



LA ESPAÑOLA OLIVE OIL

Home Spa Series ebook

5 BEAUTY TIPS AND EXPERT ADVICE FROM OUR
INSTAGRAM HOME SPA LIVE SERIES

A warm, inviting home spa scene. In the foreground, a white ceramic cup of coffee with a latte art design sits on a matching saucer. To the right, a thick, white pillar candle is lit, casting a soft glow. The background is filled with lush greenery, including eucalyptus leaves and small white flowers, creating a serene and relaxing atmosphere. The entire scene is bathed in soft, natural light, suggesting a peaceful morning or afternoon.

Home Spa Live Series

We teamed up with some amazing beauty bloggers this summer to teach us how bring a little glam into our lives with their expert advice and tips.

Using Instagram live these beauty bloggers took us into their homes and taught us how to make their diy beauty products. We have now created this ebook so you can enjoy them all over and over again!

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JAMIE ROCKERS'

Olive Oil Hair Mask



@beautyrocksblog

www.beautyrocksblog.com

WHAT YOU WILL NEED:

2tbsp LA ESPAÑOLA EXTRA
VIRGIN OLIVE OIL

A TOWEL
(to protect your clothes)

AN EMPTY SPRAY BOTTLE
/ APPLICATOR BOTTLE

STEP ONE

Gently warm olive oil. If you put a little on your wrist it should feel warm, not hot. Wrap the towel around your shoulders.

STEP TWO

Apply in sections and work through hair using applicator. This works best for thick or naturally curly hair, or hair that has been chemically treated or coloured. For fine hair, it might make it feel heavy or weight it down, so apply to the ends only.

STEP THREE

Leave in for 15-30 mins depending on your hair type. Alternatively if you've got a shower cap you can leave it on overnight - but don't forget to cover your pillow with a towel!

STEP 01



STEP 02



MICHELLE BROWN'S

Exfoliating Scrub



@michelle_elia_brown

WHAT YOU WILL NEED:

3tbsp LA ESPAÑOLA PURE
OLIVE OIL

3tbsp GRANULATED
SUGAR

OPTIONAL

SQUEEZE OF LEMON JUICE

VANILLA EXTRACT

LAVENDER DROPS

FOOT SCRUB



CUTICLE RUB



METHOD

Mix La Española Pure Olive oil with granulated sure and any optional extras in a small bowl.

CUTICLE RUB

As part of your home manicure prep, you can use the exfoliant on your cuticles to remove any dead skin. Massage into your cuticles and leave on for a minute or two. Rub off and then using some cotton wool, apply a little more olive oil onto your cuticles to leave them soft and shiny.

FOOT SCRUB

Soak feet in lukewarm water for a couple of minutes to soften. Remove them out a dry thoroughly. Take a handful of the scrub and rub it all over your feet. It will leave them feeling fresh and smooth.

LEILA LACI'S

Lip Balm



@mylittlekeepers

www.mylittlekeepers.com



WHAT YOU WILL NEED:

2 tbsp LA ESPAÑOLA
EXTRA VIRGIN OLIVE OIL

2 tbsp BEESWAX

3 DROPS LAVENDER
ESSENTIAL OIL (optional)

1 SMALL TIN

STEP ONE

Gather all ingredients and keep them close by before you begin as these lip balm will dry quickly

STEP TWO

Heat olive oil, beeswax in small pot or just one minute in microwave until all ingredients are melted

STEP THREE

Mix all ingredients well until you have a liquid consistency. Then immediately & carefully transfer to your tin. Add drops of essential oils and place in the refrigerator for about 15 minutes or until it is completely dry and hard.

STEP FOUR

Remove from refrigerator and apply as needed. Keep olive oil lip balm in a cool dry place.

STEP 02



STEP 04



MONICA TOROSIANTS'

Beauty Hacks



@stylinglifetoday

www.stylinglifetoday.com

WHAT YOU WILL NEED:

HAIR TREATMENT MASK

1/3 CUP OF CONDITIONER

2-3 tsp LA ESPAÑOLA
PURE OLIVE OIL

SUGAR LIP SCRUB

1 TBSP BROWN SUGAR

1 TBSP LA ESPAÑOLA
PURE OLIVE OIL

FACE MASK

1 TBSP LA ESPAÑOLA
PURE OLIVE OIL

2TSP HONEY

1 EGG

HAIR TREATMENT MASK

Mix 1/3 cup of your regular conditioner with 2-3 teaspoons of olive oil. Starting at the scalp, apply the mixture through your hair working towards the ends. Leave it on for about 1-2 hours under a thick scarf/ heavy towel (to preserve the heat allowing the olive oil to absorb better). Then wash it out as you would normally wash your hair.

SUGAR LIP SCRUB

Combine 1 tablespoon of brown sugar with 1 tablespoon of olive oil and apply the mixture onto your lips and massage gently. Leave on for a few minutes and then wash off with warm water.

