

List of Inspirational Quotes

The following quotes can be used throughout the spa as decorations. Print each quote on a separate page to hang around the room (samples included in *General Materials and Handouts* section), or cut out each quote on a strip of paper to place on the tables.

Like a fish, one should look for a hole in the net. ~Samoan Proverb

Persevere like a bird in the wind. ~Samoan Proverb

Life is like this: sometimes sun, sometimes rain. ~Fijian Proverb

All knowledge is not taught in one school. ~Hawaiian Proverb

Wonderful people come in different shapes and sizes.

Beauty is how you feel on the inside.

“Take care of your body. It's the only place you have to live.” ~Jim Rohn

Of all things you wear, your expression is the most important.

Beauty captures your attention but personality captures your heart.

I've never seen a smiling face that was not beautiful.

“Happiness is not a station you arrive at, but a manner of traveling.” ~Margaret B. Runbeck

“Life isn't about finding yourself. Life is about creating yourself.” ~George Bernard Shaw

“Failure is success if we learn from it.” ~Malcolm S. Forbes

“But the real secret to total gorgeousness is to believe in yourself, have self confidence, and try to be secure in your decisions and thoughts.” ~Kirsten Dunst

“Everything has beauty, but not everyone sees it.” ~Confucius

"It's not what you look like, that makes you who you are. It's what you do, that makes you who you are."

“One can build a better world by using our talents.”

“Beauty is not in the face; beauty is a light in the heart.” ~Kahlil Gibran

“That which is striking and beautiful is not always good, but that which is good is always beautiful.” ~Ninon de L'Enclos

List of Song Titles

The following are a sample selection of artists and songs that may be used during the spa. You can also ask the girls to bring in relaxing music (with appropriate language) that they would like to listen to throughout the spa.

Aaradhna- *Down Time*

Zoe- *Sunshine*

Zoe- *Rock Steady*

UB40- *Homely Girl*

Adeaze- *The Lord is My Light**

Toots & Maytals- *Peace Perfect Peace**

Fiji- *Morning Ride*

Lullaby Renditions of Bob Marley Album

Lucky Dube- *God Bless the Women*

Monsta ft. J Boog- *This is Love*

Lucky Dube- *Freedom Fighter*

Fiji- *Alright*

Fiji- *Pretty Face*

Mareko ft. Baby Down and Aaradhna- *Soul Food (Island Way)*

*Contain religious content, good when working with church youth groups, but use with discretion

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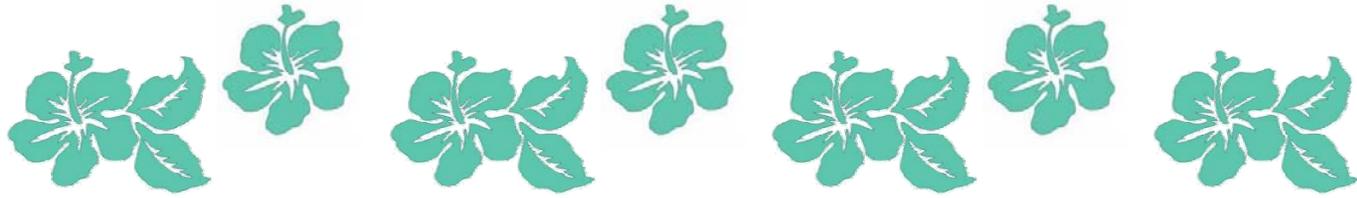
Call _____ at

