

## ENJOY THE LUXURY OF A SPA IN YOUR HOME

When I think of enjoying the luxuriousness of a spa at home, I want self care time that feels special and at the same time there are little bits and pieces of luxury that I want to feel everyday. While it might seem like I'm asking for too much, I like to think I can have it all because I deserve it and so do you. Whether you chose to make a whole day of it periodically, treat yourself to frequent mini-spa experiences, or just want to add a touch of spa to your everyday routine, what I like about a spa, is the way my senses are treated to a little something extra that makes you stop just to enjoy and for a brief period of time I can be present in the moment. Creating that feeling at home can be done with a few simple items that don't have to break the bank.

### ADD A TOUCH OF SPA TO YOUR EVERYDAY ROUTINE

Creating space in your home that is comfortable, relaxing, and calm is individual and can look different for every person. You might set aside one room or you may have several spaces both indoors and outdoors that you enjoy. Make sure to have plenty of throw pillows and blankets to wrap up in!

Create calm with soft, muted colors to provide a foundation to build a tranquil environment. Reflective surfaces such as mirrors and chrome fixtures or additional light fixtures or new bulbs can create a bright airy look.

For example, warm neutrals paired with natural colors can create the perfect peaceful setting to walk into. Incorporate natural decor with plants or a vase filled with fresh flowers.

Scent is another key to creating your own idyllic space. It can even trigger memories of relaxation and transport you to a peaceful retreat. Incorporate aromatherapy to fill your space with the perfect scents using essential oil diffusers and scented candles, lotions, or soaps to set the mood. The smell of lavender, rosemary, chamomile or cedarwood are perfect for stress relief and emotional balance, peppermint and wild orange are known for evoking energy when used topically or inhaling. Hanging eucalyptus in your shower will provide a burst of aroma when you turn on the shower!

Upgrade your basic showerhead with one that has features that suit your needs such as massaging spray patterns, a rain showerhead, or a handheld component. In addition, put a water-resistant bench in your walk-in shower to sit and enjoy the shower spray. Other luxurious items to consider are bathroom faucets or commodes with special features like touchless automation or heated toilet seats.

Streamline your space by saving the counter space or open storage for the few essential items you use everyday. Use aesthetically pleasing bath products that blend with your color scheme such as hand soap or shampoo and conditioner into pretty bottles. Organized toiletries like clear glass jars are great for holding sponges, cotton rounds, and other small items and add a luxurious feel to your vanity area. Put everything else inside cabinets, drawers, baskets, mount hooks or shelves. Furniture pieces can also increase storage and organization. A space free of clutter will allow you to feel relaxed the minute you walk in the room.

There's nothing like stepping out of a shower or bath and wrapping a lush and plush towel around yourself. Fluffy, soft towels made from an absorbent material, such as cotton or bamboo are essential to a spa experience. Display extra towels or invest in a towel warmer rack for a little luxury every time you step out of the shower. For added plush, cover bathroom floors with soft rugs. Choose a mat made from quick-drying material to prevent mold or bacteria.



## TRY A MINI SPA TREATMENT

Short on time but still want a therapeutic treatment? First, get the items you need ahead of time so you can enjoy a mini spa break anytime. Choose one of these treatments to treat yourself in your time-crunched day.

### Facial Scrub and Mask

An exfoliating facial scrub will gently loosen dirt, grime, and dead skin while nourishing your cells, leaving vibrant and beautiful skin. Using a face mask after exfoliating makes it easier for the skin to absorb the ingredients in your face mask. Use a warm washcloth to remove any bits of the masks that don't peel off and follow up with a good moisturizer.

### Hair Treatment

Start with a salt scrub cleanser designed to clear congested hair follicles and help to encourage new hair growth. Treating the hair and scalp with a hair mask is not only great for damaged locks, producing a silky shine, or hydrating thirsty strands, but also helps to repair hair cuticles damaged from coloring, hot tools, salt water, and even chlorine. And who doesn't love a great scalp massage! Finally, wrap your hair up in a towel so it's warm while the mask works its magic."



### Body Scrubs

Turn your shower on hot enough to create your own steam experience. The steam from the shower will help soften and detoxify your skin. Treat yourself to a body scrub to exfoliate and remove dead, dry surface skin cells and promote a smoother, more even skin texture. Apply the mixture to skin in circular motions and rinse off in the shower.

### Scented Body Oil

Use oils right after you remove the excess water from the shower or bath to lock in the moisture to your body with natural scents for radiant, healthy, and glowing skin. Floral and exotic scents are both soothing and restorative and their scents linger and penetrate.

### Theragun Massage

An at-home muscle relief tool designed to increase blood flow to your muscles which helps reduce tension, break up stress knots, and calm inflammation. Allow your body to relax from the day's stress.

