

SKIN CARE RECIPE

TITLE

PREP TIME

TOTAL TIME

INSTRUCTIONS

INGREDIENTS



A vertical journal card with a black border and rounded corners. At the top left, the text 'SKIN CARE RECIPE' is written in a large, bold, black serif font. Below this, there are four stacked rectangular boxes with pink borders, labeled 'TITLE', 'PREP TIME', 'TOTAL TIME', and 'INSTRUCTIONS' in a small, black, sans-serif font. To the right of these boxes is a cartoon illustration of a woman with brown hair, eyes closed, and a smile, wearing a light green towel wrapped around her head like a turban and a red V-neck top. Below the illustration, the word 'INGREDIENTS' is written in a small, black, sans-serif font, followed by ten horizontal black lines for writing. At the bottom left of the card is an illustration of a pink jar with a yellow cream inside, and its pink lid is placed next to it, slightly overlapping the jar.

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Printable 5" x 7" journal cards. Free for personal use. Just print, cut out & punch holes to fill your binder or journal. For beauty recipes & DIY ideas visit Soap Deli News © <https://soapdelinews.com>

SELF CARE CHECKLIST

MONTH: _____

- HAVE A DANCE PARTY SOLO OR WITH THE KIDS.
- TRY A NEW CRAFT OR HOBBY.
- TAKE A LONG, RELAXING BATH.
- PRACTICE GUIDED MEDITATION OR MINDFULNESS.
- READ A BOOK OR MAGAZINE.
- TRY OUT A NEW SHEET MASK.
- BINGE THAT SERIES YOU HAVENT HAD TIME FOR.
- WRITE A PAGE IN A JOURNAL.
- TURN OFF YOUR DEVICES & SPEND TIME ALONE.
- GET 8 HOURS OF UNINTERRUPTED SLEEP.
- ASK SOMEONE FOR HELP WITH SOMETHING.
- SPEND TIME WITH PEOPLE WHO BRING YOU JOY.
- _____
- _____

PICK OR CREATE 4 SELF CARE PRACTICES FOR THE MONTH

SELF CARE CHECKLIST

MONTH: _____

- HAVE A DANCE PARTY SOLO OR WITH THE KIDS.
- TRY A NEW CRAFT OR HOBBY.
- TAKE A LONG, RELAXING BATH.
- PRACTICE GUIDED MEDITATION OR MINDFULNESS.
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- SPEND TIME WITH PEOPLE WHO BRING YOU JOY.
- _____
- _____

PICK OR CREATE 4 SELF CARE PRACTICES FOR THE MONTH



FRESH & HEALTHY RECIPE OF THE MONTH



RECIPE NAME

INGREDIENTS

DIRECTIONS

NUMBER OF SERVINGS

TIME TO
PREPARE

TIME TO
COOK

TOOLS NEEDED



FRESH & HEALTHY RECIPE OF THE MONTH



RECIPE NAME

INGREDIENTS

DIRECTIONS

NUMBER OF SERVINGS

TIME TO
PREPARE

TIME TO
COOK

TOOLS NEEDED



FACE MASK RECIPE



TITLE

SEASON

SKIN TYPE

INGREDIENTS

INSTRUCTIONS



FACE MASK RECIPE



TITLE

SEASON

SKIN TYPE



INGREDIENTS

INSTRUCTIONS

HEALTHY GOALS

- _____

- _____

- _____

- _____

HEALTHY GOALS

- _____

- _____

- _____

- _____







enjoy
every
moment.

enjoy
every
moment.



Three lightbulbs are positioned at the top left of the page. The central bulb is yellow and lit, while the two flanking bulbs are grey and unlit. To the right of the lightbulbs are three horizontal grey lines. Below these lines, the page is filled with 17 additional horizontal grey lines for writing.



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