God in Shoes – "Ladies' Free Spa Day"

A Day of Pampering for Women

- 1. Several months in advance determine the location for the spa a women's shelter or a neutral location such as a community center.
- 2. If you are working in a shelter consult with the shelter director to determine what services will be provided for your guests (haircuts, manicures, facials, neck/shoulder massages, table massages, chair massages, foot bath & massage, facials, refreshments, new shoes, gift bags.) Check with your local conference attorneys regarding what restrictions may apply to your area.
- 3. Designate a team leader to oversee each area.
- 4. Make a list of items needed for Spa Day services, and items to be included in the ladies' gift tote bag (I usually include a full-sized hand lotion, body wash, body spray, and loofah) and request funds to purchase items from the Dollar Tree, totebags from discountmugs.com., and an inspirational give-away book for each bag tagged with local church contact information).
- 5. Send list to area Women's Ministries leaders to begin collecting funds for purchase of necessary item.
- 6. Recruit volunteers by sending a bulletin announcement to area churches. As the volunteer list develops, personally talk to individuals and request their help in the areas which are still in need of staffing.
- 7. Purchase remainder of supplies.
- 8. Organize plastic totes with supplies for each station where spa services will be performed.
- 9. Decide on a simple refreshment menu.
- 10. Purchase table coverings/decorations.
- 11. Make signs to identify the various spa stations: i.e., hand soak, hand massage, nail buffing and filing, nail polish, facials, massages, foot massages, haircuts, etc.

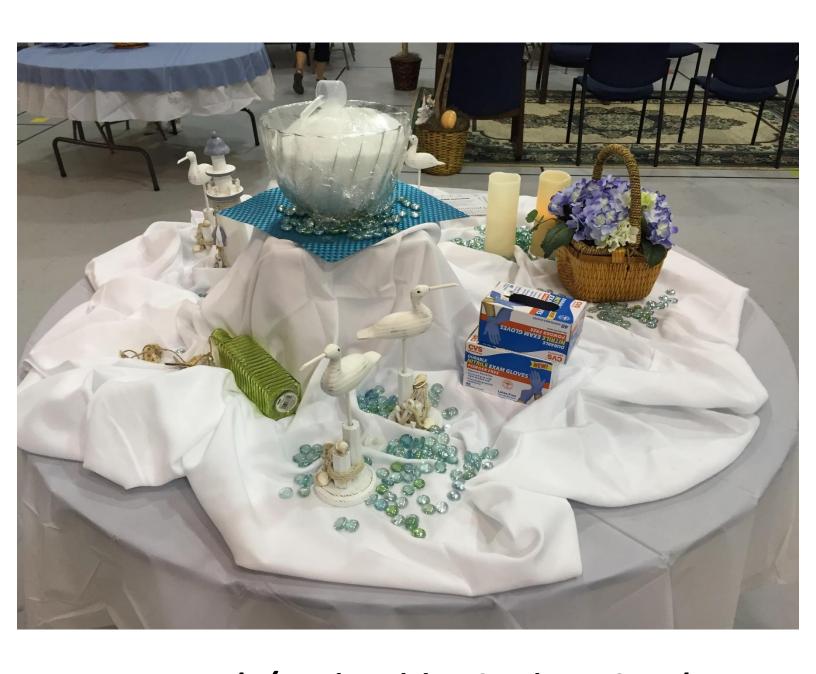
- 12. Make a registration form that will include detailed information that will be helpful with follow up contacts.
- 13. Provide childcare with simple crafts or VBS materials. Make sure childcare helpers have completed the "Shield the Vulnerable" online training and have been given a cleared background check.
- 14. On the evening before the spa have an organizational meeting to:
 - Set up and decorate building
 - Organize spa stations & childcare area
 - Arrange tables for refreshments
 - Set up registration
 - Assign volunteers to each station
 - Team leaders to meet with and organize their team
- 15. All volunteers arrive one hour before the guests arrive. Give brief devotional and allow for time of prayer.
- 16. Open the doors and watch GOD at work!

