

does exhale wellness get you high

Does Exhale Wellness Get You High? A Deep Dive into CBD Products

Are you curious about Exhale Wellness and whether their products will get you high? You're not alone. Many people are exploring the world of CBD, but the confusion around THC and its psychoactive effects often leads to understandable apprehension. This comprehensive guide will delve into Exhale Wellness's product line, explore the science behind CBD, and ultimately answer the question: Does Exhale Wellness get you high? We'll dissect their offerings, examine their ingredients, and provide you with the information you need to make informed decisions about your wellness journey.

Understanding the Difference Between CBD and THC

Before we dive into Exhale Wellness specifically, let's clarify the fundamental difference between CBD (Cannabidiol) and THC (Tetrahydrocannabinol), two prominent cannabinoids found in the cannabis plant. THC is the primary psychoactive compound responsible for the "high" associated with marijuana. CBD, on the other hand, doesn't produce this intoxicating effect. While both interact with the body's endocannabinoid system, their effects are vastly different. CBD is generally known for its potential therapeutic benefits, such as promoting relaxation, reducing anxiety, and alleviating pain, while THC's effects are predominantly psychoactive.

Exhale Wellness's Product Range: A Closer Look

Exhale Wellness offers a wide variety of CBD products, including:

CBD Gummies: These are a popular choice for their ease of use and delicious flavors. They often come in various strengths, allowing users to adjust their dosage based on their individual needs and tolerance.

CBD Oil Tinctures: Sublingual tinctures are known for their rapid absorption and bioavailability. Exhale Wellness offers different concentrations of CBD oil, providing flexibility for users.

CBD Capsules: Capsules offer a discreet and convenient way to consume CBD. They are pre-measured for consistent dosing.

CBD Topicals: Creams, lotions, and balms are designed for targeted relief of localized pain and inflammation. These are applied directly to the skin and don't enter the bloodstream.

Delta-8 THC Products: It's crucial to note that Exhale Wellness also offers products containing Delta-8 THC, a less potent psychoactive cannabinoid than Delta-9 THC (the main psychoactive component of marijuana). Delta-8 products can produce a mild psychoactive effect, unlike CBD products.

Does Exhale Wellness's CBD Get You High? The Answer

Based on the information above, the answer is a resounding no, Exhale Wellness's CBD products

should not get you high. Their CBD products are derived from hemp, which by law contains less than 0.3% Delta-9 THC. This minimal amount is generally insufficient to produce any noticeable psychoactive effects. Third-party lab testing, readily available on their website (always check for this!), verifies the CBD content and confirms the negligible THC levels.

However, it's crucial to remember their Delta-8 THC product line. These will produce psychoactive effects, albeit typically milder than traditional Delta-9 THC. If you are looking for a non-psychoactive experience, stick to their CBD-only products and carefully read the product labels.

Understanding Third-Party Lab Testing

Reputable CBD companies, like Exhale Wellness, prioritize third-party lab testing. This independent verification confirms the product's purity, potency, and the absence of harmful contaminants. Always check for Certificates of Analysis (COAs) available on the company website or the product packaging. These COAs provide detailed information about the product's cannabinoid profile, including the exact levels of CBD and THC.

Choosing the Right Exhale Wellness Product for You

Selecting the right Exhale Wellness product depends entirely on your individual needs and preferences. Consider these factors:

Desired Effect: Are you looking for relaxation, pain relief, sleep improvement, or something else?

Method of Consumption: Do you prefer gummies, tinctures, capsules, or topicals?

CBD Concentration: Higher concentrations generally offer stronger effects but may require a lower dosage.

Budget: Exhale Wellness products vary in price, so consider your budget when making your selection.

Potential Side Effects of CBD

While generally considered safe, CBD can cause mild side effects in some individuals. These may include:

Dry mouth

Diarrhea

Changes in appetite

Fatigue

Interactions with other medications

Always consult with your doctor before starting any new supplement, especially if you are taking other medications or have pre-existing health conditions.

