7 Days Home Spa
Pamper yourself from Head to Toe

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If you are anything like countless other women on the planet (including me!) you often fly through the day, busy with work, busy with family, busy with your community, and too busy for yourself. Every once in a while, you might think of taking a break from the stress with a weekend at a spa, or a brief getaway. But, then, of course, something comes up. You never quite seem to get there. You want to relax, refresh yourself, and renew your spirit - if only you had the time....

This e-book is dedicated to super woman like you who never has a time for yourselves.

Start right now by put things in their proper perspective and prioritize the time you have available to you. Enjoy your life!

**Home Spa : The Content**

- The Introduction
- The Reason
- The Preparation
- Welcome To Your At Home Spa Aromatherapy Vacation!
  - Day 1 : Pamper your Hair
  - Day 2 : Pamper your Face
  - Day 3 : Body Treatments
  - Day 4 : Aromatic Bathing
  - Day 5 : Pamper your Feet
  - Day 6 : Receive A Massage
  - Day 7 : Relaxation
- The Closing
- The Reference

“*The best way to pay for a lovely moment is to enjoy it.*” - Richard Bach
Home spa : The Introduction

A spa generally refers to a commercial establishment (whether it is a health spa, beauty spa or massage spa) that is visited by guests seeking rejuvenation and relaxation of the body, mind and spirit. The essence of spa rejuvenation and relaxation therapies lies in the use of hydrotherapy combined with special essential oils and bath salts.

In today’s high-stress world, a visit to a spa can provide a much needed renewal for your mind, body and soul. If you don’t have the time and/or money to head to the nearest spa or resort, consider creating your own. Experience the benefits of a day at the spa by creating your own personal spa at home. Home spa can be simple yet can helping you achieve your health and natural beauty.

A home spa, used productively along with essential oils and spa salts, can improve your health. Here are some benefits what a home spa can give to your body:

- Removing toxins and metabolic wastes from the body.
- Improving your blood circulation.
- Toning up the skin elasticity (and muscles, too), giving you with a glowing youthful complexion.
- Normalizing your blood pressure levels and lowering your cholesterol levels.
- Enhancing your mood and spirit.

A bit of pampering every once in a while will help you feel more balanced in your life and ready to nurture those around you. And creating your own mini home spa is simple and affordable. Moms no need to spend money on an expensive spa day, learn how to turn your bathroom into a relaxing spa with this e-book.
Home Spa: The Reason

People live in busy world and we are constantly dealing with stress. Whether you are a stay-at-home-mom or a corporate executive, we all have important tasks to achieve on a daily basis and we are always on the move, trying to please others and cater to them. That’s fine, just as long as we get to have a moment to relax and rejuvenate ourselves so we can start each day fresh.

Now, what can we do to relax and rejuvenate our minds? A home spa with aromatherapy would be the best answer.

Without a doubt, 7 Days Home Spa with Aromatherapy has making it easy for women to pamper themselves and experience the luxury of spa treatment - without ever leaving home.

Ok, now you are ready to begin a home spa. What do you need to make this things happen?

1. 30 minutes a day for 7 days.
2. Your bathroom.
3. Some privacy. (Please send your kids and hubby away!).

That’s it and you’re ready for refresh your body!

100 % Pure - Fresh Squeezed Pink Grapefruit Juicy Shower Gel

Most popular item in our store.

Fresh squeezed Pink Grapefruit refreshes and purifies, leaving you sparkling clean and invigorated. Power boosted with potent anti-aging superstars, Vitamins C & E for an extra antioxidant boost.
Home Spa: The preparation

Setting the perfect atmosphere for relaxing your body is very essential, otherwise there is no point taking so much pains.

First you have to create a home spa environment. Your home spa environment is a place for you to recharge and revitalize. Therefore you want it clean and fresh.

Here are some points that you have to do with your bathroom:

1. The first thing you will need to do is clear out the toys or any other tub clutter. If there are lots of items in your tub, just get a plastic washtub or even a cardboard box and place them there temporarily, outside the bathroom. Make sure your tub is nice and clean, so you can relax during your spa treatment.

2. Put a candle. Use natural beeswax candle because they are non toxic and non-polluting.

3. Put fresh flower. Plants can thrive in the moist environment of your bathroom. They look good too and infuse the space with natural energy.

