At Home Spa Day Sanctuary

Your complete prep checklist and relaxing sequence

Transform your standard bathtub into a luxurious retreat. Follow this structured sequence for a deeply relaxing, professional-level experience at home.



Sanctuary Setup Times

5 mins
steam time; crush leaves for scent

10-15 mins
melt time; skin-safe massage wax

1-2 cups
magnesium flake soak per tub size

10 mins
heat time; pre-warmed towel roll

1 hour
chill time; iced spa water carafe

Monitor the heat

Keep water lukewarm at 98 to 100 degrees Fahrenheit rather than scalding to prevent dizziness, allowing your body to relax without straining your cardiovascular system.

The Spa Day Sequence

1. **Dry brush limbs** Brush upward toward the heart before getting wet to begin your wellness ritual.
2. **Mineral soak** Rest in the warm mineral bath for twenty to thirty minutes.
3. **Massage wax** Massage the warm melted candle wax onto damp skin to lock in moisture.
4. **Rest and breathe** Lie down in a quiet, dedicated space for at least fifteen minutes.

Choosing Your Bath Minerals

Find your row: **Your soak goal**

Your soak goal	Your pick	Why
Muscle recovery	Magnesium flakes	Very fast dissolve, minimal tub residue
General soak	Epsom salt	Moderate dissolve, moderate tub residue
Skin exfoliation	Sea salt	Slow dissolve, high tub residue

Sanctuary Prep Checklist

- [ ] Wrap natural twine tightly around stems three times.
- [ ] Maintain a twelve-inch clear radius around the flame.
- [ ] Warm two fluffy white towels before drawing the bath.
- [ ] Slice cucumbers thinly on a mandoline for rapid infusion.
- [ ] Place a wooden bath tray securely across tub edges.
- [ ] Keep a dedicated glass jar of flakes near tub.

Sanctuary Safety Checks

- ○ Verify massage candle is cosmetic-grade soy or coconut wax.
- ○ Check that towels are 600 to 800 GSM long-staple cotton.
- ○ Confirm stool material resists moisture, like teak, hinoki, or bamboo.
- ○ Ensure twine is natural, avoiding degrading rubber bands or plastic.

Spa Day Notes

Enjoy your beautifully curated sanctuary and deeply restorative soaking ritual.