

## Get The Most Out Of Your Home Spa!

By: Song Meng Tan

Having a spa massage has become increasingly popular since the 1950's and now you can have a home spa whenever you like. It's a good idea to know how to maximize the experience. A part from the healing benefits to having a spa itself, you can use oils, herbs, mineral salts, exfoliation and relaxation techniques to enhance the benefits.

If you are determined to get the most out of your home spa's health benefits, you should always begin the ritual with a vigorous work out. Ten to fifteen minutes of exercise to get your blood pumping, heart racing and perspiration activated will increase the overall positive effects.

Next, jump in the shower for a quick wash of your hair and all over body exfoliation. This will leave the spa water for drawing out toxins from deeper within your pores and will also get rid of any dead skin cells that may be blocking them. Exfoliation will also increase the blood flow to the skin, which is known to be anti-aging and also detoxifying, healing and invigorating to the skin. There are many glands and lymph nodes in the body that will be activated from the stimulation and will boost their detoxifying processes, eliminating more waste and impurities from your system.

Before you have your home spa, you should decide which type of medicinal qualities you would like to get out of it. If you want to achieve greater relaxation, you may want to add something to the water, like lavender oil or chamomile. For those who wish to emerge refreshed and energized, ginseng, citrus oil blends or mineral salts would be more your style. To treat your skin, you can add colloidal oatmeal, almond milk or calendula oil, and will feel luxurious, hydrated and silky smooth afterwards.

Ensure the home spa water is not too hot – body temperature or just above is best. If the water is too hot, you will sweat and this will prevent your skin from absorbing the nutrients, minerals and moisture from the products you have added to the water. With warm water, the pores of the skin will be open and ready to absorb everything they possibly can. Remember the skin is the largest organ of the body and even though the pores are small, there are billions of them working to carry the healing properties to every cell in your body.

For die-hard health spa massage fans, you may want to switch off the TV and put on a good meditation CD. You can relax and clear your mind, going further and deeper into relaxation, allowing yourself to be healed even more. If you are sitting in the spa worrying, all tense and stressed, you will negate any of the positive effects it could be having for you.

Now days, there are so many home spa products available for you to choose from. One option that is proving very popular and inexpensive is a portable home spa. This is an electronic contraption that is attached and inserted into your regular bath tub, turning it into an instant home spa! You can move it from one bathroom to another, adjust the settings and get the benefits of a resort health spa experience in your own private domain.

If you are interested in obtaining health through water, a home spa bath is your answer. You can use it as regularly as you like without having to worry about hefty fees and other members making you uncomfortable. In a matter of days, you could be relaxed, refreshed and revitalized with very little effort from you at all. Visit <http://www.hydrospabusiness.com> to see the range of quality home spas and spa massage products you can order online at very low costs and you will be creating the perfect home spa luxury for yourself in no time!

### About The Author:

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