Conclusion

Exhale Wellness offers a range of high-quality CBD products that are unlikely to get you high due to

their low THC content. However, it's essential to distinguish between their CBD and Delta-8 THC product lines. Always check for third-party lab testing results to ensure product quality and safety. Remember to choose the product that best suits your needs and consult your physician if you have any concerns.

FAQs

1. Can I fail a drug test after using Exhale Wellness CBD products? While extremely unlikely due to the low THC levels, there's a small possibility, especially with sensitive drug tests. It's best to err on the side of caution and inform your employer if drug testing is a concern.
1. Are Exhale Wellness products legal? Exhale Wellness products are federally legal in the US, adhering to the 2018 Farm Bill's regulations on hemp-derived CBD products with less than 0.3% Delta-9 THC. However, state laws may vary, so always check your local regulations.
1. How long does it take to feel the effects of Exhale Wellness CBD? The onset of effects varies depending on the product type. Oils and tinctures tend to act quicker than edibles like gummies. You may feel the effects within minutes to an hour, or even longer depending on metabolism.
1. What is the recommended dosage of Exhale Wellness CBD? The optimal dosage depends on individual factors like weight, metabolism, and desired effects. Start with a low dose and gradually increase it until you find what works best for you. Always follow the product's instructions and consult a healthcare professional for personalized guidance.
1. Where can I buy Exhale Wellness products? Exhale Wellness products are available directly from their official website and through select retailers. Be cautious of purchasing from unauthorized sellers to ensure product authenticity and safety.

does exhale wellness get you high: The 1% Wellness Experiment Gabrielle Treanor, 2023-12-26 You don't need to devote hours to work on your wellbeing: you can improve your life by taking just 1% of your day to focus on your mental and emotional health. There are 1440 minutes in every 24 hours, subtract the optimal 8 hours of sleep and you're left with 960 minutes. 1% of those 960 minutes is just under 10 minutes. This book challenges you to enter into a month-long experiment: use 1% of your day for 1 month to focus on you. The micro-gain challenges in the book

are designed to improve your mood and increase your happiness without, crucially, taking up your valuable time. Challenges include establishing boundaries and saying no, dealing with your inner critic, overcoming anxiety and comparison. By the end of the month you will have created your own bespoke kit of tools that lower your stress, strengthen your connections, instil calm and increase your joy.

does exhale wellness get you high: *The Wellness Guide* Rachel Newcombe, Claudia Martin, 2023-12-12 Embrace every aspect of your well-being—from physical, mental, and emotional health to improved nutrition, sleep, and relationships. True wellness is rooted in mental, emotional, social, occupational, financial, and physical well-being. Wellness is fed and watered by practicing healthy—but simple—habits that allow us to grow and blossom. The Wellness Guide sets readers on the path to achieving a balanced life that is healthy and fulfilling, with practical advice on how to set and achieve goals for every aspect of well-being. By optimizing your physical, mental, and emotional health, you can find the ideal work-life balance that will result in positive long-term benefits.

does exhale wellness get you high: **GET THAT CRAP OUT OF YOUR HEAD** Michael Bernard Panasuk, A real self-help book that lets you take control of your life. Imagine writing away all of your problems. You can do it. You can do good and great things. Write your way to wellness.

does exhale wellness get you high: **Wellness and Harmony** John A. Love, 2019-07-11 Those who serve the dying confront high-acuity challenges each and every day. Yet, as hospice caregivers learn how to cope and persevere, their work becomes more and more meaningful, more and more rewarding. To that end, it is hoped that *Wellness and Harmony* will inform, uplift, and inspire you—whether you're an enthusiastic beginner or a proud veteran. The material is thought provoking, yet reassuring. Much of the content is spiritual in nature, but not religious. Perhaps the lessons will help you perceive the world a bit differently, and that alone can be wonderfully energizing. You'll find helpful tips, practical interventions, and quiet reflections. Think of this endeavor as an opportunity for introspection. Therefore, allow the pathway to turn inward. By looking deeply into your heart, you'll become a more compassionate and effective caregiver, a more loving and supportive partner, and a more fulfilled and grateful person. And yes, an introspective journey will strengthen your most important relationship: the one you have with God. Each triumphant venture begins with a humble first step. Are you ready to do the work? Are you eager to add more wellness and harmony to your life? Praise for *Wellness and Harmony* ... "By following the guidelines of intentional living—by being proactive rather than reactive—I'm able to bless the things I can't change. I'm able to let them go!" —Rhonda Konicki, advanced practice nurse "Spiritual insights that will brighten your day at work, and at home." —Rev. Tom Myers, chaplain "I'm better equipped to handle stress 'under fire' and turn obstacles into opportunities." —Kristie Lindon, registered nurse "Innovative methods for achieving work-life balance." —Bonnie Orlins, licensed independent social worker "Compelling stories, and lots of wow moments!" —Deb Hunter, registered nurse "This journey not only helps you recognize the gifts of bedside care, it empowers you to cope with the challenges as well." —Dana Datz, registered nurse

