

# WEEKLY SELF-CARE ROUTINE

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Simple and inexpensive ways to incorporate self care  
in to your life on a daily basis

**Monday**

**Face Mask**

**Tuesday**

**Wine w/ Dinner**

**Wednesday**

**Detox Bath Soak**

**Thursday**

**Binge Fav Show**

**Friday**

**Craft/Create**

**Saturday**

**Sleep-in**

**Sunday**

**Mani/pedi**