
The BLOG: Voices

Five ways to create a spa getaway in your own home

DIANE KILGORE | DECEMBER 21, 2015

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Are there times you wish “Happy Hour” meant an hour in a spa rather than an hour in the bar, but feel there’s simply no way to indulge?

Many a Christmas spirit has felt more jittery than glittery when tangled up in the season’s multifaceted prisms of emotional, social, and financial obligations. With that in mind, Kim Gagliardo, manager of [The OH! Spa](#) at the Ocean House in Watch Hill Rhode Island, supplied me with five seasonal spa hacks that won’t break the bank but will help restore your holiday glow in less than 60 minutes.

Wrapping

Pamper yourself by disconnecting from social and electronic stimulation. Line a comfortable chair with ample pillows and blankets. Drape warm hand towels around your neck and shoulders and decollate. Wrap the blankets around yourself, then melt into the space with your eyes closed. Within 10 minutes you’ll feel your body relax and your breathing will deepen.

Glowing

Apply a mask of equal parts brown sugar and Manuka honey to the face. Cover with a warm dry towel. After 15 minutes, remove the mask by rinsing with warm water, rubbing in a circular motion. The results will leave skin with a soft smooth glow from the mild but velvety exfoliation. (Manuka honey is found in most grocery and health food stores or online)

Melting

Rapidly changing temperatures can leave skin dry and snow flaky all over. To restore luster to dull itchy skin, mix 1 cup of organic coconut oil with 10 drops of essential lavender oil and 1 teaspoon of vitamin E oil (or the contents of four capsules). Microwave the

mix for 10 seconds. Apply the warmed lotion all over the body, concentrating on elbows, knees, and feet. Wrap yourself in warm socks and fresh pajamas for at least 30 minutes, but leave the mix on as long as possible. The warm oil melts into the skin as lavender acts as aroma therapy, dramatically reducing stress while vitamin E softens and heals rough patches. Shower off after you feel refreshed, or the next morning.

Brightening

Keep a large pitcher of cucumber-, mint-, and lemon-infused water readily available to sip throughout the day and as you dress for parties. Sipping infused water aids digestion, decreases appetite, adds suppleness to the skin, and brightens your mood. The enhanced infused water helps to plump tissues from the inside, therapeutically minimizing dark circles, puffiness, redness and fine lines. Adding berries adds extra antioxidant punch.

Twinkle toe-ing

Transitioning from work or Christmas shopping into a night on the town is often easier said than done. A luxurious way to step into the next part of the day is to soak your tired toes in a foot basin filled with warm water, a 1/2 cup of baking soda, 1 cup of Epsom salts, and five drops of essential lavender oil. This antibacterial pool leaves your feet super soft, reduces overall stress, and readies your toes to tap and dance the night away.



Diane Kilgore is a Boston-area blogger.

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