



HOME SPA

YOU DESERVE IT!

Step-by-Step
**FACIAL, MANI
& PEDI**

**NATURAL SPA
GOODIES**

*The What, Why
& How To*

BE GOOD TO YOUR

WHOLE
BODY

Why Spa?

Research is starting to show the serious effects of stress on our bodies. Stress triggers changes in our bodies and makes us more likely to get sick. It can also make problems we already have worse. (U.S. Department of Health and Human Services, Stress and Your Health)

Why not?

Take time to relax and renew. You deserve self sanctuary. Your body deserves to be taken care of.
Be good to your whole body.

Be prepared with a **HOME SPA TOOLKIT**

body

- bath salts
- body polish or scrub
- loofah, brush or exfoliating mitt
- body oil
- essential oils

mood

- soy-based candles
- soothing music
- fresh flowers
- organic cotton robe
- organic herbal tea

face

- cleanser
- exfoliant
- mask
- toner
- moisturizer

feet & hands

- non-acetone/acetate polish remover
- organic cotton balls
- callous scrubber & nail-care tools
- rich moisturizing cream
- cotton gloves & socks





CHECK YOUR OIL

BODY OILS

are also known as carrier or base oils. Use for moisturizing, bath oil, massage and diluting essential oils.

JOJOBA OIL

heavy; chemically similar to sebum, the body's own natural moisturizer

SWEET ALMOND OIL

medium weight; best for all-purpose use

APRICOT KERNEL OIL

light and easily absorbed by mature or damaged skin

GRAPE SEED OIL

very light and thin; glides easily and is completely absorbed

OTHERS: avocado, coconut, almond, olive, rose hip seed, sunflower and safflower

100% ESSENTIAL OILS provide scent and aromatherapy benefits via diffusers or added to carrier oil or unscented body care products. Use one drop per application or 10 drops per 4 ounces of product. For massage, use 15 drops to 1 ounce carrier oil.

ENERGIZING & REFRESHING

RELAXING & SOOTHING

Rosemary

Lavender

Spearmint

Geranium

Peppermint

Sweet Orange

Lemongrass

Bergamot

Grapefruit

Rose

Eucalyptus

Chamomile

Juniper

Jasmine


EXPERTS
SAY...

When essential oils are used on the skin they must first be diluted into a carrier oil. Dilution protects from possible reaction and spreads the benefits over a larger area.

More info on aromatherapy and oils, both carrier and essential:
wholefoodsmarket.com/wholebody/bodycare/aroma.html



ready, set, spa!

body

BATH SALTS *pamper, cleanse, rejuvenate*

CHOOSE mineral-rich sea salts or Epsom salts, with or without 100% essential oils for fragrance and aromatherapy.

USE by swirling one-half cup into tub just before you step in. Soak 15–20 minutes.

BATH OILS *energize & refresh, or relax & soothe*

CHOOSE vegetable-based body oils and/or 100% essential oils—calming or energizing.

USE 1 tsp body oil and/or 8–10 drops essential oil in the tub just before you step in. Soak 15–20 minutes. Or use essential oil on a cloth at your feet in the shower.

BODY POLISH. BODY SCRUB. *exfoliate, detoxify, revitalize*

CHOOSE to support healthy circulation with “scrubby” ingredients such as salt or sugar. Botanicals and 100% essential oils are beneficial, too.

USE from toes to shoulders in the shower or bath by gently rubbing on with your hand, exfoliating mitt, brush or loofah in circular motions.

BODY BUTTER *moisturize, protect, nourish*

CHOOSE extra thick products with ingredients such as shea butter or cocoa butter, scented with 100% essential oils.

USE while body is still warm and moist from bathing, paying particular attention to elbows, knees and heels.

BODY OIL *hydrate, condition, replenish*

CHOOSE vegetable-sourced oils such as those listed on the Body Oil page. Go for organic, if available. Avoid petroleum or mineral oils.

USE immediately after bathing to seal in moisture. Apply to one body area at a time by warming a small amount between palms and gently smoothing into skin.

ready, set, spa!

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EXPERTS
SAY...

