



## Roman Baths / Spa

### You will Need:

Bath/Shower/Paddling Pool something to splash around in preferably warm

Foot spa (if you have one)

Massage creams

Mirror

Bath bombs / shampoos / shower gels

Lights

Calming music

Nail polish

Dressing gowns

Towels

### Activity

- Start off the experience by having your feet washed in warm water and cleaned before getting into the pool.
- Choose the bubble bath/bath bombs/ soap/ shampoo you would like to have during this experience.
- Make your way into the spa room. **The spa room should have calming music and lighting to make it as relaxing as possible.**
- Enjoy a soak in the spa, listen to the music and chat to people around you.
- When it is time to get out dry yourself with fluffy towels.
- Next you can choose whether to have your feet done again, have your nails and toes painted or have a nice relaxing massage to finish off the experience.

