

bath tub and a few hours to yourself.....you can create your own spa experience for a fraction of the price!

Here is my favourite mini spa menu:

1. **Grains Plus Face Cleanser**- This treatment gently removes any dead skin, improves circulation and smoothes skin. Can be done daily. Mix a couple of tablespoons of our 'Grains Plus' (or make your own gentle exfoliator with a combination of equal parts of oatmeal, cornmeal, ground almonds) with warm water to make a thick paste. Gently scrub your face and neck using circular strokes. Allow the grains to sit on your face for a few minutes prior to rinsing off with warm water.
2. **Icelandic Facial Steam**-This procedure opens up the pores and helps to draw out toxins. Heat at least 2 litres of water to a simmer and pour into a large basin or bowl. Add a handful of our **Icelandic Facial Steam** blend or choose other suitable herbs like calendula, lemon balm, lavender, fennel etc. Lean your face over the steaming water and drape a bath towel over the back of your head, forming a tent. Be careful not to burn yourself! Relax and let the fragrant steam engulf your head for 5 to 10 minutes, then pat dry. Steams can be used weekly.
**Facial Steams are not recommended if you have Rosaceae or are susceptible to fragile facial capillaries.
3. **Facial Massage with 3R's Oil**-ok, now your face is clean and your pores are open time for a massage. This improves circulation, firms skin and introduces balancing and healing oils. Using a suitable facial oil, I use what I call the '**3R's** Facial Oil'-this is my personal blend with essential oils of Sage, Rose Geranium, Lavender and Rosemary Essential Oils in a Marshmallow infused almond oil base. I call it "**3R's**" because it supports cell **R**egeneration, helps **R**epair damage and assists in precious moisture **R**etention. You can use an oil of your own preference, almond oil or grapeseed oil are good bases perhaps with some added essential oils-lavender is suitable for all skin types or check a reliable source for other options. Facial oils are important components of a facial massage, by reducing friction, they prevent stretching and wrinkling of the skin. Place a few drops on the palms of your hands and lightly massage starting at the base of your neck, using the palms of your hands, massage up your throat in a sweeping motion to your chin. From the corners of your nose, sweep under your cheekbones and up to your temples. Smoothing across your forehead, continue around your ears to the back of your neck, then down over your neck shoulders and bust area.

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4. **Facial Mask**- Clay is one of the oldest of all skin treatments. Clay contains an abundance of silica and other mineral salts. It is a balancer and revitalizes. When applied to the skin as a mask, oxidation and circulation are accelerated, defensive functions are stimulated and body temperature is raised. It draws out impurities and nourishes the skin. Try on our herb/clay blends-**Lemon Balm, Chamomile or Peppermint** or create your own- Green Clay for all skin types, Fullers Earth is highly absorbent, so it is excellent for oily skin, white clay is very light and pure and good for normal to dry skin types. In a glass or ceramic bowl, mix 1 to 2 tablespoons of clay with room temperature distilled water. Mix well with a chop stick or small wooden spoon to make a soft paste (you can add a few drops of suitable essential oils if desired). Smooth evenly over face and neck avoiding eye area and lips. Apply thickly to any areas congested with pimples or blackheads. Relax, preferably with your feet elevated, and leave on for 20 minutes. Remove with a moistened washcloth. Can be done weekly if desired.
*Use pure healing clays, ceramic clay is not advised.
5. **Herbal Toner**-.Astringents and toners are an essential component of any successful facial-cleansing routine. They invigorate the complexion, remove any traces of soap, close up the pores and quickly restore the skin's proper pH level. My favourite, which I call '**F-Tones**', is made by combining 1 cup of pure apples cider vinegar with 2 tablespoons (30ml) of witch hazel in a small saucepan and heat to simmer. Remove from heat and add ½ cup total of one or any combination of the following dried herbs-stinging nettle; marshmallow; fennel; lemon balm and calendula. Cover pot and allow to steep for 10 minutes. Then strain through cheesecloth to remove herbs. Add 2 tablespoons of vegetable glycerine and 12 drops each of lavender and lemon essential oils. Mix well and store in a dark glass bottle with a tight fitting lid. Will keep well for at least 6 months. Apply to the face and neck, using cotton ball or pad after cleaning or after a facial mask treatment.
6. **Moisture Layer of Calendula Oil**-Top off your facial treatments with a light application of calendula oil, facial oil blend or moisturizer. In a few hours, your face will be glowing with health and vitality.
7. **Dry Body Brushing with Friction Blend**-Now, this is something I have just started doing, and love it! This is great for men too! Dry skin brushing is one of the best ways to care for your skin. It helps break down deposits, aids in lymphatic drainage and detoxification and