6-Week Program
Beginning

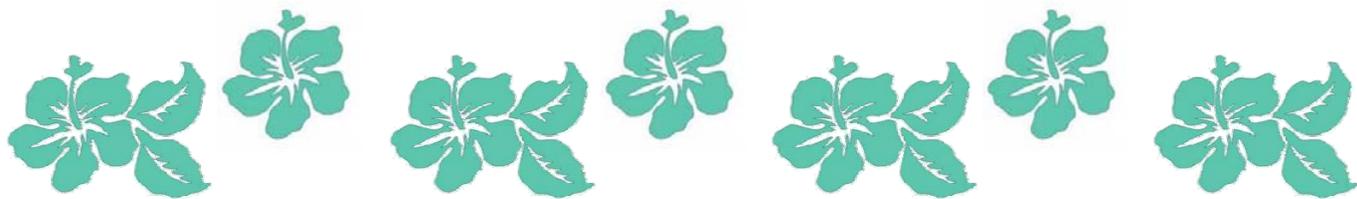
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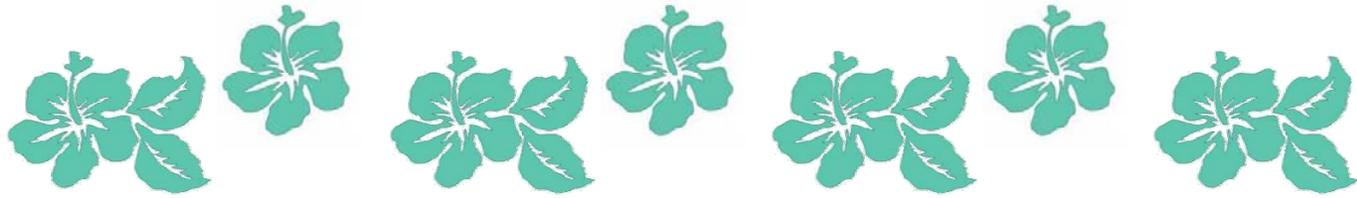
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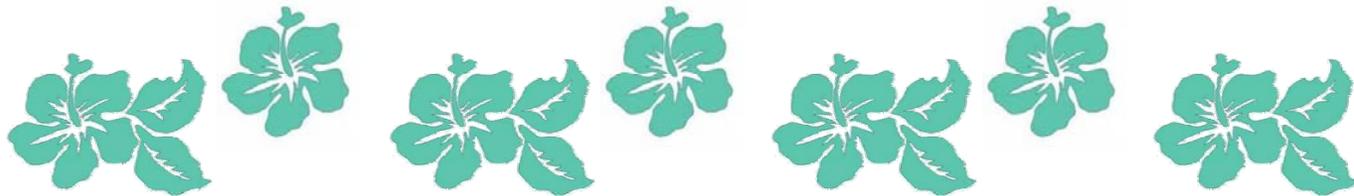
*"It's not what you look like,
that makes you who you are.
It's what you do,
that makes you who you are."*

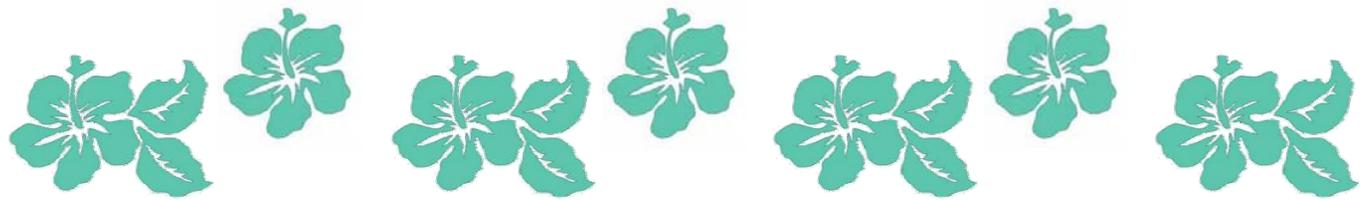
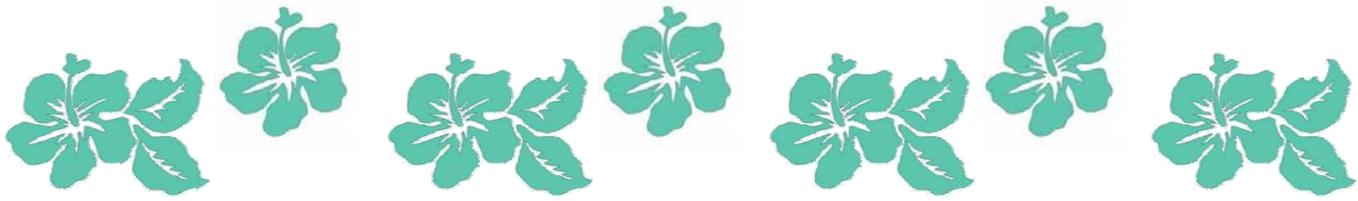




*“Beauty is not in the face;
beauty is a light in the heart.”*

~Kahlil Gibran





Photos



General Set-up and Decorations: Sample wall hanging used as decoration



General Set-up and Decorations:
Flowers in coconut shells can be used for each lesson