4. Put Fresh and clean cotton towels and face cloths.

5. Organize your usual bathroom items such as toothpaste, toothbrush and other body care products that you use everyday. Everything is kept under arm’s reach.

Check list every item there and now start with your shopping list:

- Essential oils
- A dark amber glass bottle and A dropper
- Large Bowl, Fresh Towel and a loofah
- Carrier oils.
- Fruit and Natural Ingredient.
- Bath Salts
- Herbal Teas
- Bag of Herbs
**Essential oils**

There are some of essential oils that I used, If you a beginner try to buy a starter pack, that will do okay. Sometimes if you don’t have a specific essential oils, you can try to replace it with another one which has a same benefit and note. You can check there in [Profile of Essential oils](#).

Before you use essential oils, please refer to my [Guide of using Essential oils](#). Don’t excess the quantity of drops in each recipes. Try to stick on it.

Be sure to buy premium quality of pure essential oils. Purity and Quality is the paramount to the practice of Aromatherapy.

I will use a lot of blend but if you are not like to blend or don’t have time to do it, you can buy from [our reputable supplier](#). Skip this one and look for my recommendation of each program.

**A dark amber glass bottle and A dropper**

You will use this to make a blend of essential oils. A few bottle would be better. If not, one is okay too. You need a dropper so you can adding the right amount.

An excellent beginner's kit that features our most popularly used essential oils in one convenient kit. Each sampler includes a general use and information card, an extra bottle with a glass dropper and is packaged in a lovely custom designed cloth pouch for storage and transportation. Contains all certified organic oils of: Eucalyptus, Geranium, Lavender, Peppermint, Rosemary and Tea Tree. Set of six 1/4-ounce bottles.

[Starter kit for beginner](#)
Large Bowl, Fresh Towel and a loofah

This equipment you will use often. Please clean it first before you use. Separate bowl for footsoak and bowl for making the ingredients. Better if you use glass bowl to mixing ingredients. Plastic and wooden large bowl for footsoak.

Carrier oils.

We cannot use neat essential oils so we will need carrier oils. I suggested to have 2 kind of carrier oils. You can pick from sweet almond oil, grapesees oils, jojoba oils, olive oils, avocado oils, and much more. My suggestion will be sweet almond oils and jojoba oils. But again if up to you to find the best one.

Please buy a premium quality carrier oils!

Want to know more about carrier oils? Please check Aromatherapy Carrier oils

Fruit and Natural Ingredient.

Fruit like avocado and orange will be use in this recipe. And also Plain yogurt, Honey, and Ground almonds. Buy them before you start the program and keep them in the fridge.

Bath Salts

Usually beauty spa used Dead Sea Salt, but it’s very expensive. So you can replace it with Epsom salt, Ordinary Sea Salt, or Dendritic salt.

Dendritic salt is good for mixing salt with essential oils because its can form the scent. You can mixed dendritic salt with other salts. 1 cup Epsom salt in the recipe can be ½ cup dendritic salt and ½ cup Epsom salt.
**Herbal Teas**

There are a lot of variety. Some example are: peppermint tea, Lemon Tea, Green Tea, Chamomile Tea. Choose your favorite one!

**Bag of Herbs**

Herbs and Flowers that very good to add to you buth tub are: Rose Petal, Rose Buds, Lavender Flowers, Chamomile Flowers, Calendula Flowers, Lemon Verbena, and Jasmine Flower. Or you can mixed it with your fresh from the garden flower.

Fill in the muslin bag with these herbs and tie up. You can place this muslin bag under the tap so the herbs not floating over the tub and keep your tub easy to clean or you can spread it over the tub. It’s your choice.

Please make sure you already check list all the ingredient before you start the program.

You can buy Essential Oils, Carrier oils, Herbs, and Herbal Tea all in one place. Check our reputable supplier. Provide you with a premium pure organic oils and plants.
Welcome To Your At Home Spa Aromatherapy Vacation!

Ok, so now we here at the beginning of the program. Please remember to squeeze in 30 minutes every day to pamper yourself. Better if you can do it at the night time each day and you’ll see how easily these step by step pampering programs will turn even the toughest days around.