WAX ANOTHER DAY. Natural wax or body sugar hair removal products do a first-rate job when you follow the rules. One of those is not cleaning skin before use. Another is to apply only soothing oil afterwards. So save the waxing for a non-spa day.

MANICURE

hydrate, protect, beautify

1. **REMOVE POLISH** using a product free of acetate and acetone.
2. **SOAK** 5 minutes in warm water with body oil and essential oil.
3. **MASSAGE** hands, wrists and forearms with body oil.
4. **TRIM** nails and push cuticles back.
5. **COAT** hands in rich moisturizing cream.
6. **RELAX** 15 minutes while wearing cotton gloves.

PEDICURE

exfoliate, revive, moisturize

1. **REMOVE** polish using a product free of acetate and acetone.
2. **SOAK** feet 10 minutes in warm water with body and essential oils.
3. **USE** exfoliating mitt, brush or loofah, then callous scrubber.
4. **TRIM** nails and push cuticles back.
5. **MASSAGE** feet, ankles and calves with body oil.
6. **COAT** feet in foot moisturizing cream.
7. **RELAX** 15 minutes while wearing thick cotton socks.

hands & feet

ready, set, spa!

STEP-BY-STEP FACIAL *Cleanse, De-stress, Renew*



① CLEANSE

WHY Occasional deeper cleansing targets dirt, makeup residue and excess oil.

HOW Use a gentle, but powerful cleanser with ingredients such as castile soap, citrus and plant derived oils, grapefruit seed extract, eucalyptus or sage.

② EXFOLIATE

WHY Dead cells are removed and new are uncovered, reducing the appearance of wrinkles.

HOW Apply exfoliant with ingredients such as fruit acids or gentle particles—apricot seeds, fine coffee grinds or oats.

③ STEAM

WHY Warming skin relaxes your face and opens pores for deeper cleansing to follow.

HOW 5 minutes of towel-draped head over hot (not boiling) water or warm, damp cloths on your face. Add 2 drops essential oil to water, if desired.

④ MASK

WHY Deep-clean pores, slough off dead skin cells, encourage and nourish new cells.

HOW Use a mask with ingredients such as seaweed, algae, clay, fruit enzymes, aloe vera, oat protein, 100% essential oils or herbs.

⑤ TONE

WHY To balance skin pH after cleansing and prepare for moisturizing.

HOW Spritz, spray or use organic cotton rounds to gently dab on toner containing 100% essential oils such as rose, lavender or witch hazel.

⑥ MOISTURIZE

WHY Skin benefits from periodic heavy moisturizing for fluid, flexible cells.

HOW Gently apply compounds with ingredients such as aloe, avocado, squalene (from olive oil), shea butter, rosemary and Vitamins A, C, and E.

These are general, suggested steps. Always follow instructions on product packaging for best results.

How to Experience...

MORE SPAS. BETTER SPAS.

JOIN HEALING FORCES

HAVE A SPA PARTY with a friend or group and add laughter to your relaxation.

EXCHANGE SPA NIGHTS as gifts with a partner or friend. Your turn, my turn.

Make your **MOM-AND-ME DAY** include a spa with a child or teen.

SET UP A SPA/SITTER exchange with other parents. You sit, they spa and vice versa.


**EXPERTS
SAY...**

Massage provides physical, emotional and psychological benefits.

It reduces levels of the stress hormone

cortisol and raises endorphins, your "feel good" hormones. Expert or not, the focused compassionate touch and warm, oiled hands of a friend, partner—even yourself—help relax body and mind.



