



# Spa Evening

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“And above all these *put on love*, which binds everything together in *perfect harmony*. And let the peace of Christ rule in your hearts, to which indeed you were called in *one body*.  
And be thankful.”

—Colossians 3:14-15 ESV

“In the same way husbands should love their wives *as their own bodies*. He who loves his wife loves himself. For no one ever hated his own flesh, but *nourishes and cherishes it*, just as Christ does the church, because we are members of His body.”

—Ephesians 5:28–30 ESV

## Calming Ideas

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Turn on relaxing music that you both enjoy.

Get out a large bowl or basin and fill it with warm, soapy water. Set out soft towels, moisturizers and/or essential oils. Take turns washing each other's feet like Jesus' example in John 13. Add in a gentle foot massage with lotion or oils afterwards.

Light candles with a soothing scent.

Share your high points and low points from the day.

Read aloud your favorite passages of Scripture or poetry.

Create your own relaxing massage oil with 5 drops Roman chamomile and 5 drops lavender essential oils mixed with 1 ounce coconut oil. Massage onto the skin.

Soak in a bubble bath together.

## Calming Ideas

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Pray softly together for your marriage.

Apply face masks on each other. Make your own or pick up a favorite from the beauty store.

Take turns giving scalp and neck massages.

Share a decadent dessert in bed.

Talk about the internal and external attributes of your partner that are most attractive to you.

Give each other light manicures and hand massages.

Turn the lights down and slow dance to the first dance song from your wedding day.

Use an oil diffuser to create a calm, relaxing environment.

“Or do you not know that  
*your body is a temple* of the  
Holy Spirit within you, whom  
you have from God?  
You are not your own.”

—1 Corinthians 6:19 ESV