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**A SLEW OF SUMMER SPA EXPERIENCES
THAT ARE RIPE ON THE VINE**

ATLANTA – Cash-strapped fashionistas need not worry about having enough cash to fulfill their spa urge this summer. They simply need a blender, plenty of fresh fruits, a well-stocked pantry and lots of imagination!

“It’s econo-chic to stir up a spa experience at home,” said lifestyle expert Mindy Terry of Creative Spa Concepts. “Since I was young, I loved mixing up scrubs and masques in the kitchen. Do-it-yourself spa experiences are good for your wallet, great for your creativity, plus they make for the perfect opportunity to invite some friends over and throw a spa party.”

At-home spa experiences are a great way to save money as most of the items are already sitting in your pantry or refrigerator. When you need to stock up on supplies, Terry suggests buying local as it’s great for the community and the products are the freshest that you will find.

Ready to cook up some beauty? Here are simple recipes for three at-home treatments and two herbal refreshers:

PAPAYA PINEAPPLE EXFOLIATING MASQUE

2 Chunks Fresh Pineapple
1 Ripe Papaya
½ tsp. Honey

Mash together pineapple (cut into 1/2 inch squares), ¼ papaya and ½ teaspoon of honey. Apply to skin and leave on for 15 minutes. Rinse with cool water and follow with your favorite moisturizer.

Pineapple is an exfoliant and also provides anti-aging benefits by stimulating the function of collagen fibroblast cells. Papaya also helps to exfoliate and soften the skin. Honey is great for moisturizing, calming and soothing the skin.

SWEET SUMMER SKIN SMOOTHER

1 Ripe, Organic Mango
1 tbsp. Honey
½ tbsp. Extra Virgin Olive Oil
1 cup Sugar in the Raw

Mash up ½ mango with a fork until smooth. Stir in honey and olive oil until blended. Add sugar. While in the shower, massage mixture onto dry skin including the neck and face. Allow the masque to remain on the body for several minutes to smooth and soften the skin. Rinse off with warm water and lightly dry the skin. For added moisture, follow with your favorite body and face moisturizers.

Mango is rich in phytochemicals and nutrients that nourish the skin. It is also a great anti-oxidant.

LIME EXFOLIATION

1 Lime

Cut a lime in half. While in the shower, though before your skin is wet, massage the arms, stomach, chest and neck with half of the lime. Use the second half for the remaining part of the body. Leave on the skin for a few minutes while enjoying the steam and then rinse. Lightly dry the skin and apply your favorite body moisturizer.

Lime contains enzymes that digest the dead layers of skin, leaving behind a silky smooth finish.

Cook up a spa party for your friends, family, your significant other or simply yourself with these simple summer herbal refreshers:

SPARKLING ROSEMARY GRAPEFRUIT JUICE

6-8 Sprigs of Fresh Rosemary
64 oz. Grapefruit Juice
Small Bottle of Sparkling Water

COOLING MINT LEMONADE

20–24 Fresh Mint Leaves
64 oz. Lemonade
Small Bottle of Sparkling Water

For both, place the herbs into the container of juice. Seal and let sit several hours or overnight to infuse the juice with herbs. Before serving, remove herbs and add a splash of sparkling water to desired taste. Garnish each glass with fresh herbs. Enjoy!

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 17 years of experience in the spa and wellness industries, Mindy 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.

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