

A FREE GUIDE

SELF INTIMACY



PURPOSE OF BEAUTY SELF CARE, LLC

What is self intimacy?

Self-intimacy is the practice of being fully present with yourself through intentional, loving touch. It's about creating moments where you slow down, tune into your body, and care for yourself with the same tenderness you'd offer someone you love.

It's not about perfection or performance. It's about presence.



important tip

In our skincare practice, self-intimacy transforms your routine from a checklist into a ritual – a daily act of self-love that nourishes both your skin and your spirit.

Why Self-Intimacy Matters

For Your Skin:

- Intentional touch increases circulation, bringing oxygen and nutrients to skin cells
 - Reduces cortisol (stress hormone) which triggers breakouts and inflammation
 - Stimulates lymphatic drainage, reducing puffiness and promoting healing
 - Enhances product absorption when applied with care rather than rushed application
 - Activates the parasympathetic nervous system (rest and repair mode)
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What is self intimacy?

For Your Wellbeing:

- Reduces stress and anxiety
- Improves body awareness and self-acceptance
- Creates sacred time just for you in a busy life
- Strengthens your relationship with yourself
- Releases tension stored in the body
- Promotes better sleep and overall relaxation



The Mind-Skin Connection:

Your skin is your largest organ and is directly connected to your nervous system. When you're stressed, it shows on your face. When you're at peace, you glow. Self-intimacy practices help you regulate your nervous system, which directly impacts your skin's health.

How to Practice Self-Intimacy

Self-intimacy isn't one thing – it's a collection of practices where you touch yourself with intention. Here are the ways to incorporate it into your life:

1. INTENTIONAL SKINCARE APPLICATION

Instead of rushing through your routine, slow down:

- Take 3 deep breaths before you begin
- Warm products between your palms
- Apply with gentle, upward strokes
- Pause and feel the texture of each product
- Notice how your skin feels under your fingertips
- Spend 30-60 seconds massaging each product in



This transforms skincare from a task into a meditation.

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2. GUA SHA FACIAL MASSAGE

Using your gua sha tool 3-4 times per week:

- Create a calming environment (dim lights, soft music, candle)
- Apply your facial oil with intention
- Move the tool slowly and mindfully across your face
- Feel the release of tension with each stroke
- Breathe deeply throughout
- Notice areas that feel tight or tender – give them extra attention

This is your time. No phone. No distractions. Just you and your face.

3. ACUPRESSURE POINTS

Acupressure is the practice of applying gentle pressure to specific points on the body to promote healing and balance. These points are connected to energy pathways (meridians) in traditional Chinese medicine.

Key Facial Acupressure Points:

Third Eye (Yintang) – Between eyebrows

- Use: Stress relief, calming anxiety, better sleep
- How: Gentle circular pressure for 30-60 seconds

Welcome Fragrance (LI20) – Sides of nostrils

- Use: Brightening skin, reducing inflammation, sinus relief
- How: Press and hold for 10 seconds, release, repeat 3 times

Facial Beauty (ST3) – Under eyes, on cheekbone

- Use: Circulation, even skin tone, reducing dark circles
- How: Gentle upward pressure for 10 seconds

Heavenly Pillar (BL10) – Base of skull, 1 inch from spine

- Use: Releases neck tension, headache relief, stress reduction
- How: Press firmly for 10-30 seconds while breathing deeply

Wind Screen (TW17) – Behind earlobe, in the hollow

- Use: Lymphatic drainage, reduces puffiness
- How: Gentle pressure while making small circles

You can incorporate these into your gua sha routine or practice them separately throughout the day when you need a reset.

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4. FULL BODY SELF-MASSAGE

Your whole body deserves this care, not just your face:

With Body Oil or Lotion:

- After shower, while skin is damp, apply oil/lotion
- Use long, sweeping strokes on arms and legs (toward your heart)
- Circular motions on joints (knees, elbows, shoulders)
- Massage your feet, hands, and scalp
- Pay attention to areas that hold tension (neck, shoulders, lower back)
- Spend 5-10 minutes minimum

Dry Brushing (Before Shower):

- Use a natural bristle body brush
- Brush toward your heart in long strokes
- Stimulates lymphatic drainage and circulation
- Exfoliates and brightens skin
- 2-3 times per week

The goal: Touch every part of your body with appreciation, not criticism.

5. INTENTIONAL STRETCHING

Stretching is another form of self-intimacy - moving your body with awareness:

Morning Stretch Ritual (5 minutes):

- Reach arms overhead, feel your spine lengthen
- Gentle neck rolls to release tension
- Hip circles to wake up your lower body
- Cat-cow stretches on the floor
- Child's pose to ground yourself

Evening Wind-Down (5-10 minutes):

- Legs up the wall (drains lymph, calms nervous system)
- Gentle twists lying down
- Butterfly stretch for hips
- Seated forward fold
- End in savasana (lying flat, palms up, breathing deeply)

Move slowly. Notice where you feel tight. Breathe into those areas.

