

## SPRING REGENERATION

*Spring means renewal. Life borns again and blooms around us, but also inside (and at all levels!).*

*In this effervescent period of cell regeneration, it should dedicate some time to take care of our skin. A sauna or hamam a week will help stimulate this precious emunctory providing, in addition, a pleasant moment of relaxation. Exercise is also a great stimulant of sweat and sebaceous glands, small 'doors' by which we eliminate various toxins and impurities.*

*It is also the time when the hair grows faster and in greater numbers. To strengthen them, we can apply after shampoo a house lotion of watercress juice with a light massage. Without forgetting to nourish hair from within, which means, consuming foods rich in vitamin B (wheat germ, whole grains, nuts), zinc (egg yolk, cereals, pulses), magnesium (seaweed, cocoa, almond) and silica (onions, nettle, cauliflower).*

*We can bring spring in our plates thanks to the sprouts. Extremely concentrated source of bioavailable vitamins, minerals, enzymes, trace elements, amino acids, fiber and chlorophyll, they also have great power conditioner, because it is a living feed of the first order. The excellent nutritional value of sprouts confers their many therapeutic properties: antioxidant, detoxifying, purifying, immunostimulant, digestion, regulating the acid-base balance, stimulating the nervous and glandular systems, etc.. Consume mainly raw and well chewed, for breakfast or associated with the inputs of raw vegetables in the lunch. In principle, avoid eating the sprouts at night, because their character conditioner can prevent sleep in susceptible individuals.*

*Rising and expansive energies of spring can generate some fatigue in some people. Reflexology foot, ear or nasal, with a professional therapist will be the place to revitalize and harmonize the various body functions.*

*Take this opportunity that life, like every year ,offers us to born again and renew itself. Let's do it consciously, with each moment with positive thoughts and let the wind carry away the last vestiges of winter.*

*\* The services do not exclude nor do not replace any medical or pharmacological care.*

### LEARN MORE:

- The good spa guide. <http://www.goodspaguide.co.uk>

- Aconbury Sprouts. <http://www.wheatgrass-uk.com>
- International Council of Reflexologists (ICR). <http://www.icr-reflexology.org>
- Home of Reflexology. <http://www.reflexology.org>
- Pacific Institute of Reflexology. <http://www.pacificreflexology.com>

