

SELF-CARE INSTRUCTIONS

MAKE A MINDFULNESS OR SKETCH JOURNAL

Go to greenvillelibrary.org, hover over Learning & Research, and select Hobbies & DIY. Then select CreativeBug. Sign in with your library card and PIN.* Search for the class, "Slot and tab books." Press play and discover how to make your journal out of a variety of **paper** you have around the house, just using scissors and a ruler!

MAKE AN EXFOLIATING AND MOISTURIZING SUGAR SCRUB

Search CreativeBug (see above) for the class, "Soaks, salts, and scrubs." Explore how to make a sugar scrub as well as other fun products using household items. You'll use **sugar** and stir it into **coconut oil** and **essential oil** (lemongrass, lavender, peppermint, etc.) for the right consistency.

MAKE AN EYE COMPRESS

For puffy eyes: Pour freshly boiled water over two **chamomile tea** bags. Steep for 4-6 minutes. Remove from water, and once safe to handle, squeeze the liquid out and allow the tea bags to cool a bit until they are just warm. Apply the bag to your closed eyes for 10-25 minutes.

For dark circles: Same as above, but place the tea bags in the refrigerator until cold. Apply the bags to your closed eyes for 10-20 minutes.

Drink the steeped tea while you wait on the tea bags to cool down!

*If you don't have a library card yet, sign up for a free eCard at greenvillelibrary.org/get-a-card to access CreativeBug right away!

Questions? Email explore@greenvillelibrary.org

