

Carrie Wiatt's



Diet Designs

DIGEST

The Taste of a Healthy Lifestyle

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The Great Spa Getaway—Right Here at Home

Good health begins with being good to yourself. For generations, people have celebrated the spirit of self-care in the tradition of the spa—a sanctuary dedicated to refreshment of the mind, rejuvenation of the body, and revelation of natural beauty.

Literally, “spa” means a curative spring, named after a Belgian town where soaking in the local mineral waters first became popular during medieval times. Just as fresh water wells up from the earth, every day of our lives offers a new opportunity for healing and joy. Pleasure has been found to be a powerful prescription for health, and building bliss into your schedule can help keep you happy and well.

A getaway from the daily grind doesn't require a trip to a five-star hotel. Whatever your timetable or budget, you can bring the benefits of a luxury spa home with a few techniques, nourishing ingredients from your kitchen, and an attitude of renewal. Make 2002 the year in which you resolve to take true care of *you* as you celebrate your blessings and the gifts of each new day.

Create a Peaceful Retreat

The first step in creating your home spa is to set up a special space; a haven from the pressures of the world. Beauty for the eye, soothing sounds for the ear, soft textures for the skin, and comfortable temperature are the main ingredients in the recipe for a relaxing space. If the site of your self-care routines is strictly utilitarian, take a weekend to make over a bathroom or dressing area to serve as your peaceful retreat. Here's a checklist to get you started.

- Gentle, warm light from windows, soft lamps (try pink light bulbs), and candles.
- Fresh flowers, beautiful artwork, elegant accents. Arrange your most attractive cosmetics on the vanity. Add a bowl of fruit, a display of decorative soaps.
- A small sound system and collection of soothing and uplifting CDs.
- A tabletop fountain.
- Aromatherapy diffuser or candles.
- Stacks of fluffy towels in various sizes and harmonious colors.
- The best bathrobe you can find.
- Warm rugs underfoot.
- A bath pillow to offer back and neck a soft landing during long hot soaks.

Spa and a Healthy Diet

Your home spa is certainly a wonderful indulgence—but it's also a powerful tool for your healthy diet. We naturally crave pleasure, and with today's fast pace and impersonal environments, food can too easily become a sole source of gratification. The result is undue emotional attachments, overindulgence, even diminished pleasure from eating itself.

But when you enjoy a variety of sensual delights in your daily life, balance is easy to find. An uplifting scent, soothing soak, or tingly foot rub can release feel-good chemicals and stem stress; send satisfaction messages to the brain; and elevate your spirit to a higher plane. Furthermore, when your high-nutrient diet and nourishing self-care routine combine, your glowing skin and sparkling eyes become part of a positive upward cycle. The more you live in beauty, the easier it is to embrace.

- A couch or lounge for lying down.

Once you've covered the basics, consider the extra touches. You might paint a wall sky blue, stencil a sun on a chest of drawers, soften a stark surface by hanging a gauzy drape. Look around the space and ask how you can make it softer, warmer, more radiant.

Treat Yourself

With your sanctuary in place, it's time to get cooking. At Diet Designs, we see the kitchen as a source of life energy, and we've selected a collection of recipes for natural spa treatments that spring from this aesthetic. Artful, elegant, and effective, these elixirs will treat you to a taste of the good life. Calorie count, zero.

Marvelous Masks

We all want to put our best face forward, especially when looking out into a brand new year. Here are some formulas that literally feed your face with natural ingredients that offer nurturing and cleansing properties at a fraction of the price for upscale spa products. Made fresh whenever you feel like a lift, these masks can slough off dead outer skin to reveal your inner glow.

Lemon Meringue Mask: Beat one egg white with the strained juice of half a lemon at high speed until it holds soft peaks,

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Chef's Corner

Spa Sustenance

So, you've booked a home massage date with your sweetie or invited your best friends over to share a spa day chez vous. What are you going to serve?

Food is a natural part of the energizing equation, and healthy, sophisticated cuisine can elevate your spa experience to the highest ground. Today, world-class spas compete to serve the most enlightened menus combining health and *haute cuisine*. With Diet Designs techniques, you can enjoy such indulgence in your own home kitchen.

For our spa menu, we took the classic combination of soup and salad and called on vibrant flavors and luxury ingredients to create an elegant lunch. Since the meal can all be made ahead except for reheating the soup, you can spa all morning and serve lunch with ease—then step out to the art gallery or afternoon matinee bursting with beautiful energy.

