

The background of the entire page is a soft-focus photograph of a spa setting. It features a stack of smooth, grey river stones on a light-colored wooden surface. A small sprig of fresh green herbs, possibly basil, is tucked behind the stones in the upper right corner. The overall color palette is warm and natural, with greens, browns, and greys.

# Your **Bliss Kit**

◇◇◇ open immediately ◇◇◇

5 at-home bliss retreats designed for you by

Jessica Sitomer

JESSICA SITOMER

What You'll Need:

Read through each Bliss Retreat.

Depending on the Bliss Retreat, you'll know beforehand what shopping or preparation needs to be done.

For example: ingredients for drinks and time to let them brew, an essential oil, a tablet for playing videos.

# Bliss Retreat #1

## Morning Bliss Retreat

This can be enjoyed for 20 minutes or more.

1. After a good night's sleep, go to [calm.com](https://www.calm.com), choose a location (beach, lake, forest) and do a 5 minute guided meditation (you can choose 10 or 20 minutes if you have the time).
2. Next, indulge in a 5 minute Sun Salutation. Here are tutorials: Advanced <https://www.youtube.com/watch?v=xDB8AWGpPjw> Beginners <https://www.youtube.com/watch?v=e5H3LR8Eias>.
3. Time for 5 minutes to awaken your senses with aromatherapy. Choose a scent for this retreat that creates an emotion you desire. For example: the smell of pine may induce the feeling of comfort. The smell of lavender induces the feeling of relaxation. What scent associations have you created in your life to specific feelings? Then spend 5 minutes sniffing the scent and allowing your mind to go where it chooses.
4. For 3 minutes, “dance it out”. Time to get your heart rate and your spirit up. Put on your favorite dance song and dance your heart out... no one's watching.
5. Enjoy a glass of spa water that is waiting for you in the fridge. See recipe and instructions to the right.

Now you're ready to continue your day with a healthy breakfast and if possible a good long hug from someone.



### DETOX WATER

Helps you maintain a flat belly.

2 lemons

1/2 cucumber

10-12 mint leaves

3 quarts water

Brew overnight to create a natural detox, helping to flush impurities out of your system.

# Bliss Retreat #2

## Afternoon Delight Bliss Retreat

This can be enjoyed for 90 minutes or more.

1. Start with “the very underused” lawn or carpet picnic. Whether you’re inside or out, fill your basket with indulgent treats like your favorite sandwich, dark chocolate, a Power Antioxidant Drink, and chips & dip.

### The Power Antioxidant Drink

By PositiveMed



**Ingredients:**

- 2-inch piece of fresh ginger root
- 1 orange/lime cut in thin layers
- 1 cup blueberries or strawberries
- 3 teaspoons of loose oolong tea
- 2 teaspoons of loose black tea
- 2 pears or apples diced (optional)
- 3 Tbs honey

**RECIPE:** <http://positivemed.com/2013/01/20/the-power-antioxidant-drink/>

Photo: TheCulinaryGeek (Flickr)

2. Turn on Pandora and select spa radio .
3. After lunch it's time for a 5 minute rejuvenating brisk walk outside (or if you are prevented from going outside, turn on [calm.com](http://calm.com), choose a scene and run/walk in place for 5 minutes.
4. Next, For 3 minutes, relax with a self-hand massage. Here is a video to demonstrate <https://www.youtube.com/watch?v=6wUWDIfSQN8>.
5. Finish with a 5 minute guided breathing meditation <https://www.youtube.com/watch?v=noDxU4gSbMg>.

Continue your day and infuse your blissfulness into everything you do!

# Bliss Retreat #3

## Early Evening Bliss Retreat

This can be enjoyed for 90 minutes or more.

1. Start with a wine and cheese plate for yourself (or others if this is a bliss retreat for more than one). If you don't want wine, you can pour infused water into a wine glass. Here are some recipes: <http://www.buzzfeed.com/melissaharrison/fruit-infused-waters#.yavdm9L84A>.
2. After you've indulged in delicious food and drink, sit comfortably for 10 minutes and relax to the sounds of Tibetan Singing Bowls <https://www.youtube.com/watch?v=oAFKyDegHD8>
3. Next, light a candle and focus on the flame for 5 minutes. It's okay if thoughts come through your mind, let them pass and re-focus on the flame.
4. It's time for something really special, foot reflexology. Here's a video to show you how to do it: <https://www.youtube.com/watch?v=laIZKonlJJ8>. After your feet will love the pampering of a hot towel with essential oil. Here's an article on the safe way to heat up your towel: [http://www.ehow.com/how\\_2294498\\_heat-towels-microwave.html](http://www.ehow.com/how_2294498_heat-towels-microwave.html)
5. Finish off with 5 minutes (or more) of reading. To keep in the bliss mode, you may choose motivational or pleasure reading as opposed to stimulating and stressful books.

Maintain your bliss as you move into night...



# Bliss Retreat #4

## Before Bed Bliss Retreat

This can be enjoyed for 90 minutes or less.

1. Start with a decadent bubble bath filled with epsom salts and scented bubble bath. Light some candles, dim or turn off the lights, and focus on your breathing. You'll want to stay hydrated so be sure to have water (you can even put it in a champagne glass to make it an occasion. If a bubble bath is not an option do a foot bath.
2. Drink tart Cherry Juice. Tart cherry juice can help you get that sleepy feeling because it increases the amount of melatonin in your system. This sends signals to the brain that it's time for sleep, and should bring on a case of the yawns. Don't fight the sensation, let it carry you away into a good night's sleep.
3. Write out your top 3 "to-dos" for tomorrow, so you're brain will relax knowing you don't have to think about it. Then get into something really comfy to wear to bed.
4. Get in bed feeling relaxed and spend 5 minutes journaling a vision. The vision could be of a moment you want in the future, something you're proud of, or something you're grateful for.
5. Finish with a 20 minute guided meditation on [calm.com/](https://www.calm.com/) Be sure to pick a scene you like as you will most likely sleep through the night to the sound of waves, rain, or birds in a forest.





# Bliss Retreat #5

## The Active Outdoor Bliss Retreat

This can be enjoyed for 2 hours or more.

1. Go outside in your yard or to a location outdoors that you enjoy (a beach, lake, field, hiking trail, woods, etc.) Spend 60 minutes doing something active and rejuvenating (kayaking, swimming, walking, hiking, yoga, biking, jumping rope etc.)
2. Eat a power meal. Here are 38 healthier picnic recipes <http://greatist.com/health/healthier-picnic-recipes> This excursion calls for some delicious healthy lemonade here's how to make it: <http://www.healthfulpursuit.com/recipe/healthy-lemonade/>
3. Because you're outdoors what better place to do a sound mediation. You can do it with your eyes open or closed. Sit comfortably and for 5 minutes or more, concentrate on the sounds around you. Depending on your environment, you may hear birds, insects, water, etc.
4. Next for 5 minutes journal about how it feels to take care of yourself with this bliss retreat. What made you feel great?
5. Before you go in, lie down and listen to a 10 minute restorative energy guided meditation <https://www.youtube.com/watch?v=aWm2ZA5WJI0>

