

DIY Spa Party Ideas & Tips



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Hosting your own spa party is one of the best ways to bring the spa experience to yourself and a group of friends at a relatively low cost. Not only that, but being in the comfort of a welcoming home and surrounded by people who are close and familiar with each other is perhaps one of the best possible settings for spa treatment. In this article we will go over the full experience, with many ideas to help you put together a spa party that is truly remarkable.

Look and Feel

The first thing you really need to make sure you get right is the look and feel, because you want your friends to be walking into a pleasing, comforting environment. You don't want over-the-top, cluttered decorations at a spa party, but you do want to pay a lot of attention to the little details to ensure as close to a spa-like experience as possible within your own home.

Decorating for a spa party can be very simple. You should keep the room feeling bright and open, with a lot of natural light. Plants add a great deal of freshness to the room, which is always a welcome addition. You might want to clear certain items out of the main room where the party will be taking place, removing any distracting elements so the focus can be squarely on the proceedings. Don't leave the room feeling bare and empty either, though.

If you choose to go with a theme, it should help you find a clear path in your design ideas, and will influence activities and food choices as well. Your theme can be almost anything, so long as it is fun, light and relaxing for your guests. Tropical or beach themes are popular, but you can be a lot more flexible than that if you choose, going with for example an international theme. Turn your spa party into a world tour or focus on one country or region, allowing that culture to make its way into all of your activities.

Candles and scents make up a very important part of the experience. That doesn't mean you want to fill the room with clouds of incense, but if you keep things fairly subtle and fresh those aromas will aid in the relaxation process and help everyone get into the mood.

Almost equally important is music, or at least some form of white noise playing in the background. Ambient music CDs at low volume levels create an atmosphere that is beautiful without causing a distraction. Many people will go with audio to match their theme, such as jungle sounds or ocean waves, and even without a set theme these can be a big hit and a great addition to the atmosphere.

Food and Beverages

As we continue to set the atmosphere, of course it's important to ensure that nobody's tummy is growling. You want your guests to feel taken care of, and the types of foods you choose will make that a whole lot easier.

You don't want greasy or heavy foods, because few of us really feel truly comfortable after a

greasy meal. Some might also have indigestion or heartburn after eating certain foods, or just feel bloated. It's best to stick with light snacks, and perhaps a bit of decadence.

Fruit and veggies are your best bets as a base, and of course these should be very fresh. Dips can break a few rules, since everyone gets the choice of how much or how little to indulge in. For a little bit more food, small sandwiches make a great and more filling option. Anything you can put on a stick makes a good fit here too, keeping those fingers from getting greasy or dirty.

Treats are also going to be a big hit, but again, be careful these aren't too heavy! Light cakes and pastries filled with fresh fruit are great choices, and they can sate your guests' hunger as well. If you want to go a little bit more rich and decadent, small chocolates are an excellent treat that almost everybody loves to indulge in, but be sparing here, because too much chocolate can have as much caffeine as a cup of coffee and make it a bit more difficult to wind down.

Finally, what about some drinks? Here you can really get away with anything, and don't skimp on the flavor or worry too much about alcohol. If your guests get a bit of a buzz going it might only enhance the experience for them. Bright colors and refreshing tastes are always the right idea.

Massages

Hiring a masseuse or a massage therapist for your spa party is probably the most effective way to make sure everybody gets the chance to feel relaxed and taken care of, even though it might sound a little bit expensive for some of us. It doesn't have to break the bank though, and in fact you can find a professional to give your guests great, relaxing massages at quite low rates in most urban areas.

When you go looking for this person, make sure you understand the difference between a masseuse and a massage therapist. Either can make a good choice, but you should know in advance what you are getting.

Generally speaking, a masseuse is a fine choice when you want a simple, relaxing massage, and they will generally come cheaper. The sole focus of the masseuse is on providing pleasure and comfort, though many masseuses do not have any special training to speak of so you might want to make sure they come recommended.

On the other hand, a massage therapist typically has much more training, and their focus can sometimes be on really working the muscles with a "no pain, no gain" philosophy. Unless your guests are all comfortable with a serious massage this might actually not be the best choice, but most massage therapists are very willing to take it easy and provide a more relaxing experience depending on who they work on.

