

AT-HOME SPA DAY GUIDE

"EMPOWERING WOMEN. WHENEVER, WHEREVER."



The BeautyDel mission is to empower women to embrace their natural beauty and to feel confident in whatever they are pursuing. Women are notorious for putting in 110% into everything they do, putting the needs of others before their own. Whether you call it maternal instinct or happiness by proxy (meaning that one's joy comes from the wellbeing of those around them), there are a lot of explanations for why women are compelled to satisfy others before satisfying themselves.

At BeautyDel we are continually emphasizing the importance of self-care; that investing in oneself is time well spent, even if it may feel unnatural at first. Self-care means something different to everyone, and it can be practiced in many different ways. One of the most important things to remember, however, is that YOU are the one who determines what self-care means to YOU.

As a result of our strong belief in the importance of practicing self-care, BeautyDel has put together a comprehensive guide to creating your very own At-Home Spa Day! The following steps can be done in sequence, out of order, selectively chosen based on your particular needs; the opportunities are endless. If we have provided you with just a little bit of inspiration in your self-care practice, our purpose has been met, and we couldn't be happier. Without further ado, here is our 7-step guide to creating your At-Home Spa Day.

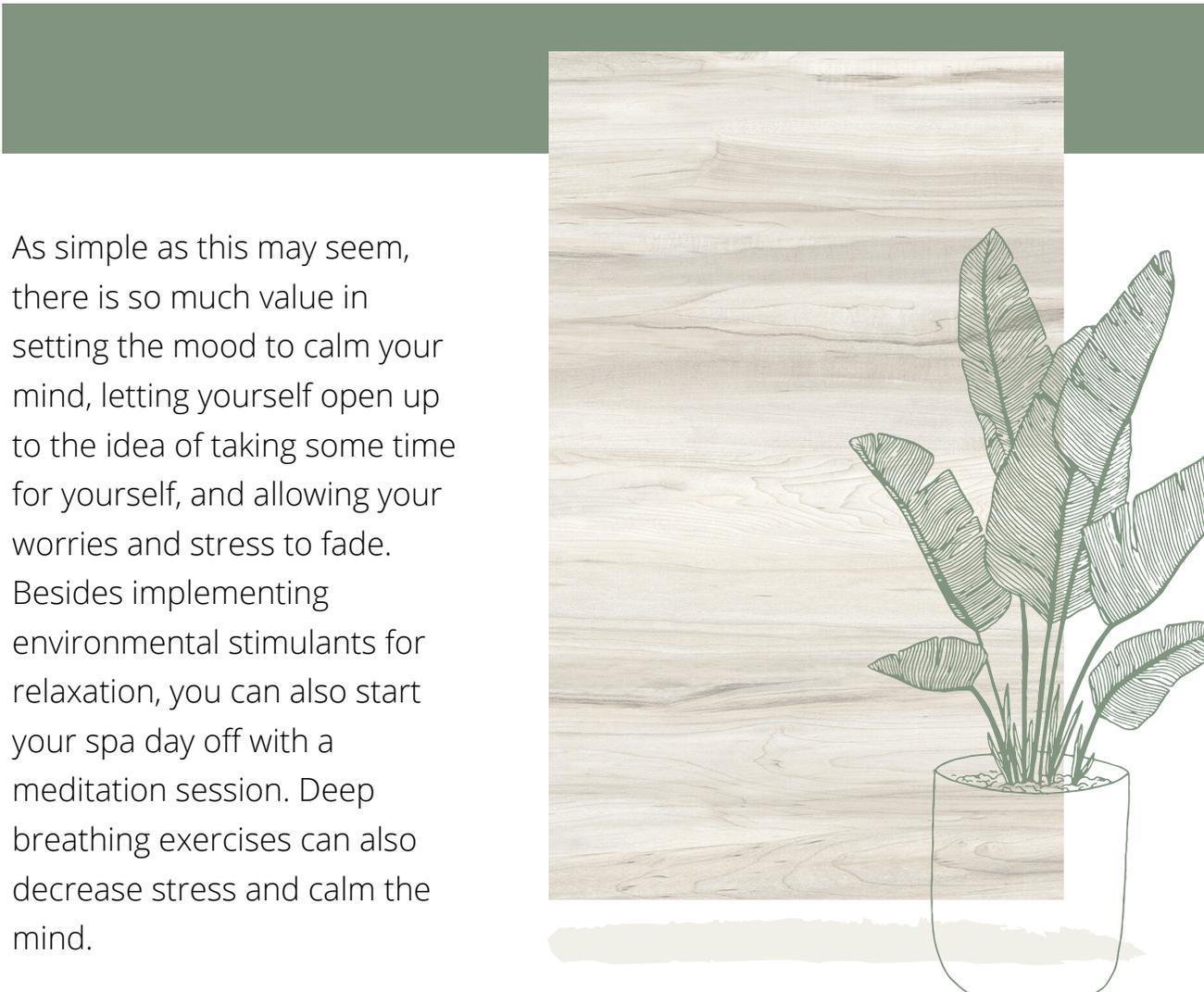




7-STEP GUIDE

STEP 1: SET THE MOOD

Arguably the most important step in creating a spa day is setting the environment and putting yourself in the mood to relax. To set the mood, you can light your favorite candles (we recommend lavender, vanilla, and jasmine, as these are great scents for relaxation). You can put on some calming music; be that classical, R&B, nature sounds, you know yourself best. Slide those toes into your fuzziest socks/slippers and put on a bathrobe to feel as comfortable as possible.



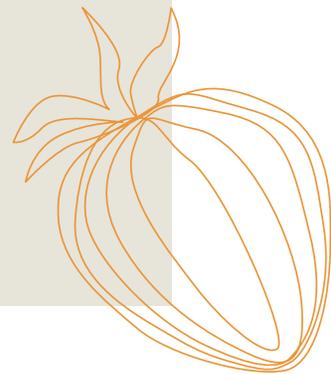
As simple as this may seem, there is so much value in setting the mood to calm your mind, letting yourself open up to the idea of taking some time for yourself, and allowing your worries and stress to fade. Besides implementing environmental stimulants for relaxation, you can also start your spa day off with a meditation session. Deep breathing exercises can also decrease stress and calm the mind.



STEP 2: MAKE FRUIT-INFUSED DETOX WATER



Adding fruits and herbs to water adds nutritional benefits while making for a refreshing, slightly sweet, and delicious beverage to sip on while preparing for your At-Home Spa Day.



Instructions

1. Fill pitcher with cold water.