Carrot Ginger Soup

This velvety soup with a lovely orange color is a spa for your insides, providing anti-aging carotenoids in the carrots along with a kick of fresh ginger to warm the body, boost immunity, and aid digestion. Double the recipe to feed a crowd.

- 2 cups julienned onions
- 2 quarts fat-free low-sodium chicken broth
- 1 pound carrots, peeled and cut into chunks
- 1 teaspoon minced fresh ginger
- 1 bay leaf
- 1/2 teaspoon salt
- 1 tablespoon sherry

1. In a soup pot, saute the onions in 2 tablespoons of the chicken broth over low heat until soft.
2. Add the carrots, ginger, and bay leaf. Cover and cook for 5 minutes more.

3. Add the remaining broth and salt and raise the heat to bring the soup to a simmer, uncovered. Cook until the carrots are tender, about 30 minutes.
4. Transfer the soup to a blender or food processor in batches and puree until smooth. (May be made in advance to this point and refrigerated.)
5. Return the soup to the pot, stir in the sherry, and bring to a simmer over medium heat for 5 minutes. Serve.

Yields 6 cups. Serving size 1 cup as an appetizer, 2 cups as an entree.

Per 1-cup serving: 76 Calories; trace Fat (1.8% calories from fat); 16g Protein; 14g Carbohydrate; 0mg Cholesterol; 869mg Sodium.

Dilled Lobster and Potato Salad with Horseradish Cream

Luscious lobster unites with tender potatoes in a spiced creamy dressing. This is the life!

- 4 white boiling potatoes
- 1 medium red onion, finely chopped
- 1 English (hot house) cucumber, halved lengthwise and cut into 1/2-inch slices
- 1/2 cup chopped fresh dill
- 3 cups cooked lobster meat (about 1 pound), cut into 1/2-inch pieces
- 3/4 cup light mayonnaise
- 1/2 cup light sour cream
- 2 tablespoons drained bottled horseradish (or to taste)
- 1 tablespoon red wine vinegar
- Salt and pepper to taste
- 1 bunch watercress, garnish

1. Place the potatoes in a saucepan and cover with cold salted water by 2 inches. Bring to a boil, reduce the heat, and simmer until the potatoes are just tender, 15 to 20 minutes. Drain and cut into quarters while still warm. Transfer the potatoes to a large bowl and cool.
2. Add the onion, cucumber, dill, and lobster to the cooled potatoes and toss gently to combine.
3. In a small bowl, whisk together the mayonnaise, sour cream, horseradish, vinegar, and salt and pepper to taste. Pour over the salad and toss gently again, adjusting the salt and pepper. Chill, covered, for at least 1 hour and up to 1 day. Serve garnished with watercress.

Serves 6.

Each salad: 260 Calories; 7g Fat (25% calories from fat); 24g Protein; 25g Carbohydrate; 120mg Cholesterol; 499mg Sodium.

Spa Teas

Hydration is basic to beautiful skin, as well as biochemical balance and appetite control. You can sip all day on pure spring water for the simplest of all spa treatments. To take your liquid elixir to another level, turn to life-enhancing teas.

Loosely defined as plants steeped in hot water to release their active compounds, teas couple hydrating benefits with phytochemicals that offer a variety of therapeutic effects. In general, hot tea can help you warm up and relax, while iced tea is ideal for refreshing—for instance, while you soak in a hot bath. Here are five teas to stock for your spa moments.

- **Chamomile** has been used for centuries to soothe mood and stomach alike. Try it after a meal, at bedtime, or to set the tone for a relaxing spa session.
- **Peppermint** offers a bright, lively lift. With scientific data affirming that mint sends both physiological and psychological alertness signals, this is the tea to brew when you want to wake up without caffeine backlash.

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Letter from the President

There is a unique synergy between self-care and sensual pleasure. I founded Diet Designs upon the strength of this union, joining delicious food with energizing, healing nutrition. As we learn more about the mind-body connection, science makes clear that rejuvenating the spirit can have tangible benefits for health and productivity. As we face a changing world and recent sorrows, this lesson takes on deeper meaning.

In the dawn of this new year, I invite you to identify the blessings that surround you and revel in simple pleasures. Health springs from a daily commitment to healing from past troubles and gathering speed for the discoveries ahead. This issue is dedicated to the essential routines of nurturing the self so that you may bring your best energy forth into the world throughout 2002. Happy, hopeful New Year from all of us at Diet Designs.

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about 3 minutes. Apply to face and leave on for 30 minutes. Gently rinse face with warm water and apply a light moisturizer.

