



# Get Up and Go

Awaken the body by removing toxins and impurities with a refreshing exfoliation and detoxifying wrap. A rejuvenating massage with a blend of energizing essential oils will uplift and renew.



## Ingredients

- Exfoli-Sea Salt Glow [2 oz]
- Firmi Sea Body Mud [4 oz]
- Energy Aromatherapy Lotion [1 oz]
- Detoxify Customizing Complex [60 drops]

## Supplies

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

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 **Detoxifying Customizing Complex** in a rubber bowl.
2. Mix **Black Baltic Body Mud** with 30 drops of **Detoxifying Customizing Complex** in a rubber bowl.
3. Apply an exfoliation treatment with the **Exfoli-Sea Salt Glow**.\*
4. Apply **Black Baltic Body 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.
5. Allow client to rest 15-20 min. This is an ideal time to incorporate an add-on face or foot massage.
6. Remove plastic wrap, remove as much mud as possible. Remove remaining mud with warm, moist towels. Cover exposed damp skin with a bath towel.
7. Perform a finishing treatment with **Energy Aromatherapy Massage Lotion**.