

WELLNESS DIARY.

Angel Brynner

Author, Artist, & Designer Angel Brynner may be best known for AOLAB [her ever-evolving Art of Life, Angel Brynner projects/production arm] & rarely staying put when in writerhead mode...but this year, a series of passion projects decades in the making and keyed to her first love will finally be seeing the light of day...

The Moment...

"Self care became real to me was when it dawned on me that *this ship is it*. Yep. **You get one body** that you *get* to experience this entire world *through*. Enjoying the ride *in* the vehicle includes taking care of the vehicle. Then~ you can be *present* in & to all of it. I'm a bit quietly over-the-top with it but it's because I appreciate it (#healthydecadence)!

Bodhi (hot), Toddy Mix

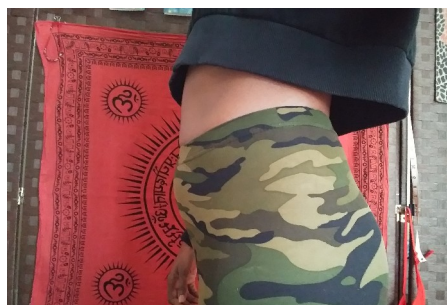
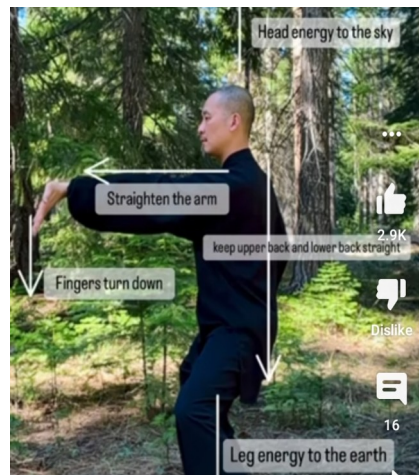
Right now, I'm loving *sleep*. It doesn't usually get included in "fitness" but when it comes down to it ~ how you sleep impacts how tuned in you'll be when it's time to move. The other prime components: Daily walks where I am basecamped (fresh ocean air now, lots of trees on the one prior); & a form of Qigong called the 13 Luohan. I've been doing qigong since I was 19, but got serious right before covid. I felt I had a ways to go before starting 13 but my shifu dropped an online training [Shi Heng Yi | Shaolin temple, Germany] days before my 50th birthday...and I took it as a sign. I decided to go for it. It's kicking my butt , but I LOVE it.

Gird yer loins|Grounded

I stay grounded by letting my innerkid run free alongside me (re-parented) AND by allowing myself to enjoy what lucid dreaming often gives me. I also dig getting sun on my Da Zhui acupressure point early and sun gazing. Grounding- wise, good grass in a location soaked with actual love makes all the difference for those of us with sensitivities to it. To me, a chick named Angel being grounded by leaning into ethereality is kinda poetic.

Stealth Moves

Factoring pineapple into my flow: the bromelain is already epic for digestion; it's a gentle fruit acid for your skin, too; the taste is loved all year round. Watermelon & passionfruit round it out. Adaptogenic brews: mushroom powders, ayurvedic herbs & more traditional warming spices go into my coffee & I always have it with fat milk or the best tonic water I can find when I want iced coffee (for the quinine). I am all about both #Makeitmedicinal & #havefoodfirst most of the time.



Ritual Musts

Mineral Water first thing & good water all day (evian=calcium rich|fiji=silica rich, fyi). Moisture, inside & out. Oils, body butters and exfoliation of some sort. & my Globalboho everything paste...which I literally have to go make more of after this.

Spa Must-haves (or not~)

This may just be an adaptation keyed to AOLAB & what it takes to be on the move all the time for it...but I am less of a *Spa Girlie* and definitely more of a card-carrying "**Treatment Truther: Give me the deets & directions, please!**" I am such an at-basecamp babe when it comes to beauty blitzes- which I love to do. My nature is "*how do you do that~?*" & I'll pay a premium to learn from the best long as they school me on how to maintain whatever it is between seeing them seasonally. No gatekeeping. If there's a new spa kink gooping it up I have no interest 'til I can do it at home too, really.

& I just turned 50- at this point I'd choose a good at-home workout focused on regulating the lymphatic system [imimis and @elignedmovement on youtube have phenomenal ones for grown-assed women], raw silk garshana gloves (or a dry brush) in the a.m. followed by at-home abhyanga, a brisk walk with a podcast, ginger & spirulina b4 bfast shots and a hot-assed shower. Over going to someone for a lymphatic facial, any day. Why? The Lymphatic system is all over your body. If you move it out of your face but ignore your gut, you're cooked the older you get.

But...if I had to be out in these spa streets~

- full-on Korean body scrub insanity;
- simultaneous mani-pedis (with 3 to 4 nail artists, my luxury in that moment being as decadently *please get me in & out of here* as I can be) for mostly nude set of toes & pure angelic arthead finger flare; and
- Dominican blowouts.
- ALSO: Russian full body waxing (it seems to scare your hair into growing slower. IYKYK :)).

Stearns and saunas are not spa-ish to me- I've not ever joined a gym that didn't have them, so those are gym kinks for my gratuitous whathaveyous. My body demands it. Massage-wise, I'd rather add ginger to my abhyanga oils, use a massage chair at home or f*ck fantastically than go get a massage. So many body knots are tied to emotions that need to be orgasmically released anyway. Otherwise I can't be bothered with all of that.

Wellness Dailies

Communion with God & those I love. It's fun feeling someone yodeling alongside your spirit no matter where yall are, soon as you rise. Kinda makes the day.