

Pamper Me! Spa Day Party



Inhale, Exhale, Relax....

Recreate the luxury of your favorite day spa right in your own home. Let yourself be carried away. As you relax with your girlfriends, time just slips away and you are in a magical place filled with shimmering sights and soothing smells. The soft tinkle of wind chimes and the gentle sounds of music flow over your body releasing the stress of the day. You are at the spa and all is well. Namaste.



Pamper Me! Spa Day

Invitations



Who's at the Party?

Everyone loves to be pampered. The Pamper Me! Spa Day can be for girlfriends, a Mom & daughter day at the spa or Teen spa parties are great for a birthday party.

However you let people know about your party be sure your invitations include the following information:

- 1. Date*
- 2. Time*
- 3. Location*
- 4. Services to be offered*
- 5. Dress Code (like dressing comfortably and/or bringing a robe and slippers or a bathing suit)*
- 6. RSVP Info (usually 1 week before the party)*



Send your invites a month to three weeks before your event so people have plenty of time to respond. The ideal time for a day time spa party is from 11:00 am - 4:00 pm. You can include the schedule below on the invitation to get your guests in the mood.

You're Invited to Relax at the Spa

11:00 - 11:30 Guests arrive, change into robes

11:30 - 12:45 Treatments

12:45 - 1:30 Light lunch menu

1:30 - 3:30 Treatments

3:30 - 4:00 Dessert and prepare for departure



Pamper Me! Spa Day

Menu



Spa Waters & Relaxing Cocktails

*Refreshing Cucumber Lemon Water**

Zippy Cucumber Water

*Strawberry Mango Smoothie**



Spa Soup & Salad

Gazpacho Shot with Shrimp Pea Pod

Grilled Orange Shrimp Salad

Herb & Cranberry Salad

Chilled Salmon with Dill Sauce

*Salad Bar**

Dessert

*Over the Rainbow Fruit Skewers**

*Teen friendly spa menu items **



Pamper Me Spa Day

Recípes



Spa Waters and Relaxing Cocktails

*Refreshing Cucumber Lemon Water**

Not only is this delicious, it's good for you too. Cucumber has many properties which are good for the skin and body, including fiber and it contains a variety of beneficial minerals including silica, potassium and magnesium. Silica, in case you didn't know, can improve the health and complexion of your skin, plus the cucumbers hydrating effect is a must for glowing skin. So, not only is this a good drink, it is good for you! Add a few mint sprigs for even more flavor.





Ingredients:

English Cucumber

Lemon

Water & Ice

Method:

Peel the cucumber leaving thin strips of green peel length wise still on it for a decorative look. Cut into 1/4-inch slices. Choose a smaller cucumber, which will have smaller seeds. Slice the lemon as thin as you like. Use a fork to remove any seeds from the lemon slices.

Place the cucumber and lemon in the pitcher and fill with water. Refrigerate for two hours or more to intensify the flavors.

Serve the cucumber and lemon water over ice. Garnish the glass with a slice of lemon.



Zippy Cucumber Lemon Water

- 1/3 cup sugar*
- 1 cup (packed) fresh mint leaves*
- 2 lemons, sliced into rounds*
- 1 small sliced cucumber*
- 2 cups fresh lemon juice*
- 2 cups vodka*
- ½ cup water*
- 3 cups ice cubes*

Mix sugar, mint, and lemon slices in a pitcher, mashing slightly with the back of the spoon. Mix in cucumber. Let stand for 30 minutes. Add lemon juice, vodka, and ½ cup water; stir to dissolve sugar. Chill for at least 30 minutes and up to 2 hours. Mix in ice and serve.

*Strawberry Mango Smoothie**



Ingredients:

- 4 1/2 cups mangoes, peeled and chopped into 1-inch cubes (approximately 2 medium mangoes)*
- 3 cups strawberries, hulled and quartered*



6 tablespoons honey
6 tablespoons lime juice, fresh squeezed
3 cups ice, crushed (or more if desired)

Method:

Place strawberries, mango, honey and lime juice into a blender. Cover and blend until smooth. There is a great tool for pitting mangos. It is like an apple slicer that you slide thru the apple but this one slides over the odd shaped mango pit!

Add ice 1/2 cup at a time and blend until smooth. Turn blender off between additions, scraping the sides of the blender pitcher with a rubber spatula to incorporate all the fruit and ice. If you wish, add more ice until desired texture is reached.

Pour into tall glasses, insert a festive straw with an umbrella, sit back and enjoy!

