

# SKIN REFINING WRAP STAND-ALONE/ADD-ON SERVICE

30 MIN BOOKING TIME

## Mask/Wrap/Hydration

For refining and brightening, especially for sensitive and mature skin.

Microalgae polishes and refines skin for a brighter appearance, with avocado oil and aloe nourish and hydrate while the essential oils and extracts of the Citrus Cardamom scent elevate the senses.

### PRODUCTS & TOOLS

- A few sprays of Hand Sanitizer
- 4 Tbsp Citrus Cardamom Skin Refining Mask
- 3 Tbsp Citrus Cardamom Massage Lotion
- Warm moist hand towels or washcloths for product removal 6-8

### TABLE SET UP & PREP

- Table warmer
- Fitted sheet
- Flat sheet layered with bath towel to lay on
- Large bath towel to cover
- Flat sheet for cover
- Blanket (optional)

 [WATCH BODY WRAP TABLE SET UP](#)

### OPENING

1. Establish guest in prone position on the massage table. Offer a bolster underneath ankles. Assure guest's highest comfort level
2. Determine guest's choice of scalp and/or foot massage during wrap
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

*NOTE: start on the right side on foot of the table and work in a clockwise manner.*

 [WATCH SKIN REFINING BODY WRAP OPENING](#)

### LEG/HIP

1. Apply a layer of **Skin Refining Mask** to the leg from sole of foot to hip, cover
2. Repeat on other leg/foot

### ARM/SHOULDER

1. Apply **Skin Refining Mask** to arm and shoulder, cover
2. Repeat on other arm/shoulder

### BACK

1. Apply **Skin Refining Mask** on entire back
2. Cover

### 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 the knee or according to guest's preference
2. Place a chest cover on female guest. Assure guest's comfort level

### LEG/FOOT

1. Apply **Skin Refining Mask** to front of leg and foot, cover
2. Repeat application on other leg

 [WATCH SKIN REFINING BODY WRAP APPLICATION LEG SUPINE](#)

### ARM/HAND

1. Apply **Skin Refining Mask** to hand and arm, cover
2. Repeat on the other side

### ABDOMEN

(OPTIONAL—DISCUSS WITH GUEST BEFORE TREATMENT)

1. Apply **Skin Refining Mask** to the abdomen in clockwise circles
2. Make sure to also apply on the waist and rib cage, cover

### DECOLLATAGE

1. Apply **Skin Refining Mask** in a long sweep on the chest from shoulder to shoulder
2. Cover

*NOTE: Ask guest if they have claustrophobic tendencies to cross their hands on top of their abdomen before wrapping them*

### WRAP

1. Take the ends of flat sheet client is laying on and wrap them around the guest from both sides
2. Wrap a warm dry towel around the feet
3. Cover body with blanket

 [WATCH SKIN REFINING BODY WRAPPING](#)

4. During the wrap perform scalp massage and/or foot massage per guests preference

 [WATCH SKIN REFINING BODY WRAP SCALP MASSAGE](#)

## 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 FIRMING BODY WRAP MANUAL REMOVAL BACK](#)

2. Sit client up last to access back

 [WATCH FIRMING BODY WRAP MANUAL REMOVAL LEG SUPINE](#)

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

 [WATCH HOSPITAL ROLL REMOVABLE](#)

4. Still sitting apply **Massage Lotion** to the back and lie guest back down

 [WATCH SKIN REFINING BODY WRAP HYDRATION BACK](#)

5. Apply **Massage Lotion** to extremities and torso

## 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 **Massage Lotion** on the back
4. Lie guest down and continue to apply **Massage Lotion** 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 SKIN REFINING BODY WRAP CLOSING](#)