2. Cut up and add fresh fruits to the water (our favorite mix is lemon, orange, and lime, but we also love using cucumber and fresh berries). You can also try with fresh herbs!
3. Let chill for at least 30 minutes in the refrigerator.
4. Sip and enjoy. (Fruit-infused water typically lasts for 2-3 days if kept chilled).

Health Benefits of Fruit-Infused Water

- Promotes increased water consumption
- Increases energy
- Rids Toxins from the Body
- Maintains blood pressure





STEP 3: GIVE YOURSELF A FACIAL STEAM TREATMENT

This step is essential before applying a face mask (step 4) as the steam acts to open up your pores, loosen any buildup of dirt for a deeper cleanse, and allows your skin to absorb all the nutrients from the mask.

Instructions

1. Bring a pot or kettle of water to a boil.
2. Carefully pour the boiling water into a large bowl. (You can also add herbs or essential oils to the water).
3. Set a timer for 15 minutes.
4. Bring your head 8-12 inches from the water, to the point where you can feel the steam rising from the bowl. Be extremely careful to avoid making direct contact with the boiling water.
5. Drape a towel over the back of your head and the bowl to contain the steam.
6. Shut your eyes and enjoy the calming sensation.



STEP 4: APPLY A FACE MASK

After you have opened up your pores thanks to the at-home steam treatment, it is time to apply a face mask. Whether you have your own face mask/scrub, or you plan to make your own from natural ingredients, this is a great way to cleanse, nourish, and hydrate your skin. A mask also can be applied to your hands to keep them looking and feeling soft and hydrated. Here are some of our favorite DIY face mask ideas.

Acne-Fighting Mask

Mix 3 tablespoons of turmeric powder and 2 tablespoons of fresh lemon juice (vitamin C). Add water slowly, stirring until it creates a paste. Apply to your face and leave on for 5 minutes. (Turmeric has a powerful yellow pigment and should therefore not be left on for too long). This mask can also be used to treat pimples and breakouts.



Hydration Mask

Mix 1/2 cup of buttermilk with two tablespoons of yogurt. Leave on face for one hour and then wash off with warm water to see a glow like no other.

Nourishing Honey Mask

Brew 1 cup of chamomile tea using two tea bags, and let it cool completely. In a small bowl, stir together 1 tablespoon of manuka or raw honey, and 1 teaspoon of nutritional yeast. Add just enough chamomile tea to the bowl to create a thick paste to spread across your skin. Apply a thin layer to your face and let sit for 20 minutes. Wash off with warm water.

Organic Banana Face Mask

Mash 1/2 of a banana in a bowl (lumps are totally fine). Mix in 1 tablespoon of orange juice and 1 tablespoon of honey. Apply the mask to your face and let it stay for 15 minutes. Wash off with warm water.

