



BEAUTY ESSENTIALS

by

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UNLEASH YOUR INNER RADIANCE EMBRACE YOUR AUTHENTIC SELF AWAKEN YOUR BEAUTY

WELCOME



Hi and welcome to the
BEAUTY ESSENTIALS.

I have carefully curated the practices in this program to be a comprehensive and holistic daily beauty method.

Whether you are brand new to beauty routines or have been ritualizing your beauty practice for years, this approach is incredibly powerful if you follow it consistently.

So before you dive into the practices, please read through this manual and take a moment to watch the introduction & how-to videos.

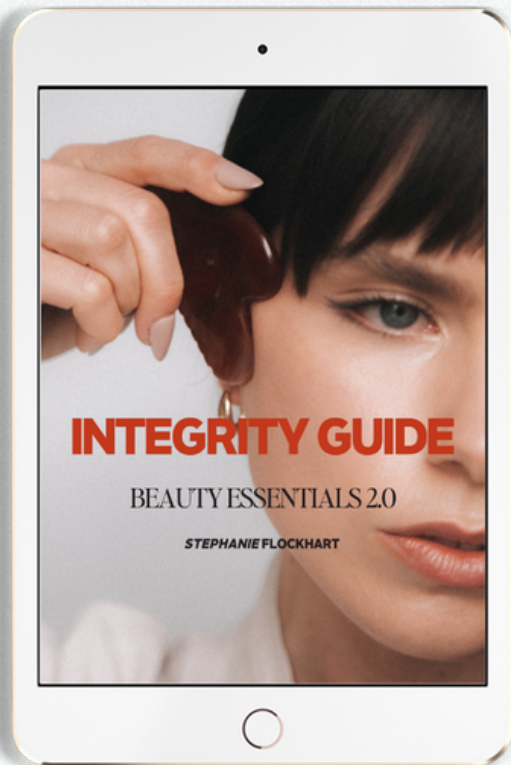
If you have any questions, please reach out to my team at contact@stephanieflockhart.com

With Love,

STEPHANIE

12 MONTH INTEGRITY GUIDE

This was one of the most exciting editions to the Beauty Essentials. After adding a Neuroscientist and MD to the SF team, they brought up that having a guide with habit building tips, gratitude, progress tracking and more would be hugely beneficial.



This guide is layered with science backed and powerful techniques to not only help you stay consistent with your practice, but also work through limiting beliefs, practice gratitude, learn how to set intentions, track your progress, celebrate your wins and so much more.

DOWNLOAD ON
WELCOME PAGE HERE

START HERE



Start by watching this video where I go into more detail on how the Beauty Essentials works and recommend the best ways to properly utilize and integrate these techniques into your routine.

WATCH HERE



This is a tutorial on EFT Tapping if you're new to it or would like a quick refresher before diving into your practice.

WATCH HERE

BEAUTY rituals



There are three Beauty Rituals in the Beauty Essentials. There are guided versions and some affirmations versions. It's best to start with the guided versions until you get comfortable with the practices and then move on to adding affirmations at the same time!

As I always say, consistency is key when it comes to natural beauty. I recommend doing a ritual daily if possible but you can refer to the video at the top of the previous page if you have a busy schedule to find your ideal flow with the practices. Aim for a minimum of 3X a week!

Remember to use enough oil and be gentle on your skin, especially around the eye and neck areas.

Daily Ritual

01



The First is my go-to daily ritual. Designed specifically to get the absolute most out of your practice. It combines lymphatic drainage, Gua Sha and acupressure. With an added optional bonus section on fine lines and focus areas!

WATCH HERE

Quicker Ritual

02



The Second is a quicker ritual for when you don't have enough time to do the main ritual. If you don't even have enough time for the quicker ritual, just do the lymphatic drainage portion of either ritual.

WATCH HERE

Scalp Ritual

03



The Third is a scalp ritual that feels absolutely incredible and can promote healthy hair and scalp. This is the exact massage I use regularly for lifting the eye area with the aim of working on hooded eyelids, working on asymmetry, lifting the brows and stimulating hair growth.

