

A GUIDE FROM LOVELOCK HEALING ARTS

The Lovelock *Lifestyle*

A simple rhythm for feeling better,
moving with strength, and creating
care you can actually return to.

Care you can return to.

DAN + CRYSTAL LOVELOCK / PENSACOLA, FLORIDA

LOVELOCKHEALINGARTS.COM

Wellness should fit your life, not swallow it.

The Lovelock Lifestyle isn't a perfect routine. It's a relationship with your body built through small, repeatable acts of attention.

01 Release

Make room through skilled touch, breath, and recovery.

02 Move

Build strength, mobility, and trust through purposeful movement.

03 Restore

Give your nervous system regular permission to downshift.

04 Nourish

Choose food, water, sleep, and sunlight that support your life.

05 Belong

Let community make consistency warmer and more human.

You don't need to do everything. You need a rhythm gentle enough to repeat.

Ten minutes to come back to yourself.

Use this when your day starts running you instead of the other way around.

1 MIN

Arrive

Feet on the floor. Unclench your jaw. Notice what is true.

2 MIN

Hydrate

Drink a full glass of water slowly. Let this be care.

3 MIN

Mobilize

Circle shoulders, move the spine, and open the hips.

3 MIN

Breathe

Inhale for four and exhale for six, comfortably.

1 MIN

Choose

Name one act of care you can realistically complete today.

TODAY I CHOOSE _____

Build a week your nervous system can trust.

Think in categories, not commandments. A nourishing week has enough movement to feel capable and enough quiet to feel safe.

MOVE

2-3 times

Strength, yoga, Pilates, barre, or mobility - choose what makes your body feel more available.

DOWNSHIFT

1 protected practice

Sound, nidra, breathwork, gentle stretching, or an unhurried hour without a screen.

WALK + LIGHT

Most days

A short outdoor walk supports circulation, mood, sleep, and perspective.

MASSAGE

Every 3-6 weeks

Use skilled care proactively when possible - not only after your body is already shouting.

A useful rule: if your plan only works during a perfect week, it isn't your plan yet.

Your body doesn't need the same thing every day.

Use these cues as a starting point. If you're still unsure, we'll help you choose the right service, class, or rhythm.

Choose massage when...

Pain, tension, recovery, swelling, pregnancy, stress, or the need for individualized care is leading the conversation.

Choose movement when...

You want strength, mobility, confidence, energy, or a consistent practice that helps your body meet daily life.

Choose sound + rest when...

You feel overstimulated, depleted, restless, emotionally full, or disconnected from your internal pace.

You can combine them. Deep change often begins when hands-on care, purposeful movement, and genuine rest start working together.

Eat in a way that leaves you more available.

No moral scorecard. No all-or-nothing reset. Most meals can be built from four steady pieces that support energy, recovery, and satisfaction.

PROTEIN

Eggs, fish, poultry, beans, lentils, yogurt, tofu, or another steady anchor.

FIBER

Vegetables, fruit, beans, or whole grains that help the meal stay with you.

COLOR

One or two plants in colors that change across the week.

SUPPORTIVE FAT

Olive oil, avocado, nuts, seeds, or another source that adds satisfaction.

Keep the basics visible: water nearby, protein available, produce washed, and one meal you can make when nobody has the energy to be impressive.

Choose a rhythm you can return to.

Write lightly. This is a living plan - not a contract with a version of you who never gets tired, busy, sick, or surprised.

I want to feel more...

My body is asking for...

The movement I can realistically repeat is...

My protected downshift will be...

The person or community that helps me stay connected is...

ONE NEXT STEP

What can you lovingly complete in the next 24 hours?

YOUR NEXT STEP

\$30 off your first 90-minute session.

A full ninety minutes gives your therapist time to listen, assess, work with intention, and help your body settle - without rushing the edges.

- 01 Purchase your first-visit credit.
- 02 Choose your appointment in Momence.
- 03 Arrive exactly as you are.

PURCHASE THE FIRST-VISIT CREDIT

GET THE MOMENCE APP

First-time Lovelock Massage guests only. Current eligibility, pricing, and terms appear at checkout.

213 SOUTH BAYLEN STREET / DOWNTOWN PENSACOLA / MM42531