It centres around living a creative life and enjoying a sense of big magic that surrounds finding how to do it. We were hooked and share our takeaways >>>



## Your treats

Every issue we will share with you a discount for a product, service or brand that we love over at Welcome to MADE. This week we are excited to offer 15% off the **Westlab Salts** range with code MADE15 >>>



## Chia jam recipe

A really simple plantbased strawberry jam recipe powered with chia seeds. It only takes about 15 minutes and you can use different fruit each time. Great on toast, pancakes, yoghurt and bagels. Get the recipe >>>

## On demand launches

**Welcome to MADE "ON DEMAND"** is an online membership that aims to make wellness affordable and accessible for people around the world. A first of its kind wellness subscription service that targets wellness at every degree.

MADE on demand provides access to a wellness video library with workouts, yoga, pilates, nutritional tips, plantbased recipes, wellbeing advice & meditation. Join the FREE 2 week trial today >>>



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on demand subscription



Staffordshire wellness centre



selfcare email newsletter

## OUR<sup>\*</sup> MISSION

is to help people live well. At Welcome to MADE we feel very strongly about selfcare, mental wellbeing, the benefits of exercise & healthy eating, and the power of a positive mindset.



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