

PAMPER PARTY

These allergy tips will help you create a pamper party which everyone can be a part of.



ASK AND INFORM GUESTS IN ADVANCE

When inviting guests, let them know what activities you are planning and potential allergens that will be present, in particular food, skin and indoor allergies. Ask guests if they have any allergies or sensitivities which you need to know about. Reassure them that plans can be adapted to create a safe environment for everyone to get involved.

SKIN ALLERGIES

Allergic eczema is complex and triggers are different for everyone, so always ask what products are suitable for their skin.

Ask if they would be more comfortable to bring along their own moisturisers and beauty products. It's always best to opt for fragrance-free, plain emollients for sensitive skin.

Make sure you have some alternative, non-skin based, activities planned for them to join in with, for example, making mocktails, braiding hair and games.

INDOOR ALLERGIES

Someone with indoor allergies may need rooms to be well ventilated and free from fragrance air fresheners, candles and diffusers. If anyone with a food allergy is attending, make sure no foods or drink contain the allergen they're allergic to.

Create a calming atmosphere without using products which pollute the indoor environment, for example, calming music and moodlights instead of candles.

FOOD ALLERGIES

If anyone is attending with food allergies, make sure that the food and drink that you are serving doesn't include the allergens they're allergic to. This includes garnishes. It's also best to avoid any skincare products which contain food-based ingredients.

BE UNDERSTANDING

Be understanding of last-minute changes to plans. Allergy can be unpredictable and the impact on mental health may lead to avoiding social events.

