



# Sore No More

Ease sore muscles and fatigue from summer activities. Rejuvenate, restore and stimulate circulation. Replenish energy with Sore Muscle and Uplifting Customizing Complexes.



## Ingredients

- Exfoli-Sea Sale Glow [2 oz]
- Black Baltic Body Mud [4 oz]
- Unscented Hydrating Lotion [1 oz]
- Uplifting Customizing Complex [15 drops]
- Sore Muscle Customizing Complex [60 drops]

## Supplies

3 Rubber Spa Bowl  
9 Hot, Moist Hand Towels  
Plastic Wrap

Session Time: 60-90 mins  
Recommended Price: \$120 - \$150  
Cost Per Treatment: \$7.65

## Instructions

1. Mix **Exfoli-Sea Salt Glow** with 30 drops of **Sore Muscle Customizing Complex** in a rubber bowl.
2. Mix **Black Baltic Body Mud** with 30 drops of **Sore Muscle Customizing Complex** in a rubber bowl.
3. Mix **Unscented Hydrating Massage Lotion** with 15 drops of **Uplifting Customizing Complex**.
4. Apply an exfoliation treatment with **Exfoli-Sea Salt Glow**.\*
5. Apply **Black Baltic 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.
6. While standing at the head of the table, pull up all layers of sheets, thermal wrap, and blanket, cocooning client.
7. Allow client to rest for 15-20 min. This is an ideal time to incorporate an add-on face or foot massage.
8. Remove plastic wrap, removing as much mud as possible with the plastic wrap. Remove remaining mud with warm, moist towels. Be sure to cover exposed damp skin with a bath towel.
9. Perform a finishing treatment with **Unscented Hydrating Massage**