

Hen party ideas

[Rebecca Dodd](#)

25 February, 2012 07:00:00

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Some bachelorette party/bridal shower ideas that don't involve a pub crawl!

If you find yourself a bridesmaid, one of the tasks you'll be faced with is coming up with ideas for a memorable hen night for your friend.

I see loads of bachelorette party pictures on Facebook - usually involving a pub crawl or night at a club. If this doesn't appeal or if you're looking to do something a little different, here are some ideas:

Host a pamper party

This could double as a bridal shower too! Host a pamper party at the Dermalogica concept store in Wembley Square, Cape Town, and they will organise everything for you, including canapes, bubbly, Dermalogica face mapping and a pamper session.

You and your guests will leave with a complimentary gift as well as a Dermalogica sample pack including products prescribed especially for you, based on your face mapping consultation. Sounds like a lot of fun for very little work!

For more information or to book an event, contact Red Carpet Concepts on 021 801 4639 or info@redcarpetconcepts.co.za.

If you're not in Cape Town, enquire with your local day spa if they cater for groups - many spas and salons have group treatment rooms for manicures and pedicures. Most spas

offer use of their spa facilities with any treatment, so you could all hop into the Jacuzzi with a cocktail afterwards!

Host a cheeky 'Tuppaware' style party

If you'd prefer for the hen party to be a little bit more risqué (but don't want to go so far as hiring a stripper!), this is a great option, and is also inexpensive for the hostess.

Host a [Pure Romance](#) party in your own home, and a consultant will bring her wares (ranging from deliciously edible makeup and pamper products, right through to vibrators, C-rings and dildos) for a short demonstration, after which you and your guests can purchase anything you like in a private room. As the hostess, you'll also receive a gift from the consultant as well as a voucher proportionate to what your guests spend.

There is no cost involved, other than what you choose to buy and, of course, catering some snacks and drinks for

and friendly that even some of the more squeamish women were at ease.

There are consultants based throughout the country, so there's bound to be someone in your area. Find out more about hosting your own party [here](#).

Host a pole dancing party

This promises to be loads of fun if your group is a little more adventurous! There are a few services in South Africa that will send a pole dance instructor to your venue of choice to do a demonstration (with her own pole!) and lesson with your group. I've done a beginner's pole dance class before - it's quite difficult, but loads of fun. It would be a great ice breaker if not everyone in the party knows one another!

Try MissBehaviour.co.za or BacheloretteParty.co.za to find a pole dancing instructor in your area.

Try a group cooking class

My sister once attended a bachelorette party with a difference: a three-course dinner, made by all the guests, under the instruction of a chef. If facials, pole dancing and dildos don't do it for you, this is a great idea! Most places that offer group cooking courses will include a drink with your class fee, and you get to eat everything you make.

Try Taste-Buds Cook Club by uShef Cooking School or if you're in Cape Town, the Giggling Gourmet's CooksPlayground.

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All4Women's assistant editor and fashion editor Rebecca Dodd completed her undergraduate degree in Print Journalism and her Honours in English Studies at UCT. She has worked as a writer and copy editor for a publishing house and a PR agency, but is now lucky to dedicate all her time to her passion – writing for women and for the web. In her spare time she reads (books and blogs), cooks, watches vacuous teen dramas and eats ice cream straight from the tub. Follow her on Twitter @Reberoodle.

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