does exhale wellness get you high: *American Medical Association Complete Guide to Prevention and Wellness*, 2008-10-01 MORE THAN 3 MILLION AMERICAN MEDICAL ASSOCIATION BOOKS SOLD From America's most trusted source for medical advice--a comprehensive guide to preventing illness and promoting wellness If you're one of the millions of people who have decided to take more direct control of their health by focusing on illness prevention and self-care, the American Medical Association Complete Guide to Prevention and Wellness is the resource you need. This authoritative guide provides valuable information to help you prevent disease and stay healthy throughout your life. It lays out the foundations of good health and shows you the basic steps you can take to reduce your health risks and prevent major illnesses such as heart disease, stroke, type 2 diabetes, high blood pressure, and some forms of cancer. You will learn how to avoid these and other common afflictions by making lifestyle changes and understanding what your body needs to stay fit and healthy. Filled with leading-edge information, this indispensable reference also describes key risk-reducing measures, from eating a healthy diet and being more

physically active to reducing stress, getting a good night's sleep, and having all the recommended screening tests. You will find the most effective techniques for avoiding food-borne illnesses, and you'll learn how to minimize specific risks for children, adolescents, women, and men. Comprehensive in scope, easy to navigate, and filled with clear, helpful information and illustrations, the American Medical Association Complete Guide to Prevention and Wellness is the essential health resource for every age and stage of life.

does exhale wellness get you high: Dance Wellness Wilmerding, Mary Virginia, Krasnow, Donna, International Association for Dance Medicine & Science, 2016-10-12 **Dancer Wellness**, created by the International Association for Dance Medicine & Science, offers guidance on the foundations, mental components, and physical aspects of dancer wellness. Readers will learn concepts and strategies to develop as dancers and to create their own dancer wellness plan.

does exhale wellness get you high: Fitness and Wellness Carol K. Armbruster, Ellen M. Evans, Catherine M. Laughlin, 2021-06-01 With content targeted specifically toward the college-age population, **Fitness and Wellness: A Way of Life With HKPropel Access** presents evidence-based physical and mental health guidance to point students toward healthy choices that will develop into healthy lifestyles. Authors Carol K. Armbruster, Ellen M. Evans, and Catherine M. Laughlin have more than 80 years of combined health and wellness professional experience, the majority of which has focused on the college population. This enables them to present the material in a contemporary manner that is easily relatable and understood by students. Relevant information on topics such as cardiovascular exercise, strength training, stretching, nutrition, weight management, stress management, substance abuse and addiction, and sexual health will start students on the path to developing a healthy mind and body, which can lead to a better quality of life. Additionally, because **Fitness and Wellness: A Way of Life** emphasizes behavior modification to develop desired habits, students are armed with the tools they need to make healthy lifestyle changes—for both the present and future: Related online learning tools delivered through HKPropel offer 48 video clips and practical learning activities to provide real-life context to the material Behavior Check sidebars help students integrate health and wellness concepts into their daily lives Now and Later sidebars encourage students to consider how their actions today will affect them in the future The Functional Movement Training section shows exercises to strengthen specific muscles and explains their importance for common activities Infographics, evidence-based tables, and figures illustrate and reinforce key concepts so they are easy to understand The online activities in HKPropel offer students the unique opportunity to engage directly with the content and practice the exercises and strategies presented. In addition to the 48 exercises demonstrating proper exercise technique, lab activities for each chapter will guide students in completing individual assessments, setting goals, and identifying the pros and cons of modifying their behavior. The labs may be assigned by instructors and tracked within HKPropel, and chapter quizzes (assessments) that are automatically graded may also be assigned to gauge student comprehension of the content. The primary goal of **Fitness and Wellness: A Way of Life** is to provide a personal, evidence-based tool to help students embrace living well. They will learn how to make healthy choices and positive behavior changes to lead and sustain healthier, happier, and more productive lives, now and in the future. Note: A code for accessing HKPropel is not included with this ebook but may be purchased separately.

