

SPA DAY AT HOME

Teens

Supplies Needed (see attachment for examples):

- Relaxing playlist
- Candle(s)
- Spa supplies (things for pedicure, manicure, facial, etc.)- can use things already at home, create your own, or visit the dollar tree for some inexpensive items

What to do:

1. Prepare you space
 - clean and declutter the area
 - light your favorite candle
 - turn on a relaxing spa playlist- can create your own or search for one on pandora, youtube, spotify, etc.
2. Decide what "services" you will be offering
 - Pedicure: soak feet in warm water, trim nails, apply lotion, apply nail polish
 - Manicure: soak fingers in warm water, trim nails, apply lotion, apply nail polish, etc.
 - Facials: clean face, steam over a bowl of boiling water, exfoliate, apply mask (can make your own or purchase one), cucumbers over eyes, apply lotion, etc.



Click **HERE** for the original source and instructions



Spa Day AT HOME

SET THE MOOD

Prepare your space:

- Clean & declutter the area
- Light a candle (relaxing scents include: lavender, vanilla, rose, geranium, jasmine & sandalwood)
- Prepare & turn on your favorite playlist (see our Spa Playlist)
- Pour yourself a drink of your choice

FEET

Pedicure

- Remove old nail polish
- Soak feet in warm water & Epsom salt
- Exfoliate & remove dead skin
- Cut & file nails
- Apply nail polish

HANDS

Manicure

- Remove old nail polish
- Soak fingers in warm water
- Trim cuticles
- Cut & file nails
- Apply nail polish

BODY SCRUB RECIPE

Peppermint Body Scrub

Mix together:

- 1 Cup of Sugar
- 1/2 Cup of Coconut Oil
- 10-13 drops of Peppermint Essential Oil

Use the scrub to gently exfoliate your body. Rinse off.

HAIR

- Wash your hair, rinse & dry
- Apply a suitable hair mask for your hair type
- You can also make your own hair mask (see recipe)

BODY

- Exfoliate using a body scrub. If you don't have one, you can make your own (see recipe)
- Rinse off
- Moisturize with a luxurious lotion

FACE MASK RECIPE

Nutmeg, Honey & Cinnamon Face Mask

Mix into a paste:

- 2 Tablespoons of Honey
- 1 Teaspoon of Cinnamon
- 1 Teaspoon of Nutmeg

Apply to face and leave on for 20 minutes. Wash off with warm water.

HAIR MASK RECIPE

Yoghurt & Olive Oil Hair Mask

Mix together & stir:

- 1 Tablespoon of Olive Oil
- 1/4 Cup of Whole Fat Plain Yoghurt

Apply to hair and leave in for 15 minutes. Wash well with shampoo & rinse well.

FACE

Cleanse

- Remove makeup
- Wash with a gentle cleanser

Steam

- You can invest in a facial steamer, or
- Boil water, pour in a bowl, & place your face over it for about 5 minutes

Exfoliate

- Use a gentle exfoliant product of your choice
- Rinse & pat dry

Apply Mask

- Apply your favorite face mask & relax for the until it dries
- You can make your own face mask (see recipe)

Tone & Moisturize

- Use a gentle toner
- Moisturize and add a serum if you wish

SPA PLAYLIST

- Calmness In The Rain - Mr. Steem
- Cosmic Awareness - Out Of Gravity
- Image Autumn Womb - Goldmund
- For Stormboy - Rhiannon Bannenberg
- Epilogue - Ólafur Arnalds
- Perish Song - Geotic
- Clementine - Módl
- Canopy - Lusine
- Leave it All Behind - Jjos
- Awakening, Part 1 - Morgenot