



Bianca



Madagascar



Spaghetti Top with lace



Pyjama Set

Mother's Day Gift BEAUTIFUL PENDANT with Purchase

This month, drop in anytime to experience something that every woman needs — support and a gift of energy.

As a mother, daughter, friend, sister or aunt, we juggle so many roles and demands. It's easy to forget to take care of ourselves. In honour of Mother's Day, we're offering everyone a perfect reminder.

To inspire wellbeing, all month long, receive an eye-catching quartz pendant, free with purchase of any Amoena item. The pendant is exquisitely cut for brilliance, and quartz is said to amplify healing energy and improve stamina.

Plus, receive **10% OFF any Amoena active wear or leisure wear** — certain to make you feel great!

Read on to discover how to unlock the energy of this special Amoena pendant and other self-care tips for all moms... and all daughters.



Each pendant unique



The magic of a touchstone. Wellness experts say wearing or carrying a touchstone is an age-old practice that has genuine merit today. Quartz, in particular, has been used by healers since ancient days due to its many properties, including its ability to transmit energy.

How to use a touchstone. Hold the Amoena pendant and choose an affirmation or action that's meaningful to you. For example, "I am strong" or "I am calm" or "take a deep breath." Then, each time you touch your pendant, recall the affirmation or take the action — soon the pendant will serve as an automatic reminder. Experts say using a touchstone this way is an excellent grounding technique, proven to help us stay on track with how we want to feel.

Prioritize time-outs for improved productivity and wellbeing. It may sound counter-intuitive, but there's new solid evidence that shows the more downtime we take, the more we accomplish. Essentially, we need to recharge to be effective.

How to get quiet time. Science has the answer. Research shows if you shed your day clothes and change into cozies, those around you will instantly, unconsciously, expect less activity of you.

Put on Amoena's super soft PJs and leisurewear to send a message to yourself, and others, that you've entered the mellow zone. And thanks to built-in support, you can be in the zone as of early evening, and still look presentable.

Know that self-criticism is self-sabotage. New findings in the science of happiness show that when we are unkind to ourselves, we become measurably less influential and powerful.

How to be nice to yourself. Compliment yourself. And we can help. Step into our fitting room and relax while we show you what support looks and feels like. We're on your wellness team. Whether you need a fantastic bra, a flattering swimsuit, or empowering active wear, we'll make sure of a fit that will guarantee you smile at the mirror — and that's a wonderful act of self-care.

All Amoena items are pocketed with built-in support. Pendants available only as long as quantities last, so be kind to yourself and come in soon.

Crystal Rudolph

fitessentials

COMFORT FOR ACTIVE LIVING

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