Day 1: Pamper Your Hair

Your hair is alive only at root and dead once it is outside the skin layer. It is made up of a protein called keratin, and is normally lubricated by special glands in the skin that secrete natural oils along the shaft.

Use of bleaches, harsh shampoo, and hair processing products can dry out the scalp as well as strip the hair of its natural oils.

Aromatherapy scalp massages help to feed the roots of hair which in turn encourages healthy hair growth.

Blends of essential oils can smooth the texture of hair, as well as giving it to wonderful fragrance. Aromatherapy treatments to really pamper and nourish your hair can achieve beautiful results.

Take 20 ml (4 tablespoons) of carrier oils and add appropriate blend of essential oils as listed below*. Massage the blend into dry hair. Cover the head with a towel for 20 minutes. Then apply shampoo and rinse as normal.

For dry and damaged hair on the shaft you can try Hair Mask Treatments.

Blend of one ripe avocado. Add 1 tablespoon of honey, 1 tablespoons of olive oil, 1 egg yolk and 2 tbsp plain yogurt. Put them in the blender and blend until creamy and then apply to your hair section by section. Avoid scalp area only do on your hair’s shaft. Cover your hair with hot towel and Leave for 20 minutes. Wash out with a warm water and rinse with your shampoo.

Hair aromatherapy treatment is focus on your root’s hair and scalp area while hair mask is for your hair’s shaft. Both are very good in nourishing your hair. You can pick one of them.
*Suggested blend:

Dry hair: 3 drops Rose, 7 drops Sandalwood
Oily hair: 4 drops Juniper, 6 drops Petitgrain
Dull hair: 4 drops Patchouli, 6 drops Palmarosa
Normal hair: 4 drops Frankincense, 6 drops Orange
Dandruff hair: 4 drops Tea Tree, 6 drops Geranium
Hair Loss: 5 drops Rosemary, 5 drops Ginger.

If you like to use natural homemade shampoo, you can check these “Healthy hair aromatherapy” recipes.

Shea Mask Hair

A perfect weekly indulgence or daily essential for hair in need of repair, replenishment and color maintenance. Made with 100% Organic Essential Oils Vanilla and Ylang Ylang and Plant Extracts. Completely biodegradable. Absolutely no artificial ingredients. No perfumes or colors.

Please be sure that you use natural hair care product. No use of artificial fragrances, preservatives, surfactants, and cleansing agents for better result. Better if you can make it yourself or if you don’t have time, you can choose natural shampoo and conditioner from this supplier.
Day 2: Get a Facial

Reduce the signs of stress from your face with a facial massage. Skin will glow due to an increase in circulation and collagen production will be stimulated to help you look and feel better.

Facial scrub will cleanse the skin by maintaining it by casting off dead skin cells. While Facial mask will smoothens and maintains a well hydrated skin.

Honey Almond Facial Scrub recipe

- 1 Tablespoon of honey
- 2 Tablespoons finely ground almonds (a small food processor or coffee grinder works well)
- Juice of ½ orange.
- Mix all ingredients together thoroughly

Gently use to scrub your face gently. Rinse it off with warm water. Unused portion may be kept for up to a week in the refrigerator.

Please wash your face first with facial cleanser and toner before applying Facial Scrub and Facial Mask Treatment. This way to ensure that your face is clean already and the pore are open to receive the treatment.

Sidebar: If you want to buy, my recommendation is Cherry Honey Facial Scrub. It is Gentle, but very effective, facial scrub that leaves the skin perfectly smooth and beautifully glowing with antioxidant rich cherries, hydrating honey, skin brightening berries, vitamins and perfectly round jojoba beads that won’t scratch the skin.

Cherry Honey Facial Scrub
Do facial scrub for 5 minutes and follow with facial mask.

Add 30 ml of plain yogurt; put it in a bowl, add 5 ml of jojoba oils. Add 3 drops of essential oils (blends of 1 drop of geranium and 2 drops of frankincense) and stir in.

Press the 12 important point of your face (detailed below).

Leave on your face for 15 minutes. Then remove the mask with cotton. Rinse with hot water. Let the skin breathe for an hour before applying the cream.

Your face will look and feel more toned, fresh and hydrated.

