

12 Best DIY Home Spa Recipes for Skin and Hair

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Women have always been conscious of their physical appearance and self-image, and most of us leave no stones unturned in our quest to achieve flawless, youthful skin and gorgeous tresses. In order to achieve these two things, most of us are ready to try anything and everything. And the latest trend in skin and hair care is opting for luxurious and elaborate spa treatments that definitely give you gorgeous skin and hair but in most cases are quite expensive. But what if I told you that there are several easy and inexpensive spa recipes for both skin and hair that you can easily try at home? Yes, it's true! In this article, we have listed 12 DIY Spa recipes for skin and hair that have been selected from the best [glowing skin home remedies](#) of all times.



6 DIY Face and Body Spa Recipes

Now, pamper your skin with the richness of natural ingredients with these easy to prepare skin spa recipes and enjoy the experience of salon spa treatment in the comfort of your home without burning a hole in your pocket.

Avocado and Honey Facial Mask

What better way to intensely moisturize and hydrate your skin than with a nourishing avocado and honey mask made of creamy avocados and rich honey? The potential humectant properties of organic honey make it an essential ingredient for facial skin care. Honey is one of the best [natural remedies for dry lips](#) and dry skin whereas avocados are a potent source of healthy omega 3 fatty acids. The combination of avocado and honey makes this one of the most nourishing spa facial masks that you can prepare easily at home.



Ingredients:

- Avocado – 1/2
- Organic Honey – 1/2 cup

Spread a clean cloth soaked in warm water over your face in order to open the pores. Then apply the face mask made of mashed avocado and honey on the face and neck and leave it on for 30 minutes. Wash your face generously with warm water and then splash some cold water in order to shrink the pores. Use this natural spa mask once every week to prevent dryness of the skin.

Carrot and Oatmeal Spa Face Mask

When it comes to weight management, [carrot juice for weight loss](#) is extremely useful, but carrots are also a popular ingredient for homemade beauty recipes. Carrots are loaded with minerals, vitamins C, D, K and E along with B vitamins and Beta-carotene, all of which help in making the skin youthful and glowing by increasing the production of collagen in the skin cells. Carrots are especially useful for preparing winter SPA masks because it supplies all the necessary nutrients to the skin during the harsh and dry winter months.



Ingredients:

- Freshly Grated Carrots – 2 Tablespoons
- Oatmeal 0 1 Teaspoon
- Lemon Juice – 1 Teaspoon
- Egg Yolk – 1/2

Put all the constituents in a glass container and mix till it forms a smooth mask. Apply it evenly on the face, neck, and other body parts if you want. Leave it on for 20 minutes and then wash off with lukewarm water. You can apply this face mask regularly on your skin in order to get even skin tone.

Oatmeal and Yogurt Pack

When it comes to healthy foods for weight loss, there is nothing like oatmeal. The relation between [oatmeal and weight loss](#) has been known since decades. But most of us are not conscious of the fact that oatmeal is also an amazing skin friendly product that is often included in DIY SPA ideas. The beta-glucans found in oatmeal have a soothing and tightening effect on the skin which helps in reducing inflammation and effects of skin aging. It also helps the skin to appear youthful and glowing. The lactic acid present in sour yogurt works as a mild natural bleach and removes age spots, blemishes, scars, tan and pigmentation from the skin.

**Ingredients:**

- Finely Ground Oatmeal – 1 Tablespoon
- Plain Yogurt – 2 Tablespoons
- Honey – 1 Teaspoon

Put all the components in a mixing bowl and mix thoroughly to form a thick paste. Apply this blend on the face and massage in a circular motion for 5 minutes. Leave it on for another 15 minutes and

rinse off with lukewarm water. Reapply this mask twice every week to gently exfoliate your skin and make it feel smooth and refreshed.

Natural Chocolate Facial Mask

Who wouldn't want to indulge in the sinfully delicious taste of chocolate? But it is a lesser known fact that chocolate is also an amazing spa skin care ingredient for pampering your skin. It not only makes the skin soft, silky and smooth, but also makes the skin moisturized and hydrated while leaving it smelling romantic and delicious. The antioxidants present in chocolate neutralize the cell damage caused by oxidative stress. This is an amazing [face pack for glowing skin](#) which is so delicious that you might be tempted to lick it!



