

# Girls Spa Day for Your Little Ladies!

## What you will need:

4 to 6 cute giggly little girls  
Pizza – make your own with adult supervision.  
Healthy fruit beverage or punch-your choice  
Fruit and some chocolate dip  
Assorted nail polish, nail art at your local beauty supply store  
Temporary Tattoos also found at your local supply store.  
Nice relaxation CDs  
4-6 foot tubs.  
Some fresh rose petals for the foot tub.  
4-6 hand towels.  
Essential oil-your choice  
Body Butter- fragrances of your choice  
Air popped popcorn - always healthier!  
Assorted Lip Balms  
Aromatherapy Candles for relaxation.  
Have your daughter pick out some good girly DVDs for your spa day!  
\*Disney's "The Game Plan" is a great one!



Start your spa day by taking the young ladies for a nice relaxing walk in the local park or if you are in the country a nice scenic stroll down a path or road is great! Show them all the wonderful flowers, trees, birds, etc. that God has created!

Make sure the ladies have plenty of water.

Once back in light your candles and have your relaxation music playing during your party. Have the ladies wash their hands to start preparing their own gourmet pizzas. You can buy ready made store bought pizza crust, or if you are a great cook, make your own. This will be a great lunch!

Chocolate fondue and fruit is great for dessert or if you have some brown bites or pretzels, they are great for dipping in chocolate as well. If you are trying to keep it healthy-omit the chocolate. ☺

Pour some warm water in your foot tubs, you can add your choice of essential oils like almond, peppermint, or orange for an added twist. Drop those rose petals in for a spa appeal! Put the tubs in the family room where they can relax in a comfy chair or on the couch.

Let your ladies relax for a few minutes. Dim the lights turn up the relaxation music and just enjoy!

Once they are done! Have them towel off those feet and apply their choice of body butter.

Let them each choose some nail polish and nail art. They can paint their own or do each other toes and add the nail art. Some cute flower art or butterflies would be great for little girls.

The temporary tattoos, also in floral, butterflies, or fruit is cute and normally last only a few days. They will love applying those!

Next pop in a good DVD and pop that fresh air popped popcorn and Enjoy!!!

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