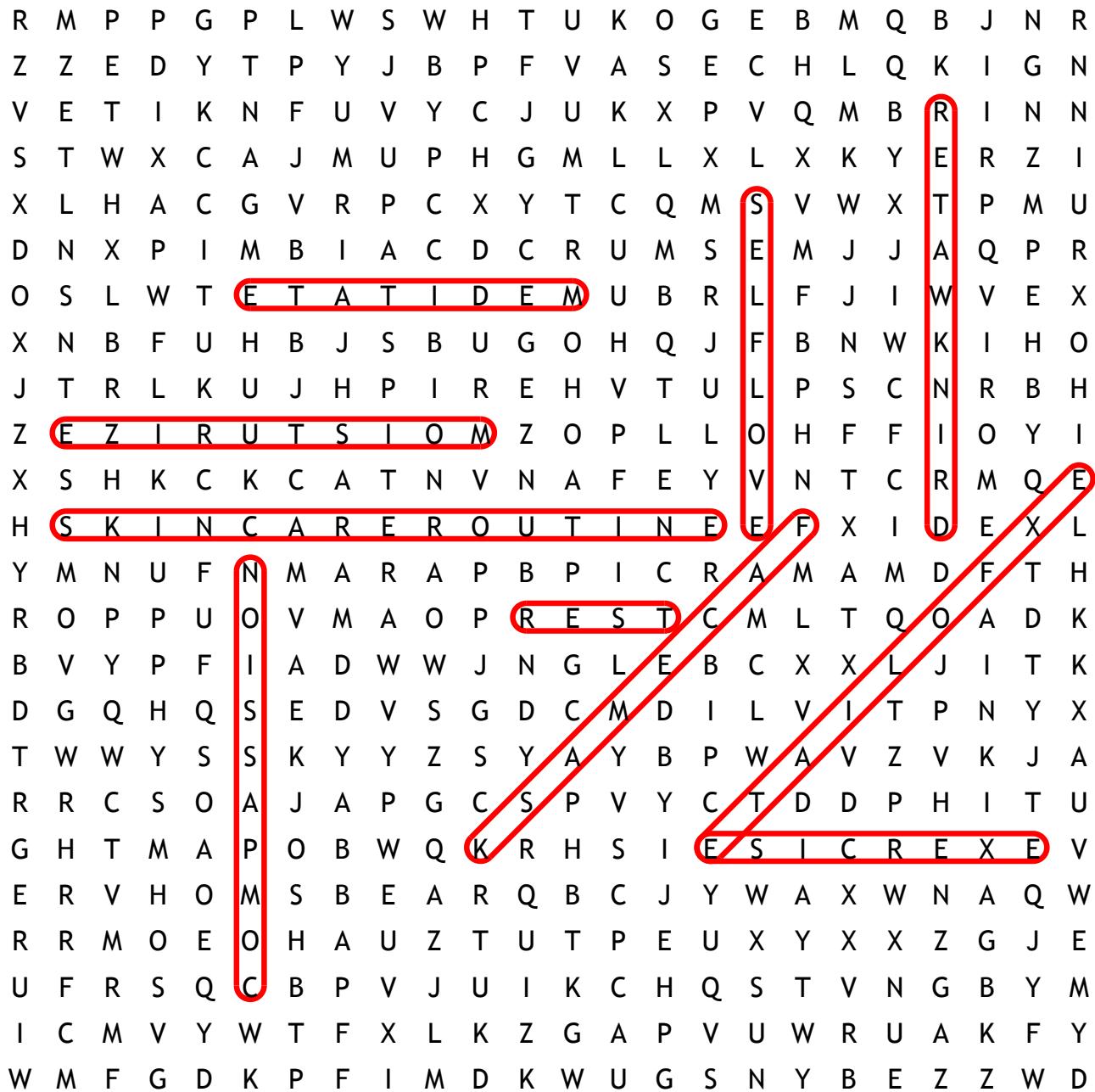


Name: _____

Self-care Sunday



skincareroutine

moisturize

compassion

drinkwater

exfoliate

exercise

meditate

selflove

facemask

rest