

rue DAILY

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AT HOME SPA DAY

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We'll be the first to admit that we adore a **day trip to the spa**. However, our schedule (and budgets!!) can get in the way. Luckily, you don't need access to a luxurious health club to pamper yourself! We've put together a few of our favorite products for a perfect at-home spa day.

First things first- you need to create the ideal environment. Put on your favorite relaxing album (we're hooked on **The Album Leaf!**) and light a few **candles**. This isn't going to be a quick mani-pedi before you run out the door... you really need to prepare to unwind and enjoy the process. Whether you're painting your nails, exfoliating, or giving yourself a facial- *take your time!!* We love starting with a **body scrub** in the bath. Then, we conquer a 3-step skin routine (like this one from **Kari Gran**). TIP- at this point, you should forget your ratty old bath towels and use a **luxurious cotton one** instead. Once you've finished, pick out your favorite **nail polish**. Again, *take your time* for a more professional result!! At the end of your "services," add a little **lip balm** and grab your favorite magazine or book. You should be in total zen mode and avoid rushing back into "everyday life."

Personally, this all sounds like a flawless Friday night. What products and "services" would YOU use for your at-home spa day??

SHOP THE STORY: 1. **Nail Polish** // 2. **Lip Whip** // 3. **Candle** // 4. **Body Scrub** // 5. **Turkish Towel** // 6. **Skincare Set**

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