

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

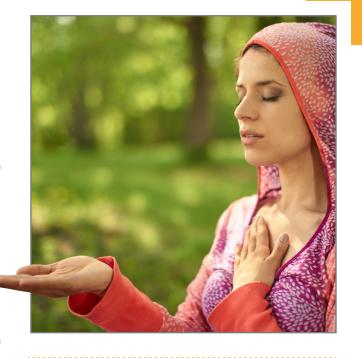
cro-Butt Body Polish	2 oz
ropean Rose Mud	4 oz
vitalizing Massage Oil	
ss Aromatherapy Massage Lotion	1 oz
axing Customizing Complex	45 drops

Tools

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

Instructions

- Mix Micro-Buff Body Polish with 15 drops Relaxing Customizing Complex.
 Warm prior to application.
- Mix European Rose Mud with 30 drops Relaxing Customizing Complex. Warm prior to application.
- 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**.
- 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.



Session Time: 60 - 90 minutes

Recommended Price: \$100 - \$130

Cost Per Treatment: \$8.00

- 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.
- 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**.