Cucumber Mask:

- Puree one peeled cucumber in a food processor or blender until smooth. Strain through a sieve, retaining the juice and discarding the solids.
- Brew 1 cup each chamomile and green tea. Combine 1/4 cup of each tea in a small saucepan (set aside the rest to drink while you relax) and add 1 package unflavored gelatin and 2 tablespoons aloe vera gel. Stir over medium heat until the gelatin is dissolved. Remove from heat, add the cucumber juice, and refrigerate for 30 minutes.
- Apply the mask and leave on until dry. Peel off. Gently rinse face with warm water and apply a light moisturizer.

Sole-Soothing Foot Treatments

Your feet hold you up, carry you on your journey, and take a beating every day. Don't they deserve an occasional treat? For all their hard work, feet are full of sensitive nerves and acupressure points, and a little pampering can yield a lot of pleasure.

Cranberry Foot Refresher: Did you know that sugar can remove callouses and cranberries give skin an antioxidant lift? To find out how, hit the health food store for cranberry-oil extract and grapeseed oil. Then:

- Mix 3 drops of cranberry-oil extract into a bit of unscented body lotion. In a small bowl, mix 2 tablespoons grapeseed oil, 6 tablespoons sugar, and 10 drops cranberry-oil extract. In another bowl, mix 4 drops cranberry-oil extract with 1 cup hot water. Immerse a washcloth in the water mixture and set it aside to soak. Draw a large basin of hot water.
- Soak your feet in the basin of hot water for 10 minutes to soften the skin.
- Massage the sugar mixture into your feet, ankles, and calves with a loofah or sponge for several minutes. Wipe clean with the hot cranberry washcloth, then massage in the cranberry lotion while your skin is still damp.

Low-Tech Foot Treat: Dissolve 2 tablespoons rock salt or Epsom salts in a basin of warm water. Add a few drops of essential oil of your choice. Soak your feet for 10 minutes or so (a great companion to a facial mask). Massage in lotion spiked with the same oil while your skin is still damp.

Chamomile Calmers

Believed to soothe and relax, relieve allergies,

Equal Spa Rights

Spa treatments aren't just for the fairer sex. Men have equal rights and needs for self-care, and the extra vitality you gain from taking time out can fuel you through your busy schedule in peak form. Guys, try a foot soak and rub after a heavy day on the courts or a hot chamomile bath to cool down after a stressful day at work. Exercise your equal spa rights, and we bet you'll quickly see the light.

Your home spa is a great togetherness project, too. Couples can collaborate on creating a space that reflects both your tastes. Buy a massage book and some essential oils and get seriously in touch. Set aside a weekend morning free from errands or engagements to enjoy spa treatments together. Share a lobster salad for lunch. Savor the moment.

speed healing, lighten hair and condition the complexion, chamomile has earned popular acclaim and makes a great spa staple. Here are three treatments that use chamomile in the form of essential oil, dried flowers, and tea.

Chamomile Compress: To ease stress, mix 1 part chamomile oil with 4 parts warm water in a small bowl and soak a washcloth in the solution. Wring out the cloth and apply it as a compress across closed eyes for about 10 minutes.

Chamomile Rinse or Mist: Simmer 2 teaspoons dried chamomile flowers in 1 cup water for 15 minutes (alternatively, brew a cup of chamomile tea). Use as a rinse to lighten blond hair or as a refreshing facial mist.

Cool Chamomile Eyes: To reduce puffiness in the eye area, soak 2 chamomile tea bags in hot water for 1 minute. Refresh in ice water or refrigerate until chilled. Place one tea bag on each closed eye and relax for 5 to 10 minutes.

Aromatherapy ABCs

From lemon to lavender, nature's sweetest scents are poetry to the nose, but the essential oils that carry fragrance can also influence your mood and energy in specific ways. Use the ancient art of aromatherapy to add another sensual dimension to your spa experience. Here are three steps for scentsational treatments.

A—Start with the right stuff: Always look for pure essential oils, sold alone in small vials or in candles or body care products. Synthetic fragrances may cost less, but they don't have the same effects on the nervous system and skin as essential oils do.

B—Ways to waft the scent: To access aromas in your home spa, use a diffuser or lamp ring, candles, lotions (premade or mix your own), baths (add several drops of essential oil to a tub of water), or massage oil (mix 2-3 drops of essential oil per teaspoon of almond, avocado, or grapeseed oil).

