

THE ULTIMATE

STAYCATION GUIDE

FOR A HAPPY HOLIDAY AT HOME



WHY A STAYCATION?

"Whether makeshift or desired, a staycation does not need to feel like a compromise"

With the uncertainties around international travel, summer staycation at home might be on the cards for many of us. Moreover, not everyone wants to travel the world for their holiday - the drain on savings, finding the will to pack and last-minute organisational chaos may be the tipping factors for deciding to spend holidays at home.

But worry not! Whether makeshift or desired, a staycation does not need to feel like a compromise and there are many small but great ways to make your staycation special for it to deliver much needed relaxation. Even if you are planning a holiday, the tips in this Guide will help you prolong that holiday feeling this summer.

At Clarity Blend, our mission is to help you boost your wellness by harnessing the power of nature. We've put together this Guide with plenty of tips & tricks to help you have a great for every budget.

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SET THE GROUND RULES

First things first! Setting a few simple rules to follow would make your staycation more enjoyable and a more holiday-like experience.

1. STAY AWAY FROM THE 'TO-DO' LIST

In order for our body and mind to fully relax, we need to set our usual routine and 'To Do' list aside. Don't be tempted to follow into the productivity trap and doing work, such as repairs, home cleaning or admin tasks. Rest is productive after all!

2. PENCIL IN YOUR STAYCATION

If you're working from home, book that time off and make it official. Just because you don't have a flight to catch doesn't mean that you don't have a schedule to keep. Write down the dates in your diary and make sure that you stick to it. That way, in the days leading up to your time off, your body will prepare to shut down and you'll be excited for the relaxation ahead. If you're vague about when you will take this time to relax, your body won't be able to fully switch off, so you need to pencil it in.

3. TURN OFF TECHNOLOGY

Turn on your 'Out of Office' notification and switch off electronic devices. To avoid over exposure to blue light screens, limit your screen time – phone, TV or computer games. If you like to use your tablet for reading ebooks, disable your Internet access to avoid mindless browsing online.

4. ESCAPE THE ROUTINE

A holiday means breaking the norm, trying new things and discovering the unknown. Plan exciting activities ahead so that the holiday programme is not a collection of already known or work intensive tasks. To the extent possible, the plan should be creative and be in the back of your mind to avoid deviation. Avoid going to any excursions or places that you already know and your mind associates them as routine.



BRING NATURE INTO YOUR HOME!

Research shows that people with a greater connection to nature have more positive outlook and are healthier, happier and experience lower levels of anxiety.

Whether you have a garden or not, there are multiple ways to connect with nature, from growing flowers, plants or vegetables to having a long walk or a picnic time in the park.

It's the little things that make the difference, especially when you're on holiday. The sway of the palm trees, the smell of the sea, and sun on your face... You can still experience all of these lovely things during your holiday at home. In the next section, we guide you on how to recreate your dream destination!





" In the wild breath of nature feel the hush of
presence."

Angie Weiland-Crosby



RECREATE YOUR DREAM DESTINATION AT HOME!

A fun way to kick off your staycation is to recreate your dream destination at home. With a few ideas and props, your brain will be tricked in no time into thinking that you are on your ideal holiday - be it a tropical paradise, spa escape, yoga retreat, camping or a festival! Scents are a particularly powerful way to transport yourself to that happy place.

1. TROPICAL PARADISE

Think Maldives, Bali, Malaysia, Bora Bora, Bahamas...
Through exotic scents, food & drinks and activities, you can transport yourself to tropical paradise in no time!



Top 5 things on your checklist:

- 'Sunset bliss' at-home spa
- Caribbean cocktail
- Reggae rhythms
- Jamaican jerk chicken
- Hula dancing



SUNSET BLISS HOME SPA

JASMINE
YLANG-YLANG
BLOOD ORANGE
BLACK PEPPER



At Clarity Blend, we have created the perfect blend for you to take a quick trip to paradise!

Our Sunset bliss range is a tropical retreat in a bottle. We have blended the exotic flowers of ylang-ylang and jasmine with blood orange and petitgrain and a hint of spice from black pepper.

Honeyed jasmine and rich ylang-ylang will bring this holiday feeling and will give your self-confidence and sensuality a boost.

A great way to enjoy this blend is by taking a long bath with our luxurious bath salts or by massaging gently your body with our body oil or diffusing the blend in your space.