Adapted from GREAT IDEAS for Women's Ministries in the Local Church "FREE SPA DAY" by Maryjo Dubs

For Information: Contact Sue Carlson – scarlson@ks-ne.org



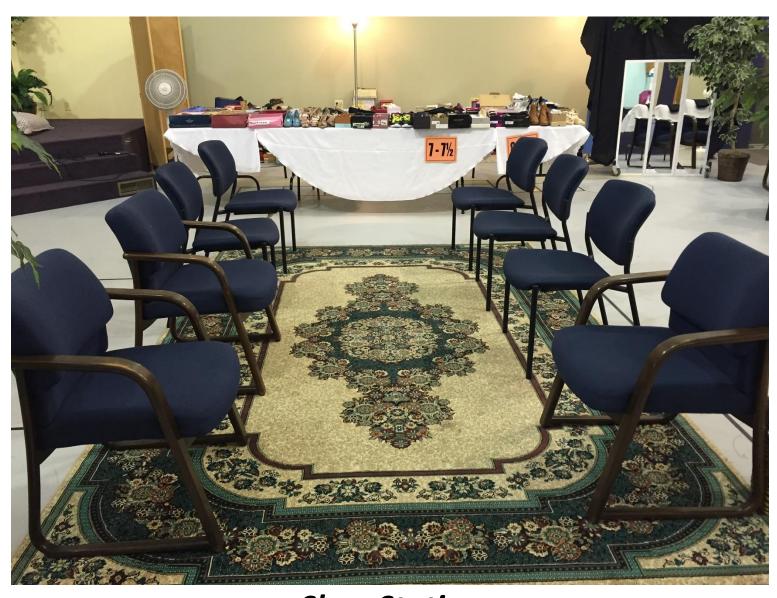
Foot Bath / Moisturizing Station



Foot Bath / Moisturizing Station - Supply Table



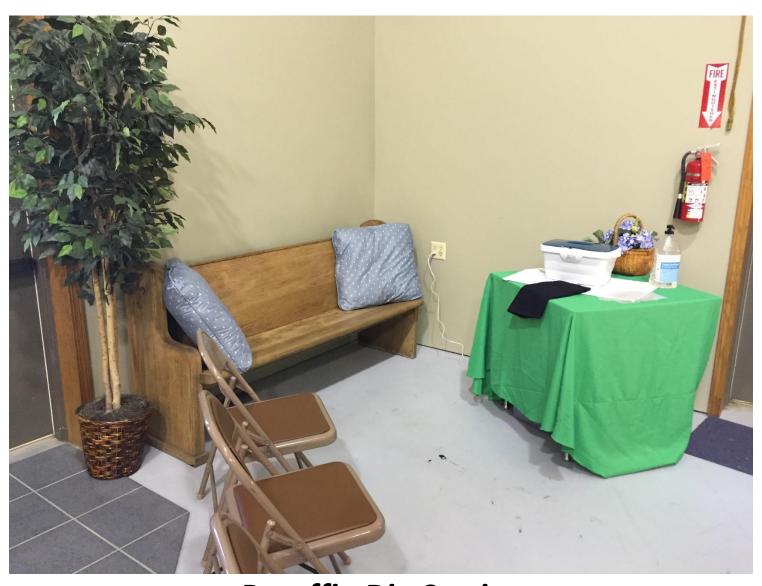
Facial Station



Shoe Station



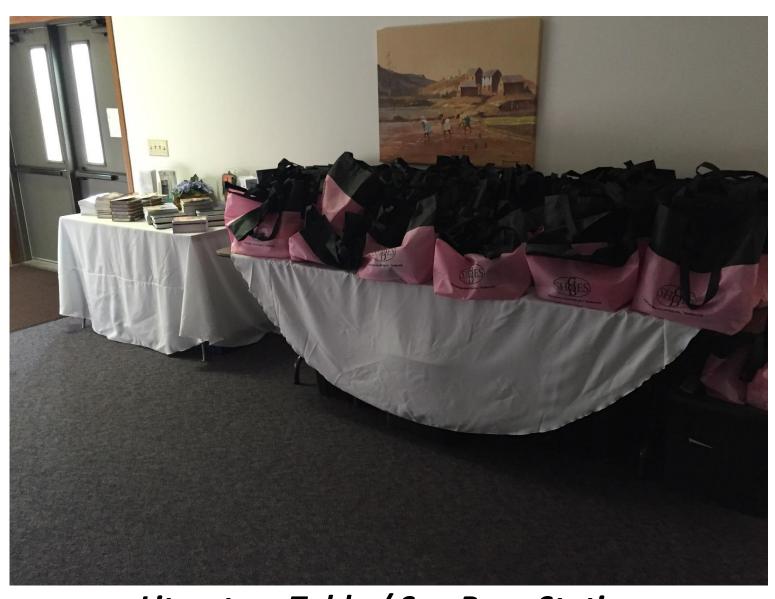
Finger Food Buffet Station



Paraffin Dip Station



Manicure Prep & Polish Stations



Literature Table / Spa Bags Station



Dispensary Station



Spa Helper Training



Massage Station



Finger Food Buffet Prep Station



Bounce House - Child Care Area #1



Craft Station - Child Care Area #2



Snack Table - Child Care Area #3