

Seasonal Wellness Guide

Rituals and rhythms for each turn of the year — how to eat, move, rest and support yourself as the seasons change here in Australia.

SPRING — SEPTEMBER TO NOVEMBER

- Lighter, fresher foods: bitter greens, asparagus, radish, lemon, sprouts and herbs.
- Support the liver and lymph with bitter leaves, dandelion and plenty of water.
- Move more as the light returns — walking, gardening, stretching outdoors.
- Nettle and dandelion are traditionally used through spring.

SUMMER — DECEMBER TO FEBRUARY

- Hydrate generously; add a pinch of good salt and citrus to water on hot days.
- Cooling foods: cucumber, melon, mint, coconut, salads and fresh fruit.
- Protect your sleep with a cool, dark room and an early wind-down.
- Rose, hibiscus and peppermint make beautiful iced brews.

AUTUMN — MARCH TO MAY

- Return to warmth: roasted vegetables, soups, ginger, cinnamon and warming broths.
- Begin to protect sleep and immunity before winter arrives.
- Slow down deliberately as the days shorten; keep a gentle, steady routine.
- Astragalus, elderberry and reishi are traditional autumn supports.

WINTER — JUNE TO AUGUST

- Cooked, warming, mineral-rich meals; less raw food.
- Prioritise rest, warmth and daily light.
- Steam, baths, magnesium soaks and warm oils for the body.
- Thyme, ginger, elderflower and echinacea through the cold season.

RHYTHMS THAT HOLD ALL YEAR

- Consistent sleep and wake times.
- Daily light and daily movement.
- Real food, mostly plants, cooked with care.
- One weekly ritual that is only for you.
- A seasonal check-in with your practitioner as the weather turns.

This guide offers general wellbeing and lifestyle information and is not intended to diagnose, treat, cure or prevent any disease. If you are pregnant, breastfeeding, taking medication or managing a health condition, please speak with your healthcare practitioner or book a consultation.