



25 + Homemade Spa Recipes



Spa Recipes

Steve Bauer,Linda Bauer



Spa Recipes:

A DIY Guide to Therapeutic Spa Treatments Alynda Carroll,2014-10-24 Save money and time when you create your own face hands feet and body spa treatments at home with these homemade beauty recipes using essential oils and kitchen pantry products Today s spa experience is not complete without facials massages and baths to beautify the face hands feet and body Treatments include those which exfoliate detoxify moisturize and tone the skin and body The recipes in this book are great way for you to have your own spa treatments at home Exfoliate detoxify moisturize and tone your skin and your body Benefits Relax tense muscles Relieve stress Increase circulation Strengthen the immune system Scroll up and buy your copy now and get your free bonus report of The Art of Self Massage too *Botanical Beauty* Aubre Andrus,2017 The award winning lifestyle editor of American Girl magazine shares recipes for organic beauty and health products demonstrating how to use natural ingredients from sea salt to beeswax to make scrubs lotions toothpaste and more *Easy Spa Recipes for Enjoying the Full Experience at Home* Jenny Kings,2020-08-20 Do you want to bring the spa feeling in your home and pamper yourself We have the best Spa Recipes that you should try Your busy life is making you feel stressed and anxious When the actual spa is too expensive you can make your own home spa The Spa Recipes has a total of 30 carefully picked recipes for you to enjoy You don t even have to be an experienced DIY er to make these The recipes are too easy and straightforward and anyone can make them The ingredients are natural and toxin free so you don t have to worry about it Who needs the Spa Recipes Busy people that want to relax and pamper themselves Couples that want to enjoy and spend some time together Conscious consumers that want to make their products with natural ingredients Everyone that wants to spend some time alone and practice self care No matter which your reason is be sure that you will find a wide range of recipes From body scrubs bath bombs to whipped body butter and sprays you will get access to the best of the best recipes Some of the recipes that you will find in Spa Recipes are Soothing clay mask for face Chocolate whipped body butter Healing lip balm Jelly soap Luxurious perfumed body powder Coconut milk hair conditioner spray And lots more Are you ready to pamper yourself in your own home spa Quickly grab your Spa Recipes and get started today **Healthy Spa Cuisine** Lynn Nicholson,Tracy A. Smith,2003 Recipes from famous spas Amelia Island Plantation FL Bacara Spa CA Bernardus Lodge CA Boulders Resort and Golden Door Spa AZ Cal a Vie CA Canyon Ranch Health Resort AZ Canyon Ranch in Berkshires MA Cheeca Spa FL and more

Revitalizing Spa Recipes Ruby Camfield,2020-05-05 Have you desired visiting the spa so bad but the price of a massage scared you On the other hand are you a spa fanatic and will rather have every day of the week a spa moment than having to take a drive out I agree on both counts as a pamper freak who loves the good things of life of course but even better a true treatment when I take my baths Therefore in my quest to satisfying these desires I tried a few tricks with home available oils salts sugar flowers etc and have been enjoying the best pampering experience since This collection of thirty homemade spa products is one that even the professional spas will envy They are naturally made avoiding the use of

chemicalized products bought from the shelves for safety They are soothing revitalizing sweetly scented and do proper justice at nourishing the skin It is a book that will suit your needs well and a high recommendation I am not sure why you would wait any further Grab a copy of this book now and gift yourself the best spa treatment of all time **Spa Apothecary** Stasie McArthur,2019-01-16 You can make luxurious products for skin hair and bath at home All you need are basic cooking skills a few simple kitchen tools some common household ingredients and this easy to follow guide Spa Apothecary is a great resource for those who want to avoid the chemical additives of commercial products Best of all it will assist you in transitioning to a healthier natural beauty routine and save you money too Author Stasie McArthur explains how to build your own personal apothecary There is a supply list and more than 100 simple preservative free recipes along with a helpful tip for each one Included are moisturizers and toners for face and hand care washes and scrubs for skin and body shampoos and conditioners and healing compounds for congestion and earaches These handmade products make great gifts for family and friends and can be customized with favorite scents and textures **Recipes from Historic California** Steve Bauer,Linda Bauer,2008-10-03 Linda and Steve Bauer guide readers through a culinary journey across California detailing some of the most interesting histories and delicious recipes from California s landmark restaurants Each of the restaurants visited reveals several signature dishes to be easily replicated at home California s cuisine comes alive as the Bauers discover the state s most historic restaurants [The Cannabis Spa at Home](#) Sandra Hinchliffe,2015-10-20 The First Book to Bring Together Spa Cannabis and Herbal Healing The Cannabis Spa at Home contains more than seventy five cannabis spa recipes free of preservatives and major allergens that can be prepared in the home kitchen or professional spa with wholesome herbal ingredients Cannabis spa isn t new cannabis has been used for thousands of years for external use in the traditional health practices of Eastern cultures In locations where cannabis has renewed legal status today cannabis spa potions such as lotions salves poultices scrubs and baths are being rediscovered as a healthy alternative for managing pain soothing irritated skin and enhancing the spa experience In The Cannabis Spa at Home you ll discover which spa preparations provide local healing and which have potential for a more euphoric experience You ll also learn how to make Refrigerated and shelf stable cannabis lotions creams balms and masks Emulsions cannabis base oils cannabis herbal poultices aromatherapy essence water cannabis bath salts and foot and hand soaks Edible treats such as luscious spa nosh hemp smoothies and cannabis bhang **Home Spa** Manine Rosa Golden,1997 Whether you have five minutes or several days this book has just the right recipe or technique for pampering yourself from head to toe Healthy balanced living begins with the right attention to your body and mind Although most of us know this is true we ignore the need to treat ourselves well in the face of hectic schedules and daily responsibilities Home Spa is a secret weapon against the drudgery of home and office routine offering a variety of ways to relax and to look and feel better from softening skin and removing toxins to improving circulation and lowering blood pressure By using simple natural ingredients that are readily available its possible to recreate easily and

inexpensively the formulas and techniques found in luxurious spas Sesame yogurt face masks almond and honey moisturizers and simple self massages are only a few of the many recipes provided that you can use to revitalize yourself in your own home By taking the time to take care of yourself you can ease lifes pressures clear your minds and create a new sense of calm AUTHOR Manine Golden has written Shall We Dance Eight Classic Dances in Eight Quick Lessons and Stretching Simple Safe and Refreshing Excercises to Help Make You Limber Marsha Burns is a well known photographer whose work has been widely exhibited 74 colour illustrations **Handmade Spa** Juliette Goggin,Abi Righton,2018-03-15 Handmade Spa is a unique and comprehensive guide to replicating the luxury of the spa experience in your own home using natural botanical preparations Following on from the hugely successful Handmade Beauty this is the second in the series of natural health and beauty books by cosmetic experts Juliette Goggin and Abi Righton The book contains over 40 recipes focusing on cosmetic treatments for skin hair and body as well as the creation of therapeutic spa accessories such as reed diffusers and wheat packs The authors encourage you to explore your kitchen garden and local shops for the natural products and active ingredients that will grant you the ability to create your very own home spa paradise All are accompanied by step by step instructions and clear illustrative photographs enabling you to bring the entire realm of spa treatments as well as the practice of mind and body self care into your own home This unique guide includes some of the most creative and innovative thinking in botanical and cosmetic science and reveals the importance of scent and fragrance families in soothing healing or rejuvenating body and mind

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