



Sugar & Spice

Whisk away dull dry skin and improve texture with a delightfully decadent Milk & Honey Sugar Scrub and a Black Baltic Mud wrap infused with a warm spicy blend of cinnamon & clove essential oils.



Ingredients

- Milk & Honey Sugar Scrub [2 oz]
- Black Baltic Body Mud [4 oz]
- Smoothing Massage Butter [1 oz]
- Clove Essential Oil [15 Drops]
- Cinnamon Leaf Essential [15 Drops]
- Milk & Honey Customizing Complex [15 Drops]

Supplies

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

Session Time: 60-90 mins

Recommended Price: \$120-\$150

Cost Per Treatment: \$7.28

Instructions

1. Mix **Black Baltic Body Mud** with 15 drops of **Cinnamon Leaf Essential Oil** and 15 drops of **Clove Essential Oil**.
2. Mix **Smoothing Massage Butter** with 15 drops of **Milk & Honey Customizing Complex**.
3. Apply an exfoliation treatment with **Milk & Honey Sugar Scrub**.
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 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 **Smoothing Massage Butter**.