

Country

ACCENTS®

October 2004

Spa

A DAY AT THE HOME

Treat yourself to some pampering

Shopper's Guide

A Day at the Home Spa

Pages 56-60 Accents from Through the Country Door — 800-659-6473 or www.CountryDoor.com; Alana accessories from Home Interiors — www.homeinteriors.com; room painted in Lavender Twilight with Pure White trim from Glidden — www.glidden.com; Revolution showerhead from Moen — www.moen.com or 800-BUY-MOEN; Moments from SpaGuard — www.spaguard.com; Wonder-Gel nail treatments — at Walgreens; Scented Oils from Air Wick — at retailers nationwide; Elemental Nature Facial from Aveda — 800-328-0849 or www.aveda.com; Idealist Micro-D Deep Thermal Refinisher and Body Performance Creme from Estée Lauder — www.estelauder.com; Going Green Tea Bath from Blooming Grove Herbal Remedies — 973-485-9200 or www.bloominggrove.net; Healing Crystals Lamp and Microdermabrasion System from Artemis Woman, www.artemiswoman.com; Silk Spa from One Minute Manicure — 866-663-6468 or www.silkspa.com; skinsimple from Elizabeth Arden — visit www.skinsimpleonline.com.

Pampering Pleasures

BE SURE TO STOCK YOUR HOME SPA with plenty of products that will help you fully enjoy your time there. There are many products on the market today that are as good — or better — than the products used at top spas. And by using them at home, you can enjoy spa treatments on your own time (and budget!).

FOR THE FACE: Looking for that radiant just-had-a-facial look? Try Aveda's Elemental Nature Facial for Radiant Skin. The creamy masque can be used at home any time for radiant, smooth skin. Microdermabrasion treatments are one of the most popular procedures requested today, but time and cost make it a difficult luxury to enjoy. Estée Lauder's new Idealist Micro-D Deep Thermal Refinisher is a gentle at-home alternative that revives and renews skin. A Microdermabrasion System from Artemis Woman includes a battery-powered handheld unit used to exfoliate the face with scrubs that also infuse the skin with pure essential oils. The scrubs are made with finely ground gemstones and natural sugar crystals. If you want to start a basic skincare regimen, but don't want to spend the time experimenting with multiple products, try the Skinsimple line from Elizabeth Arden. This affordable collection of products includes a great starter kit that contains all you need for healthy skin in one box.