

How to Make Your
SHOWER

Mindful, Blissful, and Rejuvenating



By Lori Deschene, Tiny Buddha Founder

Most of us lead busy lives. We have jobs and families and goals and responsibilities (and full Netflix queues that call to us in the limited free time we have). We have an endless list of things to do, and obligations to meet. And try as we may to simplify, sometimes we can go through a whole twenty-four-hour period without even five minutes to shut off our brains and simply be. But maybe that's not true.

Odds are, no matter how busy your schedule or how great your demands at any given time, you have at least five minutes to yourself every day—the time you spend in the shower.

In those five (or more) minutes, it's just you and the water. No one requesting anything. No one expecting anything. No one venting or questioning or judging. It's your little cocoon away from the world, where you can destress, decompress, and unwind.

For as long as I can remember, my tub has been my sanctuary. As an introvert, I don't always feel like peopling, and I crave pockets of time completely disconnected from the outside world. Unless I'm home alone, there's no space as private as my tub. And nowhere quite as relaxing.

I've been fortunate to have the luxury of regular baths over the years, but I must admit it's been more challenging to find time since I had my son in 2019. With work, childcare, and general adulting, I'm often pretty busy during the week. But five minutes? That, I have every day. And I've learned to make those minutes of shower time count. I've learned to make them peaceful and blissful and rejuvenating. Before I get into how...



How Your Tiny Buddha

MINDFULNESS PRODUCTS

Can Help Elevate Your Shower Experience

All of the products in this kit are aromatherapy-based and formulated with essential oils designed specifically to support mindfulness practices.



Different essential oils stimulate different bodily responses, but all send messages directly to the limbic system, the part of the brain responsible for emotional responses. This is how aromatherapy can help you reduce your stress, boost your energy, and improve your focus and sleep.

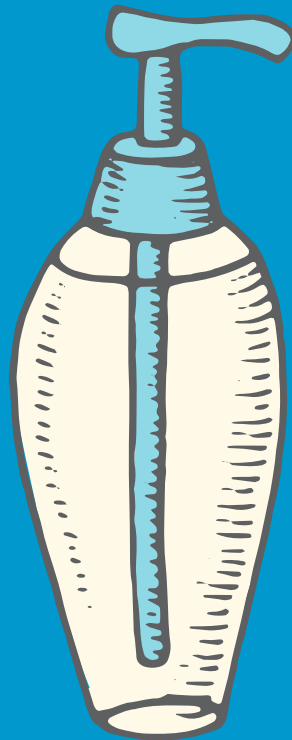
Incorporating aromatherapy into your shower routine creates a spa-like experience, enabling you to emerge both relaxed and invigorated.

Lavender in particular is known to have a soothing, calming effect on the nervous system, and it's also loaded with antioxidants that protect and nourish the skin.

You can reap these benefits by lathering up your body with the bath and shower gel or applying the essential oil roll on behind your ears, on your temples, or on your wrists before showering.

Alternatively (or in addition, if you like combining scents), you can uplift your mood and promote clarity and focus by lighting your Tiny Buddha lychee flower candle in your bathroom.

And now, onto the shower tips...



Creating the Right

ENVIRONMENT

for Relaxation

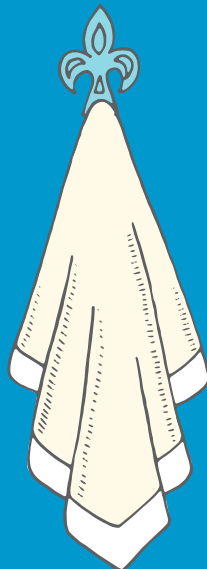
1. Create a relaxing atmosphere.

Decluttering isn't always easy, especially in a small space, like the bathroom. But this is where it's most essential. If you can see appliance cords, dirty towels, and scattered toiletries when you peek outside the curtain, you're less likely to feel relaxed. Outer chaos creates inner chaos.

If you don't absolutely need to store it in the bathroom, don't.

If you have more than one of something in the bathroom now, choose the one you use most often and store the others somewhere else until the main one is gone.

And going forward, when you shop, think quality, not quantity. You can only use so many products at a given time anyway, and the rest will likely expire. Buy only what you truly love, and you'll save more and savor more.



2. Use small items in the tub.

Conventional wisdom might say bigger is better, but the bigger the products in your tub, the more distracting they can be.

I don't know about you, but I've knocked more than my fair share of shampoo bottles off my shower caddy, while trying to cram them back in between supersized conditioners and body washes. I've also knocked over candles too large for the small space on the edge of the tub.

