

Create your own retreat and bliss out at home

Would you like a pampering treat more often than your annual birthday visit?

Love getting together with friends for a spa afternoon but too much of a stretch for your budget?

Do you dream of spending hours being preened and pampered from head to toe?



Now - there is No need to travel to fancy spas far from home –

With these simple ideas, you can create the ultimate luxury experience and find your bliss in the comfort of your own home... anytime you like.

① *Pick a date in your diary* and block it out.

In your busy life, how often do you have a spare day off to pamper yourself? That free rainy day won't happen if you don't schedule it in. Looking after yourself and taking time out is not a luxury, its *essential nourishment* for your soul and balance in a busy world. How often do we fill our days with domestic duties, work and responsibilities, leaving little time left for play and relaxation? So, book your regular '*home retreat*' times and give yourself that much needed time out. The harder you work or the busier you are, the more often you need 'you time' to recharge.



② *How long to book?* This depends on how you wish to spend the day and how many spa activities you'd like to include. Ideally, at least one long pampering treatment such as a massage, a pedicure or facial, then at least an hour to follow with a bath or a good book and some healthy treats for your tastebuds. After a treatment, it's ideal if you can remain in your relaxed state for as long as possible to gain the most benefit. You lose half of the experience if you dive straight back into busy-ness and chores.....

With a spa at home, you don't need to drive home, so make the most of it and prolong the luxury.

③ Decide if you're going to make it a *solo spa experience*, or invite some friends and *share the experience*.

- » A girlfriend get-together
- » Date night with your partner
- » A family retreat day with kids, partners, grand-parents...
- » A chance to connect with work colleagues in a social setting.
- » A Mums' group spa afternoon- while the Dad's take the kids out for fun.
- » You may even like to gather a group together and make the day a charity event to raise funds for your favourite organisation.

④ Decide on a timetable and a *menu of treatments*.

- » Body Business can help you with relaxing or remedial massages and reflexology treatments (fantastic foot treatments that work pressure points for the whole body).
- » We can also refer you to mobile Beauty therapists for facials or manicure/ pedicure packages.
- » Perhaps a hair and make-up lesson to transform your image.
- » Share recipe and weekly meal plan ideas with other mums to streamline your week and create more time for pleasure and health.
- » Do a guided meditation or a recorded yoga nidra session (guided relaxation). Many are available to download from I-tunes or your local library may have some on cd.
- » Breathe and stretch with a yoga class together. Roll out the mats in the lounge-room or on the deck. Follow a Yoga DVD or hire a local yoga teacher to come and instruct the class for your group.
- » Workshop any challenges you and your guests or family may be experiencing; health concerns, relationship problems, career changes. Give each person a 'talking stick' to tell their story uninterrupted. This can be a beautiful chance for everyone to be heard without judgement and maybe gain some insight and solutions for their issue.
- » Invite someone you know who is an expert in a useful or interesting field to come and give a talk (they will love it as a chance to promote themselves also): home business ideas and marketing, healthy eating or cooking demonstrations, small space gardening ideas, a local psychic, astrologer or feng shui consultant.
- » Or choose a themed topic for each monthly retreat day: health and nutrition, household budgets and \$\$ saving tips, perfect holiday places, a book group...
- » A regular family spa afternoon can also be a great time for your family to connect in again with each other and air any issues whilst in a relaxed space- unplug from the world (tv, phones, I pads, computers) and plug into a simple life. How about doing a basic massage course so you can treat each other..... or even hand and foot massages with a nice salt scrub..... doing a yoga nidra relaxation can be a great activity to do after a BBQ lunch on the weekend. A spa day can be fun as well as relaxing.... If you have kids- what about a 'Wet-n-Wild Day'- sprinkler fun, slip-n-slide on the grass, water pistol fights and ice cream.



