HOST PREPARATION & SHOPPING 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

1. CUSTOM TEA BAR

- ☐ Black & Green Teas (Earl Grey, Jasmine Green)
- ☐ Herbal Caffeine-Free Teas (Chamomile, Peppermint, Hibiscus)
- ☐ Local honey, sugar cubes & fresh lemon wedges
- ☐ Fresh mint leaves & milk or oat milk
- ☐ Cucumber-mint spa water or sparkling white grape juice

2. ELEVATED LIGHT BITES

- ☐ Cucumber & herb cream cheese finger sandwiches
- ☐ Caprese skewers (cherry tomatoes, mozzarella, basil, glaze)
- ☐ Grazing board: Brie, crackers & mixed nuts
- ☐ Mini scones with fruit jam & clotted cream
- ☐ Macarons, fresh berries & 60%–72% dark chocolate squares

3. ATMOSPHERE & TABLE

- ☐ Crisp tablecloth or runner & fresh flowers
- ☐ Mismatched vintage teacups & electric kettle
- ☐ Subtle candles (lavender, eucalyptus, or vanilla)
- ☐ Extra fuzzy socks, plush throw blankets & pillows
- ☐ Queue peaceful Yiruma solo piano playlist

4. DIY FACIAL & MASK BAR

- ☐ Hydrating sheet masks & gentle clay/oatmeal masks
- ☐ Chilled cucumber slices or under-eye gel patches
- ☐ Soft spa headbands & warm damp washcloths

5. HAND & FOOT SOAK STATION

- ☐ Plastic soak basins & plush hand/foot towels
- ☐ Epsom salts & lavender or tea tree essential oil
- ☐ Sugar scrub (brown sugar, coconut oil, vanilla extract)
- ☐ Rich moisturizing hand & foot cream

6. NAIL LOUNGE & FAVORS

- ☐ Curated nail polish shades, base/top coat & remover
- ☐ Nail files, buffers & nourishing cuticle oil
- ☐ Organza favor bags, gourmet tea bags & mini lip balms
- ☐ Printed scripture favor tags (Matthew 11:28 & Psalm 46:10)

> **Day-Of Host Reminders:**
> • Prep finger foods & chill infused water 1 hour prior.
> • Keep kettle on warm & dim overhead lights before 6:30 PM.
> • Gather at **9:44 PM** for the Gratitude & Prayer Circle.

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