

Каждое утро —  
это новый шанс  
полюбить себя!

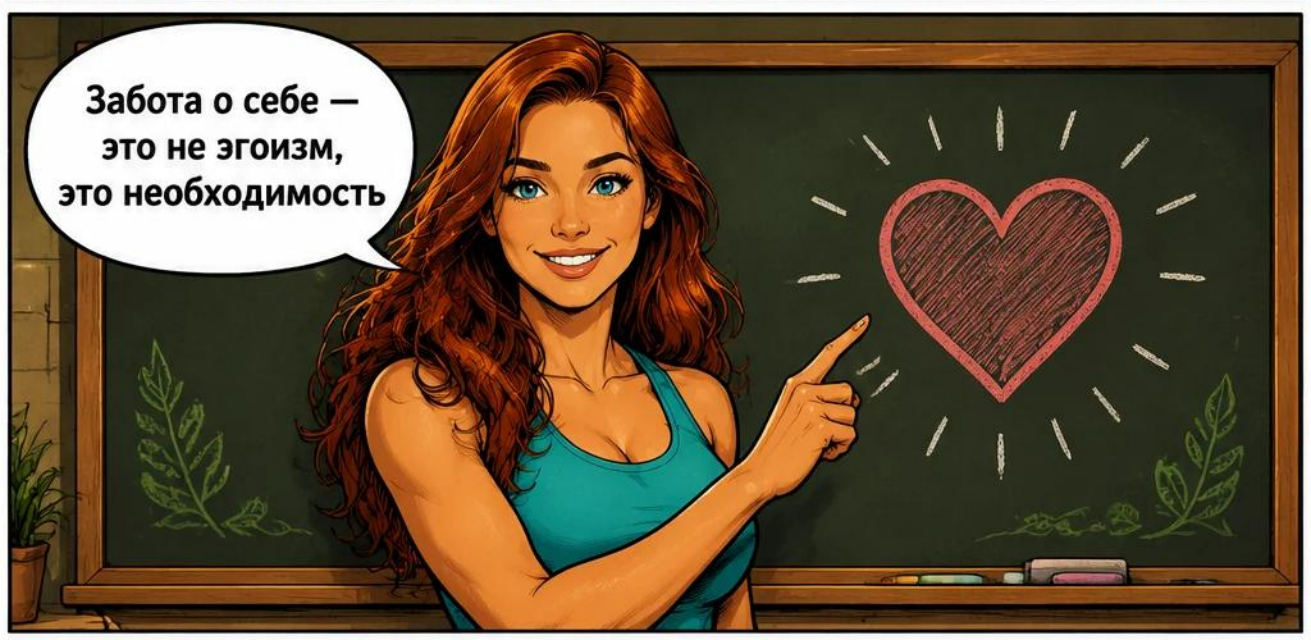


Гармония  
начинается  
изнутри

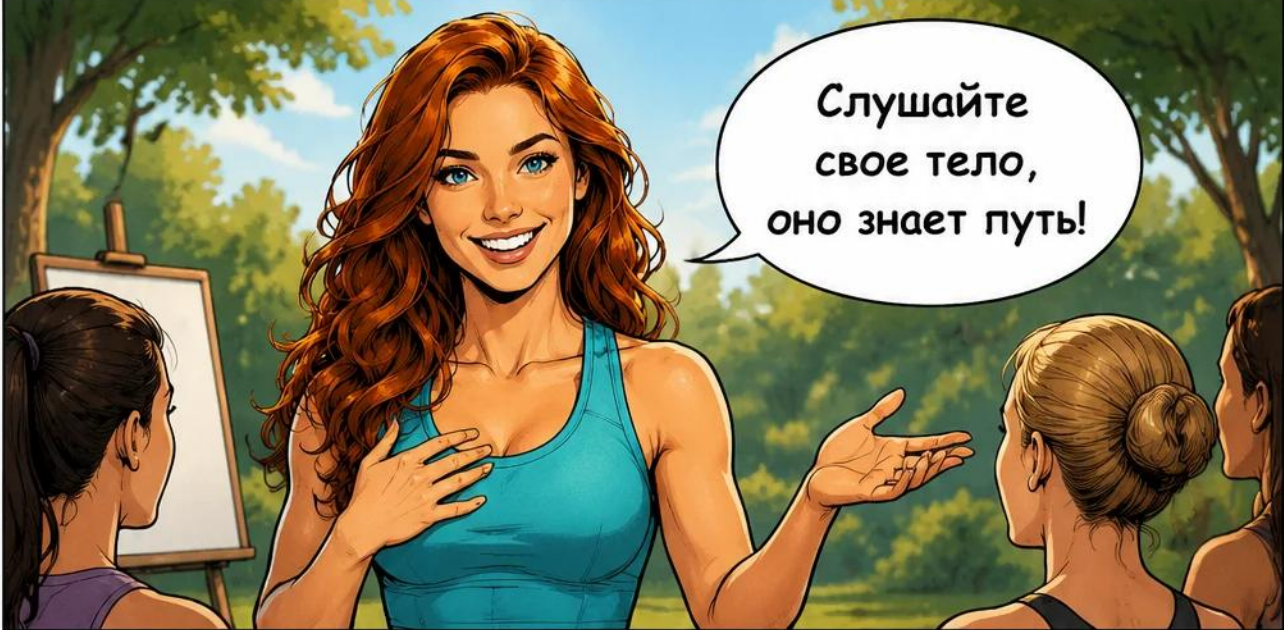


A woman with long, wavy red hair and blue eyes, wearing a teal tank top, is smiling in a grocery store. She is holding a bunch of green leafy vegetables in her left arm and reaching for a yellow bell pepper in a bin with her right hand. The background shows shelves stocked with various produce and bottles.

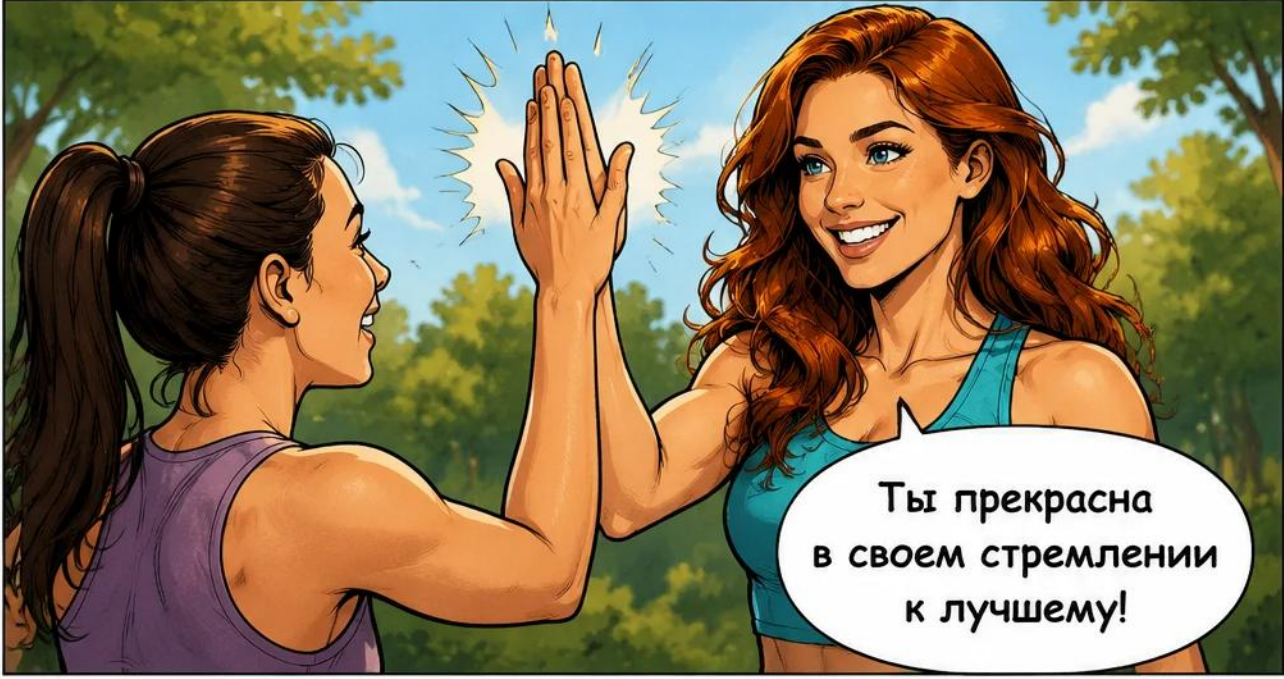
**Выбирай  
то, что дает  
тебе силу!**

The woman is standing in front of a chalkboard. She is pointing her right index finger towards a large heart drawn on the board. The heart is pink with a textured, shaded interior and has several short white lines radiating from it, suggesting it is glowing or important. There are some green leafy drawings on the board, one on the left and one on the right. A chalk tray with various colored pieces of chalk is visible at the bottom of the board.

**Забота о себе —  
это не эгоизм,  
это необходимость**



Слушайте  
свое тело,  
оно знает путь!



Ты прекрасна  
в своем стремлении  
к лучшему!

