

Planning Your Home Spa Day

It's time to be kind to yourself. Tend to your needs. Soothe yourself.

Pick a theme, just for the fun of it

Set your intention

Examples: "My spa day is rejuvenating" or "Just for today I can relax."

Start with some pleasant self-reflection

What makes you smile?

What relaxes you?

What can you do at home?

Tips:

- ☞ You are your own guardian, so choose activities that are safe for you and for your household.
- ☞ Before your home spa day, build pleasant anticipation by thinking about what gives you that "ahhh!" feeling.
- ☞ On your home spa day, greet yourself and remember, "I can do anything I want today!"
- ☞ If someone or something detracts from your spa experience, tend to them then settle back into your personal spa experience by restating your intention.

Be Safe

Sometimes simple soothing strategies are not going to meet your needs. At those times, get expert help. Here's a link to online chat and a telephone number. If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support, call the Suicide Prevention Lifeline at **1-800-273-8255** or visit their website to start an online chat at <https://suicidepreventionlifeline.org/talk-to-someone-now/> Or, call your doctor, your therapist, your pastor, or get yourself to an emergency room. Be safe.

Inspiring at-home-spa ideas

Remember, "I can do anything I want today!"

- Take bath or long shower
- Diffuse a gratitude blend or your personal favorite essential oil
- Get artistic if that's your thing
- Give yourself a pedicure.
- Give yourself a manicure.
- Enjoy a facial mask.
- [Breathe](#)
- Meditate on gratitude.

TLC Stress Relieving Tips

- Listen to your [favorite music](#), soundscape music, or meditation music
- Dance as if no one is watching
- Lay down and put your legs up against the wall. Breathe deeply.
- Read. Get lost in a book.
- Start a gratitude journal.
- Read a poem by [Joy Harjo](#)
- [Hold a personal prayer vigil](#)
- Dig out your old exercise or yoga DVDs and move!
- Play a game online or get out the cards or dominos.
- Go outside to watch the sun set.
- Take three selfies (or more!)
- [Offer a lovingkindness meditation.](#)
- Start (or finish) a puzzle.
- Try new cosmetics.
- Try a new hairstyle.
- Chocolate. Need I say more?
- Watch the sunrise
- Foot soak
- Soak then moisturize your hands
- Watch an old movie
- Sing loudly and badly
- Light candles (safely) or battery operated candles
- Take three nature photos (or more!)
- Moisturize everywhere
- Doodle or color
- Yoga online
- Tai Chi online
- Attend an online or cable TV religious service
- [‘Walk’ a finger labyrinth at home](#)
- [Meditate with a candle as your focus](#)
- Write a poem
- Read a poem by Maya Anjou
- Write in your journal. [Click here for contemplative prompts](#)
- Listen to “sounds of the season” music on demand on cable TV
- [Meditative stitching](#)
- Watch the sun set



Related Blogs

[Thanksgiving Spa Day, at Home | TLC, The Lyman Center for Caregivers](#)

[Alone at Home for the Holidays: Be kind to yourself with a holiday spa day at home](#)

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