

SELF CARE MENU

*Take-away
Menu*

JUST FOR ME

Home

Take a bath alone

Read a few pages of my book

Blast favourite song

Look through old photos

Meditate

Work

Walk to work

Read book on the train

Go lunch time yoga

Meet a friend for lunch

Bring nature to mt desk

Free

Free

Free

Free

Free

Free

Free

Free

Free

Free

Treats

Buy my candles

Massage

£10

£40

