**Complementary Blog Post: Self-Care for Beginners: Establishing Self-Care Routines**

**Subject:** New post – Check out these tips for self-care beginners

{Hi Firstname}

Ready to start making self-care a priority in your life? If you truly want to reap the benefits of self-care, it’s important to put together an effective routine.

When you are a beginner to self-care, it can be difficult knowing what your routine should and shouldn’t involve.

Want to learn how to set up an effective self-care routine?

In today’s post, I’ll reveal some of the top ways to establish a self-care routine. If you want to ensure you make the best possible start, you’ll want to check out this blog.

LINK

I’ll show you why it helps to start with a goal. You’ll also discover the benefits of starting with the basics and brainstorming your ideas.

Don’t miss this great post!

{Sign off}