



LIVE THE GOOD LIFE AT HOME.

THE SPARITUALIST BALANCES A BUSY

SCHEDULE WITH SIMPLE RITUALS AND

QUICK RETREATS. THE SPARITUAL LINE

OF VEGAN HAND, BODY AND FOOT

TREATMENTS MAKES IT POSSIBLE TO

INDULGE IN BEAUTY AND WELL-BEING

LUXURIES IN THE HOME ENVIRONMENT.

1 organize and sanitize

✦ Create a sanctuary in your home by eliminating clutter from your environment. Remove excess products and disarray from your spa-at-home retreat. Be sure to have essentials at your fingertips including:

- _ A large terrycloth spa sheet or towel
- _ Warm and comfortable robe and slippers
- _ A terrycloth pillow or small rolled towel to place behind your neck while soaking in the tub
- _ A clean washcloth or nylon puff

✦ Clean your environment once a day to ensure that your area is consistently spa-at-home friendly. Frequently sanitize by spraying a light mist of SpaRitual **Visionary Cleanser**® around tubs, sinks, soaking bowls and onto your yoga mat for a healthy and clean practice. A once-daily wipe and pickup should supplement your weekly cleaning to maintain a stress-free environment.

2 create a respite

✦ The practice of solitary meditation and relaxation will ensure a rejuvenating experience. Choose a completely quiet time with no interruptions when you can lie there and just be.

3 appeal to the senses

✦ Sight, sound, taste, touch and smell: Engage each of these senses to create a pleasurable spa-at-home experience.

✦ A clean and clutter-free environment will appeal to your sense of sight. Also, consider using an alternative source of lighting in your at home spa area to create a pleasant ambiance. Incandescent low lights will help you relax and unwind.

✦ Incorporate sound into your environment by selecting soothing music or a natural soundtrack to play quietly in the background.

- ✦ Indulge in a cup of herbal tea or ice water lightly flavored with citrus to appeal to your sense of taste.
- ✦ Luxuriate in the feeling of soft absorbent towels and bathrobe. A plush bath rug will ease the transition from a relaxing bath to the floor.
- ✦ Spritz your environment generously with **Infinitely Wise® Fragrant Mist** Eau De Toilette. French Lavender essential oil and Palmarosa will energize the Crown Chakra.

4 the water meditation ritual

- ✦ To energize the sacral Chakra, soak in a warm therapeutic bath. Please be aware that the hotter the water, the more dehydrating to the skin.
- ✦ Add a generous amount (about 2 capfuls) of **Harmonizing Soak Tonic** to the warm water. Italian mandarin essential oils condition the bath, and moisturize the skin. For maximum benefit, infuse the bath with three scoops of a SpaRitual **21 Mineral Bath Salts**.
 - **Open Your Eyes™** features Organic Australian Eucalyptus essential oil to clear the mind and reduce fatigue (Recommended for a morning meditation ritual).
 - **Close Your Eyes™** features Egyptian Geranium essential oil to soothe away tension and reduce anxiety. (Recommended for an evening meditation ritual).
 - **Look Inside™** features Wildcrafted Indian Frankincense to calm and rejuvenate. (Recommended anytime to reduce symptoms of stress, fatigue or PMS.)
- ✦ Submerge in the bath for approximately 25 minutes. Repeat the mantra, *“I have the right to feel”* throughout the ritual.
- ✦ After your soak, drain the bathtub, but do not dry off.

5 exfoliate and refine

- ✦ Apply a generous amount of **Affirming Scrub Masque™** to the entire body using upward strokes. This will energize the solar plexus chakra. For skin that needs extra exfoliation, add 1 heaping scoop of SpaRitual **21 Mineral Bath Salts** to boost the exfoliating properties of the Scrub Masque.
- ✦ Continue exfoliating other parts of the body including the front and back of the shoulders, torso, arms and legs.
- ✦ Apply a second generous layer of **Affirming Scrub Masque** to the entire body and cover with a warm towel. Relax for 5-10 minutes as the treatment is absorbed into the skin. You may repeat the mantra, *“I have the right to laugh”* as you relax.
- ✦ Remove the excess product with wet towels or in the shower.

6 tone, moisturize and rehydrate

- ✦ After you've removed the **Affirming Scrub Masque**, exit the bath and pat dry using a cotton towel.
- ✦ Spray **Eloquent® Toner** with Australian Tea Tree Oil on hands, feet or body to tone, hydrate and balance the skin.
- ✦ Apply **Instinctual® Moisturizing Lotion** Hydrating Therapy Blend with Indonesian Ginger. Massage into skin. For a more intense moisturizing treatment, use **Infinitely Loving® Oil** Massage Therapy Blend with Chinese Jasmine.