

30-Day Beauty Chaos Pamper Yourself Challenge

- Take a long, hot bubble bath.
- Meditate for 4 minutes.
- Give yourself a manicure or pedicure. Or both. Binge on Netflix.
- Try aromatherapy. Mix some lavender and vanilla essential oils, rub on your temples, and float away.
- Put on a hair mask, and leave on for the full 5, 15, 30 minutes it's supposed to be on. Apply a little heat to deepen the treatment.
- Get a blowout at a dry bar or salon.
- Grab a book and a blanket, go to the park, and just read.
- Have an ice cream sundae.
- Splurge on an expensive skincare product.
- Order a pizza, open a bottle of red, and watch a rom-com. Register for gifts
- Sign up for that class you've been wanting to take. Pottery. Calligraphy. Voice Lessons.
- Take a nap.
- Write in your journal.
- Buy yourself some new fabulous lingerie.
- Sleep in.
- Go see a show you've been wanting to see, whether it's a movie, opera, symphony, or concert. Do it alone or with friends. It's your time!
- Go somewhere that has a great view of the sunset. Bring a blanket, relax, and watch the sun sink into the horizon.
- Make/get your favorite dish for dinner.
- Buy a new lipstick or mascara
- Go to your favorite lunch spot and order something you normally don't but have always wanted; forego the salad for a steak.
- Make yourself a cup of tea and watch funny kitten videos on YouTube.
- Put on your favorite music and dance!
- Get some ice cream. Get in bed. Watch some reality TV.
- Reconnect an old friend; spend some phone time catching up.
- Find a little coffee shop, order the full fat drink, curl up in a corner and read a book.
- Spend an afternoon reading fashion magazines.
- Do a crossword puzzle.
- Get a massage! You deserve it.
- Take a mini vacation from technology. Read hard copy newspapers, take a walk around your neighborhood, get coffee with a friend and don't look at your phone.
- Write out a gratitude list. List with at least 10 things that you're grateful for.