

# Pamper Yourself With a DIY Spa Night

Relax and revitalise with this at-home regimen



With all the doors of the beauty salons shut and we're in isolation, if you're like me our nails are beginning to look a little brittle and dry and we need an escape from Netflix and the fridge. All you really need is a one-night stand with yourself once a week to de-grit, deep treat and restore your self-love.

Here's how I do it.

**1. Stage the evening.** This is your “me” time so no significant other, dog or cat interruptions. First, make sure that your bathroom is tidy with no dirty laundry baskets in sight. Light candles or at least dim the lights if you have a dimmer switch, get a playlist of soothing music going (I made myself a spa playlist on Spotify). Grab your coziest robe, softest towels and some clean washcloths. Have a jug of cold water spiked with lemon slices and mint or cucumber to sip. Then suspend all judgment about your so-called flaws. You're an hour or two away from serenity and a beauty reboot.

**2. Do it your way.** Personalize each "spa" session. If you're a bath lover, apply face and hair masks before that dreamy soak and maybe end with a clear water rinse under the bath faucet. Prefer showers? Do your masks and let them work while you read a book, write in a journal or daydream before spray-time. Adapt the schedule, agenda and products to suit your needs of the moment.

**3. Slather on a hair mask (aka deep conditioner) ASAP.** Use a wide-tooth comb to gently distribute the mask or oil evenly. Then let it "bake" under a plastic-wrap turban or shower cap.

**4. Go face-first into a sheet mask.** Infused with do-good ingredients, and with cutouts for eyes, nose and mouth, sheets are a mess-free affordable solution. Apply to a makeup-free, freshly cleansed face.

**5. Apply a “disposable” eye mask.** If you don't have a prepackaged eye mask, cut up cucumbers and pack them over your closed eyelids or use cold teabags. I like using chamomile, rooibos, black tea.

**6. Give hands a TLC makeover.** Before jumping in the tub or shower, file and shape your fingernails dry — once wet they're more apt to break or split. File in one direction (no sawing!) on one side to the center, then the other side, and do tips last. At the end of the evening, massage hands and cuticles with a rich hand cream that contains shea butter and botanical oils.

**7. Thank your feet with bootie masks.** Each achy, crusty, calloused foot has 26 bones plus muscles, tendons and ligaments. Since toenails are thick, they're easier to trim and file when softened first in bath or shower, so save this step for later. Follow grooming with a foot massage. Use your thumbs in circular movements to press arches, big toes, small toes, balls of feet and heels. Slip on sock masks infused with shea butter and an exfoliating acid like apple extract.

**8. Relax in a steamy (but not too hot) tub.** Just add two cups of mineral salts such as Epsom Soothing Lavender Bath Salt for Soaking. Rich in magnesium, bath salts help reduce water retention that bloats breasts, tummy or ankles while it soothes achy muscles.

**9. Rinse or shower off and moisturize.** Shampoo and condition last to remove excess mask residue. Apply a body moisturizer while skin is still damp. A rich but fast-absorbing cream sinks in with no sticky after-feel. Don't forget to trim and file toenails now, while they're soft.

**10. Stay blissful for a good night's sleep.** Turn off your mobile, your laptop and face away from the glow of your digital alarm. Try some meditation to get yourself centered, keep the bedroom cool — and be sure to blow out all those calming candles!