BIOTONE°



Energy Boost

Rejuvenate and restore clients experiencing soreness and fatigue. Stimulate circulation, ease strained muscles and fight inflammation with Sore Muscle Customizing Complex. Leave clients feeling energized and uplifted with a finishing treatment using Energy Aromatherapy Massage Lotion.

Ingredients

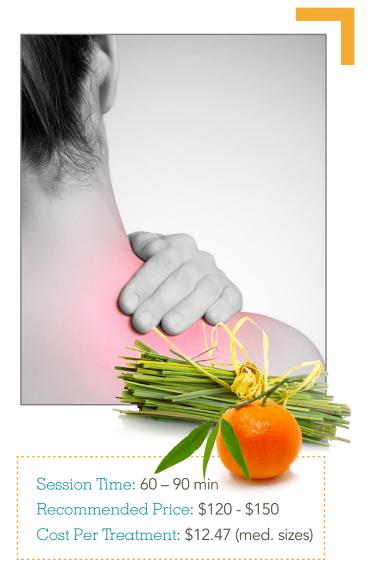
•	Exfoli-Sea Salt Glow	2 oz
•	Black Baltic Body Mud	4 oz
•	Sore Muscle Customizing Complex	0 drops
•	Energy Aromatherapy Massage Lotion	1 oz

Supplies

- 3 rubber spa bowls
- 9 warm, moist hand towels
- 1 Plastic Wrap

Instructions

- Mix 2 ounces of Exfoli-Sea Salt Glow with 30 drops of Sore Muscle Customizing Complex in a rubber spa bowl.
- 2. Mix 4 ounces of Black Baltic Mud with 30 drops of Sore Muscle Customizing Complex 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 Mud in an even layer to each part of the body, follow BIOTONE protocol*, 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 15-20 minutes. This is an ideal time to incorporate and add-on face or foot massage into the treatment.
- 7. Remove plastic sheet, removing as much mud as possible with the plastic sheet. Remove remaining mud with warm, moist towels. Be sure to cover exposed damp skin with a bath towel.
- 8. Perform a finishing treatment with Energy Aromatherapy Massage Lotion.