

Neha Beauty

#NBHOLIDAYSERIES - WEEK 2

Nov 13, 2017

Be sure to tag me @NehaBeauty or use #NBHolidaySeries

	TIU	100byChristmas (optional)	SELF CARE
<i>monday</i>	♡ HIITY Bitty Bikini	♡ 30 mins, 1-2 miles for #100byChristmas	♡ Take 5 mins to meditate, focus on your breath
<i>tuesday</i>	♡ Love Your Total Body (2014)	♡ 30 mins, 1-2 miles for #100byChristmas	♡ Did you know you're beautiful! This is your reminder!
<i>wednesday</i>	♡ Love your Arms & Abs with Karena! (2014)	♡ 30 mins, 1-2 miles for #100byChristmas	♡ Call/text a friend or relative you miss
<i>thursday</i>	♡ Bikini Yoga (2015)	♡ 30 mins, 1-2 miles for #100byChristmas	♡ Write down 3 things you're grateful for today!
<i>friday</i>	♡ Total Body Mermaid Workout	♡ 30 mins, 1-2 miles for #100byChristmas	♡ Date night with yourself! Take yourself out for coffee, or snuggle up for your favorite movie
<i>saturday</i>	♡ #LookforLOVE Stretch Routine (2017)	♡ 30 mins, 1-2 miles for #100byChristmas	♡ Weekend Pampering! Get a manicure!
<i>sunday</i>	♡ Set the Bar (BB2)	♡ 30 mins, 1-2 miles for #100byChristmas	♡ Plan and prep for a fresh new week. Bonus: Wash your makeup brushes!