

PAMPER YOURSELF

How to DIY a self-pamper session this Valentine's

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VALENTINE'S DAY IS A DAY OF LOVE, AND THOUGH MOST PEOPLE ASSOCIATE IT WITH NEEDING A PARTNER TO CELEBRATE THE OCCASION, IT DOESN'T EXCLUDE EXPRESSING LOVE FOR YOURSELF AS WELL. IN FACT, V-DAY COULD JUST BE THE REMINDER YOU NEED TO UNDERSTAND THE IMPORTANCE OF SELF-LOVE. BY EATING WELL, TAKING CARE OF YOUR EMOTIONAL WELLBEING AND TAKING CARE OF YOUR APPEARANCE CAN AFFECT THE WAY YOU LIVE YOUR LIFE DAY-BY-DAY. WHICH IS WHY THIS MONTH, WE'RE TEACHING YOU HOW YOU CAN DIY (DO-IT-YOURSELF) A SELF-PAMPER SESSION RIGHT IN THE COMFORT OF YOUR HOME. TRULY, THERE'S NOTHING MORE IMPORTANT THAN TO PUT YOURSELF FIRST.

1 SET THE MOOD

What makes beauty parlours and spas so relaxing is the calming ambience that soothes your soul as soon as you walk into the place. From aromatherapy to salt soaks, every element used is aimed at easing your mood. Lucky for us, it's easy to recreate this at home with some essential oils, candles and epsom salt (which is used to ease muscle soreness and stress). Set up your room with some candles, it can be scented or unscented, that's completely up to you. The gentle, mesmerising quality of the light from candles makes them the perfect aid for any relaxation routine. For essential oils, add two to three drops into an air humidifier and let it fill the room. Not only do you breathe in fresh air, but also the fragrance of essential oils which help with respiratory disinfection, decongestant, and bring psychological benefits. Lastly, soak your feet in some epsom salt for 10 - 15 minutes to destress any muscle soreness on your feet and your whole body.

#2 START WITH YOUR FACE

A self-pamper session at home is not complete without a personal facial. Though it may not be as relaxing as going to the spa, doing it on your own is beneficial as you're able to control the strength you use when it comes to extractions. The whole process is also soothing and may just instill more self-love into your mind. First, start with double cleansing. Make sure to use a foamless cleanser to ensure that you're not drying out your skin. Next, exfoliate your face with a scrub. For those with dry skin types, use a gentle exfoliator instead of those with large granules. Scrub from the top of your face (forehead) to the bottom (chin) in a light circular motion before washing or wiping it off from your face. If you don't seem to have any scrub on hand, simply mix brown sugar and coconut oil with a tiny dollop of honey and use that as a scrub instead. After exfoliating, put on a desincrustation enzyme (a product that helps soften pores and makes it easier for extraction) and steam your face for 10 minutes. Alternatively, you can just steam your face for 15 minutes to open your pores. Then, start the extraction process. Once you're done with extracting, gently wash your face with cold water and put on a cooling pore tightening mask for 10 - 15 minutes. And finally, wash or gently wipe the mask away before applying a layer of moisturiser.

#3 REMEMBER YOUR BODY

As much as we need to show some TLC to our face, our body is just as important. If you're in the mood, you can opt for a full body soak in your bathtub with some scented bubbles and epsom salt to release tension and stress. However, for those who don't own a bathtub, a simple foot



soak will suffice. Start with cleaning up your body, take a nice shower (for those who skipped the body soak step) and shave your legs (optional). Once your body is dried, apply some massage oil along with a few drops of your favourite essential oils. Now, when massaging your body, you can opt to use your own hands to press down on some of the trigger points, or you could get a portable massager which could help you reach your back and other hard to reach places. Once you've felt like your body is relaxed, lather on some moisturising lotion to keep your skin supple and smooth.

#4 DON'T FORGET YOUR HAIR

If you haven't tried hair masks during your self-pamper session (or at all) at home then you really should. Hair masks are like the treatments you get when you're at the salon, except hair masks are done in the comfort of your own home. All you need to do is generously massage the hair mask into your scalp and wrap your hair with a shower cap, letting it sit for at least 20 minutes before washing it off. The benefits of hair masks is that it provides shinier and softer hair, nourishes dry hair, reduces frizz and strengthens your scalp. However, do take note that different hair types (chemically treated or fragile, dull or dry and frizzy or damaged) require different types of hair masks. For chemically treated or fragile hair, use a hair-repair bonding hair mask with no parabens or sulfates. For those with dull or dry hair, you can opt for a moisturising hair mask or just use olive oil or coconut oil which helps moisturise naturally. Frizzy or damaged hair requires more care and thus, is recommended to use a super-moisturizing cream hair mask. You should also comb through your hair gently with a wide-tooth comb and ensure that your hair is damp when applying the hair mask.