

Natural spa treatments you can make at home

A trip to the spa is one of the best ways to rest and recharge. That's why Bawah Reserve provides every guest a daily spa treatment during their stay.

However, when you're not visiting our resort and can't make it to your favourite spa in your hometown, you can create your own natural products using ingredients around your home. It can be just as effective – and even more fun – than booking a treatment at a professional spa.

Bawah Reserve's Aura Spa Manager Emelda Drapiana has perfected some fabulous recipes for your body, face and hair and a video tutorial on how to give the perfect foot massage so that you can enjoy a spa day without leaving the house.

For The Body

Start your natural spa day by exfoliating the dead cells from your skins.

Coffee Scrub



Used coffee grounds are packed with minerals that are great for the skin. And, because they do not dissolve in water, their gritty texture is great to naturally exfoliate to a super-soft finish.

Ingredients:

- **4 tbsp coffee grounds**
- **2 tbsp milk powder**
- **100 ml virgin coconut oil**

1. Combine all ingredients and stir well.
2. Apply to your whole body using circular motions, paying attention to drier areas such as the elbows, knees and feet.
3. Rinse.

Honey and Sesame Scrub



Sesame seeds are a rich source of zinc which can help increase the skin's flexibility. They are also rich in antioxidants which help detoxify the skin. Black sesame seeds have anti-inflammatory properties as well as iron and vitamins B and E.

Ingredients:

- **200g white sesame seeds**
- **100g black sesame seeds**
- **5 tbsp honey**
- **5 tbsp sesame oil**

1. Crush the sesame seeds together using a pestle and mortar or the end of a rolling pin.
2. Mix all ingredients together and stir well.
3. Apply to your whole body using circular motions, paying attention to drier areas such as the elbows, knees and feet.
4. Rinse.

Candlenut Scrub



Candlenut might be a little tricky to find, but you can locate it on Amazon and at some health food stores.

Ingredients:

- **200g candlenuts (or another oil-rich nut, such as almonds, cashews or macadamia)**
- **8 tbsp coconut milk**

1. Crush the nuts.
2. Mix the nuts together with coconut milk and stir well.
3. Apply the scrub on your whole body using circular motions.
4. Rinse.

Ginger, Lime and Sea Salt Scrub



You can either use store bought sea salt or why not learn how to make your own sea salt [HERE](#).

Ingredients:

- **200g Sea Salt**
- **50g fresh ginger**
- **10pcs of kaffir lime leaf**
- **100 ml virgin coconut oil**

1. Crush the ginger and the lime leaves together.
2. Mix in the coconut oil and sea salt and stir well.
3. Apply the scrub on your whole body using circular motions.
4. Rinse.

For The Face

A simple face mask can make your skin look radiant and glowing. There is no need to use expensive store-bought masks when these clean and restore lost moisture too.

Lemon Face Mask



A natural astringent, lemon juice removes dead skin cells, tightens pores and reduces blackheads.

Ingredients:

- **1 tsp lemon juice**
- **1 tbsp egg white**

1. Whisk the egg white until fluffy.
2. Slowly add in the lemon juice.
3. Apply to face avoiding the eye area; leave for 30 minutes.
4. Rinse.

Turmeric & Honey Face Mask



Turmeric is known for its anti-inflammatory and antibacterial benefits. It can reduce redness from blemishes, minimize acne and calm skin conditions like eczema.

Ingredients:

- **1 tsp turmeric or cinnamon**
- **2 tbsp honey**

1. Mix all ingredients together and stir well.
2. Apply to face avoiding the eye area; leave for 30 minutes.
3. Rinse.

Coffee and Honey Face mask

This mask reenergises the skin. The caffeine in coffee helps to reduce puffiness, while honey has antibacterial and moisturising properties that keeps skin looking youthful and healthy.

Ingredients:

- **2 tbsp instant coffee**
- **2 tbsp honey**

1. Mix all ingredients together and stir well.
2. Apply to face avoiding the eye area; leave for 30 minutes.
3. Rinse.

For The Hair

Don't forget about your hair. A quick and easy hair treatment can add shine and moisture to your hair as well as it being great for your scalp.



Hair mask for shiny, sleek hair

Olive oil is a rich emollient that helps to deep condition hair. Honey locks in extra moisture, minimises breakage and strengthens hair, making it more likely to grow longer.

Ingredients:

- **4 tbsp olive oil**
- **4 tbsp honey**

1. Blend the olive oil and honey together.
2. Apply to dry hair, massaging it into the roots and ends; comb it through for better coverage.
3. Leave for a minimum of 20 minutes – either loose or wrapped in a towel.
4. Rinse, then shampoo and condition hair as normal.

Hair Mask for dry hair



Avocado and coconut oil have numerous benefits for your hair; moisturising, nourishing and smells good too.

Ingredients:

- **2 tbsp avocado, mashed**
- **2 tbsp coconut oil**
- **2 tbsp honey**

1. Blend the oil and honey together, then slowly mix in the mashed avocado.
2. Apply to dry hair, massaging it into the roots and ends; comb it through for better coverage.
3. Leave for a maximum of 20 minutes – either loose or wrapped in a towel.
4. Rinse, then shampoo and condition hair as normal.

Don't forget your feet

Watch this quick tutorial on how to give the perfect foot massage!

For the full experience

Why not make yourself a [rosella tea](#) to complete your home spa.



Just as good as the real thing huh!