

A close-up photograph of a person's back and legs being massaged by two hands. The person is lying on a massage table covered with a light-colored, textured towel. The background is dark and out of focus. The overall mood is relaxing and therapeutic.

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# EVENING BOOKENDS WORKBOOK

EPISODE #7

WELCOME TO YOUR BEYOND THE  
BATHHOUSE COMPANION WORKBOOK FOR  
EPISODE 7: EVENING BOOKENDS

This session explores how to create an intentional evening practice that prepares both body and mind for restorative rest. Through thoughtful rituals and gentle boundaries, you'll discover how to transition from day to night with greater ease.

# EVENING RITUAL

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## 01 Create Your Sleep Environment

- Room temperature: What temperature do you find most comfortable for sleep?  
(Recommended: between 60–67°F or 15–20°C)
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- Lighting: What kind of lighting helps you wind down?  
(Soft, warm lighting is ideal for preparing your brain for rest — consider using dim lamps or candles, and avoid bright, blue-toned lights)
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- Noise: Do you need complete silence or soft background sounds?  
(Consider using a white noise machine, calming music, or a sleep app if helpful)
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## 02 Unwind Your Body

- Breathing ritual:
    - Reflect on the breathing techniques you use before bed
    - How does diaphragmatic breathing affect your relaxation?
    - How many breaths do you need before you feel relaxed enough to sleep?
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- Movement:
    - Do you include any light stretching or body movements to release tension before bed? (e.g. gentle yoga or stretches for your neck, shoulders, and back)
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# EVENING RITUAL

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## 03 Mindful Relaxation Practices

- Essential oils:

- Which essential oils help you wind down? (e.g. lavender, chamomile, frankincense)
  - How do you use them? (Roll-on, diffuser, or balm)
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- Magnesium/Epsom Salt Bath:

- Do you add magnesium or Epsom salts to your evening bath to help relax?
  - How does it affect your sleep quality?
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- Journaling:

- Do you journal before bed?
  - What do you focus on in your journaling practice? (Reflecting on the day, expressing gratitude, exploring your values, or letting go of thoughts that may disturb your sleep)
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## 04 Boundaries for Technology

- Screen time cutoff:

- What is your set screen cutoff time for the evening?  
(At least 1 hour before sleep to allow your brain to unwind)
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- Mindful disconnect:

- How do you transition away from screens and technology?  
(Consider reading a book, doing some light stretching, or engaging in a relaxing activity that doesn't involve digital devices)
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# EVENING RITUAL

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05

## Reflection on the Day

- What went well today?

(Take a moment to reflect on what went well or moments you felt at peace)

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- What did you learn today?

(Did you move closer to your values? Any areas where you can grow?)

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- How did you feel?

(Physically, mentally, and emotionally. Did you feel grounded and centred?)

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## Tomorrow Starts Today

What you can do today to set yourself up for tomorrow.

- What's one thing you want to focus on tomorrow?

(Setting an intention for the next day helps your brain stay focused and gives you something to look forward to.)

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- How can you make tomorrow even better?

(Is there a habit, ritual, or action you can implement to set yourself up for success tomorrow?)

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# EVENING RITUAL

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## Evening Bookend Checklist

- ☐ Set room temperature
- ☐ Adjust lighting
- ☐ Practice breathing exercises
- ☐ Apply essential oils or take a bath with magnesium/Epsom salts
- ☐ Journal for a few minutes
- ☐ Disconnect from screens at least 1 hour before bed
- ☐ Reflect on the day and prepare for tomorrow

## Additional Notes:

- What is one ritual you'd like to try tonight to improve your evening routine?
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- Any other thoughts or reflections on your current evening routine?
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## CONTINUE YOUR JOURNEY

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This workbook is part of Beyond the Bathhouse, a wellness series brought to you by Aurora Spa & Bathhouse. Each session builds upon the last, offering practical ways to enhance your daily wellbeing practices.

Watch all episodes on our YouTube channel or listen via Apple Podcasts — search 'Beyond the Bathhouse' on Apple Podcasts and @AuroraSpaBathhouse on YouTube

## YOUR COASTAL SANCTUARY

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At Aurora Spa & Bathhouse Sorrento, we've pioneered urban wellness for over two decades, weaving time-tested practices with the restorative power of our coastal setting. In our subterranean bathhouse and treatment spaces, expert guidance meets tranquil sophistication, creating moments where time slows and restoration flows.

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