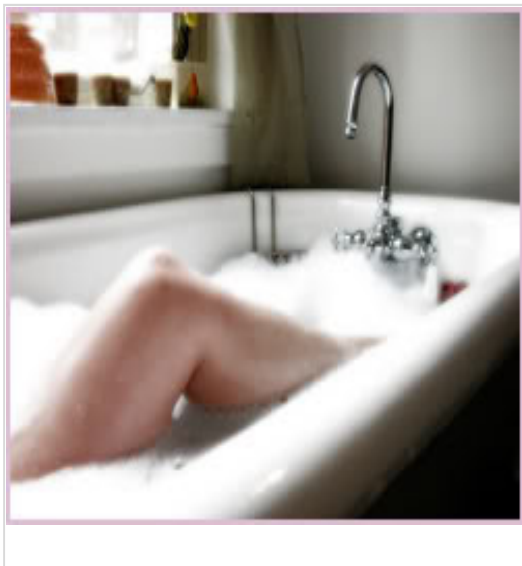


Avoid the cold, pamper yourself indoors with healthy at home spa treatments

By Atlanta Healthy Trends Examiner, Kelly George



The cold winter weather can take a toll on your body and skin. A spa treatment can do wonders. But going to the spa isn't always possible or affordable. Mindy Terry, from

[Creative Spa Concepts](#), offers some tips to experience “spa” treatments at home.

To rid your body of toxins, do a quick detox. Simply add [Epsom salts](#) to your bath or eucalyptus spray in your shower. Make the water as warm as you can tolerate (**note: avoid altogether if you have high blood pressure or heart problems**). Stay in the bath or shower for 15 minutes and then wrap in a heavy towel or robe and lie on the bed for 20 minutes. **You will sweat out a lot of toxins**. End with a cool shower, lotion and then drink lots of water to rehydrate. In addition to detoxing the body, this helps with cold and sinus symptoms.

To lift your mood, go for some scents. **Chocolate, mandarin orange and vanilla are wonderful food-inspired scents that instantly lift a mood**. Use essential body oils to make a spray for your pillows, use as your signature perfume, or place a drop of body oil directly under the nose to breathe in the uplifting scent throughout the day.

For a mood lifter and skin softener make a vanilla-ginger milk bath. Take ½ cup of honey and add 1 tsp. of vanilla, 2 tsp. of ginger (fresh or powdered) and ½ tsp. of cinnamon and stir. Add the honey mixture, along with ½ cup of powdered milk to warm running bathwater, relax and enjoy.

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To create an all around relaxing aroma, take a pot of water and add lemon and orange slices, a bay leaf, cloves and a cinnamon stick. Let it simmer on the stove-top.

Glamour magazine also offers more at home spa tips, if you [click here](#). WAIT! Don't go men, **Men'sFlair** also offers "manly" home spa treatment tips, if you [click here](#).

Any of the above ideas would also be great for pampering your Valentine at home. Valentine's day is not far away.



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