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## 5 Steps to Planning a Relaxing Self-Care Getaway

Do you feel like you've been hustling non-stop? It might be time to plan a quick self-care getaway so that you can put your feet up for a little while. Going on vacation can actually benefit your mental and physical health: according to Inc., getting out of dodge for a few days [effectively reduces](#) job-related stress and helps you stick to a healthier sleep schedule.

If you've been working long hours and spending too much time at your desk, it's time to switch gears and prioritize self-care. After all, you've earned it! These tips will help you plan a soothing, self-care getaway so that you can finally relax.

### **Decide on a Destination**

Wondering [where to go](#) for your getaway? You could head to a resort or an exciting city, but going to a quiet destination where you can get in touch with nature might be the perfect choice if you really want to unwind during your break.

According to Nature World News, getting out into nature will help you [kick mental fatigue](#) and boost your overall mood. Escaping to a destination like the [Cabins at Copperhill](#), where you can go “glamping” and explore the surrounding woods, is a great way to get away from all of your worries and practice self-care. Book your accommodations with plenty of time to spare!

## **Plan Your Itinerary**

Maybe you’d like to spend a lot of time experiencing all that your destination has to offer. Or maybe you’re envisioning yourself curled up in a hammock with a good book, without a care in the world and nothing on your schedule.

Whether you’d like to keep yourself busy or leave your [itinerary](#) open-ended, it’s all up to you. To decide what feels right, take a look at the activities available in the area and see if there’s anything you’re interested in. If you need to book tickets for anything, do so in advance.

## **Pack for Convenience**

Before you leave for your getaway, you should aim to [pack light](#). It might be tempting to pack your whole wardrobe, but you’re better off bringing only what you really need!

You’ll probably want to bring some cosmetics and hair care products, but instead of packing up your entire vanity, try to bring tools that will do double duty. For example, Smart Style Today states that you can stash a [travel-size](#) straightening brush in your suitcase, which will allow you to go several days between washing your hair and save you time on your vacation.

## **Digital Detox**

You don’t have to leave your phone at home during your self-care getaway, but you might want to put it on “Do Not Disturb” while you’re gone. Spending too much time glued to your [smartphone](#) can get in the way of your self-care. Instead of focusing on doing the things you enjoy, you could get distracted by content that everyone else is posting.

So, instead of scrolling through social media during your downtime, grab a good book, write in a journal, or pull out your yoga mat and try some of your favorite flow sequences. At the end of your trip, you’ll be grateful that you decided to limit your screen time!

## **Treat Yourself**

Want to get a [massage](#)? Splurge on a mani-pedi? Get a facial? Now is the time to get pampered! Find a nearby spa and schedule yourself for all of the soothing treatments you’ve been daydreaming about. There’s no better time to indulge! Plus, you have a good excuse -

massage is scientifically proven to reduce inflammation and release endorphins, which make you feel relaxed and happy.

When you're feeling the effects of burnout, it's time to give yourself a break. If you're running on fumes, why not take a few vacation days and start planning your dream self-care retreat? You deserve to reward yourself, and you'll return home feeling better than ever!