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Beauty Lounge
DIY Treatments

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It has been 8 weeks since beauty salons and spas have closed their doors and as statistics have shown it is these luxuries that people are missing the most (after family obviously).

So, what can we do to give us an extra boost as well as something to keep us occupied during lockdown? Here are some ideas on some self-care as well as a DIY body scrub recipe to try.

Now let us talk about the benefits of exfoliating! Weekly exfoliating buffs off the dead skin cells on the service of your skin leaving your skin feeling smooth and soft, as well as looking even and glowing!

Any creams or oils you put on your skin after exfoliating will work more effectively as they are being placed on new skin rather than being wasted on old dead skin.

Luxurious Sugar Scrub Recipe for Silky Smooth Skin

This is the perfect recipe for beauty DIY beginners. Sugar scrubs take under ten minutes to make and you can have fun customizing them with endless ingredients for your desired outcome. DO NOT use any of these recipes on your face

Sugar Scrub Ingredients

1 cup granulated sugar, either white or brown, preferably organic
½ cup oil (olive oil and coconut oil work great)
essential oils of your preference (optional)
1 small wide-mouth glass mason jar

How to Make It

Mix all ingredients and store in an airtight container, such as a mason jar. Use 1 tablespoon as needed in the shower. Scrub skin with the mixture and rinse well. It will leave your skin feeling like silk. Goodbye dry skin!

Sound simple?



It is! If you fancy giving someone you love the at home spa experience you can do the following steps:

1. Make a relaxing environment – Lay out some clean towels, light some candles (with an adult present) and put on some relaxing music (spotify have loads of options for free)
2. Welcome your client to your treatment area and let them get comfortable.
3. Allow your client to smell the scrub and check they have no allergies to the ingredients you have used.
4. Apply the scrub to your client in gentle circular motions. Work from the feet up to the neck DO NOT include the face.
5. Ask your client to shower off the scrub (you can tidy your area while they are doing this)
6. Give your client a glass of water and leave them alone to relax.

Sugar Scrub Variations

Ready to mix it up? Change your sugar scrub to suit the season. All these variations use simple ingredients found at most grocery stores.

Pumpkin Pie Scrub:

1 cup of brown sugar,
 ½ cup coconut oil,
 ½ tsp vitamin E oil,
 ½ tsp pumpkin pie spice (or just ½ tsp cinnamon)

Vanilla Brown Sugar Scrub:

1 cup brown sugar,
 ½ cup almond oil,
 ½ tsp vitamin E oil
 1 tsp real vanilla extract

Lemon Sugar Scrub: Great hand scrub for after washing dishes!

1 cup white sugar,
 ½ cup olive oil,
 ½ tsp vitamin E oil,
 15-20 drops (or more) of lemon or orange essential oil

How to Store

These last on the counter for up to 2 months (or more). Take care that extra water does not get into the scrub when you use it as it will not last as long or work as well.

Here are some ideas on some self-care that we can do every day:

- Take at least 10 minutes a day for yourself. Turn your phone on silent, leave the kids with your partner and just sit, lay, whatever makes you comfortable for at least 10 minutes guilt-free. You need some time to reflect on your day and have some you time.
- Drink plenty of water. Keeping your body hydrated is so important for all parts of body health, this will improve brain function, skin, hair and water helps to flush out toxins in your body so aim for at least 1 litre of plain water a day on top of any other refreshments.

- Get good quality rest, try to leave any screens alone for at least 30 minutes before you sleep. Insure your sleeping environment is comfortable for you, and if you can allow your body to wake naturally and find its natural rhythm during this time without routine and you may be surprised how this affects you both mentally and physically.
- Get your daily intake of vitamin D! This will improve mood and realise endorphins, just 15 minutes of unprotected sunlight gives you your daily dose of vitamin D.
- Use the cheapest anti-aging product on the market! An SPF of at least 30 should be worn

EVERYDAY regardless of how sunny or hot it is (apart from the 15 minutes to get your vitamin D) This will not only protect you from harmful rays but also protect you from premature aging (for more information on the important of sun protection please email info@thebeautyloungesham).

- Finally, be kind to yourself! It is ok not to be ok during this unsettling time, reach out for support if you need it as it is important now more than ever to stay connected