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## My Favorites for a Spa Night at Home

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I have to start this post with apologizing for not posting in awhile. As it turns out, the PhD program is more intensive than I thought. Silly me for thinking it would be somewhat easy :o) I'll probably only be able to blog once a week from now on, which makes me a little sad but yet still determined to take some fun time away from studying each week to talk about what I love – green beauty!

The other night, I needed a break from studying so took a quick bath and caught up on some fun reading with the latest [Spirituality & Health](#) magazine. If you're not aware of the magazine, it's one of my favorites and I highly recommend it for anyone who is interested in wellness and health.

Anyhoo – back to the spa night! I posted a quick picture on my [Instagram](#) account of the products I used, but thought it would be fun to do a post about it and provide more info on the products.



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But of course, no face mask is complete without a hair mask too! Surya Brasil has already won me over with their **Color Fixation** line, and their **Ucuuba Restructuring Hair Mask** is pretty awesome too.

When you apply it, it feels like it is just sinking into your hair. The first time I used it, I wondered if this would be moisturizing enough. But let me tell you, this is not only really moisturizing but leaves my hair very soft and shiny without being greasy. I actually use this on its own, without shampoo. Even with no shampoo, this doesn't leave my hair greasy, just soft and shiny and healthy.

And the smell! It's sort of like a cinnamon smell, I can't really describe it. It's quite strong though and stays with my hair even after rinsing. I'll get whiffs of it throughout the day, which is pretty awesome for a natural product.

I wish the container was a bit more handy with keeping in the shower, but other than that – I can't think of anything negative to say about it! I've used it multiple times and love it each time I use it :o)

**link** <http://www.wellbeautyblog.com/2014/09/03/my-favorites-for-a-spa-night-at-home/>