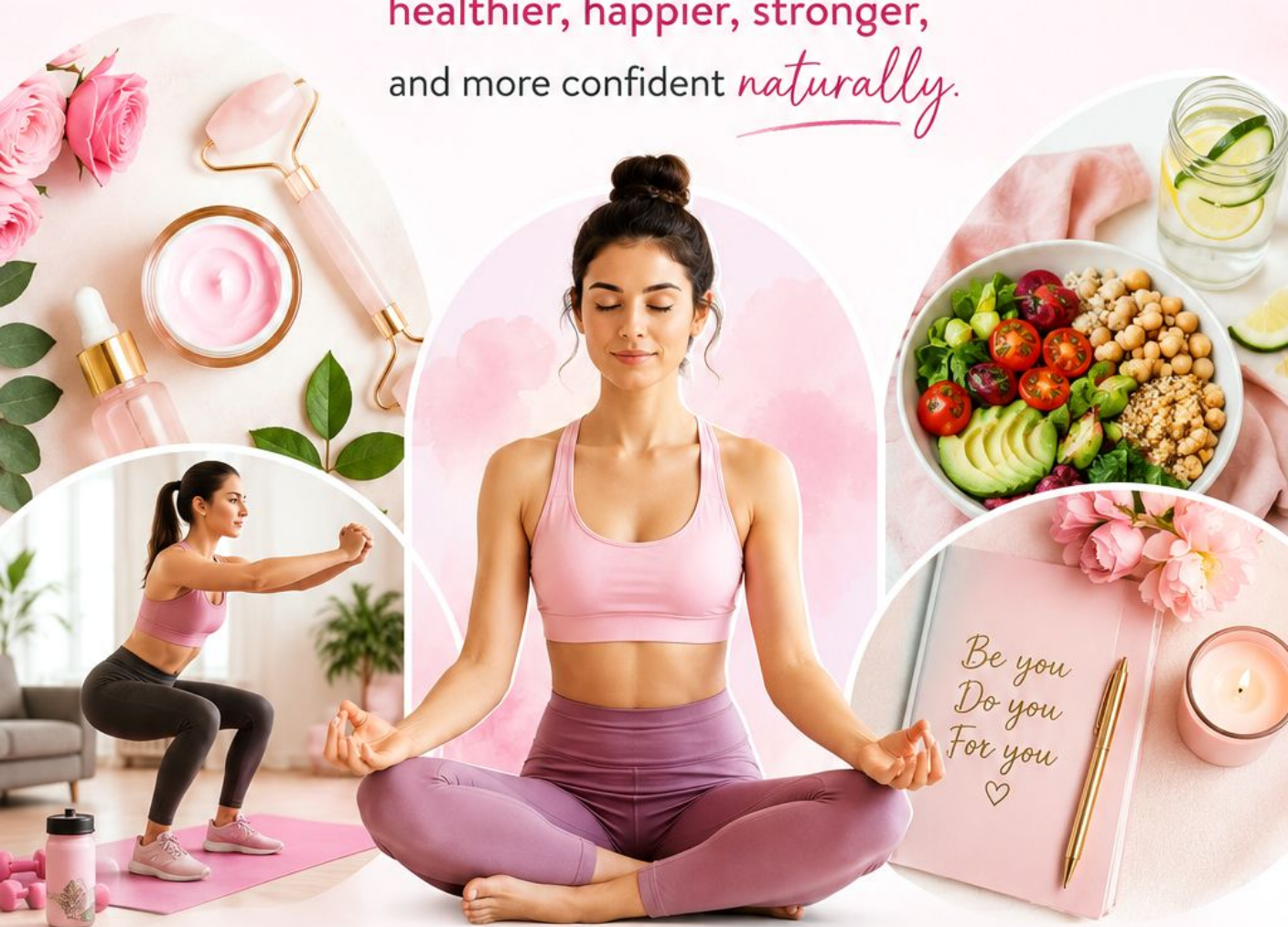


Tanvioraa

BEAUTY • FITNESS • YOGA • SELF-CARE • HEALTHY LIVING

✦ Your complete guide to becoming
healthier, happier, stronger,
and more confident *naturally.*



BEAUTY



FITNESS



YOGA



SELF-CARE



HEALTHY
LIVING

♥ GLOW FROM WITHIN ♥



Introduction

Modern women manage work, family, stress, beauty, and health every single day.

