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 e-card at greenvillelibrary.org/get-a-card to access CreativeBug right away!

Questions? Email explore@greenvillelibrary.org