

MY TOP TIPS ON BETTER SLEEP



DISCOVER THE NEW YOU

Have a better sleep tonight

**WRITTEN BY: NATALIE TAI
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 18 years this year 2021, we specialise in
Advanced skincare Facials and Holistic Spa days.

We have a unique hidden spa suite which has 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 other people might benefit from a few tips so I created
this helpful guide to better sleep.

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

The Powder Room 48-51 low lane, birstall wf17 9ey 01924 470330



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.

Aromatherapy

Aromatherapy helps relax me and prepare me for sleep, I use Neal's Yard lavender pillow mist and the Aroma Roll on Remedy for relaxation.

You apply this to your pulse points and inhale the beautiful natural scents.

Sleep Mask

Use a sleep mask. The ones I use are self heating called 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 too and sinus problems because of the heat. We sell them in salon so just ask us for more info.

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. They narrate you a sleep story and do some breathing exercises to get you in the zone , I love it ! This is a type of meditation which really is more simple than people think.

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.

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 cant stop scrolling through your phone at bedtime.

Beverages

I like to have a cup of sleepy tea before bed so I can recommend Stiggins Tea. They have a blend called Dreamtime and its just a lovely delicate flavour.

With 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.



Massage

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

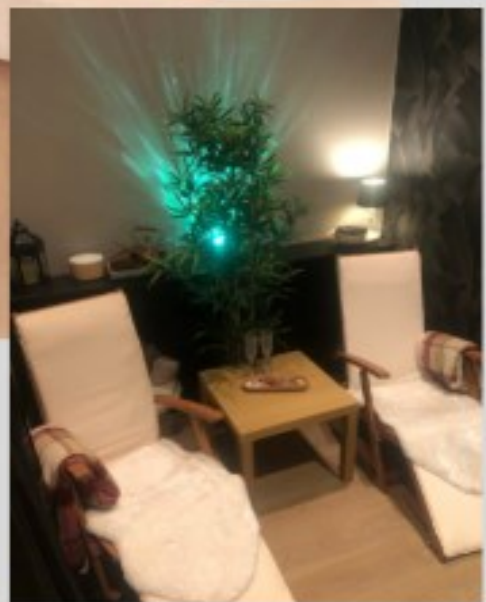
We have designed some lovely packages to help recharge you with some well deserved down time.

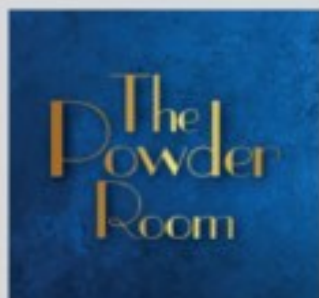
You can enjoy our unique Mud Rasul room for a steam session to warm your body and detox and clear the airways. You get use of the VIP relax lounge too so you can wind down for a while or read your book.

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.

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.





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

