

Bath and Body Beauty: Pamper Yourself from Head to Toe

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Bathing Beauties: Body care during your bath

The bath is not just the place where we clean ourselves. It is also where many of us relax. And one of the best ways to relax is to take a Bubble Bath. However, if you want to really be assured of taking a soothing, healthful bath, one where no harmful ingredients have crept into the water that can cause problems with your skin or body, one of the best things you can do is to create a homemade bubble bath. This will not only help enhance your skin, but it will also create a soothing and uplifting feeling of calm and relaxation that is helpful to your mind as well.

When you create your own bubble bath you know that you are taking better care of your body because you are not using the chemicals that can be found in other bubble baths. Additionally, you know that your concoction is fresh, that it hasn't sat for who knows how long on some shelf somewhere. And when you create your own bubble bath, you naturally learn about the different essential oils and products that can help you better care for your body in and out of the bath.

One of the main ingredients in a homemade bubble bath is an essential oil of some sort. There are many oils that have many different purposes. There is no need to add more than a few drops to your bubble bath, as all oils are rather potent. Allowing your body to relax is part of taking proper care of the body. Soothing relaxation helps the nervous system and has many other health benefits as well, including stress reduction and the control of stress-related conditions like acid reflux. The bath is a perfect time to do this, and many women bring books with them to better help them relax during bath time. The right essential oils can contribute to this.

Or you might select oils for the way they smell. You can choose a scent that you like best from among oils like lavender, rosewood, sandalwood, chamomile, and myrrh, all considered soothing. Be sure to avoid ingesting oils orally, and avoid marjoram during pregnancy. Check with the National Association for Holistic Aromatherapy to find out what other oils should be avoided during pregnancy.

It is also important that your body feel energized at times and uplifted. This contributes to mental health and well being as well. It is very difficult to take proper care of the body when the mind is unhappy. Some of the essential oils that can help you with this care of the body are eucalyptus, spearmint, peppermint, and lemon oil. Additionally, eucalyptus can help your body fight cold symptoms, as it reduces congestion. Many people who create their own bubble baths actually make one for relaxing and one for revitalizing, in order to have what the body needs on hand.

Other oils are especially good at softening the skin. The skin is the largest organ in the body, and taking care of the skin is necessary to the proper care of the body. Almond oil

and coconut oil are both excellent skin care choices. Almond oil has almost no smell to it, so it does not conflict with any oil you add for scenting purposes. Coconut oil has a nutty and floral fragrance which can help you feel as though you are in an exotic garden. However, it is possible to find scents that complement the coconut oil and provide other effects. In fact, many homemade bubble bath recipes call for the combination of different oils for better effect.

In addition to oils, there are other ingredients that are necessary to make homemade bubble bath. Many of these are found easily and relatively inexpensively at any Bath or Beauty store, such as distilled water, castille soap and liquid glycerin. They are necessary to help create the bubbles, add a liquid form to the bubble bath and to provide a solution for mixing. None of these substances is generally harmful, and they add a great deal to the bubble bath mixture, as they are clean and can be used to clean the body as well as to create bubbles to sit in.

It is easy to improve the care your body gets during a bath when you create your own bubble bath to help you better cope with the general stresses and vagaries of life.

That's a Wrap – A Seaweed Wrap that is!

If you are looking for a great way to unwind at the spa and loose a few inches at the same time, then consider a seaweed wrap. Seaweed wraps are becoming more popular than ever and after you experience one, you will understand why. Most seaweed wraps are conducted at spas and massage centers, however you can also try one at home. Whether you venture to the spa for your wrap or choose to enjoy it in your own home, your results will be fantastic.

If you are curious about why seaweed is used for a wrap procedure, then you might want to get the facts on seaweed. Seaweeds actually provide more than half of the Earth's oxygen. They are one of the most primary life sources. The interesting thing about seaweed is that it absorbs all of the great things from the ocean. Through osmosis, it absorbs copper, iron, potassium, zinc, and iodine. It also absorbs many vitamins.

It is small wonder then that seaweed can do so much for our bodies, as our own plasma is extremely similar in composition to seawater. With our bodies being made of mostly water, seaweed is a welcoming product for our skin. Most wraps use seaweed algae from the Brittany Coast of France. Spas will order the substance from France to use in their centers. Companies who sell seaweed used for wraps are able to maintain the natural elements of the seaweed. These elements help the wrap do its job.

Most women try seaweed wraps for their relaxation aspects. Seaweed wraps are much more useful than simply for relaxation however. A wrap can stimulate your circulation, making your blood flow better. It can also increase your metabolism, allowing you to

have more energy and to lose weight more easily. One of the main things a seaweed wrap does for your body is that it gets rid of toxins. It is a gentle form of detoxification for your skin and your body. It will help with cellulite, sagging skin, stretch marks, and water weight loss.

You can think of a seaweed wrap as a total body cleanser. It cleanses both inside and out. The wrap works by absorbing the vitamins and minerals that the seaweed contains naturally. The minerals absorbed are taken in by the skin and help break up fatty deposits in your body. It will make your skin look and feel supple and smooth.

You may want to know what to expect when going in for a seaweed wrap. Most spas will lead you to a private room. The lights may be dimmed and soft music may be playing. The lighting and music will help you relax and enjoy your treatment. Your wrap specialist will ask you to either remove your clothing, or put on a disposable bikini. After you undress, the specialist will smooth seaweed paste all over the treated area. When the paste is applied, the specialist will then wrap the area with warm thermal sheets. These sheets are very relaxing. You will then relax for up to 45 minutes. The specialist will remove the sheets and you will rinse the seaweed off of the treated area.

After receiving seaweed wrap at a spa or after doing it yourself at home, there are a few things you should remember. Since the wrap is removing toxins from your skin, you should be sure to drink extra water for 24 hours after your wrap. Drinking water is a great way for your body to replace the toxins with something useful and healthy. Be sure to drink about 4-6 extra glasses to get your body back on track. Not only will drinking more hydrate your body, but it will also allow your skin to stay smooth and supple longer.

If you would rather not try a seaweed wrap on your entire body, you can try localized treatments. If you are only concerned with your legs, you can get a seaweed wrap for your legs alone. You can also do a seaweed face wrap. Any part of your body can be used in the treatment process. These treatments will improve the firmness in your skin as well as help you with other problems. For the best results, salon specialists suggest getting a seaweed wrap once a week for at least six to eight weeks. This can be a bit costly, but after all, beauty is not cheap!

Get a Leg Up on Shaving

Shaving is one task that most women hate to deal with. It is something that takes a significant amount of time and with today's woman being as busy as ever, there is simply not enough time in the day! Even though it is annoying, there are few women who can comfortably live with hairy legs, at least for more than a week or two. Therefore, you should learn what you can do to make shaving your legs not as bothersome.

Bath and Body Beauty

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