

# Senior Spa

For the senior community always on the go, host a night of relaxation to take away the stress!



## Budget

\$400-600

## Difficulty Level

Medium

## Location Suggestions

- Front yard
- Community center with multipurpose rooms
- Senior center or retirement community clubhouse
- Closed street (Block Party Permit required)

## City Support

[Mini-Grant funding](#) is available!

## Material List | Estimated Cost

- Aromatherapy oils | \$30-\$50
- Lotions | \$30-\$50
- Relaxing music or soundscapes
- Speaker | \$40
- Warm towels | \$15
- Manicure and pedicure supplies:
  - Nail polish | \$20-\$30
  - Files | \$10
  - Buffers | \$10
- Rented tables and chairs | \$40-\$70
- Flowers | \$30
- Epson salts | \$30
- Facial masks, sheets or lotion | \$30-\$50
- Foot and face baths containers | \$30
- Refreshments | \$50
  - Herbal tea
  - Fruit-infused water
  - Disposable Cups
- Signage and decorations
- LED candles | \$20
- Optional: Block Party Permit

## Step by Step | How to Plan this Event

1-2 Months Before Event

### 1 Set a Time and Location:

- Pick a **time and space** that will best accommodate your neighbors.
- The location should be **quiet and relaxing!**

### 2 Obtain Any Necessary Permits and Permissions

If you're closing a residential street, you will need to apply for a [Block Party Permit](#) for an eligible street.

### 3 Plan Spa Activities

Try including these relaxing spa activities:

- Face masks
- Manicures and pedicures
- Foot baths
- Shoulder and neck massages
- Warm neck compress



### 4 Pair Relaxation with Fun!

Offer **fun yet calming activities** for neighbors to do while they relax.



#### Hire live music

- Acoustic guitar
- Folk



#### Offer relaxing activities

- Water color
- Cross stitch
- Board games

### 5 Hire Spa Experts

Research and hire **licensed massage therapists** or **estheticians** to provide treatments.

Since massages can be personal, make sure that only professionals give massages and that all parties are comfortable.



 3 Weeks Before Event

## 6 Prepare Supplies

Gather **high-quality spa products** such as aromatherapy oils, skincare masks, and nail care supplies. You can order online or buy from local shops.



## 7 Plan Event Layout

Plan a **setup** that works for your chosen space. *Make a simple sketch!* Mark out where each activity will go.



### Fun Tip

Rent an **inflatable TV screen** to put on your favorite comfort shows while you relax!



## 8 Promote Event

Extend invitations to your neighbors!

- **At Least 2-3 Weeks Before | Social Media and Email:** Post on Nextdoor, Facebook, and/or Instagram. Email if you can.
- **1 Week Before | Flyers:** Go door-to-door. Design colorful flyers, postcards, or personal invitations.
- **1 Day Before | Reminder:** Send out a reminder message on social media or by email.

 Day-Of Event | 1 Hour Before

## 9 Set-Up

**Make sure you give yourself enough time** to set up designated areas for massages, manicures/pedicures, and facials. Place extra activities on top of tables for guests to play.

 Day-Of Event | Start of Event

## 10 Welcome Guests

**Greet your neighbors** as they arrive and guide them to the different spa stations. *Make sure everyone is comfortable and relaxed throughout the event!*

## 11 Enjoy the Spa!

## 12 Clean Up

Clean up the event and dispose of any trash or contaminated water in a safe location.

