



MORNING AND EVENING

SELF-CARE CHECKLIST

REJUVENATE YOUR MIND AND BODY BY EMBRACING THESE SELF-CARE RITUALS, PAVING THE WAY FOR OPTIMAL WELLNESS AND RADIANT BEAUTY.

MORNING SELF-CARE

- Morning Meditation:** Don your **Blissy Classic Robe** or other comfortable garment to get ready to calm the mind.
- Hair Care:** Use **Blissy Scrunchies** to tie your hair up to protect it while you go about your morning activities.
- Energizing Yoga or Stretching:** Wake up your muscles with morning yoga or a stretching routine.
- Luxurious Skincare Routine:** Throw on your **Blissy Beauty Band** to keep your hair out of the way.
- Aromatherapy:** Spray **Blissy Sleep & Pillow Mist in Lemongrass + Eucalyptus** to create an invigorating atmosphere.
- Gratitude Journaling:** Begin your day with a positive mindset by writing down things you're grateful for in a journal.
- Mindful Breakfast:** Prepare a healthy, nourishing breakfast and enjoy it slowly, savoring each bite.
- Affirmations:** Recite positive affirmations in front of a mirror to set the tone for the day.

NIGHT SELF-CARE

- Evening Yoga or Stretching:** Wind down with a gentle yoga or stretching session.
- Herb Tea Ritual:** Brew yourself a cup of calming herbal tea, and sip it slowly while wearing your **Blissy Robe**.
- Relaxing Bath or Shower:** After cleansing, wrap yourself in the **Blissy Robe** for added comfort and luxury.
- Gentle Skin Massage:** Slip on your **Beauty Band**, then gently massage your face with a facial roller or gua sha tool.
- Hair Care:** Protect your hair's health during sleep by gently brushing out tangles and covering with the **Blissy Bonnet**.
- Aromatherapy:** Create a calming environment by spritzing the **Blissy Sleep & Pillow Mist in Lavender + Eucalyptus**.
- Digital Detox:** Disconnect from electronic devices at least 30 minutes before bedtime.
- Journaling or Reading:** Spend some time journaling or reading in bed, propped up on your **Blissy Pillowcase**.