2-Hour Home Spa Schedule

Transform your small bathroom into a restorative retreat.

Follow this precise timeline to prep, soak, and completely unwind. Keep the physical schedule on your bath tray to avoid screens.



Spa Day Essentials

1/2 cup
rolled oats for mesh bag soak

100°F
water temp for magnesium soak

30 seconds
microwave time for damp hot towel

3 to 5
battery amber lights on tray

5 to 10 mins
time in dry brush prep zone

2 cups
magnesium flakes for muscle relaxation

16 ounces
cool water to drink during cooldown

Calming Aromatherapy

Mix one tablespoon of dried lavender buds into your oats before tying the muslin bag to release a beautiful scent without buying expensive bath bombs.

The Spa Timeline

1. **Room Prep** Take 15 minutes to arrange your bamboo tray, lighting, and clear your immediate visual field.
2. **Dry Brushing** Spend 20 minutes brushing completely dry skin, then shower off very quickly with lukewarm water.
3. **Magnesium Soak** Relax in the bathtub for 45 minutes, focusing entirely on deep, rhythmic breathing.
4. **Rest & Cooldown** Apply rich body oil within 3 minutes, wrap in a heavy robe, and rest for 40 minutes.

Styling Your Spa Space

Find your row: **Bathroom's base colors**

Bathroom's base colors	Your pick	Why
White or beige tiles	Minimalist Neutral Spa	Matte ceramics minimize visual clutter.
Dark or gray tiles	Moody Slate Retreat	Rich brass accents glow beautifully.
Stark white fixtures	Earthy Clay Sanctuary	Terracotta and walnut bring warmth.

Check Before You Soak

- ◯ Ensure your tub spout can securely hold a hanging muslin bag.
- ◯ Verify your bathroom door can stay slightly cracked for proper airflow.
- ◯ Check hand towel tags to confirm they are 100 percent heavy-weight cotton.
- ◯ Confirm your wooden bath tray balances safely across your tub rails.

Spa Day Notes

Enjoy your beautifully serene retreat and let every ounce of tension melt away.