Background

The purpose of this 2-hour Pacific Islander Health Spa is to for the teen participants to share what they have learned with a female relative or special guest. Not only will this spa reinforce what they have learned, but it will also help build their self-efficacy and promote healthy behavior change.

Nutrition Component	Natural Beauty Component
Review importance of fruits, vegetables, water, sleep, breakfast, physical activity; decreasing fat and sugar consumption Obesity prevention	Facials with fruits and vegetables Vitamins and nutrients in fruits and vegetables are good for the skin when applied directly and when eaten. Maintain a healthy weight to reduce risk of PCOS

Objectives

By the end of the lesson, participants will be able to:

1) Make a connection between nutrition and healthy skin
2) Understand the risks, consequences, and preventative actions associated with PCOS
3) Develop an individualized action plan for making a positive behavior change

Key Messages

1) "Beauty foods" have Vitamin A, C and E. They are good for your skin and your body.
2) We often know what to do; the hard part is doing it! Learning the behavior change process can help.
3) People who make change together are more likely to be successful.

Outline – 2 hours

1) Welcome to Pacific Islander Health Spa (15 min)
2) Activity 1: Facials (30 min)
   a) Facials
   b) Food Tasting: Smoothies (optional)
3) Activity 2: Nutrition Poster Presentations (10 min)
4) Activity 3: Nails (20 min)
   a) Nail oil and Fat Demo
   b) *Coconut Oil Scrub* and Sugar Demo
5) Activity 4: PCOS (20 min)
   a) Polycystic Ovarian Syndrome (PCOS) PowerPoint Presentation
6) Activity 5: *My Mini=Max Plan* (20 min)
7) Closing (5 min)

NOTE: See *Packing List-Lesson 6* for preparation instructions

"Healthy is beautiful"

Guests may be more likely to attend if they come with the teen who invited them, but you may choose to have a few of the teen participants come early to help set-up (the same set-up as in Lesson 1, see Photos in the Appendix). Have the room set-up and decorated, and music playing in the background, when the guests arrive.

Welcome to the Pacific Islander Health Spa

Teaching Tip
Use the first 10-15 min to give guests time to arrive and get relaxed.

As guests arrive, welcome them to the Spa. The teen participants on the "Welcoming Committee" can also welcome the guests. Offer light snacks and beverages (optional) for the guests to taste while people are arriving.

Although the girls will be facilitating the spa, it is important for the presenter to:

- Introduce the teen girls and describe what they have experienced in the last 5 sessions
- Explain why the guests have been specially invited

The girls are excited to share with you the beauty secrets and health information they have been learning in the past 5 weeks. They have also been making behavior changes which you may have already noticed or talked about with them. At the end of the spa, you will get a change to also make a behavior change plan.

- Briefly review the agenda and objectives for the Pacific Islander Health Spa
- Call up the first student presenter

Participant presentation: "Welcome"

If you provide snacks from the "Snack Ideas" informational sheet, the participants will have recipes so they can also make them at home!

Taste the Flavors: Have cucumber water out on the table for the guests to taste.

Activity 1: Facials

The facials, tomato, yogurt and cucumber sliced should already be placed on the *Fabulous Facial Placemat** (see Photos in the Appendix). All recipes and instructions are located in the *Women's Health Spa Recipe Packet**. This packet is the same as the *Teen Health Spa Recipe Packet**, except with a different cover, and instead of the *Acne Prevention* and *Treatment*, it has *Wrinkle Prevention* and *Treatment*.

Facials

1) Clean face with the *Cleansing Face Wipes*.

Participant presentation: "Cleansing Face Wipes"

2) Tomato wedge: Rub the juicy part of the fruit all over the face. Let acid work for 5 minutes to break down dirt in pores.

Participant presentation: "Tomatoes"

2) Low-fat plain yogurt: Apply the yogurt all over the face to exfoliate and tone the face. Let work for 5 minutes.

Participant presentation: "Yogurt"

Witch hazel and aloe vera are ingredients that you can purchase in the store. You can make these face wipes at home much cheaper.

Tomatoes are rich in Vitamin A which is great for your skin. Although it's good to rub it on your face, it's even better to eat it!

Low-fat yogurt is a good source of calcium.

Many Pacific Islanders are calcium deficient. Promote yogurt consumption as a good source.

3) *Oatmeal-Egg White Mask*: Apply the mask to face to pull the dirt from your pores and clean the skin. Let work for 10 minutes. Participants with sensitive skin should use the *Sweet Potato Supreme.*

Participant presentation: "*Oatmeal-Egg White Mask*," and "*Sweet Potato Supreme*"

Oatmeal pulls the dirt and oil from your pores, it does the same for your gut! Oatmeal is high in fiber and can help you feel full longer. It's a great way to help you maintain your weight.

The facials take 5 to 10 minutes to dry, this is a good time to look through the *Women's Health Spa Recipe Packet** with the participants to show them all the beauty secrets included, such as the *Minty Foot Soak, Hair Care, Wrinkle Prevention* and *Treatment*, and the *Benefits of Various Foods.*

4) Participants wipe off masks with moist, warm paper towels.

Jojoba oil is good for all skin types. It will not clog pores.

5) Spray jojoba oil onto a cucumber slice. Using a circular motion moisturize the face.

Participant presentation: "Jojoba Oil"

Stress-reducing and relaxation activities help prevent obesity.

6) Have participants put a cucumber slice on each of their eyes and relax for a few minutes. Play relaxing music in the background.

Using cool slices of cucumbers on your eyes can reduce redness and swelling…great for after you have been crying, or if you didn't get enough sleep.

