



# You deserve A tub full of pampering



## Reduce tension with a Lavender Salt Bath!

- **For your mind . . . Calm your nerves!** Lavender is rich in linalool, an essential oil that de-stresses your central nervous system.
- **For your health . . . Soothe aches and pains!** Lavender's anti-inflammatories help relieve muscle aches and sinus pressure, says aromatherapist Stephanie Tourles.
- **For your beauty . . . Erase skin imperfections!** Lavender oil stimulates cell rejuvenation—that's why herbalists use it to treat eczema and to minimize scarring and stretch marks!

### Make your own lavender bath salts!

Pour 1 Tbs. dried lavender or lavender tea into 2 cups Epsom salts. Place in a reclosable jar. To use, pour a scoop of salts into a warm bath; soak for at least 10 minutes. **Keeps:** Indefinitely.

◀ **Quick Fix!** Dr. Teal's Lavender Epsom Salt Solution, \$4.99.

**NEXT WEEK:** Look younger *instantly!*



## Recharge with a Minty Bath!

■ **For your mind . . . Enjoy instant energy!**  
"Inhaling the scent of peppermint instantly energizes and awakens your mind!" says Tourles.

■ **For your health . . . Ease headaches!**

Studies show that peppermint oil—both inhaled and massaged into the skin—can relieve headache pain and even migraines!

■ **For your beauty . . . Banish breakouts!**

Peppermint has astringent qualities that help control oil!

### Make your own minty bath salts!

Mix 2 cups Epsom salts with 2 handfuls of fresh mint or 1 Tbs. loose mint tea. Rub the leaves against the salts, releasing their fragrant oils. Place in a reclosable bottle or jar. To enjoy, pour a scoop of the salts under the stream of running bathwater; relax for at least 10 minutes. **Keeps:** Indefinitely.

**Quick Fix!** Calgon Rejuvenating Eucalyptus & Mint Epsom Salts, \$4.97, Walmart.com.





## Rejuvenate in a Rose Oil Bath!

### ■ For your mind . . . Boost your mood!

"The scent of rose oil is a natural mood elevator and aphrodisiac!" says Tourles, author of *Organic Body Care Recipes*. It boosts the production of dopamine, a calming brain chemical that puts you in a positive mood!

### ■ For your health . . . Tame PMS!

Rose essential oil helps balance hormones, regulate your cycle and ease tension! In fact, a recent study found that when women with painful periods used a rose oil blend, their cramps were reduced dramatically!

### ■ For your beauty . . . Heal skin damage!

Rose oil is packed with vitamins that help regenerate skin cells and soften damaged skin.

### Make your own rose bath oil!

Dice the petals of 1 freshly washed rose. Heat up 2 cups sweet almond oil. Remove the oil from heat, add petals and infuse overnight. Strain the oil into a recloseable bottle. For your bath: pour 1 Tbs. of the oil into the water; soak for at least 20 minutes. **Keeps:** Indefinitely.



◀ **Quick Fix!** The Body Shop Moroccan Rose Bath & Massage Oil, \$18, TheBodyShop.com.

soothe your mind and body with beautifying spa-style soaks! Each has amazing benefits, so just pick your favorite for a blissful experience that'll leave you feeling great and looking radiant!

## Awaken in a Citrus Bath!

### ■ For your mind . . . Sharpen your focus!

"Citrus oils are uplifting and invigorating," says Tourles. Aromatherapy studies show the scent increases concentration while boosting your memory!

### ■ For your health . . . Stop itchiness!

Skin? Lemon oil has antiseptic and anti-inflammatory properties that calm the irritation, so you can stop scratching!

### ■ For your beauty . . . Even out skin tone!

Lemon juice's natural acidity gently fades and evens out discolorations.

### Make your own lemon bath oil!

For 1 cup sweet almond oil into a recloseable bottle. Add 4-6 lemon zests, twisting them as you drop them in. Let sit overnight. Pour 1 tsp. into a bath; soak for at least 10 minutes. **Keeps:** Indefinitely.

◀ **Quick Fix!** Burt's Bees Lemon & Vitamin E Bath & Body Oil, \$8.



## Relax in a Chamomile Milk Bath!

### ■ For your mind . . . Sleep soundly!

"Chamomile relaxes your mind and helps relieve anxiety," says Tourles.

### ■ For your health . . . Fight off a cold!

Researchers found that chamomile works as an antibacterial to relieve cold symptoms like muscle tension and coughing!

### ■ For your beauty . . . Soften your skin!

Milk has natural acids in it that slough away dry skin, leaving your body baby-smooth!

### Make your own chamomile sachet!

Place 1 Tbs. chamomile tea and 1 Tbs. powdered milk onto a cheesecloth. Pull up the corners and tie with a ribbon. Place the sachet in your bath and soak for 15 minutes. **Keeps:** Indefinitely.

◀ **Quick Fix!** Aura Cacia Soothing Organic Milk & Oat Bath with Calming Chamomile, \$3.29, AuraCacia.com.



## Smart ideas to make you Beautiful!

### 1 Turn up your hair's volume!

If you want fuller hair, just follow celebrity hairstylist Michael Johnson's easy three-step plan! First, lather up with a volumizing shampoo and then a small amount of conditioner applied only on the mid-shaft and ends. Next, use a light styling product like a mousse instead of a gel. Finally, as you blow-dry lift hair away from your scalp with your fingers or a round brush. Now fuller hair is as easy as 1, 2, 3!

### 2 Stop earring irritation!

If your earrings irritate your earlobes, try this beauty trick: Before you put them on, coat the posts with a balm (such as Smith's Rosebud Salve, \$6, Sephora.com). The salve acts as a barrier between your skin and the metal!

### 3 "Highlight" your hair in seconds!

Want a few face-framing highlights, but not the commitment or price of real highlights? "Take an extra shimmery lip gloss and apply it to the tiny strands of hair that surround your face," says hairstylist Tyler Laswell. "The effect is subtle, but when the light hits your face there will be a hint of radiance!"

### 4 Sweep on soft lips!

Since the skin on your lips is super-thin and delicate, it needs extra pampering. To the rescue: grape-infused lip treatments! These lipsticks, glosses and balms (such as Devine Lip Shimmers, \$4.99, Devine Shimmers.com) contain special fatty acids and antioxidants that fortify the skin. Regularly glide them on for a super-soft smile!



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