

LIGHTBOX

SPA DAY, EVERY DAY

Audrey Hepburn once said, "Happy girls are the prettiest." And the happiest of girls knows how to streamline her beauty routine. Your mother may have reminded you to moisturize, but that was before the dawn of serums, sheet masks, and essential oil infusions. Before long, it can begin to feel as though your beauty routine is a spa session without the spa atmosphere.

Luckily, there are a few easy beauty hacks that require minimal time and money, which can take getting ready to a luxury-level. And that should make any girl feel happy.

GIVE YOUR LOTION OR BODY OIL A WARM BATH

You know that amazing rubdown feeling at the end of a massage? Warm oils are not only relaxing—when heated and applied, they have been proven to enhance circulation, balance hormone levels, and calm nerve pain. You can get the same application effect at home: Simply heat a glass bowl of water for a couple of minutes, then submerge your favorite lotion or body oil. Apply post-shower or bath, and you'll never go back to applying straight from the tube on the bathroom counter.



WE LOVE:
Shiffa body oils, \$66

SHOP:
The Violet Grey, 8452 Melrose Pl,
Los Angeles, CA 90069