
Self-Care Sundays

1st Weekend of the Month -- Nails

Clip, File, and Paint

Get a Manicure, Pedicure, or Both!

Trim Cuticles and Apply Oil

Lotion and Massage Hands and Feet

Try Nail Wraps or Nail Art

2nd Weekend of the Month -- Skin

Apply a Face Mask

Wash With Sugar Scrub

Get a Massage

Water Mask Overnight

Apply Lotion

3rd Weekend of the Month -- Hair

Deep Conditioner or Hair Mask

Schedule a Cut and Color

Try a New Style

Scalp Massage

Use Accessories – clips, headbands, etc.

4th Weekend of the Month -- Peace

Do Yoga or Stretch

Organize a Neglected Area in Your Life

Read or Make Time for a Hobby You Enjoy

Take a Nap or Go to Bed Early

Get In-touch With Nature

5th Weekend of the Month (if applicable) -- Catch Up

Make time for a category you didn't get to or squeeze in an extra session from a category you can't get enough of!