But true beauty begins from within. 

This eBook is designed to help women create a balanced lifestyle through:



Healthy skincare



Fitness routines



Yoga & meditation



Weight management



Self-love & self-care



Healthy habits

Small daily habits
create powerful
transformations. 



Tanvioraa

♥ Glow From Within ♥

BEAUTY • FITNESS • YOGA • SELF-CARE • HEALTHY LIVING



Beauty & Skincare Tips

Natural Beauty Starts with Healthy Skin ♥

Daily Skincare Routine:



1. Cleanse your face twice daily



2. Use sunscreen every day



3. Drink enough water



4. Eat fruits rich in vitamins



5. Sleep at least 7-8 hours



♥
Healthy skin reflects a healthy lifestyle.

DIY Glow Drink:

Mix:



Warm water

+



Lemon

+



Honey



Drink every morning for *glowing skin.*



Glowing Skin



Hydrated Body



Strong Immunity



Better Sleep



Positive Mindset



Healthy You

Small habits, beautiful results. ♥



Fitness for Women

♡ Move Your Body Daily ♡

Fitness is not about being skinny.
It is about being **strong, active,**
and **confident.** ♡

SIMPLE HOME WORKOUT ♡



1. Squats
15 reps



2. Plank
30 seconds



3. Jumping Jacks
20 reps



4. Yoga Stretch
5 minutes

Consistency
matters more
than perfection. ♡

BENEFITS ♡



Better energy



Weight management



Improved confidence



Better sleep ♡

♡ FITNESS TIPS FOR YOU ♡



Wear comfortable
workout clothes



Drink lots of
water



Listen to your
body



Be consistent,
be proud



Stay active,
stay happy

Strong Today, Stronger Tomorrow! ♡

YOU
CAN DO
THIS!
♡

Yoga for Mind & Body

♡ *Yoga = Balance* ♡

Yoga improves your physical health and mental well-being.



Improves Flexibility



Promotes Mental Peace



Supports Hormonal Balance



Improves Body Posture

Beginner Yoga Poses ♡

1. Child's Pose (Balasana)



♡ Relieves stress and calms the mind.

2. Mountain Pose (Tadasana)



♡ Improves posture and body awareness.

3. Cobra Pose (Bhujangasana)



♡ Strengthens the back and opens the chest.

4. Cat-Cow Stretch (Marjaryasana-Bitilasana)



♡ Improves spine flexibility and relieves tension.



Practice yoga for just **15 minutes daily.**

A calm mind creates a beautiful life.



♡ TIPS FOR YOUR YOGA PRACTICE ♡



Use a yoga mat



Practice on an empty stomach



Stay hydrated



Wear comfortable clothes



Be patient & be consistent

Small daily practice, big life changes!



≡ *Breathe. Stretch. Flow. Grow.* ♡ ≡



Meditation & Stress Relief

♡ Heal Your Mind Naturally ♡

“
Peace
comes from
within.”
♡

Meditation helps women reduce:



Anxiety



Overthinking



Stress



Emotional
Fatigue



A calm mind brings clarity,
happiness, and inner strength.



