

# *Spa Day - Perfume*

- 1. Grate, grind, or chop up about 1 teaspoon of plant material of your choice (e.g. nutmeg, citrus peel, cinnamon, cloves, scented leaves or flowers, and herbal teabags are all good sources of these if you do not grow your own plants) Mix and match ingredients for your own personal scent.**
- 2. Mix the plant material with 5 mL of rubbing alcohol and let it soak for a few minutes. Swirl the container to mix it as you wait.**
- 3. Using a funnel and filter paper, filter the mixture into another container to remove the solid materials.**
- 4. When using the perfume, avoid exposing your eyes, nose, and mouth directly with the liquid perfume: the alcohol will sting these soft parts.**

# *Spa Day - Hand Scrub*

- 1. In a bowl, mix 4 tablespoons of finely ground oatmeal with the contents of a vitamin E capsule and about 1 teaspoon of olive oil (enough to soften the oatmeal slightly).**
- 2. Massage the mixture into your (or your client's) hands gently for 5 – 10 minutes. Brush off residue into bowl and discard in garbage. Wash any remaining residue off of the skin with mild soap and warm water**

# *Spa Day – Hair Treatments*

Apply one of the following to a small strand of hair and cover the strand with some plastic wrap. Hold it in place with a hair clip or hair pin.

Warm olive oil

Raw egg yolk

Mashed avocado

Mashed banana

Leave on for 10 – 15 minutes. Dispose of plastic wrap in the garbage bin. Shampoo as usual.

You may want to follow with a cider vinegar rinse, which helps return a natural pH level to your scalp and hair after using shampoo (usually very high pH).

# *Spa Day – Skin Toners*

Witch hazel is an extract from a native North American shrub. It is used as a skin toner for oily skin. After washing your face or to refresh yourself during the day, apply witch hazel extract with a moistened cotton ball or corner of a face cloth.

Infusions (teas) of various herbs can be added to scent the extract and to enhance the formula for different purposes and skin types. (Add 80 mL boiling water to 1 Tbsp herbs; steep for 5 minutes and add 1 part infusion to 2 parts witch hazel) For example, rosemary is considered invigorating and toning. Lavender is antiseptic and soothing. Parsley is cleansing and soothing.

# *Spa Day - Tea Tree Oil*

Due to its medicinal properties which have been known for centuries to Australian Aborigines, tea tree oil is being used in products ranging from first aid ointments to toothpaste and antiperspirant. Tea Tree is a type of tree native only to Australia.

Some common uses include applying it to scratches or scrapes as an antibacterial agent and as an insect repellent. Check the booklet for many other uses.

## **Tea Tree Anti-Blemish Night Treatment**

- 1 Tbsp plain yogurt
- ½ tsp lemon juice
- 1 drop tea tree oil

1. Mix all ingredients together in a small clean container with a stir stick.
2. Spread the mixture over your face with your fingertips last thing at night.
3. Rinse with warm water in the morning

**AVOID EYES AND MOUTH!**

# *Spa Day - Moisturizing Lotion*

- 1 Tbsp glycerine
- 1 tsp rosewater
- 1/2 tsp almond oil

Mix the ingredients in a small, clean container with a stir stick.  
Use on hands, body, and face

# *Spa Day – Bath Salts*

Epsom salts (magnesium sulphate) are used to soothe sore muscles after exertion (e.g. sports) or massage treatments.

1. In a zippy bag, mix ½ cup (1 scoop) of Epsom salts with 2 – 3 drops of your favourite scented oil.
2. You may add dried herbs or flowers, but be careful that these do not clog your drain when you use the bath salts.
3. A tiny amount (less than a drop) of food colouring is optional, to give the bath salts a pretty colour.
4. To use: Fill your bathtub with warm water, add bath salts and have a great soak!

# *Spa Day-Oatmeal & Honey Facial*

For normal to oily skin: absorbs oil and leaves skin soft.

1. Mix 2 tablespoons of ground oatmeal with enough honey to make it into a paste.
2. Use a towel, pins, or hair band to keep your hair away from your face. Apply oatmeal & honey paste to face, avoiding eyes and hair.
3. Lean back and relax for 5 – 10 minutes. While you relax, apply cucumber slices to eyelids to reduce puffiness.
4. Wipe off most of the paste with a dampened paper towel and discard in the garbage so you won't clog the sink with oatmeal. Rinse the rest of the paste off with cool water.

