

New Moon Rituals
for Self-Care,
Renewal & New Beginnings



~ by Joan Morais ~

New Moon Rituals Benefits for Self-Care, Renewal & New Beginnings by Joan Morais

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THE MOON

The moon has inspired people for thousands of years. We see its powerful relationship with the oceans through the rising and falling of the tides, and many ancient cultures looked to the moon as a guide for planting, harvesting, gathering, celebrating, resting, and beginning again.

For many years, I have enjoyed following the phases of the moon and allowing its natural rhythm to bring more intention into my life. I have used different phases as gentle reminders to dream up new projects, nurture ideas, release projects into the world, garden, harvest herbs, take sea salt baths, enjoy body scrubs, apply a nourishing face or hair mask, clear my space, and let go of habits or thoughts I no longer want to carry. The moon offers us a beautiful reminder:

There is a time to begin.

A time to grow.

A time to bloom.

And a time to release.

RETURN TO NATURE

There is something deeply calming about returning to the rhythms of nature.

Plants do not rush their seasons. The ocean does not resist the tide. The moon moves steadily through its cycle without forcing what comes next.

We can learn from this.

When we become more aware of the moon, the seasons, the plants around us, and the natural world, life can begin to feel a little softer.

Instead of always pushing, we can practice listening.

Instead of holding on, we can learn when it may be time to let go.

Instead of believing we must always be doing more, we can remember that rest, renewal, growth, and change are all natural parts of life.

There can be beauty in allowing life to unfold.

Nature reminds us that we are allowed to change, grow, rest, release, and begin again.

THE MOON'S ORBIT AROUND EARTH

The moon completes one orbit around Earth in approximately **29½ days**.

As it travels around Earth, the moon moves through each of the twelve zodiac signs, generally remaining in each sign for about two to three days.

The moon itself does not disappear or change shape. What changes is the amount of its sunlit side that we can see from Earth.

Full Moon

At the full moon, the Earth is approximately between the sun and the moon.

Sunlight illuminates the side of the moon facing us, creating the beautiful round, glowing moon we see in the night sky.

New Moon

At the new moon, the moon is approximately between the Earth and the sun.

The illuminated side is facing away from us, so the moon may appear to have disappeared from the night sky.

It is still there.

Quietly beginning another cycle.

THE LUNAR CALENDAR

One lunar cycle lasts approximately **29½ days**, and there are approximately thirteen lunar cycles within one solar year.

You can find lunar calendars online, in moon journals, gardening calendars, almanacs, or books devoted to the moon.

If you would like to follow the moon more closely, find a calendar that shows:

- The moon phase
- The date and exact time of the new and full moons

- The zodiac sign the moon is traveling through each day

Then simply begin observing.

Notice how you feel.

Notice what is happening in nature.

Notice what you feel drawn to begin, nurture, complete, or release.

There is no need to make it complicated.

PHASES OF THE MOON

The lunar cycle is commonly divided into four primary phases:

New Moon

First Quarter Moon

Full Moon

Last Quarter Moon

Between the new moon and full moon, the visible light of the moon is **waxing**, or increasing.

Between the full moon and new moon, the visible light is **waning** or decreasing.

You can think of the lunar cycle as a gentle rhythm of:

Beginning → Growing → Blossoming → Releasing

NEW MOON

At the new moon, the moon appears dark from Earth.

Traditionally, the new moon is associated with stillness, reflection, renewal, and new beginnings.

It can be a beautiful time to become quiet and ask yourself:

What do I want to leave behind?

What do I want to invite into my life?

What would I love to begin again?

WAXING MOON

Approximately 14 Days from New Moon to Full Moon

During the waxing phase, more and more of the moon becomes illuminated each evening.

In the Northern Hemisphere, the illuminated portion generally grows from the right side toward the left. In the Southern Hemisphere, the appearance is reversed.

The waxing moon can symbolize:

Growth
Building
Nourishing
Strengthening
Learning
Creating
Receiving

This can be a lovely time to nurture the ideas and intentions that began around the new moon.

Feed them.

Work on them.

Give them your attention.

Allow them to grow.

FIRST QUARTER MOON

The first quarter moon marks approximately the halfway point between the new moon and full moon.

