



*come back*  
**LATER**

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**GOOD THINGS  
TAKE TIME.**



*do not*

DISTURB

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CURRENTLY  
RECHARGING.

# 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



# Spa Day

## HAIR TREATMENTS

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### 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

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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

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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

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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

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Blend ingredients and apply evenly to help nourish hair.

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



# Spa Day

## MANI PEDI SALT SOAKS

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### 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

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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

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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

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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

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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

# At Home SPA DAY CHECKLIST

Before you start your session, use this checklist to make sure everything is ready to go so you can relax and recharge.

## spa day ingredients

### Face Mask

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Hair Mask

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

### Salk Soak

- Epsom salt
- Baking soda
- Sea salt
- \_\_\_\_\_
- \_\_\_\_\_

### Lip Scrub

- Sugar
- Honey
- Vanilla
- Coconut oil
- Coffee grounds

## essentials

- Nail polish
- Nail file
- Cuticle oil
- Cucumbers
- Bath bomb
- Hair tie
- Lotion
- Reusable jars
- Essential oils

## bonus items

- Robes
- Fuzzy socks
- Candles
- Body oil
- Pre-made playlist
- Speaker
- Fruit
- Cocktails/mocktails
- Rose petals