



Girl Scouts®

# SPA-TACULAR ME TRY-IT



Complete any four activities.

## 1. Bath Salts

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

- 2 ½ c Epsom salt
- 1 c baking soda
- Food flavoring for fragrance
- ½ c sea salt
- food coloring (your choice)
- 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!

## 2. 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.

## 3. Smoothies

- 1 cup vanilla yogurt
- 1 small banana cut up (optional)
- Blend for one minute.
- 4 large strawberries (or 1 cup frozen strawberries)
- add 1/2 - 1 cup of crushed ice

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.

## 4. Satin Hands Treatment

Make your own homemade hand lotion.

- ¼ c beeswax pellets
- ¼ c olive oil
- ¼ c cocoa butter
- 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.

## 5. Fun Fingers

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

## 6. 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.