

Recipes for...

At-Home Spa Day

In the shower

Softening Salt Scrub:

Make your skin soft and smooth by using a salt scrub in the shower! The salt acts as an exfoliant, getting rid of dead skin cells, and it also helps get rid of impurities. The minerals in the salt nourish your skin and the essential oils give additional benefits:

1. Mix 1 cup coarsely ground sea salt with $\frac{1}{4}$ cup olive oil.
2. Add different essential oils, 24 drops total: Try rosemary, lavender, chamomile, peppermint, or lime.
3. Keep in an airtight container. In the shower, massage a small handful over your skin and rinse.

For your hair

Hair Rinses:

You can help make your hair shinier with simple household ingredients – and even bring out its natural highlights!

1. If you have dry hair, use this technique once a week to moisturize your hair: warm 1 tbsp of olive oil and rub it into your scalp and hair. Wrap your head in a clean towel for 20 minutes before washing your hair with shampoo.
2. Make your hair shine with a lemon rinse! This works especially well with blonde hair: mix $\frac{1}{4}$ cup fresh squeezed lemon juice with $\frac{1}{4}$ cup water. Put it on freshly washed hair and leave for 10-15 minutes, then rinse it off. You can do the same with apple cider vinegar and distilled water.

For your face

Oatmeal Facial:

Spreading oatmeal on your face may seem silly, but it is actually a natural moisturizer. This facial recipe will hydrate and sooth your face:

1. Grind 1 cup oatmeal in a blender or food processor.
2. Stir the finely ground oatmeal with 1 cup plain yogurt or buttermilk.
3. Stir in 2 tablespoons of honey and mix until you have a smooth paste.
4. Spread the mixture to your face, leave it on for 15 minutes, and then rinse with warm water.

For your hands

Sugar Scrub:

Make rough hands softer by doing an oil and sugar scrub once a week:

1. Mix $\frac{1}{4}$ teaspoon sugar with $\frac{1}{4}$ teaspoon olive oil.
2. Massage into the back of your hands and then rinse.

Natural Nail-Whitener:

You can whiten your fingernails by rubbing a wedge of lemon across the surface of your nails!

Visit homesciencetools.com to see our Cosmetic Science and Spa Science kits!

Note: Essential oils have different grades and must never be taken internally. Use as directed.