

# Hot Salt Rock Stress Relief + Relax Massage

## Treatment Protocol

### Treatment Description

Take some time for yourself with Hot Salt Rock Stress Relief + Relax Massage. This extraordinary sensory journey is designed to bring relaxation on a deep level and help you reclaim your inner balance. Natural Himalayan salt rocks are heated to the perfect temperature, then used to massage your body in calming, rhythmical techniques, helping you to reach a new level of comfort and tranquillity. As the healing salt power is transferred through the body, pink Himalayan salt rocks will help in remineralizing, detoxifying and re-balancing your mind, body, and spirit. Trust Hot Salt Rock Stress Relief + Relax Massage to nourish your soul and bring a sense of peace back into your life.

### Treatment Time

75 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 Bolster
- Round Salt Bolster
- 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

# Hot Salt Rock Stress Relief + Relax Massage

## Treatment Protocol

No.	Treatment Steps	Additional Resources	Product	Volume
1	Prepare room (see Sea Magik Pro Welcome Ritual)		Dead Sea Spa Salts, 21 Mineral Mist	1 cup, 6 spritz
2	Perform *Sea Magik Pro Welcome Ritual - ensure Salt Rocks are placed in the hot cabbie		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	Uncover one half of the body and remove 1 salt rock from hot cabbie			
5	Perform * Salt Rock Yogassage Back Of Body and Leg Massage Sequence		Uplifting Stress Relief Massage Oil	5ml
6	Cover over and uncover the opposite side of the body			
7	Swap the hot salt rocks - place cold salt rock back in cabbie and remove hot 1			
8	Repeat * Salt Rock Yogassage Back Of Body and Leg Massage Sequence on opposite side		Uplifting Stress Relief Massage Oil	5ml
9	Cover leg and back - swap hot salt rocks - place cold salt rock back in cabbie and remove hot 1			
10	Remove salt cushions from sacrum and shoulders and place back into hot cabbie			
11	Uncover back			
12	Perform *Salt Rock Yogassage Back Massage Sequence		Uplifting Stress Relief Massage Oil	5ml
13	Cover back and place salt rocks in cabbie			
14	Remove Yoga massage bolsters			
15	Turn client over			
16	Place *Yoga massage bolsters for body massage - face up			
17	Remove 1 salt rock and uncover feet			
18	Perform *Salt Rock Foot Massage Sequence. Swap Hot Salt Rocks - place cold Salt Rock back in cabbie and remove hot 1 and repeat			
19	Uncover leg and arm on one side and remove 1 Salt Rock from hot cabbie			
20	Perform *Salt Rock Yogassage Front Of Body and Leg Massage Sequence		Uplifting Stress Relief Massage Oil	4ml
21	Cover leg and remove one salt rock from hot cabbie			
22	Perform *Sea Magik Salt Rock Hand and Arm Massage Sequence on one side		Uplifting Stress Relief Massage Oil	3ml
23	Uncover leg and arm on one side			
24	Repeat *Salt Rock Yogassage Front Of Body and Leg Massage Sequence on opposite side		Uplifting Stress Relief Massage Oil	4ml
25	Cover leg and remove salt rock from hot cabbie			
26	Perform *Sea Magik Salt Rock Hand and Arm Massage Sequence on opposite side		Uplifting Stress Relief Massage Oil	3ml
27	Cover arms			
28	Remove yoga bolsters			
29	Perform *Sea Magik Pro Closing Ritual - Face Down		Heavenly Body Lotion/ Pink Salt Everything Balm/ Magnesium + Argan Oil Everything Balm	1 pump
30	Sea Magik Pro recommendations and aftercare			



Video Training



Written Sequence