⑤ *Host a vision board afternoon* and inspire everyone to create their dream life- Grab a collection of magazines (pick them up from salvage stores cheaply), a large piece of cardboard or canvas for each person, scissors and glue... a picture is much more evocative than words so go crazy and design your ideal life. A great way to share inspiration with friends.....add some bubbly and yummy snacks and maybe a mini massage or manicure and you have the perfect afternoon or evening.

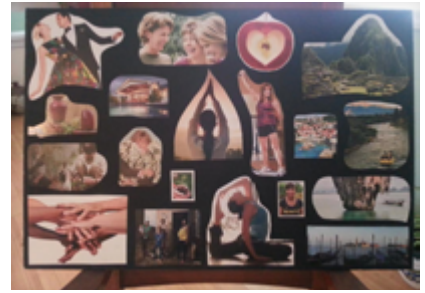


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⑥ If you're staying at home for a peaceful *solo pampering night* how about a relaxing massage followed by a cocktail of goodies in your bath: magnesium Epsom salts to soothe tight muscles, coconut oil to moisturise dry skin, and your favourite essential oil- lavender to relax, orange to uplift, peppermint or lemon balm to cool you down, clove and marjoram to warm you up or geranium to help ease anxiety or depression. Add 7 drops of any essential oil to a bath. Brew a cup of herbal tea or chai, grab an inspiring book or magazine, put on your favourite music and bliss away. This is also a good time to use those many candles you have been given as presents over the years. Soft candle light is a great way to ease into a beautiful night's sleep (as long as they are extinguished before you retire!).

⑦ *Set the scene.*

Organise a child-minder if you have children- a play date swap, grand-parents or exchange time with your partner for a few hours each.

Make sure your pets are walked, fed, watered and entertained so they don't disturb you during your spa time.

Turn off all devices- phone, pc, dishwasher... this is your time off and you don't want to be answering calls mid pampering.

Put a 'do not disturb' sign on the door... Regulate the temperature- you may get cool mid treatment so have the heater or some blankets handy, or a fan in summer.

Dim the lights, burn some candles and your favourite essential oils.

Put on your favourite music to relax to. Some recommended artists: Deva Premal, Sacred earth, Deuter, Back to Earth, Harmony...

Get dressed in something comfy and glamorous- a loose fitting dress or sarong or treat yourself to a new cotton spa robe.

Remember to indulge every sense; touch, smell, sight, sound and taste...



⑧ *Tastebud luxury.*

Relaxing does make you hungry. It's true, when you are relaxed, digestion switches on. That's why it's always recommended to eat a meal while you are seated and calm. Prepare some nutritious and tasty food ahead of time..... a fruit and cheese plate, some home-made sushi, dips and veggie crudités, date cashew and chocolate bliss balls.

And drinks to match? If you're including a massage, facial or a warm bath, it's not ideal to drink alcohol before.....rather, hydrate with some mineral water spritzed with lemon or mint, a selection of herbal teas, fresh juices or coconut water. After your treatment, a glass of bubbly or wine can be enjoyed, as long as you continue to drink plenty of water.



⑨ *Following your treatment*

Ideally, after your home spa you will be feeling absolutely peaceful, nurtured, rejuvenated, and dazzling with optimism and **bliss**. So use this time wisely. Don't jump back into work or domesticities straight away. Some people even plan their spa time for the end of the day, so afterwards, they can go to bed for a restful night's sleep. Stay in your home-holiday retreat and read an uplifting book or watch a romance or comedy movie (fast-paced action is not the best choice to follow up with, and definitely don't turn on the news) stay in your positive bubble for as long as you can.

⑩ This time would also be a great opportunity to practice some *meditation*. It is called practice, because you need to practice it regularly. Even the most consistent meditators may still have days when they find it difficult to switch off. Practice even just 10 mins a day and you will improve. You'll be amazed at the space you can create within your mind and the insights you will gain. A massage, some yoga or a warm bath are great preludes to a meditative state and a calm you.

**So now you have a plan to create your own home retreat
and enjoy a touch of luxury with little effort and cost.....**

Anytime you like.

Here's to a life filled with health, comfort, ease and bliss.

