

My
SELF-CARE
RESOURCE KIT

#1 - Relax Kit



LOVE SELF CARE

DIY Self-Care Kit - #1 Relax

Instructions

How to assemble your Relax kit:

Do you want to know how to put together a Do-It-Yourself (DIY) Self Care Kit? This is just the resource you need to make your very own self-care kit. This is the first kit in a series - #1 - Relax.

It is really quite simple. We all know it is hard to find time to relax. When you do find time, you don't want to be scrambling around trying to find the items you want to use to relax. And, because you have a limited amount of time, you just want to get started already!

But, you are smart and plan ahead. You have a relax kit and keep these items (or items like these) stocked and at the ready in your home. All your items for relaxation are in one place where you can actually find them at a moment's notice. Because we all know those moments of peace and quiet pass by quickly! We have to take advantage of them while we can and be prepared.

You pull out your relax kit and decide what you want to use for the 30 minute window you have. As your place now smells like a spa, you eat a few decadent pieces of chocolate and think to yourself "Now, this is the life". Enjoy!



DIY Self-Care Kit - #1 Relax



Item #1
Storage Box

1

2

Item #2
Bath Salts



Item #3
Bubble Bath

3



Item #4
Essential Oils

4



Item #5
Candles

5



Item #6
Delicious Treat

7

Item #7
Lotion



Item #8
Face Mask

8

1



Item #1

Storage Box - Pick a decorative box that you love to store all your relaxation supplies. Make sure it is large enough to hold all of your goodies.

2



Item #2

Bath Salts - These California Breeze Bath Salts are a good choice for relaxing in the tub after a long day.

3



Item #3

Bubble Bath - L'Occitane's Lavande bubble bath are an excellent addition to any relaxation kit. It is a true lavender scent that produces loads of bubbles.

4



Item #4

Essential Oils - Now's Peace and Harmony's essential oil is for use in your home diffuser or with a carrier oil for a relaxing massage.

5

Item #5

Special Candles - The Chesapeake Bay Candle Company has a set of Mind and Body candles with scents like "Joy & Laughter" and "Peace & Tranquility".



6

Item #6

Delicious Treats - Godiva individually wrapped dessert truffles with these popular flavors: Strawberry Cheesecake, Chocolate Lava Cake, and Crème Brulee.



7

Item #7

Luxury Lotion - Crabtree & Evelyn's exclusive Evelyn Rose fragrance and nourishing moisturizers with extracts of rosa hybrid and rosa gallica to help condition your skin.



8

Item #8

Face Mask - L'Oréal Paris Pure Clay's creamy, non-drying formula leaves skin feeling clean, velvety, and rebalanced. Immediately, skin looks brighter with a healthy glow.



Need Links to Products?

Just go to:
loveselfcare.com/relaxkit
to find what you need!



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