5-Minute Meditation ♡



1. Sit comfortably



2. Close your eyes



3. Take deep breaths



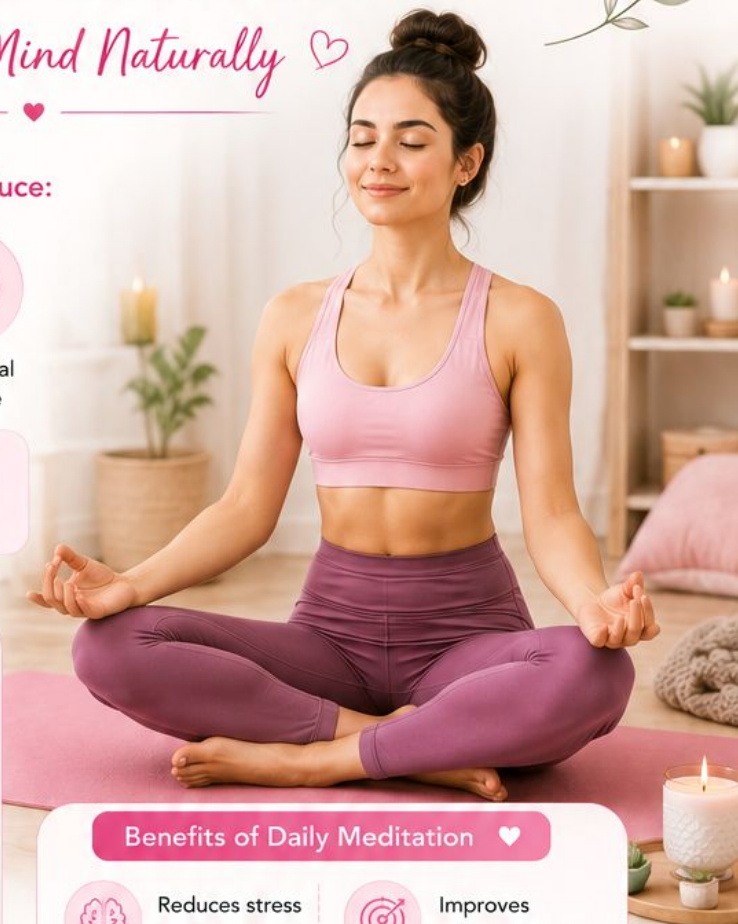
4. Focus only on breathing



5. Let thoughts pass naturally



Just 5 minutes a day can **change your life**.



Benefits of Daily Meditation ♡



Reduces stress
and anxiety



Improves
concentration



Better sleep
quality



Increases
positivity



Emotional
balance



Boosts self-love
and confidence



Make meditation your daily habit,
and your mind will thank you. ♡

Best Time to Meditate



Early morning



Before bed

♡ CREATE YOUR CALM SPACE ♡



Quiet
place



Dim
lighting



Comfortable
seat



Calming
music



Essential
oil / Incense



Positive
intentions

♡ Peace begins the moment you choose to breathe. ♡



NUTRITION FOR

Healthy & Glowing Skin

♥ You are what you eat! ♥



A balanced diet nourishes your body, boosts your energy, and gives your skin a natural, healthy glow. ♥

NUTRIENTS YOUR SKIN LOVES



Vitamin C

Boosts collagen and brightens skin. (Oranges, Kiwi, Strawberries, Lemon)



Vitamin E

Protects skin from damage and keeps it soft. (Almonds, Seeds, Avocado)



Omega-3 Fatty Acids

Keeps skin hydrated and reduces inflammation. (Walnuts, Flaxseeds, Salmon)



Zinc

Helps in acne control and skin healing. (Pumpkin Seeds, Chickpeas)



Antioxidants

Fights free radicals and slows skin aging. (Berries, Green Tea, Nuts)



Don't Forget Hydration! ♥

Drink 8–10 glasses of water daily to flush out toxins and keep your skin clear, plump and glowing.



Detoxifies Body



Improves Skin Texture



Keeps Skin Hydrated



Natural Glow

A SIMPLE DAILY MEAL PLATE



Breakfast

Fruits + Nuts + Whole Grains



Lunch

Protein + Veggies + Healthy Fats



Snacks

Fruits / Nuts / Smoothies



Dinner

Light + Easy to Digest



TOP SKIN-LOVING FOODS



BERRIES



AVOCADO



GREEN LEAFY VEGETABLES



CARROTS



NUTS & SEEDS



CITRUS FRUITS



CUCUMBER



GREEN TEA



YOGURT

FOODS TO AVOID



Sugary Snacks



Fried & Oily Food



Too Much Dairy



Excess Caffeine



Alcohol & Smoking

Good Food = Good Mood = Glowing Skin ♥

Choose healthy today for a better, brighter you tomorrow!