does exhale wellness get you high: Prevention's Ultimate Guide to Women's Health and Wellness Elizabeth Crow, 2002-10-18 A guide to women's health draws on the latest medical research to answer questions concerning a wide variety of health issues, with sections on how to cope with the problems of aging and a six-step plan for healthy exercise.

does exhale wellness get you high: 3-Minute Motivators Kathy Paterson, 2013 When the thrills of the real world overwhelm the routines of your classroom, this book will show you how to turn unmotivated, unfocused students into eager classroom participants and learners. This practical handbook includes more than 100 simple ideas that will refocus a group, release excess energy, or start a class with a bang.

does exhale wellness get you high: The Wellness Workbook John W. Travis, Regina Sara

Ryan, 1988

does exhale wellness get you high: Fitness and Wellness in Canada Sarah J. Woodruff Atkinson, Carol Kennedy Armbruster, Ellen M. Evans, 2020 Developed specifically for the Canadian audience and written for first-year undergraduate students taking a general education fitness and wellness course, *Fitness and Wellness in Canada: A Way of Life* uses an engaging learning environment to provide students with the tools they need to become fit and well for life. In addition to providing students with an overview of the health-related components of fitness, *Fitness and Wellness in Canada: A Way of Life* teaches students how to embrace healthy eating and enjoy being physically active. Students learn how to establish fitness and wellness goals for now and throughout their lives. They learn how to manage stress, reduce the risk of metabolic syndrome and cancer, remain free from addiction, and develop a healthy sexuality--

does exhale wellness get you high: Active Wellness Gayle Reichler, 2003 Enlightened by the author's own story of recovery from cancer, this is a unique lifestyle philosophy and a practical guide to feeling one's best for a lifetime. In this revised, updated, and completely repackaged paperback edition, *Active Wellness* confirms Gayle Reichler as America's Wellness Coach.

does exhale wellness get you high: Energy in Action Sherianna Boyle, MEd, CAGS, 2023-05-02 A contemporary take on manifesting based on processing our emotions within the context of metaphysical truths to create a full life The universe responds to our feelings. This idea is crucial in manifestation—but when we try to put it into practice, things fall flat and we feel stuck. We can become afraid of what our fear is manifesting or defeated when our feelings aren't positive enough. If your emotions aren't flowing and your manifestation practice just isn't working, Sherianna Boyle has good news: you can achieve a loving mastery of your emotions that will help you create the life you want. *Energy in Action* explores how emotions—when in flow—raise your vibration to cultivate an optimal inner state for successful manifestation. By applying her signature emotional detoxing and CLEANSE system, Sherianna helps you get to know the spiritual laws of the universe as a guidance system for energetic alignment. You'll learn to create from an inner space of discernment, insight, intuition, and levelheadedness. Here, you'll explore:

- How the universe responds to your emotional states
- Preparing to move energy with the CLEANSE system
- How to overcome the most common blockages to manifestation
- The spiritual laws of the universe beyond the law of attraction
- Practical tools to align your emotional energy for each law

"Emotional habits can seem tough to change," says Sherianna, "but as you follow this process, you'll discover that you're not alone—the laws of the universe are supporting you each step of the way. You can realize your most joyful and connected life."

