

Welcome to Your CAREA August Social Media Toolkit

Hydration & Duopody® Awareness

Welcome to your CAREA **August Social Media Toolkit**.

This month's toolkit has been created to help you promote the importance of hydration, raise awareness of Duopody®, and provide your clients with engaging, educational content throughout August.

Good hydration plays an important role in supporting healthy tissues, circulation and overall wellbeing. Combined with clinical reflexology and the Duopody® approach, it's a great opportunity to encourage simple self-care habits while showcasing the value of your practice. Whether you share every post or simply select the content that best suits your audience, this toolkit is designed to save you time while helping you maintain a consistent, professional social media presence.

What's Included

- August Content Planner: a simple overview of what to post and when.
- Ready-to-use Social Media Graphics, supplied as JPEG images in the accompanying ZIP folder.
- 11 Copy-and-Paste Captions, ready to use or personalise for your own audience.
- Suggested Hashtags are included with each post to help improve your visibility.

How to Use This Toolkit

1. Open the August Content Planner to see the recommended posting schedule.
2. Select the matching graphic from the accompanying ZIP folder.
3. Copy and paste the corresponding caption.
4. Personalise it to reflect your own voice and practice if you wish.
5. Publish your post!

We'd Love to See Your Posts!

If you use this toolkit, please tag **@careareflexology** or invite us as a collaborator. We love celebrating our practitioners, sharing your content where appropriate, and helping you reach an even wider audience.

Together, we're raising awareness of clinical reflexology, encouraging positive hydration habits, promoting the benefits of Duopody®, and helping more people discover how reflexology can support their health and wellbeing.

Social media Post Schedule

Post #	When to post	Topic	Description / Key Message
1	1st August	Hello August	Welcome the new month by introducing CAREA's Hydration & Duopody© Awareness Month and previewing tips to support hydration and overall equilibrium.
2	Week 1 (Wednesday, 5th August)	August: Hydration is Self-Care	Highlight Hydration & Duopody© Awareness Month, explaining how hydration and dual-foot clinical reflexology work together to support nervous system regulation, circulation, and balance.
3	Week 1	Healthy Feet Start From Within	Explain how internal fluid intake keeps foot muscles and joints flexible while Duopody© reflexology supports circulation and overall vitality.
4	Week 1 / Early August	Don't Wait Until You're Thirsty	Share a quick tip on proactive hydration for steady energy and focus, pairing it with proactive clinical reflexology care to relieve stress.
5	Week 2	Hydration Fuels Your Wellbeing	Focus on how water powers digestion and vitality, and how pairing daily hydration with Duopody© clinical reflexology offers a complete body tune-up.
6	Week 2 / Mid August	Small Sips, Big Benefits	Encourage taking small, frequent sips for better fluid absorption, comparing small habits to how regular Duopody© sessions foster long-term body harmony.
7	Week 2 / Mid August	National Wellness Month	Celebrate National Wellness Month by emphasizing quiet daily consistency and how Duopody© reflexology helps support proactive whole-body alignment.
8	1-7 August	World Breastfeeding Week	Support families on their feeding journeys, highlight the importance of extra fluid intake during breastfeeding, and offer reflexology as dedicated self-care time.
9	15th August	National Relaxation Day	Remind followers to switch off "fight-or-flight" mode, promoting Duopody© reflexology to calm the nervous system and restore internal harmony.
10	19th August	World Humanitarian Day	Honour caregivers and support workers with a reminder that caring for others starts with self-care, signposting reflexology as a way to restore energy reserves.
11	24-31 August	Health & Lymphatic Clearance Week	Highlight ways to support the lymphatic system through movement, hydration, and dual-foot reflexology to promote natural drainage pathways.
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2	Week 1	Healthy Feet Start From Within	Explain how internal fluid intake keeps foot muscles and joints flexible while Duopody© reflexology supports circulation and overall vitality.
3	Week 1 / Early August	Don't Wait Until You're Thirsty	Share a quick tip on proactive hydration for steady energy and focus, pairing it with proactive clinical reflexology care to relieve stress.

Post#1: Hello August

Timing: 1st August / Start of Month 15th August

Caption:

☀️ Hello August!

💧 A fresh month offers a fresh slate to focus on your personal wellbeing. Throughout August, I'm celebrating CAREA's Hydration & Duopody© Awareness Month by sharing practical tips to help you feel refreshed and balanced.

👣 As a Level 5 Clinical Reflexologist, I'll be highlighting how simple daily habits, like drinking enough water and resting, pair with Duopody© reflexology to support circulation, nervous system health, and overall equilibrium.

✨ Sometimes the most impactful health upgrades start with the smallest steps.

💙 Thinking about giving clinical reflexology a try this month? Let's get you scheduled! Tap the link in my bio to explore appointments.

#HelloAugust #HydrationMonth #Duopody #ClinicalReflexology #CAREA #Wellbeing
#HealthyHabits #Reflexology

Post #2: August: Hydration is Self-Care

Timing: Week 1 (Wednesday, 5th August)

Caption:

💧 August is Hydration & Duopody© Awareness Month, the perfect reminder that looking after your health begins with one of the simplest habits: staying well-hydrated .

