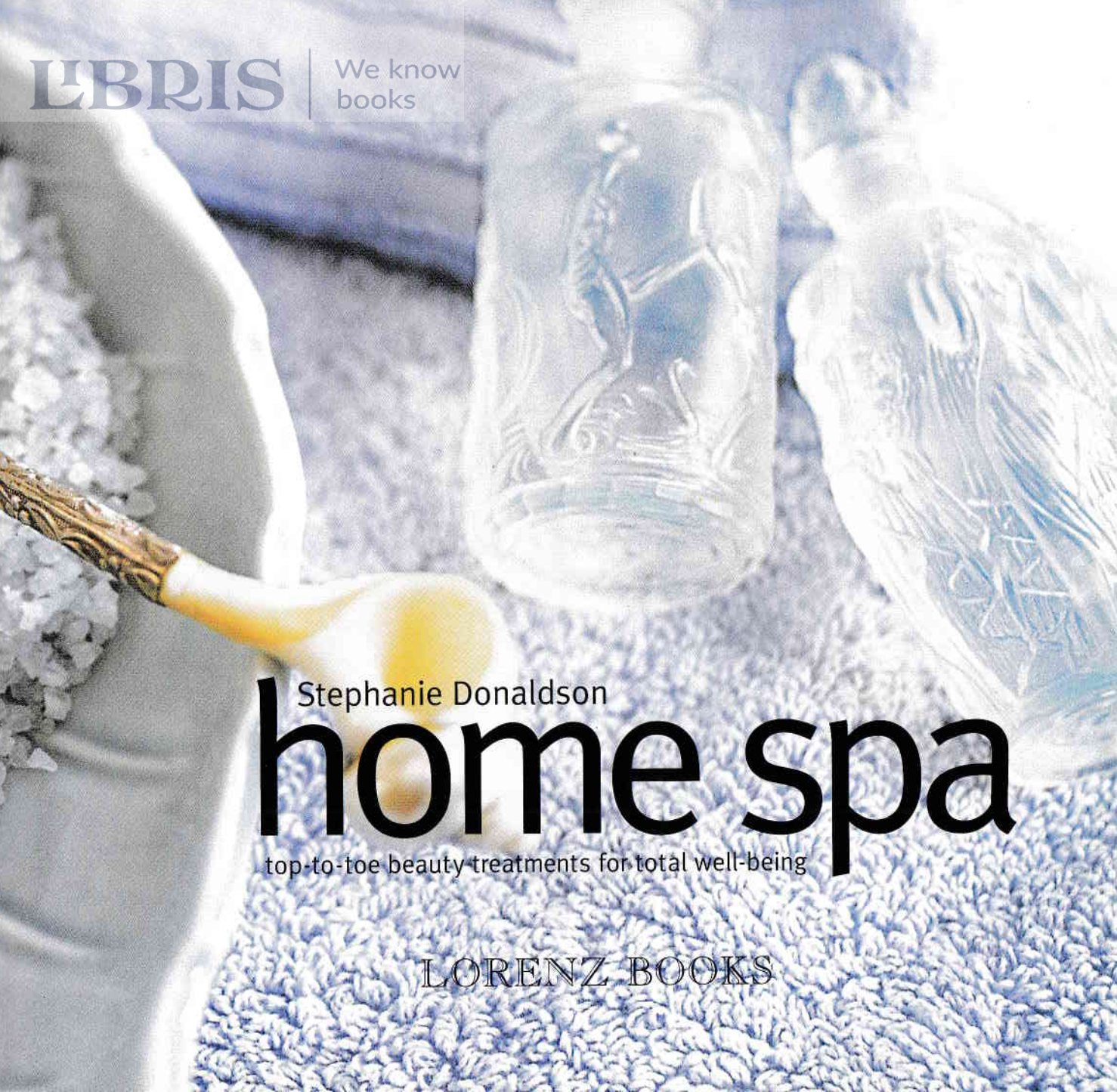




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Stephanie Donaldson

home spa

top-to-toe beauty treatments for total well-being

LORENZ BOOKS

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spas ancient and modern



Civilizations throughout the world have valued the healing powers of water. To the ancient Greeks, it was the elixir of life, and temples to the god of medicine were built near hot springs. The word “spa” means a curative mineral spring and is derived from the town of Spa in Belgium. The practice of “taking the waters” became popular in Roman times, when people enjoyed water treatments followed by massage with fragrant oils and lotions.

Today it is possible to enjoy spa treatments at home, maximizing the benefits by combining water treatments with diet, exercise and natural therapies. So enjoy a little pampering and book some spa dates in your diary, tailoring the programme to your needs. Spa treatments have countless benefits for body, mind and soul, whether it’s to detox and revive, relax and unwind, or restore and heal – the choice is yours.



TOP Gather together in advance whatever materials or pieces of equipment you will need for treatments such as this essential oil compress.

