A black and white drawing of a person's head with flowers

AI-generated content may be incorrect.

**7 Core Areas of Health and Types of Self-Care Practices**

* **Sleep**- The health benefits of getting adequate and restful sleep impacts all aspects of our mental, physical, emotional, social and spiritual selves.
* **Movement**- Regular activity helps improve our overall health and fitness while reducing our risks for many chronic diseases.
* **Nutrition**- Evidence shows that cultures around the world that consume whole, non-processed, unadulterated food are healthier.
* **Relationships**- As social beings, studies show that we live longer, are healthier and happier when we are with those that we love and share our lives with.
* **Resiliency**- As we address our stress, have fun, practice relaxation, and use healthy coping strategies, we build our resilience to future stress and avoid the harm stress can incur.
* **Spirituality**- Acknowledging and honoring the role of spirituality (purpose and meaning) in our health – what we do in life, as well as how and why we do it.
* **Environment**- The emphasis of interconnectivity reminds us that if our internal and external environment is out of balance, we are out of balance.

**TYPES OF SELF-CARE PRACTICES**



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**DAY-TO-DAY**

Day-to-day are basic self-care practices that are simple, inexpensive and usually done every day. For example, your morning cup of coffee.

**FROM TIME-TO-TIME**

From time-to-time self-care practices that address symptoms or health needs that come up. (illness, mental health, physical injury, recovery from surgery, etc.)

**IN-DEPTH SELF-CARE**

In-depth self-care practices may involve activities that require outside professionals or additional training and guidance.

**COLLABORATIVE SELF-CARE**

Partnering with healthcare professionals and following an agreed upon approach to improve one’s health.

**Website- www.farmgirlaesthetics.com**

**1:1 COACHING PRACKAGES-**

**3 MONTH WELLNESS COACHING PACKAGE- $500.00**

Includes a 3-month commitment, accountability on both the coach and the client, and personalized plan and resources to achieve wellness goals. I will use interviewing and an intake package to outline a plan approved by the client to empower the client with the tools and resources to achieve and be able to sustain wellness habits for a lifetime. You will have access to your coach through text, email, and calls at the outlined times.

**1 MONTH WELLNESS COACHING PACKAGE- $200.00**

Includes a 1-month commitment, accountability on both the coach and the client, and personalized plan and resources to achieve wellness goals. An intake package will help to navigate and plan a limited approach to the seven areas of health with central focus on two of them. This package is great for those that want to have a more focused wellness coaching approach. You will have access to your coach through text, email, and calls at the outlined times.

**HOURLY RATE- $30.00 AN HOUR**

Focused wellness coaching for specific client concerns or hourly wellness coaching including all 7 areas of wellness. Client and coach will discuss goals and expectations and derive a plan for coaching.

**REACH OUT TO ME FOR MORE INFORMATION AT INFO.@FARMGIRLAESTHETICS.COM OR TEXT (317)514-0274 – Website www.farmgirlaesthetics.com**

**BONUS ESSENTIAL OIL PRODUCTS AVAILABLE:**

**NATURAL PERFUME ESSENTIAL OIL ROLLERBALL- $9**

**TARGETED RELIEF ESSENTIAL OIL ROLLERBALL- $9**

**FOOT SALT SCRUBS- $10**

**SUGAR SCRUBS- $8**

**ESSENTIAL OIL LOTIONS- PRICED BY SIZE**

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