

Self Care Night

The Perfect Routine

- Create a relaxed environment
- Keep your devices aside
- Take a long and warm bath/shower
- Practise body care
- Do your skincare
- Pamper your body
- Change into your favourite pyjamas
- Meditate for a few minutes
- Prepare a warm beverage
- Do something you love
- Do some journalling
- Prepare for bedtime
- Time for a good night's sleep