

## Self-Care: D.I.Y. Spa Day

### **Items Needed:**

1 cup of sugar  
¼ cup of oil (ex: Baby Oil, Coconut Oil, Olive Oil etc.)  
Essential Oils (ex: eucalyptus oil [\*Terri Favorite], tea tree oil, lavender oil etc.)  
1 Mason Jar  
1 Mixing Bowl  
1 Whisk

### **Directions**

**Step 1:** Pour sugar in the mixing bowl.  
**Step 2:** Pour ¼ cup of oil in the mixing bowl.  
**Step 3:** Pour drops of essential oils in the mixing bowl (as many as you'd like)..  
**Step 4:** Transfer mixture into mason jar.

### **Helpful Info:**

1. You can take old flowers and crush them into the mixture to add color and a fresh scent.
2. You can use food coloring to add a unique color palette to the scrub.
3. Scrub lasts for up to 2 weeks.
4. Great Exfoliation Scrub for the face or body while taking a bath.
5. Get Creative: make a special song playlist and light your favorite candles. This is your time!

### ***The Neglect of Self-Care***

Leading busy lives often proceeds neglect of personal well-being, whether it is a deadline we are losing sleep to meet, a sick child in need of care or having to take the car to the shop. We have the tendency to prioritize everything else over our own personal needs. But just like a car, sure it'll still run if you don't get that timely oil change but eventually avoiding necessary routine maintenance will result in severe engine damage.

For myself, it became natural to not sleep. I grew accustomed to running on fumes because it was my responsibility to care for my family and oversee multiple business operations which require tremendous amounts of attention and travel. Everything and everyone was depending on me, so there was no time for catching z's. But much like the car, our bodies have a way of telling us when we need more oil.

It wasn't until having a child with special needs that the concept of self-care was magnified. I realized that if I did not take the time to care for myself, that I would not be able to properly lead my businesses or care for my family.

### ***The Dedication To Self-Care***

As a result, I made a conscious decision to creatively integrate self-care into my hectic schedule. One of my favorite time efficient, low cost, self-care regiments is what I call, "My D.I.Y. Spa Day Staycation." My D.I.Y. Spa Day Staycation is a great a way for me to relax, relate and release with items I can find in my home or on the go at a local drug store when I am traveling.

Without having to book a spa appointment or travel back home, I make the most of my "me time," whenever or wherever I am.

### ***The Importance of Self-Care***

During my frequent travels, one thing that resonates with me strongly is when the flight attendant suggests that if the oxygen masks are deployed, put your own mask on first and then help your young children or other loved ones. Your family, friends and loved ones are looking to you for help and you can't adequately support them if you don't help yourself first. #1tm #nextlevel #selfcare