Spa Soup & Salad

Gazpacho Shot with Shrimp Pea Pod

Ingredients:

- 1 small hothouse cucumber, halved and seeded, but not peeled
- 1 red bell pepper, cored and seeded
- 2 plum tomatoes
- 1/2 small red onion



- 1 garlic cloves, minced
- 1 C tomato juice
- 1 C Spicy V8 Juice
- 2 tbs white wine vinegar
- 2 tbs good olive oil
- 1/2 tsp kosher salt
- 1/2 tsp freshly ground black pepper
- Snow Pea Pods
- Small Shrimp, cooked and chilled

Directions

Roughly chop the cucumbers, bell peppers, tomatoes, and red onions into 1-inch cubes. Put each vegetable separately into a food processor fitted with a steel blade and pulse until it is coarsely chopped. Do not over process!

After each vegetable is processed, combine them in a large bowl and add the garlic, tomato juice, vinegar, olive oil, salt, and pepper. Mix well and chill overnight before serving. The longer gazpacho sits, the more the flavors develop.

Trim and remove any strings and slice open the pea pod on the “straight side” opposite of the curved bottom to make a pocket and insert a cooked shrimp, tail up. Pour chilled gazpacho into a shot glass and straddle shrimp in pea pod over the rim of shot glass.



Grilled Orange Shrimp



Ingredients:

- 2 limes zested
- 3/4 cup fresh lime juice
- 1/2 cup orange marmalade
- 3 large garlic cloves, minced (1 tablespoon)
- 1/4 cup chopped cilantro leaves
- 1/2 cup olive oil
- 4 teaspoons soy sauce
- 1/2 teaspoon dried hot red pepper flakes
- 1 pound large shrimp, about 16, shelled and deveined
- 4 wooden skewers
- 1 ripe avocado, peeled and quartered lengthwise, fanned out onto 4 plates
- Butter lettuce
- 1 orange, peeled and sectioned (all pith and membranes removed)
- Fresh cilantro sprigs

Method:

In a medium non-reactive bowl, whisk together the lime juice, marmalade, garlic, cilantro, 7 tablespoons of the olive oil, soy sauce and dried hot red pepper flakes. Using a measuring cup, remove 1/2 cup and set aside, refrigerated. Add the shrimp to the bowl and toss to combine thoroughly with the marinade. Refrigerate for 30 minutes, stirring occasionally.



Place the skewer sticks in a shallow tray and cover with hot water to soak for at least 30 minutes. Set aside until you are ready to grill the shrimp.

Preheat a grill or broiler to medium heat.

Place the shrimp on the soaked wooden skewers. Lightly pat dry with paper towels and, using a brush, lightly coat the shrimp on both sides with the remaining tablespoon of olive oil. Grill for about 2 to 3 minutes on each side, or until shrimp are golden brown on both sides and cooked through. Place the shrimp on top of the fanned avocado slices and butter lettuce and season with salt to taste. Top with the orange segments then divide the reserved dressing evenly among the 4 plates and garnish with the cilantro sprigs. Serve immediately.

Herb & Cranberry Salad

Ingredients:

- *3 tablespoons extra-virgin olive oil, plus 1/4 cup*
- *2 cloves garlic, minced*
- *1 lb Trader Joe's Harvest Grains Blend or (1-pound) box Israeli couscous*
- *3 cups chicken stock*
- *2 lemons, juiced*
- *1 lemon, zested*
- *1/2 teaspoon salt*
- *1/2 teaspoon freshly ground black pepper*
- *1 cup chopped fresh basil leaves*
- *1/2 cup chopped fresh mint leaves*
- *1/4 cup dried cranberries*
- *1/4 cup slivered almonds, toasted*



Method:

In a medium saucepan, warm 3 tablespoons of the olive oil over medium heat. Add the garlic and cook for 1 minute. Add the couscous and cook until toasted and lightly browned, stirring often, about 5 minutes. Carefully add the stock, and the juice of 1 lemon, and bring to a boil. Reduce the heat and simmer, covered, until the couscous is tender, but still firm to the bite, stirring occasionally, about 8 to 10 minutes. Drain the couscous.

In a large bowl, toss the cooked couscous with the remaining olive oil, remaining lemon juice, zest, salt, and pepper and let cool.

Once the couscous is room temperature, add the fresh herbs, dried cranberries, and almonds. Toss to combine and serve.

