
Ideas to Share—Spa Day

Get the ladies together and have a pamper session!

Put on some relaxing music open the windows, put some freshly cut flowers in a vase and open a bottle of sparkling wine or make a jug of non-alcoholic punch and dress it with fresh fruit slices and mint.

Have a list of treatments you can provide, here's some ideas:

Nail Painting
Hand massage
Head massage
Facial



Once the treatments are over sit and relax and watch a funny film or put some good music on, move out in to the garden with your glass of fizz and nibbles and sit and chat about the day and see what you can find out about beauty treatments and hairdressing of the past. ☺

YOUR SUMMER PUNCH RECIPE

Vegan & Gluten-free —A simple refreshing drink that is perfect for a spa day.

125ml lemon juice
50g caster sugar
500ml apple juice
125ml sparkling elderflower water
ice
fresh summer herbs like lemon verbena, mint and basil
(optional)
lemon slices



Method— add the ingredients to your punch bowl or jug and stir. Then serve by pouring over ice into your glass—Delicious.

