

DIY Spa Day - Healthy Living



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WHAT MAKES IT MEANINGFUL

This relaxing activity promotes self-care, mindfulness, and body awareness. It allows individuals to take time for themselves, explore pleasant textures and smells, and create their own soothing experiences. It supports self-esteem and emotional regulation through sensory relaxation.

TIME

45 min - 1 hour (or as long as you'd like)

MATERIALS

- Bath (or bowls with warm water in them)
- Essential oils or scented soap
- Speaker or any device (for calm music)
- Towel
- Optional:
 1. Nail polish



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2. Face masks
3. Candles
4. Cold sliced cucumbers (for placing over eyes)
5. Bathing suit

INSTRUCTIONS

1. Gather all your materials in the bathroom.
2. Set the mood and begin by playing calming music to prepare for a comfortable, peaceful space.
3. If you are taking a bath, begin by turning the bath handle to warm.
4. While you wait for your bath to fill, begin by prepping your desired treatments (e.g. light candles, set up a side table next to the bath with all your materials such as nail polish or face masks etc.).
5. When your bath is ready, undress or change into your bathing suit and gently submerge your body in the warm water.
6. Practice mindfulness — close your eyes and take deep breaths while relaxing or doing your treatments.
7. Once you feel successfully replenished, grab your towel and dry off — you should feel like your mind and body are at ease — if not, that's okay! Mindfulness takes practice:)

SUPPORTS NEEDED

Support may vary depending on the individual's needs. A support person may help with preparing materials, guiding through steps, and assisting with

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any physical parts like nail painting or soaking. Individuals can also direct how they would like things done.