Ingredients:

- Cocoa – 1/3rd Cup
- Heavy Cream – 3 Tablespoons
- Cottage Cheese – 2 Teaspoons
- Honey – 1/4th Cup
- Oatmeal Powder – 3 Teaspoons

Mix all the materials in a large bowl and make sure it achieves a smooth consistency. Apply this concoction evenly on the face and relax for 15 to 20 minutes. Wash off thoroughly with warm water. Reapply this chocolate mask once every week to get gorgeous and flawless skin.

Apple, Sugar and Cinnamon Body Polish

Apples are well known for their skin-friendly vitamin A and C that not only promote collagen production in the skin but also the regeneration of new skin cells. The mineral copper found in apples helps in melanin production which protects the skin from harmful UV rays of the skin. The malic acid present in apples works as an exfoliating enzyme which removes dead skin cells and dirt from the external layer of the skin. The combination of apples with cinnamon and sugar makes it one of the best skin care recipes to enhance skin tone and is the ultimate answer to the question of [how to get rid of dead skin cells](#) naturally.

**Ingredients:**

- Grated Puree – 2 Tablespoons
- Brown Sugar – 1 Tablespoon
- Granulated Sugar – 1 Tablespoon
- Cinnamon Powder – 1/2 Teaspoon

Blend all the ingredients in a glass bowl by stirring it thoroughly. Apply the body polish all over your body and scrub in a soft circular motion using a loofah or washcloth. Pay special care to the elbows, knees and heels. Rinse well and apply a deep moisturizing body lotion. If you plan to use this scrub on the face, just make sure to leave out the granulated sugar.

Home Spa Coffee Body Scrub

Although there are numerous disadvantages of coffee for those who have insomnia or sleeping disorders, there is no way to contradict the fact that coffee gives us a boost of energy to go about our everyday chores. Coffee also holds an important place in DIY SPA recipes thanks to its powerful skin exfoliating properties. While the coarsely ground coffee and sugar removes dead, flaky skin cells and dirt from the skin surface; the natural oils moisturize and smoothen the skin in an intense manner.



Ingredients:

- Coarsely Ground Coffee – 2 Cups
- Raw Sugar or Sea Salt – 1/2 Cup
- Olive Oil or Sunflower Oil – 3 Tablespoons

Take a hot shower to relax your skin and open the pores. Now, mix all the ingredients thoroughly in a bowl and massage the mixture all over your body using prominent circular strokes, rub it onto the skin with strong pressure for 5 minutes. Take a shower and apply a thin layer of moisturizer or body lotion on your skin. It also helps in removing cellulite from the body. Reapply this scrub once every week.

6 DIY Hair Spa Recipes

A hair spa involves 3 basic steps – deep conditioning or massaging, application of the hair pack or hair mask and rinsing. In this article, we have mentioned some oil massaging recipes as well as hair mask and hair pack recipes so that you can enjoy complete hair spa treatments at your home.

Olive oil, Almond Oil, Sesame oil and Coconut Oil Hair Massage

The first step for a perfect natural hair spa treatment is a scalp massage using a natural oil or a combination of a few natural oils that promote healthy hair. In this recipe, we have included all the natural oils that are known for their benefits for healthy hair. An effective [homemade tips for hair growth](#) must include an oil massage. It improves blood circulation to the scalp and hair follicles and promotes hair growth.



Ingredients:

- Olive Oil – 1 Teaspoon
- Almond Oil – 1 Teaspoon
- Coconut Oil – 1 Teaspoon
- Sesame Oil – 1 Teaspoon

Mix equal portions of olive oil, almond oil, coconut oil and sesame oil in a bowl and massage it thoroughly into your scalp. Make sure the oil covers all the hair strands right from the roots to the tips. Immerse a towel in warm water, squash out the excess water and wrap this warm towel over your head in order to cover the hair. Wait for 15 to 20 minutes and then move to the next step of the hair spa treatment.

Vitamin E Oil, Olive Oil, and Coconut Milk Hair Massage

One of the best ways to have healthy skin and hair during the monsoon season is undergoing a nourishing and refreshing hair and body spa treatment which helps in conditioning and moisturizing the rough and frizzy hair strands. Both vitamin E oil and olive oil are essential for hair growth because they supply necessary nutrients to the hair follicles. Coconut milk nourishes and conditions the hair, and makes it shiny and manageable so is often included in homemade [masks for dry hair](#).



