

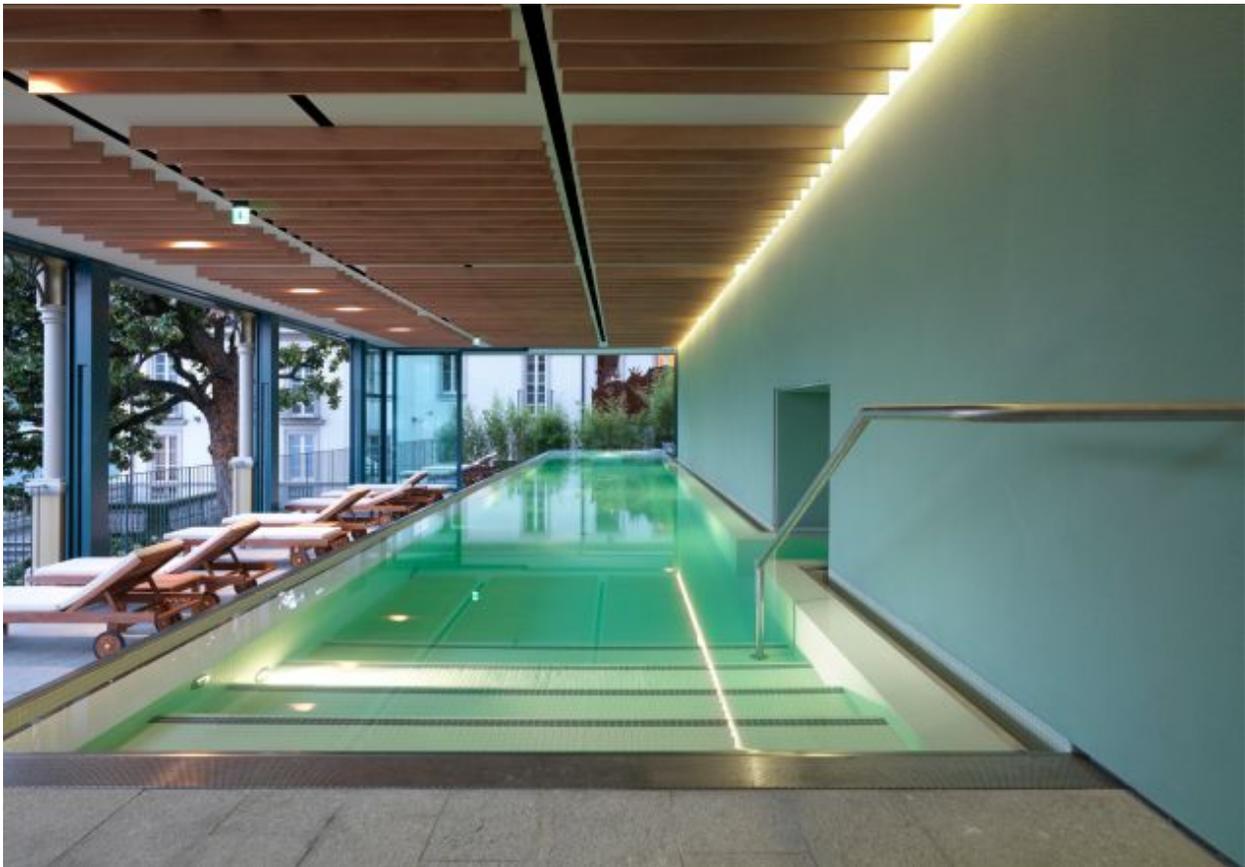
OBSERVER

The Best At-Home Hotel Spa Treatments to Try Right Now



It's a stressful and scary time right now, as we all do our best to practice social distancing and stay at home in the midst of the coronavirus pandemic. COVID-19 has impacted daily life in a myriad of ways, as we transition to a new routine that often consists of staying in a rather small space for 24 hours a day. While a trip to a day spa to ease some of the stress and tension isn't in the cards anytime soon, you can still treat yourself to a little at-home relaxation right now.

We spoke with top wellness and spa experts from the most luxurious hotels around the world for their tips on how to bring some pampering and self-care into your life at home right now, using items you probably already have in your household. Below, see a few of our favorite rituals, including an at-home hammam, olive oil hair mask, coffee scrub and baking soda bath.



Support your immune system with Vitamin C-infused treatments.

“To stay healthy during this time, I recommend consuming a blend with lemon balm, wild orange and peppermint,” says Martina Zecca, Spa Director at Lake Como’s glamorous Grand Hotel Tremezzo T Spa. “It can be drunk as an infusion beverage or physically applied to the face as an anti-bacterial and anti-viral solution to reinforce the immune system, due to the Vitamin C included.”

Mix a face mask with orange juice and honey.

Linnea Robertson, the Spa Director at Newport Beach's Balboa Bay Resort, recommends making your own honey citrus face mask. "It's great for dull or tired skin, as it gives skin a bright and dewy glow. A simple at-home face mask like this will help break up your daily routine and keep your skin healthy and fresh." Combine three tablespoons of orange juice and one-fourth cup honey, and leave the mask on for 15 minutes.

Spend extra time on your tresses with olive oil, honey, green tea and coconut oil.

"Our hair is an amazing gift of nature. It is a natural extension of the nervous system and is said to transmit important information to the brain," explains Marc Belmonte, the Director of Avalon Holistic Beauty Lab at [Preferred Hotels' Palmaïa – The House of Aïa](#) in Cancun. "From a spiritual perspective, it can actually help raise the Kundalini energy (creative life force), which increases vitality, intuition and tranquility. Olive oil is one of the best ingredients for hair health, thanks to its high content of Vitamin E and antioxidant properties. It's totally effective in stopping the damage of sun exposure on hair, while moisturizing, nourishing and providing incredible shine. Or, instead of conditioner, apply honey from the middle of the head through to the ends; it hydrates skin and combats dandruff and irritation. Leave on for a few minutes before washing thoroughly. Green tea also has magical properties. Applied directly to the scalp and hair, it stops hair loss, relieves stress and prevents premature aging. Coconut oil is a fantastic natural conditioner to reverse hair and scalp damage. After shampooing, apply three tablespoons of coconut oil to damp hair, rubbing it from roots to ends. Leave in for 30 minutes before thoroughly rinsing with warm water."



Whip up the Montage Signature Scrub at home with at-hand items.

“Mix together a half-cup of granulated sugar, half-cup coconut oil and half-cup essential oil,” per Patrick Huey, Spa Director for Preferred Hotels’ Montage Hotels and Resorts. “It’s nourishing for the whole body, and we recommend using this scrub on your hands—because all of the extra hand washing we are doing today, our skin can become quite dry.”



Whip up a hair mask with avocado and eggs.

Mimma Badalamenti, the lead stylist at the Spa at Eau Palm Beach, has a home-care hair mask to help you give your tresses a little extra love right now. Smash a half of an avocado, one egg and a tablespoon of honey (if you're blonde, add in a tablespoon of lemon juice, too), and add water to the mix. "Apply to dry hair, starting from the scalp. Leave it on for 15 minutes with a shower cap or plastic wrap, followed by a warm, moist towel for five minutes. Wash out with a light shampoo."