



self-care on a budget

SPA EDITION

Baths

YOU CAN BUY BATH BOMBS, FOAMING BATH, AND BATH SALTS AT YOUR LOCAL STORE. (I LOVE GOING TO TARGET) DEPENDING ON THE BRAND AND ITEM, IT CAN RUN UP TO \$10 EACH, BUT THE AVERAGE COST IS APPROXIMATELY \$5. RUN A BATH, ADD SOME BUBBLES, DIM THE LIGHTS, LIGHT SOME CANDLES, PUT ON A PODCAST, GUIDED MEDITATION, OR JUST HAVE QUIET TIME.

Facials

FACIAL STEAMER: [AMAZON](#) HAS ONE AT ABOUT \$20, COMES WITH HAIR BAND AND EXTRACTION TOOLS. I LOVE TARGET FOR INEXPENSIVE PRODUCTS. [DR.TOMASSIAN](#) ON IG HAS FUN REELS WITH RECS THAT ARE BOTH GOOD FOR SKIN AND YOUR BUDGET!

Manicures/ Pedicures

BUY A CHEAP MANICURE KIT AT YOUR LOCAL DOLLAR STORE AND THEN SOME PRESS ON NAILS. I LIKE USING **KISS IMPRESS PRESS-ON NAILS**. I TYPICALLY BUY THEM AT TARGET, THEY'RE ABOUT \$7 FOR A 30CT PACKAGE AND LAST ABOUT TWO WEEKS. I TYPICALLY SOAK MY NAILS, TRIM MY CUTICLES, FILE AND BUFF MY NAILS, PLACE THE STICK ONS AND I GOT A FRESH MANI THAT LASTS TWO WEEKS FOR LESS THAN \$10!

FOR YOUR PEDIS, YOU CAN ALSO BUY A KIT AT YOUR LOCAL DOLLAR STORE, & DO YOUR PEDICURE AFTER SOAKING YOUR FEET IN WARM WATER, BUT YOU CAN ALSO FIND SOME AFFORDABLE FOOT SPAS ON AMAZON. THIS ONE FOR EXAMPLE (**HOMEDICS BUBBLE MATE FOOT SPA**) IS A #1 BEST SELLER WITH ALMOST 19K REVIEWS AND AN AVERAGE OF 4.5 STARS. IT'S CURRENTLY AT \$15.88. FOR COLOR, I LIKED USING **SALLY HANSEN MIRACLE GEL**. THEY HAVE SHINY AND MATTE TOP COATS, AND ARE AROUND \$7 PER POLISH OR \$12ISH FOR DUO PACKS.

Aromatherapy

LIGHT SOME CANDLES, AFTER CLEANING, DURING A BATH, WHILE YOU'RE SOAKING FOR YOUR PEDIS/MANIS. DIM THE LIGHTS AND PLAY SOME RELAXING MUSIC FOR THE REAL SPA FEEL.

