



DISCOVER THE NEW YOU

Have a better sleep tonight



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THE POWDER ROOM BIRSTALL

Hi I'm Natalie



I would love to share with you my top tips for better sleep.

But first I'd like to introduce myself...

I am the proprietor of The Powder Room in Birstall West Yorkshire.

The salon has now been open for 20 years this year (2024), we specialise in Nimue Advanced skincare Facials, Holistic Therapies and Spa days.

We have a unique hidden spa suite with a Rasul steam room and VIP relax lounge.

It has come to my attention that a lot of our clients are struggling to get better sleep and I thought you might benefit from a few tips so I created this helpful guide.

I really hope you find it helpful and I would love it if you shared your results with me.

My email is - thepowderroombirstall@gmail.com

Just drop me a message and I will reply.

You can also get in touch on our socials and the website is www.thepowderroombirstall.co.uk

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So how do we sleep smarter exactly?

Everyone says get plenty of sleep but with all the stress of life, it can be hard to switch off and get the quality amount that's best for you. Some people function on less some better on more sleep you just need to find your balance, but quality sleep is what we are aiming for here.

Aromatherapy

Aromatherapy is proven to relax you and prepare you for sleep, I use Neal's Yard lavender pillow mist and the Aroma Roll on Remedy for relaxation. Any brand will do or you can make your own with a few drops of your favourite relaxing essential oil such as lavender, chamomile, valerian.

You apply this to your pulse points and inhale the beautiful natural scents. Aromatherapy is powerful to evoke feeling and memories using the body's olfactory system.

Sleep Mask

Use a sleep mask, its self heating and the brand is Spacemasks - they are single use for the heat and come individually packaged.

Just take out of the foil pack and apply to your eyes, the heat lasts up to 15 minutes and makes your eyes feel moist and deeply relaxed.

When you wake up in the morning puffiness will be reduced and you will feel revived. These masks can help alleviate headaches and sinus

problems. We sell them in salon so just ask us for more info. They are great to have as an add on to a massage or for a meditation session.

Brilliant for dry eye or tired eyes after a lot of screen time or driving.

Pillow

Your pillow is very important to help position your neck correctly for a comfortable sleep. Also the pillow case matters considerably. A good quality fabric will keep your skin smooth and avoid creases which will help reduce wrinkles.

Choose either a 100 % high quality cotton or a silk pillow for a smooth seamless sleep. You should also change your pillowcase weekly to keep everything fresh and clean.



Sleep Stories

Try listening to a sleep story on your phone, I use the Calm app or Headspace. You can also find them on Spotify or apple music too. They narrate a sleep story along with some breathing exercises to get you in the zone. This is a type of meditation, which is proven to slow the brainwaves and lower the heart rate ready for sleep. Just take time out to be still and quiet and breathe deeply. You can always read your own book if you prefer to get you relaxed and your eyes adjusted to not looking at a screen. Meditation and Hypnosis really help to quieten the noise in your head.

Screen Time

Try and limit your screen time so you don't look at your phone for at least an hour before bed. Did you Know ? The blue light from your phone may affect the body's natural wake and sleep cycle. During the day natural and artificial blue light keeps us awake and stimulates us, it will do the same thing at night. Limit screen time before bed and make use of night time settings if you really can't stop scrolling through your phone at bedtime. You may see an improvement in your skin health when you lower your screen time. This is due to the cells taking a good few hours to start settling into sleep mode to work their magic of renewal and repair. The sooner that screen is off the faster your skin will do its night-time duties.

Beverages

I like to have a cup of sleepy tea before bed. I can recommend Stiggins Tea. They have a blend called Dreamtime and its just a lovely delicate flavour. It has valerian root for a restful sleep and soothing qualities of chamomile, spearmint and lavender.

Just brew with boiling water and allow to infuse for a few minutes then enjoy.

I definitely recommend having a warm drink that is **CAFFEINE FREE** before bed either milk with cinnamon and honey works well or one of the **STIGGINS TEA** caffeine free blends are lovely. Explore the powers of herbal teas and the health benefits they can bring.

Massage

Let us get you ready for a good nights sleep with our deeply relaxing treatment rituals.

We have designed some lovely packages to help transport you to a place of calm and tranquillity.

You can enjoy our unique Mud Rasul for a steam session to warm your body and detox and clear the airways. You get use of the VIP relax lounge too so you can wind down for a while or read your book.

Then indulge in a relaxing massage to prepare you for restful sleep.

We use aromatherapy to tailor the treatment to your needs, so for a sleepy dreamtime massage we would use lavender and chamomile to reset your body and get you ready for bed.

Massage is proven to release tension, improve circulation and relax you.

Reiki Healing

Reiki is a powerful healing modality that realigns the chakras and releases blocked energy to give a feeling of balance and a calm reset for the mind and body. You can book a session with Natalie or Kelly at The Powder Room. It can help alleviate symptoms of fatigue, overwhelm, bereavement, anxiety and depression. It promotes a feeling of wellbeing.

Indian Head Massage

This unique scalp, neck and shoulder massage will send you into a deep relaxation. As we sweep around your shoulders and stretch your neck, you will feel the tension melt away. We press the pressure points on the head to relax you further and our expert touch will release tension in the head and neck



Magnesium

As we approach midlife our magnesium levels can deplete.

This can cause restless legs and insomnia.

We have found a product that helps with these issues.

Sweet Bee Organics do a Magnesium Sleep Butter. You apply it to the soles of the feet and the calves before bed. It will alleviate the symptoms mentioned and help you drift off into a restful sleep. You can buy this directly from the company mentioned online. We will be stocking this in salon soon.

Menopause

During peri menopause and menopause we can experience poor sleep due to the rapid decline in oestrogen and progesterone. You can make changes to your diet to include foods rich in Phyto Oestrogens to help with this.

You could also explore HRT (Hormone Replacement Therapy).

The benefits of HRT now outweigh the risks and can improve your quality of life considerably, if you are struggling with menopause symptoms.

Peri menopause can start as early as 30 years old for some women.

This is when you may start experiencing symptoms such as restless legs, hot flushes, insomnia and many more.

It is important to speak with your GP to explore the right treatment for you. And to make changes in your life in general to promote wellbeing.

Natalie is a menopause Mentor and has a wealth of knowledge and resources. We can help you with this if you have any questions.

We have some natural Remedies in salon.

Specialty Chocolate Blend - from Charlie's Apothecary

this is a blend of different mushrooms plus cacao that you can add to warm milk or a smoothie. The mushroom blend helps with cognitive function and can bring better focus to you day. Ask us about this product in salon.

Please visit our website for full treatment listing and our seasonal specials.

Give us a call or message me if you would like to know more about any of the things mentioned in this guide

01924 470330

The
Powder
Room

I hope this guide has helped you and I would love to know how you get on and if you manage to get some good sleep.

We hope to see you in salon soon for a lovely relaxing treatment.

Much love

from Natalie xxx

