

Winter Warmers

hello

Welcome to the very first issue of the HomeSpaWorks newsletter! It will not be published at fixed dates, but if you [sign up](#) for our newsletter, you can be certain that you'll always be the first to receive our latest news. This will include info about our next events, new products, seasonal discounts, special offers, as well as useful home spa tips and recipes.

So, to ensure that you won't miss any issue, [sign up](#) today and don't forget to add info@homespaworks.com to your address book in order to prevent your email software from blocking our emails.

homespaworks

Once the secret of the rich and famous, Spa is now gaining in popularity among the health conscious public. It is appreciated because of the effect on the mind/body connections that most Spas claim to offer. Treatments are gentle, restorative and peaceful, providing a feeling of well being and restored balance.

However, because the Spa industry is booming, it appears now that it has been taken over by the beauty industry and the giant cosmetics companies. The services being offered by some of the city spas today are really more about "pampering" rather than pushing forward the therapeutic benefits. That's why it's no surprise that people who have never been to a Spa before, and who aren't aware of the true benefits of Spa, are reluctant to even try at all, considering it to be a waste of money.

Believe you me, a Spa visit is really worth more than you think. It contributes to your overall well being. In the next issues, we will look at the real benefits of Spa treatments, including body and facial massages, body scrub, body wrap, bath (hydrotherapy), aromatherapy and yoga.

If you're intrigued but still reluctant to go to a Spa, or if for some reasons you're home-bound at the moment, or when hectic lives and tight budgets make your Spa visits few and far between, always remember that you can recreate the Spa experience in the comfort of your own home and restore balance whenever you need to.

Home Spa does work! Visit [our website](#) regularly to find out how.

great winter skin

Winter is a tough experience for any skin type. Even if you have oily skin, you may suffer from severe skin dehydration due to prolonged exposure to central heating, contrasting temperatures and harsh winds.

Here are some tips to soothe, renew and revitalise and keep your skin looking great:

- Skin really takes a beating from wind and cold and needs extra protection - put aside your body lotions/creams and switch to massage/body oil. Oil forms a more effective barrier against moisture loss than water-based moisturisers. Try our [massage/body oil range](#), which contain pure essential oils, blended in highly absorbent base oil with added vit E.
- Don't stop exfoliating in winter, just change your usual face and body scrubs with a milder form of exfoliant. Try our [herbal bath tea bags](#) for facial steam/scrub and for body scrub. Dried flowers and herbs provide a much milder exfoliation than other granules commonly used in facial/ body scrub products. Don't forget to moisturise afterwards, using our [Rosehip face oil](#), which naturally contains omega 3, omega 6 and vit A - all beneficial for your skin.
- Don't take a hot bath for too long – 10 to 15 minutes should be enough – or you will risk losing moisture from your skin. Try our [luxury bath soak range](#) to enhance your bath experience and never forget to moisturise afterwards.

spa parties

Add the FUN factor to your home spa experience by having it with your friends, colleagues and relatives!

Our [packages](#) start from £50 per party!

Learn how to set up your Home Spa, practise DIY Spa, or even receive Spa treatments of your choice from our team of qualified therapists.. in the time and place that suits your schedule... with your friends and relatives sharing it with you... What could be better than that!

[Click here](#) to learn more..

self massage

One of the reasons why some of our customers weren't interested at first in buying something from our massage/body oil range is because they can't think of anyone who would be kind enough to massage them. What they didn't know is that it is possible to do self massage, and it's not as difficult as it sounds.

Here are some easy to follow steps to massage your neck and shoulders, where the most tension usually manifests:

1. Resting the whole of your relaxed hand gently over the point of your opposite shoulder, move your hand firmly along the top of the shoulder until you reach the neck, then return to the shoulder point. Repeat this circle several times.
2. Keeping your hand in this position (palm on collarbone and fingers on shoulder muscle), feel with your fingers for any hard tension spots along the muscle and apply firm circular pressure to these with the pads of your three middle fingers. Be careful not to exceed an acceptable pain threshold.
3. Take your fingers up your neck, repeating the circular movements with your three fingers where there are painful nodules. Repeat steps 2 and 3 if the area is still painful, and finish with several firm circles, as in step 1. Repeat the massage on the opposite shoulder, using your other hand.

congratulations to the winners of our Christmas raffle gifts!

Ms. Bridget O'Donnell and Ms. Denise McNulty

YOU could be our next winner! The next raffle will be for Valentine's Day!

You will be automatically entered to win our Valentine's Day gift if you are listed in our mailing list. [Click here](#) to register as a member now.

Don't forget to forward this news letter to a friend so that they too can enjoy the home spa news and enter the Valentine's Day raffle. They will love you for it!