



The Broke 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.

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.

