

Service



Have a Pamper Day

What you need: Foot Spas, Lots of massaging oil/moisturizer, towels, bowls, disposable gloves, tea, coffee, milk, sugar, biscuits/cake.

Instructions: Firstly find a deserving group in the community – CWA, Blue Nurses, - probably women will respond best to this version! Invite them to come to your meeting place. Divide girls into three groups (which can be rotated if you wish) One group can give each participant a foot spa and after towelling feet dry a gentle massage with oil or moisturizer. Wear disposable gloves. Second group gives hand soak (lukewarm water in bowls soak hands for 3 minutes) then towel dry and gentle hand massage with oil/moisturizer. Wear disposable gloves. Third group caters tea and coffee and nibbles to guests.

Massaging instruction and practice can be done at a meeting of girls before the big day. Encourage girls to talk to the participants – this is an excellent time to learn so much from another source. Structure your meeting so that you have time to prepare before your guests arrive and time to clean up after they leave!

Why Not..

Suitable groups could include Rotary, Lions, Rural Fire brigades etc. perform skits and play games with them instead of massages!

Serve a morning or afternoon tea for a deserving community group. This could include entertainment, skits, games and singing etc.

Have a special campfire and invite a community group. Base the theme of the campfire around what they do – Lions (have a lion/jungle theme!)