




Get Fresh Faced & Soft Feet: DIY Spa Recipes for Summer

By Amy Sung | May 31, 2012


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The weather is heating up, which means we’re wearing a little less makeup on our faces and breaking out the sandals on our feet. So what better time than now to cook up these easy at-home concoctions to make sure your face and feet are as fresh as can be?

Here are two DIY spa recipes from [Hotel Esencia's Aroma Spa](#) in the Riviera Maya, near Playa del Carmen, Mexico. Primarily an organic spa, Aroma Spa features an array of face and body treatments that incorporate pure indigenous fruits, plants and herbs, many of which are grown in an herb garden located near the spa’s entrance. The spa even offers complimentary group yoga and meditation classes with an instructor in the main house terrace or garden area!

Give these DIY recipes a try and let us know how it goes. Plus, see below for two bonus anti-aging tips from the spa using tomatoes and olive oil!

Nourishing Hand & Foot Sugar Scrub

Ingredients:

- 1½ tbsp honey
- 3 tbsp sugar
- Juice of ½-1 lemon (depending on the size)

Instructions:

Mix all ingredients in a bowl. Exfoliate hands and feet with the scrub, and let it sit on the skin for 5 minutes. Wash and apply a replenishing cream.

Anti-Aging Yogurt & Honey Facial

Ingredients:

- 1 cup yogurt
- 1 tbsp of oats
- 1 tbsp honey
- Rose water (available at any pharmacy)

Instructions:

Mix yogurt with the honey and oats in a bowl. Apply the mixture on your face using massaging motions. Let stand 5 minutes. Wash with cool water and apply rose water with a cotton pad. Finish with your favorite face cream.

Additional Anti-Aging Tips:

- Tomatoes help to prevent the appearance of wrinkles and reduce existing ones. Simply peel the tomato, remove the seeds and grind. Apply the ground-up tomato on the affected areas of your face and leave it on for 15 minutes before removing it with fresh water.
- Massage the face with olive oil for 1 minute at night after cleansing, remove excess oil with cotton.



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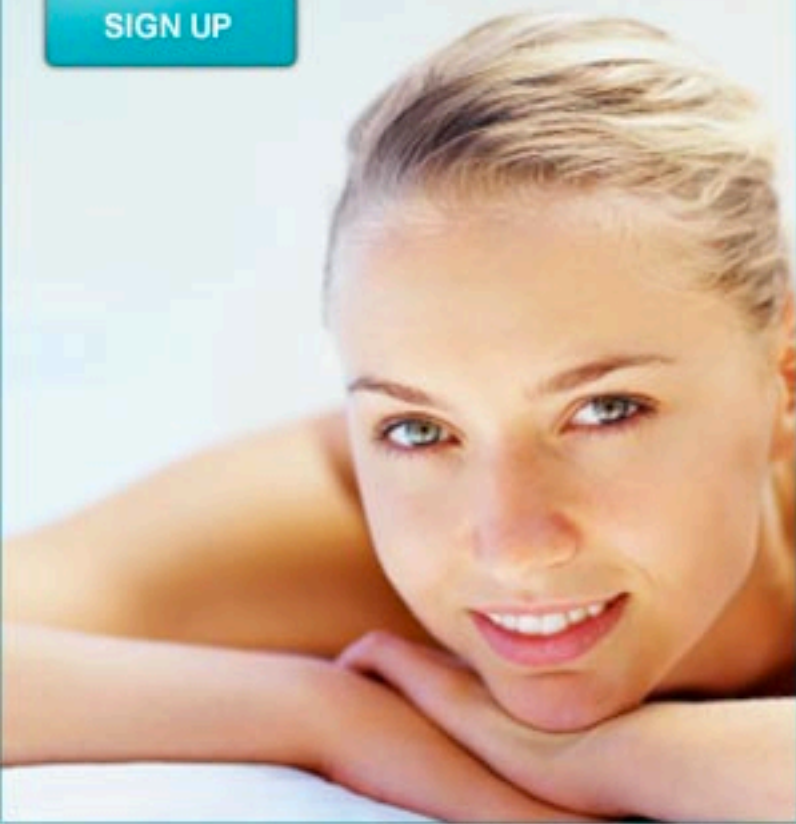


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