does exhale wellness get you high: Achieving the Mind-body-spirit Connection Brian Luke Seaward, 2005 Optimal health requires the integration, balance, and harmony of mind, body, spirit, and emotions. From comic relief and hatha yoga to guided mental imagery and music therapy, this workbook contains more than 70 exercises that serve to integrate mind, body, and spirit as one dynamic force that can withstand the pressures of stress.

does exhale wellness get you high: Complete Guide to Wellness Bellingham Rick, Richard Bellingham, Barry Cohen, 2001

does exhale wellness get you high: *The Essential Guide to Cannabis for Women* Olivia Alexander, 2022-03-29 Discover the power of cannabis for health, beauty, and fun Cannabis is more popular than ever with women. It can relieve menstrual cramps, soothe menopause symptoms, and even improve your sex life. But with all the products and paraphernalia out there, where do you start? *The Essential Guide to Cannabis for Women* breaks down everything you need to know to achieve better wellness and the perfect high. The truth about cannabis—Get a crash course in the science of cannabis, and debunk some of the most common misconceptions. What works for you—Explore the wide variety of uses for cannabis, with advice on buying the right strain, using topicals, and more. Try it at home—Create your own cannabis products with recipes like Cannabis-Infused Sugar Scrub, Brownie Mary Brownies, and The OG Kush Queen Bath Bomb. Go beyond other cannabis books with a female-focused guide that shows you how to get the results

you're looking for.

does exhale wellness get you high: The Art of Radical Self-Love Mary Joosten Lopata, RN, 2024-08-06 The Art of Radical Self-Love provides a dynamic range of self-empowerment tools that nourish the journey to wellness. This guide treats healing as it truly is, an “art” that flows with the patient as needs fluctuate and shift to the ever-changing circumstances despite today’s corporate-dictated healthcare system. A nurse is someone who delivers direct patient care and acts as an advocate and health educator for patients and families. To most, this sounds like more than just tender loving care. To others, it may create fear causing them to struggle and ignore their inherent healing power of self-love. You see, most people don’t realize that a deep love for themselves is essential to the healing process . . . a most radical concept. As a professional nurse for more than 30 years, Mary Joosten Lopata, RN, not only assisted with patient care, she also observed patients and wondered why the same treatment often resulted in vastly different outcomes. Then one day her perspective changed when she was unexpectedly stricken with illness. Mary now became the patient and her life was suddenly under the microscope. Had Mary’s training as a Holistic nurse betrayed her? Or was she now learning to restore wellness from a new source? In The Art of Radical Self-Love, Mary Joosten Lopata shares her healing journey from the wisdom of a nurse and the heart of a vulnerable patient to someone with a life that now overflows with newfound self-love. Includes: Affirmations for Wellbeing, Exercises, Follow-up Thoughts

does exhale wellness get you high: *Essential Wellness* Nancy J. Hajeski, 2019-07-16 Enhance your physical and mental well-being through practical solutions that are easy to incorporate into your daily routine. Whatever your goals, Essential Wellness walks you through the many ways you can maximize health and minimize stress. Whether you’re recovering from illness, controlling your weight, managing an addiction, minimizing the effects of aging, or simply boosting your overall well-being, this book provides you with recipes, routines, tips, and tricks for living your healthiest life. It introduces powerful tools that are easy to incorporate into your daily routine, including yoga, meditation, massage, and herbal remedies. Essential Wellness covers the simple but effective tools you can use to care for body and mind.

does exhale wellness get you high: *Integrative Wellness Rules* Jim Nicolai, Dr., 2013-01-02 Tried and tested integrative health tips from the wellness master at Miraval, one of the world's finest wellbeing resorts Have you ever found that you needed to change things in your life, but for some reason life kept getting in the way? Integrative Wellness Rules will help you get around that obstacle. In the age of conflicting advice on health, this book provides quick and easy health tips for individuals who are on the run but still need strategies to better manage their fast-paced lives. Join Dr. Jim Nicolai – the medical director of the Andrew Weil, M.D., Integrative Wellness Program at Miraval Resort and Spa – as he shares with you the insights and strategies he has collected along the way to optimize health and create wellness. With a style that is clear, concise, and entertaining, Dr. Nicolai will provide you with the keys to healthier living in a way that is profoundly simple and yet simply profound. You will learn how to eat better, choose the vitamins and supplements that are best for you, manage stress more effectively, and get in touch with your spiritual side. Dr. Nicolai will call you to action with his pearls of wit, wisdom, and humor, and motivate you by providing real-world clarity on which health strategies to add within your already busy life.

