



# THE PERFECT MORNING ROUTINE

*For just a moment, imagine your day. You wake up without an alarm, refreshed from a good night's sleep of 7+ hours. You have some tea or coffee, meditate and move your body to gently wake it. You journal and clear your head, plan your day, and decide how you want to show up and what you wish to conquer that day. You shower and enjoy the time to further meditate, enjoying the aroma of essential oils and natural products in the shower with you. You get out, give yourself a gentle but quick massage with a healthy oil, and just feel it absorbing into your pores. Your outer body feels completely nourished.*

That shower sequence above (not to be confused with the “shower sequence” in a movie like “Psycho” or “Body Double”!!) are broken into 8 easy steps that I’ve outlined for you:

## 1. Face Wash

Please note this is to **replace** a soap-based face wash. I can promise if you feel “oily” at first, this will go away in a few days. When you continuously wash with soap, you strip the natural oils in your skin, causing your glands to over-produce oils. (The same thing happens when you use alcohol or alcohol-based toners or cleansers.) Washing with an oil will allow your skin to return to its natural oil levels and will create a beautiful glow and shine! Please avoid contact with the eyes, as you would a regular soap.

- 4 ounces \*organic\* Joboba Oil (a moisturizer closest to the structure of our sebum)
- 20 drops essential oils of: (choose your own combination of drops. 5 of each, or more of one than another, depending on personal preference. These all help with inflammation, balancing the natural oil levels in your skin, and will calm the skin)
  - Frankincense
  - Lavender
  - Cedar
  - Bergamot

## 2. Scrub your face only once per week

Excess exfoliation can lead to an over-production of oils.

## 3. Wash your hair and body with a natural product such as a foaming soap:

Many common soaps are made with harsh ingredients, and have the glycerin removed in the soap-making process. Manufacturers can then sell the separated glycerin by-products to other markets, increasing their profit margins. Castile soap was originally made with olive oil but now often includes coconut oil because of its sudsing ability. Castile is a gentle cleansing agent.

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## 4. Hair Rinse

After washing and conditioning your hair, rinse with an organic and natural hair rinse. Depending on your scalp, you'll use either a 4:1 ratio of distilled water to apple cider vinegar, or a 10:1 ratio. For oily scalps such as dandruff or seborrheic dermatitis, you would opt for a 4:1 ratio. While some of you will want to rinse this out, I prefer to leave it in my hair. I find it keeps my scalp properly balanced, leaves my hair smelling clean, and feels lustrous!

- 16 ounces distilled water (the purest water, with all chemicals and minerals missing. Because of it being an "empty" water, it absorbs the healing benefits of the essential oils better than other types of water.)
- 4 ounces \*organic\* Apple Cider Vinegar (remember, this is from an apple, which is one of the most toxic fruits to have as a conventional product!)
- 30-40 drops essential oils of: (choose your own combination of drops, depending on personal preference) These oils were chosen because of their ability to restore, rejuvenate, rebuild, and heal the hair shafts and scalp. I find ylang ylang and tea tree oils decrease the scent of the vinegar best, though I don't mind the smell of the vinegar much. Remember, I'm using a 4:1 ratio, so there's more vinegar in my blend. You may need lesser of the essential oils for the 10:1 ratio.
  - Frankincense
  - Lavender
  - Ylang ylang
  - Tea tree
  - Rosemary

**SIDE NOTE:** you can infuse the distilled water with herbs by boiling it for 10-15 minutes, straining it, then adding the essential oils and vinegar. Cool before placing it on your scalp. My preference for hair herbs are coltsfoot, nettles, and horsetail.

## 5. Refreshment toner

Choose a simple spray that opens your pores for the goodies below. I make a simple blend with distilled water, rose water, witch hazel, and essential oils. I use my toner during hot days to cool me off as well as after showering.

## 6. Baby Powder

I have a free, all-natural recipe here <http://pandorasproducts.net/suffer-chemical-powders/>

Just remember that if you use this, don't oil yourself in the same body part, or you'll have quite a caked-up mess! It's best to use this powder in areas such as the underarms or under the breasts.

## 7. Massage Oil

Your skin is **THE LARGEST** organ of your body. What you put on it is as important as what you put **IN** your body. You can make your own simple massage oil by using an organic, unrefined carrier oil

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suited for your body type, and adding a few organic essential oil drops. (As with herbs and carrier oils, essential oils should be organic, and not “therapeutic, pure grade, natural,” or any other MLM marketing term.)

Your carrier oils can range from plain organic coconut oil, safflower, olive, or sesame oil to something more exotic like jojoba. Please remember to choose organic, unrefined, virgin oils. You certainly don't want toasted sesame oil all over you—no matter how many essential oils you add, you can't cover up that smell! (I know...I made that mistake once!) Vigorously rub the oil on your arms, legs, belly, breasts, and hands, after patting yourself dry with a towel. This will increase lymphatic flow, and cause the oil to go deeper into your pores. It also helps with our sense of touch.

Look... you can skip to this step, should you not want to worry about the powder and oil mixing. But if you've spent the time reading this, why skip any of it? The powder and oil will take you 5 minutes at best. You're worth 5 minutes, and remember, this process is what helps ground your energy, while making you feel refreshed and invigorated for the day ahead!

## 8. Salve it up!

This is an optional, but sometimes imperative step of the process. If you suffer from overly dry skin, cracked skin around the heels, knees or elbows, or have weak cuticles, I've got a solution for you! When you combine the ingredients of the massage oil above and add a wax, you get a heavier skin care product. “Heavier” means it won't absorb into the skin as quickly and it provides a protective yet breathable environment. The slow absorption of the oils are great for dry weather! If your nails split or you chew them, salves are a great way to strengthen your nails and cuticles (and the taste may deter you from chewing at your skin! They're completely safe to ingest, though they aren't the tastiest thing around!).

<http://pandorasproducts.net/product/bee-knees-salve/>

I hope this routine serves you well, and you take the time to implement at least 2 of these steps in your daily routine! Questions? Comments? Feedback? Drop me a line at the email address below!

### Spray Blend – makes 2 ounces

2 ounces water, distilled

25 drops essential oil blend of your choice (here are some suggestions):

- ⇒ **Romance:** sandalwood, jasmine, neroli, ylang ylang
- ⇒ **Calming:** jasmine, rose, lavender, lemongrass
- ⇒ **Clearing:** lavender, tea tree, patchouli, myrrh

Pour into a spray bottle and shake well to combine. Spray will need to be shaken each time, to ensure even consistency. **To make the toner mentioned above, add only 1 ounce of water and add .5oz witch hazel, .5 ounce rose water.**

**Note:** Distilled water works best for essential oils in spray blends, as it contains no minerals and therefore pulls more mineral content from the herbs or oils.

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