



# Spa Treatments at Home

**Unwind, relax, indulge, awaken your senses and enhance your health & wellness. It can be easy, economical and done in the privacy of your home.**

Through the different techniques you will:

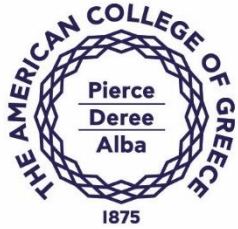
1. Improve blood circulation, relax tense and tightened muscles
2. Relieve migraine & other related headaches like eye-strain, ear buzzing
3. Help with tension, stiffness in neck and shoulders
4. Reduce pain and swelling of tired feet
5. Enhance the health and condition of your skin
6. Promote a relaxed state of the mind, calm thinking and creativity
7. Satisfy your emotional need for caring and nurturing yourself
8. Foster a feeling of well-being
7. Reduce stress and anxiety
8. Create mind-body-spirit-awareness
9. CHILL 😊



## What you need:

Be creative ... check your kitchen cupboards

- A carrier oil (almond, olive, coconut)
- Peppermint essential oil
- Tea tree essential oil
- Extra essential oils of your choice to add scent (optional)
- Coarse Salt
- Lemon or lime
- Dried herbs: Rosemary, Lavender, Sage
- Black pepper corns
- Dried Ginger chunks
- Warm water
- Cucumber
- Cotton or linen cloth
- Thread/thin rope
- A big bowl to soak feet
- Candles (to create your chillax atmosphere)



## Know the Facts

## Mind & Spirit



### Face

Create your own Cleansing Skin Mask by mixing

- 3 drops Tea Tree oil
- 2 drops Lavender
- 1 tablespoon pure honey
- 2 tablespoons warm water

Apply the creamy paste to your face and neck, allow to dry for 15 minutes, then rinse with warm water. Finish off your rejuvenating "facial" by spraying Rose water. Then apply your moisturizer as usual.

### Hair

Create your own moisturizing Hair Mask by mixing

- 3 Tbs olive oil
- 3 Tbs almond oil
- 3 Tbs coconut oil
- 2-3 drops Tea Tree oil
- 2 drops Lavender oil

Apply the creamy paste to your hair, wrap hair with a warm hot towel and leave for 20-30 minutes, then rinse with warm water. Shampoo as usual.

### Eyes

Place cool, sliced cucumber over your eyelids. Relax for 5 minutes.

### Feet

Revive tired, calloused feet and increases blood circulation to the rest of your body with this custom Pedicure Blend.

- 2 tablespoons of coarse Salt
- 2 drops Peppermint
- 5 drops of tea tree oil
- 2 liters of warm water.

Soak for 5 minutes, pat dry then apply olive mix\* Massage mixture into your feet for 2 minutes and then rinse with warm water.

### Oil mix

- 1 part almond oil
- 1 part coconut
- 4-5 drops tea tree oil
- 4-5 drops aromatic essential (optional)
- Arganoil (optional)

### Hands, elbows, knees

Scrub to exfoliate and brighten

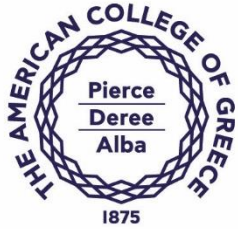
- 1 part salt
- 1 part dark brown sugar
- 1 part water

Scrub and massage for 2 minutes Rinse and apply (almond, coconut oil) or your regular moisturizer.

### Elbows & knees

Cut in half a lemon or lime and rub your elbows and knees to soften and brighten the skin in that area.





## Know the Facts

## Mind & Spirit



### General Body

Blend dried herbs (Rosemary, Lavender). Wrap tightly in a linen bundle. Heat bundle either dry or wet. Apply to your forehead, tired shoulders, back and gently move in a circular motion. Allow the heat and the warm herbs to flow onto your skin and deep into the muscles.

- For mental focus, add 3 drops of Eucalyptus and 2 drops of Peppermint
- For rejuvenating add pepper corns

