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SIX SECRETS TO A SPA-INSPIRED SUMMER

ATLANTA – What used to be referred to as the lazy days of summer; might as well be known as the crazy days of summer. From camps, to ballgames, weddings, and trying to squeeze in an actual family vacation, summer often signals stress. Instead, let's make this summer super simple with spa-inspired secrets 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."

Terry creates spas for a living and travels around the world to do so. Her six insider secrets will help you Get Spa Smart and have the most relaxing summer to date:

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 Gaiam's Vitality Audio CD at www.gaiam.com.
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 MASK FOR DEHYDRATED SKIN

½ Ripe Organic Avocado

3 Chunks Fresh Pineapple

¼ Organic Lime

1 TBS Extra Virgin Olive Oil

1/2 TBS Honey (Local, if available)

To cleanse beforehand: Approx. ½ 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 mask and apply your favorite moisturizer.

About Mindy Terry

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 18 years of experience in the spa and wellness industries, Terry is a respected 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. More details on www.creativespaconcepts.com.

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Image may be used to accompany #3 – photo credit: Mindy Terry

