

Quarantine Guide to Self-Care

How to Treat Yourself on a Low Budget

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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.



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!



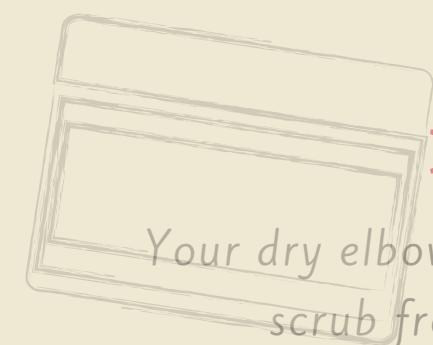
Cup of Tea

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!



Favorite Face Mask

Put on a favorite sheet mask or better yet, do it yourself! Mash some banana and add a teaspoon of honey. Leave on for 10 minutes or as long as you want.



DIY exfoliating scrubs

Your dry elbows and knees need extra attention. Whip up a DIY scrub from raw sugar and your favorite essential oil to create the perfect exfoliator!



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.

Resources

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Self-care items found at your local \$1 Store

Many of the items listed on the first page can be found at your local Dollar General, Family Dollar or Dollar Tree. I am always ready to share how exciting it is to find hidden gems, in the Dollar Tree on a regular basis.

When I visit, I usually make a beeline towards the beauty section. It's easy to dismiss the thought of shopping at a \$1 store if you're not familiar with the inventory. You may be surprised to learn that Dollar Tree is a gold mine when it comes to beauty products. From makeup brushes to charcoal face masks, I've found tons of truly great items there. Below are my top favorite types of beauty products you can find at the Dollar Tree to add to your self-care kit.

Nail Polish and Nail Care Supplies

Doing my nails is one of my favorite hobbies, and I primarily stick to at-home manicures to save money. Dollar Tree has a surprisingly great selection of nail polish and nail care supplies. I've gotten some great clear top coat polish along with foam dividers for pedicures.

Face Masks And Skin Pampering Items

At-home facials are another one of my favorite beauty indulgences. They're incredibly cost-effective, and they make my skin look and feel radiant. Once I stumbled across a face mask at Dollar Tree, and I was a bit wary of it. I'm somewhat picky when it comes to skincare, but I decided to give it a shot. To my delight, I loved it!

Acne and Blackhead Treatments

If you deal with blackheads or acne, you know that keeping up a good skincare regimen is important. As someone with persistent blackheads, I frequently look for new and effective treatments.

Teeth Whitening Products

I stumbled upon a teeth whitening kit at Dollar Tree, and I decided to check out the main ingredients. After a quick Google search, I discovered this kit was pretty much the exact same as ultra-expensive brands. I've used a few of their other whitening products.

Candles/Room Mist

Dollar tree also has a wide variety of candles. Scented and spiritual. EcoglowcandleNJ also has some of the best scented candles you can find as well. They're organic and has a long lasting burn time. Visit www.ecoglowcandle.com and use code MYSCENT for 15% off your purchase.