
About.com Spas

Summertime Home Spa Tips

Spa-Inspired Summertime Secrets

By [Anitra Brown](#), About.com Guide

These summertime home spa tips will help you connect with your kids, lower stress, and make the most of your down-time -- on a budget. They come courtesy of spa consultant Mindy Terry. Hopefully you'll have enough money left over to give yourself a [massage](#)¹ or [facial](#)², which promote your health and well being.

1. Take the Kids Outside

Summer is not the time to be cooped up! Help kids connect with nature by taking some time to go outside and look for bugs and frogs, smell flowers and stare at clouds. Plant a garden with your kids. If you are short on space, try a raised or tiered one. "As the parent, you set an example about how to appreciate nature and, when kids notice nature, they are more inclined to protect it."

2. Shop Your Closet

Shop your closet to extend your wardrobe. Pull out a top or bottom that has a print with multiple colors. Then look for all items in your closet that contain the colors from the print. Put the clothes on your bed and start mixing outfits. Add jewelry, shoes and bags for a brand new look!

3. Bring The Outdoors In

Combine white pots in various shapes and sizes with plants in shades of green or another color that appeals to you. Place herbs, fruit, flowers, mosses, etc. in the pots and mix with candles for a fresh, interesting and cost-effective centerpiece.

4. Ommm on the Go³

If you have to spend time carting kids around or waiting for their swim lessons to finish, pre-load your i-pod with spa music or a meditation CD. (Don't listen to meditation CD while driving!)

5. Take Care Of Your Skin⁴

Don't let summer fun end with painful, red skin. First off, always have sunscreen on hand and reapply many times while outdoors. Wear sun-screen hat and clothing. If you do burn, Terry recommends you soak a soft cloth in apple cider vinegar and apply to the burn to reduce redness and pain. She says applying cold sour cream is also healing and soothing to reddened skin. Or steep green tea bags and once cooled, apply to the skin. Honey is also great at rehydrating skin. Just add a few drops of cool water and rub into the skin. (If it's a serious burn with blisters, it's beyond these home remedies. See a professional.)

6. Make A Home-made Mask⁵

Give yourself a home facial treatment with this Avocado Citrus Masque, perfect for healing dehydrated skin from all of the time spent outside.

This About.com page has been optimized for print. To view this page in its original form, please visit:

<http://spas.about.com/od/homesp1/tp/summerspasecrets.htm>

©2010 About.com, Inc., a part of [The New York Times Company](#). All rights reserved.

Links in this article:

1. <http://spas.about.com/cs/spa101/a/massage.htm>
2. <http://spas.about.com/od/massage/a/whatisafacial.htm>
3. <http://spas.about.com/od/relaxingcds/tp/Massagemusic.htm>
4. <http://spas.about.com/od/facialtreatments/a/beautifulskin.htm>
5. <http://spas.about.com/od/skincare/r/avocadocitrusmask.htm>