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## 5 Self-Care Tips from Kokomo Private Island Resort

Kokomo Private Island Resort has given us some insight on their top five tips for practicing self-care.

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It's safe to say that a lot of us are yearning for some sense of "normalcy" again after such a crazy year. However, there was a silver lining in the growth and progression in the wellness industry, more specifically in people taking self-care more seriously.

Finding ways to relax and recharge the body and mind is critical, especially in times of crisis. That's why Lea Chin, Kokomo Private Island Resort's Yoga & Meditation Instructor brought together her top five tips for how people can mindfully practice self-care and bask in its naturally healing benefits.

### 1: Start your day with two simple tasks

These simple tasks could include flossing, brushing your teeth or making your bed. Without much effort, you've already accomplished two things! Incorporate any movement into your day just like Kokomo's Wellness Journeys, which help reawaken your senses and help reconnect with yourself.

### 2: Practice 10 minutes of meditation & set a daily intention

Meditation invigorates the senses and cleanses the mind, similar to Kokomo's Island Revival which re-energizes the body with treatment from head-to-toe.

### 3: Make a ginger, turmeric, honey, lemon tea

Ginger contains gingerol, a compound with antioxidants that help support immunity. Turmeric is anti-inflammatory, and honey is also filled with antioxidants that protect you from cell damage caused by free radicals. Lemon helps aid digestion. These natural ingredients are inspired by Kokomo's holistic approach to wellness and sustainability-driven cuisine focused on aiding all senses.

### 4: Breathe with Nadi Shodhana Pranayama

This Alternate Nostril Breathing Technique balances the mind and body, clears blockages and helps the breath flow more easily, creating a sense of being grounded and decreasing stress.

### 5: Remember: Segá na legá

"Segá na legá" is a Fijian phrase meaning "no worries," and it reminds us not to worry about the things we cannot control and to enjoy the present moment.

Link: <https://www.dayspamagazine.com/wellness/>