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Create Spa Treatments From Kitchen Supplies

By: Jill Scott



Homemade remedies can bring the spa experience to your own home. NY1's Home reporter Jill Scott filed the following report.

A little pampering at a spa is always a treat, but if you are trying to cut back, your skin shouldn't have to pay the price.

The Red Door Spa in Midtown Manhattan shared with NY1 some tips on bringing the red carpet treatment back to one's home.

"For people who have a hard time coming often to the Red Door to enjoy this professional service, we are here to show you a few natural and organic recipes with things that are easily found in the kitchen," says Cornelia Zicu of Red Door's chief creative office.

Too much chocolate may lead to cellulite, but using it on the skin may help eliminate it. Try a body masque made from delicious Nutella.



"Nutella contains hazelnuts, milk and cocoa and these are really strong antioxidants," says Zicu. "It's firming and tonifying the skin and it's hydrating and softening too."

Mix half the jar with 1.5 tablespoons of instant coffee, which contains antioxidants and helps the body shed water. Once the granules dissolve, apply the masque to the skin and cover it with plastic wrap. After an hour's

application, the skin should feel tight and smooth.

Next, having egg on your face may not be such a bad thing.

"This recipe is a very quick wake-up recipe for your skin. You need one egg, a few drops of virgin olive oil and a few drops of lemon juice," says Zicu.

Start by separating the yolk and the egg whites into two cups. Add a splash of olive oil to the yolks and a squeeze of lemon to the whites. Then whisk them both.

First, apply a thin layer of yolk mixture in an upward massaging motion. Then add the egg white mixture on top. Lay flat and let it dry. Finally, use a damp cloth to soften the mask before you wash it off.



For a quick pick-me-up for the eyes, boil a cup of milk and put a chamomile tea bag inside. Let it cool in the fridge, then dip cotton balls in the mix and place them over your eyes. The puffiness will be gone in no time.

Tea is also great for hair, to enhance color and texture. Brew up some chamomile if you have light hair and nettle tea for dark hair. Pour it on after you shampoo and condition and leave it in.

Before you mix any of these recipes, please consider any allergies.

So the next time you're scrambling some eggs or whipping up a batch of cookies, save the ingredients for yourself and you can find a whole new way to indulge.