

# DESIGNING YOUR CAMPING SPACE

- Select your tent and follow instructions carefully. If you do not have a tent you can use blankets, sheets, tarps, etc to create a tent like structure. Want to stay inside, set up camp indoors
- Decorate your space using string lights or lanterns, homemade signs or banners, and side tables.
- Make use of fans or heaters depending on the weather to make the outdoors comfortable.
- Bring inside elements to the outdoors with cozy blankets, cushions, pillows, air mattresses or yoga mats to create a cozy space.
- Create outdoor dining space or living room with chairs and tables.

## Ready to start your day off on the right foot?

- Listen to a mood boosting playlist and dance
- Say positive affirmations to yourself
- Invite family and friends to cheer you on



### Sources :

- Litlifelights - Pinterest
- Sandy Toes and Popsicles - How to Have an Awesome Backyard Campout
- Chatelaine - How to go glamping in your own backyard



## DESIGNING YOUR SPA BATHROOM

- Have fluffy robes and comfy slippers available
- After bathing, warm a towel in the dryer before drying off
- Create ambiance using candles or dimmed lighting
- Epsom salt baths can soothe sore muscles and relax one's mind
- Mix a batch of cucumber water to rehydrate
- Use a diffuser with lavender or eucalyptus essential oils to create a sense of calm. Don't have a diffuser? You can put a few drops onto a pillow or clothing. Use peppermint to start your day and invigorate your senses.

### Ready to relax after your day?

- Use a cold, wet towel with essential oils to cool down
- Enjoy a foot bath and massage
- Switch the playlist to soothing music or nature sounds