stimulates circulation on top of the basic exfoliation. Some of the benefits of Dry Brushing include; stimulates blood flow to increase nutrient delivery to cells; improves lymph flow to carry toxins and waste products out of the body; removes dry, dead skin cells; encourages cells to regenerate; results in smooth glowing skin; stimulates production of sebum (oil), to nourish dry skin; helps combat cellulite and fatty deposits; increases energy and stimulates the body and lastly but not least...feels great! Very inexpensive too!...a natural bristle brush costs under \$10.00, available at most health food stores, and the benefits are amazing. Best to do this before showering/bathing at least once a day...twice would be better. Once you start doing this, you will wonder what took you so long to start. Using a natural bristle brush, start out with a soft bristle type and get one with a long handle for those hard to reach places. Beginning at the soles of your feet-the nerve endings here affect your whole body, brush using brisk upward strokes up your entire legs, then more gently across your abdomen and stomach. Continue with the buttocks and lower back and up your entire back to the shoulders. Next brush your arms starting at the hand and stroking briskly towards the shoulder. The neck and chest are sensitive areas so brush more gently and it is recommended to avoid the nipples. Remember to always brush towards the heart. You can also do your face, but make sure to use a small soft brush and be very gentle-vigorous rubbing and stretch or otherwise damage the facial skin. This should take approx. 5 minutes. I like to put a light spray the following blend which I call **'Friction Blend'** onto my brush a few times a week to energize and tone: to 90ml of distilled water in a spray type bottle, I add the following essential oils; 2 drops of sage, 12 drops of lavender and 10 drops of rosemary along with 5ml of vegetable glycerine. *Wash brush at least weekly in water and allow to dry.

8. **Salt Scrub-** Body scrubs rid you of skin that's dry, scaly, and flaky, often the result of either heat or cold. Scrubs can be done once a week, however for sensitive or mature skin perhaps 1 per month would be sufficient. Keep in mind that if you have rashes, acne, sunburned skin or spider veins, avoid scrubs, as they might make the condition worse, instead just stick to the body brushing above. There are three main ingredients in a body scrub; exfoliators, carrier oils and essential oils. Exfoliators can be sea salt, sugar-which is more gentle, ground almonds etc., the best carrier oils to use are almond, grape-seed or hazelnut-these all penetrate the skin readily and supply fatty acids to the skin, leading to increased elasticity and a soft shine. The range of

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essential oils is wide depending on associated benefits and fragrance. Grapefruit essential oil gently stimulates and refreshes; juniper oil is useful for water retention, stress and fatigue; lavender is suitable for all skin types and helps to heal minor inflammations and relieve day to day stress. My favourite scrub formula, called **'Grub Scrub'**, is 1 cup (250ml) fine sea salts, ½ cup almond oil and 12 drops of Lavender essential oil. Combine all ingredients in a small bowl and stir thoroughly. This can be a slightly messy procedure, so best to stand in the shower or sit on the edge of the tub. To Use: Apply to dry body skin using circular strokes to exfoliate the skin. Start on your feet and legs and work your way up. *Do not use on neck, face or any other delicate area or if you have any cuts. When finished, follow with a quick rinse in the shower.

