

DIY spa night

[BY HOLLY ST. LIFER]

HEALTHY
looking



In the not too distant past, spa menus primarily consisted of massages and facials. “But these days, the focus has changed from pampering to total wellness,” says Betsy Isroelit, senior vice president of Spa Finder. For most of us, a spa visit tends to be a once-in-a-blue-moon event, but bringing the spa experience home means pampering yourself more often (and hey, you deserve it). Here, we tapped spa pros for three of the latest rejuvenating treatments you can do yourself.

COMPLETE HARMONY DETOX BATH

Kohler Waters Spa, Kohler, WI

Any warm bath purifies the skin but this treatment takes it to a deeper level. “The Complete Harmony process combines the application of cool compresses and a warm soaking bath,” says Jean Kolb, director of wellness.

Start with a hot shower and exfoliate with your scrub of choice. When you’re almost finished, make the water cool and let it rinse over you for about one minute. “The warm water is best for removing dead skin cells and it preps your skin to absorb moisturizing products. It also helps ease muscle tension. The cool temperature boosts circulation,” says Kolb.

Step out of the shower and run a warm bath, adding the **Duggan Sisters Smartsoak Grapefruit** (\$12, duggansisters.com). Put about six washcloths in a bowl of ice. To help you mellow out while you wait, stand with your eyes closed and focus on inhaling through your nose and exhaling through your mouth.

Relax in the tub for about 15 minutes. Place the icy cloths on your neck, chest, legs and arms so parts of your body are feeling the heat of the bath and other parts, the chilled compresses.

After you’ve dried off, drink a few 8-ounce glasses of water.

DRY BRUSHING

Crystal Spa, Saratoga Springs, NY

At just under \$7, dry brushing is one of the most inexpensive skin treatments. “It loosens dead skin cells to rejuvenate fresh, healthier cells, improves tone, and reduces cellulite,” says Angel Lackner, the spa’s lead esthetician. “As a wellness treatment, dry brushing stimulates circulation, which helps flush out toxins.” Her choice: **Natural Bristle Long Handled Detachable Head Back Brush** (\$7, amazon.com).

Just using the head of the brush, start at your feet and with small, circular motions, move slowly up the body toward the heart. Then brush your arms and attach the long handle to reach your back and bottom.

Make a homemade oatmeal wrap by mixing the following:

- 3 Tbsp. plain oatmeal
- 1 Tbsp. fresh rosemary
- 3 Tbsp. sunflower oil
- 1 Tbsp. dried rosemary
- 10 drops **Aura Cacia Essential Rosemary Oil** (\$4, amazon.com)

Apply all over and leave it on for 15 minutes. (Dry brushing helps these hydrating ingredients penetrate the skin more deeply, resulting in softer, brighter and younger-looking skin, says Lackner.) Shower and rub on your favorite moisturizer.

HAND MASSAGE

Spa Avania at Hyatt Regency
Scottsdale, AZ

“We created a specific hand massage after so many people came to us with pain and tension in their hands and arms from excessive texting and typing,” says spa director Angee Smithee. This popular new offering, nicknamed “BlackBerry Massage,” also improves circulation and flexibility.

Rest your left hand, palm up, on the fingers of right hand. With your right thumb, make strong circular motions over the left palm, pressing deeply to reach through the fat. Turn your palm facing down and move to your wrist; continue performing this circular technique up your forearm until you reach your elbow. Switch hands; repeat.