



## Self-care essentials with Homescapes

**As the social calendar starts to fill up, self-care and pamper days are still essential.**

After socialising with friends, visiting those newly opened venues, and soaking in all the summer season has to offer, it's vital to still remember to practice self-care. Little things can make a big difference, and creating a spa-like sanctuary at home will help with that all important mental and physical recharge.

Why not sit back and relax with the new Natural Reading Pillow? Providing lumbar support as you sit, the reading cushion is perfect for relaxing, reading and gaming. Covered in a soft velvet and generously filled with shredded memory foam that contours to your body, this back-support cushion is available in 3 sizes, and can also be found in green and grey.



Natural Reading Pillow Memory Foam Filling & Velvet Cover - from £32.99



Luxury Two Piece Cotton Bath Mat Set - White - £9.99



Weighted Blanket - Grey Quilted Cotton & Faux Velvet - from £34.99



Artificial Rhaps Excelsa Palm Tree - £59.99

Step out of the tub and onto a slice of softness with the Homescapes Luxury Two Piece Bath Cotton Mat Set, available in 16 colours. Snuggle down after a long day with the Weighted Blanket in Grey Quilted Cotton & Faux Velvet which comes in a variety of sizes. Finish off the spa inspired look with one of Homescapes' artificial plants in a palm design, evoking all the calming benefits without the worry of watering.

[www.homescapesonline.com](http://www.homescapesonline.com)

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