

Winter Wellness Guide

A gentle guide to nourishing yourself through the cooler months — warmth, rest and simple daily rituals to help you feel steady when the light grows short.

WARM FROM THE INSIDE

- Begin the day with warm water and lemon, or a slow cup of herbal tea rather than something cold.
- Favour cooked, warming meals — soups, slow-cooked stews, roasted root vegetables, porridge with cinnamon.
- Add gently warming kitchen herbs and spices: ginger, cinnamon, turmeric, cardamom, thyme, rosemary.
- Sip broths through the week for warmth, minerals and comfort.

SUPPORT YOUR IMMUNE RHYTHM

- Prioritise sleep — aim for a consistent bedtime and 7 to 9 hours where you can.
- Step outside daily for natural light, even for ten minutes, and move your body most days.
- Include colour at every meal: leafy greens, citrus, berries, garlic, onion and mushrooms.
- Keep hydration up; in cold weather thirst quietens but your body still needs water.

HERBAL ALLIES FOR WINTER

- Elderflower, echinacea, thyme and ginger are traditionally used through the cooler season.
- Chamomile and lemon balm to settle the nervous system in the evening.
- Ask about a practitioner-only herbal blend tailored to you if winter is consistently hard.

RITUALS FOR THE DARKER MONTHS

- A weekly bath soak with magnesium salts and botanicals.
- Dry body brushing before showering to encourage circulation.
- Steam inhalation with eucalyptus when you feel congested.
- Ten quiet minutes with no screen before bed — tea, a book, or simply breathing.

A GENTLE WINTER DAY

Warm lemon water on waking. A nourishing cooked breakfast. Outside light and movement before midday. A warming lunch with plenty of vegetables. Herbal tea instead of a third coffee. A simple dinner, early where possible. A bath or slow wind-down, lights low, bed at a kind hour.

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.