



PP/SPA NIGHT

4 Rotations:

#1: Choice and Accountability/Integrity

Nails

#2: Faith/Virtue

Meditation

#3: Divine Nature/Individual Worth

Bath Salts

#4: Knowledge/Good works

Hand Massage

This activity was a combined YW activity. Each of the leaders was assigned a group. Each rotation had 15 minutes. I provided the Epsom salts, die and essential oil fragrances for each station.

Each leader prepared a short thought on the PP/spa area they had been assigned to.

We let the girls wear comfy clothes (Modest PJ's or sweats) and bring blankets, pillows, etc. We wanted them to be prepared for a night of pampering!! :0

I set up the meditation room with a lamp for softer lighting. One of the leaders brought a CD player with calming music.

We had mini muffins, fruit (strawberries, grapes, bananas, blueberries), water with lemon, citrus, and mint for refreshments.

We ended the activity with a message from our YW President.

The girls loved this activity!!!