C—Match the aroma to the mood you seek:

- Cleanse and balance: lavender
- Energize and boost mood: lemon, grapefruit, peppermint, basil
- Clear and sharpen the mind: rosemary
- Soothe and ease stress: chamomile
- Unleash creativity and sensual flow: rose, sandalwood, ylang ylang

As you become adept with aromas, you can tap their powers in the kitchen and garden too. A chiffonade of fresh basil may be just the mood boost you crave atop your pasta marinara, while a squeeze of lemon can energize a dull dish.

Embrace the Spa Mindset

Spa is a state of mind. You don't have to lie down and do a face mask to enjoy daily rejuvenation. You may simply make a cup of tea and take a quiet moment to linger in its fragrance. Perhaps you light a lavender candle while brushing your teeth at night.

Most essential to the spa mindset is that you take time each day to center yourself and find the state of serene beauty that supersedes external stressors; that survives in the spirit even when the outside world goes wrong. When you can find sanctuary within yourself, you possess a profound tool for health and growth that will serve you well for a lifetime.



- **Ginger** warms the body from within and is thought to help fight germs and aid digestion. A cleansing purifier, ginger tea makes a great complement to our lemon meringue mask or a stimulating sip when you're feeling cold, sluggish, or on the verge of a virus.
- **Green tea** is loaded with antioxidants and agents that may prevent disease. With just a gentle nudge of caffeine, green tea makes a wonderful closer to a meal. Sip it slowly after our lobster salad lunch and watch the afternoon unroll.
- **Black tea** is close to coffee in caffeine content, so may not be your best bet when you're trying to relax and unwind in a spa state of mind. Still, black tea contains phenols and other compounds that appear to enhance longevity and health, and is usually brewed at weaker strength than coffee—so if you're a java joe or josie, consider taking black tea instead of coffee on your spa day.

WorkOut

Spa Exercise for Body and Mind

The best spa experience strikes a balance between movement and peaceful repose. Before you indulge in that hot soak or skin treatment, take some time to strengthen, stretch, and tap your body's natural energy and your mind's focusing power. Whether you tone up your center with abdominal crunches on a stability ball or tune into your subconscious with meditation, a spa session calls for exercise on the gentle side—a healing complement to higher-impact workouts that helps to keep you in touch with your deep state of health.

There's no need to leave the house to enjoy a spa workout. All you need is a clear space, a clear mind, and a collection of resources to guide you through your session. Here are our recommendations to get your mind and body moving in the spa groove.

Videos:

- *A Guide to Walking Meditation*, Thich Nhat Hanh
- *Body Bands Pilates* with Anna Caban
- Spri Resist-A-Ball; stability ball, video with full body toning program, and ball pump (\$34.99, bodytrends.com)
- *Yoga Journals: Practice Series* with Patricia Walden and Rodney Yee
- *Yoga Zone Meditation Video*, Alan Finger

Books:

- *Inner Wisdom: Meditations for the Heart and Soul*, Louise Hay
- *Meditations for Manifesting*, Wayne Dyer, M.D.
- *Meditation as Medicine: Activate the Power of Your Natural Healing Force*, Dharma Singh Khalsa
- *Meditation for Optimal Health*, Andrew Weil, M.D.
- *Meditation Secrets for Women: Discovering Your Passion, Pleasure, and Inner Peace*, Camille Maurine and Lorin Roche

Audio:

- *Pure Meditation*, Pema Chodren

Indulgences: Home Spa Equipment and Sources

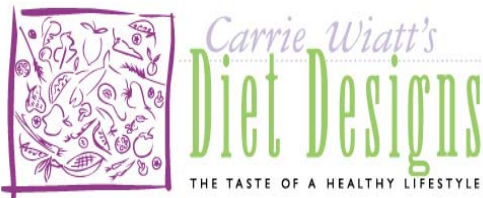
Stock up on supplies or specialized equipment to make your home spa pro—with your personal touch.

- bodyshop.com (natural, earth-friendly potions and products)
- 1001beautysecrets.com/beauty (the

name says it all)

- aromavera.com (pure essential oils and other aromatherapy supplies)
- yoga.com (meditation pillows, mats, and more)
- The Sharper Image: Try the Foot Spa with Remote Control or Equalizer Foot Pro Massager.

- Conair Facial Spa: A steamer to cleanse your skin like a professional treatment (at major department stores)
- Theramist Personal Steam Spa: Imagine your own little full-body steam bath waiting for you to slip in and bliss out anytime (InteliHealth.com)



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In this issue:

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