

HOME SPA CHECKLIST

Prepare your Home Spa so everyone can relax. Please check with any allergies.

WHAT DO WE WANT TO DO? (CHECK FOR RECIPES ON PAGE 2)

- | | |
|-------------------------------------|--------------------------------------|
| <input type="checkbox"/> Bath | <input type="checkbox"/> Facial Mask |
| <input type="checkbox"/> Foot Soak | <input type="checkbox"/> Hand Soak |
| <input type="checkbox"/> Rice Packs | <input type="checkbox"/> _____ |
| <input type="checkbox"/> Foot Scrub | |

CHECK FOR ADDITIONAL INGREDIENTS ON THE NEXT PAGE, DEPENDS ON THE BATH MIX AND MASK YOU CHOOSE

- | | | | |
|--------------------|---|--------------------|-------------------------------------|
| <i>Bath</i> | <input type="checkbox"/> Detox | <i>Hand Soak</i> | <input type="checkbox"/> Egg Yolks |
| | <input type="checkbox"/> Dry Skin | | <input type="checkbox"/> Milk |
| | <input type="checkbox"/> Natural Bubble Bath | | <input type="checkbox"/> Honey |
| <i>Foot Soak</i> | <input type="checkbox"/> Listerine | <i>Decorations</i> | <input type="checkbox"/> Streamers |
| | <input type="checkbox"/> Vinegar | | <input type="checkbox"/> Candles |
| <i>Foot Scrub</i> | <input type="checkbox"/> Brown sugar | | <input type="checkbox"/> Napkins |
| | <input type="checkbox"/> Olive oil | | <input type="checkbox"/> Smoothie |
| | <input type="checkbox"/> Essential Oil | | <i>Ingredients</i> |
| <i>Facial Mask</i> | <input type="checkbox"/> Oily / Acne Prone Skin | | <input type="checkbox"/> Chocolates |
| | <input type="checkbox"/> Anti Aging | | <input type="checkbox"/> ----- |
| | <input type="checkbox"/> Kids Facial Mask | | <input type="checkbox"/> ----- |
| | | | <input type="checkbox"/> ----- |

HOME SPA RECIPES

Part 1

Check the ingredients to decide which kind of soaks, scrubs and masks you're going to use.

BATH

Detox

- 1/3 cup epsom salt*
- 1/3 cup sea salt*
- 1/3 cup baking soda OR 1 cup apple cider vinegar*
- 2 1/2 tsp ground ginger*
- few drops of essential oil*

Dry Skin

- 1 cup baking soda*
- 2 cups dry milk powder*
- 1/2 finely ground oatmeal*

*Natural
Bubble Bath*

- 1/2 cup almond oil*
- 1/4 cup honey*
- 1/2 cup mild body soap*
- 1 egg white*
- 1 tbsp vanilla extract*

FOOTSOAK

- 1 cup Listerine*
- 1 cup vinegar*
- 2 cups warm water*
- be sure to have enough buckets*

FOOT SCRUB

- 1/2 cup Brown sugar*
- 1/2 cup Olive oil*
- Essential Oil (we used lavender)*



HOME SPA RECIPES

Part 2

Check the ingredients to decide which kind of soaks, scrubs and masks you're going to use.

FACE MASK

- Oily/Acne Prone*
- juice of 1/2 lemon*
- 3 tbsp honey*
- 1/4 cup brown sugar*

- Anti Aging*
- 1/2 ripe avocado*
- 2 tbsp yogurt*
- 1 tbsp honey*

- Kid Facial Mask*
- 1 banana*
- 5 strawberries*
- 1 tbsp honey*
- 2 tbsp yogurt*

HAND SOAK

- 2 egg yolk, beaten*
- 1/2 cup milk*
- 1 tbsp honey*

SMOOTHIE

- 1 ripe banana*
- 1 cup strawberries*
- 2 cups of milk (any kind)*
- optional : vanilla extract, cinnamon, honey*

- HYDRATION DRINK**
- juice of 1/2 lemon*
- 1/2 cucumber in slices*



HOME SPA CHECKLIST

What to prepare on the Home Spa Day?

WHAT TO DO?

- Decorate and warm up the room*
- Place towels and buckets on the floor and nearby*
- Print out Spa Labels*
- Make bath mix, scrubs and masks*
- Diffuse oils*
- Play music*
- Warm the rice packs or water bottles*
- Light the candles*
- Fill the bath tub*
- Make drinks and snacks and place glasses near (and chocolate)*
- Get foot + hand cream*
- Set up the water boiler for instant hot water*
- Hair bands to keep hair away from face*
- Explain evening and Enjoy!*
- _____
- _____

HAPPY VALENTINE'S DAY

Family Home Spa



Take a Warm Bath (about 20 minutes)



Foot Soak (about 5 minutes) add rice pack or hot water bottle while relaxing



Foot Scrub (about 5 minutes)



Foot cream and put socks on



Face Mask (about 15 minutes) add rice pack or hot water bottle while relaxing



Hand Soak (about 5 minutes)



Hand Cream