Source: Giada De Laurentiis

Chilled Poached Salmon with Dill Sauce

Ingredients:

*6-7 oz Salmon Fillets, skin on, boneless
½ cup water
½ white onion, chopped
1 tbsp butter
1 tsp salt
1 lemon, sliced
½ cup white wine
3 sprigs fresh dill
2 bay leaves
paprika and crushed black pepper to taste*



Method:

Pour water, onions, butter, salt, lemon slices, wine, dill, bay leaves, paprika and pepper into a large skillet. Cover. Bring to a boil. Turn down to simmer. Place salmon, skin side down, into skillet and cover with lid. Allow to simmer for approximately 10 minutes. For a well-done salmon, allow to cook for 15 minutes.

Once cooked, remove salmon from skillet and refrigerate

Dill Sauce:

*1/2 tsp. finely shredded lemon peel
1 (8 oz.) carton plain lowfat yogurt
1/4 c. sliced green onions
1/4 c. snipped fresh dill
1 tbsp. capers*

In a small mixing bowl, combine lemon peel, yogurt, green onions, dill and capers. Add half the mixture to the blender container; cover and blend until smooth. Stir into remaining mixture in the bowl.

Serve chilled salmon with a dollop of dill sauce and a sprig of fresh dill for garnish.

Source: Adapted from Nik Manojlovich from Savoir Faire - Salmon

Salad Bar*

Place the salad greens in one large bowl. Put all of the toppings in small bowls so that each guest can create their own personal salad.



Ingredients:

Lettuce - bags of mixed greens or 1 head for each 6 people
Turkey, julienned
Ham, julienned
Cheese, shredded
Eggs - hard cooked and sieved
Bacon bits
Beets, 1 can, sliced
Garbanzo beans, 1 can, rinsed and drained
Cucumbers, sliced
Zucchini, sliced
Carrots, shredded
Tomatoes, sliced
Mushrooms, sliced
Croutons
Hidden Ranch Salad Dressing, packets mixed with mayonnaise and buttermilk
Italian dressing

Add any other of your favorite vegetables to the salad bar. The beauty of any salad bar is your imagination. Have fun with it!

Dessert

Over the Rainbow Fruit Skewers*

Ingredients:

½ C Blueberries
1-2 Kiwis
1 C Pineapple chunks
1 large Orange
12 Strawberries



3 oz Dark Chocolate (70% cocoa preferably)
12 Bamboo skewers

Method:

Remove the stem from the strawberries, leave whole and set aside. All cut fruit should be bite size. Peel and slice the kiwi, pineapple and oranges into 1/2 inch rings and cut each ring into pieces. Chop the chocolate into chunks so that it will melt easier. Melt about 2/3 of the chocolate over a double boiler. Make sure bottom of glass bowl is not touching the water. Remove from the heat and slowly add the rest of the chocolate chunks until they melt. This will temper the chocolate.

Dip the tips about 1/2 way up the strawberry into the melted chocolate. On wax paper, stand the strawberry on the flat end where the stem was. Refrigerate to cool and set chocolate. Once the strawberries are cool, begin to thread the fruit onto the skewers in the order of the rainbow starting with 2 blueberries, a kiwi piece, orange piece, pineapple and top with the chocolate dipped strawberry, chocolate tip facing the end of the skewer. Refrigerate until you serve them.

They can be served on a platter or take a pineapple and insert the blueberry end of the skewer into the pineapple. Place these all around the outside of the pineapple to form a rainbow display of your dessert.

Source: Inspired by Ellie Krieger



Pamper Me! Spa Day

Decorations



Creating the Mood

Be creative with your space. If you are having an outdoor spa event then use sheer materials draped over patio covers. You can run wire between several trees at angles and drape with material. Potted ferns and tropical plants add to the feeling of tranquility. Groups of candles and floating flowers in bowls of water are lovely. Light scents of sandalwood and lavender floating on the breeze will give you a spa feeling. Make sure the scent is light and not overpowering, especially if indoors.





If you are creating your spa feeling indoors you can drape the furniture with soft white material. Candles and small Christmas twinkle white lights are a good way to have subtle lighting. Large throw pillows in groups create seating areas.

White tea and ginger candles have a clean spa fragrance. Other spa scented candle options are eucalyptus, cucumber, cardamom and teakwood.



You will want to have a table for spa food and drink set up in an area separate from the treatment stations. An arrangement of flowers on the table along with the plates and utensils will add to the spa feeling.



Pamper Me! Spa Day

Music



Target has a wonderful selection of spa and meditation style music CDs to pick from. They are very reasonably priced and we have never been disappointed by their quality. Some other favorites are listed below or you can always check iTunes under the spa and meditation category. Start a playlist on Pandora you can revisit whenever you are in need of a Zen mood!

