

# Having a School Spa?

## What we provide:

a chance for you to show your teachers that you appreciate their hard work and raise teacher/staff morale by providing a 30-45 minute relaxation session during each planning period. The teachers/staff will come to be treated as a group, which is a great team building exercise as well. We will talk about stress in the workplace and how they need to take time to take care of themselves in order to be their best! We will treat their hands, lips, eyes, neck and shoulders. They will walk away feeling relaxed, renewed and appreciated, all thanks to you!

## What we need from you:

- a schedule of planning periods and breaks so that we can get you a sign-up sheet with the spa times.
- a room that can be as quiet and as dark as possible – most schools use a conference room, teachers lounge or empty classroom
- 8 of your most comfortable chairs – We know the word “comfortable” is relative, being at a school. If you have conference room type chairs, they work the best, but incredibly, teachers can relax even in hard, plastic chairs!
- a table or a desk
- running water (near or in the room if possible)
- a microwave for heating the neckwraps (near or in the room if possible)
- **\*\*\*Most important\*\*\*** your support. Teachers are notoriously hard workers and are often reluctant to treat themselves unless the administration has suggested they come. The schools with the best results are the ones where the Principal says, “We are having this as a special treat for you. Please make it a priority to participate, even if you can only go for a little while. You deserve this!”

Thanks for booking your BC Spa at School! We look forward to treating you and your staff!

## Spa at School Contact: