

Tips For An At-Home Self-Care Spa Routine

Whatever comes your way in 2022, it's important to take care of yourself and ENJOY yourself. Whether you're looking to pamper your loved ones, or need some R&R yourself, here are perfect tips and products for a self-care routine and at-home spa day!

6 Steps for the Ultimate Self-Care Routine

1. Carve out time for self-care

Block out time in your calendar at the end of your day, or be spontaneous, turn off your phone and seize the time to take care of yourself. Don't forget to set the mood. Light some candles, turn on some music, put on a pot of tea or pour yourself a glass of wine, and get ready to indulge and relax!

2. Cleanse with Moisturising Body Wash

You'll want to add this to your shower session for sure! Moisturise dry skin with this rich foaming gel that cleanses without stripping skin. Prefer bubble baths? Fill up your tub and soak for a smooth, healthy glow and allow for better moisture absorption.



3. Bask in a Golden Radiance Peel-Off Face Mask

This moisturizing, natural mineral and botanical-based treatment mask gently removes impurities from pores to reveal radiant, rejuvenated, and younger-looking skin. After cleansing, simply apply a medium to thick layer using the applicator or fingers. Sit back and enjoy the refreshing effects for 20 minutes before gently peeling off and rinsing!

4. Moisturise with Advanced Hydration Body Lotion

Pamper yourself all over with rich, luxurious moisture and anti-aging protection. This rich cream intensely quenches skin and increases moisture retention, helping to correct and prevent signs of aging.

5. Apply an Overnight Lip Mask

Your lips need their beauty rest. Bring your routine to a close by applying a hydrating and soothing lip mask to achieve a more defined, plump lip look the next morning.



6. Catch your ZZZ's

Here is the final step in your self-care routine. Our brains need to reset and recharge, so if you're always on the go, you owe it to yourself to hit the hay early and sleep in!

Achieve spa-like bliss at home with SheerSense products!
With these rejuvenating products, you'll be taking care of your mind and body!

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