

The background of the entire page is a close-up photograph of water ripples on a wooden surface. On the left side, there is a vertical strip showing two glass cups filled with a bright orange liquid, likely ginger shots, and a small bowl of ginger root pieces.

# *the* GINGER-HONEY GLOW SHOT RITUAL

*a Grounded Glow Guide Series*

NOT A DIET. NOT A DETOX. A  
DEVOTION

“A gentle ritual to nourish your body,  
clarify your mind, and come home to yourself.”

—

WITH LOVE - ALIYA THOBANI

[WWW.ALIYATHOBANI.COM](http://WWW.ALIYATHOBANI.COM)

# GINGER-HONEY GLOW SHOT RECIPE

A morning ritual to awaken your gut, skin, and spirit.

## Ingredients:

- 1 thumb-sized piece fresh ginger, peeled & chopped
- Juice of ½ lemon
- 1 tbsp raw honey
- 2–3 tbsp water
- (Optional) Pinch of ground turmeric or cayenne

## Instructions:

- Blend ginger, lemon juice & water until smooth.
- Strain into a small jar or shot glass.
- Stir in honey.
- Add turmeric or cayenne if desired.
- Shoot it back with intention – or sip slowly, and notice the warmth.



## YOUR DEVOTION RITUAL & JOURNAL PROMPT

*"My rituals are rooted in devotion and carried by discipline."*

Let the quiet remind you that you are already enough.

(Where does it already exist – and where am I being invited to deepen it?)



ALIYA

Thobani

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