

Pamper Your Friends With A D.I.Y. Spa Party

(NAPSA)—The Do-It-Yourself (D.I.Y.) spa party is on the rise with women opting for at home pampering versus partying on the town. A “Ladies Night In” can be an inexpensive and exciting way to entertain and enjoy spa treatments such as self-administering facial masks and mini-manicures.

Beauty insider Carolyn Brundage, founder of PrettyCity.com, a Web site that provides women with information on beauty and style, has hosted beauty bashes at some of the poshest spas and salons across the country. Her top ten easy-to-follow tips are perfect for an at-home pampering party:

1. Create a subdued atmosphere by burning candles and playing soothing sounds, or spice things up by having celeb rags easily accessible.

2. Get guests on the road to relaxation by inviting them to don plush, terrycloth robes and slippers.

3. Create a mini-foot massage by layering the bottom of a bowl with marbles before adding warm water. Then, massage those tired toes by running your feet over the marbles while they soak.

4. Try this at-home facial recipe to help refresh your face. Mix one teaspoon of dry active yeast with warm water to create a paste. Apply to freshly scrubbed skin and leave on for 45 minutes. Rinse twice, first with warm water, then with cold water.

5. Treat yourself to a spa-quality manicure but don't attempt to cut cuticles, leave that to the experts. Push cuticles back after soaking hands in warm water. Add a touch of olive oil to a cotton ball before applying nail polish remover to protect cuticles.



You can create a subdued atmosphere at your D.I.Y. spa party by burning candles and playing soothing sounds.

6. Offer spa-type appetizers that are easy to serve and eat such as sushi, fruit kabobs, imported cheeses and petite fours.

7. Serve refreshing and trendy flavored white wines such as Frutézia Orchard Blend and Sunshine Blend, two sun-kissed fruit flavored wines that contain half the alcohol content compared with traditional table wines.

8. Adorn each wine glass with costume jewelry, hooked or wrapped around the stem of each glass, then let your guests take their wine charm home.

9. Keep a cohesive theme. While bridal and bachelorette parties are tried and true, an irreverent *Break-Up Party* can also be a blast.

10. If your budget allows, opt to hire in-home spa professionals from www.spa-parties.com, www.homespasessions.com, or www.mobilespa.com.

D.I.Y. spa parties are a great new way to entertain and pamper those you adore with rejuvenating spa treatments. Your friends will enjoy themselves and leave your party with fond memories and a beautiful afterglow.