

Dinner Diva

DAY SPA



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Oatmeal Facial "Soap"

ALL Skin Types – Yield: about 8 ounces

INGREDIENTS:

- 1 cup warm water
- 1/2 cup oatmeal
- 1 tablespoon raw honey

DIRECTIONS:

1. Place all ingredients into a blender or food processor; blend on high until smooth.
2. Spoon mixture into an airtight container.
3. When ready to use, spread about 1 tablespoon on facial skin; gently rub to cleanse surface.
4. Rinse thoroughly with lukewarm water.

Yogurt Facial "Soap"

Dry Skin – Yield: about 5 ounces

INGREDIENTS:

- 1/2 cup plain yogurt
- 1 tablespoon vegetable oil
- 1 1/2 teaspoons lemon juice

DIRECTIONS:

1. Place all ingredients into an airtight container; blend well. Store in the refrigerator.
2. To use: spread 1 tablespoon onto facial skin; gently rub to cleanse surface.
3. Rinse thoroughly with lukewarm water.

Grapefruit Facial "Soap"

Oily Skin – Yield: about 4 ounces

INGREDIENTS:

- 1 grapefruit, zested & juiced
- 1/2 cup olive oil
- 1/2 teaspoon baking soda

DIRECTIONS:

1. Place all ingredients in a saucepan and bring to a low boil.
2. Allow mixture to cool to room temperature or until cool enough to handle.
3. Strain liquid into an airtight container.
4. To use: spread about 1 tablespoon onto facial skin. Gentle rub to cleanse surface.
5. Rinse thoroughly with lukewarm water.

Cool as a Cucumber Toner

Sunburned Skin – Yield: about 4 ounces

INGREDIENTS:

- 1 organic English cucumber, pureed
- 2 tablespoons witch hazel
- 2 tablespoons water

DIRECTIONS:

1. Place cucumber in a food processor (peel and all) and puree. It's important to use an organic English cucumber so you won't have any of that wax and nasty chemical sprays in your toner.
2. Strain the cucumber puree until you get about 1/4 cup cucumber juice.
3. Combine cucumber juice, witch hazel, and water in an airtight container. Blend well. Store in the refrigerator.
4. To use: apply to skin using a cotton ball.

Sweet as Honey Toner

Normal/Dry Skin – Yield: about 2 ounces

INGREDIENTS:

- 1 tablespoon raw honey
- 1 teaspoon lemon juice
- 1 tablespoon water
- 2 tablespoons witch hazel

DIRECTIONS:

1. Combine all ingredients in an airtight container. Blend well.
2. To use: apply to skin using a cotton ball.

Minty Apple Cider Toner


Normal/Oily Skin – Yield: about 8 ounces

INGREDIENTS:

- 1 tablespoon dried mint leaves
- 2 tablespoons apple cider vinegar
- 1 cup water

DIRECTIONS:

1. Place all ingredients into an airtight container; blend well.
2. Allow mixture to sit for 48 hours.
3. Strain liquid into a clean airtight container.
4. To use: apply to skin using a cotton ball.



TAKE TIME TO
DO WHAT MAKES
YOUR SOUL
HAPPY!

Apricot Facial Scrubbing Mask

ALL Skin Types — Yield: about 4 ounces

INGREDIENTS:

- 1/2 cup dried apricots
- 1/2 cup water
- 1 tablespoon dry milk
- 1 tablespoon raw honey

DIRECTIONS:

1. Place all ingredients into a blender or food processor and process until smooth.
2. To use: gently rub into facial skin.
3. If desired, allow scrub to dry for 15 minutes before rinsing with lukewarm water.

Carrot Patch Scrubbing Mask

Dry Skin — Yield: about 4 ounces

INGREDIENTS:

- 1/4 cup finely grated carrot
- 2 teaspoons mayonnaise

DIRECTIONS:

1. Combine all ingredients in a small bowl and blend until smooth.
2. To use: gently rub into facial skin.
3. If desired, allow scrub to dry for 15 minutes before rinsing with lukewarm water.

