



Firm & Fabulous

Revive skin with a circulation boosting exfoliation treatment followed by a firming body wrap to smooth and tone. A massage with rich, silky, anti-oxidant packed Healthy Benefits Massage Creme leaves skin feeling soft, soothed and looking fabulous!



Supplies

3 Rubber Spa Bowls
9 Warm, Moist Hand Towels
Plastic Wrap

Ingredients

- Exfoli-Sea Salt Glow [2 oz]
- Firmi Sea Body Mud [4 oz]
- Healthy Benefits Massage Creme [1 oz]
- Firming Customizing Complex [45 drops]

Session Time: 60-90 mins
Recommended Price: \$120 - \$150
Cost Per Treatment: \$7.78

Instructions

1. Mix **Exfoli-Sea Salt Glow** with 30 drops of **Firming Customizing Complex** in a rubber bowl.
2. Mix **Firmi-Sea Body Mud** with 30 drops of **Firming Customizing Complex** in a rubber bowl.
3. Apply an exfoliation treatment with **Exfoli-Sea Salt Glow**.*
4. Apply **Firmi-Sea Body Mud** in an even layer to each part of the body*, 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 for 15-20 min. This is an ideal time to incorporate an add-on face or foot massage.
7. 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.
8. Perform a finishing treatment with **Healthy Benefits Massage Creme**.
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.