

Hot Salt Rock Muscle Mend + Soothe Massage - Back of Body

Treatment Protocol

Treatment Description

Discover Sea Magik Hot Salt Rock Muscle Mend + Soothe Massage and experience the healing power of a targeted back massage. Our warmed natural Himalayan salt rocks are used to massage your back in soothing deep tissue techniques, specifically designed to dissolve muscle tightness and tension whilst promoting a sense of calm. The special pink Himalayan Salt Rocks provide a unique combination of remineralisation, detoxification and nourishment that benefits both the mind and body. With its calming properties, this therapeutic massage can help you feel physically renewed and at peace.

Treatment Time

45 Minutes

Contra Indications

Fever, contagious diseases, blood clots, pregnancy, kidney conditions or liver conditions, cancer, inflammation, uncontrolled hypertension

Products Required

Magnesium Spa Flakes, Himalayan Spa Salts, 21 Mineral Mist, Heavenly Bath Shower Gel/Pink Salt Everything Wash/Magnesium + Argan Oil Everything Wash, Heavenly Body Lotion/Pink Salt Everything Balm/ Magnesium + Argan Oil Everything Balm, Uplifting Stress Relief Massage Oil, Salt Rocks x2

Equipment Required

- Massage bolsters
- Inhalation bowl
- Square salt cushion
- Round salt cushion
- Eye pillow
- 2 pairs of mitts
- Drip bottle for oil
- Koshi Chimes

Feel good. Every day.



100% VEGAN



CRUELTY FREE



HEALTH FIRST
SKINCARE



SPA SELF CARE



SUSTAINABLE
PACKAGING



BRITISH MADE

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No.	Treatment Steps	Additional Resources	Product	Volume
1	Prepare room (see Sea Magik Pro Welcome Ritual)		Himalayan Spa Salts, 21 Mineral Mist	1 cup, 6 spritz
2	Perform *Sea Magik Pro Welcome Ritual		Heavenly Bath Shower Gel/Pink Salt Everything Wash/ Magnesium + Argan Oil Everything Wash	2 pumps
3	Perform *Sea Magik Pro Opening Ritual - face down		Heavenly Body Lotion/ Pink Salt Everything Balm/ Magnesium + Argan Oil Everything Balm	1 pump
4	Remove salt cushions from sacrum and shoulders and place back into hot cabbie			
5	Uncover one half of the body and remove 1 salt rock from hot cabbie			
6	Perform * Salt Rock Yogassage Back Of Body and Leg Massage Sequence		Uplifting Stress Relief Massage Oil	5ml
7	Cover over and uncover the opposite side of the body			
8	Swap hot salt rocks - place cold salt rock back in cabbie and remove hot 1			5ml
9	Repeat * Salt Rock Yogassage Back Of Body and Leg Massage Sequence on opposite side		Uplifting Stress Relief Massage Oil	
10	Cover leg and back - swap hot salt rocks - place cold salt rock back in cabbie and remove hot 1			
11	Remove salt cushions from sacrum and shoulders and place back into hot cabbie			
12	Uncover back			
13	Perform *Salt Rock Yogassage Back Massage Sequence		Uplifting Stress Relief Massage Oil	5ml
14	Cover back and place salt rocks in cabbie			
15	Remove Yoga massage bolsters			
16	Perform *Sea Magik Pro Closing Ritual - face down		Heavenly Body Lotion/ Pink Salt Everything Balm/ Magnesium + Argan Oil Everything Balm	1 pump
17	Sea Magik Pro recommendations and aftercare			



Video Training



Written Sequence