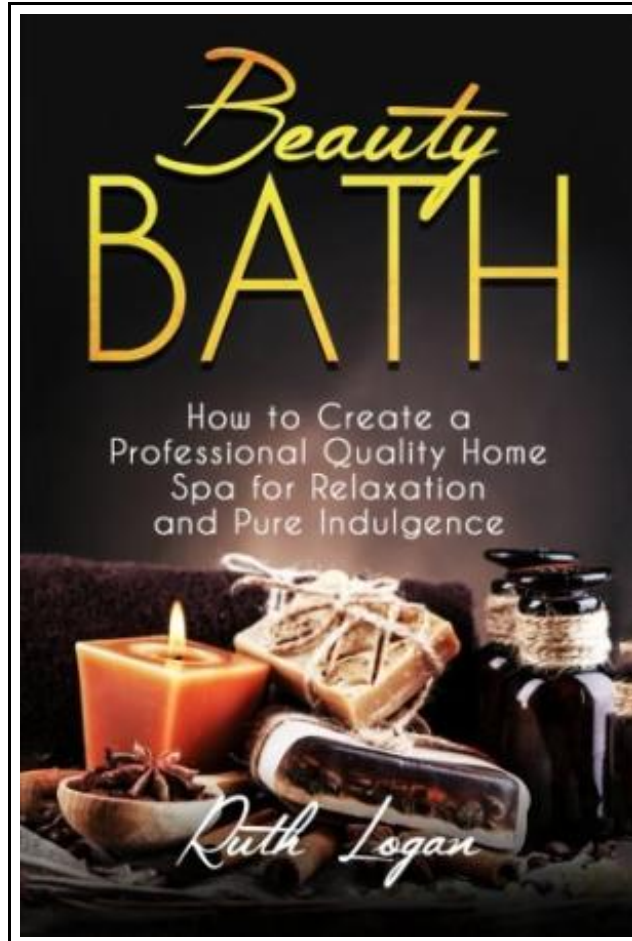


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BEAUTY BATH: HOW TO CREATE A PROFESSIONAL QUALITY HOME SPA FOR RELAXATION AND PURE INDULGENCE



Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Beauty Bath - How to Create a Professional Quality Home Spa for Relaxation and Pure Indulgence Glare at the clock Dash into the bathroom and turn on the taps to fill the bathtub and dash out Glare at the clock Tear all the clothes off your body Dash back in to check the temperature and glare at the clock again before shutting the bathroom door Grab a random handful of bath supplies and get into a half-filled tub that has water that is either too hot or too cold Finish up in the shortest possible time and dash out and glare at the clock Does this scenario sound painfully familiar? If it does, it s probably because it is exactly what we all do on a regular basis. Even on the days when we are determined to not just grab a quick shower and decide to relax in a perfect bath, the reality usually follows the pattern described above. As a result, we are no less stressed than we were before the relaxation effort and have also harmed our skin in the process, by subjecting it to harmful water temperatures and harsh treatment. So why does it happen? One clear reason is the sheer lack of precious minutes that are required to take a rejuvenating and refreshing bath. This is why the clock becomes the most important aspect of this activity. The second and more serious reason is a lack of knowledge about the amazing benefits of a beauty bath. Most people ignorantly assume that the only purpose of a bath (like that of a shower) is to just get clean in the shortest time possible. It is...

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