

# OliveSpa: A Healthy Way to Hydrate

Written by Michelle Lella

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Growing up in an Italian family, I was super-intrigued when I heard about OliveSpa. We were very fond of olive oil and doused every food item we could with it, but using it for your skin? I had never heard that one. I was so excited to check out their products first-hand and learn about all the amazing benefits olive oil has for you inside and out.

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## History:

Queen Creek Olive Mill has been around since 1997 and is a family-owned business that grows and presses olives for production of high-quality olive oil. However, in 2012, Brenda Rea (co-owner of Queen Creek Olive Mill with husband, Perry Rea) decided that their olive oil could be beneficial for more than just consumption. Brenda is a mother of five and like most of us in Arizona struggled to keep her and her kids' skin in the winter hydrated. She wanted a healthy and natural way to condition her family's skin and thought why not consider her specialty? After many kitchen experiments and positive results, she added the OliveSpa studio to Queen Creek Olive Mill.

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## My Experience:

As I walked into the Queen Creek Olive Mill store at Kierland Commons, members of the Rea family welcomed me with smiling faces. Brenda, Joey and Sydney Rea were my tour guides and offered me a glass of delicious peach Champagne while showing me the contents of their store. I was then sat down and had my hands cleansed with one of their Lavender Specific Sea Salt scrub. I felt the weight of Arizona's dry climate freed from my hands with each rub. To finish it off, they massaged my hands with their Lavender Body Butter. After this experience, my hands felt so renewed and not greasy like the other lotions that I am used to.

The Rea girls were so sweet, and it was easy to tell that this was truly their passion. They explained to me the goodness of olive oil for the skin and how not many people knew of all the benefits. Extra virgin olive oil not only hydrates the skin but works on building the skins moisture barrier to prevent any loss of moisture. The oil is packed with antioxidants and Vitamin A, D, E, and K and can be helpful in treating common skin disorders like eczema, psoriasis, acne and even diaper rash.

Upon leaving, I was given a little goodie bag so I could try more of their products. My absolute favorite was their Orange Blossom Lip Balm. It glides onto your lips leaving them smooth and hydrated without leaving any residue whatsoever. I left Queen Creek Olive Oil Mill feeling relaxed and completely moisturized. I cannot wait to go back and check out more of their products and their exquisite scents. They have a variety of body products to shop including oil, salt scrub, body butter, hand salves, shaving foams, lotion sticks and more. I highly recommend checking

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OliveSpa and all they have to offer out, and I'm already looking forward to my next visit.

<https://www.queencreekolivemill.com/shop/olivespa-home-body.html>