### Hand and/or Foot Mask

What a great way to soothe the skin and deliver hydrating and nourishing substances that will leave your hands and feet feeling soft and smooth.

### Foot Bath

Find a relaxing and warm spot indoors or even outdoors like next to the pool or garden. Provide yourself with a nice foot bath combined with guided meditation or relaxing music, scented candles, soft towels, and oils.

## TREAT YOURSELF TO A WHOLE SELF-CARE DAY

Utilize your bedroom as a staging area to set the tone before your treatments. Treat yourself to a new, organic cotton robe, making your at-home spa day feel realistic and lay it out along with your slippers, add an eye mask, and indulge in refreshments and snacks to get the experience started.

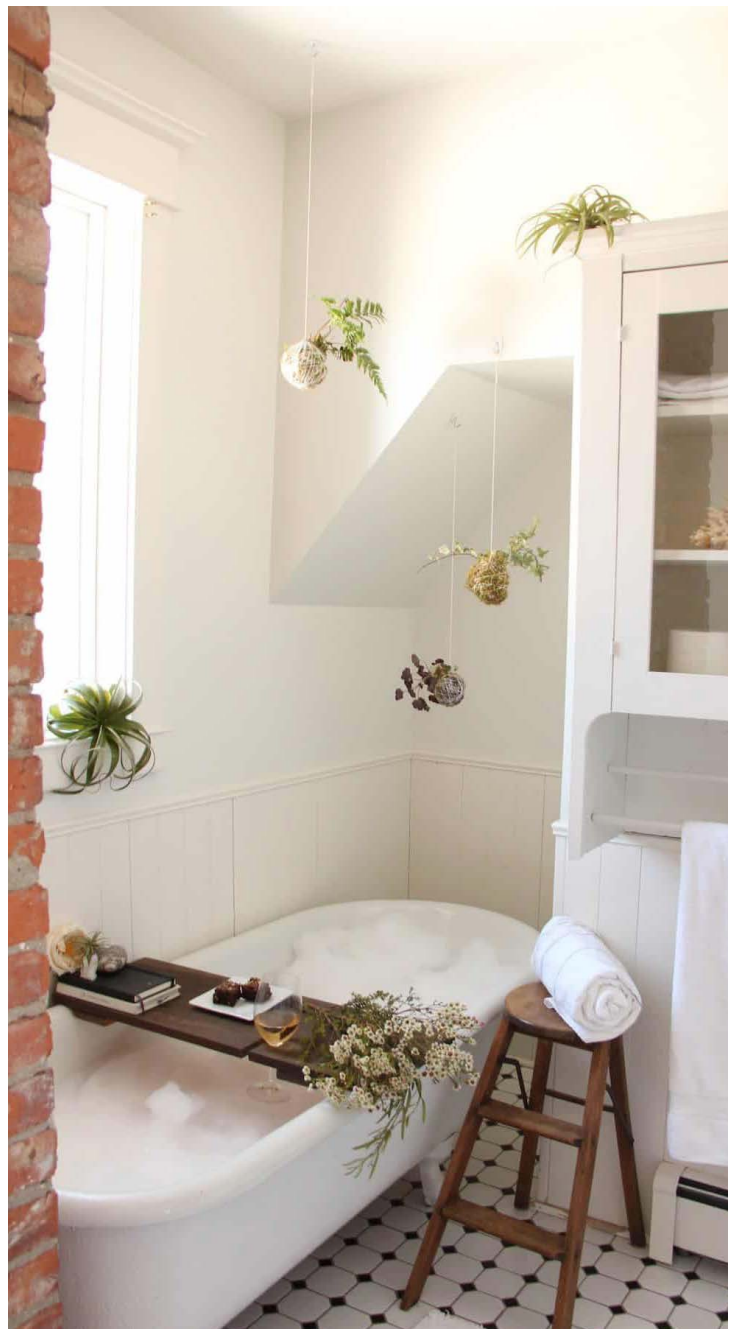
Appeal to the senses to set the mood. When you walk into your relaxing space, you want to feel like relaxation wrapped its arms around you. For some, that may mean allowing sunshine to warm and rejuvenate and for others, darkness or candle light aids calmness and sets a beautiful atmosphere for the entire room.

Music can set the mood, ease your mind, or drown out noise. From spa playlists to sound machine apps you can quickly transport yourself to the land of calm. Just imagine hearing tranquil ocean waves, smelling coconut, and drinking a tropical fruit-infused water; you've just created your own ultimate retreat!

