

# THE ULTIMATE SELF CARE *Checklist*

FACE MASK  
SERUM  
MOISTURISER  
EXFOLIATOR  
FACE WASH  
EYE CARE  
LIP CARE  
SHAMPOO  
CONDITIONER  
HAIR MASK  
SHOWER GEL  
BATH PRODUCTS  
COSY PJ'S  
SLIPPERS  
CANDLE  
HAIR BAND  
HOT CHOCOLATE  
MUG  
BLANKET  
TV SHOW  
SLEEP SPRAYS  
PLANNING  
MEDITATE  
READ  
EXERCISE  
HYDRATE  
TURN PHONE OFF  
HAVE SOME YOU TIME  
GO TO BED ON TIME

