

## **Title Options:**

*Creating An At-Home Spa Bath*

*Spa Bathing At Home*

*Bringing the Spa Experience to Your Home*

*Home Spa Bathing Made Easy*

*Simple Spa: Creating an At-Home Experience*

It's time to kick it up a notch and bring the spa to you with a few tips and easy ways to set the mood for the ultimate, spa-like bathing experience. So, how do you transform a regular bath into one that transports you to another atmosphere? Let's start with the basics...

### **LIGHTING**

Lighting can play a major role in how soothing the experience can be. For example, consider dimming down the lights or even replacing harsh, white lights with soft luminous bulbs to create warmth in your bathing space. A fun take on lighting could also include adding different colored light bulbs or adding a soft lamp to create a spa-like aesthetic. Candles are also a major plus, but we'll get to those soon.

### **MUSIC**

If you are looking to add some tunes to your spa-like bath, consider finding some soft, lullaby-like songs or sounds of nature, like the waves of the ocean or forest accents. With music and lighting alone you are already creating a spa-like experience right in your own home!

### **CADDIES**

A good bath is not complete without a book, a bingeable Netflix show, and of course a good helping of wine. One way to up your bathing experience into spa heaven is by adding in a caddy or bath tray. These tools give you the ability to relax in a lovely bath while keeping your devices and books free from a mishap in the water.

Caddies and bath trays can be made from wood, metal, or plastic and some offer special holders for wine glasses, books, and devices of all kinds. You can use this as a way to fully relax in your bath without worrying over a precious item falling in.

## CANDLES AND INCENSE

Another way to up your at-home spa bath is to incorporate candles or incense. Consider the scents that make you feel at peace or calm. Candle and incense options that include the scent of roses and lavender, eucalyptus and peppermint, citrus, or even a smoky scent can benefit a spa-like bath. These options can transport you to another place and bring tranquility to your spa time. Pick out a favorite candle or incense that takes you away and set it on your caddy or somewhere nearby to help you make your spa-like bath a total success.

## BUBBLES

No bath is complete without the luxury of sudsy bubbles. While there are a plethora of options when it comes to products, look for bubble bath options that provide a decent amount of suds. Some bubble concoctions even contain extra ingredients to provide nourishment or added benefits to the skin.

## BATH OILS

On the other hand, bath oils are a must-have for your next re-creation of a spa experience. Bath oils can be as simple as a combination of eucalyptus and lavender oils or can be complicated with many ingredients for extra added benefits on the skin. The true reason for adding these stellar products is to not only enhance a bath but also for their intoxicating smells.

The combination of a hot bath filled with steam and mixed with the scents of your selected bath oil, will not only enhance the bathing experience but will also provide therapeutic benefits. Look for bath oil products that contain spa favorite scents like tea tree oil, peppermint, eucalyptus, lavender, soft floral notes, and citrus.

## MASKS

A spa-like bathing experience is never truly complete without a mask! From sheet to clay to moisturizing and detoxifying, the type of mask options available are endless. For creating the ultimate spa-like bath experience, consider using a mask that can be left on for a prolonged period of time. With all the warmth and steam, your bath will emit, it may be a good idea to pick

a clay or detoxifying mask that will open up your pores while you enjoy your blissful time. Pick a favorite mask of yours and head on in!

## ROBES AND TOWELS

Last, but certainly not least, let's talk about robes and towels — two very important factors in creating a spa-like bath at home. If you don't have one already consider buying a super plush, luxuriously soft bathrobe and towel set to enhance your at-home spa experience. Other options may include a silk robe and a soft microfiber towel for helping complete your spa bath. Overall, a good robe and towel can help solidify a well-enjoyed bath and enhance the spa-like feeling.