



Monday, October 6<sup>th</sup>

6:30 PM

# THE HERBAL SPA

# INGREDIENTS FROM THE GARDEN

- ❖ Fresh flower petals
- ❖ Fresh herbs
- ❖ Rose hips



# INGREDIENTS FROM THE KITCHEN

- ❖ Cornstarch
- ❖ Olive Oil
- ❖ Oatmeal
- ❖ Powdered Milk
- ❖ Granulated Sugar
- ❖ Honey
- ❖ Plain Yogurt
- ❖ Eggs
- ❖ Ground Coffee (not instant!)
- ❖ Herbal Tea
- ❖ Lemon
- ❖ Cucumber
- ❖ Baking Soda
- ❖ Vinegar



# INGREDIENTS FROM THE DRUG STORE

- ❖ Epsom Salt
- ❖ Powdered Clay
- ❖ Aloe Vera Gel
- ❖ Essential Oils
- ❖ Witch Hazel
- ❖ Glycerin
- ❖ Beeswax

# USING WHOLE HERBS

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- ❖ Facial steam
- ❖ Hair rinse
- ❖ Tub tea
- ❖ Soaps & shampoos



When purchasing essential oils, read labels carefully. You are looking for 100% pure essential oil.



- ❖ Essential oil is the concentrated essence of a plant's flowers, leaves, bark, or seed.
- ❖ Essential oil is absorbed through the skin, directly into the bloodstream.
- ❖ Many oils have medicinal qualities.

## WHAT IS ESSENTIAL OIL?

# LAVENDER ESSENTIAL OIL



- ❖ Antibacterial, antimicrobial, antiseptic, antispasmodic, & anti-inflammatory properties
- ❖ One of the few oils that is safe to use undiluted
- ❖ Safe to use with children and during pregnancy
- ❖ English Lavender (true lavender) has a very sweet, floral scent.
- ❖ Spike Lavender (also known as French Lavender or Spanish Lavender) has a more herbaceous, almost medicinal scent.



# ESSENTIAL OIL STARTER KIT

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## Relaxing Scents

- ❖ Chamomile
- ❖ Jasmine
- ❖ Rose
- ❖ Sandalwood
- ❖ Geranium
- ❖ Vanilla

## Invigorating Scents

- ❖ Peppermint
- ❖ Lemon/Citrus
- ❖ Cinnamon
- ❖ Rosemary
- ❖ Tea Tree\*



# HAIR CARE – DRY HAIR

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- ❖ Mix up a small bowl of homemade conditioner. (Try avocado & egg yolk or honey & coconut oil)
- ❖ Spritz hair with water until damp (not wet).
- ❖ Massage homemade conditioner of choice through hair.
- ❖ Wrap hair in an old towel (toss towel in dryer for a few minutes to intensify heat treatment).
- ❖ Leave in for 20-60 minutes, then shampoo as usual.

# HAIR CARE – DULL HAIR

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Mix up an herbal rinse to brighten dull hair.

- ❖ Bring 1 cup of apple cider vinegar to a boil in a small saucepan.
- ❖ Remove from heat, add 1 cup of fresh herbs or 2 tablespoons dried herbs. Try rosemary for dark hair, or chamomile to bring out blonde tints.
- ❖ Let steep for an hour, then strain into a clean bottle.
- ❖ Mix  $\frac{1}{4}$  cup vinegar with 4 cups cool water and pour over freshly washed hair.
- ❖ Massage in, then rinse with cool (or cold, if you can stand it) water.

# EXFOLIATING HAND SCRUB

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Try It!



A mixture of 3 parts sugar, 1 part oil (try olive or sweet almond oil), and a few drops of essential oil creates a fragrant and effective scrub to soften hands and remove dry, dead skin.



# MOISTURIZING HAND MASK

Try It!



Give dry winter hands a little extra pampering with a simple mask of mashed avocado and honey. Leave on for 5-10 minutes, then rinse with warm water.

# ACNE

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- ❖ When pores become clogged with a combination of dead skin and oil, and bacteria is introduced, acne is the result.
- ❖ Factors such as diet (too much dairy and/or sugar & simple carbohydrates), stress, and hormones can make acne worse.
- ❖ Experts agree that acne is NOT caused by eating chocolate. Good news for all of us!

# TREATING ACNE NATURALLY

## Exfoliate!

(Gently)

Use a paste of baking soda and lemon juice. Massage gently into the skin using circular motions. The baking soda helps exfoliate dead skin, while the acid in the lemon juice dissolves oily buildup lodged in pores.

Consider purchasing an exfoliating brush, such as the Olay Pro-X, to use daily.





# USE CLARIFYING MASKS

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- ❖ For dry, acne-prone skin, try massaging plain, unsweetened Greek yogurt into clean, damp skin. Leave on for 10-15 minutes, then rinse with warm water.
- ❖ For oily skin, mix French green clay, aloe vera gel, and a few drops of lavender or tea tree essential oil. Massage into clean, damp skin, let dry, and rinse off.

# AFTER CLEANSING, USE A GENTLE TONER

- ❖ Pure witch hazel, with or without added essential oil, helps to close pores and kill harmful bacteria.
- ❖ Cold green tea helps to close pores, and bathes the face in antioxidants.
- ❖ NEVER use alcohol-based products on acne-prone skin.

# BODY CARE

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- ❖ Dry brushing before baths stimulates blood flow, helps the lymphatic system eliminate wastes, and helps remove dry, dead skin.
- ❖ Coffee grounds, cornmeal, sugar, salt, and oatmeal all make effective exfoliating scrubs when mixed with a bit of oil.



# BLISSFUL BATHS

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- ❖ Epsom salts, sea salts, powdered seaweed, and baking soda can all be used for detoxifying baths.
- ❖ Powdered milk, powdered oatmeal, honey, glycerin, and oils can all be used for moisturizing baths.
- ❖ Have fun experimenting with different scent combinations.

# QUESTIONS?

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- ❖ Books available for checkout
  - ❖ Products to test in the kitchen
  - ❖ “Bath salts bar” open – mix and match ingredients for a custom-designed blend
  - ❖ Please take a Mountain Rose Herbs catalog