

HYDRATING BODY SCRUB

30 MIN BOOKING TIME

Polish/Hydration

For all skin types but especially normal to dry skin. To refresh skin and provide hydration.

This gentle sugar based body polish gently exfoliates and deeply hydrates the skin with coconut sugars and jojoba oil, while ginger increases circulation leaving your skin glowing. Choose between Jasmine Tuberose or Geranium Cedarwood scent stories.

PRODUCTS & TOOLS

- **Choose from Jasmine Tuberose or Geranium Cedarwood scent stories**
- A few sprays of Hand Sanitizer
- 3-4 tbs Body Polish
- 16 pumps Hydrating Mist
- 3-4 tbs Body Creme
- 3-4 tbs Body Polish
- Squeezable bottle with warm water
- 8-10 warm moist hand towels or washcloths (for manual removal situation)

TABLE SET UP & PREP

- Fitted sheet
- Flat sheet layered with bath towel
- Large bath towel to cover
- Flat sheet

 [WATCH BODY POLISH EXFOLIATION TABLE SET UP](#)

OPENING

1. Discuss exfoliation intensity with guest to determine pressure
2. Establish guest in prone position on the massage table. Offer a bolster underneath ankles. Assure guests highest comfort level
3. Ground & shield yourself and get present and clear. Set your intention for guest treatment and yourself
4. Standing on the side of the table make contact with your palms on heart center and sacrum inviting the guest to take a few deep breaths. Apply pressure on your hands during their exhale. Then slightly rock the body
5. Move to top of table: Palm pressures along the erector spinae muscles from neck to sacrum. Continue from buttocks down the legs ending on soles of feet

 [WATCH HYDRATING BODY SCRUB OPENING](#)

LEG/HIP

1. Lather up **Body Polish** in your hands with warm water
2. Apply **Body Polish** onto entire leg with a gentle long sweep
3. Starting at the foot massage the **Body Polish** onto the sole and in circular motion
4. Circle around the ankles and continue massaging **Body Polish** into the calf with circular motions
5. Continue same motion on upper thigh
6. Cover this leg and calm by compression
7. REPEAT on other leg/hip

ARM/SHOULDER

1. Lather up **Body Polish** in your hands with warm water
2. Apply **Body Polish** onto entire arm (use warm water if needed for glide)
3. Stabilizing the arm at the wrist massage **Body Polish** into forearm in circular motion
4. Continue same motion on the upper arm and shoulder
5. Focus on callused areas
6. Cover the arm and calm with compression
7. REPEAT on other arm/shoulder

BACK

1. Lather up **Body Polish** in your hands with warm water
2. Apply **Body Polish** onto the entire back with a gentle full sweep
3. Massage the **Body Polish** in circles focusing on dry and callused skin areas

FINISH & TURN

1. Cover and rest hands on sacrum and heart for calming
2. Remove bolster, lift the cover sheet and invite guest to turn around to supine position

FRONT BODY

1. Replace bolster under the back of knee or according to guest's preference
2. Place a chest cover on female guest's. Assure guest's comfort level

LEG/FOOT

1. Lather up **Body Polish** in your hands with warm water
2. Apply **Body Polish** on foot and entire leg with a gentle long sweep
3. Massage **Body Polish** into top of foot and circle around ankles
4. Continue massaging the **Body Polish** into lower leg in circles
5. Continue the same action on the upper thigh
6. Cover the leg and calm with compression
7. REPEAT on other leg/foot

 [WATCH HYDRATING BODY SCRUB LEG SUPINE](#)

ARM/HAND

1. Lather up **Body Polish** in your hands with warm water
2. Apply the **Body Polish** to entire arm and hand in a long sweep
3. Massage the **Body Polish** into hand in circular motion
4. Continue the same action on all parts of the arm that have not been covered in prone position
5. Cover and calm with compressions
6. REPEAT on other arm/hand

ABDOMEN

1. Lather up **Body Polish** in your hands with warm water
2. Apply and massage the **Body Polish** in circular motion to belly and waist
3. Cover and rest hands on covered belly for a moment

CHEST

1. Lather up **Body Polish** in your hands with warm water
2. Apply and massage the **Body Polish** into chest and shoulder
3. Cover and compress to calm

MANUAL REMOVAL & HYDRATION

1. Use moist warm towels from hot cabby and remove residual product from front and accessible back body in supine position

 [WATCH HYDRATING BODY SCRUB MANUAL REMOVAL](#)

2. Sit guest up last to access back
3. After back product removal use sit up position to fold the soiled towel in a hospital roll manner and remove

 [WATCH HOSPITAL ROLL REMOVAL](#)

4. Still sitting, spray **Hydrating Mist** before you apply **Body Creme** to the back and lie guest back down

 [WATCH HYDRATING BODY SCRUB HYDRATION](#)

5. Spray entire body with **Hydrating Mist** and apply **Body Creme** to extremities and torso

 [WATCH BODY SUPINE HYDRATING MIST](#)

WET ROOM REMOVAL OPTION

1. Send guest into shower to rinse off residual product
2. Remove soiled towel and replace cover towel with flat sheet
3. Invite guest to sit on table and apply **Body Creme** on the back
4. Lie guest down and continue to apply **Body Creme** on entire body

NOTE: hydration step not necessary if body polish followed by massage or body wrap treatment which includes oil or creme.

CLOSING

1. Move to the top of the table cradling the guest's skull and do a cranial hold for a few breaths
2. Then release and gently press the heads of the arm bones down opening the chest
3. Final touch for grounding go to the footside of the table and hold both feet with your hands applying gentle pressure
4. Detach yourself gently from the guest and indicate to them the finishing of their treatment

 [WATCH HYDRATING BODY SCRUB CLOSING](#)