EVENING FLOW & FELLOWSHIP GUIDE

Tea & Spa Girls' Night In

“Come to me, all you who are weary and burdened, and I will give you rest.” — Matthew 11:28

6:30 PM – 7:00 PM	**Arrivals, Slippers & First Pour** — Trade shoes for fuzzy socks, slip into a cozy robe, and brew your first cup at the Custom Tea Bar.
7:00 PM – 7:45 PM	**Tea & Elevated Light Bites** — Gather around the table to enjoy finger sandwiches, caprese skewers, scones, fruit, and dark chocolate.
7:45 PM – 8:30 PM	**DIY Facial & Mask Bar** — Apply hydrating sheet masks or gentle clay masks with chilled cucumber slices and under-eye patches.
8:30 PM – 9:15 PM	**Hand & Foot Soaks + Scrubs** — Unwind with warm essential-oil Epsom soaks, homemade vanilla sugar scrubs, and rich moisturizing cream.
9:15 PM – 9:44 PM	**Nail Lounge & Herbal Tea** — Switch to soothing chamomile or peppermint tea and settle onto the couch for fresh polish and conversation.
9:44 PM	**Gratitude & Prayer Circle** — Share one blessing you are thankful for and one prayer request for the week ahead before closing in prayer together.

PEACEFUL SOUNDTRACK: SOLO PIANO BY YIRUMA

Instrumental melodies by Christian pianist & composer Yiruma to invite stillness and grace:

- **Lord... Hold My Hand** (Prayerful opener)
- **He Knows My Name** (*H.I.S. Monologue*)
- **River Flows in You** (Gentle & restorative)
- **Kiss the Rain** (Warm tea & conversation)
- **The Sunbeams, They Scatter** (Light & uplifting)
- **May Be** (Calm backdrop for masks & soaks)
- **All Myself to You** (Reflective evening wind-down)

“Be still, and know that I am God.” — Psalm 46:10

Curated by **Isabella Boston** • **Bella's Attic Studio**