**Complementary blog post:** 5 Types of self-care

**Subject:** New post – Discover the different types of self-care

{Hi Firstname}

Self-care is something most of us know we need to focus on in order to live a healthy and happy life. However, taking care of yourself involves so much more than simply taking a bubble bath and taking time out for yourself.

Did you know there’s actually many different types of self-care you can practice? Each focus on a different aspect of your life, helping you to improve everything from your health to your relationships.

In today’s post, I’ll reveal 5 types of self-care you’ll want to adopt into your life. If you want to ensure your self-care routine delivers maximum benefits, you’ll want to check out this post.

LINK

You’ll discover the importance of emotional self-care and why practical self-care shouldn’t be ignored. You’ll also see the benefits of adding physical, social and spiritual self-care into your routine.

Don’t miss out on this fab post!

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