

# PERSONAL SPA DAY SUGGESTIONS & TIPS



By Herbal Body Blessings

**Step 1:**

**Begin your SPA DAY by sleeping in. Then Wake up and Thank God that you are alive and blessed!!!!**

**Step 2:**

**Have a light, refreshing breakfast when you finally rise. Oatmeal with fruit, a fruit smoothie, or a bagel w/ fruit and herbal tea is a great start to a SPA DAY.**

**Step 3:**

**Go for a relaxing walk in your nearest park or In your neighborhood. Take time to enjoy the beautiful natural scenery that God has blessed us with. Use your walk to reflect on how Good God is and how blessed you are.**

**\*Don't forget to hydrate your body with plenty of water!**

**Step 4:**

**Take a Refreshing Shower with your favorite herbal scented bath soaps or shower gel.**

**Step 5: Eat a nice healthy salad for lunch, some fruit and more water.**

**Step 6: Curl up with a good book...An inspirational book can be a great motivator and excellent for renewing the mind.**

**Step 7: Add some prayer and meditation – a good 15 mins. of focusing on God and just clearing your mind of the day to day grind is great for spiritual rejuvenation!**

**Step 8:**

**When it begins to be late evening start winding down with an "HERBAL TEA BATH," 1 HERBAL BODY BLESSINGS BATH TEA BAG – Drop in 1 bath tea bag in hot running water first and adjust as tea bag begins to steep in the water. You can also add a tea bag to boiling water and then pour tea in your bath water. For an aromatic experience and detox those skin cells.**

**\*\* Light some candles around the tub, have a cup of tea or glass of ice water within close reach along with some Great magazines to enjoy while you soak.**

**Step 9:**

**When Your fingers and toes are as pruny as can be, drag yourself out of the tub and dry off. Give yourself a hand and foot massage with Herbal Body Blessing's Body Butter your choice of fragrance followed by a manicure and pedicure. Sip some mint or chamomile tea while your nails dry.**

**Step 10: Watch a movie in comfy PJ's and slippers. Thank God for your relaxing Day and go to Bed!!!!**

**Enjoy! Compliments of Brodie's Naturals, LLC!**

