

Hotel-Inspired Treatments for an at Home Spa Day

- Natural Beauty Facial-

HÔTEL BARRIÈRE LE FOUQUET'S PARIS; FRANCE

This self-care treatment is inspired by the protocols and natural products delivered at [Spa Diane Barrière Paris](#). Suitable for all skin types, this honey facial treatment in three stages may be applied once a week and will make your skin radiant, soft, and moisturized.

Ingredients:

- 2 tbs of multi-flower honey (preferably)
- 1 tsp of almond flour (or white sugar)
- 1 lemon
- 1 container of organic plain yogurt
- ½ cucumber
- 2 chamomile tea bags
- Cornflower water
- 4 cotton pads

Directions:

1: Mix your natural makeup remover by mixing one container of plain yogurt with few drops of lemon. Apply it to your face with your hands and distribute in gentle circular motions. Remove makeup from your eyes using cotton pads soaked in cornflower water. Rinse your face with water.

2: Mix your facial scrub: in a container mix 1 tsp of multi-flower honey, sprinkle a bit of almond flour (or white sugar) and add few drops of lemon. Apply the scrub to your face using circular motions working your way up to the top of the face, avoiding the eye area. Rinse your face with warm lemon water.

3: Mix and apply your facemask: In a bowl, put 1 tbs of multi-flower honey and add few drops of lemon. Apply to your face and your neck. Put cucumber slices all over your face (the cucumber moisturizes, refreshes, while absorbing some of the stickiness of the honey). Put soaked and cooled chamomile tea bags on your eyes over the cotton pads. Leave everything in place for 15 minutes, then remove and rinse with warm lemon water. Follow it up with your favourite moisturizing cream.

Soft Skin Scrub

KATIKIES MYKONOS; GREECE

This is an easy homemade spa recipe for purification and hydration ideal for the body and face. It contains fresh ingredients that deeply purify the skin, remove dead skin cells and leave it feeling soft and smooth.

Ingredients:

- 4 tbsp of yogurt
- 4 tbsp coconut oil or avocado oil
- 2 tbsp aloe vera (fresh aloe plant or aloe vera gel)
- 1 tbsp salt
- 1 tsp freshly prepared papaya purée (optional)
- A few drops of your favourite essential oil (chamomile for inflammation and moisture, lavender for relaxation and anti- inflammation, neroli for oily skin, for example).

Directions:

Stir all of the ingredients together with a whisk or spoon, then add the essential oil of your choice. Apply the product to wet skin in smooth, circular motions. Rinse with water. The oil will remain on your skin's surface giving it a smooth, velvety appearance.

Moisture Restoring Hand Scrub

ACQUALINA RESORT & SPA ON THE BEACH; SUNNY ISLES BEACH,
FLORIDA

Victoria Franca, ESPA consultant at Acqualina Spa by ESPA, recommends this soothing scrub for dry, flaky hands.

Ingredients:

- 1 cup of sea salt
- ½ cup of coconut oil (grapeseed or olive oil also works)
- 5 to 7 drops of your favourite essential oil

Directions:

This quick recipe alleviates dry and flaky hands caused by frequent hand-washing and cold weather by exfoliating the skin and restoring moisture. Pour 1 cup of sea salt into an empty glass container. Add ½ cup of Coconut oil (grapeseed oil or olive oil also works) over the salt. Add 5 to 7 drops of your favourite essential oil. Lavender is recommended for ultimate relaxation. For a full body exfoliation (do not use a salt scrub on your face as it is too abrasive), remember to take a proper shower first. Wash then apply the scrub on wet skin and rub in a circular pattern. Rinse off and pat your skin dry without rubbing.

DIY Foot Mask

UNICO 20° 87° HOTEL RIVIERA MAYA; RIVIERA MAYA, MEXICO

The combination of cucumbers, lemon juice, and olive oil will have your feet feeling moisturized in no time. The cucumber is refreshing and revives tired toes, while the lemon helps exfoliate, and olive oil provides deep moisture for super soft feet.

Ingredients:

- *1 cucumber, cut in half*
- *2 tablespoons lemon juice*
- *2 tablespoons olive oil*
- *2 plastic bags*

Directions:

Start by cutting and peeling the cucumbers. Pour the lemon juice, olive oil, and cucumbers into a blender and liquify the mixture. Next, divide the mixture into each of the plastic bags. Insert each foot into the plastic bags and massage the mixture in a circular motion and leave on for 15-20 minutes. Finally, clean your feet with lukewarm water.

Coffee Scrub

NAYARA TENTED CAMP; LA FORTUNA, COSTA RICA

Spa manager, Arlene Quiros, recommends this revitalizing coffee scrub for its all-natural ingredients. "Coffee is a very important product in Costa Rica, and there are many wonderful uses for it beyond just drinking it," she says. This natural scrub will remove dead skin cells, leaving a soft felling, and invigorates the skin as the caffeine is absorbed.

Ingredients:

- *½ cup fresh ground coffee*
- *½ cup brown sugar*
- *½ cup olive or coconut oil*
- *2 teaspoons of honey*

Directions:

Mix the ground coffee and brown sugar, and add coconut or olive oil, and honey into the mixture. Mix until well combined. Gently rub the mixture over your body, avoiding the eye area, and leave it to soak in for several minutes. Rinse thoroughly to reveal energized skin.

Himalayan Salt Scrub

CAPELLA SINGAPORE; SENTOSA ISLAND, SINGAPORE

Cassandra Forrest, Capella Singapore's Auriga Spa director recommends this healing ritual for its simplicity and wonderful range of benefits. "This Himalayan salt scrub treatment boosts detoxification, balances pH levels, and exfoliates and softens the skin," she says. "A balanced pH level on your skin helps to control bacteria levels, prevents acne, premature wrinkles, and slows the sagging of the skin."

Ingredients:

- 1 cup Himalayan Sea salt
- ½ cup coconut oil
- 1-2 tablespoon olive oil
- 5 drops of your preferred essential oil

Directions:

Combine ingredients in a bowl. Apply to the body in circular motions while in the shower, focusing on elbows, knees, and feet as needed. Rinse with lukewarm water.

Oatmeal, Honey & Apple Cider Mask

CARLISLE BAY; ANTIGUA, WEST INDIES

This mask revitalizes skin with three key ingredients. Oatmeal helps to draw moisture to the skin, while calming and soothing irritation. Honey and apple cider vinegar both work to maintain your skin's pH, which helps to protect against damage and bacteria.

Ingredients:

- 1 tablespoon oatmeal (ground oats)
- 1 teaspoon honey
- ½ teaspoon unfiltered apple cider vinegar
- ½ teaspoon water (as necessary)

Directions:

Mix all ingredients together in a small bowl. Apply to clean skin in a thin layer and let dry for about 10 minutes. Rinse with warm water and moisturize skin as desired.