

## Treat Yourself Tips

For a gentle exfoliant, apply a bit of Baking Soda to a very wet face and neck and gently rub in a circular motion - you'll be amazed how smooth your skin will be!

A cup of vinegar in the bath tub will take the heat out of that summer sunburn. Apply directly with a cotton ball to really "hot" spots!

For nice, full hair - add a few tablespoons of baking soda to your shampoo once a week.

Get squeaky clean hair by rinsing with a quarter cup of vinegar mixed into some rinse water. It removes all the product build-up!

Hair spray and other products settled on your bathroom surfaces and driving you crazy? Rubbing alcohol will remove it pronto. **DON'T USE IT** on painted surfaces though - it harms paint!

Honey has antibacterial properties and will soothe irritated skin. Apply directly and leave on for a few minutes and then rinse.

Add a few drops of Tea Tree Essential Oil to your foot soak recipes to fight fungal infections such as athlete's foot.

When making tea, squeeze the used bag very lightly and store the used tea bags in a Tupperware Freeze Smart container in your freezer. Next time you have a good cry or wake up with puffy eyes, lay a frozen bag over each eye and relax for 10 - 15 minutes.

Use a dry toothbrush and gently "brush" your lips in a circular motion to rid them of dry, dead skin and leave them soft and supple.

**Your Ideas:** \_\_\_\_\_

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# Make A Splash!



## Girl's Spa Style Night Out!



**Health** - Your health is your greatest asset. Eliminating stress will go a long way toward maintaining optimal health levels!



**Organization** - Keeping things straight can be stressful if you're already a bundle of nerves. Taking time to relax and de-stress is vital to your ability to maintain order in all else!



**Money** - Save money by making your own self-pampering products!



**Environment** - Your internal and emotional environment greatly affects the environment in your home that surrounds your family. Treat yourself well and those you love will benefit!



## CRANBERRY HONEY LIP GLOSS

Protect sensitive lips from the drying elements with this simple yet rich lip balm.

Delightful to wear alone or on top of your lipstick for extra shine!

**1 tablespoon sweet almond oil**

**10 fresh cranberries    1 teaspoon honey    1 drop vitamin E oil**

Mix all the ingredients together in a microwave-safe bowl.  
Microwave for a few minutes or until mixture just begins to boil.  
Stir well and gently crush the berries.  
Cool mixture for five minutes and then strain through a fine sieve to remove all the fruit pieces.  
Stir again and set aside to cool completely.

When cool, transfer into small portable plastic container or tin.

**To USE:** Apply a small amount onto your lips and remember to smile!



## REFRESHING FOOT SALTS

**½ cup Epsom Salt**

**½ cup Sea Salt**

**8 drops Peppermint or Rosemary Essential Oil**

**7 - 8 drops Eucalyptus Essential Oil**

Place all ingredients together in a small Tupperware bowl.

Seal and shake well to distribute the essential oils.

**To USE:** Place about ¼ cup of mixture into foot-sized container (TW's Season Serve container is great for this!) with just enough very warm water to cover feet!

Swirl salts into water with your hand.

Sit down, submerge feet, relax and ENJOY!

Towel dry feet and apply lotion or moisturizer if desired!

Makes enough for 4 foot soaks!

***VERY Refreshing with COOL water when the weather is HOT!***



## HAND AND FOOT SUGAR SCRUB

This Scrub feels so good you won't want to stop -- Be careful not to overdo and irritate your skin!

**¼ cup of sugar    3 tbs spoons of olive oil    3 tbs water**

**Essential oil (optional)**

Mix oil and sugar in a bowl and add water (1 tbs at a time) until fully blended smooth consistency is achieved.

If desired, add 1 or 2 drops essential oil (lavender and orange are a wonderful combination).

**To USE:** Apply mixture to your hands or feet and rub well, being sure to get between fingers or toes, until you feel that you have achieved your ideal skin softness or until the sugar dissolves.

Rinse your hands with water until you can no longer feel the grains of sugar.

Towel dry and apply lotion if you wish.



## OATMEAL BODY SCRUB

Oatmeal's not just for eating . . . It provides a great base for skin care products too. Try this body scrub and you'll see what we mean!

**1 cup finely chopped Oatmeal**

**1 cup Brown Sugar**

**¼ cup brewed regular Coffee Grounds (cooled)**

**½ cup Olive, Grape or Almond Oil**

**Optional: 2 -4 drops essential oil**

In Quick Chef, chop Oatmeal to a fine consistency.

Add Brown Sugar and chop a few turns.

Add Coffee Grounds and chop again

Add Oil of choice and stir with Saucy Silicone Spatula until well mixed. (If using Essential Oil, add to Oil prior to adding to mixture)

**To USE:** Scrub moist skin while in shower and rinse well.

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