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Six Secrets to a Spa Inspired Summer

Summer used to be lazy and not the least bit crazy. But these days that's not often the case. As you ease your way into summer this year, try these six tips from lifestyle expert [Mindy Terry](#).

"We are running around now more than ever and even our kids have packed summer schedules," said Terry, who is also the President of [Creative Spa Concepts](#). "It will do the entire family good to de-stress this summer with simple and effective spa-inspired tips. Plus, the six secrets won't make you stress over money either."

- 1. Get the Kids out of the House** – summer is not the time to be cooped up! Help connect kids 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. This site is a great gardening resource – www.vegetable-gardening-made-easier.com/planningvegetablegarden.html. Terry added, "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. Summer Style on the Cheap** – 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. Summer Decorating without a Fuss** – bring the outdoors in, though think broader than cut flowers. 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 Go** – while spending a lot of time this summer carting kiddies to and fro, grab your iPod and pre-load a meditation CD. Try [Gaia's Vitality Audio CD](#).
- 5. Soothe Sunburns Naturally** – don't let summer fun end with painful, red skin. First off, always have a lot of sunscreen on hand and reapply many times while outdoors. If burns happen, soak a soft cloth in apple cider vinegar and apply to the burn to restore the pH levels and reduce redness, pain and blistering. Applying cold sour cream is also very healing and soothing. Or, steep green tea bags and once cooled, apply to the skin. Honey is also great at restoring skin moisture levels. Just add a few drops of cool water and rub into the skin.
- 6. Make a Masque!** – the Avocado Citrus Masque is perfect for healing dehydrated skin from all of the time spent outside. Using avocado, pineapple and lime, this fresh-smelling masque will make skin glow.

AVOCADO CITRUS MASQUE FOR DEHYDRATED SKIN

1/2 Ripe Organic Avocado
3 Chunks Fresh Pineapple
1/4 Organic Lime

1 TBS Extra Virgin Olive Oil
1/2 TBS Honey (Local, if available)

To cleanse beforehand: Approx. 1/2 tsp. Organic Raw Apple Cider Vinegar
Add avocado and pineapple chunks to a food processor. Squeeze the lime to extract juice and pulp onto the mixture. Process until smooth, but textured. Add olive oil and honey and mix with a fork until well blended.

Cleanse skin with your favorite cleanser. Dampen a cotton pad with apple cider vinegar and smooth over face and neck. Carefully avoid eye and lip area. (This step may tingle a little. Some redness is common. For sensitive skin, soak cotton pad with water prior to applying ACV). Apply the masque to your skin while sitting or standing. Avoid the eye and lip areas. Relax for 10 minutes.

Remove excess masque with your fingers, leaving a fine layer on the skin. Prepare a steam bath by simmering water over the stove. While the water heats up, massage the masque into the skin using deep, upward circular movements. Continue to massage for three-five minutes. Turn off the heat on the stove. Lean your face over the steam rising from the water. Drape a towel over your head to create a tent preventing the steam from escaping. Enjoy the steam bath for three minutes. Use a washcloth soaked in warm water to remove the masque and apply your favorite moisturizer.

So, relax this summer and be well!

Also on SaraSnow.com

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