

# Invited

## SPA RECIPES

### DIY RICE SCRUB | *Daniela Doncel*

#### Ingredients:

- 1/2 cup rice
- 1 lemon optional
- Honey optional

Grind the rice. This can be done with a mortar and pestle, though it will take some time, or with a blender. Make sure it's powdery enough to be soft on the skin, but not too powdery where it doesn't exfoliate effectively.

Option 1: Activate it with water alone and simply rub it gently on your face.

Option 2: Use it with a lemon. Simply cut a piece of the lemon and dip it into the rice scrub. Then gently rub the lemon slice with rice scrub onto your face.

Option 3: Add honey to the rice scrub. Mix the two ingredients and put it on your face. No matter which option you choose, always wash your face afterward with warm water.

### OATMEAL FACE MASK | *Daniela Doncel*

#### Ingredients:

- 1 tablespoon ground oatmeal
- 1/2 a banana
- 1 tablespoon milk

Using a fork, mush the banana in a bowl.

Once the banana is well-mushed, add the rest of the ingredients and mix them together.

Apply the mask for 10-15 minutes. The small pieces of oatmeal do not need to stay on your face, just the mixture itself.

Wash your face after time is up.

This facial is a great way to cleanse your skin, and it smells so pleasant. Bananas are a great way to help with your acne because of anti-bacterial properties that reduce swelling and breakouts. The oatmeal gives your skin a smooth, clean texture. It's packed with natural cleansers that help remove the dirt and oil from your skin

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### HONEY AND COCONUT OIL FACEMASK

#### Ingredients:

- 1 tablespoon honey
- 1 tablespoon coconut oil

Put the two ingredients in a bowl and mix them together. Optional: heat them up in a microwave for 10-15 seconds for an even smoother finish.

Apply to the face and leave it on for 15 minutes.

When you're done, wash your face thoroughly with warm water.

Honey and coconut oil create a soft and warm combination that not only helps repair your skin, but it helps keep in your natural moisture and oils. Goodbye dry, rough cheeks!

Fair warning: this facial can get a bit messy due to the oil that can run down your face. Be careful; it will stain clothing. If you intend to try it out, I suggest simply laying down, closing your eyes and enjoying it. You can then avoid dripping and enjoy the sweet smell of honey on your skin.

### FOOT CARE

To make use of the foot soak ideas below, be sure to have these basics:

- Tub. For each soak, you'll want a bathtub, a large, shallow washbasin, or foot tub.
- Towel. Have a towel, bath mat, or drying cloth nearby, too.
- Time. Soak for 15 to 60 minutes.
- Warm water. Have some additional hot water available to freshen up the water if you're not using a bathtub.
- Cool water. Finish each foot soak with a cool water rinse.

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### For achy feet

This Epsom salt soak is a fantastic option for days when your feet are tender, uncomfortable, and asking for relief. Absorbed through the skin, the magnesium in Epsom salt promotes relaxation while relieving tension, pain, and inflammation.

### Sore feet foot soak ingredients

- 1/2 cup Epsom salt
- 5-20 drops essential oil of choice, such as peppermint, lavender, or rosemary (optional)

Dissolve the salt in a tub of hot water. Blend the essential oils. Add the mixture to the bath.

### For exfoliation

Soften up dry, dead skin with this recipe. The Epsom salt acts as a gentle exfoliant, plus it can help to treat fungal infections and prevent foot odor.

### Exfoliating foot soak ingredients

- 1-3 fresh lemons
- 1-3 cups vinegar (white or apple cider)
- 3 cups Epsom salt

Add vinegar to a tub of warm water. Squeeze in the lemon juice. Use the insides of the peels to gently clean toes and feet. Before adding the salt to the bath, rub it on your feet using light circular motions. After soaking your feet, use a pumice stone, exfoliating brush, or washcloth to gently remove excess dead skin.

### For better circulation

Stimulate your blood circulation, relieve stagnation, with this invigorating foot soak.

According to research, essential oils can get your blood flowing, ease tension, and boost your mood, while the hot water helps to relieve inflammation.

### Invigorating foot soak ingredients

- 1/2 cup ground or freshly grated ginger
- 5-20 drops essential oil of choice, such as lemon, lemongrass, or clary sage

Add ginger to a bowl of boiling water. Slowly add it to the tub of water. Combine the essential before adding them to the bath.

### To moisturize

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

### Moisturizing foot soak ingredients

- 1 cup honey
- 1 cup coconut milk
- 1 tsp. cinnamon powder

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