

# RITUALS

ROAD TO REVIVAL

# INTRO

This guide is designed to help you maximize your potential, mentally and physically. It brings together powerful, proven ideas from Equinox's team of experts in the science of sleep, nutrition, and human performance.

There is 1 suggested Ritual for both AM + PM, and a handful of tips to follow to customize your experience. The tips can be selected individually or followed in the suggested order.

For optimal results, integrate these concepts into your AM + PM routines along with the Equinox Hotels Ritual videos, available to stream via your room's Apple TV.

# AM RITUAL

ENERGY. FOCUS. CLARITY.

This sequence is designed to clear your mind and bring ease to your morning. The tips that follow can be chosen at random or completed in their suggested order.

1. DON'T HIT THE SNOOZE BUTTON.
2. UPON WAKING UP, SEEK OUT LIGHT OR SUNLIGHT TO DECREASE MELATONIN LEVELS AND INVIGORATE THE BODY AND MIND.
3. TO RESTORE STRENGTH AND ENERGY, DRINK THE EQX POWER UP TEA BLEND FROM YOUR ROOMBAR.
4. TO BOOST ENERGY AND STIMULATE COGNITION, START AND END YOUR SHOWER WITH 30 SECONDS OF COLD WATER. ENHANCE ALERTNESS BY USING THE AM GROWN ALCHEMIST + EQUINOX BODY CLEANSER, INFUSED WITH ROSE, SANDALWOOD, AND CAVIAR LIME.
5. SAY 3 POSITIVE SELF-AFFIRMATIONS OUT LOUD IN THE MIRROR.
6. CONSCIOUSLY CHOOSE HAPPINESS TODAY.

A black and white photograph of sand dunes. The dunes are covered in fine, rhythmic ripples that catch the light, creating a textured appearance. The lighting is soft, highlighting the curves and ridges of the sand. The overall mood is serene and minimalist.

01.

TO IMPROVE SLEEP QUALITY,  
WAKE UP AT THE SAME TIME  
EVERY MORNING, AND GO  
TO BED AT THE SAME TIME  
EVERY NIGHT.

AM

BEFORE YOU GET OUT OF  
BED, TAKE A MOMENT TO  
ENHANCE YOUR FOCUS. CLOSE  
YOUR EYES, CONCENTRATE ON  
YOUR BREATH, AND SPEND 1  
MINUTE MENTALLY SCANNING  
YOUR BODY, FROM HEAD TO TOE.



02.

AM

03.



WHILE GETTING READY IN THE MORNING, USE ROSEMARY AROMATHERAPY, A POWERFUL MENTAL STIMULANT IDEAL FOR ENHANCED MEMORY, FOCUS AND OVERALL BRAIN PERFORMANCE.

AM

DRINK WATER WITHIN THE FIRST  
FEW MINUTES OF WAKING UP.  
ADD A TABLESPOON OF APPLE  
CIDER VINEGAR OR LEMON  
JUICE TO HELP BOOST YOUR  
METABOLISM AND AID DIGESTION.



04.

AM



05.

PROMOTE CELL RENEWAL  
WITH QUINTON HYPERTONIC  
FROM THE ROOMBAR. RICH  
IN ELECTROLYTES AND TRACE  
ELEMENTS, THIS REVITALIZING  
DOSE OF PURE SEAWATER IS  
BEST CONSUMED 10 MINUTES  
BEFORE EATING.

AM



WARD OFF AGING EFFECTS BY  
PUFFING OUT BOTH CHEEKS  
OUT, HOLD FOR 3 SECONDS  
AND RELEASE. REPEAT 5 TIMES.

06.