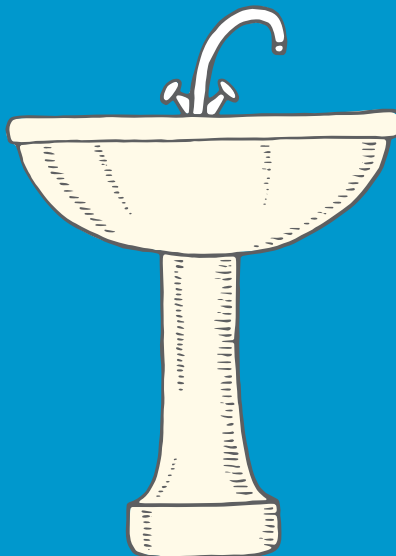
If you like to buy in bulk for cost-savings, consider buying travel size containers to regularly refill so you can keep your shower space as clear as possible. You can easily do this for kids' products, too. And if they're smaller, they're easier to move to a drawer or medicine cabinet when they're not in use.

3. Make the bathroom a tech-free zone.

I admit it: I've scrolled in the tub. I've wasted what could be a break from screens while mindlessly surfing the web on my iPhone. Life is all about balance. If you have the free time and feel like zoning out with some cat memes and Insta stories, go for it. (Just keep your phone unplugged, to be safe!)

But if your goal is to have a rejuvenating shower or bath experience, leave the technology somewhere else. If your phone's on the sink basin or toilet top, you're likely to be distracted by a text, call, or alert. It's five minutes. Is there anything that really can't wait that long?

If you absolutely need to ensure your shower doesn't exceed five minutes, put your phone outside the door and set the timer, choosing a soothing sound. Set it, then forget it. You deserve the break.



What to Do

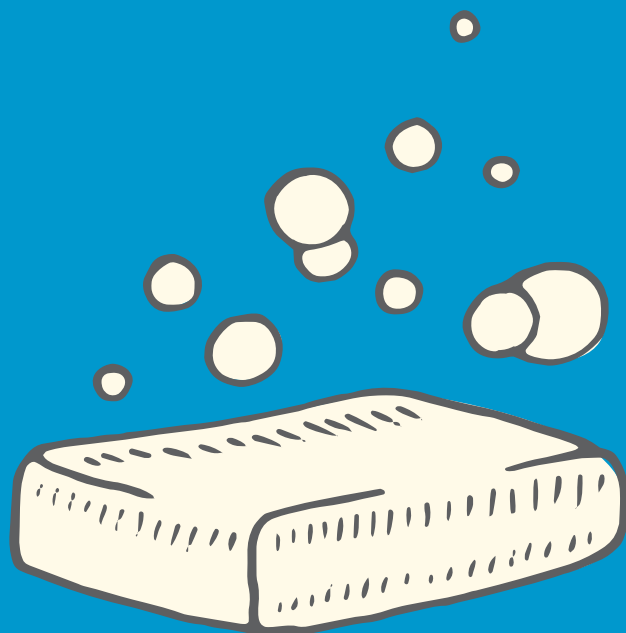
BEFORE YOU SHOWER

to Get in the Right Mindset

4. Write down anything on your mind.

You might think “It’s just five minutes—I can shut off my brain,” but if there’s something that’s been rolling around your mind all day, odds are you’ll think about it all through your shower, and perhaps even ruminate in fear.

Take a few minutes before you shower to do a brain dump. Write down any worries or thoughts you’ve been dwelling on. If there’s a problem you can’t stop obsessing about, consider jotting down what you can and can’t control, and/or a possible solution if the worst-case-scenario came to be.



5. Ground yourself in your body.

Tap each part of your body, with cupped hands, starting with your feet and moving up to your head, to ground yourself in your body.

Kripalu, Center for Yoga and Health, recommends looking at each body part and mentally saying the name (“This is my foot”) to increase neural, physical, mental, and energetic connection with each body part.

The tapping will increase your sense of presence, stimulate blood circulation, and revitalize fatigued muscles and soft tissues.

6. Take a moment to appreciate the gift of clean water.

It's one of those things most of us take for granted—clean running water to drink, brush our teeth with, cook and clean with, and bathe in. And why wouldn't we? For most of us, it's always been available. But for millions of people worldwide, it isn't. For hundreds of millions of people, to be more exact, clean water is miles away by foot.

Take a moment to reflect on the path the water takes to get to you—from lakes, rivers, reservoirs, and groundwater, to a treatment facility that processes and sanitizes it. Think of all the people involved in bringing this clean water to your home. And let it soak in what a luxury is to have instant access to this water, whenever you want it.

Imagine if this were your first hot shower in months, if you'd been stranded on a desert island, a la *Survivor*: How might it feel—the heat, the steam? How might your body release? How much more amazing would this simple pleasure be if you'd been deprived of it for ages till now?

What to Do

DURING YOUR SHOWER

to Make it Pure Bliss

7. Engage all your senses.

If you tell yourself not to think, you will. You'll think of things you wish you said at work and things you wish you hadn't said in the seventh grade; and you'll only occasionally find respite from your rapid-fire thoughts when some random commercial jingle pops into your head.

So instead of trying not to think, ease your mind by focusing solely on the physical sensations of showering.

