

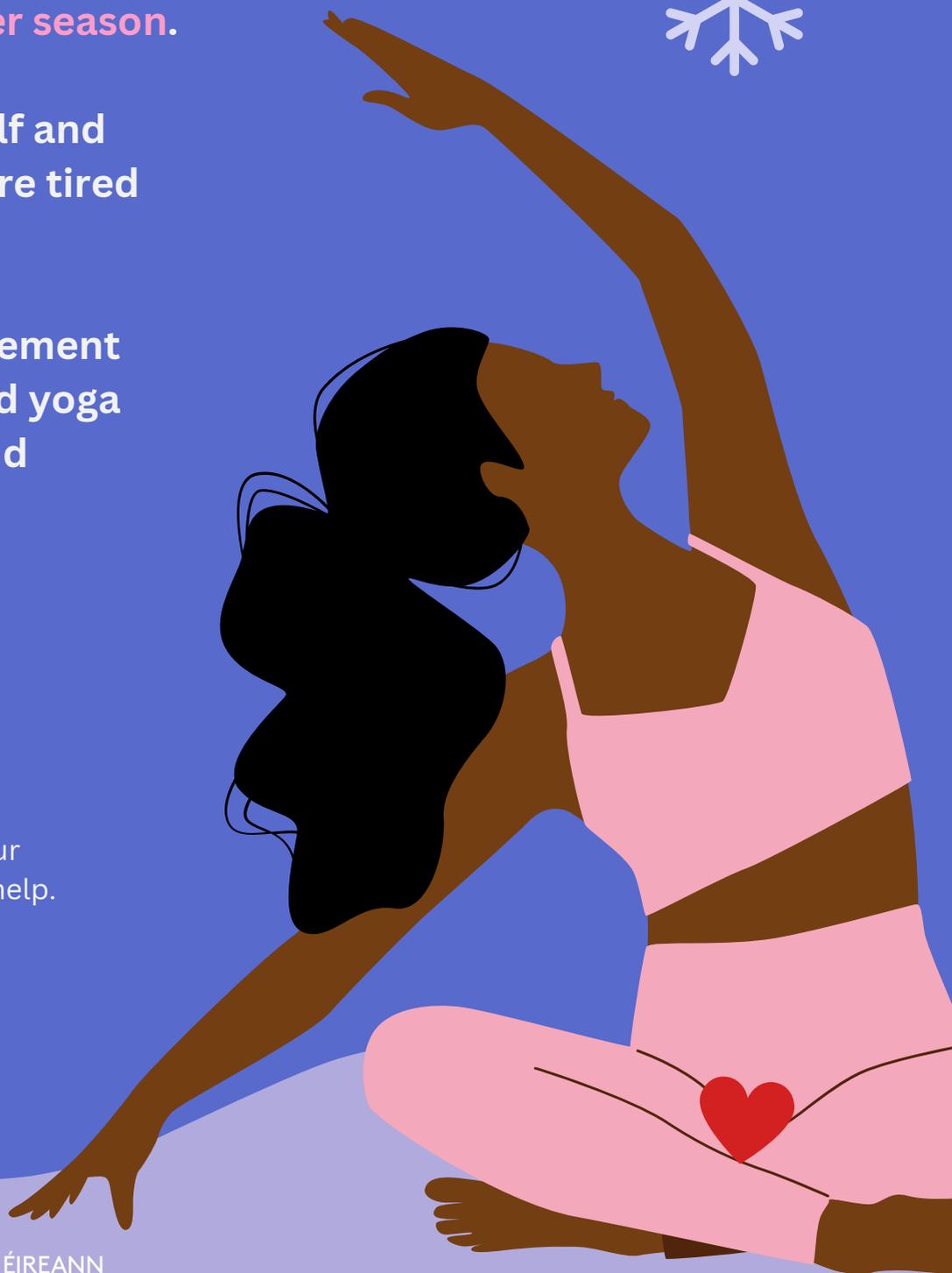
Bloody Gorgeous



Days 1 - 6 are like going through the winter season.

Be kind to yourself and expect to feel more tired than usual.

Some gentle movement like stretching and yoga can be good to add to your routine.



Tracking your period can help. Scan here for advice.