

Head to Toe

Mental Wellness and Spa Kit Making



Over the course of 5 days...

- ⇒ Build a complete spa package, from head to toe!
- ⇒ Create fantastic stress-busting crafts!
- ⇒ Experience 5 Emotional Health & Wellness Workshops!

YOU CHOOSE – any 5 of our Emotional Health & Wellness Workshops

- ⇒ Anxiety Workout and Work Through
- ⇒ Some Pretty Interesting Emotions
- ⇒ The Art of Listening... Really Listening
- ⇒ Forgiveness and the Art of Apologizing
- ⇒ Coping In Grief (Helpful How To's)
- ⇒ Anger 101
- ⇒ 2 Awesome Life Practices
- ⇒ Shifting Your Focus
- ⇒ Rethinking Your Thinking
- ⇒ The Emotional Workout
- ⇒ Learning to Love Yourself
- ⇒ B-b-boundaries
- ⇒ Coping with Stress
- ⇒ Grief and Loss



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