

## DIY Tricks to Fight Summer Damage

Written by Victoria Fouts

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Sometimes all that summer sun can be rough on your body. If you can't afford to frequently take a spa day to recover but still want the same results, don't worry. Josie Fera, Director of Spa Operations at Lapis Spa at the Fontainebleau, shares her DIY beauty recipes for healthy hair, hands and face. "A trip to the spa is often a welcome relief from the stress and strain of everyday life; an opportunity to unwind, relax and get some much needed TLC. Whether you visit the spa on weekly or monthly basis or do DIY treatments. It is an important part of your health that should not go ignored."

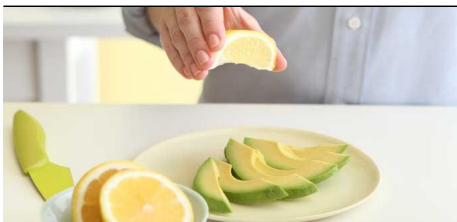


Too much sun can be particularly damaging to facial skin. The following process will cleanse, moisturize and improve the overall appearance of your skin.

### DIY Treatment for a Touchable Face:

- Prepare pot of boiling water with several bags of chamomile tea – allow tea to steep and release benefits into water.
- Place face over steaming pot and cover head with towel to trap steam. You are stimulating the benefits of a steam room.
- Place cucumbers or icy chamomile tea bags well squeezed – on eyes to reduce puffiness.
- Dab off excess moisture and apply scrub cream to face in gentle circular and upward motions to face, neck and chest. Place emphasis on beard and neck to help lift any ingrown facial hairs.
- Rinse thoroughly with warm moist washcloth and apply witch hazel or rose or lavender water with spray or cotton pad.
- Apply moisture lotion or cream in upward, relaxing massage strokes placing slight pressure on temples and under forehead bridge line to release tension and ease pain.
- Instant result is clean, shiny skin with improved texture and appearance.

**Lapis comparable service:** Facial



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Hair can suffer extreme damage over the summer from heat, chlorine, and other factors. Dullness and split ends can be fixed with this easy remedy.

### DIY Treatment for Healthy Hair:

- Take lemon juice and warm green tea and mix mixture; apply mixture to scalp with brush or applicator as you separate hair and pour remaining amount through hair.
- Allow mixture to remain on scalp for a few minutes. The tea and lemon work as an astringent to cleanse scalp and hair follicles.
- Rinse thoroughly with warm water and apply a combination of plain yogurt and avocado. Mix two parts fresh avocado and two parts yogurt and massage into the hair in circular motions to relax the scalp and stimulate hair growth.
- Gently massage temples and base of scalp line. Place plastic shower cap on hair and wrap in warm towel for 10 minutes or until towel cools off.
- Rinse thoroughly. Instant result is hair that's softer, shinier and improved circulation to scalp which is an aide to healthy hair growth.

**Lapis comparable service:** Rescue My Hair

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Rough, dry skin is not only unattractive, it can be painful too. We put our hands through a lot when we use them all day so it's important to occasionally give them a break to recoup. This recipe will make your hands feel soft and beautiful again, no matter how rough they started out.

### DIY Treatment for Soft Hands:

- Buff and moisturize rough skin using a scrub cream and oil or body lotion.
- Mix four parts kosher or sea salt with one part warm grape seed oil, canola oil or olive oil and mix into a paste.
- Massage into hands in upward strokes and in circular motion
- Remove with warm/wet towel and follow with nail care by pushing back cuticle using an orange stick and filing rough nail edges with Emory board. Follow hand massage with body or hand lotion.
- Wrap hands in warm cotton gloves or place in plastic bags and wrap with warm towels. Instant result is skin that's clean, soft and luxurious

**Lapis comparable service:** Spalicious Manicure