WATCH HERE

AFFIRMATIONS

Affirmations were the hardest practice for me to stick to because they feel a little silly at first. But what we are aiming to do here, is replace our negative internal thoughts and subconscious beliefs with positive statements. When we couple this practice with EFT Tapping. The affirmations are there to reinforce the new beliefs we have ingrained.

The aim of both practices is to get us truly believing these new positive thought patterns and integrate them into your subconscious mind.

It's important to keep your attention focused and really feel into what you are saying with these

affirmations. The more physical your reaction to them, the better.

I love to habit-stack by playing the affirmation track while I'm doing the beauty ritual and at the same time, look at my face and consciously tell myself how beautiful I am. Noticing parts of myself that I like and sending love to areas that I want to work on.

You can also listen to them on the go, before bed and when you wake up. Just remember to focus on the words and don't let them become meaningless, feel into them physically.



Daily Affirmations

01



Follow along with while doing the ritual, to help you cultivate positive beliefs about your beauty and yourself.

[LISTEN HERE](#)

Clear Skin

02



Clear skin affirmations building positive thought patterns around healthy and radiant skin.

[LISTEN HERE](#)

Healthy Hair

03



Hair affirmations focusing on healthy hair and hair growth.

[LISTEN HERE](#)

GUIDED MEDITATIONS

It might feel counterintuitive to be doing so much subconscious work for a beauty course. But there is so much research around meditation and how it can benefit the health of our body and skin.

Also, doing a beauty ritual or routine without believing that you are beautiful internally, is like trying to run a race but tying your own shoelaces together before you start.

If we are focusing on our perceived flaws, our brain is listening and chemically mirroring what we believe which can actually alter the perception we have of ourselves to be worse. Even eventually changing the way we look and are perceived by others.

These negative beliefs and stories we tell ourselves will often lead to self-sabotage



when we are trying to adopt healthy habits. The mind is incredibly powerful in this way. With the subconscious elements of this program, we can harness that power for good!

Cue the guided meditations! These meditations are designed to bring you into a relaxed state and then using visualization, neuroplasticity principles, sound frequencies and affirmations, over time we work to reprogram the brain. This can happen with consistency and focus. We can actually create new synaptic connections that are linked to positive and healthy beliefs about our appearance and overall health.

I recommend sitting, with a straight back or lying down (if you won't fall asleep).

Beauty Meditation

01



Connect with your inner radiance and feel more confident and empowered. This meditation goes deep into our self limiting beliefs.

[LISTEN HERE](#)

Mirror Meditation

02



Practice self compassion and learn to look at our reflection like a close friend and start every day with a loving and powerful boost.

[EXPLANATION](#)

[LISTEN HERE](#)



EFT TAPPING

EFT Tapping is my absolute favorite practice in the Beauty Essentials. All the tools are incredibly powerful but I have fallen in love with the results I get from this beautiful modality.

I love that it's TCM based as all the points we tap are based on acupuncture points. It is incredible for our nervous system, stress, anxiety, depression and many other mental health issues. Research has shown that just one hour of tapping can reduce cortisol levels by up to 43%!

If you know me, you know how imperative lowering your cortisol is when it comes to inflammation and fluid retention in the face, the health of our skin and body as well as our overall well being.

But the most beneficial use for us in this method is to aid in behavior change, overcoming our self limiting beliefs and allowing us to feel worthy of our true beauty.

If you haven't practiced EFT before, please go ahead and watch the tutorial first. I love to do it sporadically throughout my day as little micro-breaks but you can sit down for this quick session in the morning, before sleep or anytime you get a moment to yourself.

As with everything in the Essentials, consistency is extremely important so I recommend doing this practice 3-5 times a week.

EXPLANATION

WATCH HERE

SF

BONUSES

Don't miss out on extras and bonuses we prepared for you!
Find all the goodies via button below.

BONUSES

THANK YOU

Thank you for trusting me to be a part of your beauty journey. I'm so excited to see how the Beauty Essentials will help you discover and embrace your authentic self.