



KATIE BRINDLE

7-Day
Self-healing Plan

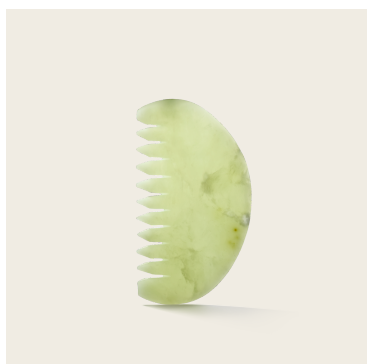
Don't forget to share your healing journey
with me @katiebrindle





"I've detailed out a few of my favourite tools and masterclasses to help you start your healing journey. As you start to build your weekly healing habits you'll become a master of my healing methods."
- Katie Brindle

Recommended tools to get you started



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Recommended Video Masterclasses



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Your self-healing journey starts here

These simple rituals and practices can be introduced to any part of your daily routine, to deliver immediate and long term benefits.

You are on the way to mastering your health and wellbeing.

Morning	M	T	W	T	F	S	S
Encourage your body's natural detoxification with in-shower body combing (or post shower with Hayo'u Body Oil)							
Scalp combing, to promote good scalp and hair health, and stimulate the many meridians on the head							
Boost your energy with body tapping, pre or post shower							
Join Katie LIVE on Instagram every Tuesday and Thursday at 8am							

Daytime	M	T	W	T	F	S	S
Intentional 60 second hand massage every time you wash your hands – perfect for stimulating the many reflex points							
Set an alarm (gong) every hour and practise the rescue breath on each gong							
A walk outside if you are able							
A guided meditation or a short rest in the afternoon							

Evening	M	T	W	T	F	S	S
Night-time facial gua sha – give yourself time to follow along with one of Katie's routines							
Night-time body gua sha, especially the upper chest, across the upper back and down the sides of the throat to encourage lymphatic drainage and release stress, tension and heat							
Foot-bathing and massage before bed to unblock the channels, and promote sound, restorative sleep							
Night-time Healing Sounds – perfect to calm and soothe the organs before sleep							