

## Have Your Spa at Home!

If a girl can't get to the spa, we need to bring the spa to the girl (or boy) and what better way to experience all the relaxing benefits of a spa day than getting your favorite esthetician to go mobile and bring her spa treatments to you.

Some treatments are easier to manage at a home spa party than others, so think ahead about the perfect spa night in for you and your group. Are you celebrating an event like a birthday, a bachelorette party or something special? In that case you'll want to pamper the lucky party host and spoil her with treatments that make her feel special. (I'm using 'her' but all the above can of course be applied to him too)

If there's a wedding coming up, you'll probably want to throw in a head, neck and shoulder massage as well, or some foot and/or hand reflexology treatments for everybody in the wedding party. Organising a wedding is a stressful time! While the foot massage is under way, a fabulous mani-pedi will make the bride or groom-to-be feel special too.

Baby showers are an ideal opportunity to add a little spa action to the party. Make sure that your mobile esthetician knows well in advance that you're hosting a baby shower and she'll make sure that all the treatments on offer are perfectly suited to a mum-to-be.

Sometimes we just feel like spoiling ourselves without a reason – why not get everyone over and share a skincare spa party night with your favourite people? A mini-facial and some hand treatments are guaranteed to leave your guests feeling pampered and relaxed, and they'll love the fact that you've gone to all that effort. Chat to your salon before the party and see if there are any new beauty ranges that are coming out and you could make it a spa party to remember, trying out new products and gossiping over a green tea or a glass of Prosecco.

To set the scene for a spa party, you'll need to get the atmosphere serene and calm. Aromatherapy burners are a must, with a nice soothing premixed blend. Use a diffuser or a burner, whatever you prefer, and keep it topped up with delicious scents.

Serve healthy snacks – fruit platters, crudités and hummus and smoothies will go down a treat. Or you can up the decadence level and add some sophisticated cocktails (and mocktails) – find some inventive

recipes online or just stick to tried and tested Bellini's – make it something easy to mix so that you don't spend ages on your relaxing night working out how to fix a drink.

Lastly – music. You might not be in the mood for whale music or pan pipes but you need some mellow tunes to fix the spa mood. Find some nice chilled out tracks, you can make a playlist of your favourites.

Now all you need is the guests!