



105 Turn Your Home into a Personal Spa

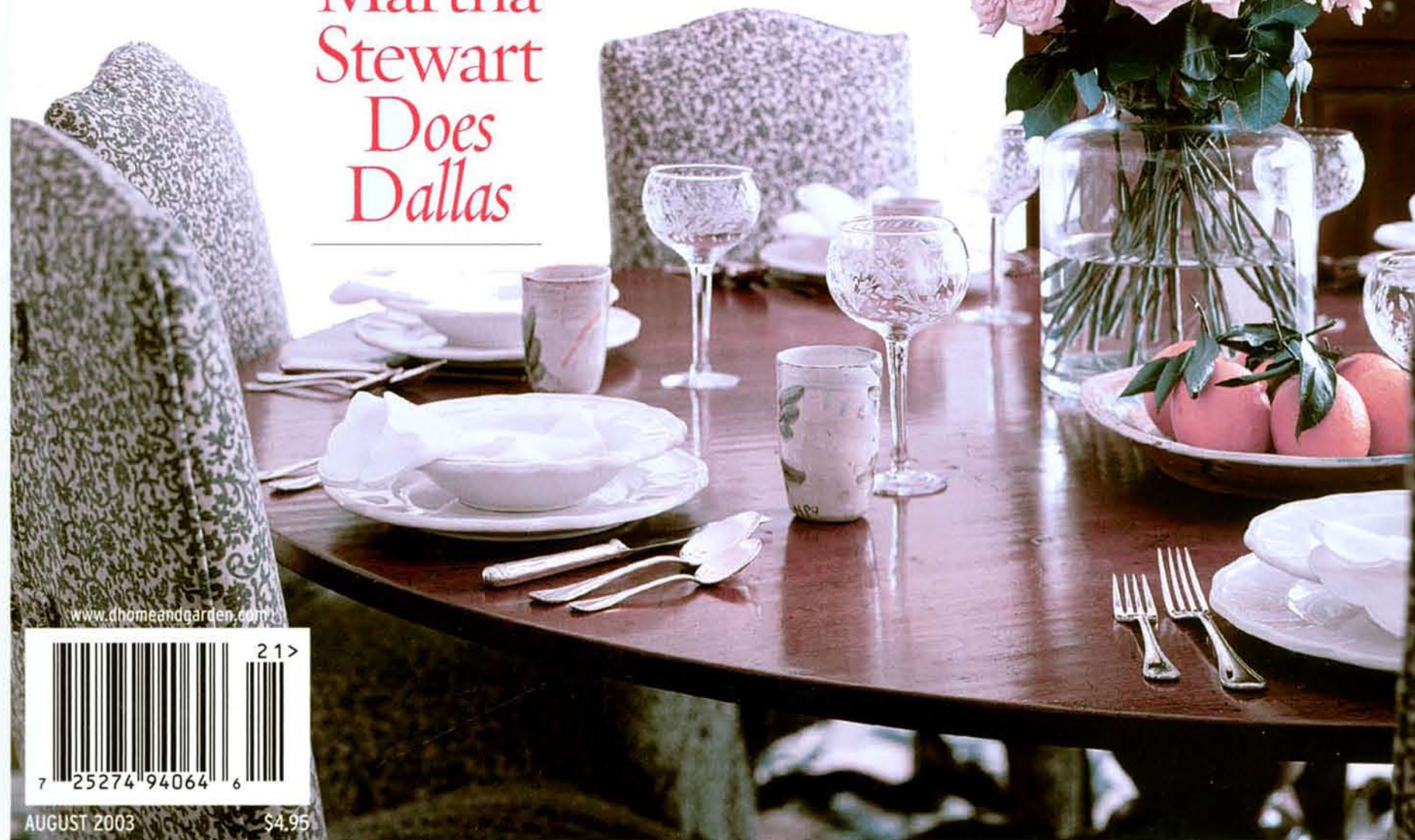
110 Easy Floral Arrangements

112 Cool Recipes for the Summer

BEFORE & AFTER

Kitchen and Bath Remodel Ideas

Martha Stewart Does Dallas



The Party

by JANET ROSELL

A Day Spa at Home

Here's the perfect girlfriend party: yoga, facials, massages, guilt-free food, and a chance to catch up.



DO-IT-YOURSELF SPA TREATMENTS

For the Body

Body-smoothing Apple Polish
Core, peel, chop, and mash one large, overripe apple. Stir in 1 cup sugar. In the shower, rub mixture on dry spots, such as elbows and heels. Rinse and follow with lotion.

For the Face

Perfect-your-complexion Facial (for normal to oily skin)
Stir 1/2 cup cornmeal and 2 tablespoons milk into a paste, then use to gently scrub skin. Rinse and pat dry. Mix 1 teaspoon honey and one egg white until blended. Apply mask to face, let it dry, and then rinse. Mash one banana and 1 tablespoon avocado together. Apply to skin and leave on for 10 minutes. Rinse one last time, and finish with your regular moisturizer.

For the Feet

Milk & Honey Foot Treatment
Mix 2 cups milk and 1 cup honey in a foot basin or bath. Soak for 10 minutes, massaging mixture into feet.

For the Hair

Fruit-smoothie Hair Mask
In a blender, combine 1/2 banana, 1/4 avocado, 1/4 cantaloupe, 1 tablespoon wheat germ oil, and 1 tablespoon yogurt. For extra conditioning, squeeze in the contents of one vitamin E capsule. Apply to hair. Leave in for 20 to 30 minutes. Shampoo and rinse.

Source: Salon Pompeo, 3227 McKinney Ave., Ste. 103. 214-979-0440.



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