



We look forward to seeing you at [Spa Day on this special zoom link!](#) We hope you're all feeling fabulous and ready to plan some self-care! Here are tips to have a successful virtual Spa Day - WFS Love Yourself style.

Create a spa-like vibe:

- Glass of lemon water
- Cup of hot tea
- Light candles
- Soft lighting
- Relaxing music
- Ensure a comfortable room temperature

Here's what you need to bring:

- Dress comfortably in bathrobes, PJs, or yoga clothes
- Yoga mat (optional)
- Hand towels and face wipes
- Warm water in a bowl (or as hot as you prefer)
- Sugar scrub (homemade or store-bought) *Recipe below*

We will be making the homemade sugar scrub together if you choose to bring the supplies to the event

- Facial mask (homemade or store-bought) *Recipe below*

Warmest Wishes

WFS Advancement Team - **Internal Engagements**



Sugar Scrub

Resource: <https://www.imperialsugar.com/recipes/sugar-scrub>



Prep Time: 5 minutes

Yield: 1 1/2 cups

INGREDIENTS

Extra Fine Granulated Sugar - 1/2 Cup

Light Brown Sugar - 1/2 Cup

Oil (Olive, Safflower, Coconut) - 1/2 Cup

Favorite Essential Oils - A few drops

NOTES

Small jars with lids can be used to store scrub (i.e. Jelly Jars, baby food jars or Mason Jars)

DIRECTIONS

1. Place the sugars into a small bowl. Pour oil over sugar; mix thoroughly until well blended.
2. Add 2-3 drops of your favorite oil; mix well. Spoon into jars.
3. Label jar as desired. Decorate with ribbon or bow.

SUGAR INSIGHT

1. Add 1-2 tablespoons of fresh herbs such as mint, rosemary, thyme or basil in place of essential oil.
2. Don't be afraid to try different types of oils or scents in your scrub to make it really unique.
3. You can even try crushing sugar cubes for a slightly rougher texture.



Sensitive Skin Facial

by Kiara D. (WFS @Rilea_Mia)



🕒 20 minutes

INGREDIENTS

- Oatmeal - 1/4 Cup
- Plain Greek Yogurt - 2 Tbsp
- Turmeric Powder - 1/2 tsp
- Honey - 1 Tbsp
- Aloe - 1/2 Tbsp
- Tea Tree Oil - A few drops

NOTES

A blender would be the most useful for mixing the ingredients
For the oatmeal, uncooked rolled oats can be used
Can use what is left over on other sensitive areas
Can be incorporated in skincare regime

DIRECTIONS

1. Thoroughly mix all the ingredients together
2. Prep face/area by gently cleansing with lukewarm water or after cleansing, exfoliation, & toner steps
3. Apply mask avoiding contact with eyes
4. Let the mask sit for no longer than 15 minutes (remove the mask earlier if an adverse reaction occurs)
5. Gently wipe the mask off using cool water or a cool wet towel
6. Apply moisturizer/serum/spf depending on skin type/needs and time of day





Hydrating Facial

by Kiara D.

(WFS @Rilea_Mia)

🕒 20 minutes

INGREDIENTS

Avocado - 1/2

Honey - 1 tsp

Plain Greek Yogurt - 3 Tbsp

Turmeric Powder - 1/2 tsp

Kiwi - 1/2

Olive Oil - 1 tsp

DIRECTIONS

1. Thoroughly mix all the ingredients together
2. Prep face/area by gently cleansing with warm water or after cleansing, exfoliation, & toner steps
3. Apply mask avoiding contact with eyes
4. Let the mask sit for 15 minutes
5. Wipe the mask off using warm water or a steamed towel
6. Apply moisturizer/serum/spf depending on skin type and time of day

NOTES

A blender would be the most useful for mixing the ingredients

The Kiwi's peels can be used for exfoliating the skin

Use Helichrysum essential oil if you have it (a few drops); Olive oil is the alternative

Can use what is left over on other body parts (i.e. arms, legs, stomach)

Can be incorporated in skincare regime