

Create a homemade spa experience.



We all need 'me time' to relax, so why not share a homemade spa experience with your young person.

You can use these simple ideas and create your own piece of heaven with things you already have in your home.

1. Set the mood with spa-like music and candles.

Find some calming music- there are plenty available on YouTube

<https://www.youtube.com/watch?v=QZbuj3RJcjI&t=57s>

<https://www.youtube.com/watch?v=RjTPKIKPM3Y>

Decorate the room, use house plants or flowers from the garden, candles or infusers. Add various other relaxing items such as mirrors.

Set up your towels- you could spray the towels with a lavender spray or any scent you have.

If appropriate have a tray of your favourite snacks and drinks to share.



Collect all your equipment- foot spa's, bowls, hair dryer, moisturisers and scrubs. Manicure equipment, fluffy socks, paint or soft nail brushes and shower puffs. There are some simple recipes for you to use on the following pages.

Now to enter your Spa experience.

Enjoy this quality time together



Begin with the feet:

Try a foot scrub (recipes below), gently rub the scrub over your feet using circular motions or just soak them in a warm foot spa or bowl.

Try adding some clean stones or pebbles to massage the bottom of the feet. You could also add some of your favourite bubble bath to the water or try adding a $\frac{1}{4}$ cup of milk, a few teaspoons of lemon juice and teaspoon of honey.

Perhaps set a timer, relax and listen to the music.

When finished dry the feet and massage them with moisturiser.

Use a hair dryer on cold/ warm setting and gently blow over the feet.

Put on some nice socks to keep the moisture in; fluffy slipper socks or something textured would be ideal if you have any.

Now pamper your face:

Use a simple face mask- you can buy these in most supermarkets or follow the recipes below and make your own.

When you have removed your mask, dry your face with a warm scented towel.

Finish by using a mild toner (recipe below) and follow with a your usual facial moisturiser.

Hands next:

Soak your hands in some warm water, then gently massage the hands- you could use a paint brush or shower puff and run gently over the hands.

Use your favourite moisturiser and hand cream.

Finally your nails:

Manicure, and paint your nails.

Recipes:

Foot Scrub:

Basic recipe

Use a handful of sea salt or sugar

¼ cup of olive oil

Stir in sugar or salt until wet grainy consistency if too wet add more salt or sugar

You can now add essential oils if you have some.

Face Mask:

1. Plain face mask:

1 teaspoon of plain yogurt

1 teaspoon of warm honey and mix in a bowl

Spread over the face avoiding eyes and mouth.

Leave to dry then wash off with warm water.

2. Cucumber face mask:

Cut and blend some cucumber into a puree

Pour the cucumber puree into ½ cup of plain yogurt

You could also add 1 teaspoon of honey, parsley or mint if you have any.

Spread over the face avoiding eyes and mouth.

Leave to dry then wash off with warm water.

3. Oat face mask:

¼ cup oats.

1 cup of water.

1 tsp honey

Mix all ingredients until it is a smooth paste, you can also use lukewarm water to soften the oats.

Spread over face avoiding the eyes and mouth.

Leave to dry then wash off with warm water.

Face toner:

1teaspoon of lemon juice and some crushed mint leaves.

Add to a bowl of warm water. Gently cleanse your face using cotton wool pads.