If you have tired eyes, you can compress your eyes with this recipe: Add 1 drop of essential oil (choose from neroli, chamomile, or lavender) into 500 ml of spring water. After soaking two cotton wool pads in the liquid, squeeze out excess water and place over each eyes.

For natural skin care recipes you can check at aromatherapy skin care.

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Japanese Matcha Tea with Acai & Goji Berry Facial Mask

Pangea Organic's Facial Mask pays tribute to all terrains with ingredients from the land and sea, mountain and desert. This facial mask does everything: it detoxifies skin to help prevent outbreaks and blemishing & to keep it glowing, it deep cleanses, exfoliates, tones, stimulates collagen, moisturizes and helps to reduce wrinkles due to it's high anti oxidant content.

Your skin will be left radiant, glowing and polished.
12 Point in Facial Massages. All you have to do is press, hold and count until 8 then release.

Step 1
Press the forehead, hold and count until 8 then release.

Step 2
Slide down toward the temple, press and count until 8 then release.

Step 3
Press the beginning of eyebrow, hold, count until 8 then release.

Step 4
Press at the end of eyebrow, hold and count until 8 then release.

Step 5
Press under your eyeball, hold and count until 8 then release.

Step 6
Press nose (volmer), hold and count until 8 then release.

Step 7
Right below the cheekbones. Press, hold, count until 8 then release.

Step 8
Uplift center of nose, hold, count to 8 then release.

Step 9
Press, hold and count to 8 then release.

Step 10
Pull up your end of lips, hold, count to 8 then release.
Step 11
From Cheekbones slightly towards to the ear and you find a hole. Press, hold and count until 8 then release.

Step 12
Behind your ear you find a hole, press, hold and count until 8 then release.
Day 3: Body Treatments

Almost all spas offer body treatments. Body treatments are considered very important to your body as it helps to hydrate, nourish, and remove dirt from the inside your pores. Body wrap, body scrub, and body mask treatments are some of the most popular body treatments at a spa.

Body scrub involves massaging on your skin with a mixture of salt, oil, and aromatics like lemon on your skin. Once the dirt is removed from the uppermost part of the skin, it remains extremely soft and smooth. A body mask usually follows after body scrub.

Because we only have 30 minutes so let’s just skip the body wrap and get ready for scrub.

Quick, easy body scrubs can be performed at home and will soften and exfoliate your skin. To create your own body scrubs, simply mix 1/2 cup carrier oil, 1 cup sea salt and add 2-3 drops of essential oils. You can choose from lavender for relaxing, lemongrass for refreshing and rosemary for stimulating.

To use, apply first clean your body with warm water, massage your body with blended sea salt using circular motion to exfoliate the skin. Sit on the side of the tub to keep the scrub from making a mess. Don’t use a salt scrub if you have any cuts in your skin. Rinse throughly with warm water.

Tips: There are a variety of choices for bath scrub from Lavender sea therapy body scrub to organic pink grapefruit body scrub. Buy this organic body scrub product if you don’t have time to make it. These products have very sweet scents.
All done with scrub now and let’s continue to Body Mask.

Ingredients for Body Mask:

- 5 ounces white clay (kaolin),
- 5 ounces French green clay
- 1/2 ounce honey
- 6 ounces distilled water
- 10 drops sweet orange essential oil
- 5 drops geranium essential oil

Method:

- Combine the white and green clays in a bowl and stir to mix fully. Set aside.

- In a heat proof bowl, warm the distilled water in the microwave. Do not boil the water; make it warm to the touch.

- Add the honey to the water and stir well to combine. Add the honey water to the clay a little at a time, mixing between each addition until a smooth and spreadable paste is formed. If the mixture is too dry after adding all of the honey water, add more water and stir to incorporate. If the mixture is too wet and runny after adding all of the honey water, add more clay and stir to incorporate.

- Add the essential oils and stir well to combine. To use, place an old sheet or plastic bags together on a carpeted floor. Sit down and apply the mask to clean, damp skin. Relax for 15-20 minutes so the clay can exercise its drawing powers. Rinse well in the shower.
Finished your treatments with body lotion. Apply it to make them out of dryness.

This body treatment will improve circulation, stimulate the metabolic system, increases the body's ability to carry waste products for elimination, and assist with skin care issues. It also gives the skin a very healthy, vibrant look and a silky softness that is divine!