does exhale wellness get you high: *Foundations of Wellness* Bill Reger-Nash, Meredith Smith, Gregory Juckett, 2015-01-08 Life is crammed with busyness, screen time, and an abundance of shallow experiences. If you don’t mindfully change your way of thinking and behaving, that’s all your life will ever be. Foundations of Wellness can help you live a satisfying life—one full of rich and deep experiences. You’ll understand your identity and inner strengths and resources as well as set and move toward meaningful personal goals. With Foundations of Wellness, you will explore physical, mental, emotional, social, environmental, and spiritual realms of wellness using an evidence-based approach to health and wellness that will help you explore ways to live your life to the fullest. You will examine the seven attitudinal foundations of mindfulness to daily living, delve into wellness resources and dietary needs, discover health check strategies, and learn the keys to

making healthy behavioral changes. Foundations of Wellness is written in a conversational style and divided into three parts. Part I establishes basic wellness problems and introduces tools to discovering wellness and inner peace. Part II addresses physical dimensions of wellness, including physical activity, nutrition, sleep, and body maintenance. In part III you'll discover the strategies that will propel you to a higher level of living—one that can affect not only your life but also the lives of others for generations to come. Each chapter explores key concepts and topics that affect your wellness. The chapters begin with objectives and a vignette that illustrates a challenge related to the content and use stories to illustrate teaching points. The text also incorporates activity sidebars that empower you to make the behavioral changes that will lead to a more satisfying and meaningful life. You will learn how to incorporate mindfulness—a practice that helps you live with greater awareness—and positive psychology as you embark on your wellness journey. In Foundations of Wellness, you will also learn the seven attitudinal foundations of mindfulness practices and explore the spiritual truths that are at the core of wellness.

does exhale wellness get you high: Wellness 101 Gloria Treister, HHP, 2023-12-01 Discover a Healthier You with Wellness 101: Simple Steps to Good Health" It's Easier Than You Think! Are you tired of feeling confused when it comes to your health? Do you need help navigating the overwhelming world of online health advice? Say goodbye to confusion and take charge of your well-being with Wellness 101: Simple Steps to Good Health. Get ready to embark on a transformative journey toward a happier, healthier life. Simplicity for a Better Life Wellness can be confusing, but not anymore. Wellness 101 is here to simplify it all for you. Say goodbye to the health overwhelm and hello to a simple, actionable approach to feeling your best. It distills wellness down to its simplest form so that anyone, regardless of their background, can thrive and age well. Your Personalized Wellness Plan In "Wellness 101," you will get to know about every aspect of your lifestyle - from what you eat and how you move to managing stress, improving sleep, boosting brain health, optimizing nutrition, understanding lab testing and minimizing your exposure to toxins in the simplest way possible. This isn't just another health book; it's your own customized roadmap to vitality. It empowers you to create simple, practical steps that seamlessly fit into your life. Unlock the Secrets to Longevity But Wellness 101 isn't your typical wellness guide. It's a comprehensive toolkit packed with straightforward tips, user-friendly forms, hands-on activities, clear-cut charts, and motivational quotes to excite and inspire you. Each section is like a friendly hand guiding you toward a happier, healthier you. Wellness 101 is all about making wellness achievable, fun and impactful. Take Control of Your Well-being No more relying on others - it's time for you to become the CEO of your own health. Your body is your lifelong home, and it's time to treat it right. Inside Wellness 101, you'll discover how to reduce inflammation, replenish essential nutrients, explore effective therapies, craft a simple nutrition plan, and find an exercise routine that doesn't feel like a chore. Plus, you will learn how to avoid the everyday toxins that compromise our health. It's all about putting the power back in your hands! Embrace a New Wellness Mindset It's time to shift gears - from being reactive to proactive when it comes to your health. Wellness 101 gives you the essential knowledge to understand what wellness truly means. It takes you on a transformational journey toward self-empowerment and well-being, a journey that will ignite a fire within you. Empowerment Through Knowledge But Wellness 101 isn't just a book; it's your ticket to becoming a savvy healthcare consumer. You'll learn how to ask the right questions and make informed decisions, ultimately saving you money and sidestepping unnecessary medical interventions. Say goodbye to needless pain and hello to a brighter, healthier future! Your Journey Starts Now In Wellness 101, your transformation isn't just about health - it's about embracing life to the fullest. Let the pages of this book inspire you, excite you, and infuse your life with a newfound sense of purpose. Your well-being is within reach - seize it with Wellness 101: Simple Steps to Good Health. Start your transformation today! Your best days are yet to come, and they begin with Wellness 101. Get your copy today and embark on your life-changing adventure.

