

Beauty Tips - Your Own Personal Spa Treatment

By: Debrah Dragon

With the availability of various types of body scrubs you don't need to visit the spa to get the feeling of soft skin. All you need to do is just buy a bottle of body scrub and take it to your next bath.

Why pay an arm and a leg at the spa, when you can treat yourself to your very own at home spa? Sure, there are many services you may find at the spa that you may not find at home, but one of the most popular services can be done right within the comforts of your home; body scrubs. People love body scrubs for a variety of reasons, but the results are the best, smooth, soft skin.

Now, you can have the same soft, smooth skin that you have after leaving the spa, right at home, without the excess costs and hassles. There are a great deal of body scrubs and accessories available for purchase today over the internet, in department stores, or even in the spas themselves. Every product is different, they all use different ingredients, have different scents, and come in different sizes, at different prices- but they all have the same general result, softer, smoother, and more enjoyable skin.

Some body scrubs use sea salt to exfoliate, combined with a suspension of coconut, sunflower, and almond oil. Another type might use coarse sugar as an exfoliant, with a suspension of grapefruit, soybean, and coconut oils. Other types of exfoliants might be apricot shells and grape seeds, mixed with a variety of suspensions that might include several oils such as pure essential, chamomile, rosemary, tea tree, rose geranium, sage, and mandarin, mixed with several other types of vitamins and extracts.

In some cases, you will need to mix the exfoliant and the suspension together, in other cases no mixing is needed. You will then moisten the skin and massage the body scrub on the skin as directed on the package. With some bath and body products, depending on what you buy, you may not need any accessories with the scrub, simply massage it onto the skin with your hand, then rinse thoroughly. However, you might want to use a loofah or a body brush for more effective treatment. A loofah can also assist in removing dry and damaged cells, exposing the fresh and radiant new skin under it.

With the best body scrubs available for you to purchase almost anywhere, you can take advantage of the spa right within the comforts of your own home. Just make sure that you clean up the body scrub residue after use, it is not a dissolving product, you will find that a residue is left on the shower or tub bottom, which could cause damage to the enamel of the surface. Apart from that you are all set to enjoy your day.

As you can see body scrubs are an easy and cost effective you recharge your skin cells. It is time effective and efficient, you can use a body scrub every day as compared to the fact that you cannot visit the spa everyday. When you start using a body scrub you will just forget how it felt when you didn't use one, because your every bath will be relaxing, and energizing.

About The Author:

Debrah Dragon writes for Beauty Items, a website about everything beauty-related - spa tips (<http://www.beautyitems.com/tips/>), beauty salons (<http://www.beautyitems.com/salons/>), beauty products (<http://www.beautyitems.com/products/>), etc. Debrah is also featured at <http://www.ArticleKing.com>

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