- 1. River of Stars*
- 2. Scared River*
- 3. East of the Full Moon*
- 4. Like the Wind in the Trees*
- 5. Tranquility*
- 6. In the Enchanted Garden*



Pamper Me! Spa Day

Activities



To give guests a true spa day experience, consider having spa stations set up at the venue. These can include a foot spa or a luxurious mineral bath just for the hands. Pampering touches provide for the basic spa treatments like facials, massages, manicures, and pedicures. Remember Manicures can make it more challenging to enjoy the spa food and drink. Invite a Yoga instructor, a massage therapist, or acupuncturist over to enhance Spa Day. This will increase their business so you may be able to get a discount. Provide head bands to hold their hair back. Soft white hand towels and bath towels (if you are using a spa) are essential.



Facial Station

Chocolate Facial



Invite your guests to participate in a chocolate facial. Have all guests put their hair up or pull back from their faces. Then have them scoop up some of this excellent moisturizing mask and spread it onto their face. Mix 1/3 C cocoa powder, 3 Tbs heavy cream, 2 tsp cottage cheese, 1/4 C honey and 3 tsp oatmeal powder (found in the health food section) in a food processor. Mix until smooth. Relax for 10 minutes (putting cucumber slices over eyes will help guests relax even more completely and do a great number on eye puffiness). The mask washes off easily with warm water and if it happens to get on the lips, it really tastes great.

Honey Yogurt Facial



This simple (only two ingredients!) cooling mask is great for all skin types. It's great for soothing a sunburn face too.



Ingredients:

*1 tbsp natural yogurt, room temperature (not lowfat or non-fat)
1 tsp runny honey (microwave for a few minutes to soften hardened honey)
Ripe avocado (optional) *
Lime juice (optional) **

Preparation:

Combine mixture and refrigerate for 30 minutes to 1 hour so that it will be cool, then apply to face. Avoid the eye area. Let the mask stay on your face for 15 minutes. Wash face with steaming washcloth.

** For dry skin, add a quarter of a very ripe avocado, mashed. For oily skin, add a few drops of fresh lime juice. **

Rosemary Steam Bath



Stems are great for opening pores and getting your skin ready for masks and other treatments. You can read about dozens of herbal combinations for steam baths at TipNut.com.

Boil a pot of water. Add sprigs of fresh rosemary and lavender. You can find these herbs at most local grocery stores in the produce section. Let the water continue to boil for a few minutes so the herbs steep.



Pull hair back. Turn off the boiling water, but make sure steam is still rising from it.

Lean over the pot (but not too close) with a hand towel over the back of your head, forming a tent. Let the steam permeate your skin.



Toners

Lemon juice - Dilute with water and spray over the face to tone pores. Leave on. Used regularly it evens pigmentation and prevents pimples.

Paraffin Hand Wax Station

Paraffin hand and foot treatments are used in spas and salons to lock in moisture. The wax is warm and soothing and your hands and feet will be left feeling soft and supple. If you are using wax for both hands and feet, double the recipe.



Ingredients:

1 block paraffin wax (about 4 oz), you can find this in the canning



sections of your local grocery store.

1 ounce of oil

20 drops of essential oil... lavender is rather nice

A few drops of olive oil or coconut oil (you will use this to coat your hands)

Casserole dish, greased with oil

Plastic sandwich bags

Preparation:

The following directions are for a hand treatment, you can also use this treatment on the feet.

Melt the paraffin, the ounce of oil, the scented oil in a double boiler. (The double boiler is necessary for safety purposes).

Very carefully pour the wax into the dish and wait until a skin has formed on the top of the wax. When this happens, the temperature should be about right for submerging your hands. Test the wax on your elbow to ensure the temperature is not too hot.

Prepare hands by washing them. Smooth the olive oil or coconut oil (I prefer coconut oil because it smells better) on your hands.

Dip each hand into the wax repeatedly until you have several layers of wax built up.

Have someone help you put on the sandwich bags onto each hand and then relax for about 30 minutes. You can also wrap hands in Saran wrap.

For added benefit, place a bath towel over your hands as you wait. This is a perfect time to relax with cucumber rings on your eyes.

To remove wax, simply peel it off starting at the wrist. The wax should come off in large sections. Give yourself a little hand massage and you are done.



HoMedics makes a wonderful paraffin wax spa bath that comes with several blocks of wax to start with. You can find them online or in store at Target for less than \$15.

Outdoor Spa Soak



If you have a spa or hot tub, have floating rose petals on the water and when ready to use for soaking add a soothing fragrance to the water. Pool supply companies carry many scents. Sit back and relax while sipping your favorite spa beverage.

Sensual Foot Soak



Create a foot bath with small basins of water with rose petals, lavender, mint or lemon. Fill a bucket or foot soaker with warm or hot water. Add floral or herbs. Rest your feet in the water and relax.



