

International Day Of Self Care

Difficulty: Medium

F H D U O I B A T H I N G D Y O G A H D
A O G R O O M I N G R E A D I N G P Y E
C B Y R W B O U N D A R I E S B G A D M
I B H E A L I N G I A E R Y R A R M R U
A I F L L S S B S Y Y C N N D L A P A S
L E R A K U T M B T F O V S B A T E T I
A S E X I N U R I Q M V S U R N I R I C
U A J A N A R L E R R E F L E C T I O N
G N U T G T I F A T N R R J A E U N N U
H C V I W U Z H R L C Y L O T L D G Z T
T T E O Q R E R U N X H S U H O E U R R
E U N N V E R F O D W F I R I V X R V I
R A A E M E D I T A T I O N N I E E P T
F R T F C N S L E E P E J A G T R T U I
T Y I B I S E R E N I T Y L H A C R R O
A R O M A T H E R A P Y M I C L I E P N
A X N P P R E V E N T I O N C I S A O O
N J M I N D S E T T F D I G E T E T S H
K O M A S S A G E T M K I M L Y Z B E S
C N X O W E L L N E S S E N E R G Y N O

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COMPASSION	BREATHING	NUTRITION	HYDRATION
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EXERCISE	WELLNESS	SERENITY	GROOMING
RECOVERY	VITALITY	LAUGHTER	MASSAGE
BATHING	HEALING	THERAPY	BALANCE
HARMONY	RETREAT	MINDSET	PURPOSE
HOBBIES	WALKING	READING	FACIAL
ENERGY	NATURE	SLEEP	MUSIC
YOGA			