

THE BUDGET FRIENDLY BLACK GIRL'S GUIDE TO SELF-CARE

How to Treat Yourself on a Low Budget

PAMPER YOURSELF AT HOME WITH THESE RELAXING TIPS

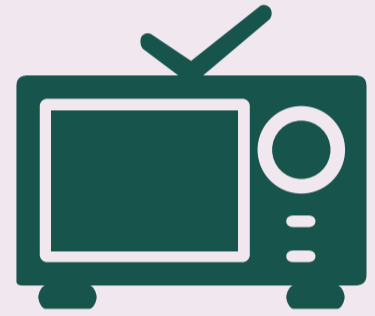


SCENTED CANDLES

Set the mood for your soothing night in by lighting your favorite scented candles. Place them all around your room to create a tranquil ambience.

YOUR FAVORITE TV SHOW

Turn on the TV or grab your laptop and binge watch your favorite TV series. Go for a light and romantic show to make you swoon or a comedy that'll have you laughing your socks off!



CUP OF TEA



Brew a cup of green tea, peppermint tea, or your favorite tea flavor. The warmth of the tea will help relax your nerves and muscles!

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 a sibling or a pet.