Healthy Weight Loss

♡ Sustainable Weight Loss Tips ♡



Forget crash diets.

Focus on healthy habits that last a lifetime.



HEALTHY WEIGHT LOSS HABITS ♡



1. DRINK MORE WATER

Stay hydrated, boost metabolism and reduce cravings.



2. AVOID SUGARY DRINKS

Cut down on soda, energy drinks and added sugars.



3. EAT MORE PROTEIN

Protein keeps you full longer and helps build lean muscle.



4. WALK DAILY

Aim for 30–60 minutes a day. It burns calories and boosts mood.



5. SLEEP PROPERLY

Good sleep balances hormones and supports weight loss.



6. MANAGE STRESS

Stress can lead to unhealthy eating. Practice mindfulness, breathing or yoga.



STRONG
BODY
♡
STRONG
MIND

You don't have to be perfect, just consistent.



HEALTHY SNACK IDEAS ♡



NUTS ♡



FRUITS ♡



YOGURT ♡



SMOOTHIES ♡



Remember:

- ✓ Eat real food
- ✓ Stay active
- ✓ Be patient
- ✓ Love your journey



♡ BENEFITS OF HEALTHY WEIGHT LOSS ♡



Healthy Weight



More Energy



Better Mood



Stronger Immunity



Better Self-Confidence



Weight loss is not about being perfect, it's about being better than yesterday.



♡ ✨ Slow progress is still progress. ♡





Self-Care Routine

♥ Self-Care is Self-Respect ♥

Every woman deserves
rest and care. ♥

Self-Care Ideas ♥

1



Read books



2



Take relaxing
baths



3



Journal your
thoughts



4



Practice
gratitude



5



Listen to
calming music



6



Spend time
with yourself



You
matter
too. ♥

Remember:



You cannot
pour from an
empty cup.



It's okay to rest.
It's okay to say no.
It's okay to choose
yourself.



Prioritize
yourself
without guilt. ♥



You are
important.



Your well-being
matters.



Self-care is not
selfish.



A happy you
creates a happy life.



Take care of yourself today,
so you can shine tomorrow. ♥



Healthy Lifestyle Habits

Choose healthy today for a better tomorrow.

Daily Wellness Checklist

Small habits. Big changes.
Better you, every day.



1. WAKE UP EARLY

Start your day with positive energy and a grateful heart.



2. DRINK WATER

Stay hydrated, flush out toxins, and keep your skin glowing.



3. EAT HEALTHY MEALS

Nourish your body with whole, nutritious and balanced foods.



4. MOVE YOUR BODY

Exercise or walk daily to boost mood, energy and strength.



5. MEDITATE

Calm your mind, reduce stress and find inner peace.



6. REDUCE SCREEN TIME

Take breaks from screens and be present in the moment.



7. SLEEP ON TIME

Good sleep heals your body, restores energy and improves focus.



"Your health is an investment, not an expense."



"Healthy living is a lifelong journey, not a destination."



BENEFITS OF A HEALTHY LIFESTYLE



Stronger Immunity



Better Mood



More Energy



Healthy Heart



Maintain Weight



Glowing Skin



Sharp Mind

Healthy habits today, a happier you tomorrow.



Your Wellness Journey Starts Today

 You do not need to be perfect. 
You only need to start. 

  Every healthy choice you make today creates a **stronger, happier future.** 

 Believe in yourself 

 Stay consistent 

 Love yourself 

 Glow naturally 

Small steps today lead to big changes tomorrow.  

 *Thank You* 
for Reading  

Your health is your greatest wealth.
Keep choosing you. Keep growing. Keep glowing. 

 A healthier you is a happier you. 

 *Tanvioraa*  
Stay healthy, stay happy, stay you! 

Your journey matters. Your progress counts. Your future is bright.

 Keep going, beautiful! 