

Spa Day

NOURISHING FACIALS

FACE CARE TIPS

1. Start by removing your make-up and washing with a cleanser.
2. Mix and apply one of the recipes below to your face for 15–20 mins.
3. Rinse thoroughly and follow with your favorite moisturizer.

matcha mask

FOR SENSITIVE SKIN

Combine and apply to reduce inflammation and hydrate.

- **1½ tsp** of matcha powder
- **1 tbsp** of honey
- **1 tsp** of olive oil

turmeric remedy

FOR OILY SKIN

Blend and use to reduce shine and treat uneven skin tone.

- **1½ tsp** of turmeric powder
- **3 tbsp** of aloe vera gel

breakfast mask

FOR DRY SKIN

This mixture helps calm irritated skin, leaving your face feeling moisturized.

- **1 tbsp** of apple cider vinegar
- **1 tbsp** of honey
- **1 tbsp** of olive oil
- **½ cup** of oatmeal

sugar lip scrub

FOR DRY LIPS

Sugar and coffee grounds gently exfoliate while oils replenish.

- **1 tbsp** of sugar
- **1 tsp** of coconut oil or almond oil
- **1 tsp** of honey
- **¼ tsp** of vanilla extract
- **1 tbsp** of coffee grounds



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HAIR TREATMENTS

HAIR CARE TIPS

1. Start by washing your hair, let it dry but leave it a little damp.
2. Mix and apply one of the recipes below from root to tip.
3. Leave the mask in for 30+ minutes, then rinse with cool water.

apple cider cure

FOR DULL HAIR

Stir ingredients thoroughly and apply for a shine-boosting treatment.

- **2 tbsp** of honey
- **2 tbsp** of coconut oil
- **1 tbsp** of apple cider vinegar

avocado therapy

FOR DRY HAIR

Use a blender to combine ingredients for a deeply-hydrating treatment.

- **1 small** avocado
- **¼ cup** of olive oil
- **2 tbsp** of honey

oil treatment

FOR THIN HAIR

Whisk oils together and massage into hair to restore locks.

- **2 tbsp** of olive oil
- **3 tbsp** of coconut oil
- **3 drops** of essential oil

banana milk

FOR CURLY HAIR

Blend ingredients and apply evenly to help nourish hair.

- **1** banana
- **3 tbsp** of coconut milk
- **1 tbsp** of honey



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MANI PEDI SALT SOAKS

NAIL CARE TIPS

1. Mix together **1 cup of Epsom salt**, **¼ cup of sea salt**, and **¼ cup of baking soda**.
2. Choose one of the recipes below and add ingredients to the salt mixture.
3. Fill a large bowl with warm water, add **½ cup** of your mixture and soak feet/hands.

lavender salt

SOOTHING SOAK

Use this soak before bed to help get a good night's sleep.

- **8 drops** of lavender oil
- **3 drops** of purple food coloring
- dried lavender

citrus salt

INVIGORATING SOAK

This soak has calming and clarifying properties that will help you relax.

- **8 drops** of lemon oil
- **3 drops** of yellow food coloring
- sliced lemons

peppermint salt

COOLING SOAK

Rub leaves in between your palms to amplify the minty scent.

- **8 drops** of peppermint oil
- **3 drops** of green food coloring
- mint leaves

rose salt

RELAXING SOAK

Use this uplifting soak to help fight anxiety and boost your mood.

- **8 drops** of rose oil
- **3 drops** of red food coloring
- rose petals