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**Is Holiday Shopping and Cooking Running You Down?  
With Cash Dwindling On Gifts For Loved Ones  
How Can Women Pamper Themselves This Holiday Season?  
The Solution: Oasis At Home  
Beauty Experts from Manhattan's Premier Spa Give  
Self-Help Tips for Ultra Great Skin Without the Ultra Expense**

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**New York, NY November 13, 2002** - Don't you wish that you could use that great spa sugar scrub or citrus mask to give your face and body that ultimate glow more often? As these procedures can be timely and of course quite expensive, going to a spa once or twice a week is certainly out of the question for most. So how can we look great all the time without putting a big strain on our wallets? Fortunately, secrets have been divulged and lucky for us, we don't have to go any further than our own pantry. Jaime Trompeter, beauty expert at Oasis On Park, gives some at-home skin treatments that are simple, affordable and work wonders on the face and body.

**Brown Sugar, Olive Oil and Ginger Body Scrub:** Mix 2 cups of brown sugar with 1 cup of olive oil and ginger. Mix well. Using circular motions, exfoliate your entire body, paying extra attention to rough elbows, heel and knees. Rinse with a body wash and wet washcloth. Towel dry. Results are soft, supple, glowing skin.

**Camomile Tea Bags Eye Relaxer:** To soothe tired eyes, steep tea and place in a bowl of cool water. Drain tea bags and apply to closed eyes for 15 minutes. Results are relaxed, revitalized eyes.

**Milk and Honey Foot Treatment:** Mix 2 cups of milk with 1 cup of honey in large foot basin. Soak feet for 15 minutes while messaging mixture into the feet well. Results are super soft and smooth tootsies.

**Eggwhites and Orange Citrus Face Mask:** (normal to oily skin) Mix 2 egg whites with ¼ cup of fresh orange juice. Apply to the face and let sit for 15 minutes until dry. Rinse well with warm water. Results are tightened pores and brighter skin.

**Oatmeal Face Mask:** (sensitive skin) Mix oatmeal with boiling water as directed on packet. Let cool. Apply to face and let sit for 15 minutes. Rinse well with warm water. Results are a radiant, hydrated glow.

**Avocado Hair Mask:** (normal to dry hair) Mash 1 whole avocado until it becomes a creamy texture. Apply to damp hair and let sit for about 20 minutes. Rinse hair well with shampoo and condition if necessary. Results are softer, shinier and bouncier hair.

**Vaseline Foot and Hand Treatment:** Apply a liberal amount of Vaseline (or any petroleum jelly) to the hands and feet at night. Put on cotton socks and gloves and leave on overnight. Results are remarkably soft hands and feet.

These days, looking and feeling beautiful does not have to leave you penniless. Marti's simple treatments work well on a daily and weekly basis, yet it never hurts to indulge once in a while for some professional R and R.

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