

Self Care Ideas



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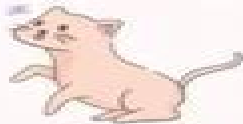
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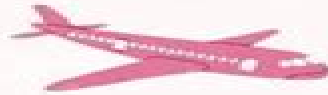
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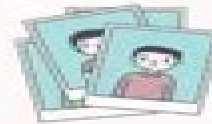
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JOURNAL



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MASK**



**DRAW, DOODLE,
OR PAINT**



NAP



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YOURSELF A
FANCY DRINK**



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Self Care Routine Update Tips

M. E. Bailey (M.C.P.)



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A Colour Guide to Holistic Oral Care Janet Griffiths, Steve Boyle, 1993

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