



At Home SPA DAY CHECKLIST

Before you start your session, use this checklist to make sure everything is ready to go so you can relax and recharge.

spa day ingredients

Face Mask

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Hair Mask

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Salk Soak

- ☐ Epsom salt
- ☐ Baking soda
- ☐ Sea salt
- ☐ _____
- ☐ _____

Lip Scrub

- ☐ Sugar
 - ☐ Honey
 - ☐ Vanilla
 - ☐ Coconut oil
 - ☐ Coffee grounds
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essentials

- ☐ Nail polish
 - ☐ Nail file
 - ☐ Cuticle oil
 - ☐ Cucumbers
 - ☐ Bath bomb
 - ☐ Hair tie
 - ☐ Lotion
 - ☐ Reusable jars
 - ☐ Essential oils
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bonus items

- ☐ Robes
- ☐ Fuzzy socks
- ☐ Candles
- ☐ Body oil
- ☐ Pre-made playlist
- ☐ Speaker
- ☐ Fruit
- ☐ Cocktails/mocktails
- ☐ Rose petals