If You like DIY Recipes then you should check my Aromatherapy Blends Recipes
Day 4: Aromatic bathing.

An aromatic bath is a wonderful way to beat away stress and anxiety, relieve muscle pains or begin a sensual and romantic evening. The key to achieving your goal with an aromatic bath is the selection of just the right essential oils and oil blends.

Bath is calming way to relax in today’s fast paced stressful life. It is a soothing way to start a new day and blissful send-off to bed. Herbs and its essential oils soothes aching muscles, tense nerves, skin irritations, softens skin and ensures peaches and roses complexion.

Set the stage for your bath with a clean fresh bathroom. Keep clean towels, bath gels, herbs, loofah, etc. Choose relaxing music, light aromatic candles around you. All in all make sure that everything you need for your luxury is within arms reach.

While filling tub with warm water, create a bag of your favorite herbs to be used in bathing. It is ideal that you give your skin a quick loofah brush head to toe before you start.

To create an herb bag, fill muslin cloth or even an old stocking with your favorite herbs. Dip it in your bath, letting the herbs gently soak in the water. Bath salts, citrus leaves, dried rose petals, dried lavender flowers to name a few to create an herb bag. If you don’t have the fondness of creating your own bag of herbs, you can definitely buy ready made herb bags.

Bath herbs comes packaged in an attractive kraft bag with a re-usable drawstring muslin bag which, once filled with the herbs, is used to infuse botanical aromas and herbal sensations to your bathing water.


Relaxing Bath Herb
Add to bath water 6 drops of essential oils with 30 ml milk or 10 ml of carrier oil.

Common herbs and its essential oils used in bath:

- Benzoin – treats chapped, dry skin.
- Clary Sage – helps prevent oily and premenstrual tension.
- Citronella – Counteracts oily skin, combats mental fatigue.
- Geranium – Combats combination skin and mood enhancer.
- Jasmine – treats dry sensitive skin.
- Lavender – Useful for all skin types and calms emotions.
- Orange – reduces stretch marks and scarred oily skin.
- Rosemary – combats greasy skin, stimulates the mind to combat mental exhaustion and fatigue.
- Sandalwood – moisturizes dry skin, help ease depression.
- Tea Tree – Treats spots and acne.
- Thyme – helpful for oily skin, strengthens and restore vitality.
- Vetiver – counteracts oily skin, helps lift depression and relaxes mind.
- Ylang Ylang – for combination skin, can be good as aphrodisiac.

Choose carrier oils like grapeseed or sweet almond oils are perfect for this bath and will leave your skin feeling soft and smooth.

Soak for 20 minutes.

The air molecules hover in the air for more than 15 minutes as they evaporate, though your nose can no longer smell the scents don’t be tempted to add more oils. The oils still continue to work after that.

Dry your body and apply body lotion throughout the body.

To understand more about aromatic bath please visit aromatherapy bath product.
Day 5: Pamper Your Feet.

Your feet mirror the general wellbeing of your body. Treat them to a warm, aromatic foot bath and soothing massage.

A foot massage will give you a wonderful feel and when given aromatherapy oils and reflexology techniques can also be very therapeutic.

- Take a large bowl fill with warm water.
- Add 6 drops of essential oils. You can choose from peppermint, rosemary, neroli or lavender.
- Soak your feet for about 10 – 15 minutes.
- Dry your feet.

Using a foot massage blend, work the oils into the feet with your hands, then cover one foot with a hot towel while you work on the other one.

Foot massage blends:

- 2 drops of lavender oils,
- 1 drop lemon oil,
- 1 drop of tea tree oil,
- 1 drop of peppermint oil.
- Blend the oils with 10 ml of carrier oil.

Tips: If you don’t have all the oils. You can replace this blend with a foot/body lotion. Check this foot lotion recipes in aromatherapy-at-home.com or you can buy from pangea organics. My recommendation is French Chamomile with Sweet Orange & Lavender Hand & Body Lotion.
You can watch a self massage video in aromatherapy-at-home.com

After you finished massaging your feet, you can add extra minutes to pay particular attention to a problem areas:

- For breathing complaints, concentrate on massaging the fleshy ball of the foot.
- Ease stomach and digestive problems by massaging under the instep.
- Massage the toes for ailments of the ears, eyes, nose, and throat.
- To eliminate toxins from the body, massage between the toes.
- Massage from big toe to heel if you have headache and backache.
- Massage around the ankles for disorders of the reproductive system.