**THINK TROPICAL
BLOSSOMS AT
SUNSET ON A
HEADY
SUMMER'S
EVE...**



2. MEDITERRANEAN ESCAPE

Think Corsica, Sicily, Cyprus, Malta ...

A Mediterranean escape is all about being by the deep blue sea, enjoying fresh food and reading an immersive novel!



Top 5 things on your checklist:

- 'Mind Spa' at-home spa
- Grilled fish and fresh tomato and basil salad
- Immersive novel
- Aperol spritz
- All the culture and history!



TOP 10 HOLIDAY READS

1. 'The Lido' by Libby Page
2. 'The Things We Left Unsaid' by Emma Kennedy
3. 'The Backpacking housewife' by Janice Horton
4. 'Catch the Rabbit' by Lana Bastašić
5. 'Summerwater' by Sarah Moss
6. 'Luster' by Raven Leilani
7. 'Shuggie Bain' by Douglas Stuart
8. 'The Kindness Method' by Shahroo Izadi
9. 'The Book of Hope' by Jonny Benjamin
10. 'Fake Law' by The Secret Barrister



'MIND SPA' AT HOME PAMPER SESSION

EUCALYPTUS
LEMONGRASS
PATCHOULI
BERGAMOT

Mind Spa™ is our deeply calming blend. When we are overwhelmed, stressed or anxious, we tend to have shallow breathing. We have chosen blue gum Eucalyptus as the star ingredient in our Mind Spa range particularly as it helps ease and slow breathing so you can literally take a deep breath and press pause on life's stresses.

Eucalyptus is blended harmoniously with lemongrass, bergamot and patchouli. With this blend, we have set out to create a true at-home spa experience - be it with our bath salts, diffuser blends or body oil. Its scent is citrusy, lemony, it has fresh and floral notes from the patchouli. Every time you use, you will be transported to a late afternoon stroll on a balmy Mediterranean beach



3. YOGA RETREAT

A makeshift home yoga retreats a great way to not only stretch and tone your body but find that much needed zen and inner peace! If you have fallen off the track on your yoga practice, your staycation is the perfect time to re-connect with yoga!

Top 5 things on your checklist:

- Diffuse your favourite essential oil blends
- Use a relaxation eye pillow
- Guided meditations
- Journalling for self-exploration
- Stretch your body

Find what feels good!





4. CAMPING

Enjoying the great outdoors is one of the best ways to relax and unwind! Camping themed staycations are especially great when with kids or a group of friends. Sleeping under the stars can be a welcome change of scenery, with your own facilities just a few steps away if needed. So set up your tent, bring your thermos and flashlight, and tell ghost stories over hot chocolate or a glass of wine!

Top 5 things on your checklist:

- Roast marshmallows
- Light a campfire
- Play guitar
- Bird watching
- Play board games





5. MUSIC FESTIVAL

Skip the crowds and let the festival come to you and recreate your favourite festivals this summer! Who needs rave and life performances when you can recreate the feeling on your fabulous staycation!



Top 5 things on your checklist:

- Your favourite playlists at the ready
- Fire up the barbecue
- Release sky lanterns
- Karaoke
- Dress up in a festival outfit





THANK YOU!

We hope that our Staycation Guide has brought a smile on your face and has given you some inspiration for a much needed relaxation!

Enjoy your summer!

Much love,

Veronika & Dimitar at Clarity Blend

Follow our aromatic journey on Instagram [@clarity_blend](https://www.instagram.com/clarity_blend)



ABOUT CLARITY BLEND

Created by Veronika and Dimitar Vasilev, Clarity Blend is small UK business all about harnessing the power of plants to boost wellness and self-care. What we love and inspire us the most is the diversity that nature offers us – from fresh and herbaceous plants, to zesty citruses, beautiful florals, to musky, earthy and woody plants as well as spices. And inspired by this wonderful diversity, we have created a range of harmonious blends by using pure high-quality essential oils sourced sustainably.

All of our products work wonderfully on our wellbeing – whether deeply calming; soothing; grounding or restorative – our blends are packed with personality and vibrancy. We use pure high-quality essential oils sourced sustainably and all our products are hand-blended by us and cruelty-free and vegan.



WWW.CLARITYBLEND.COM

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