

Spa Day Party!

September, 2007

MENU IDEAS – FONDUE

SUPER EASY CHEESE FONDUE

- 1 large block of Velveeta cheese
- ¼ - ½ cup white wine or chicken broth

Cut up the cheese into small cubes. Start with ¼ cup of liquid in a medium saucepan, over med-low heat, stir until melted. Add more liquid if needed.

Can be done in the microwave.

Dip with apples, grapes, potatoes, bread, carrots, & broccoli

FUDGY CHOCOLATE FONDUE

- 1 bag milk chocolate chips
- 1 can sweetened condensed milk
- ¾ cup milk

In small saucepan, mix all ingredients over medium heat. Stir until thick and fudgy (about 15 minutes).

Dip with apples, grapes, strawberries, pound cake, angle food cake, pretzels, marshmallows, cookies & rice crispy balls

CHOCOLATE FACIAL MASK

Recommended for normal skin.

- 1/3 cup cocoa powder
- 3 tbsp. heavy cream
- 2 tsp. cottage cheese
- ¼ cup honey
- 3 tsp. oatmeal

Mix all ingredients together (a bullet blender is ideal) and smooth onto face. Relax for ten 10 minutes, then wash off with warm water.

STRAWBERRY HAND AND FOOT EXFOLIANT

Strawberries contain a natural fruit acid which aids in exfoliation.

- 8-10 Strawberries
- 2 tablespoons Apricot Oil (you may substitute olive oil)
- 1 teaspoon of coarse salt, such as Kosher Salt, or Sea Salt

Mix together all ingredients into a paste, massage into hands and feet, rinse, and pat dry.

LEMON LIP GLOSS

- 1 tsp Honey
- 1 T Vitamin E Oil
- 1 tsp. of Aloe Vera
- 2 tsp of grated beeswax
- 1 T pure almond extract
- 6 Drops of Lemon Essential Oil

Melt beeswax, remove from heat and while constantly stirring - Add honey, Aloe Vera, Almond extract, Vitamin E. Add the Lemon essential oil last.



<http://www.spaindex.com/HomeSpa/HomeSpa.htm>
has even more ideas!



SINCERELY, KRISTEN