

[Black pepper body scrub](#)

Feeling a little bland? Prepare to shake things up with a spicy body treatment that will get your skin tingling and your blood moving. The Thai black pepper body scrub retails for \$135 at the Pho Tree Thai Spa in New York City. The treatment begins with a green tea moisturizer, followed by a full body rub with black pepper to create a “tingling” sensation. Next, the body is slathered with the soothing extracts of live silk worms. Andrew Unger is the co-founder of Lifebooker.com and tells the New York Daily News, “the point is to make you hot and sweaty, which detoxifies your body and makes you lose water weight.”

