

YOUR HEALTH

# SPA DAYS *at home*

Take some time to pamper

and soothe with home spa treatments.

From time to time we all need to rejuvenate and recharge our bodies, minds and spirits. The demands of families, careers, homes and just living in our fast-paced world can really take its toll. But not everyone has the time or resources to slip away to a luxury spa for the weekend.

Why not make time for yourself right at home? Booking an appointment once a week with your bathtub can help you revitalize. Here are some ideas for making the time in the tub more gratifying. So light some candles, dim the lights, add some soothing music and soak away the stress.

■ **The salt bath:** It's like taking a swim in the ocean. A warm salt bath can nourish tired skin and reduce inflammation in joints and muscles. You can dissolve a half pound of Epsom salts in the bath or give yourself an invigorating, exfoliating salt rub before slipping into the tub.

■ **The oatmeal bath:** Oatmeal is a natural remedy for dry skin. You can make your own oatmeal bath by pulverizing a cup of uncooked oatmeal in a food processor or

blender and then adding it to the bath.

■ **The mud bath:** Mud is good for drawing out dirt and toxins from tired skin. Apply all over, allow the mud to dry, then wash it off with a warm bath.

■ **The seaweed bath:** Seaweed contains many nutrients that can help to promote energy, stress relief and skin tone. Liquid seaweed added to the bath both soothes and revives you.

■ **The aromatherapy bath:** A few drops of essential oils added to the bath can lift the spirits as well as nourish the body. Try eucalyptus to ease cold and cough symptoms, or lavender to help clear infections or diminish scar tissue. Prepare the bath and only add the oil just before you get in to prevent the scent from vaporizing into the atmosphere too quickly. ✨

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■ *These tips for home spa treatments are courtesy of BainUltra. Products for use in the bath can be found at retailers like the Body Shop and Shoppers Drug Mart, as well as your local health food store.*