**Complementary blog post:** Why You Need Self-Care

**Subject:** New post – Here’s why you need to make self-care a priority

{Hi Firstname}

Think self-care is just another health fad? The term does get branded around a lot these days, but for very good reason.

When done correctly, self-care routines can really help to improve your emotional, physical and mental health. In fact, it delivers a huge range of benefits you might not be aware of.

In today’s post, I’ll show you just some of the benefits self-care delivers. If you’re interested in adding self-care into your daily routine, you’ll want to check out this blog.

LINK

I’ll show you how the right self-care routine can help to boost your health and improve productivity. You’ll also see how it can give you greater self-esteem and help to drastically reduce stress.

Don’t miss this great post!

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