

Neha Beauty

#NBHOLIDAYSERIES - WEEK 1

Nov 6, 2017

Be sure to tag me @NehaBeauty or use #NBHolidaySeries

	TIU	100byChristmas (optional)	SELF CARE
<i>monday</i>	 Set the Bar (BB2)  Hump Day HIIT	 30 mins, 1-2 miles for #100byChristmas	 Wear a different lipstick than you normally wear!
<i>tuesday</i>	 Total Body Mermaid Workout	 30 mins, 1-2 miles for #100byChristmas	 Journal positive intentions for the day!
<i>wednesday</i>	 Bikini Abs (2015)  Bikini Arms (2015)	 30 mins, 1-2 miles for #100byChristmas	 Call a loved one, connect!
<i>thursday</i>	 Power Yoga Flow with Emily (2017)	 30 mins, 1-2 miles for #100byChristmas	 Mantra in the Mirror: tell yourself "I am beautiful!" 5 times!
<i>friday</i>	 Bikini Body Routine (2014)	 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>	 ToneltUp Stretch & Release (2012!)	 30 mins, 1-2 miles for #100byChristmas	 Treat yourself to a face mask! Or a mani/pedi
<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!