

Easy Home Spa Ideas!



Home spa recipes can transform a busy weeknight to a tranquil escape in a world-famous spa resort. Add the relaxing benefits of an Aquatic bath. The tension-releasing massage completes the total hydrotherapy experience. Your troubles will seem miles away!

SENSITIVE SKIN CUCUMBER MASK

This mask is perfect for sensitive skin. Chill it in your fridge before use to make it especially soothing.

Ingredients:

- 1 tablespoon brewer's yeast
- 1 tablespoon finely ground oatmeal
- 1 whole cucumber
- 2 tablespoons plain yogurt or sour cream
- 1 teaspoon honey

Mix together the yeast and oats in a small bowl and set aside. Peel the cucumber and place it in a small food processor and process until only liquid remains. Add the yogurt and honey and process further to mix. Add the brewer's yeast and oats to the cucumber/honey mixture and process to mix fully.

To use, apply to clean face and neck skin and leave on for anywhere from 15 minutes to a half hour. Rinse well and follow with toner and moisturizer.

DID YOU KNOW ...

- That the best time to bathe is when the stomach is empty?
- That salted water will help alleviate light-headedness some people experience when soaking in hot water?
- That baths deprive you of body fluids, and drinking alcohol before or during a bath increases the dehydration?

AQUATIC

Real Luxury for Real Life.®

REJUVENATE ACHING FEET

- 1 tablespoon olive oil
- 1 tsp. of Aloe Vera
- 1 teaspoon wheat germ oil
- 20 drops of peppermint Essential Oil
- 20 drops of eucalyptus Essential Oil

Mix together and massage feet gently with this soothing ointment, or, add to a basin of very warm water, and soak. Finish by lightly dusting the feet in corn starch.

