



Spa Bathroom

By Sarah Clark

Spring has sprung, there's a hint of sunshine peeping through the clouds, and you never know, you might even be able to go out without your coat on. If you've been hiding under a selection of warm cosy knits since about October, you'll be wanting to get your skin in tip top condition ready for its spring unveiling...so where do you start?

What you need is a spa treatment – and where better for those of us who dread the paper knickers and undersized towels in the average spa, than your own bathroom?

The high street makes it easy for anyone who wants to pamper themselves in the luxury of their own home. If you step into Boots it's like a veritable treasure trove of deliciously scented potions, including one of the very first big name spas to lend its name to a high street range -The Sanctuary. I've been a devotee of the brand for years, so I know what I'm talking about!

Highly recommended is the **Sanctuary Moisturising Butter Scrub**, a daily scrub and moisturiser that comes all in one scrumptious-smelling package. It's made with four different nut butters and sweet almond oil which means that you don't need a separate body lotion either, and it won't break the bank at £5.75 for 200ml.

It's easy to pick up a little something with your weekly shopping too –since Sainsbury's have started to sell the Champneys spa product range. Spoil yourself with a whole day in your own spa with a selection of gorgeous products that even if you bought them all, still wouldn't

come close to the cost of a treatment at Champneys.

The **Champneys Citrus Glow Sugar Scrub** is a beautiful smelling sugar based body scrub that will perk up skin that's had all the life sucked out of it by winter and indoor living, and leave it feeling smooth and moisturized. You can get an aromatic glow for just £9 – then, if tightening is your thing, slather your newly perked up skin with a copious amount of **Champneys Aqua Therapy Moisture Rich Firming Body Lotion**, £10.00 for 250ml.

The body lotion stimulates the metabolism to help clear out all those horrible toxins - then forms a protective barrier on the skin to improve its elasticity. The 24 hour firming complex will make sure that you stay looking lovely for longer.

If you don't have a Sainsbury's near you, chances are you'll have a Tesco, and there you'll find some lovely products, all part of their extensive Body Therapy Spa range. Start with the **Lisse Shower Polish**, which you can get your hands on for a very therapeutic £2.49 for 250ml. The polish contains black pepper, lime, eucalyptus and menthol, and is bound to put pep in your step! Just massage some onto your skin, enjoy the tingling sensation and rinse it off again. Follow the shower tingle with some **Salute Salt Scrub** - £5.49 for 650g, and give yourself a good old exfoliation before finishing off with **Soufflé Vital Body Cream** - hydrate your body with shea butter and peppermint at a cost of £3.49 for 300ml

If you fancy taking your spa experience slightly upmarket,

there's a lovely new range of products from Skin Nutrition – and the **Self-Heating Thermal Body Mask** might fit the bill. It's £60 for 200ml so a bit pricier than the high street lotions, but still works out less expensive than a day in a spa or a couple of salon treatments.

The gorgeously smooth mask warms up when it makes contact with moist skin and helps to remove the impurities from your skin. It also contains marine extracts and 100% first extraction pure essential oils for absolute sensory indulgence. Leave it on for 15 minutes while you float around the bathroom looking serene, and your skin may well thank you for the attention...

With all this home-based pampering, who needs the hassle of a spa anyway? Just lock the bathroom door, light a scented candle, and settle down to spring clean your skin in comfort...

