



# Fall Into Relaxation

Nurture your clients mind, body and spirit. Promote relaxation and a sense of well-being with this calming wrap combined with a soothing scalp massage that will melt their worries away. Sure to leave your clients in a state of bliss!

## Ingredients

- Micro-Buff Body Polish.....2 oz
- European Rose Mud .....4 oz
- Revitalizing Massage Oil.....1 oz
- Bliss Aromatherapy Massage Lotion.....1 oz
- Relaxing Customizing Complex.....45 drops

## Tools

- 2 Rubber Spa Bowls
- 10 Warm, Moist Hand Towels
- Tipped Applicator Bottle
- Plastic Wrap

## Instructions

1. Mix **Micro-Buff Body Polish** with 15 drops **Relaxing Customizing Complex**. Warm prior to application.
2. Mix **European Rose Mud** with 30 drops Relaxing Customizing Complex. Warm prior to application.
3. Pour **Revitalizing Massage Oil** and 10-15 drops of **Bliss Essential Oil** in tipped applicator bottle and mix. Warm prior to application.
4. Apply an exfoliation treatment with the **Micro-Buff Body Polish**.
5. Apply **European Rose Mud** in an even layer to each part of the body, while quickly covering each area with plastic wrap. Cover 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 blanket, cocooning the client.
7. Apply **Revitalizing Massage Oil** sparingly to the scalp and massage. Start at the temples with the fingers spread; massage the scalp in small circles for approximately 5 minutes. Cover scalp with a warm moist hand towel.
8. Allow client to rest for 10-15 minutes include face, décolleté and shoulders (steam is optional).
9. Remove plastic wrap, removing as much mud as possible with the wrap. Remove remaining mud with warm, moist towels. Be sure to cover exposed damp skin with a bath towel. Remove towel from scalp.
10. Perform a finishing treatment with **Bliss Aromatherapy Massage Lotion**.



**Session Time:** 60 - 90 minutes

**Recommended Price:** \$100 - \$130

**Cost Per Treatment:** \$8.00