

13 Ideas on How to Pamper Yourself with a Home Spa

How to Have a Spa Day at Home

When was the last time you spoiled yourself with a deep tissue massage or facial at your local spa? If you've been feeling a little stressed lately and don't have the time or money to go out for a spa day, don't fret. Luckily, there are other ways to indulge in some me time with a spa treatment without leaving the comfort of your home! In this article, we'll give you some [home spa ideas](#) to pamper yourself with so you can sit back, relax, and unwind.



[Image Link](#)

What Products Do You Need for a Home Spa?

Creating the perfect [spa day at home](#) starts with gathering all the different products you need in order to treat yourself like the royalty you are. To help you get started, we compiled a list of items that are essential for your [at-home spa treatments](#) and relaxation time. Don't worry if you find that you don't have everything listed here; your spa day can be simple and still give you the tranquility you need!

1. **Candles:** There's nothing more calming than dimming the lights and lighting a fresh scented candle. Just like any spa you step foot into, the scent of lavender, camomile, citrus, jasmine, or woody musk is enough to make you feel relaxed.
2. **Essential oil diffuser:** Scents affect our mood. But if you're trying to get a calming scent while avoiding the fire hazard that candles impose, add an essential oil diffuser to your [home spa](#) that doubles as interior decor.
3. **Bath robe:** Throw on a comfy robe since you don't need to dress to impress for your [spa day at home](#)!

4. **Bath pillow:** If you're going to self-indulge in the bathtub for a while, then having a [spa bath pillow](#) is a must for maximum comfort. The [Quilted Air Luxury Escape Bath Pillow from Bath Haven](#) is the perfect bathtub accessory for supporting your head, neck, and shoulders and providing a blissful bath-time experience.
5. **Face masks:** Face masks are essential for any skincare routine. Not only do they hydrate and moisturize your skin, but they can also clear breakouts. If you have sensitive skin, it's a good idea to check the product labels first.
6. **Eye masks:** We're all familiar with puffy eyes and dark circles due to lack of sleep. However, eye masks are great for making your skin feel refreshed and less puffy since they usually contain hydrating ingredients like hyaluronic acid and cucumber.
7. **Hair mask:** Using hair masks can be time consuming since they take a little while to sink in and do their magic, but the end results are always worth it. This kind of deep conditioning treatment leaves your hair rejuvenated and gives it some extra nourishment. As a bonus, you can give yourself a head massage while applying your hair mask!
8. **Body scrubs:** Body scrubs are great for exfoliating your skin and getting rid of dead skin flakes. Most products are made with natural scrub particles such as sea salt and sugar. Oils are also often added in to help hydrate your skin.
9. **Moisturizers:** The foundation of any skincare routine is moisturizing. A good spa treatment includes the use of moisturizers on your body to prevent dry skin and soothe conditions like eczema.

How to Create a Spa at Home

Although you have all the necessary products for your [DIY spa day at home](#), you're not quite ready for a full session of relaxation yet; this is because the ideal [home spa](#) also calls for a calming environment and atmosphere! To help you further prepare for your self-indulgence time, here are some additional ideas on how to create the perfect spa setting.

1. Tidy Your [Home Spa](#)

No spa space should ever be messy or cluttered. As we mentioned earlier, the perfect [home spa](#) should prioritize a clean environment in order to produce a calming atmosphere. How will you ever be able to relax if there are piles of clutter and work items sprawled across your room?

So before you start your [at-home spa treatments](#), declutter your spa space in a true Marie Kondo fashion!

2. Improve Your Bath Standards

Did you know that baths are proven to lower stress hormones and blood pressure? When it comes to relieving tension and pampering yourself with a warm or hot bath, you shouldn't settle for plain water. Instead, maximize your bath-time soak session by adding in a bubble bath mix or bath salts for a calming fragrance. Some naturally soothing scents to try are camomile, sandalwood, lavender, and jasmine.

If you don't have a bathtub, you can apply a scented body oil and create your own home sauna with a simple hot shower. The steam will add a relaxing effect along with the fragrances of your choice to help ease your worries away.

3. Clear Any Distractions

We all love technology – sometimes a little too much. When you're trying to clear your mind and relax, having the TV on in the background or looking at your bright phone does the exact opposite. To help ease any stressful thoughts you may have, it's best to keep your mind in the present and live in the moment. That's why it's better to ditch the technology for your **spa day at home** and just meditate or do some breathing exercises. If you want to add to the peaceful atmosphere, you can also put on some calming music.

4. Create a Plant Sanctuary in Your **Home Spa**

Add a bit of life to your **home spa** with some plants! Not only do plants serve as nice decor, but they also filter out air pollutants which can help if you have any respiratory ailments like asthma. Here's a list of some of the best kinds of plants for cleaning indoor air:

- Aloe Vera
- English Ivy
- Bamboo Palm
- Peace Lily
- Spider Plant
- Rubber Tree
- Pothos



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Final Thoughts

Sometimes we get caught up with work in our busy lives, but it's important to remember to set aside some time for yourself every so often. Make sure to treat yourself with a well-deserved pamper session whenever you can, as these self-indulgence days don't always come around. When you do have the opportunity to kick back and relax, you can use these 13 [spa-day-at-home ideas](#) to destress and ease your worries!

Contributing Writer: Rebecca Lee