

## Home Bodies: At-Home Spa Treatments

Written by Compiled by Melissa Larsen/Styling by Leigh Arthur/Photographed by Jackie Mercandetti

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There is certainly no shortage of swish spas in Arizona. However, sometimes a gal doesn't want to leave the comfort of her own abode for a day of body-scrubbing, pore-refining and hair-repairing. Here, pamper pros at four of our favorite local spas share their go-to at-home treatments.



### Scrub-A-Dub-Dub

"This is a great pre-self-tanner or pre-spray tan scrub, as it will thoroughly exfoliate dead skin and does not contain any oils which can leave a barrier on your skin."

—Tamara Remmers, lead aesthetician, Joya Spa at InterContinental Montelucia Resort & Spa

#### Pre-Self-Tanning Scrub

2 C Dark brown sugar

1 C Honey

5 drops Vanilla

2 tsp. White tea

Combine all ingredients thoroughly. Apply honey-vanilla-brown sugar scrub to body using vigorous, circular motions to exfoliate dead skin, concentrating on elbows, knees and ankles. Rinse thoroughly using a body wash, if needed, to remove residual scrub. Your favorite self-tanner or spray tan will absorb into the skin much easier, leaving your skin glowing and tan lasting longer.



### Desert RX

For face and hair, an Avocado Mask: "Take a ripe avocado and a splash of buttermilk and mix to a fine paste. Apply to face and hair (with shower cap) and leave for 15 minutes. This results in extremely hydrated, softened hair and skin. Avocados are rich in vitamins A, B1, B2, D and E. The buttermilk is a great source of lactic acid, which gently dissolves dry skin on face and removes product residue from hair. This is a great way to combat our desert dryness in a natural way, while prepping the skin for facial moisturizer or hair conditioner to perform its best."

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### Cool It

For face and body, a Post-Sun Cooling Aloe Mist: "Put one cup of aloe juice in a small spray bottle (dark-colored to preserve essential oils) and mix 20 drops of lavender oil, five drops of rosemary oil and five drops of chamomile oil. Shake well to blend and store in the refrigerator for a wonderfully refreshing, calming treat after outdoor activities, like running errands in our summer heat. This is great for all skin types. The aloe is hydrating and healing. Combined with calming essential oils, it helps soothe sunburns and windburns. The aromatherapy calms and relaxes the mind too. The more hydrated the skin, the better it will look, feel and heal." —*Brandi Frazier, esthetician, Golden Door Spa at the Boulders*

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### Honey, Honey

"Local honey is a favorite of a few of our spa team members. It helps to build defenses against seasonal allergies when taken internally. It is a humectant, which helps the skin hold on to moisture—a must for the desert—and it is antibacterial, great to use on chapped, irritated skin or on the lips. When warmed and mixed with brown sugar or this morning's coffee grounds, it can be used as exfoliation. Mixed with olive oil and oats, it makes for a great soothing face mask. Warmed and mixed into a moisturizer it can be applied to the most parched skin to infuse it with moisture." —*Samantha Malone-Telesford, spa director, The Ritz-Carlton, Dove Mountain*

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### Feeling Blue

"I love the blue corn body polish because it works with all skin types from sensitive to mature. It also incorporates the Native American traditions of skin care where blue corn is used in all aspects of daily life."

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—JoAnn Rongo, therapist, Mii amo, a destination spa at Enchantment Resort

### *Blue Corn Body Scrub*

*½ C Blue corn meal*

*½ T Epson salt*

*¼ tsp. Ginger*

*1 pinch Clove*

*¼ C Aloe vera juice*

Mix all ingredients.