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DIY At-Home Spa

Bath By Bettijo Dishes on the Ultimate Do-It-Yourself Spa Recipes

Phoenix, AZ – June 2009 – Want to be able to get the spa treatment you've always wanted without leaving your house and spending a small fortune? Now you can – with Bath By Bettijo's "Do-it-Yourself" **Home Spa Recipes**. Created by founder **Bettijo B. Hirschi**, these pampering recipes use simple ingredients that just about everyone has in their own kitchens.

The **Raspberry Facial Blitz** exfoliating scrub is fabulous because it is rich in antioxidants which fight signs of aging. With everyday ingredients, which include 6 fresh raspberries, 1 tsp of honey and ½-1 tsp of milk you are able to make this scrub in no time. Blend the raspberries until they are fairly smooth and then remove from the blender. Next, mix with the honey and enough milk to make a paste-like texture. Scrub over face, avoiding the eye area. Finally, remove with warm water and a washcloth.

The **Sugar Corn Body Rub** is an invigorating experience like no other. With an assortment of easy-to-find ingredients, you'll be sloughing dead skin cells before you know it! Simply combine 3 tsp corn flour, 1 tsp brown sugar, 1 tsp almond oil, 2 tsp apple juice (for normal skin) OR 2 tsp lemon juice (for oily skin) you can make this scrub in less than 5 minutes. Blend all ingredients together to make a paste and gently scrub onto your body focusing on rough areas. Remove with warm water and a washcloth.

Stripping away tired old skin by using a revitalizing mask can be a rejuvenating experience. The **Just Peachy Facial Mask** (for normal-oily skin) can soothe inflamed and irritated skin. You will need 1 ripe peach, 2 tbs of natural yogurt and ½ tsp of baking soda. Peel, pit and mash the peach, combine with other ingredients and mix well. Finally, apply to face and let dry. Remove with warm water and a washcloth.

The **Milk & Honey Facial Mask** (for dry skin) has skin-softening and smoothing properties to help improve the appearance of your skin. The ingredients that you will need are 4 tbs powdered milk, 1-2 tbs warm water, 2 tbs honey and a washcloth. Combine the powdered milk with enough water to make a paste-like texture. Blend in honey until smooth. Wet the washcloth with as hot of water as you can stand. Spread mixture over face and relax with the washcloth over your face for 10-15 minutes. To finish, remove mask with washcloth and pat dry.

Created by Bettijo B. Hirschi, Bath By Bettijo offers a comprehensive collection of natural, handmade soaps, toiletries, and aromatherapy bath and body products. Bath By Bettijo's products are made with high-quality natural and organic ingredients to be both healthy and beautiful. The entire line is focused on providing natural products to pamper overextended and overworked people — isn't that just about everyone?

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