

Group

SNAP

women's ministry
downloads



SPA LALA!

EVENT

Purpose: This is a fun pampering event to hold at Christmas time (or any time of year!) Women will connect with each other through the activities, and will leave spiritually refreshed as well.

Spa La La!

During the holidays women feel rushed and overwhelmed. Spa La La gives them a chance to slow down and refocus their hearts. There's time for friendship and conversations, time for a little personal pampering, and time to reflect on Jesus—the real reason we celebrate Christmas. We've love the idea of having this gathering near Christmas (do this instead of the "same old thing Christmas tea!"), but in reality you can use it for any time of year.

Before Your Event

The key to this event being a success is having a variety of pampering stations. In this guide we'll tell you how to set up a variety of pampering stations for women to enjoy during your event, listing supplies you'll need and how to create God-based conversations at each station. But you may also want to consider inviting vendors from local businesses to your event to do the pampering for you. This makes it easier on you and your leadership team as far as gathering supplies and setting up stations, but it requires some phone calling and connecting before your event.

There are often businesses or beauty schools in your community that see an opportunity like this as a way to get new clients and to expand their marketing efforts. You can approach these businesses and tell them about your event, and see if they would like to have an area where they can offer their services. You'll need to think of services that can be done at your location and that can be done in a short time (like about 15

minutes—so many women can be pampered) such as simple hair styling, eyebrow waxing, mini-manicures, head and shoulder massages, and so on. In exchange for offering their services for a couple of hours, these businesses can hand out their cards or brochures about their company or products. We recommend you do not have vendors selling products at your event as it stops feeling fun when it turns into a sales event.

Talk with your team before your event to decide if you want to provide the pampering yourselves, or if you want to work together to invite local vendors. Consider how many women you anticipate coming, and how many pampering activities women will be able to complete in the time you're together—you'll want each woman to have at least one or two opportunities to be pampered, so make your plans accordingly.

We've created a "Spa It!" tent card for you to print and place at different pampering stations to help women connect and share with each other.



Tip: You can save money on supplies (and time on doing laundry!) by asking each woman to bring her own washcloth and two hand towels to use during the event. The washcloth will be used in the facials area, one hand towel in the paraffin area, and the other in the foot soak area. You can have a few extras on hand for those who forgot or didn't get the info in time. Be sure this is communicated in all your invitations and publicity.

Pampering is the highlight of SpaLaLa, so few decorations are needed. Take the advice you're giving at SpaLaLa and don't create more work than is needed. Keep your to-do list to the essentials

Promoting Your Event

Put this blurb in your church bulletin, on your website, in an email, and in flyers (along with the details for when and where your event will take place).

Spa La La!

Do the holidays have you feeling stressed? Need a chance to relax and recharge? Come to Spa La La and enjoy an evening of pampering and conversation. You'll leave feeling refreshed, both physically and spiritually!

Invite several women from your team to be at a registration table before and after church services to answer questions and encourage women to attend.

Facials

Supplies

- Wash cloths
- Mud mask and/or gel mask
- Headbands or hair clips
- Water
- Mirrors

Getting Ready

- Provide more than one type of facial mask, keeping in mind various skin types. Be sure one is very mild for those with sensitive skin. Keep the original packaging, so women can read information about skin types and possible allergic reactions, as well as instructions for application.
- Provide comfortable seating for women as they're waiting for the mask to set, and position Spa-It! tent cards in a convenient location among the seating.
- Place the facials station close to a water source, perhaps a restroom with several sinks and mirrors. No supervision is needed for the facial pampering station, but ask your team to replenish supplies as they visit the station throughout the evening.



Paraffin Dip

Supplies

- Hand-sanitizer
- Paraffin spa or bath
- Scented paraffin
- Plastic hand covers
- Hand towels (you can have women bring these from home)
- Lotion