(Optional) Food Tasting: Healthy Skin Smoothies

This food tasting is optional. Since you may have already provided snacks at the beginning of the Spa, you may choose not to do this food demo.

Demonstrate how to make a smoothie and have the guests taste it. Explain or have them guess the nutrients in it that are good for them. Information on vitamins and nutrients can be found in the *Women's Health Spa Recipe Packet*: Benefits of Various Foods.*

Teaching Tip
Showing the participants how quick and easy it is to make a smoothie will increase their confidence in doing it themselves at home!

You can also have the participants look at the *Healthy Snack Ideas*, also included in the *Women's Health Spa Recipe Packet**.

NOTE: Because this activity is optional, there isn't a participant designated to present this information. Plan ahead for who will prepare and present the smoothie information.

Key Message:
Beauty foods are those that have Vitamin A, C and E. They are good for our skin and good for our bodies! We can use them on our face, and we can eat them for healthy skin and bodies.

Beauty foods have:
-**Calcium:** Helps grow strong bones;
-**Vitamin C:** Repairs your skin and protects it from the sun;
-**Vitamin A**: Nourishes the skin;
-**Vitamin E:** Prevents scarring

Pacific Islanders suffer increased risk of obesity as they acculturate. Encourage healthy, cultural foods that are available locally. See examples in the *Women's Health Spa Recipe Packet**.

Activity 2: Nutrition Poster Presentations

Teaching Tip
You may choose to do these nutrition presentations while the participants facials are drying. The teens may choose to wait to apply their facials until after they present, or they may present while their facial is drying.

Physical Activity Poster

Participant presentation: "Physical Activity Poster"

Water Poster

Participant presentation: "Water Poster"

Fruits and Vegetables Poster

Participant presentation: "Fruits and Vegetables Poster"

Breakfast Poster

Participant presentation: "Breakfast Poster"

Sleep Poster

Participant presentation: "Sleep Poster"

Activity 3: Nails

Nail Oil

Provide participants with a few drops of olive oil on a cotton ball to rub onto their cuticles.

Participant presentation: "Olive Oil"

Rubbing olive oil into nail and cuticles will moisturize and strengthen your nails and soften the cuticles.

There are healthy fats, such as fish oils, and liquid (vegetable) fats and unhealthy fats that are saturated (solid).

Fat Demo

Have the particpants present the information on fat and then demonstrate how much fat is in a slice of pizza.

Participant presentation: "Fat Poster," and "Fat Demo"

Eating too much fat can result in oily hair and skin.

Fat is high in calories so too much fat in our diet can cause weight gain.

Natural, non-processed coconut oil is now considered a healthy fat.

Coconut Oil Scrub

Have participants lather their hands with *Coconut Oil Scrub*. As the scrub sits on their hands, talk about how the sugar in the scrub exfoliates the skin by loosening dead skin cells. Let the participants know that the *Coconut Oil Scrub* recipe is included in the *Women's Health Spa Packet**.

Participant presentation: "Coconut Oil Scrub"

The sugar in the hand scrub exfoliates and the oil moisturizes your hands and nails.

Sugar Demo

Have the particpants present the information on sugar and then demonstrate how much sugar is in a can of soda.

Participant presentation: "Sugar Poster," and "Sugar Demo"

Too much sugar may promote acne and weight gain.

One can of soda has the same amount of sugar (10 teaspoons) as you should have the entire day!

O'tai is a traditional Pacific Island drink, made with fruit and coconut cream. Encourage use of coconut milk, or low-fat milk and coconut extract to make a healthier version of this delicious cultural beverage.

Eliminate just one can of soda a day and you could lose up to 14 pounds in one year!

Activity 4: Polycystic Ovarian Syndrome (PCOS)

Polycystic Ovarian Syndrome

Present the *Polycystic Ovarian Syndrome (PCOS) PowerPoint* presentation*. Use the Presenter's Notes as a guide.

Review Polycistic Ovarian Syndrome (PCOS) Handout* (*Polycistic Ovarian Syndrome (PCOS)*).

Refer to Lesson 2 for the PowerPoint, Presenter's Notes and Handout.

Pacific Islanders really value the elders in the community. It is best if you can recruit a respected elder to give or to support the presentation.

Activity 5: Mini=Max Behavior Change Plan

My Mini=Max Plan

All the participants will challenge themselves by changing one of their behaviors. The teen participants may chose to continue working on the same goal they created in the Teen Health Spa, or choose to start a new one. Have them work together with their guest to create a plan that they can either do together, or support each other. Keep in mind that it is easier to start a behavior than stop one, so instead of "not drinking soda," try, "drink more water."

Distribute the *My Mini=Max Plan**, and have each participant (the teen and their guest) complete their own. Discuss the importance of social support from family, friends, and mentors.

Teaching Tip
Completing the behavior change worksheet can be challenging. If you can work with small groups; their plans are more likely to be specific, measurable and achievable!

Refer to Lesson 1 for the *My Mini=Max Plan*.

We often know what to do; the hard part is doing it! Learning the behavior change process can help.

Social support through family and church is strong in the Pacific Islander community. Encourage girls to solicit help from their existing social support systems. They may find that a family member or friend may want to also make a behavior change.

People who make change together are more likely to be successful.

Closing

Pacific Islander Health Spa Evaluation

Have all the participants (teens and their guests) complete a brief *Pacific Islander Health Spa Evaluation**.

Free gifts (optional)

Teaching Tip
Hold on to their free gifts until the end so they are encouraged to complete the evaluation!

Provide incentives for participating in the Spa. Incentives may include: compact mirrors, nail kits, cook books, note pads, pencils, or other items you may have available.

Distribute the folders (that include all of their handouts and materials) for the teen participants to take home.