



Cinnamon Cocoa Delight

Reduce the holiday stress. Pamper your clients with this relaxing body treatment. Start with a cinnamon exfoliation and mud wrap, followed by a finishing massage with BIOTONE's Cocoa-Comfort Massage Lotion.



Ingredients

- Exfoli-Sea Salt Glow [2 oz]
- Black Baltic Body Mud [4 oz]
- Cocoa Comfort Massage Lotion[1 oz]
- Cinnamon Leaf Essential Oil [10 Drops]

Supplies

3 Rubber Spa Bowls
10 Warm, Moist Hand Towels

Session Time: 60 mins
Recommended Price: \$130

Instructions

1. Mix 2 oz of **Exfoli-Sea Salt Glow** with 4 drops of **Cinnamon Leaf Essential Oil** in a rubber spa bowl.
2. Mix 4 oz of **Black Baltic Body Mud** with 6 drops of **Cinnamon Leaf Essential Oil** in a rubber spa bowl.
3. Apply an exfoliation treatment with the **Exfoli-Sea Salt Glow** following the BIOTONE protocol* for exfoliation.
4. Apply **Black Baltic Body Mud** in an even layer to each body part, following BIOTONE protocol* for mud treatment, while quickly covering each area with plastic wrap. Cover the client with a towel to keep warm.
5. While standing at the head of the table, pull up all layers of sheets, thermal wrap and blanket, cocooning the client.
6. Allow the client to rest wrapped for 20-25 minutes. This is an ideal time to incorporate a face or foot massage into the treatment.
7. Remove plastic sheet, removing as much mud as possible with plastic sheet. Remove remaining mud with warm, moist towels. Be sure to cover exposed damp skin with a bath towel
8. Perform a finishing massage treatment with **Cocoa Comfort Massage Lotion**.