# *Spa Day – Galen’s Cold Cream*

**Galen was a Greek physician: this recipe dates back to the 2<sup>nd</sup> century. It can be used as a makeup remover or an overnight moisturizing treatment for the face, hands, and feet.**

**10 g grated beeswax**

**25 mL olive oil (melt combine in a hot water bath)**

**10 mL rosewater**

**1 drop geranium essential oil**

- 1. Boil water and place it in a wide container (pot).**
- 2. Place the olive oil and bees wax in a clean beaker, and hold the beaker in the hot water. As you heat the oil, stir until the beeswax melts. Reheat the water as needed.**
- 3. Add the rosewater a drop at a time and stir constantly to incorporate the rosewater into the oil and wax.**
- 4. When all the rosewater has been mixed in, remove the beaker from the heat and add the geranium oil. Continue mixing as it cools.**
- 5. When it starts to thicken, transfer the cream into a smaller container. Continue to stir until completely cooled.**

# *Spa Day – Banana Face Mask*

1. Mash 1/3 of a banana in a small bowl.
2. Add 1 tsp of honey and 1 Tbsp of cream.
3. Apply to face and leave on for 5 – 10 minutes.
4. Wipe most of the mask off with tissues and discard these in the garbage bin.

Rinse off the remainder with cool water.

# *Spa Day – Cleopatra's Milk Bath*

**Cleopatra bathed in donkeys' milk to keep her skin soft**

1. In a zippy bag, mix ½ cup of powdered milk with a few drops of your favourite scented oil.
2. Optional: You may add dried herbs or flowers, or food colouring (only a tiny amount, less than a drop!)
3. Fill your bath with warm water, add milk mixture and enjoy! You may add 4 tablespoons of honey to your bathwater for extra conditioning.

# *Spa Day - Cucumber Moisturizer*

- 1. Grate, finely chop, or blend a 2 cm piece of cucumber. Strain it using a sieve or cheesecloth, collecting the juice.**
- 2. Mix with 1 Tbsp. of glycerine.**
- 3. Optional: add 2 Tbsp. of rosewater for scent.**
- 4. Pat gently on your face: only a small amount is needed.**

**Perfume:**

Spices, flowers, leaves, herbal Teabags  
Grater  
Mortar & pestle  
Small beakers  
Funnel  
Filter paper  
Rubbing alcohol

**Hand Scrub:**

Ground oatmeal  
Vitamin E  
Olive oil  
Bowl

**Hair Treatments**

Olive oil  
Hot water bath  
Banana  
Avocado  
Masher (or sturdy zippy bags)  
Small bowls  
Egg  
Shampoo  
Cider vinegar

**Toners:**

Witch hazel  
Rosemary/ lavender/ parsley  
Cotton pads  
Beakers/ cups  
Kettle  
Strainer

**Tea Tree**

Yogurt  
Tablespoon  
Teaspoon  
Tea tree oil  
Lemon (Juice)  
Stir sticks  
Small containers (30 mL)

**Moisturizing lotion**

Glycerine  
Rosewater  
Almond oil  
Teaspoon  
Tablespoon  
Small containers (30 mL)  
Stir sticks

**Bath salts**

Zippy bags  
Epsom salts  
Scented oils  
Food colouring  
Herbs/ flowers

**Oatmeal & Honey Facial**

Oatmeal  
Honey  
Hair ties/ bands  
Cucumber  
Knife  
Tablespoon  
Stir sticks  
Small containers (100 mL)  
Tissues/ paper towels

**Galen's cold cream**

Beeswax  
Grater  
Olive oil  
Rosewater  
Geranium oil  
Stir sticks  
Beaker  
Kettle  
Pot  
Container for finished cream

**Milk Bath**

Zippy bags  
Powdered milk  
Scented oil  
Food colouring

**Cucumber Moisturizer**

Cucumber  
Sieve/ cheesecloth  
Glycerine  
Tablespoon  
Rosewater  
Cotton balls/ cosmetic pads  
Small cups (30 mL)

**Banana Face Mask**

Banana  
Bowls  
Cream  
Honey  
Teaspoon  
Tablespoon  
Tissues