👣 As a Level 5 Clinical Reflexologist, I specialise in Duopody© . This advanced technique involves working on both feet at the same time using precise anatomical mapping . By stimulating corresponding body systems simultaneously, Duopody© helps regulate the nervous system, encourage healthy circulation, and guide the body back into a natural state of balance .

💙 Water and reflexology make a wonderful team: proper hydration nourishes tissues and supports daily organ function, while clinical reflexology deepens relaxation and overall harmony .

🏥 Please note: Duopody© is designed to complement existing medical care and a healthy lifestyle, not replace medical advice .

✨ Make hydration a key part of your daily self-care this August ! Ready to invest in your wellbeing? Tap the link in my bio to book your next appointment .

#HydrationMonth #HydrationAwareness #Duopody #ClinicalReflexology #CAREA
#Reflexology #SelfCare #HealthyHabits #Wellbeing #DrinkMoreWater

Post #3: Healthy Feet Start From Within

Timing: Week 1

Caption:

👉 Welcome to Hydration & Duopody© Awareness Month! Did you know that healthy feet rely on more than topical care? They start with internal hydration.

💧 Every tissue, muscle, and joint in your feet needs adequate fluid levels to stay flexible and function effectively. Good fluid intake boosts circulation, feeds soft tissues, and keeps your entire physical foundation feeling its best.

👣 Through Duopody©, the dual-foot clinical reflexology approach I practice, we mirror your body's vital systems simultaneously. This synchronised stimulation aids in easing nervous tension, encouraging smooth circulation, and supporting optimal vitality.

🌿 Taking care of your feet means taking care of your whole self. Curious about how clinical reflexology can enhance your health journey? Tap the link in my bio to arrange a session!

#HydrationMonth #HydrationAwareness #HealthyFeet #Duopody #ClinicalReflexology
#CAREA #Reflexology #HealthyLiving #Wellbeing #DrinkMoreWater

Post #4: Don't Wait Until You're Thirsty

Timing: Week 1 / Early August

Caption:

🥤 A quick health tip for Hydration & Duopody© Awareness Month: don't wait until thirst strikes to reach for a glass of water!

💧 By the time you feel thirsty, your body is already dropping below its optimal fluid levels. Sipping water regularly throughout the day keeps your energy steady, aids mental focus, regulates temperature, and keeps your body running smoothly.

👣 Clinical reflexology works on a similar principle of proactive care. Using Duopody©, both feet are worked in tandem to reflect the body's anatomical pathways. This dual-reflex stimulus encourages natural self-regulation, relieves stress, and aids circulation.

✨ Pairing consistent hydration with targeted reflexology gives your body the best tools to maintain day-to-day balance.

💙 A simple glass of water is a great start, and a relaxing Duopody© session is the perfect next step! Click the link in my bio to book today.

#HydrationMonth #HydrationAwareness #DrinkWater #StayHydrated #Duopody
#ClinicalReflexology #CAREA #Reflexology #HealthyHabits #Wellbeing

Post #5: Hydration Fuels Your Wellbeing

Timing: Week 2

Caption:

💧 As we continue through **Hydration & Duopody© Awareness Month**, let's reflect on how water powers almost every function in your body.

🌱 From powering healthy digestion and natural cleansing pathways to maintaining focus and vitality, water is your body's primary fuel source.

👣 When combined with **Duopody© clinical reflexology**, you give your body a complete tune-up. By working synchronously on both feet using precise reflex maps, Duopody© helps calm an overactive nervous system and promote systemic balance.

✨ Small daily actions add up fast. Keep a water bottle within reach today, and remember to schedule time for rest.

💙 Want to learn more about how clinical reflexology can support your wellbeing? Head to the link in my bio to book your appointment.

#HydrationMonth #HydrationAwareness #DrinkMoreWater #HealthyHabits #Duopody
#ClinicalReflexology #CAREA #Reflexology #Wellbeing #HealthyLiving

Post #6: Small Sips, Big Benefits

Timing: Week 2 / Mid August

Caption:

🥤 Feeling overwhelmed by hydration goals? You don't need to chug litres at once! Taking small, frequent sips throughout the day is actually much easier for your body to absorb.

💧 Keeping a reusable bottle nearby ensures a steady stream of moisture for your muscles, digestive system, and mind.

👣 Just as small sips create lasting balance, regular Duopody© reflexology sessions nurture long-term harmony. By stimulating matching reflex points on both feet simultaneously, this clinical approach aids relaxation and fosters optimal physiological function.

🕒 Pro Tip: Set a gentle reminder to take a sip every 20–30 minutes. Your body will thank you!

✨ Ready to experience the grounding benefits of Duopody©? Tap the bio link to secure your session.

#HydrationMonth #HydrationAwareness #SmallSipsBigBenefits #DrinkMoreWater
#Duopody #ClinicalReflexology #CAREA #Reflexology #HealthyHabits #Wellbeing

Post#7: National Wellness Month

Timing: Mid August Week 2 / Mid August

Caption:

🌿 August is National Wellness Month! It's a great occasion to remember that true health isn't about grand overhauls, it's built on quiet, daily consistency.