It is part of the waxing cycle.

This can be a wonderful time for forward movement.

Take another step.

Make a decision.

Continue building.

Give energy to whatever you would like to see blossom in your life.

FULL MOON

The full moon appears as a bright, illuminated circle.

Traditionally, the full moon represents fullness, illumination, celebration, abundance, and completion.

It can be a beautiful time to appreciate what has grown.

Celebrate your progress.

Spend time outside beneath the moon.

Enjoy a bath.

Care for your body.

Gather with people you love.

Or simply sit quietly and notice the beauty of the night.

Ask yourself:

What is blossoming in my life?

What am I grateful for?

What deserves to be celebrated?

WANING MOON

Approximately 14 Days from Full Moon to New Moon

After the full moon, the illuminated portion gradually becomes smaller.

This is the waning phase.

Traditionally, the waning moon is associated with:

Clearing

Simplifying

Completing

**Resting
Releasing
Letting Go**

This can be a beautiful time to clear your home, finish unfinished tasks, simplify your schedule, reflect, and release whatever feels heavy or no longer belongs in your life.

LAST QUARTER MOON

The last quarter moon marks approximately the halfway point between the full moon and the next new moon.

It is part of the waning cycle.

Think of this as a gentle invitation to simplify.

Finish what needs finishing.

Clear what needs clearing.

Rest where you need rest.

And make space for what comes next.

THE MOON IN THE ZODIAC SIGNS

In traditional lunar astrology, the moon moves through each zodiac sign for approximately two to three days during each lunar cycle.

For those who enjoy working with these traditions, each zodiac sign is associated with different qualities, elements, areas of the body, and ways of nurturing ourselves.

You do not need to follow these ideas perfectly.

Simply use them as inspiration to slow down, care for yourself, spend time in nature, and bring a little more intention into your day.

AIR DAYS

Aquarius • Gemini • Libra

Air is associated with movement, communication, lightness, creativity, connection, and fresh ideas.

Air days can feel lively and social.

They may be lovely days to gather with friends, communicate, brainstorm, create, dance, open the windows, or simply bring more lightness into your life.

Aquarius

Traditionally associated with the lower legs and calves.

Try:

- Massaging your calves with a nourishing body balm or lotion
- Stretching your legs
- Walking outdoors
- Allowing new ideas to come to you

Gemini

Traditionally associated with the hands, arms, and shoulders.

Try:

- Massaging your hands and arms with body oil
- Stretching your shoulders
- Writing
- Creating with your hands
- Connecting with someone you enjoy talking with

Libra

Traditionally associated with balance, the hips, kidneys, and bladder.

Try:

- Gentle hip-opening stretches
- Dancing

- Drinking plenty of fresh water
- Creating more beauty and balance in your surroundings

EARTH DAYS

Capricorn • Taurus • Virgo

Earth is associated with grounding, stability, patience, practicality, nourishment, and connection to the physical world.

Earth days can be wonderful for gardening, organizing, cooking, creating with your hands, and spending time outdoors.

Capricorn

Traditionally associated with the bones, knees, and skin.

Try:

- A gentle body scrub
- Massaging your knees and legs
- Walking in nature
- Doing something that makes you feel grounded and strong

Taurus

Traditionally associated with the neck, jaw, throat, ears, and lower part of the head.

Try:

- Relaxing your jaw
- Stretching your neck
- Massaging your neck with body oil
- Singing
- Listening to beautiful music
- Speaking your truth with kindness

Remember that your voice matters.

Virgo

Traditionally associated with digestion.

Try:

- Eating slowly
- Chewing your food well
- Preparing something nourishing
- Simplifying your surroundings
- Creating gentle order in your day

FIRE DAYS

Aries • Leo • Sagittarius

Fire represents energy, inspiration, courage, creativity, warmth, passion, and action.

Traditionally, fire-sign days have also been favored for harvesting certain herbs rather than planting.

Aries

Traditionally associated with the head, eyes, nose, and sinus area.

Try:

- An herbal facial steam
- Gently massaging your forehead and temples
- Resting your eyes
- Taking a break from screens
- Beginning something that excites you

Leo

Traditionally associated with the heart.

