

Apparatus For Your Diy Spa

By: James Brown

Since going to spa salons can get pretty expensive, you can always resort to do-it-yourself at home spas. It will no doubt save you from a lot of trouble, not to mention, money. Another thing is you won't be having a lot of problem looking for the perfect products, what with all those categorized specially for a specific skin type. It is definitely comfort and relaxation in your own home minus the huge expense.

However, bear in mind that in a d-i-y spa, just like during a spa service, you will have to be armed with complete tools that you can work with. And what tools you may ask? Read on and find out some tidbits that will help you choose as to what kind will best suit your skin's needs.

Loofah

Loofah or Luffa is a body scrub made from a vegetable with the same name. It has several shapes and sizes from which you can choose from. There are even ones that have handles for you to reach the farthest part of your back. However, there are chances that it could breed bacteria because it stays damp and wet for a period of time. Just let it air dry or toss it in the dishwasher just to make sure that it is clean.

Pumice stone

Pumice stones are finer stones. They are usually shaped like bar soaps which mean they don't have rough edges at all. You don't use body wash with this. You just simply rub this on your skin all over the body. Another plus is that it is not a breeding place for bacteria at all because it is a stone and it does not stay damp or wet for a long time.

Sponge

Lots of sponges are available. There are even cartoon character-shaped ones. Sponges produce more bubbles than anything else on this list. But they are not exactly the best ones to use. Since sponges are, well, sponges, it's hard to totally dry them out. And if they are damp, chances are they can become a breeding ground for bacteria especially since your dead skin cells are trapped inside them. So you can just imagine using them again.

Mesh Puff

Mesh puffs are like loofahs. The only difference is that they are not made from vegetables. They are artificial. They also produce a lot of lather than loofahs. However, there is one thing that they have in common with loofahs and that is bacteria can also propagate and live here.

Exfoliating Gloves

These exfoliating gloves can be used if you want an easier way of, well, exfoliating. You just simply put them on and scrub away. It is thinner than loofahs, sponges and mesh puffs which can discourage those nasty bacteria.

Wash cloth

Wash cloths are a lot cheaper, if not free. You just look around your house for little towels or cloths that are not too rough. Then, soak them in water and pour body wash. All you have to do is rub them on you skin.

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