

List of Materials and Handouts- Lesson 6

For Presenter's Use:

Packing List – Lesson 6

For Duplication:

Women's Health Recipe Spa Packet cover page

Wrinkle supplemental page

(Wrinkle Prevention Plan/Wrinkle Treatments)

Pacific Islander Spa Evaluation



Pacific Islander Health Spa Packing List- Lesson 6

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- TO BUY (perishables)**
- Cucumber
 - Tomatoes
 - Yogurt, plain
 - Yogurt, vanilla (optional)
 - Frozen mangoes (optional)
 - Frozen pineapple (optional)
 - Snacks (optional)

- TO PREPARE**
- Cut Tomato wedges
 - Slice Cucumber for water and eyes
 - Cleansing Face Wipes***
 - Hibiscus Tea (prepare right before so it is hot)
 - Thaw facials
 - Snacks (optional)

General Supplies

- Scissors
- Masking tape
- Extension cord
- Gloves (for food handling)
- Zip lock bags
- Garbage bags
- All-purpose cleaner
- Paper towels for easy clean up

Room Set-up

- Tablecloths
- Fabulous Facials Placemats***
- Women's Health Spa Recipe packets**
- Nutrition Handouts (including Healthy Fat, Fat, Sugar, Water, Physical Activity and Calorie Burning Handouts**)
- Flowers
- Garbage tins
- Coconut shells
- Wall decorations
 - Inspirational quotes**
- Pens or pencils
- Mirrors
- 1-2 pitchers
- Plastic water cups, 1/person
- Stereo/speakers
- Music
- Microphone
- Computer
- Projector
- Nametags
- Sign-in Sheet
- Folders for participants
- Lesson agenda (use whiteboard in room, or prepare poster ahead of time)

Lesson Materials

- Activity 1: Facials**
- Thick, soft paper towels/pre cut
 - Cleansing Facial Wipes***
 - Soufflé lids, 2/person
 - 1 oz cups, 1/person
 - Tomato wedges, 1/person
 - Plain yogurt

Food

- Blender
- Extra cups
- Spoons
- Knife
- Cutting board
- 4-6 oz cups, 1/person
- Insulated cups, 1/person
- Frozen mangoes (optional)
- Frozen pineapple (optional)
- Vanilla Yogurt (if making smoothie)
- Hibiscus Tea
- Snacks (optional)

- Oatmeal-Egg White Masks* (pre-made)
- Sweet Potato Supremes* (pre-made)
- Jojoba oil
- Cucumber slices, 4/person
- 4 teaspoons
- Sugar
- Clear plastic cup
- If no sink available—2 pitchers, 2 large bowls (for hand washing)
- Paper towels

Activity 2: Nutrition Presentations

- Presentation Posters

Activity 3: Nails

- Cotton balls
- Olive oil
- Coconut Oil Scrub*
- Pizza slice model
- Fat model
- Tub of shortening (butter-flavored)
- Paper plate

Activity 4: PCOS

- PCOS PowerPoint Presentation***
- Polycystic Ovarian Syndrome (PCOS) Handout***

Activity 5: Mini=Max

- My Mini=Max Plan***

Closing

- Pacific Islander Health Spa Evaluation**
- Incentives (optional)

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Room set-up

- Set up room and tables to give the setting a “spa” feel. Use tablecloths, rose petals in coconut shells, *Fabulous Facials Placemats***, *Women's Health Spa Recipe Packets***, nutrition packets*, prepared facials, mirrors and pens/pencils on table; hang wall decorations; play music. See photos in the Appendix.

* Handout included in the Materials and Handouts-Lesson 6 section

** See **Lesson 1** for *Cleansing Face Wipes* recipe, *My Mini=Max Plan*, PCOS presentation and handout, Water Handout, *Fabulous Facials Placemat*, *Teen Health Spa Recipes Packet* (replace cover with *Women's Health Spa Packet* cover and add *Wrinkle* supplemental page), and Inspirational quotes

See **Lesson 2** for Fat Handout, Sugar Handout

See **Lesson 3** for Physical Activity Handout and Calorie Burning Handout

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Pacific Islander

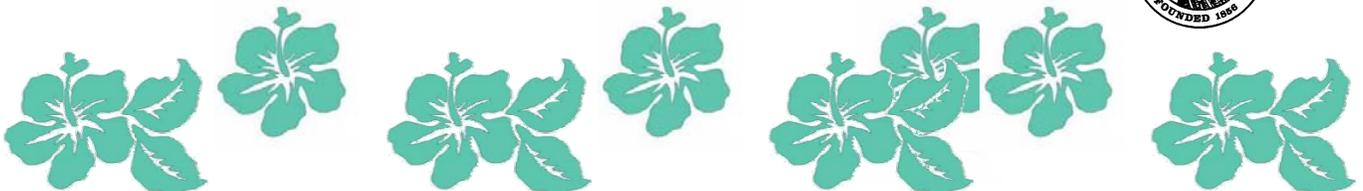
Women's Health Spa Recipe Packet



Healthy = Beautiful



Developed by San Mateo County
January 2011





Wrinkle Prevention Plan

1. **Eat at least 5 servings of fruits and vegetables** high in vitamin A, vitamin C, and vitamin E.

