

From: Leila Mehra Hello@loveindieb.com 
Subject: Beauty School - September 2020 - Wellness Edit
Date: September 22, 2020 at 9:45 AM
To: stephanie stephaniejadewong@gmail.com

LM



Hey stephanie,

Happy Fall! 🍂 There's no time like the present to make self-care and wellness a priority in your life.

Wellness can mean different things to different people. It can be practicing good hygiene, eating nutritiously, (safely) socializing, or doing an activity you enjoy.

Not sure where to get started? We've gotcha! Read on to learn how to take care of your own wellness in order to better help others.

Team Love, Indie B.

How to Choose Wellness

Wellness can be a broad topic to wrap your head around, so here are three things you can do to get started on your wellness journey.

Girl. Wash Your Face

Not only is that a [popular book](#) title, but it's a great reminder — no matter how busy life gets, you'll be a tiny bit happier if you remember to wash your face when you get up and before you go to bed.



[Check out our favorite cleanser](#)

Don't Forget Your Mental Health

Blogger Mai Nguyen uses her beauty routine to help keep her mental health in check, and you can, too!



[Read about how “mental health = mental wealth”](#)

Take a #wellfie

Why do you choose wellness? Snap a photo and share it with everyone on social media.



[Take the #ichoosewellness pledge here](#)

Setting Boundaries

It's more than OK to say, “No” for your own well-being.

Create Boundaries to Prevent Chaos

Are you feeling more irritable because quarantine has everyone all cooped up? We feel you.



[Learn how to set boundaries here](#)

Burnout is Real

Whether you're an entrepreneur or settling into working from home and trying not to go stir-crazy, burnout can affect anyone.



[Read more about how you can prevent burnout](#)

Zoom Fatigue

After months of working and learning from home, you may feel like you can't take any more video calls.

 [Check out how you can combat Zoom fatigue](#)

A Moment to Yourself

Cherish the time you spend on your skincare and beauty routines as moments of your day where you can relax and tune in to what your body needs.

Try Something New

New things can be scary, but you can always start small.

 [Have you used a butt mask before?](#)

Change Things Up

If you're a creature of habit, you may be used to sporting the same makeup look for months. Break out of your comfort zone and try a new makeup look one day.

 [Click here to view products from our Easy Everyday Makeup Edit](#)

Create Rituals

Whether it's a mask every Sunday or going makeup-free on weekends, think of a simple routine you can do just for yourself that you'll stick to.

✨ [Try mixing up a soothing powder mask while listening to your favorite album](#)

Hey there, before you go, wanna help support our small business?
Forward this newsletter to a friend and have them subscribe. 

Be well,

Team Love, Indie B.

QUESTIONS?

Email hello@loveindieb.com

FOLLOW LOVE, INDIE B. ON:



Love, Indie B.

No longer want to receive these emails? [Unsubscribe.](#)
Love, Indie B. 555 Mission Rock Street San Francisco, California 94158