

15

AT-HOME ACTIVITIES AND IDEAS TO RELIEVE STRESS



STRETCH



CLEAN



DOODLE



LIGHT CANDLE

KNIT



LIP SCRUB & MASQUE TREATMENT



BREATHE



DIY PILLOW

FOOT SOAK



MAKE A COLLAGEN SMOOTHIE



FENG SHUI BEDROOM



JOURNALING

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Stress Relief Ideas

N Colangelo



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