AM



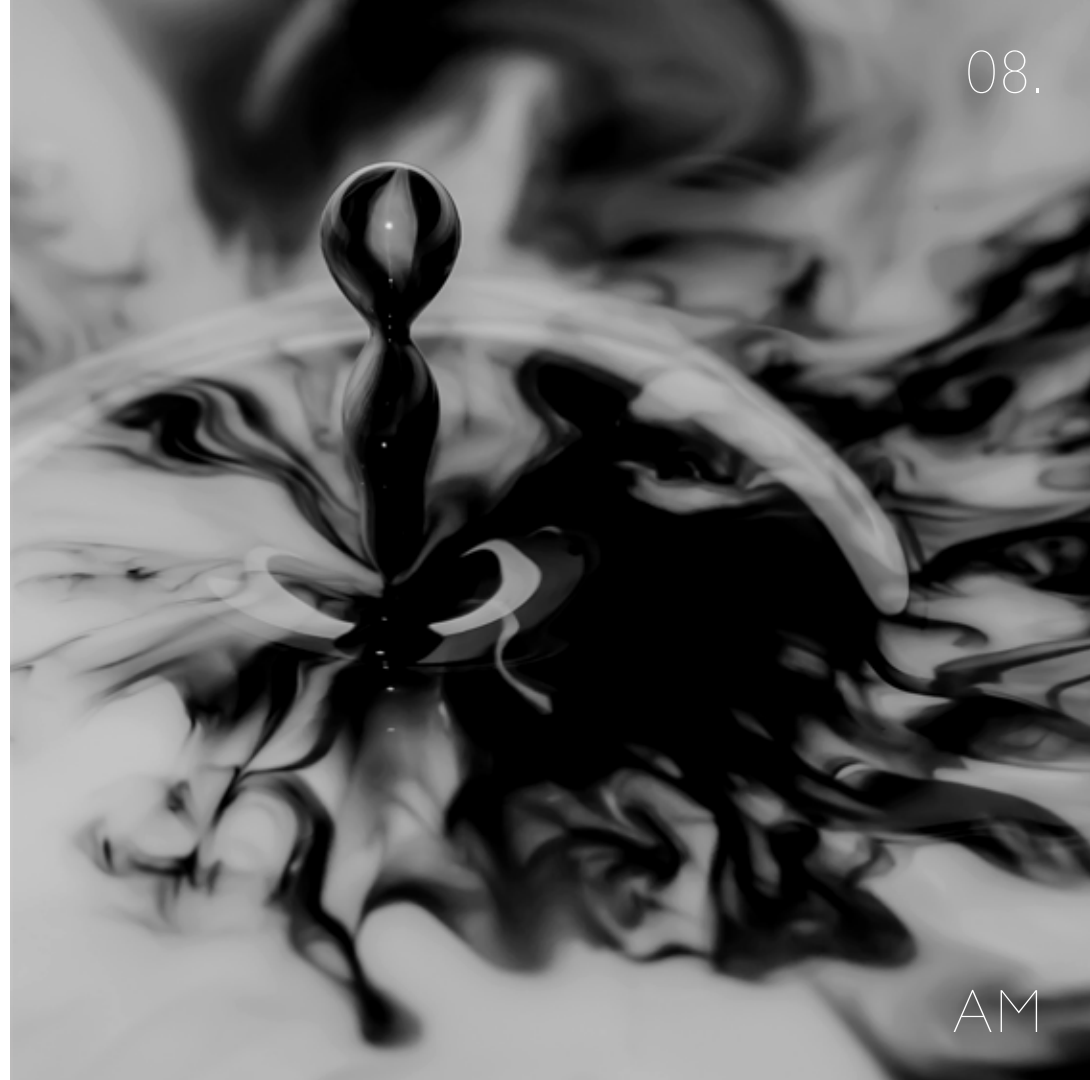
07.

UPON LANDING IN A NEW TIME  
ZONE, TAKE A NAP FOR 26 TO 29  
MINUTES OR FIT IN A FULL SLEEP  
CYCLE OF 90 TO 110 MINUTES,  
THEN GET OUT INTO SUNLIGHT.