Tightening Face Mask

Combine 1 egg yolk, 1 tablespoon of honey, 1 tablespoon of olive oil, and 1/2 a cup of oatmeal. Combine this mixture well, and then apply it to your face. Leave it on your face for 15-20 minutes before rinsing off with warm water.

STEP 5: APPLY A HAIR MASK

Our hair may not be the first thing that comes to mind when we think of self-care. However, it is common for our hair and scalps to become dry and damaged, especially in the colder seasons. Also, heat and aggravation from hair tools are often a culprit for these issues. However, there is no need to fret because shiny, hydrated, and luxurious hair is only a mask away. Here are some of our favorite DIY hair mask ideas. You can always adjust these recipes to your hair's thickness and length.

Hydrating Hair Mask

Ingredients: 1 teaspoon of honey, 1 egg

Directions: Combine ingredients in a small bowl. Leave the mask on your hair for 30 to 40 minutes before rinsing thoroughly. This nourishing treatment works on all hair types.



Hair Growth Mask

Ingredients: Equal parts cinnamon and coconut oil.

Directions: Combine ingredients in a small bowl. Apply the mask onto your roots and part, and massage into your scalp. Leave the mask on your hair for 30 to 45 minutes before rinsing. Aim to do this mask at least once a week to see results.

Damage Repair Hair Mask

Ingredients: Half an avocado, 1 egg, 1 tablespoon of olive oil, 1 tablespoon of honey.

Directions: Apply to wet hair with your fingertips, starting at the ends and working your way up. To help activate the ingredients, cover your hair in a shower cap with the mask in it, and then blow-dry your shower cap-covered hair for 10 minutes. Then, let the mask sit for another 20 minutes in your hair before washing it out in with warm water.



STEP 6: TAKE A BATH OR A SHOWER



Over here at BeautyDel, we preach the miraculous effects of a long hot bath/shower. You can add luxury to the experience by adding some Epsom salts, essential oils, or a bath bomb (so fun!).

Especially after a hair or face mask, this is a great way to make sure all is rinsed off, leaving you feeling rejuvenated and refreshed. Remember to keep the atmosphere conducive to your relaxation with some beautiful music playing in the background and your slippers and bathrobe to hop into when you finish.



STEP 7: GIVE YOURSELF A MANICURE & PEDICURE

We know what you might be thinking... "Giving myself a mani/pedi seems like so much effort" or "I would much rather go to the salon to have them do it for me." Well, whether or not you are trying to save a few dollars, these next steps will break down the ins and outs of giving yourself a hassle-free mani/pedi at home.

1- Prep

Start with a clean canvas. Make sure your fingernails and toenails are polish free.

2- Soak and Scrub

Soak hands for two to three minutes, and feet for five minutes. Then, for an easy at-home exfoliation remedy, mix one tablespoon of sugar with one tablespoon of coconut oil (any oil will do just fine) and gently scrub away the dead, dry cells. It smells fantastic and leaves your skin feeling smooth and silky. Rinse off the exfoliation mixture and pat dry.

3- Cuticle Care

Soften your cuticles by rubbing a bit of oil on them. By now, your cuticles should be nice and soft, so you can go ahead and gently push them back with an orangewood stick to reveal the full nail. You can also use this tool to clean and dirt from under the nail.

4- Massage

Grab your favorite moisturizer and massage it into your hands and feet (don't forget your heels and cuticles). Before moving on to step 5, be sure to clear your nails with nail polish remover to eliminate residual oil and moisturizer. The key to long-lasting polish is a clean nail bed.

5- Polish

Apply a base coat to smooth any ridges and create an even surface for your color. Paint on two thin layers of polish, allowing your color to dry completely between each coat. Swipe polish down the center of the nail first, and then on each side. The key is to make the layers of polish as thin as possible, which will aid in longevity and help the polish dry more quickly. Don't forget to finish it off with a topcoat for that extra shine.

6- Relax

Now that you have your beautiful nails done, you can chill, listen to your music, watch a show, meditate, etc. and make sure not to touch anything that might ruin your beautiful nail polish.



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The opportunities are endless with the BeautyDel At-Home Spa Day. You can create the 7-step process in sequence, you can selectively choose which steps apply to your personal needs, or you can spread the steps across a whole week, perhaps setting aside 1-2 hours per day for some self-care. BeautyDel is always here to support this incredibly strong network of women whom we are constantly inspired by. We strive to help you be the best woman that you can be – confidently beautiful! We would love to hear what you think of this guide, and we encourage you to share your favorite recipes and tips with us!



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