

Kelly's Guide to Creating Your Perfect Pamper Party!



So girls, if you're anything like me, I'm guessing you're mad about beauty lotions and potions - and crazy for your besties, too! So what could be more fun than putting on a fab pamper party or spa sleepover for your pals! Here are a few ideas from me to get you started...



All bring your make-up and nail polishes along so you can swap and share, and try out new colours and looks. Just remember to stick to your own make-up brushes.



Why not start with a fresh face mask? It's easy to whizz up your own (there are loads of great recipes online) or treat yourself to one from the shops. And don't forget to take some pix once you've all got them on - looking like you've fallen face first into your breakfast!



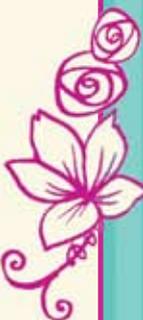
Give each other perfect pedicures and manicures - this is great to do in front of your fave movie, or with your top tunes on. Grab yourself some nail tattoos or go for all the colours of the rainbow! Check out my manicure routine for a step-by-step guide to gorgeous nails.



For the perfect beauty parlour experience, clear a table or the top of some drawers, prop up a mirror and lay out your stash of fab stuff - then take turns to try out new make-up looks and hairstyles on each other. You could even raid your wardrobe or get your friends to bring things along to mix and match, so you can create new outfits too!



Don't forget drinks and snacks! You could whizz up some fresh fruit juices and smoothies like Abbie does in *Rainbow Beauty* or create your own flavour combinations by mixing up shop-bought ones.



PS If you send your pix and pamper party ideas to kelly@kellymekain.co.uk, I'll put them up on our special Pamper Page!