AM

TO ENHANCE STAMINA AND  
CONCENTRATION, TRY A  
NUTRIENT-DENSE SHOT OF TORII  
AWAKE FROM THE ROOMBAR.  
PACKED WITH ADAPTOGENIC  
HERBS, IT SUPPORTS PEAK MIND  
AND BODY PERFORMANCE.

08.



AM

# PM RITUAL

DARK. QUIET. COOL.

This restorative sequence helps relieve stress and unwind for a more relaxed evening. The tips that follow can be chosen at random or completed in their suggestive order.

1. AT THE END OF YOUR DAY SPEND A FEW MINUTES ON THE COUCH. LET GO OF THE TENSION BY INHALING FOR A COUNT OF THREE AND THEN EXHALING FOR A COUNT OF SIX. REPEAT FOUR TIMES TO RELIEVE STRESS AND CALM THE MIND.
2. MENTALLY NOTE 1 MOMENT OF GRATITUDE TODAY.
3. LIE FLAT ON YOUR BACK, TAKE 6 DEEP INHALES AND EXHALES.
4. AID SLEEP AND FIGHT OFF INSOMNIA WITH THE EQX SLEEP TEA FROM YOUR ROOMBAR.
5. BEFORE GETTING INTO BED, ENSURE YOUR SLEEP ENVIRONMENT IS COOL, IDEALLY 66 DEGREES FAHRENHEIT OR 19 DEGREES CELSIUS.
6. SET AN INTENTION FOR TOMORROW.

An abstract, high-contrast black and white image featuring swirling, ethereal shapes that resemble smoke or thick liquid. These forms are composed of many overlapping, translucent layers, creating a sense of depth and movement. The shapes are more concentrated on the left side of the frame, with some wispy trails extending towards the right. The background is a solid, deep black, which makes the white and grey tones of the swirling forms stand out prominently.

09.

LOWER STRESS INDUCING  
CORTISOL LEVELS BY CLOSING  
YOUR EYES AND VISUALIZING A  
COOL THICK LIQUID FILLING  
YOUR HEAD WITH PEACE AND  
QUIET. WATCH IT SLOWLY  
POUR DOWN, FILLING UP  
YOUR ENTIRE BODY, INHALE  
DEEPLY, EXHALE FULLY.

PM

TAKE A HOT SHOWER WITH  
GROWN ALCHEMIST +  
EQUINOX PM BODY CLEANSER.  
INFUSED WITH CHAMOMILE,  
TASMANIAN PEPPER, AND  
TANGERINE, IT WARMS THE  
BODY, FOR A RESTORATIVE  
AND RELAXING EFFECT.



10.

