Luxury Night Routine

A night routine for people who just needs a nice calm enviroment to cool down before bed



- [ ] First get a glass of water
- [ ] Make yourself a healthy dinner
- [ ] Eat your favorite dessert (doesnt matter what kind)
- [ ] Let your hair down and draw yourself a bubble bath
- [ ] Get in the bath and enjoy your time
- [ ] Change into your comfy pajamas
- [ ] Put on a face mask and relax
- [ ] Do some yoga (youtube)
- [ ] Get ready for bed (brush your hair,and teeth)
- [ ] Climb into bed turn on some relaxing noises (I prefer rainforest)

Make and Share Free Checklists
checkli.com