Try:

- Massaging a beautiful rose body oil over your heart area
- Practicing gratitude
- Spending time with people you love
- Doing something joyful

- Setting a loving intention for yourself

Place your hand over your heart and remember:

You are allowed to live with love, joy, and an open heart.

Sagittarius

Traditionally associated with the thighs and movement.

Try:

- Massaging the thighs with body oil or lotion
- Walking
- Stretching
- Exploring somewhere new
- Giving yourself room to move and expand

WATER DAYS

Cancer • Pisces • Scorpio

Water is associated with emotion, intuition, softness, nurturing, creativity, and flow.

Traditionally, water-sign days are also considered favorable times for planting and watering the garden.

Cancer

Traditionally associated with the chest and stomach area.

Try:

- Taking slow, deep breaths
- Resting
- Preparing something nourishing
- Massaging the abdomen gently with body oil
- Giving yourself a little extra kindness

Allow yourself to soften.

Pisces

Traditionally associated with the feet.

Try:

- A soothing foot bath
- A gentle foot scrub
- Massaging your feet with body butter
- Resting with your feet elevated
- Walking barefoot on the earth when appropriate

Scorpio

Traditionally associated with sexuality, fertility, menstruation, menopause, and reproductive energy.

Try:

- Listening to your body
- Honoring your changing energy
- Resting when you need rest
- Caring for yourself lovingly
- Living with greater awareness of your own natural rhythms

Love yourself through every season of your life.

THE NEW MOON

There is an exact moment each month when the new moon occurs.

The days leading up to the new moon and the new moon itself can be used as a beautiful symbolic time for clearing, releasing, resting, simplifying, and beginning again.

Sometimes the quietness of the new moon helps us notice what has been asking for our attention.

Perhaps something is no longer working.

Perhaps we have outgrown an old habit.

Perhaps our home feels cluttered.

Perhaps our mind feels crowded.

Perhaps we are simply tired.

The new moon does not require us to fix everything.

It simply invites us to listen.

Ask yourself:

What am I ready to release?

Then make a little space.

Space in your home.

Space in your schedule.

Space in your body.

Space in your thoughts.

Space in your heart.

And from that space, something new can begin.

NEW MOON RITUALS FOR BODY, HAIR, HOME & WELLNESS

From Approximately Three Days Before the New Moon Through the New Moon

Key Words:

Clear • Clean • Simplify • Release • Renew • Rest

Choose whatever feels nourishing to you.

You do not need to do everything.

Even one small ritual can become a beautiful way to honor the new moon.

BODY CARE

Create a quiet moment of care for your body.

You might:

- Make a sea salt body scrub
- Make a healing calendula body balm
- Enjoy a peppermint sea salt foot scrub
- Take a warm sea salt and herbal bath
- Massage your body with nourishing oils
- Rest and allow your body to soften

Let your body care ritual become a reminder:

I am clearing away the old and making room for renewal.

SKIN CARE

Keep your new moon skin ritual gentle and nurturing.

You might:

- Make a gentle facial exfoliant with ground almond meal
- Prepare an herbal cleanser
- Make a nourishing lavender facial oil
- Enjoy an herbal facial steam

- Simplify your skin care routine
- Give your skin a quiet evening to rest

Take your time.

Breathe deeply.

Let skin care become self-care.

HAIR CARE

The new moon can also be a lovely time to give your hair and scalp extra attention.

You might:

- Enjoy a rosemary-infused scalp treatment
- Make a nettle leaf hair rinse
- Massage your scalp
- Deep condition your hair
- Get a haircut if the timing feels right for you
- Clear out old hair products you no longer use

HOME

Our surroundings can affect how we feel.

The new moon is a wonderful symbolic time to make your home feel lighter.

You might:

- Clear clutter
- Clean a room
- Organize a drawer
- Donate something you no longer need
- Rearrange furniture
- Open the windows
- Bring flowers or herbs inside
- Create a peaceful space for yourself

You do not have to clean the whole house.

Start with one drawer.

One shelf.

One corner.

Small changes create space too.

GARDENING

Traditional lunar gardening practices often coordinate planting and garden tasks with moon phases and zodiac signs.

