

## Pamper Yourself with a Bathroom Makeover

After a long day at the office or catching up with chores around the home you can often feel like an ugly blob: your skin feels terrible, your hair's a mess and there's nothing left of your nails. You don't need to spend a fortune at a salon to remedy this, however.

With these helpful tips you can make yourself feel as beautiful as you deserve from the comfort of your own bathroom. You might not have all the oils and the mud of top spa resorts but that doesn't mean you can't make the most of what there is at hand. One way to bring the spa to your home is with a steam shower – you can find [more information](#) here on how to make on of the best health and beauty investments.

On the topic of steam, it can do wonders for your face and body: it opens up the pores and loosens any dead cells and dirt that may lead to spots later on. The rest of your body will benefit from an increase in blood flow, helping to ease any aches and pains in your muscles and joints. Staying with the face, steaming your face is incredibly easy to do and can make you feel rejuvenated afterwards; simply fill a large bowl of very warm water, drape a towel around your head and place yourself above the bowl with the towel surrounding it. Then it's just a matter of letting the steam do its magic – even sweating helps detoxify your body. For a extra boost in beauty add a few drops eucalyptus essential oil to give the steam a relaxing fragrance and help smoothen your skin. For some extra face steaming advice check out [How Stuff Works](#).

Now that your face is feeling fresh, it's time to sort out your hair. To take the best care of your hair means adapting to your kind of hair, whether it's oily, dry or somewhere in between. Changing your diet can go a long way to helping these problems – salads and fresh fruit and vegetables can assist with oily hair, and nuts, pulses and brown rice can help put moisture in dry hair. To get a salon-style look then take a leaf out of the professionals' book and brush your hair when wet, going from centre to ends and then scalp to centre holding a handful of hair at a time. Spray a small amount of perfume on the brush and you'll have luxuriously-smelling hair, ready for any occasion.

Of course, you can't forget to makeover the bathroom itself to help you achieve the pinnacle of beauty: the aforementioned steam shower can bring the relaxation and beautifying powers of a sauna to you bathroom, while a whirlpool bath can really help you unwind while cleansing yourself. Follow these tips and not only will you feel beautiful but you'll also help yourself unwind, getting rid of all that stress built up which the BBC says [may lead to heart attacks](#). Give yourself a moment's peace in your own bathroom and just forget about the world.