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DIY PEACE SPA preparation

The thought of peace invites us to pause and relax.

Let's give ourselves a break with our own DIY spa time.

You can choose the place and time.



Open your calendar and set aside the time. Schedule it.

Create the setting

Find a quiet spot with less clutter

Add elements you enjoy like music, candlelight, or a journal and pen

Choose what to do first and note those

Take a relaxing bath as a prelude to the spa time

Read a favorite Psalm or listen to a favorite song

Simply sit for a few minutes, turn off the phone, and let go of worry

Gather items you'll want

- Cozy pillow
- Comforter
- Jar of bubbles
- Eye or face mask
- Bible
- Soft bristle brush for your skin
- Foot scrub (see recipe below)



Items to add just before the spa time

- Water, possibly infused with fruit, or a favorite warm drink
- Flowers

Brown Sugar Foot Scrub

2 T. brown sugar

2 T. ground oatmeal

2 T. aloe vera gel (or squeeze gel from a fresh plant)

1 tsp. fresh-squeezed lemon juice

1 T. honey

1 tsp. olive oil

What to do:

1. Mix ingredients together in a large bowl until mixture has a pasty texture.
2. Use a gentle circular motion to rub the paste onto heels, arches, soles, and toes.
3. Rinse feet with warm water.

Then anticipate the time and watch for the next email

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