



SpaTeen Wellness Workshops

Hip, Fresh and highly engaging. SpaTeen Wellness Workshops are designed for teens ages 12–18. These fun and educational workshops and activities focus on health, wellness, lifestyle and mind/body balance. SpaTeen™'s dynamic and forward thinking programs position spas and resorts at the head of their class in offering dynamic adolescent spa wellness services.

Stressed Out

In this workshop you'll learn about all the crazy ways stress effects health and well-being. You will also be introduced to the important connection between mind and body.

Phat Food

Learn how to make killer snacks and smoothies that help you look and feel your best.

Psyched for a Better Game:

Learn how to get in the zone. Bringing body, mind and spirit into balance can make you a zen athlete extraordinaire.

Yeah, Write!

Did you know that writing down thoughts and feelings can actually improve your immune system? Discover how you can use simple journal techniques for balance, focus and insight.

Om

Meditation has gone mainstream. Learn some easy and relaxing techniques for tapping into deep inner calm and powerful inner wisdom.

The Big Chill

Learn totally effective techniques and strategies for stress-proofing your life. Really!!!

Barbie Bites

Get real about the way we are built. Girls are awesome in all shapes and sizes. Stop beating yourself up and learn to love your bod.

Intuition & Inner Wisdom

We are all wired with some psychic ability. Learn how to tune into your intuition for guidance in love, life and your life's journey.