

ARLENE

CYCLE SUPPORT



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A woman who is intentional with her monthly cycle,

is a woman who is in her power.

Melissa Jones

CEO & Founder of Arlene



THE INTENTIONAL WOMAN'S GUIDE
TO UNDERSTANDING
your monthly cycle



"ARLENE CYCLE SUPPORT IS MORE THAN JUST A SUPPLEMENT LINE...

it's a way of life

MEET THE FOUNDER

Melissa Jones

After a decade of intentional research and navigating her own health journey, Melissa has created an intentional supplement line of specific minerals that support women at each point in their monthly cycle.

She created this line with the intention to shift the narrative of what it means to be a woman at each stage of life.



Arlene Cycle Support is more than a supplement line, it's a way of life.

This movement was developed to help you bring intentionality to your monthly cycle in a day-to-day routine.

"When we understand our bodies on a hormonal level, we can better learn to love, honor and cherish our bodies for the gifts they are. This becomes the example we set for everyone around us; this is how we become the change we wish to see in the world for women everywhere."

- Melissa Jones



Intentional Cycle

DAYS 1-7 "On Cycle"

This is your "bleed" phase. During this week introspection is high and nurturing your body with rest and restorative routines is suggested.

DAYS 8-21 "Complete" Phase

This is the middle of the month and ovulation falls in this phase around day 14 or 1 week after bleed is complete.

DAYS 22-28 "PMS"

The week leading to your bleed is one where your energy may dip, but there is potential for so much... PMS gets to be your super power!

HOW WE SUPPORT YOU...

Arlene Cycle Support views your monthly cycle in 3 different phases: On Cycle, Complete and PMS.

Each phase supports you in different ways due to hormones - but how are you supporting yourself?

Arlene Cycle Support has been created to support each phase through specific minerals and supplements that elevate your intentional health journey while setting a new standard for being a WOMAN.

PHASE 1 & 2

"ON CYCLE" *phase*

How Arlene Supports You:

Once bleeding begins, this supplement packet adds a dose of copper to help your body be more efficient, lessen symptoms, and provide a sense of physical and emotional ease throughout your cycle.

You'll enjoy less PMS, fatigue, and bloating.

Intentions:

Take this time to reflect on your personal growth, goals and gratitude. Journal, meditate, slow movement and lots of self care.

Rest and relax as much as you can.



Your Bleed Week
DAYS 1-7

"COMPLETE" *phase*

How Arlene Supports You:

This pack is designed to calm your nervous system, renew and restore your body, support cell renewal, and boost your immune system, while loading your body with the probiotics and antioxidants you need for healthy digestion.

Intentions:

Take this to plan and tap into your productivity and creativity.

Cardio or HIIT movement will help move this energy in your body and help provide clarity if you're feeling unclear on where to get started.



Your Energy Weeks
DAYS 8-21

PHASE 3

"PMS" *phase*



Your Sensuality Week
DAYS 22-28

How Arlene Supports You:

This pack offers the same system-calming minerals mentioned above with the addition of Vitamin E to provide soothing relief from PMS symptoms, and a sense of overall system calm and inner strength.

Intentions:

Date night with the girlfriends or your partner would be the best way to honor this energy.

Take advantage of any collaborative or group opportunities - your energy will be magnetic in these spaces

ARLENE IS THE FUTURE OF WOMAN'S HEALTH

Looking to be apart of the
Arlene Sisterhood?

Join the Waitlist @:
www.arlenecyclesupport.com





A WOMAN WHO RECLAIMS HER
HEALTH IS AN UNSTOPPABLE
FORCE OF NATURE.

HER ROUTINES ARE
INTENTIONAL AND
HER RITUALS ARE SACRED.

Melissa Jones

CEO & FOUNDER OF THE ARLENE BRAND

