



# Spa

Julia Bettencourt

Spa parties can be fun for any age girl. It's always a great theme to get together, relax, do each other's nails, talk, and build friendships.

With all the busy lives we lead, sometimes it is great just to slow down, relax, and enjoy a little pampering.

## Spa Event Theme Concept

—Originally posted May 09, 2007

—Originally titled "Take Me Away!"

—Updated November 4, 2021

The event themes on the website can be used for showers, parties, women's ministry retreats and activities, or church functions. Each theme will have one or several possible spiritual applications. *I give you lots of info and ideas—You pick just a few to enhance your event. More ideas can be used for showers and parties, but less is always more for ministry events.*

## Theme Title Ideas

- Be Still and Know
- Beauty in God's Perfection
- Breathe
- Calm
- Finding Beauty
- Fresh Start
- Getaway!
- Girls Just Wanna Have Fun!
- Girls Night In
- Just Breathe
- Me Time
- On Vacation with The Girls!
- Pamper Me Please!
- Pamper Party
- Pampered Princess
- Pretty and Pampered
- Pretty in Pink
- Quiet Reflections
- Relax and Reclaim
- Rest, Relax, Reflect
- Resting in Jesus
- Restore
- Take Five
- Take Me Away!

## Spiritual & General Applications

- Focus on being energized for the Lord.
- Focus on being renewed in your spirit.
- Celebrate with a spa night using an emphasis on building friendships.
- Celebrate a girl's (or woman's) birthday party with a spa party.

## Theme Verse Suggestions

*Be still, and know that I am God...* Psalm  
46:10 (KJV)

*...and ye shall find rest unto your souls.*  
Matthew 11:29 (KJV)

## Devotional Starter & Workshop Ideas

- Download the "Reflections" Devotional Writing Starters.  
<https://www.juliabettencourt.com/womens-ministry/devotional-helps/starters-reflections-theme.pdf>

- Download the "Hair/Salon" Devotional Writing Starters.  
<https://www.juliabettencourt.com/womens-ministry/devotional-helps/hair-salon-devotional-writing-prompts.pdf>
- Download the "Mask" Devotional Writing Starters.  
<https://www.juliabettencourt.com/womens-ministry/devotional-helps/mask-devotional-article-starter.pdf>
- My "Take me Away!" devotional is in my "Strong & Lovely" Devotional Collection.
- Find all my devotional collections on Amazon.  
<http://www.amazon.com/author/juliabettencourt>

## Simple Decorating

- A few terry cloth robes draped over chairs
- Large floor pillows
- Small electric waterfall/fountain
- Candles and tealights
- Baskets/trees of greenery.
- A few "fresh" flowers
- Stacks of towels
- Simple Décor: Tray filled with spa items such as a pair of slippers, facial masks, bottles of lotions, fresh flowers, candle, etc.

## Icebreakers

### Table Discussion

Download the General Discussion Questions

<https://www.juliabettencourt.com/womens-ministry/icebreakers/1ST-QUESTION-LIST-general-get-to-know-you.pdf>

Download the Christian Women Discussion Questions

<https://www.juliabettencourt.com/womens-ministry/icebreakers/2nd-QUESTION-LIST-Christian-get-to-know-you.pdf>

## Discussion Questions

- *What do you find the most relaxing activity to do?*
- *What type of place calms you the most?*
- *Do you think you have enough calm in your life?*
- *What verse or passage of the Bible calms you the most?*

## Music

- Relaxation CD for Background Music (Waterfall, Nature Sounds, etc.)
- *Be Still My Soul* (Schlegel)
- *Near to the Heart of God* (McAfee)

## Favor Ideas

- Bath beads
- Bath bomb
- Bath scrubby
- Candle
- Eye masks
- Feet masks
- Hand masks
- Hand or body lotion
- Lip balm
- Makeup sponge
- Manicure set
- Nail file
- Nail polish
- Soap
- Water bottle

## **Door Prize Ideas**

- Bath beads
- Bath bombs
- Bath brush
- Bath pillow
- Bathtub tray
- Candle
- Essential oil diffuser
- Gift certificate for mani/pedi
- Spa basket - Fill with bath oils, beads, gels, lotions, brushes, sponges, candles, etc.
- Gift certificate to Bath and Body Works
- Loofah sponge
- Makeup remover
- Manicure set
- Relaxation music CD
- Towel set

## **Just for Fun**

### **Comfy Dress**

Have everyone dress in comfy clothes (pajamas if you wish).

### **Bring Slippers**

Have everyone bring a pair of slippers to wear.

### **Spa Stations**

Set up stations for different spa treatments such as facials, manicures, and pedicures.

- Have all your supplies on hand. Nail polishes, facial and foot treatments, cucumber slices (sliced and chilled), nail polish remover, etc.
- Have stacks of hand towels (preferably white like at a spa).

### **Group Project**

Make some homemade beauty treatments as a group project.

## Food & Serving

- Bowls of dried fruits (cranberries, apricots, banana chips, etc.)
- Bowls of nuts
- Flavored waters
- Fruit platters
- Fruit smoothies
- Herbal teas
- Veggie platters
- Water bottles
- Yogurts

## Photo Source

- Want the photo used for the page title of this theme? Find the original at Unsplash here.

<https://unsplash.com/photos/87InWldRhgs>

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