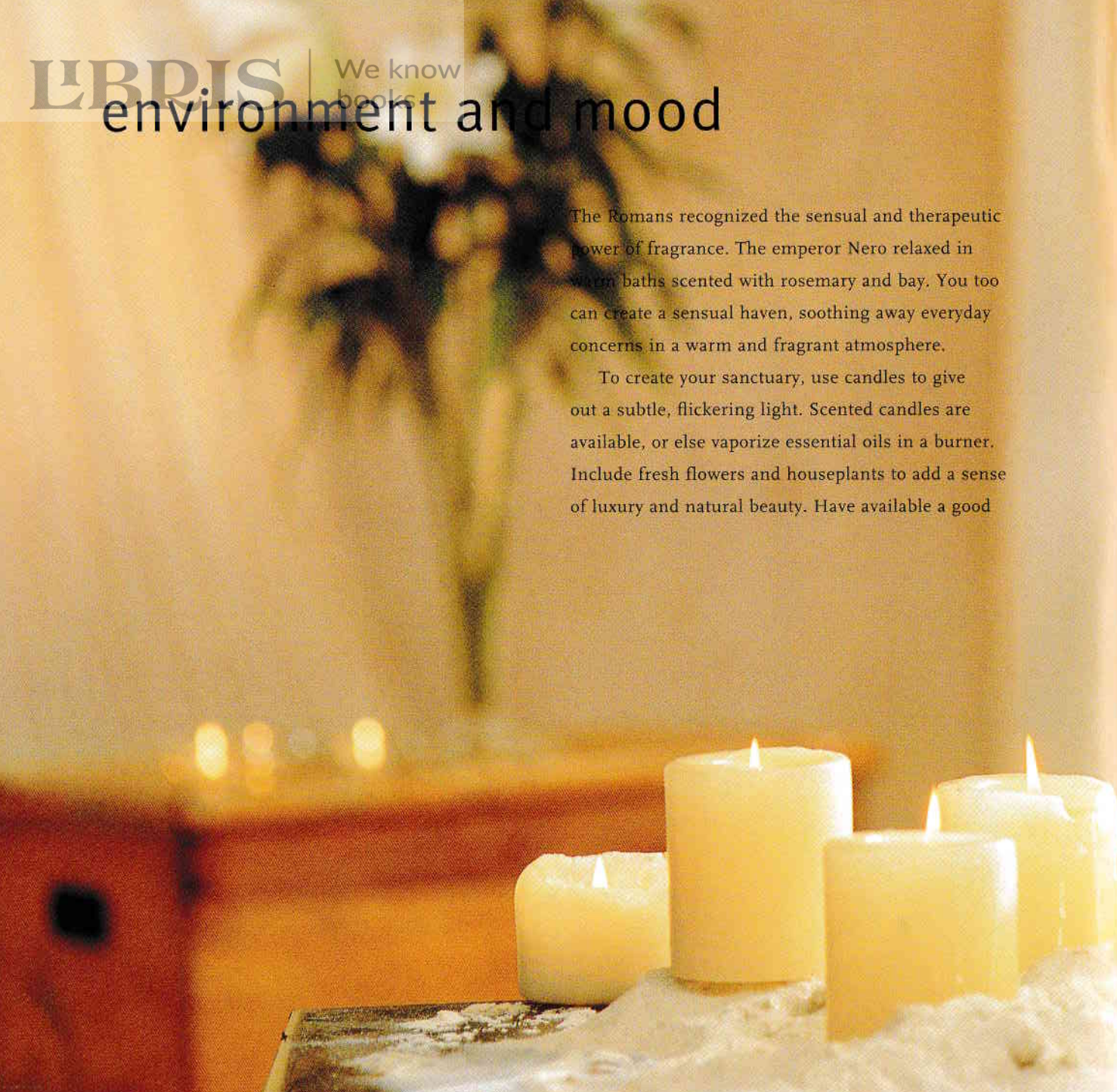
LEFT Spa time is not to be rushed. You need to be in a receptive state beforehand, and allow for recovery time; creating a soothing environment will help you achieve this.

OPPOSITE To make the whole experience more pleasurable, choose decorative bottles and dishes for home-blended essential oils, creams and lotions.

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environment and mood

The Romans recognized the sensual and therapeutic power of fragrance. The emperor Nero relaxed in warm baths scented with rosemary and bay. You too can create a sensual haven, soothing away everyday concerns in a warm and fragrant atmosphere.

To create your sanctuary, use candles to give out a subtle, flickering light. Scented candles are available, or else vaporize essential oils in a burner. Include fresh flowers and houseplants to add a sense of luxury and natural beauty. Have available a good

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supply of freshly laundered thick, warm towels and a loose-fitting bathrobe. Towelling ones are best for spa treatments as they absorb moisture.

Get to know the different properties of herbs and oils and use them to suit your different moods and needs. There is a scent, a soap and a lotion for every occasion. Assemble your ingredients with thought and care, adding your favourite reading materials or music, and you are ready to switch off from the world outside and begin your home spa treatment.