Around the new and waxing moon, some lunar gardening traditions favor planting and tending plants, while the waning cycle is often associated with pruning, weeding, clearing, and garden maintenance.

Water signs—**Cancer, Pisces, and Scorpio**—have traditionally been considered especially favorable for planting.

Fire signs have traditionally been viewed as better suited to harvesting or clearing than planting.

Depending on the season and the needs of your garden, you might:

- Plant seeds
- Plant bulbs
- Tend root vegetables
- Plant perennials or biennials
- Prune plants, vines, or trees
- Weed
- Remove garden pests
- Clear dead growth
- Harvest herbs
- Sit quietly in your garden and simply observe

Gardening with the moon can be less about rules and more about paying attention.

Pay attention to the soil.

Pay attention to the plants.

Pay attention to the season.

Pay attention to yourself.

WELLNESS & INNER CARE

The new moon is a beautiful time for quiet reflection.

Drink fresh water.

Make herbal tea.

Take a bath.

Write in your journal.

Go for a walk.

Spend a little time alone.

Turn off unnecessary noise.

Rest.

Ask yourself what you are carrying that you no longer need.

Perhaps you are ready to release:

- Past hurts
- Anger
- Sadness
- Fear
- Old mistakes
- Guilt
- Self-criticism
- The belief that you are not good enough
- The belief that you must prove your worth
- The need to please everyone
- An old version of yourself that you have outgrown

You do not have to force yourself to let go.

Sometimes letting go begins simply by saying:

I am ready.

Release what no longer allows you to live joyfully and authentically.

And remember that every ending creates room for something new.

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SHOOT FOR THE MOON AND BLOSSOM MORE INTO YOU

The moon does not remain full forever.

It grows.

It shines.

It fades.

It becomes dark.

And then it begins again.

So do we.

Every phase has beauty.

Every season has purpose.

Every ending carries the possibility of a new beginning.

You are not meant to remain the same.

You are meant to grow.

To change.

To rest.

To learn.

To release.

To begin again.

Follow your own rhythm.

Trust your seasons.

Stay close to nature.

And blossom more fully into who you are becoming.

NEW MOON JOURNAL

New Moon

Month: _____

Day: _____

Year: _____

Zodiac Sign: _____

What Is Not Working in My Life Anymore?

What Am I Ready to Release?

What Would I Like to Make More Space For?

What Is Calling Me Forward?

Other Thoughts, Dreams & Inspirations for This New Moon

Close your eyes.

Take a slow breath.

Imagine placing what you are ready to release into the hands of the universe.

You do not need to carry it forward.

Release it.

Send it to the moon.

And make space for what is ready to bloom.

Resources

Books

- *Astrological Gardening* by Louise Riotte
- *Moon Time: The Art of Harmony with Nature and Lunar Cycles*

Moon Calendars

Look for a moon calendar that includes your time zone, and the zodiac sign the moon is in each day.

Helpful calendar types:

- Lunar ingress calendar
- Farmers' Almanac zodiac calendar
- Gardening by the moon calendar
- Moon phase calendar
- Zodiac body parts calendar

The Formulators LAB™ + Joan Morais Cosmetics School™

Natural Skin and Hair Care Formulation Training Courses

About Joan Morais

Joan Morais is a natural cosmetic formulator, instructor, herbalist, and certified aromatherapist with over 20 years of experience in natural beauty formulation. Through Joan Morais Cosmetics School + The Formulators LAB, she teaches online courses in natural, organic, and plant-based formulation for skin, hair, body, and wellness products.

Joan has helped thousands of students around the world learn the art and science of creating natural products. Her teaching blends traditional botanical wisdom with modern cosmetic formulation, making the process clear, inspiring, and empowering for both beginners and professionals.

Her formulas are created with high-quality plant-based, vegan ingredients, including effective skin and hair actives, natural and organic herbs, botanical extracts, pure plant butters, plant oils, and essential oils. Each formula is designed to support the skin and hair while honoring people, animals, and the earth.

Joan's mission is to help students gain the knowledge, confidence, and skills to create beautiful, effective, and sustainable natural products.

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