Hear the water spraying from the shower head, and the sound the drops make hitting your body and the floor.

Feel how your muscles melt under the warm cascade, and how your hair mattes to your skin once wet.

Deeply inhale the scent of your products and your Tiny Buddha candle, if it's burning somewhere safely nearby, allowing the aroma to calm and soothe you.

Watch as soap turns to foam on your body, and visualize it cleansing you of any stresses and worries, then washing them down drain with the swirling water.

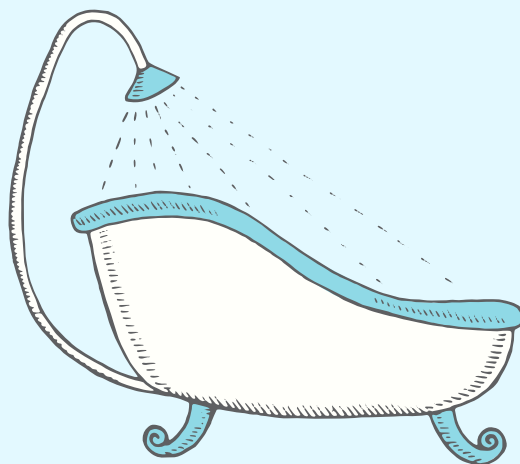
Then, after you've taken a mental inventory of everything you can perceive with your senses, allow yourself to simply breathe and be, beneath the flow of water. Relaxed. Free. At peace.

8. Give yourself a salon-style scalp massage.

One of life's greatest simple pleasures starts with a slow recline to the massive basin that is a salon hair-washing sink. You feel the towel wrapped snugly around your shoulders, smell the luxurious products you know you'll be pitched but won't buy, then relax your head mere seconds away from a deeply satisfying head massage.

There's nothing special about it, really: It's something anyone can easily do, for themselves or someone else. But I'm willing to bet most of us wash our hair quickly, lost in thought, without even registering the sensation of our own touch.

Using the pads of your thumbs, knead the back of your head, or start at your temples. Then move your fingers around, at the perfect pressure for you, in a circular motion covering all parts of your scalp. You can even sync your breathing with the rhythm of your hands, inhaling for four circles, holding for seven, and then exhaling for eight (a breathing technique that's known to help reduce anxiety).



9. Play around with the temperature.

Most of us associate hot showers with relaxation, but there's something invigorating about switching between hot and cold. It's kind of like alternating between stretches in a pool and a hot tub; or, as I once did during December in Tahoe, hopping out of the jacuzzi, doing snow angels in my bathing suit, then getting back into the tub.

“Contrast showering” has a ton of physical benefits, from boosting your circulation and immune system to preventing muscle-related injuries. And it's also a natural energizer and mood elevator, since it boosts the flow of blood to the brain.

Here's how you do it: Start with water as hot as you can handle, then switch to water as cold as you handle, aiming for a three-to-one ratio—so ninety seconds hot, thirty second cold, for example. Then repeat three to four times, ending on cold.

Changing your body temperature so dramatically and rapidly will give you an abundance of physical sensations to tune into. Notice how the shift from hot to cold revitalizes you, even as it shocks your system. Feel the tingling sensation when you switch back to hot. Note how the cold water feels less jarring the second time around.

It might sound like an intense experience, but you may find it addictive and come to crave both the hot and the cold.

To recap:

1. Create a relaxing atmosphere.
2. Use small items in the tub.
3. Make the bathroom a tech-free zone.
4. Before showering, write down anything on your mind.
5. Ground yourself in your body.
6. Take a moment to appreciate the gift of clean water.
7. Engage all your senses.
8. Give yourself a salon-style scalp massage.
9. Play around with the temperature.

And there you have it: nine ways to make your shower mindful, blissful, and rejuvenating. It doesn't take much time or all that much effort. It just takes intention, attention, and the willingness to let yourself enjoy.

What products are included in the **Mindfulness Kit**?

A **Soothing Bath and Shower Gel** that is formulated to calm your mind and condition and hydrate your skin

A lavender **Essential Oil Roll On** to ease tension and invite calmness and relaxation

A **Relaxing Pillow Spray** to encourage a peaceful night's sleep, that can be repurposed as a meditation mist

A **Lychee Flower Scented Candle** to uplift your spirit and awaken your senses

A **Daily Mindfulness Practice Guide** to break down the art of mindfulness into simple little rituals you can practice at morning, noon, and night.



Want more tips for peace, mindfulness, and joy?

Visit tinybuddha.com and subscribe at tinybuddha.com/list for relatable, personal stories and insight in your inbox (every weekday, once weekly, or only occasionally).

Need support or advice?

Register for the community forums here, then start a new thread here.

Want something positive in your social media feeds? Follow Tiny Buddha on:

Facebook

Twitter

Instagram

If someone you love would love this kit,
send them here to grab one for themselves!