

# URLIFE WELLNESS CALENDAR

# JUNE 2022

01 Sip electrolyte drinks to beat the heat.

02 Turn off your mobile after 10pm.

03 Plan an early [morning walk](#).

04 Groom your pet to maintain its hygiene.

05 [Do Acroyoga](#) to challenge yourself.

06 Apply hydrating face packs to get clear and supple skin.

07 Take care of your [mental well-being](#). Hang out with your friends.

08 Add planks to your workout to improve your core muscles.

09 Beat the heat with a glass of buttermilk.

10 Make a weekly diet chart.

11 Go for a candle-light dinner with your partner.

12 Detox with this [turmeric shot](#).

13 Pamper your feet with a pedicure.

14 Dim the lights and sip chamomile tea to [sleep soundly](#).

15 Read a book at bedtime.

16 Relax sore muscles using a foam roller or a [massage gun](#).

17 [Grow your own](#) herbs.

18 Work on being the [best version of yourself](#).

19 Listen to your favourite music to unwind.

20 Appreciate yourself for coming this far.

21 Complete your [daily tasks](#) before time.

22 Take deep breath and [clear your thoughts](#).

23 Donate blood.

24 Schedule an appointment with your doctor.

25 Relax your eyes by splashing cold water.

26 Recharge yourself with a power nap.

27 [Sort out differences with your partner](#).

28 Reduce excess caffeine intake.

29 Listen to [women's wellness podcasts](#).

30 Apply a [Vitamin C](#) serum.