

Pepperfit Zest treatment – Maintain peak condition and uplift the senses

When:

1. Pre and post sports massage.
2. If a client is generally fit and wants to keep in top condition - both mentally and physically
3. Ideal application for youths (safe to use on children from the age of 5) and the elderly.
4. Safe to use as a pregnancy treatment to nourish the skin and avoid stretch marks.

Start and finish treatment	With an application of Zest Instant to wrist pulse points to refresh and soothe.
Body:	Zest 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) 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 Zest Body & Massage oil.
Hands and feet	Apply Zest Multi Balm for a protective, nourishing massage medium. Tips: <ol style="list-style-type: none"> 1. If hands or feet need washing prior to treatment, use Zest wash. 2. Zest wash is also great to use as a gentle pre-manicure/pedicure soak 3. Finish with Zest Multi Balm to provide a rich, protective and soothing massage.
Body scrub	Combine Zest 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 fragancer. Alternatively use on a candle fragancer by adding a few drops to 2 tablespoons of water contained in the saucer. Tips: <ol style="list-style-type: none"> 1. Using Boost Room Fragrance in your clinic or reception area is an easy way to introduce Pepperfit to your clients! 2. Refresh gyms and workout studios between client appointments with Boost Room Fragrance.
Client recommendations:	If your client is physically fit, looking to maintain peak condition or pregnant, recommend any single or combination of Zest 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 Wash 250ml/100ml	An uplifting natural wash that is suitable for daily use in the shower or bath. So soft and gentle that it may also be used to cleanse the face or wash hair.
Bath & shower oil 50ml	Use a capful in daily shower or bath to uplift and restore. Moisturises and revitalises. May also be used as a revitalising foot bath (use ¼ capful)
Multi- Balm 30g	A handy sized massage medium, anti-chafe formula, or natural skin protection application to moisturise and soothe areas of dry skin at the same time as keeping connective tissue in good condition.
Instant	Apply to joints or pulse points as a local application to condition body and mind – tender loving care in an Instant Zest!

Zest 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 Zest is a perfect solution for swimmers who want to protect the skin from the harsh effects of chlorine or salt water.