

THE / THIRTY

How This Clean-Bodycare Founder and Mom Winds Down on the Weekends

It's no secret that we love a good morning routine. We've come to learn, however, that the rituals we do to wind down before bed are just as important. Whether you take 10 minutes or a few hours, it's precious time that you have set aside at the end of the day to take care of yourself. Our series Weekend Wind-Down highlights the nightly routines of the people we admire.



You can learn a lot about a person through the self-care rituals they hold sacred and what they prioritize doing in their downtime. And sometimes, the takeaways can even help to remind you what practices make you feel your best.

We recently asked Emma Heming Willis, busy mom and stepmom and founder of the clean bodycare line CocoBaba, how she truly unwinds from the day. As it turns out, her routine is incredibly relatable and maximizes comfort in every way. Keep scrolling to see more.

6:30 P.M.



After dinner, my weekend wind-down routine commences. I love to take an evening stroll around the block, which is about a mile. Sometimes, my family comes with me, but usually, it's just me. My walk helps aid digestion, releases the tensions of the day, and sometimes I can even get a podcast in. Bonus!

7:15 P.M.



Once I'm back, I'll make my evening tea in my Yeti thermos. I either go for Traditional Medicinal's Roasted Dandelion Root or Yogi's Purely Peppermint tea. Drinking tea is pure comfort for me. I love the taste of these two herbal blends, and I also just love something warm in my body in the evening, and it really helps me relax and feel cozy.



8:30 P.M.

Even though my girls aren't babies anymore, we still have a nighttime routine that can sometimes be chaotic in the sense of "It's time to go to BED!!!" but we still love to read bedtime stories to each other. If it's Mabel reading, she would read a few paragraphs from a book she's into out loud. On the other hand, Evelyn prefers reading an old but nostalgic goodie to us. I'm holding on to these days, as they are numbered.



Next to my bed, I have a catchall tray with Olive and June Nail Cuticle Serum, a Thought Sanctuary Essential Oil rollerball that I use on my wrists and neck, and my Mineral Sleep CBD, which I swear by for a good night's sleep. I've come to realize how important sleep is for your overall health, so it's something I take seriously and prioritize.

9:30 P.M.



Last but not least, I'll end the night by curling up in bed, throwing on some mindless Netflix show, and chilling until it's time to sleep.

