

HOW TO HAVE THE SPA EXPERIENCE AT HOME

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
Good music
A good book
Chocolate bonbons

1. Set aside two hours when you won't be interrupted. Shoo away the hubby and kids and lock the bathroom door.
2. Turn off the bright lights and light a candle.
3. Play soothing music.
4. Fill the bathtub with tolerably hot water and add ½ to 1 cup milk bath or other bath salts .
5. Make sure a washcloth, nylon puff, body wash or soap, and razor are easily accessible from the tub.
6. Attach an inflatable pillow to the tub.
7. Wash face and apply a facial mask.
8. Take care of maintenance - pluck, remove fingernail polish, etc.
9. Remove the facial mask with the washcloth.
10. Climb in the tub, lie back, rest your head on the pillow, place eye pillow over eyes and relax.
11. Rub body wash or soap bar into the net puff and scrub all over. Use the foam to shave legs and underarms.
12. Rinse off, get out of the tub, pat dry, and apply your favorite moisturizing body lotion.
13. Apply freshener and a facial moisturizer.
14. Shape and polish nails.
15. 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.
16. Repeat at least once weekly.