

*Relax... It's the  
Right Place*

*... It's Paradise*

*After a busy holiday season,  
we all need a few creative ideas  
for ways to relax.*

*Here is our take on how  
to truly enjoy yourself  
in paradise.*

*Enjoy a luxurious and relaxing bath  
created to soothe your senses  
and soften your skin.*

### Marigold & Fennel Milk Bath Sachet

#### YOU WILL NEED

- Muslin fabric
- 2 oz. dried marigold flowers
- 4 oz. dried fennel seeds
- 8 Tbsp. milk powder
- A ribbon and fresh flower petals

#### DIRECTIONS

Cut out a 10-12 inch diameter circle of muslin. In a bowl, mix in dried marigold flowers, fennel seeds, and milk powder. Insert a handful of the mixture into the center of the material. Bring up the edges to form a sachet and secure strongly with ribbon. Place into your hot bath and allow to steep about 10-12 minutes. Before stepping into your bath in paradise, sprinkle in your favorite flower petals. Now, it is time to relax...

### Lemon Seltzer Drink

#### SIMPLE AND TASTY

- 3/4 cup seltzer water
- Juice of half a lemon or lime
- 2 tsp. sugar
- Fresh mint to garnish

Pour seltzer water into a glass, add lemon juice. Next, add sugar carefully as seltzer and sugar react, and might overflow the glass if it is too full. Serve chilled with ice and top with fresh mint. You can sip this refreshing, cool beverage any time, any place, but it's absolutely wonderful as you soak in a Marigold Bath or after a wonderful Hot Stone Massage.

### Therapeutic and Relaxing Foot Soaks

*If you have been on your feet  
preparing for visiting family or friends,  
or you have just come home from  
a hard day's work, you'll want to try  
these soothing foot soaks...*





## Epsom Salt Soak

*To relieve aching feet, try this foot soak that uses Epsom salt, as it will help to relax muscles and draw out the soreness.*

Dissolve the Epsom salt in hot water. After the salt is dissolved, add it to your basin, filling it about half full of warm to hot water.

Helpful hints: Before you start soaking, place everything you need within easy reach. Set the mood by lighting an aromatherapy candle and listening to relaxing music. Either turn off your phone or make sure it is within reach to minimize any interruptions to your calming soak. Once you start to soak, then it's time to think about nothing. Relax your mind—enjoy. Afterward, rinse feet, dry, moisturize, and rest.



## Preparing to Pamper Your Feet

### YOU WILL NEED

- Clean stones or marbles
- Foot bath or a deep basin
- Water
- Essential oils
- Epsom salt
- Towels to dry your feet
- Moisturizing cream
- Aromatherapy candle

## Essential Oil Soak

*Soften skin with this luxurious foot bath...*

Place stones in the bottom of a foot bath or basin. Fill with hot water to about half full. Add essential oils such as lavender, eucalyptus or peppermint. Soak your feet 20-30 minutes, moving them over the stones for an amazing foot massage. Add hot water as needed.

# Relax...

## With the Ultimate Massage

Hot stone massage is a type of massage that incorporates smooth, heated stones. Traditionally, a massage therapist will start by warming up your body with a Swedish massage and then will conduct a massage while holding heated stones. The therapist replaces the stones as they cool with hot stones to ensure a deeply relaxing experience. Heated stones may also be left in specific points along your spine, in the palms of your hands, or between your toes to enhance the calming effect.