Once you’ve finished massaging one foot, wrap in a towel and do with the other one.

To finish, give each foot a rub before slowing the movements down to gentle strokes.

Finally, Clasp the foot gently in your hand and hold this position for a few moments, Take a deep breathe and release it.
Day 6: Receive a massage.

Book yourself a massage. It can be your partner, friends or therapists, whoever is able to care for and nourish you. Make your own aromatherapy blends and take it with you. It’s about time to visit a spa!

What if you don’t have time to go there?

Start your self-massage with aromatherapy oil. You can use any body oil or blends aromatherapy oils which has moisturizing properties and sweeps into your skin to make it soft and supple. Rub it all over your body. Massage each of the reachable body parts one by one. The movement of the hand should be in concentric circles which refresh you by making the flow of the blood easier.

Some of the blends you can try for soothing massage are:

Promote a healthy circulation:

- 2 drops of juniper oil,
- 2 drops of cypress oil,
- 1 drop of benzoin oil
- 10 ml of carrier oils

Insomnia blend:

- 2 drops of frankincense,
- 1 drop of lavender oil,
- 1 drop of marjoram
- 1 drop of sandalwood
- 10 ml of carrier oils.

A blend to help you unwind and promote a relaxed state of mind:

- 2 drops lavender oil,
- 2 drops bergamot oils,
- 1 drop vetiver oil.
- 10 ml of carrier oils
If you fond of lavender, you can try this blends recipes of massage using lavender oils. Please visit Lavender massage blends

Here are examples of self massage instructions:

Most people suffer from occasional stiff necks, aching shoulders and headaches, so the shoulders are the perfect place to begin self-massage.

1. Place both hands at the back of your head near your hair line. Cradle the base of your skull with your fingertips. Use your fingers to massage and rub the small band of muscles at the very base of your skull. Start with light pressure, then go deeper, moving your fingers in small circles or drawing lines from the spine outward toward the ears. (If you do this while laying down, you can use the weight of your head to get deeper pressure.)

2. With one of your hands, grab the back and side of your neck on the same side. Knead your neck with your head relaxed forward, and then with your head relaxed backward. Knead, squeeze and rub from the base of the skull down to the junction of the shoulders and neck. Start gently, then work deeper to your comfort level. Repeat on the other side with your other hand.

3. Take your right hand and grab your left trapezius muscle (the large muscle at the corner where your neck joins your shoulder) and squeeze. Knead the muscle from the middle of your shoulder all the way up to the side of the neck. Start with gentle pressure and work deeper as needed. Repeat on the other side.

4. Take both hands and place them on your shoulders. Place three or four fingertips on the top of the shoulder blades close to the neck. Use your fingers to massage, pull and knead the muscles near the base of your neck on your back. Roll your fingers over the top edge of the scapula, pulling and stretching the muscle over the top edge.
Do not massage if you:

- Have a back problems or back pain.
- Have a skin disease.
- Have a fever or cold.
- Are in a first day of your menstruation.
- Straight after heavy meal.

**Massage your Temples** - Put your first two fingers of each hand on your temples. Rub small circles over your temples.

**Pummel your Shoulder** - Take your fist and gently pound the trapezius muscle at the junction of the neck and shoulder. Do this on both sides.
**Day 7: Relaxation**

Conclude your experience by wrapping yourself in your soft robe, enjoying a cup of your favorite relaxing or invigorating herbal tea, and burning an aromatherapy selected oils to compliment your homemade spa experience.

Variety of herbal tea includes peppermint, citrus, jasmine or chamomile tea can be added for ending a relaxing home spa.

An Aromatic Tea can be made from using black tea or any type of tea.

For using Black Teas: put tea in a pot, add one drop of bergamot or peppermint then add 3-4 cups of hot water.

Lemon and Orange can be added either type of tea and make delightful refreshing tea.

Enjoy the harmony and dance of light across the twilight sky as you savour the tranquility in our Evening Repose. It is a perfect toast to the moon. Contains: Organic Rose petals, organic Lavender flowers, organic Lemon Verbena leaf, organic Chamomile flowers, organic Peppermint, organic Spearmint, organic Malva flowers and a pinch of Stevia. Traditionally used for evening rest and relaxation.

