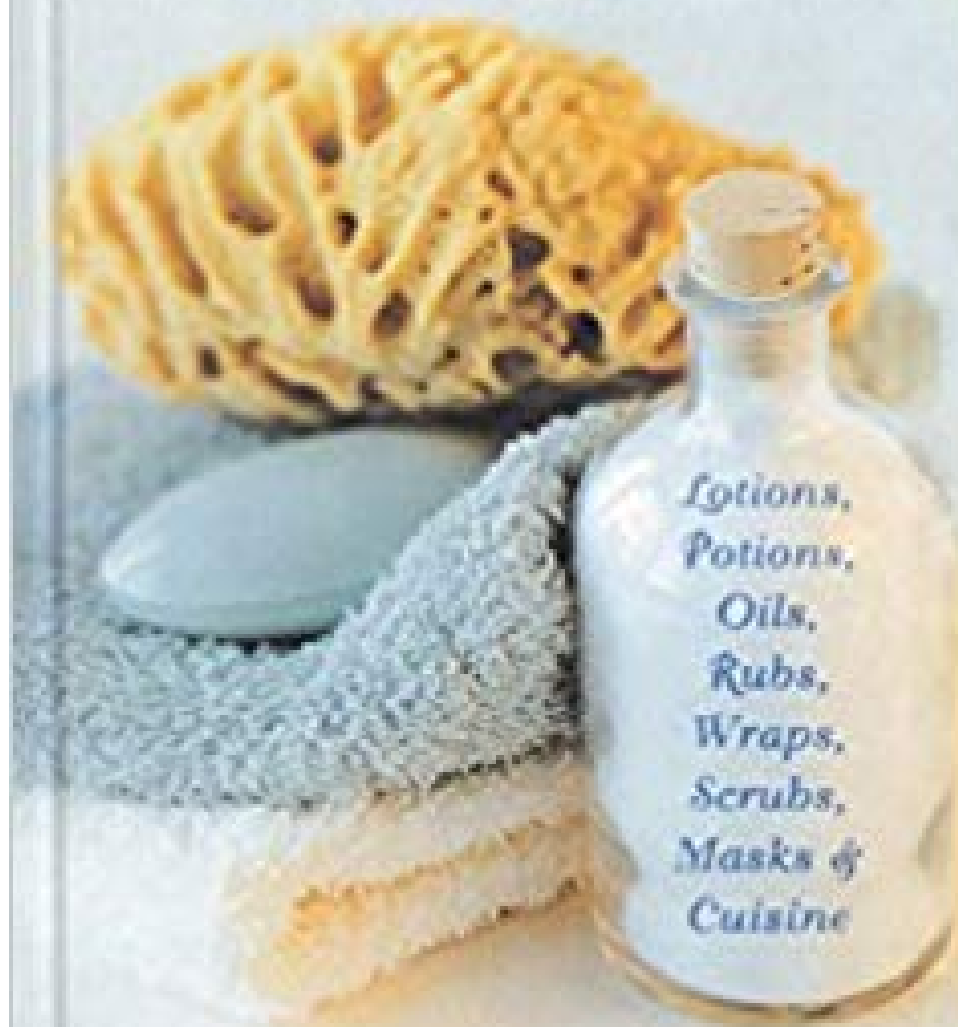


LIFE'S LITTLE LUXURIES

Secrets of the Spas

PAMPER & VITALIZE YOURSELF AT HOME



By Catherine Bardey

PHOTOGRAPHS BY ZEVA OELBAUM

Catherine Bardey

Secrets of the Spas: Pamper and Vitalize Yourself at Home (Life's Little Luxuries)



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Each card includes a recipe and detailed instructions on one aspect, and a rich, full-color photograph on the various other. Introducing a new group of clever little boxes with tops that slide off to uncover a deck of 52 cards inside. Sumptuous spa treatments need not cost a lot of money when you follow these basic recipes for revitalizing, deep cleaning, moisturizing and soothing your body and mind--most illustrated and packaged in a easy pack of specific cards.



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easy does it This book is so inspiring if you're a sucker for the spa and want to capture a bit of that sensation at home. Nothing at all replaces the soothing and comforting aftereffect of the spa that you can only get while being pampered by someone else.). Most likely you currently have the ingredients in the home so just whip up a nice lavender salt scrub and revel in pampering yourself. A great find!. for example, masks, wraps and spa foods. Enjoy! Wonderful Recipes! Precisely what I expected, a reserve of recipes and ideas to have a wonderfully relaxing spa day at home! Readable and helpful Helpful book with easy to follow instructions in skin care. There's a lot more too. This is an incredible book for anyone is can be involved about the ingredients waiting for you bought skincare products! I wouldn't even think to check something like that! But if you're like me mixing up many of these real elixirs at home will be a perfect replacement. It may take me a while to save up money to build my stock of essential oils, but I can focus on one recipe at a time and it's really definitely cheaper than going to a spa! Great Recipes I was given this book because I help to make bath salts for my friends. She thought I would like a book like this. Seriously ? I plan to try all of the bath dishes and make them for friends and family. A few things that come in handy for a nice body scrub are, rock salt (easy to find at the supermarket), olive oil, lavender oil extract or dried rosemary. I really like they have a glossary just for the essential oils to spell it out what each oil is best used for, and if there are any warnings for the oil, considering pregnant women, pores and skin sensitivity, high blood pressure, or phototoxicity (some oils can be toxic if you decide to proceed out in sunlight after applying it. Great book before the dog ate it?!. Awesome book, but if that is "good" condition I would HATE to see acceptable! I treasured it and ordered that one for myself. Acquired to return due to the bite marks all through the binder ugh WONDERFUL!.. Five Stars Love it Some fun stuff for children parties I take advantage of this book at my spa when I wish to execute a talk for children wanting to make their own products at home.! Cant wait to get started! like banana facials, etc. Beauty Great tips on beautifying we may always utilize any help we can get as we all wish to age gracefully



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