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Spa Secrets with Mindy Terry: Secrets from the Savvy Spa Gal

You're back for more 'eh? This is good news because in this second installment of *Spa Secrets with Mindy Terry: Secrets from the Savvy Spa Gal*, you will learn some great tips on how to pamper yourself in a true "recessionista" manner.

1. No Recessionista Should Ever Give Up...

Pedicures first, massages second, body scrub third.

-*Pedicures*: Even with all of her spa connections, Terry will never pay a resort spa price for a pedicure, unless it's a special occasion. She is willing to forgo the tea and robe and will hit up the local shops (as long as they are clean and sanitary) for a pedi.

-*Massages*: You can give yourself a facial at home, but you can't give yourself a massage. A cost effective means is going to a place like Massage Envy. It's a membership program where you can get a massage every month, build them up or even transfer them. Again, it won't have all the frills, but if you are worried about your check book, it's a great alternative.

-*Body Scrub*: While this service usually isn't the most popular, Terry says that it is one of her favorites as it's good for getting rid of all the dead skin, stimulating your circulation and can help the way your body ages. It's important to think about all of your skin, not just your face.

2. Scrub-A-Dub-Dub In Your Own Shower

Terry has the perfect recipe for creating your own scrub at home. Take some sugar in the raw and mix it with honey (honey helps moisturize and calm the skin). After you get it to a consistency that you are comfortable with, put a couple drops of essential oil (Terry's favorite is orange) in the mix. Microwave for five seconds and take it into the shower with you. Don't worry; the shower's steam will help the honey become less sticky. Terry boasts that this concoction is a better quality product than you will find in most stores.

3. Don't Go to the Hotel

Hotel spas charge 25% more than local spas. Next time you travel, seek out a local spa before putting down your change. Terry likes to hop in a cab and ask a driver, yes, the driver, where the best spas are.

4. Days of Our Lives

A spa's busiest days are Thursday through Sunday. So if you want to take advantage of what they call "yield pricing", like they do at the Mandarin Oriental Hotel in NYC, book your service for Monday through Wednesday.

5. Creams vs. Serums

Actually, neither win because they are both different products. A serum is a booster, a product that is developed for a special purpose (anti-aging, spots, etc.), will go deeper into the skin and can be used as a more intense treatment. Creams, on the other hand, are the standard daily defense to hydrate and moisturize. Terry recommends always using serums in *conjunction with* a cream.

Mindy Terry is the President and Founder of Creative Spa Concepts, a leading full-service spa consulting firm specializing in every aspect of new development and ongoing spa operations. Pulling from her 17 years of experience in the spa and wellness industries, Mindy is a frequently-sought-after presenter and educator for her diverse expertise in the spa industry. In addition to leading Creative Spa Concepts, Mindy is also a licensed cosmetologist, aesthetician, yoga instructor and certified infant massage instructor.