

## Kitchen Spa Day

### Kitchen Chemistry

Yes, most anything you find in those high priced hair and skin products can be duplicated with better results from its original, natural source. In an age when we are bombarded with chemicals, we should be looking for ways to give our skin and hair a much needed break.

Proteins, moisturizers, astringents, bleachers, strengtheners, exfoliating, oil removing...you name it – any skin or hair complaint can be treated with really good results from something right out of your kitchen pantry or fridge.

So, here we go:

### Sugar and Salt Scrubs:

Sugar is better for sensitive skin and if you skin is really sensitive – use brown sugar.

One part oil (baby oil, coconut oil, olive oil, grape seed oil, vitamin E oil – or any clear, light oil) to 2 parts sugar or salt.

That's basically it. Now you can add dried herbs or essential oils but it won't really add to the benefits outside of aromatherapy – which should never be under rated!!

This is great for hand treatments on the spot – keep it in the kitchen in a tight lidded jar for cleaning hands. Scrub for three minutes or more for best exfoliating results.

It's also great for a foot treatment – again scrub each foot for at least three minutes before rinsing.

However, the best way to experience a true spa feeling is to stand in the tub, scrub all over major body areas – avoid sensitive areas (you know what I mean) – then shower and rinse. The feeling is amazing and you've done your skin a massive goodness by removing dead cells and invigorating nerves and circulatory systems.

### Getting Fruity

The best astringent and overall great cleaner for your skin is citrus juice. It contains gentle acids and vitamin c that is wonderful for your skin as well as your body.

Just washing your hands in lemon juice is an exhilarating experience but here's a smooth, simple recipe for a good cream wash:

1/8 cup ground almonds (use a coffee grinder if you have it or else chop really fine)

2 tsp. whole milk or fresh cream

1 tsp. lemon juice (fresh squeezed – not store bought)

Combine thoroughly before use and rinse well with warm water.