does exhale wellness get you high: Get It! Jacqueline Laurita, Jené Luciani, 2016-05-24 Hey, gorgeous! You know how you're always thinking about getting more organized? More focused?

Healthier? Changing up your hair routine? And so many other things? It's time to stop thinking about it and do it! We know getting started seems overwhelming; we've been there. We're both busy professionals and moms, so we know how self-care gets pushed to the side. But that's not the way it should be! We want to help you become your best self—that's why we teamed up to write *Get It!* And gathered all our favorite tips, tricks, and secrets to help you get whatever it you want: *Get Centered*, *Get on Track*, *Get Organized*, *Get Healthy*, *Get Fit*, *Get Beautiful Hair*, *Get Flawless Skin*, *Get Made Up*, *Get Stylish and Sexy*—in just minutes a day. From finding a calm center amidst chaos and dressing for your body type in your 30s, 40s, and beyond, to getting in shape no matter what your schedule looks like and saving time on hair, makeup, and looking and feeling young, *Get It!* is the ultimate handbook to finding style, beauty, and wellness within yourself while getting exactly what you want out of life. We're so excited to share this book with you. Whatever you want—it's time to get it! XOXO, Jacqueline and Jené

does exhale wellness get you high: Simple Ways to Wellness Louise Taylor, 2012-10-23

This workbook teaches how to use affirmation, visualization, acupressure, and color therapy - easy non-invasive methods of self-healing for everyday complaints. It is organized alphabetically by ailment, from allergies and elbow problems to sciatica and wrist pain, with descriptions and illustrations of the specific acupressure points, affirmations, visualization themes, and effective color therapies for each. *Simple Ways to Wellness* offers you the tools to take responsibility for your own well-being and will become a reference book to turn to again and again.

does exhale wellness get you high: Press Here! Ayurvedic Head Massage for Beginners

Hillary Arrieta, 2021-05-11 *Press Here! Ayurvedic Head Massage for Beginners* gives simple step-by-step guidance on how to incorporate Indian head massage into you and your family's everyday routines to enhance overall well-being and beauty. The techniques illustrated and explained offer many health benefits, including: Easing sleep disturbances Reducing stress Easing muscular tension, headaches, and eye strain Promoting increased blood circulation to the head and cephalic region Enhancing scalp health Practitioners can also achieve psychological and spiritual benefits, including: Increasing a sense of human connection between giver and receiver Creating a meditative mood that encourages deep sleep Relief from mild depression or life burnout/overwhelm through the release of endorphins Potential beauty benefits include: Improves the condition of skin and hair by increasing blood circulation Provides nutrients to the living cells of the skin and hair Gives the receiver a refreshed and younger looking appearance Nourishing hair oils can further increase and customize your beauty efforts along with the massage The book also addresses safety considerations, including vital areas of caution in the neck and head and when it might be unwise to practice Indian head massage, and cautions with regard to herbally infused oils. Each chapter covers an important area related to head massage techniques in depth, including foundational principles of ayurveda and how Indian head massage is part of ayurvedic practice. You'll find: A basic review of Doshas, including details on how to discover your unique, elemental body type—Pitta, Vata, Kapha, and combinations of these Marma or vital energy points of the head and neck Preparation tips with a supply list, mood, space, and lighting considerations Preparing the body and mind to give/receive an Ayurvedic Indian head massage—hygiene, stretches for the arms, shoulders, and hands Types of massage movements used in Indian head massage, described step by step—nerve strokes, effleurage, petrissage, frictions, tapotement Also covered: Self-care rituals with an introduction to touch, step-by-step protocols, communication with partner about pressure and comfort Hair oil recipes, including everyday hair oil recipes, tips on creating your own recipes, authentic beauty hair oil, headache relief hair oil, mid-day energizing hair oil, peaceful sleep hair oil Incorporation of rituals, including authentic beauty rituals, step-by-step protocol to enhance one's own natural beauty, headache relief ritual, step-by-step protocol to reduce tension headaches, mid-day energizing rituals, step-by-step protocol to stay alert during the day, peaceful sleep ritual, step-by-step protocol to enhance sleep The book ends with an Ayurvedic Dosha-type quiz to help understand your personal prakriti or constitution. The *Press Here!* series offers contemporary takes on traditional hands-on healing practices for a new generation of practitioners. These introductory

