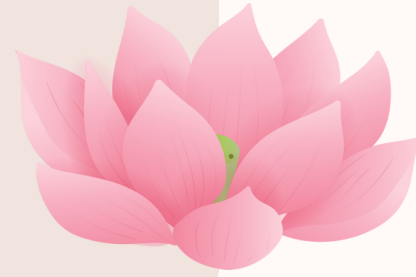


DIY Sustainable Spa Day



Introduction

Stress is a normal part of life that takes many forms and serves an important purpose in our daily lives. However, when negative stress persists at high levels, it is crucial to learn how to manage it before it affects your overall health and well-being (Burke, C. W., & Pruszyński, K. 2022).

Teens are especially prone to stress from a variety of sources at a time in life when they are already experiencing a great deal of physical and emotional change. Learning how to manage stress with proven relaxation and coping techniques can support better mental and physical self-care.



Objective

To help teens learn simple, affordable, sustainable techniques to support their efforts in stress management. Staff lead workshops demonstrate how to use every day, household items to make face and lip masks promoting relaxation and healthy habits.



Logistics

Example of supplies needed:

- Organic brown sugar
- Organic honey
- Cinnamon
- Ground cloves
- Nutmeg
- Organic oatmeal
- Rice flour
- Milk (or milk substitute)
- Paper cups (8-12oz)
- Paper bowls
- Wooden utensils
- Jars with lids (4-8 oz)
- Drink dispensers
- Measuring cups
- Water
- Lemons and/or limes
- Cucumbers
- Fresh mint
- Signage for stations
- Printed recipes
- Materials display
- Resources handouts
- Tables and chairs
- Relaxing music



Resources

There are a number of resources available online and in print to create your own simple, natural, safe and effective skin care products. Common DIY skin care products include face masks, lip scrubs, toner, and cuticle hydrators. Here are some places to start looking for ideas:

- [healthline.com](https://www.healthline.com)- Healthline covers all facets of physical and mental health. Healthline's healthcare professionals help ensure that the information published is accurate, evidence-based, current, person-centric, and trustworthy.
- Women's Health Magazine- Seeks to empower readers with tips and insights from the latest health and wellness research and leading experts in the field. Digital content available through Libby by OverDrive.
- *The big book of homemade products for your skin, health & home : easy, all-natural DIY projects using herbs, flowers & other plants* by Jan Berry
- *The little book of skin care : Korean beauty secrets for healthy, glowing skin* by Charlotte Cho
- *Natural homemade skin care : 60 cleansers, toners, moisturizers and more made from whole food ingredients* by Militza Maury

Marketing

Marketing will look different for each community. Here are some ideas to get started:

- Create flyers, tv slides, social media posts and bookmarks promoting the program
- Send invitations to local intermediate and high school community outreach liaisons, counselors, and activities directors
- Post to social media sites and encourage sharing and participation with some kind of incentive
- Put promotional bookmarks inside of teen materials
- Share with your teen volunteers and offer to give them service hours for program participation

Results

The day of the program, library staff configures the room for participants to be able to create their skin care products, browse curated materials, and relax. It is helpful to have multiple tables and chairs for crafting the skin care products; at least one table per product with corresponding signage makes it clear what is at each station. It is also beneficial to have a separate area for light refreshments. Consider having a table with lemon water, tea, and fresh fruit and vegetables. Finally, library staff selects appropriate materials related to mental health, self-care, and emotional well-being, and creates a display with relevant handouts or brochures with more information.

The intended audience for this program is tweens and teens, but it can also be used for adult programming as well. The first program saw a mix of teens, tweens and their parents- specifically their moms. The event was an inadvertent triumph for feminine energy, celebrating mothers and daughters at vulnerable ages, as well as encouraging accessible self-care and self-love that will nurture throughout all life stages.

Staff assisted patrons with steps, tips, and suggestions but patrons mixed their own masks and scrubs. Printed instructions were readily available as well so participants could follow those directions and take them home. All participants were able to experiment with different ingredients and customize their final products to take home.

Overall, there were many positive comments about the program including that it was easy, fun and informative. With the variety of supplies and ingredients available, it's a great program to repeat with different care products to craft and resources to highlight.

References

- Burke, C. W., & Pruszyński, K. (2022). Teens and stress. In Gale Health and Wellness Online Collection. Gale. https://link.gale.com/apps/doc/XSHWOY068462607/HWRC?u=orange_main&sid=bookmark-HWRC&xid=5c8d815a