💧 Hydrating well, moving gently, resting deeply, and managing daily stress form the bedrock of vitality. Taking a proactive approach to your health helps you stay resilient through life's demands.

👣 Clinical reflexology using the Duopody© framework supports this proactive journey. By treating both feet simultaneously according to precise anatomical systems, Duopody© offers deep nervous system relaxation and encourages whole-body alignment.

✨ What is one small self-care choice you can make today that your future self will celebrate?

💙 If you're ready to make reflexology part of your wellness routine, visit the link in my bio to book!

#NationalWellnessMonth #WellnessMonth #HydrationMonth #Duopody
#ClinicalReflexology #CAREA #Reflexology #Wellbeing #SelfCare #HealthyHabits

Post#8: World Breastfeeding Week

Timing: 1–7 August (World Breastfeeding Week)

Caption:

👩 It's World Breastfeeding Week! ❤️

This week celebrates and supports families on their unique feeding journeys. Whether you're breastfeeding, combination feeding, expressing, or simply finding what works best for you and your baby, every journey is personal and deserves compassion and support.

💧 Staying well hydrated is especially important during breastfeeding, as your body requires extra fluids to help replace those used in producing breast milk. Keeping a water bottle close by is a simple act of self-care that supports both you and your wellbeing.

👣 As a Level 5 Clinical Reflexologist, I offer Duopody© Clinical Reflexology, a gentle, deeply relaxing treatment that works on both feet simultaneously using precise anatomical mapping. Many parents choose reflexology as an opportunity to pause, unwind, and take time to care for themselves during the demands of early parenthood.

⚕️ Please note: Duopody© is designed to complement appropriate medical care and a healthy lifestyle. It is not a replacement for advice from your midwife, health visitor, GP, or other healthcare professional.

✨ Looking after yourself is one of the greatest gifts you can give your family. If you'd like to enjoy some well-deserved relaxation, tap the link in my bio to book your appointment.

#WorldBreastfeedingWeek #BreastfeedingWeek #HydrationMonth
#HydrationAwareness #Duopody #ClinicalReflexology #CAREA #Reflexology
#ParentWellbeing #SelfCare #Wellbeing #DrinkMoreWater

Post#9: National Relaxation Day

Timing: 15th August

Caption:

🌸 Happy National Relaxation Day! Here's your gentle reminder that taking time to pause isn't lazy, it's an essential requirement for your physical and mental health.

🧠 When we allow ourselves to slow down, our nervous system switches out of fight-or-flight mode and into rest-and-restore mode.

👣 Duopody© clinical reflexology is specifically designed to facilitate this deep state of calm. By applying simultaneous reflex techniques across both feet, Duopody© helps soothe stress, improve circulation, and restore internal harmony.

💧 Combine a peaceful treatment with plenty of water for the ultimate summer reset.

✨ When did you last give yourself permission to truly unwind? Book your dedicated relaxation session via the link in my bio.

#NationalRelaxationDay #Relaxation #Duopody #ClinicalReflexology #CAREA
#SelfCare #Wellbeing #HydrationMonth

Post#10: World Humanitarian Day

Timing: 19th August

Caption:

🤝 Today is **World Humanitarian Day**, a time to honour everyone dedicated to helping and supporting others. Whether you work in care, emergency services, education, or care for loved ones at home, remember this: caring for others starts with caring for yourself.

💙 You cannot pour from an empty cup. Prioritising your own wellbeing ensures you have the energy and health to keep supporting those who depend on you.

👣 **Duopody© clinical reflexology** offers a restful space to restore your reserves. By working both feet simultaneously to align with body systems, it helps ease stress and restore vitality.

✨ To everyone working tirelessly to help others: thank you for all that you do!

💧 Ready to refill your cup? Tap the link in my bio to book your self-care session.

#WorldHumanitarianDay #Duopody #ClinicalReflexology #CAREA #Wellbeing
#SelfCare #HydrationMonth #Reflexology

Post#11: Health & Lymphatic Clearance Week

Timing: 24–31 August

Caption:

🌿 **24–31 August marks Health & Lymphatic Clearance Week!** It's an ideal time to focus on supporting your body's natural drainage and immune pathways.

💧 Unlike the circulatory system, your lymphatic system doesn't have a central pump like the heart. It relies on movement, deep breathing, and hydration to stay fluid and clear.

👣 Clinical reflexology using **Duopody©** complements these daily habits. By working systematically across both feet, Duopody© stimulates corresponding anatomical pathways, helping promote relaxation and supporting natural body balance.

🚶 Stay active, sip plenty of water, and give your body the gentle care it needs this week!

💙 Interested in experiencing Duopody© firsthand? I'd love to welcome you to the clinic, tap the link in my bio to book.

#LymphaticClearanceWeek #HydrationMonth #Duopody #ClinicalReflexology #CAREA
#Wellbeing #HealthyHabits #Reflexology