

FALL *in* LOVE
with YOURSELF

*natural Spa factory®
autumn treatment menu*

FALL *in*LOVE *with* YOURSELF



Autumn fall is a season that it is characterised by its beautiful colours, cooler temperatures, and a time to embrace *self*-LOVE and self-care. It's a reminder to prioritise our own self, well-being and happiness. The changing of seasons is a natural phenomenon that can have an impact on our physical and emotional well-being. The transition from Summer to Autumn can be accompanied by feelings of sadness or fatigue, it's important to take care of our mental health during times of change and transition.

The feeling of being loved is important for our emotional well-being, and it's something that we should strive to cultivate in ourselves and others. Whether it's through spending time with loved ones, engaging in self-care practices, or simply being kind to ourselves, feeling loved can help to boost our mood and improve our overall well-being.

ILLUMINATING *full* BODY *ritual*

The last rays of the sun can be a beautiful and peaceful sight, especially during the autumn months when the days are getting shorter. The warm, golden light can create a sense of calm and serenity, and it's a great time to soak up some vitamin D and enjoy the outdoors. Basking in the sun's radiance, can have a positive impact on our general well-being. It also helps to regulate our mood and sleep patterns and can have a positive impact on our mental health.

self-LOVE is an important aspect of well-being, and it involves cultivating a positive relationship with ourselves. This can be achieved through practices like self-care, self-compassion, and self-acceptance. By treating ourselves with kindness and respect, we can improve our self-esteem and overall sense of well-being.

SCRUB using our Illuminate Body Polish, start with the feet, begin a full body exfoliation, the sweet scents of white flower and vanilla will fill the room and skin will start to plump and glow.

REMOVE the Illuminating Body Polish with warm mitts.

WRAP using the Illuminate Fine Body Wrap, over the entire body, top to toe and wrap the client up in warm blankets.

MASSAGE whilst the wrap does its work, perform a relaxing scalp massage.

REMOVE buffing away the wrap using warm mitts or ask your client to get into the shower to rinse away.

BODY OIL apply a generous amount of the Illuminate Dry Body Oil to the entire body, wrapping the client back up in towels and blankets, locking in moisture.

FACIAL whilst the dry body oil sinks in, begin an Illuminate facial using the full range.



Illuminate Body Polish 200g | 1kg
 Illuminate Fine Body Wrap 3.5kg
 Illuminate Dry Body Oil 100ml | 500ml

FALL *in* LOVE
with YOURSELF

AUTUMN *spice* *full* BODY



October is a month that is synonymous with the changing of the seasons from *Summer* to *Autumn*, Pumpkins are a popular symbol of autumn, and are rich in nutrients like vitamins A and C. Warming ginger is designed to warm us up on cool Autumn days and is known for its anti-inflammatory properties. Sweet orange is rich in vitamin C and is used help to lift our mood during the cooler, darker days of Autumn.

SET THE SCENE dim the lights and turn up the heat.

SCRUB the full body with Pear & Nigella Seed Body Salt Scrub.

BUFF away with warm mitts.

WRAP the body with the Ginger, Sweet Orange & Cocoa Bean Body Wrap and leave for 15 to 20 mins.

DRIZZLE warm raw Coconut Face, Body & Hair Oil onto feet and massage in for a relaxing massage whilst the wrap gets to work.

REMOVE wrap and remove excess with a warm towel or shower off.

MASSAGE to finish, with warm Invigorating Body Oil drizzled onto the body for a full body massage.



