

Commercial Spa Versus A Home Spa

By: Song Meng Tan

Being fortunate enough to make regular visits to health spas, massage spas and beauty spas is wonderful, but not everyone is so lucky! Lets face facts - health spas are very pricey for either a holiday or a day visit and for most people, it is a once in a life-time experience. The great news is that there are ways you can create the same experience in the privacy of your own home.

From a few thousand dollars and up you can purchase a spa to install in your own home. These are fantastic as either indoor or outdoor units and combined with a few extra tips and tricks, can definitely give you the benefits of a health spa holiday. They are fairly easy to clean, don't cost too much to run and once you have installed them, there is no more to pay and you can use it anytime.

If installing a home spa is not an option for you because of space or finances, there is a revolutionary invention that will resolve these issues. It is a portable home health spa device that you can use in your very own bathtub! You can move it from one tub to another, so everyone in the family can use it and you can easily take it with you when you move. The jets are relaxing, rejuvenating and can have your tub bubbling in a minute or two. There are even heat settings to keep the water warm while you enjoy the tub for a lengthy time. These portable home spas are a fraction of the price of a permanent fixture or long term spa visits.

Whichever option you choose, there are a few things you will need to do to prepare for your home health and beauty spa pampering. First, choose your products: You will want a scrub for your face and body, a cleansing mask, several clean, dry towels, shampoo and a hair treatment, a loofah or body brush, nail scrubber, facecloths, floor mats, bath oils or salts and plenty of our favorite moisturizers. When you have all of these things ready, do the following:

oPut on a robe or wrap a large towel around yourself and a smaller one around your hair.

oWet your face with lukewarm water and wipe it over with a facecloth.

Begin with a small amount of facial scrub to determine how much you will need to cover your face, neck and collarbones.

oGently exfoliate your skin in these areas in a circular motion – first in one direction, then the other. Do this for three minutes or less if the skin begins to feel sensitive.

oWipe the scrub product gently from your face with a warm, wet facecloth. Rinse and repeat wiping until your skin feels clean.

oNext, apply a liberal layer of face mask to your face, neck and collarbone area and leave it to draw any toxins from your skin and add nutrients.

oUse a clean, damp facecloth to wipe over your whole body with the purpose of dampening your skin (Avoiding areas with mask on them). You want to keep the cloth full of fresh warm water so it opens your pores up ready to clean.

oNow apply the body scrub in circular motions concentrating on one limb at a time. By the time you have finished your feet, your face mask should be ready to remove and you can hop in the shower. Give your body a good all over rinse in the shower and wash your hair.

oHop out of the shower and dry your body and lightly dry your hair. Apply a liberal amount of your chosen hair treatment and wrap a towel around your head. You are now ready to hop in your home spa!

Add the recommended amount of your bath oil or salts to the water, get your towels ready for when you get out and you're ready to go for it!

You might want to have some soft, slow music on to deepen the meditation. Relax in your health and beauty spa until your fingers begin to go a bit wrinkly from the water. Then hop out, dry yourself off and jump in the shower to quickly rinse your hair and body.

Apply moisturizer to your skin all over your face and body, put on comfy clothes and slippers and take some time to read a good book or do an outdoor meditation. What a luxurious time you have just had in your own home spa!

Although having a spa resort holiday is an amazing experience, with a home spa, you can use it regularly to get the most out of it. Once you have it set up, the only money you have to spend is on a few beauty products and you can crawl straight into your own bed if you like, completely relaxed, afterwards. If you are interested in setting up a home health and beauty spa for the lowest cost, visit <http://www.hydrospabusiness.com> today and you could be living a life of luxury in no time!

About The Author:

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