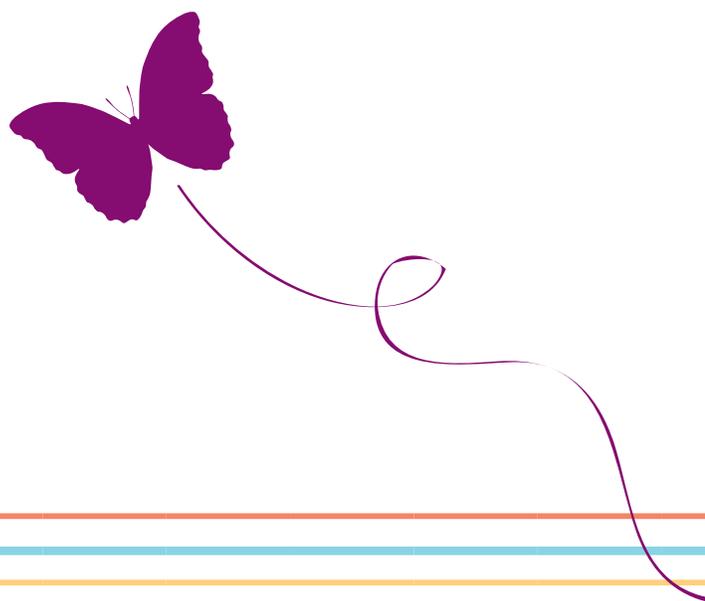
Tip: You'll find many of these supplies at your local beauty supply store. It's likely someone in your church has a paraffin spa/bath that you can borrow.

Getting Ready

- You'll need someone to help at this station. Ask women to sign up for brief shifts.
- Some paraffin spas take a long time to melt the paraffin. Try yours out at home a few days ahead of time to see how much time you'll need to allow for melting on the day of your event.
- Depending on the number of women you expect, you may want to have more than one paraffin spa. Several women in your church and community will probably lend paraffin spas to you. If you decide to purchase one, you'll be able to use it repeatedly for other Girls Nights Out.
- Provide comfortable seating for women to relax while the paraffin is drying. Place Spa-It! tent cards close to the seating.

How to Do It

- Have women clean their hands with hand sanitizer or by washing and drying them thoroughly in a nearby sink. Women who wear rings and bracelets may want to remove and place them somewhere safe.
- Women should put lotion on their hands and rub this in, then dip their hands in and out of the melted paraffin.
- Women should place their hands together (as if in prayer) and the assistant can place a bag over her hands to keep the paraffin from getting on anything. Then the assistant can wrap the hand towel around the hands (over the bag) to keep the warmth in.
- Allow women to sit and talk, using the discussion questions provided, as their hands are soothed.
- Consider setting up an additional table with nail polish remover, cotton balls, nail polish, and nail art for women who want to decorate their nails after their paraffin treatments.



Foot Soak

Supplies

- Plastic tubs
- Foot soak products
- Access to warm water
- Towels or paper towels
- Chairs
- Spray bottles with a light bleach/water solution

Getting Ready

- Place a tarp or other protective plastic in the area where women will be sitting. Surround this by chairs.
- If you have access to TV trays or small lawn furniture tables, place them between the chairs for women to keep their drinks and to post Spa-It! tent cards

How to Do It

- Have women put warm water into a basin along with a teaspoon or two of the foot soak product, then carry this to the area you've set up. You might want to have a few women nearby who can carry water basins for those who are not able to do so.
- Let women sit, relax, and soak their feet while they talk using the Spa-It! tent cards.
- When women are done, have them dump out their water and spray the inside of their basin with the bleach/water solution so it is ready for the next woman to use.

And more...

- Up-do's. Most women enjoy having their hair styled in new ways. Invite hair stylists to create up-do's for women. When determining the location for this station, remember some women have difficulty breathing around hairspray.
- Chair Massages. What's more relaxing than a massage? This will likely be a popular station, so you might need several massage therapists and chairs. Or have a sign-up list with 10-minute massages available.
- Skin Care. Schedule one or two times through the evening for women to learn about skin care. We know stress and lack of sleep take a toll on our skin, and we usually have plenty of both during the Christmas season. Teach your women tips for keeping skin fresh and healthy.

The Snack Lounge

The Snack Lounge is where women will sit and relax with a light snack. Keep it simple. Try:

- Bottled water with flavored packets available
- Fresh fruit trays and fruit dip
- Cheese and cracker trays

Provide seating near The Snack Lounge, where women will Give It to God.

