

RITE NOW @ ROP



Setting aside time to engage in self-care can offer numerous benefits for both physical and mental well-being. Self-care can reduce stress, improve circulation, provide mental clarity and focus, and enhance self-esteem. One way that people practice self-care is with spa days and facials.

Saint Clair Youth Treatment Center leadership brought in a Licensed Esthetician from Pamper Me Pretty Esthetics, to offer facials to all the Student Athletes, aiming to provide them with a new and refreshing experience. The goal was to emphasize the importance of self-care and maintaining a healthy mindset. Furthermore, the opportunity was extended to staff members to receive facials as well, as a gesture of appreciation for their hard work. The spa day was a resounding success, and everyone felt valued and appreciated.