Here's the recipe:

Add 3 drops lemon oil, 3 drops of thyme oil, 3 drops of peppermint oil, 3 drops of geranium oil, 3 drops of lavender oil, 1 teaspoon Massage oil to warm water. You can find essential oils at health food stores.

Cooling Eye Treatment



Cut up cucumbers for their eyes too. English cucumbers are preferred by spas because they naturally hold more moisture. Soak the slices in warm water for an hour or so before the party starts so they are tender. Then refrigerate them in cold water so they are cool in time for the treatment.

Magazines

Set out a collection of magazines to help your guests feel like they are escaping from daily reality. Travel magazines will take them to fun places while gossip magazines will stimulate conversations. If you are having a Teen Spa Day then age appropriate magazines are great.



Pamper Me! Spa Day

Favors



Send your guests home with a memento of their relaxing getaway. You could either make these items, or buy them from a local or online spa, drugstore or toiletry shop. Every time they use one of these, it will take them back to their relaxing Spa Day and think of you.

Eye Pillows

Bath Salts

Soap

Bath Bombs

Lotion

Pumice Stone

Nail File

Or fill a basket with all these items for a super luxurious parting gift!

Teen Spa Party favors bags are full of dollar store/99cent store items, like sweat bands to hold hair back, gel eye masks, nail files, pumice stones, nail buffers, compacts, combs, mini hair brushes, cuticle removers, lip gloss, nail polish, hair twisties, shower gel, soap, soap confetti, loofahs, shower scrubbies, etc. Target or Cost Plus World Market is a good source for these fun items.



Pamper Me! Spa Day

Ready, Set, Go



The best way to have a stress free party and feel like a guest at your own party is to plan ahead. Here is a step by step party plan that will have you confident and excited about your own party. Remember, you are the Life of the Party and your guests will follow your lead.

One Month Before

- 1. Choose the date for your party. Make your guest list and send out invitations. Our **Party Planner** will help you get all your ideas for the party together.*
- 2. Decide what items you have on hand and what items you will need to purchase. Use our **Party Plan Menu** to help you plan. If they are custom items, order them now.*
- 3. Consider the areas for the party and any touch ups that may be needed. Plants for outdoors, pillows for indoors.*

One Week Before

- 1. Decide where you will have each of the spa stations and food station. Make a list of all accessories, serving pieces and tableware you will need.*



Plastic tall shot glasses can be found at Party City if you are serving outdoors. Use glass shots if indoors.

2. Make sure your music sound system is in good working order and make your playlist/burn CDs and load iPod.

3. Shop for any non-food type items.

1-2 Days Before

*1. Shop for all food items (2 days before). Create a shopping list that will make it so much easier to plan and shop for your party. Our customized **Shopping List** will help you get organized.*

2. Prepare some or all of recipes as follows:

- Prepare the Gazpacho, soup only, Herb & Cranberry Salad, Chilled Salmon and Dill Sauce - 1 day before*
- Prepare marinade for Orange Shrimp - one day before*
- Cut up strawberries and mangos and put in containers(if making Smoothies) - 1 day before*
- Cut all veggies and put in containers (if making the Salad Bar) - 1 day before*
- Dip the strawberries in chocolate and refrigerate for tips of Fruit Skewers - 1 day before*
- If possible, decorate the “spa area” the night before.*

Day of the Party

1. Pick a time you must begin getting yourself ready and stick to it.

2. Set up the stations and decorate the “Spa”

3. Make Lemon Cucumber Water and Zippy version. Flavors improve if they are allowed to set for at least 2-3 hours before serving.



4. *Assemble the Rainbow Fruit Skewers and refrigerate until ready to serve.*
5. *Supreme the orange slices for the Orange Shrimp salad. Reserve the juice to pour over avocados once they are sliced, to keep them from browning.*
6. *Place spa favors by the dessert so that you remember to give them to the guests.*
7. *Review lists to make sure everything is ready.*
8. *Get dressed in your robe.*
9. *Begin the spa music and have music playing the entire time.*

Once Guests Arrive

1. *Have them change into robes and show them to spa area and cucumber water.*
2. *Begin treatments.*
3. *Turn on grill for Shrimp and marinate the shrimp 30 minutes before grilling.*
4. *Slice avocados and pour reserved orange juice on them. Do not use juice on the salad. This is only to keep them from browning before you assemble salad.*
5. *Break for light lunch and drinks. Don't forget to take pictures!*
6. *Back to treatments*
7. *Serve desserts and party favors.*
8. *Guest leave relaxed and happy with their day at the Spa.*