Oatmeal Scrubbing Mask

Oily Skin — Yield: about 4 ounces

INGREDIENTS:

- 1/2 cup cooked oatmeal
- 1 egg white
- 1 tablespoon lemon juice
- 1/2 cup applesauce

DIRECTIONS:

1. Combine all ingredients in a small bowl and blend until smooth.
2. To use: gently rub into facial skin.
3. If desired, allow scrub to dry for 15 minutes before rinsing with lukewarm water.

Coffee Scrub

INGREDIENTS:

1/2 cup coffee grounds

2 tablespoons hot water

1 tablespoon coconut oil, warmed

DIRECTIONS:

1. Add the coffee grounds and hot water to a mixing bowl. Mix thoroughly with a spoon.
2. Add the coconut oil. If needed, add more coffee grounds or more oil to get the consistency right.
3. When you're satisfied with the consistency, spoon the mixture into a container.

Brown Sugar Scrub

INGREDIENTS:

1/2 cup brown sugar

1/2 cup oil of your choice (coconut, jojoba, olive, almond, or grapeseed)

OPTIONAL Essential oils

DIRECTIONS:

1. Combine brown sugar and oil in a mixing bowl.
2. Mix thoroughly. If needed, add more sugar or oil to get the consistency right.
3. If desired, add one or two drops of your favorite essential oil, and stir it into the mixture.
4. When you're satisfied with the consistency and fragrance of your scrub, spoon it into a container.

Sea Salt Scrub

INGREDIENTS:

1/2 cup sea salt

1/2 cup oil of your choice (coconut, jojoba, olive, almond, or grapeseed)

OPTIONAL Essential oils

DIRECTIONS:

1. Combine sea salt and oil in a mixing bowl.
2. Mix thoroughly. If needed, add more salt or oil to get the consistency right.
3. If desired, add one or two drops of your favorite essential oil, and stir it into the mixture.
4. When you're satisfied with the consistency and fragrance of your scrub, spoon it into a container.

Green Tea Sugar Scrub

INGREDIENTS:

- 2 green tea bags
- 1/2 cup hot water
- 1/2 cup brown sugar
- 1/4 cup coconut oil, melted

DIRECTIONS:

1. Add tea bags to hot water. Let the tea steep until it cools.
2. While the tea is cooling, add brown sugar to a bowl.
3. Add coconut oil and mix thoroughly with the sugar.
4. Once the tea has cooled, add it to the sugar mix. It's important that the tea is cool so the sugar doesn't dissolve.
5. If the mixture is too crumbly, add more coconut oil. If it's too soggy, add more brown sugar.
6. When you've reached the desired consistency, spoon your scrub into a container.

Honey Sugar Scrub


INGREDIENTS:

- 1/2 cup brown sugar
- 1/4 cup coconut oil, melted
- 2 tablespoons raw honey

DIRECTIONS:

1. Add brown sugar, coconut oil, and honey to a mixing bowl.
2. Mix the ingredients thoroughly, and add more coconut oil if it's too crumbly.
3. Once you've reached the desired consistency, spoon your scrub into a container.





KEEP TAKING
TIME FOR YOURSELF
UNTIL YOU'RE
YOU AGAIN!

-Lalah Delia

Chamomile Heaven Bath Soak

INGREDIENTS:

- 3 chamomile tea bags
- 2 cups hot water

DIRECTIONS:

1. Place two chamomile tea bags in a cup of hot water and leave for 10 minutes to infuse.
2. Run the bath at a safe temperature.
3. Pour the infusion of hot water and chamomile into your bathwater.
4. Once the chamomile tea bags have cooled, place them on your eyes.
5. Use the third tea bag to create a cup of chamomile tea to sip while in the bath.

Summer Garden Bath Soak

INGREDIENTS:

- 2 chamomile tea bags
- 2 mint tea bags
- 1/2 cup Epsom salt or sea salt
- 1 orange sliced
- 2 drops lavender essential oil
- 1 teaspoon carrier oil of your choice

DIRECTIONS:

1. Run the bath at a safe temperature.
2. Light a relaxing scented candle of your choice.
3. Add the lavender essential oil diluted in 1 tsp. carrier oil. Be careful – this will make the bath slippery.
4. Add the tea bags, salt, and sliced orange.
5. Lie back for 25 minutes in silence.
6. Meditate.