9. **Deep Relaxing Soak-**The numerous benefits have been outlined above and there are many bath additives to choose from-sea salts, Epsom salts; bath vinegars; essential oils; milk; oatmeal; honey; algae; baking soda(to soften water) and herbs either as strong teas, sachets or loosely added to the bath to mention a few. Most bath enhancers should be added to the tub while filling with the exception of Essential Oils which should be added just before entering the tub. My favourite soaking blend is: ½ cup of our **Lavender Sea Salts**, ½ cup Epsom salts, 1 to 2 cups of a strong herbal tea-I pour 2 cups of boiling water over one of our **'Nature's Escape'** bath sachets-filled with skin loving herbs like Calendula and Marshmallow into a small stainless pot along with 2-3 tablespoons of powdered kelp, cover and allow to steep for at least 20 minutes. Then strain to remove herbs and add 2 tablespoons of pure honey. Stir well to dissolve honey, then add the infused liquid to my bath while filling. (Less mess to clean up this way!) Then for the total effect, I add a handful lavender flowers to the water, dim the lights, put on my 'IL Divo' CD and light a beeswax candle! Relax and soak for at least 20 minutes. Dry off with a clean towel by patting the body not rubbing, starting at your feet and moving upward.. (Warm the towel in the dryer for a few minutes or near a heat register for a definite spa sensation.)
10. **Body Toner Spray Coat** –As with our face, it is important to also use a body toner for the same reason. Due to the larger area I find a spray most effective. Any vinegar or witch hazel based formula will work effectively and you can customize it to your specific needs with either herbs or essential oils. Particularly in the summer I use our **'Summer Breeze Spritzer'** for this. It is cooling and refreshing and effectively removes

any soap residue, closes the pores and restores the skins pH level.

11. **Calendula Oil Top Coat**-The finish coat....Enjoy a full body massage with this oil or one of your choice. Always starting at your feet and go slowly, using gentle, long, smooth strokes. Always stroke in the direction of the heart. Pay attention to muscle knots and take note of painful as well as pleasurable sites. Your skin will be smooth, healthy and glowing.....even better if you can find someone to massage this in for you!
12. **Green Tea Soul Soother and Spinach Salad**..... all that works builds up an appetite! Enjoy a couple of cups of Green Tea during your spa session and drink water too!

Think I will just curl up with a book or maybe take a nap!

HAPPY MOTHER'S DAY!

Mother's Day is just around the corner, and the above article has been 'inSPArational' in putting together the perfect gift for the women in your life!

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So what's happening at Kettleby Herb Farms?

- It has been a very, very, very long winter and I'm sure we are all happy to see spring arrive! I have started a number of plants in anticipation of filling up my new gardens that were dug last fall. They are doing alright but could sure use some warmer days to give them a push. Just put some grass seed down..well at least where I can finally see some lawn, to hopefully help my struggling lawn. I am trying a new 'Enviro' variety that is suppose to be more drought tolerant and requires less cutting...we will wait and see! On a more positive note I can see the bulbs I planted last fall poking up and the thick blanket of snow should have been great for the perennials.
- I did manage to get in two trips to Venezuela this winter.. that certainly helped break up the long season. My Spanish is improving....but still a long way to go. Have just signed up for another course. I am waiting for that magic moment when it just all makes sense!
- Make sure to check out our **Web Site:** www.kettlebyherbfarms.com for great Mother's Day gift ideas, our **Seed Combo's** have become very popular this year and make a great gift for the gardeners on your list and of course every women enjoys a little pampering too...see our '**SPA SAMPLER**' Gift Pack. Remember that we can ship it directly for you too!
- Our Dried Botanical list has expanded again with the addition of two types of Green Tea, one from China and the other a premium quality from Japan. Also added are Atlantic Kelp powder and Gentian Root.
- For those of you located near Bradford, Ontario a new store has recently opened called 'Herbal Thymes Emporium' located at 25 Holland Street East, near the

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'four corners'. They are carrying a wide assortment of Kettleby Herb Farm products as well as a great selection of our dried botanicals. It is an interesting place with lots of 'Green' products...even pens made from corn.....if you get a chance ,check it out.....the owners name is Marion! The stores phone number is 905-778-1900

Wishing for warm sunny days!

Sue