

# 7 Luxurious Ways To Unwind At Home



Whether you're anxious about your family, the pandemic, health, or money, taking time to unwind at home can be restorative. Being able to relax is important for your physical and mental health. Here are seven ways to soothe your mind, boost your health, and relax in style.

## 1. Enjoy some home IV treatments

Modern concierge healthcare services allow you to experience the benefits of various health-boosting treatments in the comfort of your own home, such as IV therapy

If you want to recover quickly from illness, for example,

Exosome IV treatment helps to stimulate the body's natural healing mechanism. It promotes fast healing, reduces inflammation and helps with local tissue repair. Concierge MD, NanoView Bio, Azenta and other private services offer [at-home exosomes therapy](#) in Los Angeles and other cities.

## 2. Create a meditation room

Your meditation room could be a room you don't often use, like a guest bedroom or outdoor space, like a patio. Decorate with pillows, throw blankets, candles, a yoga mat and an aromatherapy diffuser. Use relaxing essential oils like camomile, neroli, lavender, ylang-ylang and bergamot in the diffuser.

You can select a regular time every day to visit this space. If you do this in the morning, you can set a goal for the day and think about what you're grateful for in your life to improve your spirits and help motivate you. There are also many apps you can download that offer guided meditations.

## 3. Make your shower a soothing escape

As you stand in the shower with your eyes closed and the steaming water pounding your aching body, you experience some stress relief as your muscles start to relax. Making this experience more luxurious will transform an ordinary shower into a spa-like experience.

Upgrading your shower head is a good start. A rain showerhead offers an amazing experience, while shower bombs filled with essential oils will release a pleasant scent in the steam. Other products like scrubs and super-charged washes will help you to get even more benefit out of the experience. Bring nature in with some plants and make sure you have a super soft and fluffy towel to dry off with.

## 4. Invest in a massage chair or cushion

Consider investing in a massage chair. It could quickly become your favorite chair in the house! You can customize a massage using the remote control to set the strength, speed and focus area. Many massage chairs have advanced features like neck and back rollers. Experiencing a full-body massage will relax you completely, help improve your circulation, relieve tension headaches, and reduce your stress levels.

If you don't have the space for a massage chair, a massage seat cushion could work for you. Vibration nodes and a remote control allow you to choose which parts of your back it focuses on and after a long day of work.

## 5. Bring luxury back to your bedroom

Sleep is one of the most important needs to support your overall health and wellness, and not getting enough of it can have many negative consequences. Make sure you have a bed that offers good support to your back with a firm mattress and a supportive pillow. Your bedroom should be well ventilated and dimly lit.

When it comes to your bedding, soft cotton sheets with a high thread count can add a touch of luxury and keep you cool. Wear a rejuvenating eye mask, and you will wake up looking refreshed.

## 6. Indulge in a manicure or pedicure

Investing in a quality at-home kit can offer you salon-quality results. It's a great way to take time for yourself and ensure that you relax. If you want to walk away with a salon-quality manicure and pedicure you do for yourself at home, you should always use a base coat and a top coat.

Moisturize before you start and make sure you clean your tools after each use to avoid bacteria build-up. Roll rather than shake your nail polish bottle to prevent bubbles from forming; this allows for smoother application. Make sure nail polish

thoroughly dries in between layers.

## 7. Stock up on dark chocolate

Chocolate may be just one of the best comfort foods in the world, and it isn't necessarily bad for your health! Raw chocolate or dark chocolate high in cocoa solids is better than milk chocolate. Chocolate is high in magnesium and contains anandamide, a neurotransmitter that can help you experience a sense of calm. It can also raise your endorphin levels, so there is good reason to unwind with some chocolate. Just a little piece every now and then will help you feel good.