



Red Poppy & Hemp Sleep Enhancement

Cost Per Treatment: **\$1.26**

Time: **15-20 minutes**

What to Charge: **\$30-\$75**

Steamy aromatic body compresses saturated in red poppy, bergamot, and cannabis sativa seed oil promote the deep relaxation required for a good night's sleep.

What You'll Need:

- Kneipp Red Poppy & Hemp Pure Bliss Mineral Bath Salt Professional Pack (4-pack provides a total of 70.5 oz.) / KN150P

What They'll Want:

- Kneipp Red Poppy & Hemp Pure Bliss Mineral Bath Salt (17.63 oz.) / KN150



What to Do:

1. Add four rolled hand towels and ½ oz. of Red Poppy & Hemp Mineral Salt Pure Bliss to a basin.
2. Add just enough hot water to saturate. Stir to dissolve salts.
3. Lightly wring excess moisture from the towels and place in a hot cabi to keep warm until ready for use.
4. During the treatment, apply the hand towels in a drape under the neck across the shoulders (or down the spine or massage treatments), across the décolleté, and wrapped around each foot.
5. Top each compress with a dry towel to trap heat and keep sheets from becoming moist. Let penetrate until towels lose heat.
Can be performed during massage, facial, lash & brow, and facial waxing services.
6. For best results, client should Red Poppy & Hemp Pure Bliss Mineral Bath Salt and use weekly during at-home baths.

