

## Pepperfit Boost treatment - Energise the body and focus the mind

When:

1. Pre-sport/event preparation by stimulating the circulation and focusing the mind.
2. If a client has commitments after their treatment for which they need to be physically and mentally alert.
3. If the client is generally inactive, has poor circulation or needs mentally or physically revitalising.

Start and finish treatment	With an application of Boost Instant to wrist pulse points to awaken and energise
Body:	Boost Body & Massage oil for a light and easily absorbed massage medium (note: we use "dry" oils to ensure clients are not left with a sticky residue) /combine with Boost Body Lotion for a richer consistency  Tip: If a client is suffering from localised aches and pains apply Rescue muscle gel to the affected area and allow to absorb, before massaging the whole body with Boost Body & Massage oil.
Hands and feet	Boost Body & Massage oil /combine with Boost Body lotion for a richer consistency. Alternatively apply Zest Multi Balm for a protective, nourishing massage medium.  Tips: <ol style="list-style-type: none"> <li>1. If hands or feet need washing prior to treatment, use Zest wash.</li> <li>2. To refresh sweaty or swollen feet, apply Boost Lotion to the feet, ankles and lower legs or for a quick fix use Boost instant.</li> <li>3. Finish with an application of Zest Multi Balm to soften and protect.</li> </ol>
Body scrub	Combine Boost Body & Massage oil with fine salt and rinse off with Zest wash.
Senses:	
Room fragrance	Create a vibrant and energised environment by warming a few drops of Boost Room Fragrance on an electric fragrancer. Alternatively use on a candle fragrancer by adding a few drops to 2 tablespoons of water contained in the saucer. Tips: <ol style="list-style-type: none"> <li>1. Using Boost Room Fragrance in your clinic or reception area is an easy way to introduce Pepperfit to your clients!</li> <li>2. Refresh gyms and workout studios between client appointments with Boost Room Fragrance.</li> </ol>
Client recommendations:	If your client finds it difficult to get going at the start of the day, suffers from energy lapses, poor circulation or lapses in concentration, recommend any single or combination of Boost applications to suit their individual regime.  Choose from:
Body & Massage oil 200ml/100ml	Fulfil home massage recommendations between treatments or as a daily revitalising moisturiser (may be applied on dry or damp skin)
Body Lotion 250ml/100ml	To moisturise or combine with Body & Massage oil for a richer revitalising home massage.
Bath & shower oil 50ml	Use a capful in daily shower or bath to refresh and invigorate. Moisturises and revitalises. May also be used as a revitalising foot bath (use ¼ capful)
Instant	Apply to joints or pulse points as a local application to energise body and mind – keep in the car, on the desk or in kit bags for an Instant Boost!
Room fragrance	Support your client between treatments with an uplifting and energised environment at home.

Boost may be combined with all products from the Pepperfit range. For products mentioned above from other ranges please see specific range treatment notes.

Did you know .... Many of our personal trainers circulate Boost Instant at the beginning of classes to energise training sessions.