

Design a Date

At Home Spa Date Night

Sometimes you just need to slow things down, take some time, and pamper each other.

This Design-a-Date will have you lighting some candles, relaxing, chatting, and offering some loving touch to your relationship.

Set aside an hour or two for just the two of you. Choose a comfy room in your home (or go to a hotel for a few hours or the night!) Light some candles or diffuse some essential oils to start some aromatherapy. If you have robes and slippers, set those out for you both. Put on some relaxing piano or jazz music to finish setting the ambiance.

Then start your spa treatments. Here are some options:

- Foot soak
- Soaking bath
- Face mask
- Hand massage
- Foot massage
- Back massage
- Cucumber eye pads

Massage:

You can use coconut oil for any massage you choose to give each other. If you want to add some aromatherapy to the coconut oil you can add a drop of two of essential oil.

Face Mask:

Want to do face masks? You can purchase two or make your own (1 avocado, 1/3 cup plain yogurt, 2 tsp honey, and 1 tbsp of lemon juice can be blended together ahead of time). Put a face mask on for about 20 minutes along with sliced cucumbers on your eyes. As you both relax and let the face mask and cucumbers do their work, share some of your favorite memories from childhood.

Soaks:

Epsom Salts are great for a bath or foot soak. Adding peppermint to your foot soak is very refreshing for the feet. You can also use bath bombs, scented bath salts, or bubble bath.

Food:

Chocolate is always a match for a spa day. A couple of champagne glasses filled with champagne, wine, or sparkling water will help you soak up some relaxation!

Most importantly, take time to simply BE with each other. Enjoy the pampering, the slowing down, and the time for just the two of you.