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SUSSEX LIFE

May 2006

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Spa in a Jar

If you haven't got the time or the money to spend a day at a luxury spa then don't go feeling left out; our health expert Susie Perry reviews three beautiful ways to enjoy the benefits of spa pampering, without leaving home

1. Stress, what stress?

If you are stressed out or find it difficult to unwind then turn your home into a temple of beauty with Temple Spa's 'Home Spa Collection'. This kit contains eight luxury spa products and involves 12 easy steps to ensure that you get the most out of the home spa experience. The results are fabulous feeling skin and an utterly pampered body. This home kit contains: Be Still, a settling moisturiser, BeCalm a soothing mask, Aahhhh! a soothing balm for aching feet and limbs, Repose an aromatherapy resting cream, Power Breakfast a scrub and mask in one, Be Gone a cleanser, Toning Essence a tonic water without the alcohol and Drift Away, relaxing bathing and massage oil. Which pretty much means you've got every area covered from face to toes!

Products:

The Home Spa Collection

Cost:
£28

Available from:
Temple Spa

More info:
01903 719429

Shop online:
www.templespa.com



2. Ancient exotic rituals

Use Lotus Emporium products to step back in time and indulge in some ancient beauty rituals. I love their range called Tantra which contains a sensual oil blend including ylang ylang, Palma Rosa and jasmine absolute, all renowned for their aphrodisiac properties. Start your ritual with their sumptuous exfoliating Tantra Body Scrub which combines the Tantra essential oil blend with olive oil and organic Mediterranean Sea salt, laden with flower petals to create an all-over body treat. Follow this in true Cleopatra style with the Tantra Milk Bath simply sprinkled onto the surface of your freshly run bath. In a matter of moments you can enjoy a soothing gentle soak in an age-old method guaranteed to soften and enrich your skin. The rosebuds and petals in the milk bath float out around you as you lie back and enjoy this special sensuous and stimulating treat.

Products:

Tantra Body Scrub and Tantra Milk Bath

Cost: £8 and £7

Available from:

Yoga Haven, Kendal House, Donkey Mews,
Brunswick Street East, Hove

More info:

01273 329642

Web enquiry:

info@yogahaven.co.uk



3. Bathtime bliss

If you have been living a life full of excess and are left feeling a little worse for wear then take time out and give your body The Sanctuary Spa Detox Collection treatment. Feeling tired and lifeless, fill your bathroom with the best pampering detox treats available to help you re-energise, de-stress and revive your way to a brighter body! Start with a cleansing facial treatment by using the Warming Charcoal Detox Mask, which combines ingredients of charcoal and natural clay kaolin. This self heating mask absorbs toxins and impurities while glycerin protects your skin and helps to prevent moisture loss. Follow this with a detoxifying bath soak using to further reduce any impurities and finish off with the rejuvenating Detox Dry Oil spray containing Organic Olive Oil, Vitamin E and Marine Extract, to moisturise and revitalise your skin.

Products:

Warming Charcoal Detox Mask, Detox Bath & Shower Gel, Detox Dry Oil

Cost:
£7.50, £5.95 and £5.95

Available from:

Boots

To book:

0870 770 3350

Shop online:

www.thesanctuary.co.uk

