

Tips & Trends

Spa-Like Beauty at Home

Feeling like you've booked a weekend at a luxurious spa resort doesn't have to cost a fortune, nor does it require an appointment. You can create that magically refreshed feeling at home with a few simple pantry staples and a quick visit to your local drug store.

Here are some ideas for pampering yourself without breaking your budget.

Skin Rejuvenation

For smooth, radiant skin that feels nourished and refreshed, give yourself a gentle scrub. Make a paste of 2 cups ground coffee, 1/2 cup raw sugar and 3 tablespoons olive oil. Rub in a gentle circular motion to exfoliate skin and remove dead skin cells. Rinse clean with warm water.

Follow your scrub with a rich cleansing gel to rejuvenate and add moisture to your skin. Capture the illusion of a spa getaway with tropical-scented cleansers such as Softsoap Coconut Island Quench Body Wash, which is enriched with coconut oil extract to leave skin feeling soft and supple, or Softsoap Acai Berry and Tropical Water Body Wash, infused with antioxidant-rich acai berry extract and moisturizing beads to invigorate both body and mind.

Perfect Pedicure

To get your feet feeling smooth and clean, blend 2 tablespoons sea salt in a basin of warm water. For an extra spa-like experience, add a few drops of lavender oil. After a nice soak, make a scrub using 3 parts salt and 1 part water. If more exfoliation is needed, add 1 part brown sugar to the scrub. Rinse. Use a nail brush and cuticle pusher to freshen up your nails. Finish with a rich moisturizer and a warm towel foot wrap. Let sit for 5 to 10 minutes, then add your favorite nail polish and a protective top coat.

Banishing Bags

For tired, puffy eyes, brew a large mug of tea using two tea bags. Let them cool to a comfortable temperature, then place one bag over each eye. To reduce an extreme case of puffiness, cool bags completely in the refrigerator and apply as cold compresses. Turn on some soft music and lay back to relax.

Hair Care Help

Baking soda helps remove the residue that styling products leave behind. To get rid of product buildup and leave your hair cleaner and more manageable, sprinkle a quarter-size amount of baking soda into your palm along with your favorite shampoo. Shampoo as usual and rinse thoroughly.

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