

# Pamper Thyself

By Nina Borello

I was on a quest. Since I work in the beauty business, I was curious to see where my profession was significant (if at all) in the Bible. Was taking time for oneself to beautify and relax a spiritual or secular pursuit?

The first person that came to mind was Queen Esther. In Esther 2:12 it states “Before a girl’s turn came to go in to King Xerxes, she had to complete twelve months of beauty treatments prescribed for the women, six months with oil of myrrh and six with perfumes and cosmetics.” Wow! That’s what I call a spa retreat! One year of massages, facials and makeovers, EVERYDAY! I suppose if you weren’t up to par for King Xerxes by then, not much else was going to help. As I thought about this, I realized the spa treatments were as much for the king (after all, he got to check out the final product) as they were for the girls. It was a win/win situation. Even if they didn’t make the grade for King Xerxes at least they got some rest and relaxation...I say no harm, no foul. We, of course never have to worry about meeting our King’s expectations. Our heavenly Father accepts us as we are (unpedicured feet and all) and afford us so much love and grace. However, would it be safe to say that He wants us to take time for ourselves to rest, care for ourselves and look better as a reflection and representation of His care and providence for us?

Jesus, as always, was a wonderful example of how to receive pampering and care. In Matthew 26:6-10 it states “While Jesus was in Bethany in the home of a man known as Simon the Leper, a woman came to him with an alabaster jar of very expensive perfume, which she poured on his head as he was reclining at the table. When the disciples saw this they were indignant. “Why this waste?” they asked. (kinda like those husbands who say, “You spent how much at Sephora???”) “This perfume could have been sold at a high price and the money given to the poor.” Aware of this, Jesus said to them, “Why are you bothering this woman? She has done a beautiful thing to me. The poor you will always have with you, but you will not always have me.” The perfume in the alabaster jar (it was like a box) was called nard. It was so rich it would go solid if it was cool enough. The pureness of this product is so intense that when it makes contact with your skin (and she poured it on Jesus’ head), you can actually taste it on your tongue because the molecular structure is so fine it penetrates into your blood stream. This was how aromatherapy was first used, using pure essences to calm, soothe, heal. The smell would have permeated the entire room instantly. The cost is so great because just to extract an ounce of pure rose oil essence, you have to crush an entire field of rose petals! This woman probably had 2-3 ounces of this stuff. It probably took her several years to accumulate that amount just to pour it out in one go. She obviously felt it was worth it; a small price to convey her overwhelming gratitude to her Savior. When Jesus told the disciples to leave her alone, he completely understood the value of her gift and the motive of her heart, he didn’t want anyone to take that from her or belittle her for doing essentially what he knew was right from her heart. He not only blessed her, he said she would essentially be immortalized for her actions (see Matthew 26:13). So can we conclude that if Jesus was so blessed by this “pampering” experience that he put great value on receiving such indulgences? When he says “the poor will always be with you” and you look in your wallet and couldn’t agree with him more...he still making a point about priorities and what’s important. Now don’t go quoting this scripture as justification for blowing the family nest egg on a spa package to rival Queen Esther, but with discretion, realize that sometimes what you think you just can’t afford to indulge in is probably what you need most, at least periodically to pause and refresh and be blessed.

Go now, my sisters and pamper thyself.