

## Pepperfit Relax treatment – Calm body and mind, release tension and promote a good nights sleep.

When:

1. Post sport/event to aid relaxation and release physical and mental tension
2. For clients experiencing chronic or acute stress.
3. To aid deep, quality sleep.
4. To support the immune system; often depleted through stress or fatigue.

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| Start and finish treatment     | With an application of Relax Instant to wrist pulse points – to calm the mind and begin the relaxation process   |
| Body:                          | Relax 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) Relax Body Lotion may be applied at the end of the massage to provide added nourishment<br>Tip: Relax Body & Massage Oil may be used as an alternative to Rescue for releasing general muscular aches and pains.<br>For a quick neck and shoulder massage use Relax Body Lotion.  |
| Hands and feet                 | For general relaxation or for when a full massage is not suitable use Relax in either a Foot or Hand treatment<br>Tips:<br><ol style="list-style-type: none"> <li>1. Use a quarter capful of Relax Bath Oil in a foot or hand bath</li> <li>2. Apply Relax Body &amp; Massage Oil to the feet, ankles and lower legs / or hands and forearms for a soothing massage</li> <li>3. To aid relaxation and the absorption of the oil apply heat either as wraps, hot towels or hot water bottles.</li> <li>4. Complete the treatment with a light application of Relax Body Lotion</li> </ol> |
| Body scrub                     | Combine Relax Body & Massage oil with fine salt and rinse off with Zest wash.  |
| Head Massage                   | Use Relax Indian Head Massage Oil to enhance the effects of a deeply relaxing head, neck and shoulder massage.   |
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| Client recommendations:        | If your client experiences the symptoms of stress, poor sleep patterns or anxiety recommend any single or combination of Relax applications to suit their individual regime.<br><br>Choose from:   |
| Body & Massage oil 200ml/100ml | Fulfil home massage recommendations between treatments or as a daily relaxing 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 relax and release tension. Moisturises and de-stresses. May also be used as a relaxing foot bath (use ¼ capful)  |
| Instant                        | Apply to joints or pulse points as a local application to relax body and mind – keep in the car, on the desk or in kit bags for an Instant Relaxation.   |
| Indian Head Massage Oil 100ml  | Ease tension in the neck and shoulders with this warm, calming blend. Use before bed to ensure a great night's sleep.  |

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

Trainers may like to circulate Relax Instant prior to a Stretch or Relaxation class or at the end of a high energy session just before warm-down.