Give It to God

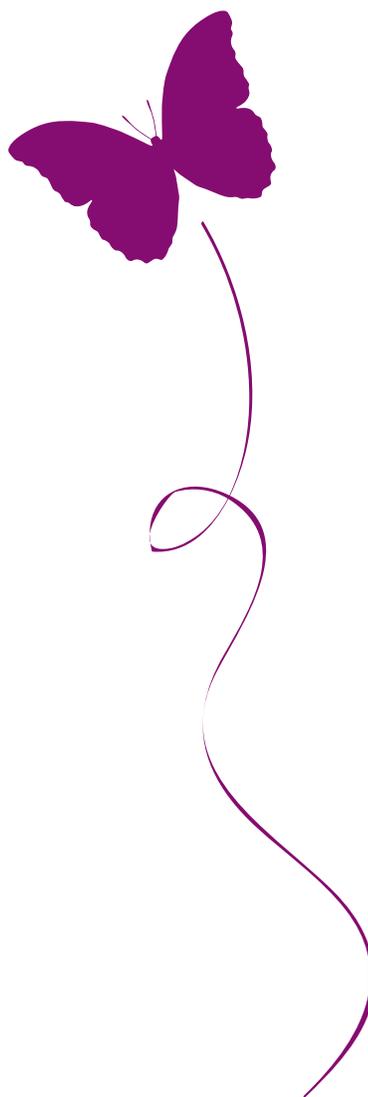
Supplies

- Decorated mailbox or basket
- Give It to God tent cards
- Index cards
- Pens
- Envelopes

Give It to God is a practical experience for women to hand over their seasonal busyness and to-do lists to God. Place Give It to God tent cards in The Snack Lounge, along with index cards, pens and envelopes. After chatting about the busyness of life, women will be instructed to find a quiet place and list personal pressures and burdens. They'll seal their lists in envelopes and Give It to God by placing the envelopes in a decorated mailbox.

After SpaLaLa, your prayer volunteers can get together and remove all the envelopes, which will remain sealed. God knows what women wrote; we don't need the details! After praying over each of the envelopes, put two people in charge of destroying the envelopes to maintain privacy. Be sure to not simply throw them in the trash or recycling where they might be read.

Give It to God can become an ongoing way to communicate prayer needs. Place the mailbox, along with index cards and envelopes, in a convenient location for women to write notes to God. Your prayer team will check the mailbox regularly and pray over the sealed envelope before destroying them.



This resource is part of the SNAP series, which provides women's ministry downloads at your fingertips. For more women's ministry resources go to group.com/women.

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Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. (Matthew 11:28)

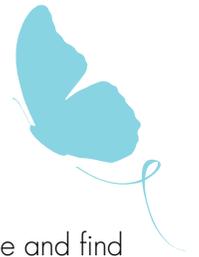
Take an index card, pen, and envelope and find a quiet place. Write a list of all the pressures and burdens you currently feel or anticipate in the coming month. Don't worry; no one will see your list! When you're done, seal it in an envelope and Give It to God by placing it in the mailbox. After Spalala, we'll pray about your list (without opening your envelope) and then destroy it. We promise!

By yourself:



Give it to God!

Give it to God!



Share with someone nearby:

- Which of the follow best describes you and why?
 - a) I make a to-do list, and I stick to it.
 - b) I make a to-do list, but I'm flexible.
 - c) I have an idea of what I need to do, but I stay flexible.
 - d) Who has time to make a to-do list?!
- What most overwhelms you during a busy season of life?
- What helps you through busy seasons of life?

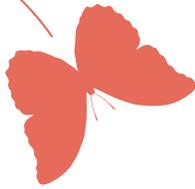
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“He gave his life to free us from every kind of sin, to cleanse us, and to make us his very own people, totally committed to doing good.” (Titus 2:14)



Facials: Spa It!

- Share with someone nearby:
- Think about your daily routine. How many health and beauty products do you use in an average day?
 - Do you spend more time applying makeup and other products to your face or cleaning them off your face?
 - What’s an area in your life you’d like to clean up and refresh as easily as using a cleansing facial mask?

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Paraffin: Spa It!

- How patient (or impatient) are you when being pampered?
 - What would your dream spa treatment be?
 - What areas of your life feel dry?
- Share with someone nearby:

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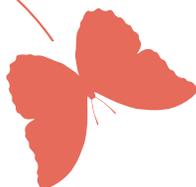
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Foot Soak: Spa It!

- Do you prefer going barefoot or wearing shoes? Why?
- Where are you most looking forward to going in the next month? The least?
- On a typical day, how random or intentional do you think your steps and destinations are?

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