

HAVING A MARY SPIRIT RETREAT SPA-LICIOUS! BREAKOUT

TOPIC: SPA STATIONS & CRAFT PROJECT (45 MINUTES)

FOR SPA STATIONS:

- In advance of the retreat, recruit volunteers to provide the spa services you've chosen to include, such as: manicure, pedicure, mini-facial, massage, etc. Most groups will need several people performing each service, depending on the number of women attending.
- Set up spa stations in different parts of the room or around the church.
- Print signs for stations. Gather needed items and do any required prep work.
- Make stations beautiful and inviting.

FOR SPA CRAFT:

- In advance of the retreat, determine which spa craft you would like to do, such as: bath salts, sugar scrubs, scented candles, etc. Look online for ideas, recipes and supplies.
- Recruit volunteers to provide direction for the craft.
- Gather needed ingredients and do any required prep work.
- Set-up multiple tables and chairs for workspace.

Make this a relaxing yet fun and light-hearted time. Provide seating areas where women can get to know each other as they wait for their turns at the different stations. Create a spa ambience with soft music and candles, as well as a table of "spa goodies" as described in the food section at the beginning of this guide.

Large groups may want to add an exercise class or two. Consider a guided walking tour, weather permitting.

While it won't be possible for everyone to experience everything due to time constraints, try to provide enough activities that everyone gets to do something they'll enjoy.