Oat and Lavender Bath Soak

INGREDIENTS:

1/2 cup oats

1/2 cup oil of your choice (coconut, jojoba, olive, almond, or grapeseed)

5 drops lavender essential oil

Clean sock

DIRECTIONS:

1. Add oats to a clean sock.
2. Tie the sock around the tap, letting the oats hang in the water.
3. Run the bath at a safe temperature.
4. Mix 5 drops of lavender essential oil to 2 tsp. carrier oil and add to the bath.
5. Once the bath is full, squeeze out the sock until you see the water turning slightly milky.
6. Lie back and relax.

Woodland Flower Bath Soak

INGREDIENTS:

1/4 cup Epsom salt

1 tablespoon dead sea salt

2 teaspoon baking soda

1 teaspoon oil of your choice (coconut, jojoba, olive, almond, or grapeseed)

1 drop EACH lavender and frankincense essential oils

DIRECTIONS:

1. Mix the salts and baking soda together with a spoon using a large mixing bowl.
2. Run the bath at a safe temperature.
3. Mix the essential oils in 1 tsp. carrier oil.
4. Add the salts and mix well.
5. Pour mixture into your bath.



Pineapple Body Wash

Normal/ Oily Skin — Yield: 1 application

INGREDIENTS:

- 1 cup pineapple juice
- 2 cups seltzer water

DIRECTIONS:

1. Combine juice and water in a bowl. Bathe or shower as usual.
2. Using a bath sponge, apply body wash to skin, gently rubbing into skin surface to remove dead skin cells and excess body oils.
3. Rinse well with lukewarm water.

Ph Balancing Body Wash

All Skin Types — Yield: 1 application

INGREDIENTS:

- 1 cup apple cider vinegar
- 1 cup water
- 1 teaspoon dried rosemary
- 1 teaspoon dried tarragon
- 1 teaspoon dried mint
- 1 teaspoon crushed fennel seeds

DIRECTIONS:

1. In a saucepan over medium-low heat, combine all ingredients. Bring to a low boil.
2. Remove from heat and allow liquid to cool and steep for several hours or overnight.
3. Strain liquid into a container.
4. Pour the container of body wash into a bathtub filled with warm water.
5. Bathe as usual.
6. Rinse with lukewarm water.

Milk Maiden's Body Wash

Oily Skin — Yield: about 4 ounces

INGREDIENTS:

- | | |
|-----------------------------|-------------------------|
| 1 tablespoon dried rosemary | 1 orange peel |
| 1 tablespoon dried thyme | 1 lemon peel |
| 1 tablespoon dried mint | 1 box (9.6 oz) dry milk |

DIRECTIONS:

1. In a saucepan over medium-low heat, combine the first 5 ingredients (rosemary through lemon peel) with 2 cups water. Bring to a low boil.
2. Remove from heat and allow liquid to cool and steep for several hours or overnight.
3. Strain liquid into a large container.
4. Add dry milk powder and blend well.
5. Pour the container of body wash into a bathtub filled with warm water.
6. Bathe as usual.
7. Rinse with lukewarm water.

Frizzy/Damaged Hair Mask

INGREDIENTS:

- 1 tablespoon raw honey
- 1 tablespoon coconut oil

DIRECTIONS:

1. Heat the honey and coconut oil together in a saucepan. Stir until blended.
2. Allow the mixture to cool, then apply it to your hair.
3. Let it sit for 40 minutes, then shampoo and condition as normal.

Fine/Thinning Hair Mask

INGREDIENTS:

- 2 egg whites
- 2 tablespoons coconut oil

DIRECTIONS:

1. Whisk the egg whites and oil together until blended.
2. Apply from root to tip to damp hair, and let it sit for 20 minutes.
3. Shampoo with cool water. This is especially important for masks that contain egg, as hot water can cause the egg to cook in the hair.


Dry Hair/Dandruff Hair Mask

INGREDIENTS:

- 1 ripe avocado, peeled and pitted
- 2 tablespoons aloe vera gel
- 1 tablespoon coconut oil

DIRECTIONS:

1. Blend the ingredients together.
2. Apply to wet or dry hair from root to tip.
3. Let sit for 30 minutes.
4. Rinse with lukewarm water.



GIVE YOURSELF
THE SAME CARE AND
ATTENTION THAT YOU
GIVE TO OTHERS AND
WATCH YOURSELF
BLOOM.

-Holly A. Bay