

NOENOE NIGHTS 2020

WELLNESS || SELF-CARE || BEAUTY

-The quality of being healthy in body and mind through *deliberate* effort

-Any activity we do *deliberately* in order to take care of our mental, emotional and physical health. Although it's easy to confuse self-care with selfishness, regular self-care ultimately empowers you to take better care of those around you.

-A combination of qualities (shape, color, form) that pleases the aesthetic senses. The essence of beauty is an outward core of attractiveness and an inward frame of kindness residing in a pleasant character whose goodness is plain. It can be *deliberate* or innate.

Our focus for Noenoe Nights 2020 is to be more deliberate with our personal wellness. As wāhine, we are innately giving with our time, talents, love, care, emotions and intelligence. We create, we heal and we nurture. Because of this natural outward flow of energy, we must be *deliberate* in seeing that there is an equal flow of energy inward.

Noenoe Nights 2020 is a deliberate move towards wāhine wellness, self-care and beauty; an intentional effort to bring health to our own body, mind and spirit with the ultimate goal of taking better care of those around us.

