

SELF-CARE FOR SENSORY STUCK AT HOME MUMS

How to Treat Yourself

PAMPER YOURSELF AT HOME



SCENTED CANDLES

Set the mood for a soothing bubble bath - lighting your favorite scented candles. Place them all around your bathroom to create a tranquil peaceful spa experience at home.

YOUR FAVORITE TV SHOW

Turn on the TV or grab your laptop and watch your favorite movies or TV series. Netflix is always a great choice.



CUP OF TEA

Brew a cup of Earl Grey, green or peppermint tea. The smell and warmth of cinnamon in chai tea is relaxing and calming!

YOUR FAVORITE FACE MASK

Put on a favorite sheet mask or better yet, do it yourself! Mash some bananas and add a teaspoon of honey. Leave on for 10 minutes or as long as you want.



FAVORITE MUSIC PLAYLIST

Play all of your favorite songs and sing along! If you want, you can even dance around your house with children or your pets.