6. SCALP MASSAGE

Your scalp holds a lot of tension:

- Use fingertips to massage in small circles
- Start at hairline, work toward crown, then down to neck
- Apply gentle pressure to the base of skull
- Can be done dry or with oil
- 3-5 minutes, anytime you need stress relief

This can be done in the shower while washing your hair, before bed, or during your skincare routine.



How to create an environment that invites you to slow down:



1. Essential Elements:
 - Clean, uncluttered surface (bathroom counter, vanity, bedside table)
 - Soft lighting (lamps, candles, dim overhead lights)
 - A mirror at eye level
 - Your skincare and tools organized and accessible

2. Elevated Elements:
 - Candle or diffuser with calming scent (lavender, eucalyptus, sandalwood)
 - Soft music or guided meditation playing
 - A Purp Beauty energy clearing bundle
 - A comfortable seat or cushion
 - Fresh flowers or a plant
 - A beautiful tray or dish for your tools
 - Soft towel or robe

The Vibe:

This space should feel sacred, not clinical. It should make you want to spend time there. It should feel like a spa you visit daily, not a chore station.



important tip

Consistency over perfection.
Even 5 minutes of intentional
touch is better than rushing
through your routine on
autopilot.

Here's how to
bring it all
together for a
weekly practice:

The Self-Intimacy Ritual

DAILY (10 minutes):

- Morning or evening skincare applied slowly and intentionally
- 3-5 minutes of acupressure or gentle face massage
- Deep breathing while products absorb

3-4 TIMES PER WEEK (15-20 minutes):

- Full gua sha routine with facial oil
- Body oil massage after shower
- Stretching or yoga before bed

WEEKLY (30-60 minutes):

- Extended self-care ritual: mask, gua sha, full body massage, bath
 - Dry brushing + body scrub + deep moisturizing
 - Journaling about how your body feels
 - Setting intentions for the week ahead
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Touching yourself with your guasha:

The gua sha isn't just a skincare tool - it's a meditation object. Here's how to use it as a self-intimacy practice:

Before you begin:

- Sit comfortably in your designated space
- Light a candle or play soft music
- Take 5 deep breaths, eyes closed
- Set an intention: "I am showing myself love" or "I am releasing tension and inviting healing"

During the practice:

- Move slowly - each stroke should take 3-5 seconds
- Feel the tool against your skin
- Notice where you hold tension
- Breathe deeply and continuously
- If your mind wanders, gently bring it back to the

sensation of touch

- Speak kindly to yourself: "You are beautiful" "You are healing" "You are worthy"

After you finish:

- Sit for a moment and notice how you feel
- Look at yourself in the mirror with soft eyes
- Thank yourself for taking this time

This transforms a 5-minute skincare step into a 10-minute meditation.



What Self-Intimacy Is NOT

✗ It's not selfish – Taking care of yourself allows you to show up better for others
✗ It's not indulgent – It's essential for your mental and physical health
✗ It's not vanity – Caring for your skin is caring for your body, which houses your spirit
✗ It's not always comfortable – You might encounter emotions, tension, or resistance. That's normal.
✗ It's not performative – This isn't for anyone else. No one needs to see it or validate it.

Self-intimacy is a practice of coming home to yourself.

Common Barriers (And How to Overcome Them)

"I don't have time"

Start with 5 minutes. Set a timer. That's all you need to begin. You'll naturally want to extend it once you feel the benefits.

"I feel silly or awkward"

That's normal! We're not taught to touch ourselves with care. It will feel strange at first. Keep going. The awkwardness fades.

"I don't like my body/face"

This practice will help you build a kinder relationship with yourself. Start by just noticing, without judgment. Touch yourself like you'd touch someone you love.

"My mind won't stop racing"

That's okay. The practice isn't about stopping thoughts – it's about coming back to the present moment when you notice you've drifted. Each time you return to the sensation of touch, you're building the skill.

"I fall asleep during the practice"

Perfect! That means your nervous system is relaxing. If you're doing this before bed, sleep is the goal.

This guide is yours to explore at your own pace.
You don't need to do everything at once. Pick one
practice that resonates and start there.
Maybe it's 5 minutes of guasha. Maybe it's
stretching before bed. Maybe it's just applying
your moisturizer slowly while taking deep breaths.
Whatever you choose, do it with intention. Do it
with love. Do it for you.
Your skin will thank you. Your body will thank you.
Your soul will thank you.

Welcome to the practice of self-intimacy.

Welcome home.

Jade Brinae



Thank you!

The Virtual Esthetician

Questions or want to share
your experience? I'm always
here. This is a journey we're
on together.

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