

# Homemade Spa Treatments for Self-Care

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## *Why self-care?*

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As we continue adjusting to the new normal of our lives, we may be feeling overwhelmed, anxious, confused and more. It is especially important during trying times to carve out moments to care for ourselves. Below are some options for homemade spa-like treatments that you can do alone or as a family activity. The hope is that most ingredients will be commonly found at home, but if there is something you are missing try to think of a substitute or leave it out altogether before making a trip to the store. Enjoy making room for relaxation!

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## *Homemade Spa Treatments*

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**Cleansing Foot Soak** - Found at <https://fabulesslyfrugal.com/diy/5-diy-homemade-foot-soak-recipes/>

Listerine can help kill foot fungus, which means you can say goodbye to smelly feet. The vinegar should help soften your skin. This leaves your feet feeling soft and fresh!

*Ingredients:*

- 1 cup Listerine [any generic brand will do]
- 1 cup white vinegar [may use apple cider if preferred]
- 2 cups warm water [as warm as your feet can manage]

*Directions:*

1. Combine the Listerine and white vinegar.
2. Add enough warm water to cover the tops of your feet.
3. Soak for about 20-30 minutes, then remove your feet and exfoliate.

**Moisturizing Foot Soak** - Found at:

<https://www.healthline.com/health/diy-foot-soak#moisturizing>

Soft, smooth feet are within reach. The moisturizing properties of honey and coconut milk will leave you in for a sweet treat.

*Ingredients:*

- 1 cup honey
- 1 cup coconut milk (or any milk)
- 1 tsp. cinnamon powder

*Directions:*

1. Dissolve the honey and coconut in a small bowl of boiling water.
2. Slowly add the mixture to the tub of water.
3. Sprinkle the cinnamon powder into the water.

**Exfoliating Coffee Scrub** - Found at:

<https://www.healthline.com/health/skin/diy-body-scrub#coffee-scrub>

Coffee is a popular ingredient for many DIY body scrubs. The tiny granules are gentle on the skin, while still being effective at removing dead cells from the skin's surface. And who can't resist the aroma of a cup of coffee?

*Ingredients*

- ½ cup coffee grounds
- 2 tablespoons hot water
- 1 tablespoon coconut oil, melted

*Directions*

1. Add the coffee grounds and hot water to a mixing bowl. Mix thoroughly with a spoon.
2. Add the coconut oil. If needed, add more coffee grounds or more oil to get the right consistency.
3. When you're satisfied with the consistency, apply the mixture and relax for 15-20 minutes before rinsing off.

### **Exfoliating Antioxidant Green Tea Scrub** - Found at:

<https://www.healthline.com/health/skin/diy-body-scrub#green-tea-sugar-scrub>

Green tea is rich in antioxidants and anti-inflammatory properties that can be nourishing for your skin.

#### *Ingredients*

- 2 green tea bags
- ½ cup hot water
- 1 cup brown sugar
- ¼ cup coconut oil, melted

#### *Directions:*

1. Add teabags to hot water. Let the tea steep until it cools.
2. While the tea is cooling, add brown sugar to a bowl.
3. Add coconut oil and mix thoroughly with the sugar.
4. Once the tea has cooled, add it to the sugar mix. It's important that the tea is cool so the sugar doesn't dissolve.
5. If the mixture is too crumbly, add more coconut oil. If it's too soggy, add more brown sugar.
6. When you're satisfied with the consistency, apply the mixture and relax for 15-20 minutes before rinsing off.

### **Tropical Facial Mask** – Found at:

<https://www.marieclaire.com/beauty/how-to/a2830/best-homemade-face-masks/>

A tropical face mask for a healthy, natural glow!

#### *Ingredients:*

- ½ Banana
- 1 tablespoon orange juice
- 1 tablespoon honey

#### *Directions:*

1. Mash one-half of a banana in a bowl.
2. Mix in a tablespoon of orange juice and a tablespoon of honey.
3. Apply the mask to your face (lumps are totally fine!) and keep the mixture on for 15 minutes.
4. Rinse with lukewarm water and then moisturize.

### Soothing Facial Mask – Found at:

<https://www.marieclaire.com/beauty/how-to/a2830/best-homemade-face-masks/>

A breakfast-themed mask to help calm the skin!

#### *Ingredients:*

- 1 egg yolk
- 1 tablespoon honey
- 1 tablespoon olive oil
- ½ cup of oatmeal

#### *Directions:*

1. Combine one egg yolk, one tablespoon of honey, and one tablespoon of olive oil (yes, olive oil) with half a cup of oatmeal.
2. Stir well, then apply it to your face for 15-20 minutes.
3. Rinse with lukewarm water (make sure your drain is cool with oatmeal!) and then moisturize.

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### *Creating the Spa Atmosphere*

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Maximize relaxation by creating a spa-like atmosphere at home!

- Scented candles (with proper safety and supervision)
- Essential oils in a diffuser
- Soothing or calm music – YouTube and Spotify both have all types of spa-like music playlists
- Chilled cucumber water
- Cucumber slices to lay over closed eyelids during facial mask