



# Hydration Preparation

Prepare your client's skin for the dry winter months ahead with a soothing full-body exfoliation of mineral rich therapeutic salts containing a special blend of hydrators to replenish and refine texture. Follow with a hydrating wrap of natural sun-dried rose clay to accelerate cell renewal and soften skin. Then finish with a relaxing massage using our thick and creamy Smoothing Massage Butter.

## Ingredients

- Exfoli-Sea Salt .....2 oz
- European Rose Body Mud .....2 oz
- Smoothing Massage Butter .....1 oz
- Lavender EO .....10 drops

## Tools

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

## Instructions

1. Mix Smoothing Massage Butter with 10 drops of Lavender Essential Oil in a rubber bowl.
2. Apply an exfoliation treatment with Exfoli-Sea Salt Glow.\*
3. Apply European Rose 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.
4. Cocoon the client by pulling up all layers of sheets, thermal wrap and blanket.
5. Allow the client to rest for 15-20 min. This is an ideal time to incorporate an add-on face or foot massage.
6. 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.
7. Perform a finishing treatment with the Smoothing Massage Butter that was previously mixed with Lavender Essential Oil.



Session Time: 60 – 90 min  
 Recommended Price: \$90 - \$135  
 Cost Per Treatment: \$4.08