

Morning Rituals



When I start my morning off right, it seems like the day follows suit. I wake up to the Birds Chirping alarm on my iPhone. Sometimes I just let it sing to me as it is such a

pleasant sound.



I wash my face with Skin Medica face wash. Next I put on their Lumvive Day Damage Defense Serum and then add their HA5 Rejuvenating Hydrator. Last step is their Total Defense + Repair Broad Spectrum SPF 34 moisturizer. Gosh, these adjectives make my face sound like an old broken down car! However, I can honestly say I really like the results. I have found that the travel kit is the best deal as these products are not inexpensive. I order them from the Dermstore [\(here\)](#) or Amazon [here](#).



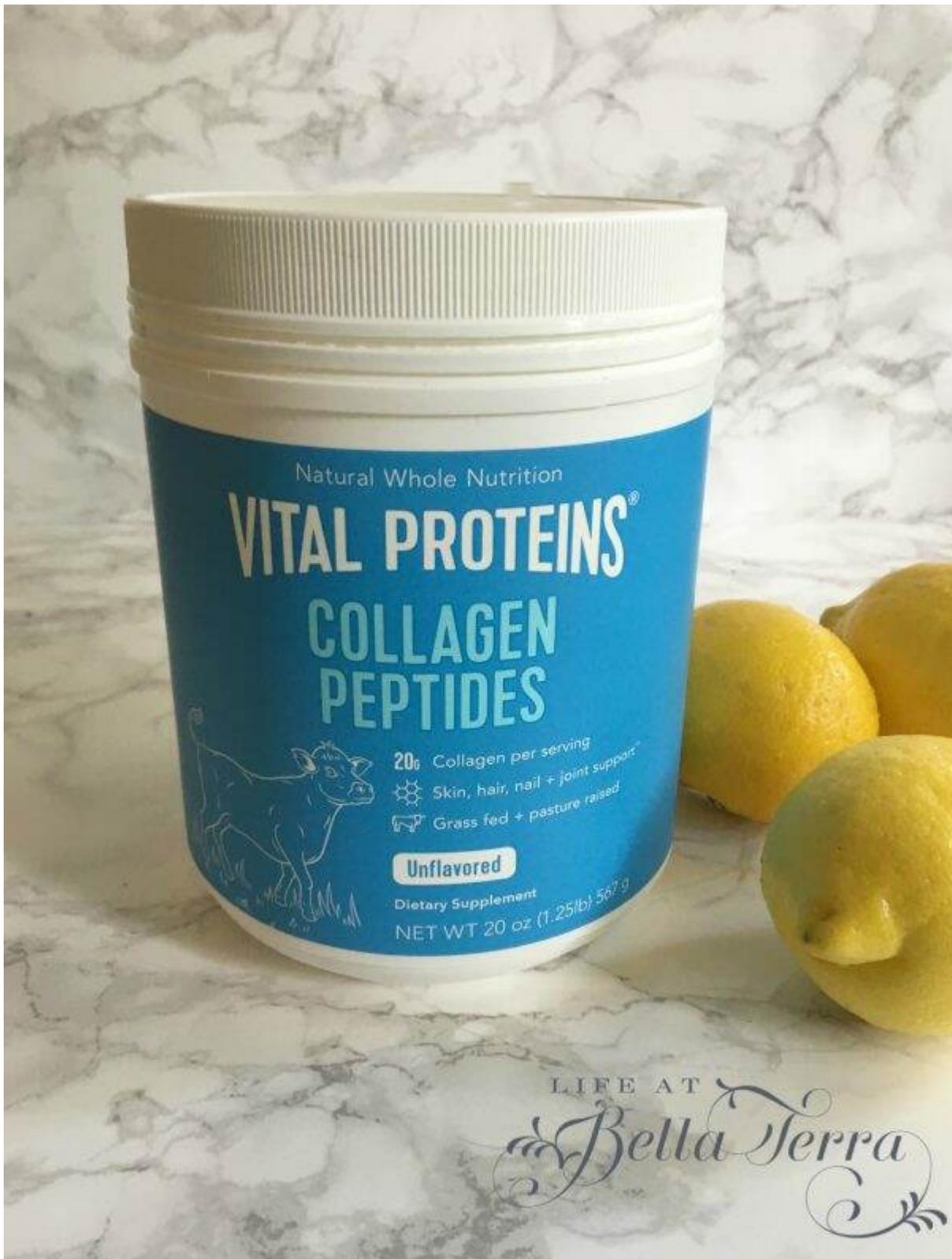
A quick brush through the hair and into my workout clothes for either Pilates or a trip to the gym.

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This is my Pilates teacher, Heather. She's amazing. Before I leave, I faithfully have my morning cup of Joe. I **really** adore my Nespresso Breville machine (one of the best birthday presents ever). In my coffee, I add 2 scoops of [Vital Proteins](#) collagen peptides and mix thoroughly before adding my steamed almond milk. I cannot eat first thing in the morning so this is my "breakfast" as the powder has 18 grams of protein. It's enough to get me through my workout, while providing nutrients to my joints, hair and skin.





An hour or so later, when I get back from exercising, I have a bite to eat. Typically it is something involving eggs, because there is nothing better than the fresh gifts our chickens give us each day. Probiotic and vitamins come next.



Then it is off to the shower to tackle the day. Even on those days where I am home working on the blog, paying bills or doing chores, I try to dress a little nicer than sweats or yoga pants. I recently read [Forever Chic](#) by Tish Jett.

The book was loaded with beauty and style secrets French woman possess wherever they are. It is a reminder that it is okay to wear pajama pants at home but not in public. Sometimes it is easy to let ourselves go, especially when we are so comfortable around our homes. It might be adding a spritz of perfume or a fun lip color, but doing a small gesture to make yourself feel put together, sets the course for the day.

This routine works for me. What are your morning rituals? Have a happy Wednesday!

Mary