



6 Ways To Care For Your Well-being



Get Enough Sleep
 for better concentration
 and energy



Think Positive
 and appreciate the good
 things in life



Exercise Regularly
 to release 'happy'
 hormones into your body



**Do More of
 What You Enjoy**
 to feel more refresh and energised



Practice Deep Breathing
 by inhaling slowly for 5 counts and
 exhaling slowly for 5 counts



Speak to Someone
 to share your feelings

Source: Health Promotion Board



save
10%

★
 Stay calm
 and relax

Thursday Plantation
 100% Lavender Oil 25ml
 (U.P \$27.70)

Promotion ends on 22 Jul 2020 or while stocks last.

\$24.90



save
40%

★
 Enjoy
 eye spa
 at home

Skyline
 Reusable Moist Heat,
 Cool Eye Compress Mask
 (U.P \$29.95)

Promotion ends on 31 Aug 2020 or while stocks last.

\$17.95



Sanctband
 Resistive Bands 2 meter
 (Assorted colours)

\$10 - \$15

★
 Keep fit to release
 "happy" hormones



eat healthy + live happy

We are what we eat. Click [here](#) to read more on making healthier and wiser food choices for your well-being.