

# Korean Home Spa Experience Guide



## 1 Warm Soak (Mugwort Bath)

Fill the bath with comfortably hot water. Add the mugwort soak bags and let them steep for a few minutes.

Then relax together in the warm bath for **10–15 minutes** and allow the body to fully soften before exfoliation.



## 2 Exfoliate (Korean Scrub Mitts)

After soaking, put on one of the exfoliating mitts and gently scrub each other using circular motions. Focus on arms, legs, and back to remove dead skin.



## 3 Cleanse (Rice Milk Body Wash)

Rinse and wash the body with the rice milk cleanser. This calms the skin after exfoliation.



## 4 Restore (Sesame Massage Oil)

Massage each other using the sesame massage oil on warm skin. Move slowly and gently, allowing time to relax and enjoy the connection.



## 5 Rest (Quiet Moment)

Sit or lie down together. Let the body cool and fully relax.



Take your time, be present, and enjoy this special moment of rest and connection.