

Spa Day

“Wow this person seriously needs a shower” is the first thing many people think of when they encounter a homeless person. Gazing and walking past the tents on the streets the homeless now have to refer to as “home”. Side eyeing and judging when they go to a McDonalds bathroom and walk into people wiping themselves so they can “wash up” to minimize the body odor. Have we ever actually helped them? The answer to about 90% of people is no. They didn’t choose to have bad hygiene, they didn’t choose to have all these infections due to their lack of resources. According to [simplythebasics.org](https://www.simplythebasics.org/), “A 2016 national survey found that 67% of the people experiencing homelessness reported one or more preventable health conditions and 34% reported that their health made it difficult for them to keep a job or to handle daily living activities.” Not only do they have to live with the odor but they lose many opportunities due to their living situations which prevents them from getting back up from the ground and rebuilding their life. Ever since this study was made (2016) [security.org](https://www.security.org/) states, “In 2023, nearly one-third of all unhoused individuals (31 percent) exhibited chronic patterns of homelessness- the highest proportion since record-keeping began. The number of chronically unhoused individuals has increased annually since 2016, nearly doubling during that span.” The numbers don’t decrease due to the increase of homelessness but also the fact not many are helping out with the situation.

The little things matter, these people have nothing, it doesn’t matter if you don’t have time or are too prideful. Set your pride aside and help out these individuals. If I were to only have \$301 to help make an impact on a community it would be used towards the homeless community. My church helps the homeless around the area daily. They serve them food at exactly 4 pm every day. Many get together to create what used to be some vegetables, rice, and raw meat into a full blown meal for the homeless. Nothing can compare to the smiles and appreciation that fills that room every time I go there. What I would do is provide them with a spa day after their meal.

First off, I would ask permission at my church to have a space where I can provide the homeless with a spa session. I would get everything off of Amazon for the total price of \$300.80. \$21.99 for the professional hair trimmer kit. “Hair holds memories,” is a famous saying. The feeling after getting a fresh haircut is unmatched, it has you feeling like a different person, a rebirth. If you notice, a lot of homeless people have really knotted and unhealthy hair because it is the least of their concerns, however, I would like them to experience this feeling- feel good about their appearance because they disregard it. \$9.98 for shampoo and conditioner to give them a good massage on their scalp which I am sure they haven’t had in ages, or ever. The massage is not only to wash their hair but to make them feel relaxed and comforted. I would also get a nail manicure kit for \$5.99 because they need to touch up their feet. One thing is to not care whether their feet look good or not but another thing is having a lot of foot and nail infections. It can cause them pain when walking. People barely touch their feet, barely massage their mothers’ when she

comes tired from work, much less someone who lives on the streets. We have to start setting our pride aside and put ourselves in their shoes, how much they are suffering. That brings me to my next purchase. After giving them a pedicure I would use a foot soak kit for \$13.88, which is meant to help with soreness and softens calluses, then I would go in with a manicure.

After the spa day, I plan on giving each of them hygiene kits, \$175.99 for 24 kits, it includes nineteen pieces such as shampoo, conditioner, toothpaste, toothbrush, lotion, anti-itch cream, etc. With the rest of the money I would include a pair of socks to ten of the kits, most homeless people don't wear socks with their shoes. \$39.99 would go for a 10 pack menstrual kit, many women use socks or toilet paper for their periods which is really unsanitary and unhealthy for their body. The remaining amount goes for taxes and shipping.

Though I may have only been able to affect 24 people, doing this in front of people at my church will motivate them and help me raise money to buy more products. We can later begin asking for donations at my church and let other homeless people around the area know that we offer these services. The \$301 would just be the start to a life changing organization.