It is incredibly satisfying when you can treat yourself to your favorite snacks or your favorite light lunch while you are relaxing. Paired with your favorite refreshing beverage served chilled over ice, infused waters, sparkling wine or champagne drink, or something a little stronger, can totally make you feel pampered. Add some fresh fruit fusion to your hydration for a touch of elegance. On the other hand, a hot, soothing cup of tea can impart an uplifting sense of balance and calmness. Light and savory or sweet snacks take your self care time to the next level!

### Start With a Facial

Use a gentle cleanser to thoroughly cleanse the skin without stripping it. Next, exfoliate and then use a hydrating and anti-inflammatory mask. Have some warm, damp towels ready to wipe the products from your face. Follow up with a hyaluronic acid serum to soothe and plump up the skin with hydration. Apply an eye cream, to brighten the under-eye and minimize the appearance of fine lines. Finish with a great moisturizer for your skin type.



### Indulge With a Full Body Mud Mask

Turn your shower on a high heat to fill your bathroom to make a mini steam room. Scrub your body to remove all the dead skin cells then let the steam open your pores ready for the mud. Apply the mud and let it work to detox the skin, taking time for the mud to start drying which is when it will draw out impurities. Finally, wash the mud off before applying the body cream for hydrated and super-soft skin.

### Or Pamper Yourself With a Pure Bathing Experience

To elevate from bubbles or epsom salts, try a seaweed bath to detoxify and re-mineralize the body, soothing aches, improving circulation, and healing skin conditions.

### Try a Shaving Foam or Leg Mask

This beauty "chore" can be relaxing and fun! Take time shaving and moisturizing your legs with a high quality shaving foam. Then use a leg mask to smooth and hydrate legs.

At-home pedicures are also fun and surprisingly relaxing. Begin by removing any old nail polish with a non-acetone polish remover. Next, soak your feet in a bath of water, a capful of distilled vinegar plus a few drops of tea tree oil or epsom salts. Gently dry your feet and you are now ready to shape your nails using toenail clippers, a nail file, nail nipper, and buffer. Apply a cuticle eraser and push the cuticles back. Next apply cuticle oil to help prevent damage to the cuticle. Dip your feet into the water one more time and use a pumice stone to get rid of dead skin and calluses. Massage your feet, ankles and calves with a sugar scrub and rinse with warm water. Hydrate your feet with a foot mask or lotion. Clean the nails and cuticles with polish remover to remove any oils. Use a toe separator to prevent smudging and apply your favorite polish! Two coats and a clear top coat will leave you with a beautiful look. Clean up any smudges with a q-tip soaked in polish remover.

A spa day at home is completely customizable to you and your preferences. We have to find ways to relax and find balance and keep stress from finding its way into our environment. Doing so improves our health by giving us peace of mind. The whole experience allows you to breathe deep and discover equanimity. Creating a serene environment can be done on a budget for a full spa experience, a mini spa treatment, or just wanting to take your daily routine to the next level. Designed to give you a little R & R, incorporating calming elements and upgrades will help you melt away the stress and escape and relax in peace. Make sure you commit to time for you. Schedule time for yourself to enjoy it, adding that time in your calendar, like any other appointment. It'll give you something to look forward to and ensure that you take time for some much needed self care. You are well worth prioritizing your own health and making a conscious decision to spend time on yourself. If you're dealing with a particularly stressful situation, or you're looking for a way to unwind from daily life on a routine basis, creating a spa day at home can be one of the easiest and most effective ways to find some peace and quiet. And whether you only do this once a month or once a year, it's always worth spending some extra TLC on yourself. For an extra treat, invite your partner to join you!



## Cucumber, Lemon + Mint Spa Water

Cucumber, lemon and mint infused water is a refreshing drink that will make you feel like you're having a relaxing spa day. You'll love this beverage if you need incentive to drink more water and want a fun way to stay hydrated.

### Ingredients

1/2 a large cucumber, thinly sliced  
1 large organic lemon, thinly sliced  
handful of fresh mint leaves, torn  
8 cups filtered water

### Instructions

Put the slices of cucumber, lemon, and mint in a pitcher. Muddle with a wooden spoon to mash up the juices a bit. Fill the pitcher with water. Add ice if desired. Serve immediately or let sit for at least one hour. Flavors will be more saturated the longer it sits, but it still is deliciously refreshing right away!

PREPTIME: 5 minutes | TOTALTIME: 5 minutes YIELD:  
8 CUPS



## Snacks

For a savory snack, mix cream cheese with fresh dill, mayonnaise and a touch of sea salt, layering with cucumbers on fresh bread or crackers.

For a sweet fix, choose an assortment of tea cookies, or try a homemade granola with simple ingredients like rolled oats, honey, coconut oil, nuts and dried fruit. Bake at 300 degrees for around 20 minutes and voila! Add some fresh fruit and yogurt for a simple and delicious parfait.