

HOME SPA RITUAL

Date: _____ *Intention:* _____

ATMOSPHERE

Dim lighting / Candles

Soft instrumental playlist

Essential oil diffuser

Fresh towels & robe

BODY & SKIN

Dry body brushing

Exfoliating scrub

Deep conditioning hair mask

Hydrating face sheet

MINDFUL MOMENTS

10-minute meditation

Herbal tea hydration

Digital detox (Phone off)

Deep breathing exercises

FINISHING TOUCHES

Moisturize whole body

Nail care / Cuticle oil

Fresh linen spray

Light healthy snack

REFLECTIONS & MOOD

SELF CARE IS NOT SELFISH