**Create Your Very Own Wellness Retreat (Without Having to Leave Home!)**

A break from reality in a wellness retreat doesn’t have to be expensive. In fact, it can be completely free! We love the idea of a DIY wellness retreat – and it’s easier to create than you might think. With a few crafty tricks and some simple supplies, you can transform your home into a peaceful oasis.

Here’s how to create your very own wellness retreat:

**Set a goal:**

Before starting your wellness retreat, come up with a personal goal. What are you hoping to achieve out of your wellness retreat? Determine if you want to focus on stress, physical health, mental health, pampering yourself, or all of the above! Establishing a goal will help you decide what supplies you will need and what you should accomplish during your wellness “getaway”.

**Create a peaceful environment:**

Setting the mood is an essential part of constructing your own wellness retreat. You want to create a peaceful environment and a stress-free zone. Here are some ideas for turning your room or home into a blissful paradise:

*Light some candles.* Grab your favorite scented candles and light a few (not too many!) in any areas that you are using to relax. We suggest candles with lavender, eucalyptus, or citrus to relieve any stress and help you unwind.

*Play some music.* Create a playlist of your favorite relaxation tunes. Music can be used to relieve stress and anxiety, promote mindfulness, and help you sleep.

*Focus on the lightening.* Be sure that you are in a bright and open space during your morning and afternoon. Natural sunlight will boost your mood and keep you energized throughout the day. Keep your blinds up and open some windows for fresh air.

**Choose your favorite relaxing activities:**

You can certainly research itineraries of professional wellness retreats to get some ideas, but we suggest that you keep things simple and focus on activities that relate to your own wellness goals. Here are some ideas to get you started:

*Meditate.* Meditation is a staple for wellness retreats. It’s been proven time and time again to relieve stress, anxiety, and calm the mind. If you have never meditated before, your DIY wellness retreat is a perfect time to start. There are many online resources and videos for beginners to help you practice and [achieve mindfulness](http://info.totalwellnesshealth.com/blog/how-to-make-mindfulness-part-of-your-daily-routine).

*Eat well.* A wellness retreat would be nothing without delicious, healthy meals. Cooking is a relaxing and rewarding activity. Use your retreat to cook some new, nutritious recipes you’ve always wanted to try.

*Get active.* [Daily exercise](http://info.totalwellnesshealth.com/blog/exercise-for-better-brain-and-mental-health) is also an important element of wellness retreats. While pampering yourself all day is great, you want to keep your body happy by engaging in at least 30-minutes of physical activity. We suggest yoga, a walk around the park, or Pilates for a calming workout.

*DIY spa.* If pampering yourself is your main goal, treat yourself to your very own spa! Facemasks, foam roller massages, and a facial steam are some simple ideas that will make your at-home spa feel like the real deal. Check out this [blog post](http://www.thefrisky.com/2014-06-18/how-to-have-a-diy-spa-day-that-feels-like-the-real-thing/) for some great DIY spa ideas.

*Digital detox.* Did you know that some of the most popular wellness retreats don’t have any Wi-Fi? For a lot of us, that’s a scary thought! However, unplugging from the real world and keeping our gadgets turned off is an excellent way to relieve stress and anxiety. Try to limit yourself from any technology during your wellness retreat and only use your phone for emergencies.

*Take a warm bath.* Is there really anything as luxurious as a warm bath? Soaking in the tub helps soothe muscles and relieve any achy pains. To make your bath extra stress relieving, try adding in some essential oils.

Everyday life can be [stressful](http://info.totalwellnesshealth.com/blog/bid/339246/simple-tricks-to-cope-with-work-related-stress-0). Sometimes all you need is a simple getaway to clear your mind and focus on your wellbeing. The next time you want to get away, save some money by turning your home into a personal wellness retreat. Give these tips a try and let us know how it goes in the comment section below!