

# Awesome Autumn Foot & Leg Revival

A wonderful treat for aching legs and sore feet. This treatment includes a hydrating exfoliation enhanced with pumpkin to lock in moisture before the winter months, a lower body wrap and a massage from the ankle to the knee to improve circulation and to rid discomfort of the feet.

## Ingredients

- Micro-Buff Body Polish..... 1 oz
- Pumpkin Puree ..... 2 tablespoons
- Milk & Honey CC ..... 20 drops
- European Rose Body Mud ..... 1.5 oz
- Pomegranate & Cranberry Hydrating Massage Lotion ..... 5 oz

## Tools

- 3 Rubber Spa Bowls
- 4 Warm, moist hand towels
- 1 Plastic Wrap

## Instructions

1. Mix Micro-Buff Body Polish with 2 tablespoons of Pumpkin puree and 20 drops of Milk & Honey CC in a rubber spa bowl.
2. Add European Rose Body Mud in a rubber spa bowl.
3. Add Pomegranate & Cranberry Hydrating Massage Lotion in a rubber spa bowl.
4. Apply an exfoliation treatment to each leg and foot with the Micro-Buff Body Polish mixture following the BIOTONE protocol\* for exfoliation.
5. Apply European Rose Body Mud in an even layer to each leg and foot, while quickly covering each area with plastic wrap. Cover the client with a towel to keep warm.
6. While standing at the head of the table, pull up all layers of sheets, thermal wrap and blankets, cocooning the client.
7. Allow the client to rest wrapped for 10-15 minutes. This is an ideal time to incorporate a face massage into the treatment.
8. Remove plastic sheet, and perform a finishing massage treatment with the Pomegranate & Cranberry Hydrating Massage Lotion.



**Session Time:** 45 minutes

**Recommended Price:** \$45 - \$60

**Cost Per Treatment:** \$3.75\*

*\*Does not include cost of Pumpkin Puree*