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 your 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

**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**
- 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

**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.

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