Ingredients:

- Vitamin E Oil – 4 to 5 drops

- Olive Oil – 2 Tablespoons
- Coconut Milk – 3 Tablespoons

Pour all the ingredients in a glass bowl and mix thoroughly to form a smooth concoction. Spread it over the scalp and hair uniformly and massage your scalp with your fingers for 5 minutes. Soak a towel in warm water, squash out the excess water and wrap this warm towel over your head in order to cover the hair. Wait for 15 minutes and then move on to the next step of the hair spa.

Avocado and Honey Hair Mask

Application of a hair mask is the next important step involved in a hair spa treatment. It works as a deep conditioning treatment to make the hair soft and silky. The healthy fats present in avocado and heavy cream possess emollient properties that penetrate into the hair strands readily and honey locks moisture into the scalp and helps maintain the moisture balance of the scalp at an optimum equilibrium which is neither too dry nor too oily. It is undoubtedly one of the best natural [hair fall remedies](#) available.



Ingredients:

- Avocado -1 Peeled and Cut into Small Cubes
- Honey – 1 Tablespoon
- Heavy Cream – 2 Tablespoons

Empty all the ingredients in a blender and blend them to form a smooth paste. Wash your hair and apply the concoction on wet hair. Wear a shower cap to inhibit the hair pack from dripping. Wait for 20 minutes and rinse off thoroughly with water and wash your hair with a mild shampoo followed by a conditioner.

Banana and Egg Hair Pack

Although this modest fruit is ignored by health conscious people because of its high-calorie content, bananas are actually loaded with various other nutrients like vitamins and minerals that make it an important ingredient in home spa recipes. The potassium and natural oils present in ripe bananas increases the natural elasticity of hair, thereby preventing breakage and split ends. It also helps in

softening the hair strands by closing open cuticles. Eggs are one of the [best natural protein sources](#), integral to improving overall hair health.



Ingredients:

- Ripe Banana – 1
- Egg – 1
- Honey – 2 Tablespoons
- Milk – 3 Tablespoons
- Olive Oil – 2 Tablespoons

Mash the banana and add the beaten egg, honey, milk and olive oil to it. Mix thoroughly to form a smooth blend. Apply this hair pack evenly on your hair and cover it up with a shower cap. Wait for 30 minutes and then rinse your hair well with water. Wash your hair with a mild shampoo followed by a conditioner.

Coconut Milk Hair Mask

Regular coconut oil massage is the best solution to the question of [how to stop grey hair naturally](#). But other than coconut oil, pure coconut milk is also beneficial for hair care. Coconut milk is a useful ingredient for hydrating dull and dry hair which helps in preventing breakage, split ends, and frizzy hair. The healthy fats present in coconut milk are readily absorbed into the hair follicles. It supplies necessary nutrients and moisture to the hair thereby making them strong from the root. It is one of the best natural hair masks to prevent hair fall and promote hair growth.

**Ingredients:**

- Coconut Milk – 1 Cup
- Essential Oil – Few Drops (Optional)

Crush some coconut flesh to extract fresh coconut milk from it. Collect this milk in a bowl and refrigerate it for 1 night. Apply this cream on your scalp and hair the next morning by dividing your hair into 4 or 5 sections. Apply it properly on the scalp and hair roots. Don't forget to cover the tips of the hair which are more prone to damage, split ends and breakage. Leave it on for 20 to 30 minutes and then wash off with a mild shampoo. Reapply this simple hair mask once very week to heal and repair damaged hair.

Mayonnaise and Honey Hair Mask

Mayonnaise is an easily available and inexpensive ingredient that can be used in DIY spa recipes for deep conditioning hair masks because it strengthens the hair shafts with the goodness of eggs and increases the strength and volume of hair. Mayonnaise supplies L-cysteine to the hair strands, which is a powerful antioxidant. Research shows that amino acid L-cysteine makes up 18% of the hair, and it is a keratin forming substance that promotes hair growth density.



Ingredients:

- Mayonnaise – 1 Cup
- Honey – 1 Tablespoon

Mix the constituents in a glass bowl and apply it thoroughly to damp hair coating each and every hair from root to tip. Cover your hair with a shower cap and wrap a warm towel around it. Wait for 20 minutes and then wash the pack off thoroughly with water. Use a mild moisturizing shampoo to cleanse out hair. Reapply this hair mask once every month to keep your hair smooth and shining.

These useful home spa recipes will definitely solve all your skin and hair problems. So, what are you waiting for? Bedazzle the world with your salon styled hair and skin by using these easy and effective spa based skin and hair care recipes. Don't forget to share your homemade skin and hair care remedies with us.

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