Home Treatments

If you want it to just be you and your friends, there are many things you can do to put together a fantastic spa party without hiring anyone at all. You want to think about simple, relaxing things, skin care and ways to rejuvenate the mind and body.

The first thing I like to do at my own spa parties is offer my guests a clean, steamed towel. Arriving to an immediate and very pleasurable experience such as this not only opens your guests up to the world of comfort they are entering into, but opens their pores for the skin treatments likely to follow.

One of the most common ideas is to include manicures and pedicures. Most women love having the chance to do this for themselves, and being with a group of friends all feeling pampered is a great atmosphere to be a part of. You can consider hiring a manicurist for example if you can fit that into your budget, for an even greater experience where everyone is given that special one-on-one attention and care.

Facial masks are another affordable way to give each person an individual experience of taking care of themselves, making sure that they leave feeling alive and enriched, and looking fantastic. There is a reason this has been at the core of most spa parties over the years.

Fun and Games

Since a spa party is still a party, you certainly want to have a few fun activities planned for everyone to take part in. This is also a great chance to focus on the mind instead of only the body, creating a more complete spa experience.

Simple games where your guests can relax and feel more comfortable with each other are a good idea. Almost any orientation game would make a solid match here, such as charades or your own take on trivia night. Feel free to have a lot of fun and playfulness with these kinds of ideas.

Movies can be a good, relaxing activity, and they tend to mesh well with treatments which require the person to sit and wait for a while. You can time intermissions into the movies you play to allow guests to remove facial masks for example, and perhaps get started on a new treatment before pressing play again.

One activity my guests have really enjoyed is making their own soap, which fits the theme of the party very well. It's not that hard to do if you have just a few tools and ingredients to work with, and this can be a very rewarding experience. Similarly, creating homemade candles is a big hit.

Another idea is to include things like yoga or meditation at your party. You will need to be sure that somebody, preferably yourself, has enough knowledge of these things to help guide

your guests through them, and in the case of yoga you should be certain that everyone in attendance is physically capable.

Parting Gifts

Since you want your guests to leave feeling pampered, think about offering them a way to take some of that experience home with them. Not only does it make a person feel appreciated and cared for to receive a gift of this type, but it means they can renew that feeling as often as they want with the items you give to them.

The simplest idea is to give each of your guests a grab bag of products and tools, and none of these have to be expensive at all. Lotions and soaps work well, and you can size these down to samplers to fit your budget. Things like hair products and bath salts are wonderful as well, and tools such as emery boards are always popular.

If you have purchased robes for your spa party, it just makes sense to let your guests take them home. These should be very nice, comfortable robes, but of course you don't want to spend a terrible amount of money on them if you are going to have more than just a couple of guests. Choose colors you know match the style or personality of each individual, and it can also be quite inexpensive to have the robes embroidered with the names of your guests.

Conclusion

Hopefully many of these ideas will find their way into your home spa parties, and help to inspire you to think about your own twists and variations. So long as your focus is on a light and relaxing experience you almost can't go wrong. Have fun, and never stop treating yourself!

Resources:

[Naturally Skinsational Rejuvenating Skin Care Recipes](#) - Includes an expansive array of over 150 rejuvenating skin care recipes that include masks, peels, toners, moisturizers, spritzers, steams, under eye treatments and even special occasion facial treatments that feature enticing recipes such as “The Love Scrub” or “Boo Berry Peel”

[Leon's Anti-aging Beauty Secrets](#) - DIY Anti-aging Skin Care Recipes, Facial Yoga and more. Make your own organic antiaging creams, toners and cleansers.

[Guilt Free Desserts](#) - 50 simple recipes you can use to whip up all-natural, gluten-free diabetic-safe mouthwatering desserts.

Carefree Candies - 55 low-glycemic, gluten-free candy bars, toffee, brittles, barks, fudge, truffles and more.

Spa Party Planning Services:

<http://www.sparties.com/>
<http://www.spa-party.com/>

Spa Party Invitations:

<http://www.paperlesspost.com/>
<http://www.evitepartystore.com/>
<http://www.invitationbox.com/spa-party-invitations.html>