

Create a HOME SPA experience

Take an hour and pamper yourself.

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You Will Need:

- A candle and matches
- Cotton washcloth
- Bath puff or sponge
- Bath pillow
- Milk bath or bath salts
- Cleanser and facial mask
- Nail clippers, file, polish remover, tweezers, nail polish
- Your favorite soap or body wash
- An eye pillow (gel or flax seed)
- Razor
- Fluffy towels
- Body lotion
- Freshener and moisturizer
- Relaxing music
- A good book
- Chocolate bonbons

Grab two hours of uninterrupted time. Shoo away the hubby and kids and lock the bathroom door.

Turn off the bright lights and light a candle.

Play soothing music.

Fill the bathtub with tolerably hot water and add ½ to 1 cup milk bath or other bath salts .

Make sure a washcloth, nylon puff, body wash or soap, and razor are easily accessible from the tub.

Attach an inflatable pillow to the tub.

Wash face and apply a facial mask.

Take care of maintenance - pluck, remove fingernail polish, etc.

Remove the facial mask with the washcloth.

Climb in the tub, lie back, rest your head on the pillow, place eye pillow over eyes and relax.

Rub body wash or soap bar into the net puff and scrub all over. Use the foam to shave legs and underarms.

Rinse off, get out of the tub, pat dry, and apply your favorite moisturizing body lotion.

Apply freshener and a facial moisturizer.

Shape and polish nails.

Put on comfortable clothing. Lie down on a bed or curl up in a cozy chair. Treat yourself to a good book and chocolate bonbons.

Repeat at least once weekly.