



Clarify your mind ... Clear Cosmetic Clutter

RAHN

Mindfulness is not only an amazing way to **help you focus and relax**, it also has a practical application.

With **mindfulness**, you can clean your bathroom cabinets and sink tops, your dressing table drawers and surfaces and get rid of some problematic attitudes too.



Decluttering Cosmetics Exercise

For this exercise choose a time when you are not rushed or stressed. Allow plenty of time to enjoy the task. Make sure you have a trash can nearby and some cleaning products at hand.

Start by examining each of the beauty products you possess. As you pick up each one, ask yourself:

- When did I buy this? Was it weeks, months or years ago?
- Why did I buy it? What prompted me? What mood was I in?
- How much did it cost? Did I get value for my money or is it overrated?
- What did I expect it to do? Did it perform?
- Do I waste it? Is it half-used?
- Is it past its expiration date?

Pay special attention to the emotions the beauty products and the questions arise within you. They may be positive or negative. Don't be surprised if they provoke feelings and insights you don't expect. Try to be nonjudgemental, just notice the thoughts and feelings as they arise.







Asking these questions will help you clear out the physical clutter and clarify your mental state.

Be honest with yourself.

Throw away the items you don't need or want, especially if they are past their use by date.



Scrub the surfaces and wipe clean all the jars, bottles and containers. Restock your cosmetic cabinet with the items you have retained: The ones you use and like. You don't need more or less than that.

A woman with long dark hair, wearing a pink and white horizontally striped long-sleeved shirt, is sitting in a black office chair. She is holding a smartphone in her right hand, taking a selfie. She is smiling at the camera. In front of her is a wooden desk cluttered with various cosmetic products, including bottles of foundation, concealer, and lipstick, as well as makeup brushes. A silver laptop is open on the desk to her right. A pink bag and a white stuffed animal are also visible on the desk. The background is a plain, light-colored wall.

Continue to clear out your cosmetics on a regular basis and you will begin to buy them more mindfully as well.

Let us know how it goes.