



# LETTERBOX BEAUTY

Luxury through your letterbox

TREATMENT TYPE

## Uplifting Body Wrap Ritual

[WWW.LETTERBOX-BEAUTY.COM](http://WWW.LETTERBOX-BEAUTY.COM)

## YOU WILL NEED...

- 🌀 Time to dedicate to your treatment and to you
- 🌀 A relaxing space, free from distractions and stresses
- 🌀 2-3 old towels
- 🌀 A warm bath/shower
- 🌀 A warm bedroom

## TIPS

- 🌀 Read all of the instructions carefully before you start
- 🌀 Lay out your products in order
- 🌀 Take your time, this is designed for you to relax, don't rush and enjoy every step

Before you start this treatment ritual you will need to ensure your bedroom is snugly and warm. Lay out two towels on the bed, you will be lying on top of these with oils on, so make sure it covers the whole area in which you will lie down, including some of the pillow and the edge of the bed. The towels will protect your bedsheets (wash after use to remove oils). Unfold the thermal blanket and lay out on top of the towels lengthways so it stretches from the top to the bottom of the bed. You may wish to lay another blanket or duvet on top of this to add weight for comfort, ensure your own blanket is covered by the thermal blanket and will not come into contact with your skin & oils. Now you are ready to begin...

**Please be aware.** Treatments are carried out at your own risk. Please contact us if you have previously had sensitivities or allergies to other products or ingredients and would like further advice.

## STEP 1

## SALT SCRUB & EXFOLIATING MITT



**How to use:** Either in a warm bath or shower, rinse and soften the skin in the water, stand up in the bath, or away from the flow of the shower before applying the scrub. Apply the scrub with your scrub mitt in light circular movements all over the body. If you would prefer a deeper exfoliation, simply apply more pressure with your mitt (be gentle with sensitive skin). Rinse off and pat dry with a towel.

**Description:** Mineral rich Himalayan Pink Salts, Hemp Seed Oil, Shea Butter, Coconut Oil and all natural essential oils, blended together to create a reviving, deep cleansing and stimulating scrub.

BATCH NO.

EXPIRY DATE

**Benefits:** Blended with Lemongrass, Grapefruit and Lavender essential oils, this scrub will not only gently exfoliate and brighten your skin, it will also give you an uplifting and reviving sensation.

**Ingredients:** Sodium Chloride, Cocos Nucifera (Coconut) Oil, Vitis Vinifera (Grape) Seed Oil, Cannabis Sativa (Hemp) Seed Oil, Butyrospermum Parkii (Shea Butter) Fruit, Lavandula angustifolia, Cymbopogon flexuosus, Citrus grandis Peel Oil

Manufactured by: Naturally Good Scents, Collingham, UK

## STEP 2

### UPLIFTING BODY OIL



BATCH NO.

EXPIRY DATE

**How to use:** Pour a small amount into your hands and rub together to warm the oil, start with your legs and work your way up the body. Massage the body oil into the skin, a light covering over the entire body is recommended to begin with, you may wish to stand on a towel or bathmat to avoid spillages (please do not apply to the soles of the feet, as it is a slip hazard). Once you have covered legs, torso, chest, back and arms you may wish to apply the remaining oil generously to areas that require more coverage (This body oil is intended for external use only). Do not worry about the skin feeling excessively oily, it will absorb in the next stage of the treatment.

**Description:** A light and nourishing body oil, leaves skin silky smooth, refreshed and hydrated.

**Benefits:** Lemongrass, Grapefruit and Lavender are well known for their therapeutic properties, helping to reduce stress, anxiety and headaches, while boosting energy levels.

**Ingredients:** Vitis Vinifera (Grape) Seed Oil, Tocopherol (Vitamin E Oil), Lavandula angustifolia (Lavender), Cymbopogon flexuosus (Lemongrass), Citrus paradisi (Grapefruit)

Manufactured by: Naturally Good Scents, Collingham, UK

## STEP 3

### THERMAL BLANKET WRAP



**How to use:** You may wish to set a timer before starting this step, as it is not unusual for people to doze off whilst enjoying this treatment, the maximum recommended time for this thermal wrap is 45mins. Carefully lift the thermal blanket and lay on top of the towels, once underneath you can pull the thermal blanket in towards your sides and tuck it underneath your body, creating a cocoon of warmth. The temperature will increase while you relax in the thermal wrap. If at any point you feel unwell, light headed or dizzy immediately remove the blanket. When you are ready, you must take care to get up slowly, any excess oil can be massaged into the skin, or blotted off with a towel. Avoid redressing in tight clothes and make sure you stay hydrated.

**Description:** A light weight blanket that reflects heat and increases body temperature.

**Benefits:** Used in conjunction with a body oil application, this blanket will aid the absorption of oils, and increase their effect and natural properties, leaving silky soft, smooth and ultra hydrated skin.



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Hello and thank you for being part of Letterbox Beauty.

We love seeing our products in action, if you've enjoyed your treatment,  
tag us on Instagram @letterboxbeauty, or use the #LetterboxBeauty

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