Pear & Nigella Seed Body Salt Scrub 250g | 4kg
Ginger, Sweet Orange & Cocoa Bean Body Wrap 2.5kg
Raw Coconut Face, Body & Hair Oil 250g
Invigorating Body Oil 50ml | 1ltr | 5ltr

FALL *in* LOVE
with YOURSELF

APPLE *bobbing* mini FACIAL

As the nights get *shorter*, the spirit of OCTOBER is with us. Remember, the Autumn season can be a beautiful and transformative time of year, so take some time to enjoy the changing leaves and crisp air, while also taking care of yourself. Facials can help cleanse and rejuvenate your skin while also promoting relaxation and stress relief. Apple stem biotechnology is known to fight chronological ageing, preserving youthfulness and skin vitality. Give dull skin showing signs of ageing and pigmentation the kiss of life with the Stem Cell Regeneration Apple Peel Off Face Mask.

CLEANSE with Damascene Melting Cleanser, using circular motions to melt away dirt and make up from the face.
REMOVE the cleanser with hot mitts.
POLISH using Illuminate Facial Polish.
REMOVE excess gently with hot mitts.
MASK with Stem Cell Regeneration Apple Peel Off Face Mask – applying a thick layer, avoiding eye area.
MASSAGE neck, shoulders & décolletage with the Passion Flower Seed Oil providing a light blast of hydration.
REMOVE mask – peel from the neck up – remove excess with warm mitts.
TONE spritz with Boosting Face Tonic.
MOISTURISE using the Everyday Cream.
SPA SPECIALIST TOP TIP spritz the room with the boosting tonic for a fresh aroma before the treatment.



Damascene Melting Cleanser 50ml | 1kg
 Illuminate Facial Polish 50ml | 250ml
 Stem Cell Regeneration Apple Peel Off Face Mask 25g
 Passion Flower Seed Oil 30ml
 Boosting Face Tonic 200ml | 1ltr | 5ltr
 Everyday Cream 50ml | 500ml

WINTER *warmer* full BODY



Log fires, cosy nights and shorter days. What an excuse to embrace self-care and indulge in some *cosy comforts* - what says indulgence more than chocolate! Not only does it taste delicious, but it can also have a positive effect by boosting mood and reducing stress. So take some time to **INDULGE** and focus on promoting your well-being.

SET THE SCENE light the Cacao Flower Massage Candle, filling the room with its amazing, sweet scent.
START with cleansing the feet using the Luxurious Gold Cleansing Wash.
APPLY Soothing Chocolate & Cocoa Bean Self Heating Body Wrap. Leave customer enveloped in towels.
DRIZZLE the warmed cacao oil onto feet and massage in for a relaxing massage whilst the wrap gets to work.
REMOVE wrap with a warm towel or shower off.
MASSAGE to finish, with warmed cacao oil drizzled onto the body for a full body massage.



Cacao Flower Massage Candle 35g
 Luxurious Gold Facial Cleansing Wash 500ml
 Soothing Chocolate & Cocoa Bean Self Heating Body Wrap 2.5kg

FALL *in* LOVE
with YOURSELF

FOOT & LEG *ritual*

Embrace the beauty of November by taking a walk in the crisp Autumn air, enjoying the changing leaves and soaking up the last bit of Autumn fall before Winter arrives. Remember, taking care of your body is an important part of *self-LOVE* and overall well-being. So, take some time this Autumn to give your legs and feet the attention they deserve, whilst also taking care of your mind and spirit.

- SET THE SCENE spritz the room with Night Time Pillow Mist.
- SOAK feet with Re:refresh Bath & Shower Oil.
- SCRUB feet with refreshing Bladderwrack & Peppermint Body Salt Scrub.
- APPLY Laminaria Slimming & Remineralising Body Wrap to lower legs and feet.
- WRAP legs and leave for 15 mins.
- FILE nails and remove cuticle skin.
- RINSE away with warm water.
- MASSAGE feet and lower legs with Re:refresh Oil.



Night Time Pillow Mist 50ml
 Re:refresh Bath & Shower Oil 50ml | 1ltr
 Bladderwrack & Peppermint Body Salt Scrub 250ml | 5kg
 Laminaria Slimming & Remineralising Body Wrap 2.5kg

FALL *in* LOVE
with YOURSELF