

14 DAYS OF LOVE

A VALENTINE'S SELF-CARE & SELF-LOVE CHALLENGE

And a bonus tip!

Start a self-love journal

Take a relaxing bath

Practise positive affirmations

Go for a walk in Nature

Indulge in your favourite treat

Unplug for one hour

Pamper your skin - all over

Do something creative

Write a love letter to yourself

Move your body

Treat yourself to a cosy night in

Practise gratitude

Declutter your space

Set intentions for the future

Keep the love flowing