

# 5 Reasons Why You Need A Day At The Beach Day!



## *The Aqua Cottage*

Life at times can be hectic. It's easy to fall into the habit of self neglect. I don't mean self care, but neglecting your mental well being. Spending just one day at the beach for some not only just put's things into perspective, but it rejuvenates the spirit! If you are anything like me, you are probably always looking for an escape from reality.

I am a natural dreamer, and I could spend hours staring at the healing water. Nothing inspires my creativity more then spending time at the beach watching the sailboats drift upon the ocean waves! The sound alone makes me very happy! So back to the 5 Reasons why YOU also need a beach day!



# 5 Reasons Why You Need A Day At The Beach

1. The sun, sand and  surf equal instant happiness.

2. There is nothing like the sound of the ocean waves melting stress away.

3. It's good to reconnect with nature because it balances the soul.

4. The sand and salt water are a natural pedicure for your feet!

5. The ocean breeze soothes the spirit, especially on a really hot day!

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It's been scientifically proven that a day at the beach offers some great health benefits such as lowering blood pressure and boosting the immune system. Breathing in the salty ocean air also helps calm the brain. So there you have it, start making your plans for an escape today! I promise you won't regret it.



I recently spent this past weekend at the beach, and it's what inspired me to write this article. It had been a while since I had taken a couple of days off to just enjoy life and do absolutely nothing but gaze into the blue ocean, and just listen to the sound of the waves. I hope I have inspired you to do the same!