PM

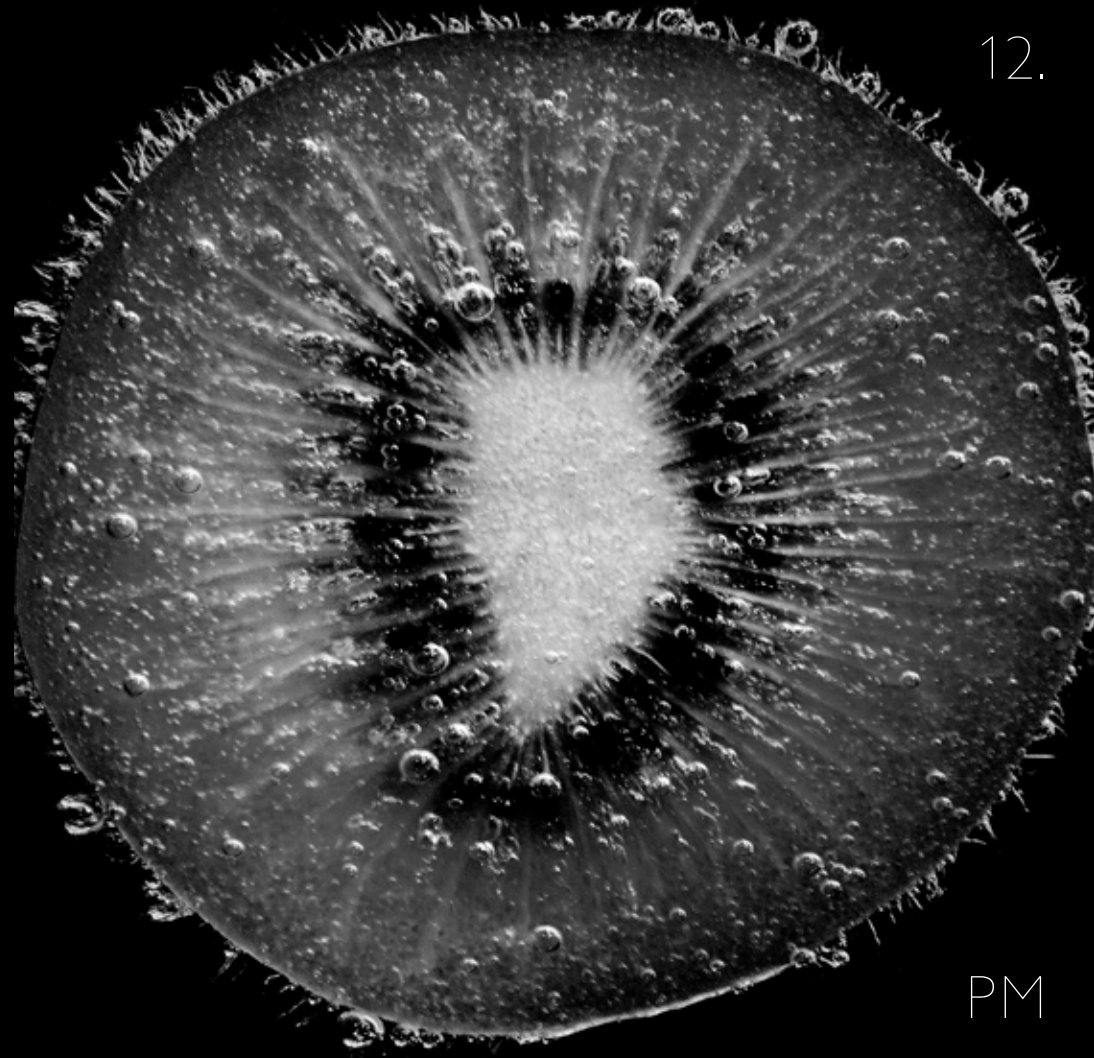
11.



FOR AN ADDED LIBIDO BOOST,  
EAT A TEASPOON OF HONEY,  
STRAWBERRIES, RASPBERRIES  
OR ADD A DROP OF  
ASHWAGANDA TO YOUR  
WATER OR TEA.

PM

TWO TO THREE HOURS BEFORE  
GOING TO BED, IMPROVE SLEEP  
QUALITY BY CONSUMING  
NATURAL SOURCES OF  
MELATONIN. TRY WHOLE TART  
CHERRIES, CHERRY JUICE, KIWIS,  
WALNUTS, OR ALMONDS.



12.

PM



13.

AVOID FOOD AND ALCOHOLIC  
BEVERAGES TWO HOURS BEFORE  
GOING TO SLEEP.

PM



DIM THE LIGHTS ABOUT AN  
HOUR BEFORE GOING TO SLEEP.

14.



PM



15.

30 MINUTES BEFORE BED, CALM YOUR BODY AND MIND WITH THE NUE CO. SLEEP KIT FROM THE ROOMBAR. PLACE 6 ALL-NATURAL SLEEP DROPS UNDER YOUR TONGUE FOR 1 MINUTE AND SPRAY MAGNESIUM EASE ON TENSE OR ACHING MUSCLES.

PM

SLEEP IN COMPLETE DARKNESS.

16.

PM

# EQUINOX HOTELS

FOR THOSE WHO WANT IT ALL