



Self Care Menu

Appetizer

Steam room experience
One-hour by myself
Spinning class

Skin brushing from toe to head
30 minutes writing a diary

Main Course

A two-hour massage
A visit of my favorite museum
A whole day with my spouse
Skyping with my mom or a close friend
A new haircut

A run in the forest, away from the city
Party like it's ~~7999~~ 2099!
Bath with Epsom salts and essential oils
Writing bad poetry
Picking flowers

Dessert

Meditation for as long as I want (or as long as I can)
A fascinating novel on a lounge chair
One rich creamy piece of dark chocolate