

DIY Spa Schedule

My Spa Schedule

1. Make Citrus Water (add orange or lemon slices to water)
2. Make and Apply Banana Yogurt Mask
3. Start an Oatmeal Bath
4. Rinse Off Banana Yogurt Mask
5. Soak in the Oatmeal Bath
6. Apply Brown Sugar Vanilla Body Scrub
7. Apply Lotion
8. Go to Bed Relaxed

DIY Spa Recipes

Banana Yogurt Mask

¼ cup plain yogurt

2 Tbsp honey

1 medium mashed banana

Brown Sugar Facial Scrub

1 Tbsp brown sugar

1 Tbsp honey

Basic Sugar Scrub

½ cup sugar

½ cup olive oil

10 drops essential oil

Brown Sugar Vanilla

1 ½ cup brown sugar

1 cup white sugar

1 cup olive oil

1 Tbsp Vanilla