



SPA-TACULAR ME BADGE



Girl Scouts®

Complete any six activities.

1. Facial Mask

Homemade egg white facial mask:

1 egg white 6 drops witch hazel 6 drops lemon juice

Whisk the egg white until it is stiff. Add the other two ingredients. Gently apply the mask to your face avoiding the eyes. Let dry for 15 minutes. Rinse with warm water. To really get you in the spa mood, slice cucumbers and place over your eyes while you are waiting for the mask to dry.

2. Bath Salts

Try this recipe to help you relax at bath time. They smell wonderful!

2 ½ c Epsom salt ½ c sea salt
1 c baking soda food coloring (your choice)

Food flavoring for fragrance containers

Mix the salts and baking soda together in a bowl. Add food color and flavoring of your choice. Mix together well. Pour mixture into containers. Enjoy your bath!

3. Back and Shoulder Massage

Invite a professional masseuse or massage therapist to visit your troop meeting. Ask her to explain the importance of massage, share techniques and show you specific areas to target. Practice on a family member at home...remember to ask first.

4. Music

Listen to different types of music to see what makes you feel the most calm. Try ocean waves, background music, piano music, acoustic music or any type you find peaceful. Compare your favorite type of relaxing music with your friends and family. Remember to listen to your favorite when you are having a stressful day.

5. Smoothies

1 cup vanilla yogurt 4 large strawberries (or 1 cup frozen strawberries)

1 small banana cut up (optional) add 1/2 - 1 cup of crushed ice Blend for one minute.

You may substitute strawberry daiquiri mix (alcohol free of course!) instead of fresh strawberries. For dairy intolerance or allergies substitute fruit juice (apple) works well. If they were too tall, too fat, too short, or too slow.

6. Satin Hands Treatment

Make your own homemade hand lotion.

¼ c beeswax pellets ¼ c cocoa butter ¼ c olive oil containers

Place beeswax in microwavable measuring cup and add 1 Tablespoon of cocoa butter. Microwave on high for 2 minutes or until mixture is clear. Stir to dissolve beeswax. Add remaining cocoa butter and microwave for 1 minute. Stir until smooth. Add olive oil and stir until creamy. Be patient. Spoon into container and let harden.

7. Warm & Cool Colors

Experiment with warm and cool colors to see what colors look best on you. Hold different color fabrics up to your face and see what looks best on you. Get your friends and family's opinions too.

8. Fun Fingers

Use what you learned about the colors that look best on you to pick out your nail polish. Practice painting your nails.

9. Healthy Treats

Try pampering yourself with some healthy snacks. Cut up fresh fruits, vegetables and cheeses for a healthy treat. Find a healthy recipe and make it for your family to enjoy.

10. Focus on Others

Now that you have enjoyed pampering yourself with this SPA-tacular badge, share some homemade spa products with a friend. Make any of the above recipes and give as a gift for a friend to enjoy.