

Natural home spa remedies are a luxurious and inexpensive indulgence that can be created from staple items in your pantry or refrigerator. Set aside a little time to pamper yourself, recharge and relax with home spa ideas and an Aquatic bath.

FOR THE BATH



CHOCOLATE SOAK*

- 1 cup of unscented bubble bath (optional)
- 1/2 cup of dried milk powder or soy milk
- 3 oz. of powdered unsweetened chocolate

Mix the powdered milk and chocolate until blended. Stir into bubble bath. Add to your bath in the amount desired.

ROSEMARY HERBAL BATH*

- 1/4 cup dried, crumbled sage
- 1/4 cup dried, crumbled rosemary
- 2 tablespoons of oatmeal
- 2 tablespoons of dried parsley
- 2 tablespoons of coarse bath crystals

Thoroughly mix the ingredients together and secure in a muslin or cheesecloth bag, and tie so that it hangs directly beneath your flowing bath tap.

ALOE VERA BATH SALTS

Add a small amount of aloe vera oil or dehydrated aloe vera gel to Epsom salt or sea salt. Add to a lukewarm bath to ease sunburn discomfort.

DEEP FOREST BATH

- 8 cups water
- 1 cup juniper needles and berries (or pine, fir or spruce)
- 1 handful (7 to 8) eucalyptus leaves
- 1/2 cup dried wintergreen leaves
- 1/2 cup fresh lavender flowers or leaves
- 1 teaspoon whole cloves
- 2 cinnamon sticks, 4 inches long
- Peeled rind of 1 orange

Simmer ingredients for 15 to 20 minutes. Strain herbs and pour into warm bathwater. This fragrant, healing bath soothes aching muscles, relaxes and restores.

FOR THE FEET

- 1/4 cup almonds
- 1/4 cup dry oatmeal
- 3 tablespoons food grade cocoa butter
- 2 tablespoons honey



Process almonds in a blender or coffee grinder until finely ground. Set aside. Pulse the oatmeal until it is the same consistency. In a bowl, combine ground oatmeal, cocoa butter, honey and ground almonds. Rub into your clean feet, step into cotton socks, and leave on overnight. The next morning, remove the socks and rinse feet in cool water. Pat dry.

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FOR THE FACE

PORE CLEANING STRIPS

- 1 part unflavored gelatin
- 1-1/2 parts milk

Mix two ingredients and microwave for 10 seconds to slightly warm. Using a clean cosmetic brush or cotton swab, apply to nose and chin area. Avoid delicate eye area. Allow mixture to dry for 10-15 minutes. Mixture will dry and form a stiff "strip." Peel off the strip. This recipe makes a pore cleaning strip which works similar to the popular skin care product.



HERBAL GRAPEFRUIT FACE MASK

- 3 tablespoons very fine oatmeal (chop oatmeal in a food processor, if necessary)
- 2 tablespoons chopped parsley
- 1/2 large grapefruit
- Olive or sunflower oil

Mix 3 tablespoons of very fine oatmeal with two tablespoons of chopped parsley in a bowl. Add juice from half of a large grapefruit until you have a soft paste. Let the mixture rest 5 minutes. Spread soft mixture over your face and let dry. Rinse off with warm water. Follow with toner and moisturizer. Grapefruit and parsley are both effective and refreshing astringents, perfect for oily skin.

FOR THE HAIR

BEER HAIR RINSE*

- 1 oz distilled or clean catch rain water
- 2 teaspoons apple cider vinegar
- 7 drops lemon essential oil
- 1 ounce beer (stale works fine)
- 5 drops rosemary essential oil
- 5 drops calendula essential oil (optional, but recommended for blondes)

Mix all ingredients together. Use as a final rinse, then rinse well with water. The protein in beer adds shine and thickness.

FOR THE BODY

COFFEE BODY SCRUB*

- 2 cups ground coffee
- 1 cup raw sugar
- 3 tsp massage oil

Mix all ingredients, gently massage in circular motions with even pressure. Shower off and pat dry.



*Oil based products and those containing oatmeal pieces should not be used in a whirlpool, hot soak, or air bath system and may cause the bath surface to become slippery. The relaxation advice given in this publication is for informational purposes only. Opinions expressed should not be construed as medical advice. The particulars of any person's concerns and circumstances should be discussed with a qualified health care practitioner prior to making any decision which may affect your health and welfare.

AQUATIC

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