



ESS

MARGARITA RECIPE



Aromatherapy

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What You'll Need

- [7 Drops of Grapefruit \[ESR7730\]](#)
- [2 Drops of Organic Orange \[ESR714\]](#)
- [2 Drops of Lime \[ESR7747\]](#)
- [1 Drop of Roman Chamomile \[ESR7712\]](#)

Instructions

- Take clients to the beach by diffusing this tropical blend of stimulating essential oils.

Massage Oil & Salt Polish

MARGARITA RECIPE

COST PER TREATMENT: **\$3.79**

TIME: **45 MIN.**

SUGGESTED PRICING: **\$100-\$110**

Description:

Give your clients a mini beach getaway! This invigorating treatment includes the sweet citrus notes of orange, lime, and grapefruit. The service starts with a cleansing exfoliation and ends with a refreshing massage.

What You'll Need:

- 7 Drops of Grapefruit [ESR7730]
- 2 Drops of Organic Orange [ESR714]
- 2 Drops of Lime [ESR7747]
- 1 Drop of Roman Chamomile [ESR7712]
- 4 fl. oz. of ESS Coconut Oil [ESR7532]
- 1/4 Cup of Himalayan Salts [C3530]

Supplies

- 1 Medium Rubber Mixing Bowl
- 1 Small Rubber Mixing Bowl Spoon/Spatula/
Measuring Utensils
- 6 Towels, rolled and warmed in hot towel cabi
- Sheets
- Plastic Sheet



Treatment Procedure

Focus

Dry, dull, dehydrated skin

PREPARATION

- Mix essential oils and carrier oil in medium bowl
- Pour half the oil into second rubber bowl
- Bowl 1 will be used for the massage
- Bowl 2 will be mixed with 1/4 cup of Himalayan salts for the body polish
- Place both bowls in hot towel warmer.
- Prepare the top layer of your table with a protective covering using towels for proper draping. Bottom layer will have the sheet and drape sheet for the massage portion of the treatment.

INSTRUCTIONS

1. Assist the guest onto a properly draped table, lying on his/her back.
2. Remove the warm margarita salt polish from the hot towel warmer. The temperature of the product at application should be between 110° and 120° F. Be sure the temperature feels comfortable to the guest.
3. Using your hands and beginning at the feet, apply the warm margarita salt polish mixture using light strokes toward the heart. Begin with slow, circular motions and gradually speed up. Special attention should be given to dry, rough areas such as the heels, feet, and knees.
4. Continue this process up the body to the back of the neck. Scrub the back of your guest's arms.

5. If you do not have a shower in your treatment room, remove hot towels from your towel warmer and remove margarita salt polish mixture from the guest's back before turning them over. Repeat process on guest in supine position and remove margarita salt polish mixture before beginning massage. Move on to step 7.
6. If your treatment room has a shower, assist your guest off the table to rinse off the margarita salt polish mixture. Remove protective layer on your table and prepare the table for the massage. Move on to step 8.
7. Using the roll technique, remove the plastic sheet and towels. The guest will now be on a clean, dry surface.
8. Remove heated margarita massage oil from the hot towel warmer. Complete a soothing and relaxing massage with your client to melt away all of the day's stress.

Known Contraindications

Should not be performed immediately after shaving or waxing. Do not rub on sensitive areas, areas of telangiectasia, sunburn, open wounds, infection, or inflammation. Pregnancy, high blood pressure, diabetes, and the inability to withstand heat. Orange oil is phototoxic. Avoid tanning beds and sun for at least 48 hours.