

6 self-care tips for mothers



**Pamper yourself with
a haircut or a facial**



**Plan a day out with your friends
for shopping, lunch or coffee**



**This time in the kitchen,
cook YOUR favourite dish**



Feeling overwhelmed with all the work? Divide it with your partner or ask for help from a friend.



Stay in the shower for 10 more minutes or add an extra step into your skincare routine



**Dedicate 30 minutes every
day doing something you like**



**For this Mother's Day, take care of yourself
before you take care of everybody else!**



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