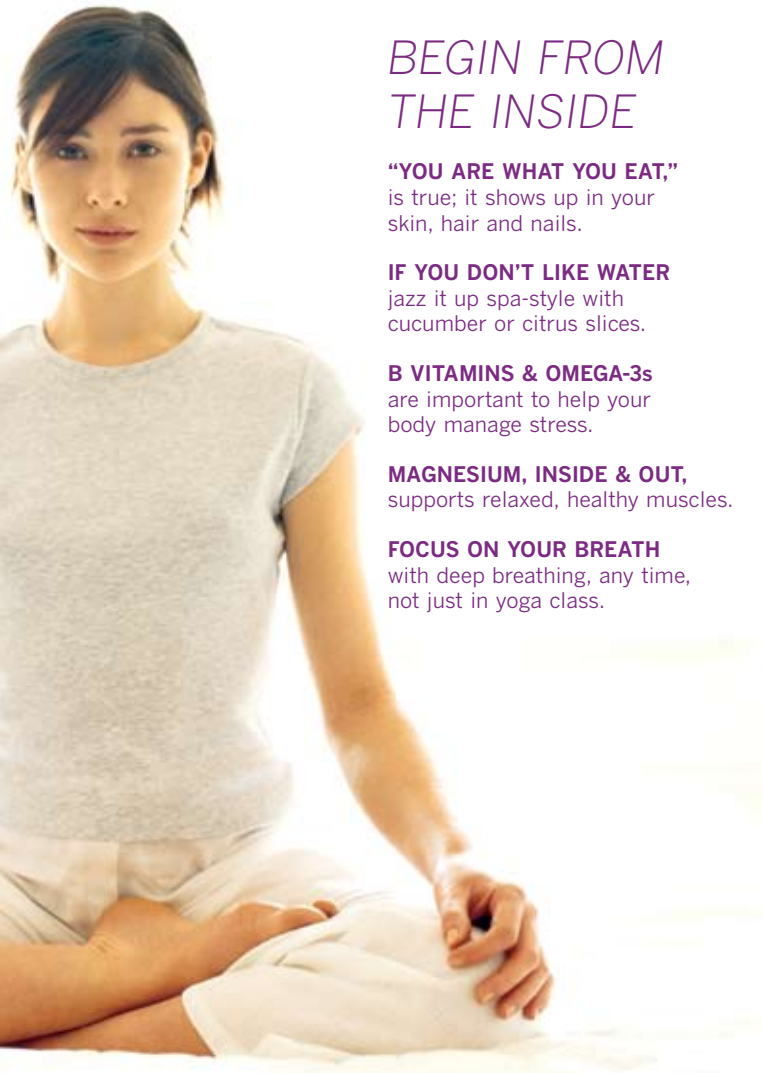
PLAN A PLEASANT PLACE

SCHEDULE YOUR HOME SPA just like any other important appointment.

PREHEAT THE ROOM(S) you will use to be cozy and help relax your muscles.

PREP YOUR SPACE with soy candles, magazines, a favorite book and music!

GET YOUR ROBE & TOWELS and "spa toolkit" together ahead of time.



BEGIN FROM THE INSIDE

“YOU ARE WHAT YOU EAT,”
is true; it shows up in your
skin, hair and nails.

IF YOU DON'T LIKE WATER
jazz it up spa-style with
cucumber or citrus slices.

B VITAMINS & OMEGA-3s
are important to help your
body manage stress.

MAGNESIUM, INSIDE & OUT,
supports relaxed, healthy muscles.

FOCUS ON YOUR BREATH
with deep breathing, any time,
not just in yoga class.

CHOOSE NATURAL PRODUCTS

**CARE ABOUT WHAT YOU
PUT ON YOUR BODY** just as
much as what you put *in* it!

**NOURISHING, ACTIVE
BOTANICALS** are in
higher levels within
natural body care.

**HERBS AND 100%
ESSENTIAL OILS** can
provide benefits in addition
to fragrance.

PREMIUM BODY CARE™
is the best there is for safety
and the environment.





OUR BODY CARE QUALITY STANDARDS

- We carefully evaluate each and every product we sell.
- We are passionate about aromatic, luxurious, effective personal care products and the pleasure of sharing them with others.
- We encourage our vendor partners to use plant-based and naturally-derived ingredients, pure essential oil fragrances, gentle preservatives and non-petroleum ingredients.
- We are committed to high-quality body care products that have a proven track record.
- We only sell personal care products that have not been tested on animals.
- We provide personal care products that support health and well-being.



LOOKING FOR THE BEST THERE IS?

The Premium Body Care™ symbol identifies our top tier of personal care products. We evaluated every product in Whole Body™ to determine those that meet even stricter standards for results, quality of source, environmental impact and safety. We are very careful about where we put this symbol for those who are very careful about what they put on their bodies.

WHOLEFOODSMARKET.COM

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