Watch your favorite movies and add essential oils to oil burner or just burn aromatherapy candles can make you more relax.
For Evening Time to change gear and slow down after a busy day, you can vaporize neroli or jasmine oil to create a luxurious atmosphere to reward and pamper yourself.

For relax to promote restful slumber, vaporize sandalwood or patchouli oil.

Pillar Soy Candles

Enjoy these true soy based natural candles that are 100% biodegradable, safe and non-toxic. Made with pure soy wax and essential oils, these candles are the best alternative to petroleum based candles for those of us with natural homes. Available with 4 scents. Cedarwood, Lavender, Patchouli and Rosemary.

Do a yoga or meditation for 10-20 minutes or just close your eyes and feel the air around you.

Here is a Simple meditation instructions:

This meditation process is good to induce relaxation response. Plan to make meditation a regular part of your daily routine. Set aside 10 to 20 minutes each day at the same time, if possible.

- Choose a quiet spot where you will not be disturbed by other people.
- Sit quietly in a comfortable position. You can sit cross the leg like a lotus position. Make yourself comfortable.
- Commit yourself to a specific length of time and try to stick to it.
- Observe the flow of breath without trying to change it.
- Close your eyes. This makes it easy to concentrate.
- Relax your muscles sequentially from head to feet. This helps to break the connection between stressful thoughts and a tense body. Starting with your forehead, become aware of tension as you breathe in. Let go of any obvious tension as you breathe
out. Go through the rest of your body in this way, proceeding down through your eyes, jaws, neck, shoulders, arms, hands, chest, upper back, middle back and midriff, lower back, belly, pelvis, buttocks, thighs, calves, and feet.
- Breathe slowly and naturally, repeating your focus word or you can counting your breathe from 1 to 10. Let the breathe flowing in and out from your nostrils.
- If your mind wanders, gently bring back to the breath.
- Do this for 10 to 20 minutes but never to the point where it is forced.
- You may open your eyes to check the time, but do not use an alarm. After you finish: Sit quietly for a minute or so, at first with your eyes closed and later with your eyes open. Do not stand for one or two minutes.

This pose is highly recommended for meditation, as it is not difficult to perform and it promotes inner calm and relaxation.

Ending this day with a goodnight sleep! If you suffer from Insomnia, you can add a spray pillow mist over your sheet to induce sleep.

Pillow Mist:

- 15 ml of distilled water
- 2 drops of Lavender
- 1 drop Chamomile
- 1 drop Lemon
- 1 drop Patchouli

Shake well and spritz on pillow cases.

Enjoy and sweet dreams!

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**Sleep Herb Pillow Mix**

Make your own soothing sleep pillows, sachets, or pouches with this delightful blend created specially for those nights when we need a sound and slumber sleep. Place under your favorite pillow or set it next to your sleeping area and enjoy the relaxing scents of these fragrant botanicals.
Home Spa: The Closing.

To get best result in achieving your natural beauty, you can rejuvenate from the inside too, while you are at the program.

You can do so by start eating fresh fruits, vegetables, grains, and protein to reduce inflammation, replenish moisture and bring back a youthful glow.

Drink 8 to 10 glasses of water every day.

Take 3 full, deep breaths from your abdomen (keep your shoulders still) to complete your simple happy home spa experience.

The benefits and joy that you get during your spa at home will be more colored by your desire and your intentions than any fancy, expensive products you can buy. Be mindful, set your intentions and gradually transition in to or out of your work day... always cherishing these simple, sacred rejuvenating moments.

I’ve always believe that learning how to take care of your body and skin is very important to achieve your natural beauty.

7 Days program has now come to the end. I sincerely hope you, the readers, will also discover the true joy of beauty from your body and mind.

And if you like the program, Please refer it to your friends or send me a massage to contact@aromatherapy-at-home.com about how you get benefit from the program. I am very happy to receive such a note.

For more additional Information, please take a moment to visit my site http://www.aromatherapy-at-home.com there are so much fun in this aromatherapy site.

Thank You and Have a Happy Home Spa Experience !

Liani Widjaja
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