

Ladies Pampering Party Idea!!!



What you will need:

- 4 to 5 Girlfriends
- 4 to 5 plastic foot tubs with a small bag River Rock or Marbles for each tub.
- 4 to 5 hand towels & wash cloths
- Herbal Foot Soak
- Facial Mask
- Body Butter
- Assorted Nail Polish
- Relaxation CDs
- A very good movie
- Food and you favorite beverage (perhaps herbal tea)
- Cucumbers and facial mask store bought or you can make your own.
- Candles
- Magazines

Have your friends bring comfortable lightweight clothing such as perhaps bring a pair of cropped pajamas pants or cotton shorts and a light t-shirt. Also ask each guest to bring a pair of comfy slippers.

Set your atmosphere by lighting some aromatherapy candles.

Play some relaxing Zen music or light jazz.

Start your evening by having appetizers or light meal and good conversation.

Serve your friends some soothing herbal tea after dinner if desired.

Begin your spa experience by adding warm to hot water in your foot tubs, add your river rocks perhaps 7 to 15 smooth rocks depending on size or a bag of marbles any kind will do. These will massage your feet while they soak. Add your herbal foot soak for a relaxing experience!

You can do this in your family room and line the tubs up in front of your couch or big comfy chairs. Give each guest a towel to have handy for drying feet after the soak. *Continue to have your relaxation music playing.

Once soaking is complete, dry feet thoroughly and apply your favorite body butter.

***Paint your nails & toe nails with your favorite color polish!**

Your guests can either watch television or read magazines while they soak.

Next, give your faces a treat by applying an herbal facial mask. Make your own mask out of all natural ingredients such as an avocado mask. Recipe can be found at the end of this page. Leave on 10-15 minutes then rinse thoroughly!

If you have plenty of space in the room put on a beginners (depending on skill level) yoga video and have your friends try some easy relaxation moves.

Now that you are totally relaxed! Put on a good movie, grab some light snacks such as a diced fruit, or popcorn and enjoy!!!!

****Another suggestion for friends is find some good magazine quizzes for everyone to do, which can be quite entertaining as they rate you on various topics such as stress, love, personality, etc! Always fun to see how you are rated.**

Homemade Avocado Facial Mask Recipe:

Ingredients-

1 avocado (per guest)

1 teaspoon of honey (per guest)

¾ cup of oatmeal per guest (great for exfoliation)

1 egg yolk (per guest)

Blend ingredients in a blender thoroughly.

****Disposable plastic or Styrofoam bowls would be great for this at a spa party.**

Give each person a healthy scoop of avocado mask mixture in their bowl.

-Suggestion Compliments of Brodie's Naturals LLC!