Vitamin A	Vitamin C	Vitamin E
<ul style="list-style-type: none"> • Helps replace old skin cells with new ones to keep a youthful appearance on the skin • Found in carrots, spinach, taro leaves, papaya, and mangos 	<ul style="list-style-type: none"> • Reduces damage to skin cells caused by sunlight exposure and inflammation; helps produce collagen which keeps the skin wrinkle-free • Found in oranges, tangerines, papaya, strawberries, broccoli, mangos and taro leaves. 	<ul style="list-style-type: none"> • Prevents discoloration and scarring • Found in avocados, mangos, taro, sunflower seeds and sweet potatoes

2. **Eat foods rich in monounsaturated fat:** This good fat keeps skin moist and soft by protecting the skin from damage and aging.

- Good sources of monounsaturated fat: avocados, olive oil, almonds



3. **Eat foods rich in omega 3 fatty acids:** This good fat protects skin cells against irritation and helps wastes leave the skin.

- Good sources of omega 3 fatty acids: salmon, walnuts, tuna, flaxseed



4. **Drink 6-8 glasses of water:** Your skin is 80% water. Drinking water helps flush toxins out of your body through the kidneys rather than the skin.

5. **Reduce the intake of refined sugar:** Premature aging can result from eating lots of refined sugar.

6. **Get your 8-9 hours of beauty sleep:** Sleep helps to repair skin cells and reduce the amount of stress hormones that may aggravate certain skin problems.



7. **Use sunscreen:** 90% of wrinkles are caused by sun exposure.

8. **Exercise:** Women who exercise regularly have thicker, stronger, and more elastic skin with fewer wrinkles. 60 minutes of daily physical activity is recommended.





Wrinkle Treatments

What's in Avocados?

Folic acid to help replenish skin cells.

Antioxidants to protect skin from damage.



Avocado Facial

- ❖ Slows the skin's aging process

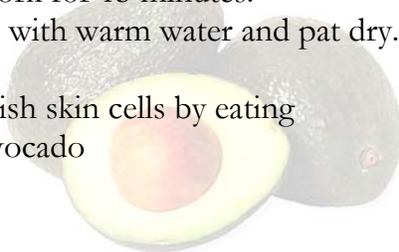
Ingredients:

1 tablespoon mashed avocado

Directions:

Apply to face and neck and let it work for 15 minutes.
Rinse with warm water and pat dry.

Nourish skin cells by eating avocado



Banana Supreme

- ❖ Leaves your face soft and lightly moisturized

Ingredients:

1/2 ripe banana

1 tablespoon honey

Directions:

Mash the ingredients together completely.
Apply to face and let it work for 10- 15 minutes.
Rinse with warm water.
Pat dry.



What's in sweet potatoes?

Good source of fiber.

Vitamin A for healthy hair.

Vitamin C to make collagen that helps keep skin youthful.

Vitamin E antioxidant that projects the skin from damage.

Potassium to help maintain a healthy blood pressure



Sweet Potato Facial

- ❖ Leaves your face soft and lightly moisturized

Ingredients:

1/4 cooked sweet potato

1 table spoon honey

Directions:

Mash sweet potato and add honey.
Apply the mask to face and neck.
Let it sit for 15-20 minutes.
Rinse with warm water and pat dry.

Make sure to eat some sweet potato to nourish your skin form the inside where your skin cells are regenerating new cells.

Coconut Moistening Mask

- ❖ Leaves your face soft and lightly moisturized

Ingredients:

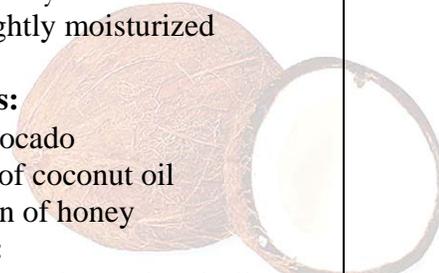
1 /4 ripe avocado

1 teaspoon of coconut oil

1/2 teaspoon of honey

Directions:

Mash the avocado in a bowl till creamy. Add coconut oil and honey, till blended.
Apply the mask to your face and neck concentrating on any dry patches and even under my eye area as well.
Let it sit for 20 minutes or longer
Rinse with warm water and pat dry.





Pacific Islander Health Spa Evaluation



Tell us what you think!

1. What was the most important thing you learned this evening?
2. What did you enjoy most about today's program?
3. What can we do to make this program better next time?



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