

# DIY SPA TREATMENTS

## BATHING



### MILK BATH

½ cup organic honey

½ cup dry milk

1 tsp cinnamon

Simply add the ingredients into warm running bath water and luxuriate.

## BODY EXFOLIATION



### LEMON FOOT SCRUB

1 lemon freshly squeezed

1 cup of Epsom Salts

½ cup jojoba oil

3 drops of tea tree oil

Crush the salt in a mortar and pestle. Mix ingredients together and apply to feet and ankles with your hands. Lemon is antiseptic and antibacterial, while tea tree oil will help to reduce foot odor and fungal infections.

**Extra tip:** Apply a freshly cut lemon to rough elbows and knees. The acid will soften rough spots and brighten dark areas.

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## BODY EXFOLIATION



### LIME SELF-SCRUB

- ½ lime freshly squeezed
- ½ tsp freshly grated ginger
- 1 cup Dead Sea salts or Epsom Salt
- ½ tsp honey
- ½ cup 100% extra virgin olive oil

Mix everything together in a bowl, get in the shower and scrub away!



### ORANGE SUGAR SCRUB

- ½ cup of sugar
- 2 tbsp cream
- 3 - 5 drops of sweet orange oil
- 1 cup of sweet almond or jojoba oil

Mix everything together in a bowl, get in the shower and scrub away!

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## RESURFACING / FACE MASKS



### PAPAYA CLEANSER

- 3 tbsp organic honey
- ½ tsp extra virgin olive oil
- ½ tsp wheat germ oil
- 1 tsp papaya juice

Mix your potion together and apply to a cleansed face. Leave on the skin for 15 minutes and rinse off.



### APRICOT FACE MASK

- ¼ cup fresh or dried apricots
- ¼ cup fresh strawberries
- ¼ cup fresh kiwi
- ½ cup of warm milk
- 1 tsp honey

Blend until smooth and creamy. Apply to the face. Relax for 15 minutes and rinse.



# DIY SPA TREATMENTS

## SLIMMING



### SLIM THING

¼ cup ground coffee beans

1 ½ cups brown sugar

1 tsp vanilla extract

¼ cup of grated carrots

¾ cup of extra virgin olive oil

Blend everything together and use as a scrub in the shower.

**Extra tip:** You can add a ½ tsp. of cinnamon.

DIY home treatments courtesy of [timetospa.com](http://timetospa.com)