



Home SPA — Relax Without Leaving Your Apartment

Mini-brochure: ambience & setup, quick rituals (15/30/60 min), bath & steam options, mini facial/body/scalp/feet protocols, aromatherapy picks, mini recipes, safety, aftercare.

Ambience & Setup

- Declutter path to bathroom; lay out towels, robe, headband; put phone on Do Not Disturb.
- Lights low or warm; candle or diffuser; playlist at low volume.
- Tray with water/tea, hand cream, lip balm; small trash bag for cotton pads.

Quick Rituals — Choose Your Duration

Time	Flow
15 min	Steam face 2-3 min → cleanse → sheet mask or eye patches → neck & hand massage.
30 min	Warm shower or bath salt soak 10-12 min → gentle body scrub → rinse → body cream/oil.
60 min	Aroma bath/steam → double cleanse face → enzyme/acid mask → scalp massage → body lotion → herbal tea.

Bath & Steam Options

- Salt soak: 1-2 handfuls sea salt + 5-10 drops oil (in disperser/milk).
- Milk & honey: 1 cup milk + 1 tbsp honey for softness.
- Shower-steam: hang eucalyptus; let hot water create steam (3-5 min).

Mini Facial Protocol

- Cleanse → (optional) enzyme or acid mask 5-10 min → rinse → hydrating mask → toner/mist → moisturiser.
- Massage: glide with oil/cream; lift from centre to ears; 2-3 min focus on jaw/temples.

Body & Scalp/Feet

Area	Steps & tips
Body	Scrub on damp skin (avoid irritation); rinse; apply cream/oil while skin is wet.
Scalp	Apply a lightweight scalp serum or oil on dry patches; 3-min massage with fingertips.
Feet	Warm soak 10 min; pumice lightly; thick cream + cotton socks for 30-60 min.

Mini Recipes — Mix Fast, Use Safely

Type	Blend (ratio)	How to use / Notes
Bath Salt — Relax	1 cup Epsom + ½ cup sea salt + 1 tbsp milk as disperser + 6 drops lavender	Dissolve under running water; soak 10-15 min; rinse lightly.
Bath Salt — Refresh	1 cup Epsom + ½ cup baking soda + 1 tbsp milk + 3 drops lemon + 2 drops mint	Avoid eyes; great for morning reset.
Shower Steam Bowl	Hot water bowl + 2-3 drops eucalyptus or mint	Lean in at safe distance; inhale 2-3 min; ventilate after.



Body Oil — Cozy	30 ml sweet almond oil + 3 drops vanilla oleoresin + 2 drops sandalwood	Apply on damp skin; patch-test; avoid sun if citrus used.
Scalp Pre-wash	1 tbsp jojoba + 1 drop rosemary	Massage 3 min; leave 10-15 min; shampoo twice; skip if irritated scalp.

Aromatherapy Picks — by Mood

Mood	Try	How to use
Unwind	lavender, chamomile, sandalwood	2-4 drops in diffuser; slow breathing 4-7-8
Refresh	mint, eucalyptus, lemon	shower steam or bowl inhalation 2-3 min
Cozy	vanilla, tonka, cinnamon	candle or dab on cotton near tub (not on skin undiluted)

Safety & Contraindications

- Hot baths/saunas: avoid with pregnancy, cardiovascular issues, uncontrolled hypertension — consult a clinician.
- Patch-test oils; ventilate room; keep candles away from towels/hair.
- Stay hydrated; stand up slowly after baths to avoid dizziness.

Aftercare — Keep the Calm

- Water/tea; light snack if hungry (fruit + yogurt/nuts).
- Moisturiser within 3 minutes after shower/bath to lock hydration.
- No screens for 20-30 minutes; stretch or read to extend the effect.



Scan the QR to open the full 'Home SPA' article with recipes and ideas.