FACE MASK

You will need olive oil, egg and honey (for a quick boost of vitamin c and antioxidants, use a dash of lemon juice). Honey has many antibacterial properties, and also helps to keep your pores free of oil and dirt. Egg gives moisture to the skin and tightens pores.

Mix all the ingredients in a small bowl and apply the mixture to your face evenly (taking care not to apply too close to the eye area). Leave it on for at least 15 minutes and rinse it off with warm water. Apply your usual moisturiser afterwards and enjoy your soft glowing skin.



CAT HELLINGS'

Hair Mask



@catandjames

WHAT YOU WILL NEED:

2tbsp LA ESPAÑOLA
PURE OLIVE OIL

2tsp RUNNY HONEY

1 EGG

1/2 AVOCADO

STEP ONE

In a small bowl, add the olive oil and the honey.

STEP TWO

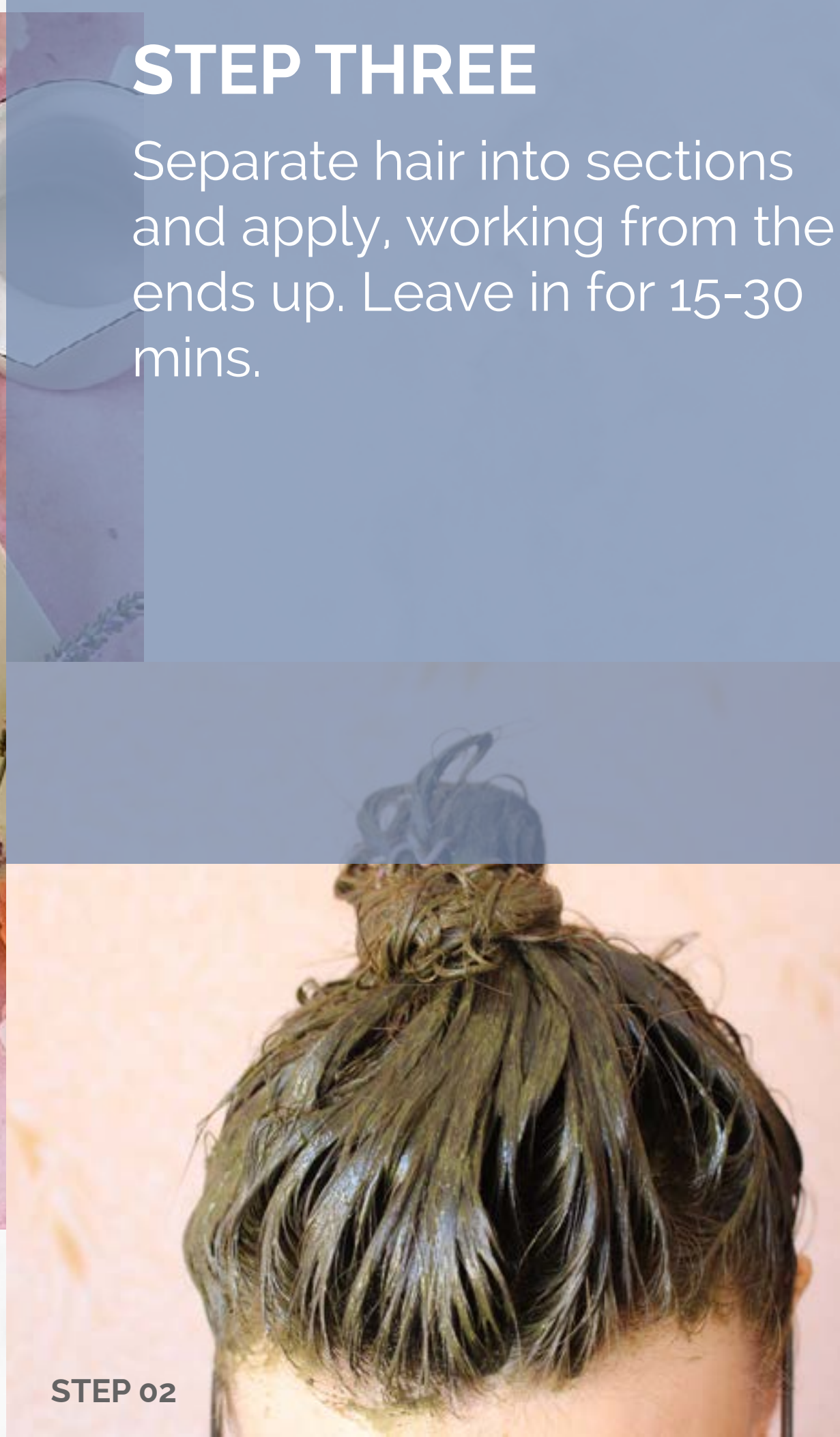
Whisk egg in a separate bowl and pour into oil mix. Mash avocado until smooth and stir into mix.

STEP THREE

Separate hair into sections and apply, working from the ends up. Leave in for 15-30 mins.



STEP 01



STEP 02



La Española®

Experience 100% Spanish

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