

Urban Blonde

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PAMPER YOURSELF

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With a crazy hectic schedule, between juggling a full-time job, spending time with family/friends, blogging and getting in workouts, it can be difficult to make time for myself and relax. Having a type-A personality and a constant to-do list, makes it hard for me to turn off everything and chill sometimes. That is why I try to make a conscious effort to find balance at the end of the day. Taking the time to make take a few minutes to myself for a little pampering, can go a long way!

- BY: STEPH KONKLE -



Here are some easy ways to pamper yourself from home:

- RECENT POSTS -

3. DEEP CONDITION YOUR HAIR



Being a blonde, I've always suffered from dry hair. But one easy thing I have found to keep my hair from becoming damaged is using a leave in conditioner treatment! I have been using the [Monat](#) leave in conditioner and can tell a big difference in my hair after adding it to my hair care routine. I put it on my hair after getting out of the shower when my hair is damp and leave it in. I love that I don't have to worry about washing it out, so it doesn't take any extra time!

Thanks for stopping by & have a great week!