guides feature easy-to-access organization, clear instructions, and beautiful illustrations of each technique. Other Press Here! topics include reiki, reflexology, chakras, and acupressure.

does exhale wellness get you high: Know Thyself: The 7 Dimensions of Wellness Joshua K. Darnall, 2022-06-10 Know Thyself: The 7 Dimensions of Wellness is a book about bringing holistic health to all facets of your life. The current thought in psychology is that how we do one thing is how we do everything, but this is not true. We are multidimensional beings, and our human brain is much more complex than that. In order to live a self-actualized life and a life of joy and prosperity in all aspects--spiritual, mental, emotional, physical, professional, financial, and relational--we must give time, thought, and energy to these aspects.

does exhale wellness get you high: Health and Wellness Gordon Edlin, Eric Golanty, 2015-08-04 Health & Wellness, Twelfth Edition covers many facets of personal health, including physical, emotional, mental, social, environmental, and spritual perspectives. Written in a personal and engaging style, the Twelfth Edition encourages students to make the right health choices and gives them the tools and information they need to improve their health habits.

does exhale wellness get you high: Guide to Wellness Through Stretching Dale Deis, Ed Stiles, 2022-11-10 Stretching—you've probably heard of it. The fitness market is flooded with conflicting and confusing information about stretching. In The Guide to Wellness through Stretching, physiotherapist Dale Deis and physiologist Ed Stiles have taken a stiff, old principle and increased its range of motion. By providing education, clear direction and dispelling myths and misunderstandings, Deis and Stiles reaffirm the many benefits of stretching for all bodies. In this user-friendly guide, readers will gain knowledge about the prevention and rehabilitation of injuries, self awareness of postural and movement restrictions, and the tools needed to apply the principles of healthy movement, using stretching as a base. The authors encourage self reliance, putting clients in the driver's seats of their own bodies, and offering a simple, tangible approach to moving, feeling, and functioning better.

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for the better.

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excitement, but also apprehension, anxiety, and overwhelm. In this gentle and empathetic guide, psychotherapist and breathwork teacher Carolyn Cowan will show you how to use conscious breathing to ease stress and worry and relieve physical discomforts like morning sickness, body aches, and insomnia. With step-by-step breathwork exercises and yoga stretches and guidance on creating your own breathwork practice, *Breathwork for Pregnancy* will help you feel more calm, connected, and comfortable through the four trimesters. *Breathwork for Pregnancy* includes: 20+ guided breathwork exercises for every pregnancy symptom. Breaths for anxiety relief, stress release, mental clarity, nausea relief, better sleep, postpartum recovery, and more. Complementary yoga stretches. Enhance your breathwork practice—and relieve aches and pains. Beginner-friendly guidance. From how to start learning breaths to how to build up and maintain your breathwork practice. Practical advice for each trimester. So you know which breaths and stretches will be most helpful at each stage of your pregnancy and postpartum journey. A primer on the stress response. Understanding your vagus nerve and stress system will lead to a better understanding of how breathwork can help.

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