

Home Spa Day



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Enjoy the Indulgence of a Spa - In Your Home! Need a Quiet Getaway but Don't Have the Time or Money? Wish You Could Enjoy Relaxing Spa Treatments ANY Time? Looking for Something Fun to do with Your Friends? Enjoy Some Alone Time or Kick Back with Your Girlfriends - Plan a HOME SPA DAY! Audio MP3 AND PDF Included! Dear Spa-Lover, Sure you'd LOVE a day at the spa, but who can afford to do that every week? Your busy life demands that you spend some time rejuvenating and pampering yourself. Whether you're a stressed out mother, time pressed career woman, looking for fun activity with

your friends - or all three - a home spa day can answer ALL your needs! Wouldn't you love a spa that opens when YOU'RE available? The problems with spas is that you have to book ahead or go when THEY'RE open. What about when you REALLY need them? After a long shift at work, late at night when the kids are in bed, or when weekend plans fall through and you suddenly have a quiet Saturday to spend at home? Where are the spas then? Have a Spa Day Anytime You Need it You may have everything for your spa day in your cupboards already. If not, a quick look through some basic recipes and a trip to the store can provide you with plenty of raw material for many varieties of spa treatments - treat sore muscles, refresh tired skin, or clear your mind in a relaxing bath - whatever you need, whenever you want it. Not only is a home spa great for you - you can have a ball with your friends! Plan a bachelorette day before the wedding, create a 'mommy's day' with other mothers, or get creative and have fun making new treatments to try for a grown up pj party! Once you start, you may never pay spa prices again! Once you familiarize yourself with basic treatments and organize your 'spa day' essentials like candles, plush towels, music and refreshments you may find your home spa so convenient that it becomes part of your routine - something regular spas can't compete with! "Home Spas Are Easy, Fun and Inexpensive Make your home spa setup as elaborate or simple as you want. Get friends to contribute to the spa day or stock your cupboards with your favorites so your spa is open for business when YOU want. How to Plan a Fabulous Home Spa Day... What Do You Need to Plan for Home Spa Day? What can you do to plan a fabulous home spa for yourself or friends? Basic Spa Treatments You Can Do at Home Learn about spa treatments that are easy to do at home Products You Need for a Home Spa Day Get prepared with these essentials for your spa day How to Set Up Your Home Spa Avoid the frustration of not having the right items on hand by setting up your 'spa system' so all you have to do is relax and enjoy! How to Choose the Right Treatments Learn more about which treatments work best for your needs The Role of Scrubs, Masks and Peels Before you start these steps, learn how they work and what they do for you. The Role of Oils Learn the importance of oils in your home spa treatments The Role of Heat and Steam How does heat and steam benefit you and what role does it play? The Role of Moisturizers Learn the benefits of moisturizers and how to apply them. Spa Treatments for Your Body Find some full body treatments for all-over relaxation or rejuvenation! Spa Treatments for Your Hands and Feet Great treatments for girlfriends to apply to each other, or for a quick pick-me-up on your own. Spa Treatments for Your Face Learn about some easy and effective facial treatments Spa Treatments for Your Hair Does your hair need

some help? Try these spa treatments and give your hair a day at the spa! What Youll Also Get Food and Drink Ideas for Your Home Spa Day Enjoy your spa day from the inside out with these great refreshment ideas! How to Store Your Home Spa Products Keep your spa products fresh and ready for use with these practical storage tips. Maybe You Could Squeeze in a Spa Night - Tonight! It's not difficult and your mind and body deserve a little treat, don't they? Start taking care of yourself tonight - you know you need it. You probably have most of the items in your cupboards now - so you can turn off the phone, get off the computer and REALLY relax. Download How to Plan a Fabulous Home Spa Day right now!

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