

# How to Home Spa: Simple Ways To Experience Spa Pleasures at Home

Many only dream of a chance to indulge in the relaxing, revitalizing treatments of a professional day spa.

Kelly Thompson, spa enthusiast, has traveled across the world to professional spas learning the best in techniques and treatments. Based on her experiences, she has created simple, time-efficient ways to practice these sensational spa indulgences at home.

"You no longer have to escape to a spa to be pampered," says Thompson. "Today, there are ways to bring these essential spa experiences into your home."

She offers the following tips on how to set the stage and experience top-notch spa treatments in the comforts of home:

## Spa Essentials

No need to invest in fancy products to create a home spa experience. Thompson provides a list of simple items necessary to indulge in favorite spa treatments.

**Spa Thermal Unit:** Use a miniature cooler to store hot towels. Simply immerse the towels in steaming hot water, wring them out, and then store them in the cooler where they'll remain hot for 10 to 15 minutes. You can also microwave wrung-out towels for a minute or less and then place them in the cooler.

**Spa Bowls:** Have a quart-sized plastic or glass bowl on hand to hold water, Seaology™ body baths, salts, algae and other spa ingredients.

**Wrapping Sheets:** Use a sheet to help the process of purifying mud therapy, creams or oils as well as to protect furniture and other surfaces in your home. The best choices are natural muslin or pure, unbleached cotton sheets.



**Skin Brush or Loofah:** Exfoliation is a key word in the home spa experience. To exfoliate the skin, a dry skin brush or a loofah is a must.

**Towels:** Towels, towels and more towels. Spa treatments can be towel intensive and it may be best to invest in a set just for home spa use. Many of the treatments may require two or three towels and it is important to keep one towel on reserve as your designated "spa towel" to wipe up any mess.

**Robes:** A robe and slippers are suggested dress-attire at most professional day spas. It's also a good idea to have a robe hanging on a nearby hook when you are pampering yourself at home. This is one area to splurge on as nothing feels quite the same as a double micro-fiber, high-quality bathrobe from Seaology™.

**Cotton Pads and Cotton Swabs:** For application and removal of just about any product, especially around the face, large circular pads are the best.

## Spa-ahhhh Treatments

From masks and foot scrubs to hydrotherapy baths and herbal inhalation, Thompson offers these tips on how to achieve sensational spa treatments at home:

**Spa Foot Treatment:** To create your own divine foot treatment, you'll need a place to soak your feet (bathtubs do nicely), nail clippers and files, a cuticle tool, two hot towels, and some skin lotion. Start by soaking your feet in hot water for five minutes, add some Seaology™ Sea Salts then, while one foot soaks, clip and file the nails of the other, cleaning the cuticles too. Repeat on the other foot, then dry the feet and wrap them in a hot moist towel. After a few minutes, unwrap one foot at a time, bringing it up to your lap for a ten-minute mini-massage. Finish with a light application of Seaology™ Sea Foot Cream to each foot.



**Hydrotherapy Bath:** For a complete relaxation experience, re-create a spa hydrotherapy bath at home. First, you'll need to create your escape. Surround the tub with candles and the essentials, including towels and a bath pillow. Add the peaceful sound of soft music. Fill the tub with hot water; 104 degrees is the maximum. Next, create a magical bath with one of our Seaology™ Sea Bags Bath Soak. Step in and soak for twenty minutes, remembering to breathe deeply and enjoy the moment. When finished, pat yourself dry with a towel, leaving some of the bath's moisture to soak into skin. Then apply Seaology™ Sea Butter Body Lotion. Now is a perfect time to slip into our comfortable robe and do nothing for 20 minutes.

**Herbal Inhalation:** This quick "pick-me-up" is a great way to revitalize and even ward off a cold. Place a pinch of herbs, such as eucalyptus, in a porous pouch. Immerse it in steaming hot water in the bathroom sink. Drape a towel over the back of your head, bend over and hold it above the sink in a tent shape. Leave the hot water running and breathe in the herb-laden steam that floats up to your face for approximately ten minutes. Or take a Seaology™ Eucalyptus Bath for the same results.

Enjoy!

