

# Yogassage Calming Waves Ritual – Back of body

## Treatment Protocol

### Treatment Description

Sea Magik Yogassage Calming Waves Body Massage is a unique back of body massage experience designed to align the body while providing deep relaxation. Taking techniques from both yoga and traditional Lomi Lomi water massage styles, this ritual combines long sweeping movements with gentle stretching and muscle manipulation sequences to release tension held in joints and muscles, for a thoroughly rejuvenating experience.

This luxurious massage ritual provides a blissful sense of renewal for both the body and mind.

Treatment suitable during pregnancy, alternative massage movements will be used.

### Treatment Time

45 Minutes

### Contra Indications

Fever, contagious diseases, blood clots, kidney conditions or liver conditions, cancer, inflammation, uncontrolled hypertension \*Pregnancy - follow Yoga Waves Pregnancy Massage Treatment Protocol

### 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

### Equipment Required

- Massage Bolsters
- Inhalation Bowl
- Square Salt Bolster
- Round Salt Bolster
- Eye Pillow
- 1 Compress
- 2 pairs of mitts
- Drip Bottle for Oil
- Koshi Chime

**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	Check comfort - realign the body where necessary			
5	Uncover one half of the body			
6	Perform *Sea Magik Pro Yogassage Back Of Body and Leg Massage Sequence		Uplifting Stress Relief Massage Oil	5ml
7	Uncover the opposite side of the body			
8	Repeat *Sea Magik Pro Yogassage Back Of Body and Leg Massage Sequence on opposite side		Uplifting Stress Relief Massage Oil	5ml
9	Cover over and uncover back			
10	Remove Salt Cushions from sacrum and shoulders and place back into hot cabbie			
11	Perform *Sea Magik Pro Yogassage Back Massage Sequence		Uplifting Stress Relief Massage Oil	5ml
12	Cover back			
13				
14	Perform *Sea Magik Pro Closing Ritual - Face Down		Heavenly Body Lotion/ Pink Salt Everything Balm/ Magnesium + Argan Oil Everything Balm	1 pump
15	Sea Magik Pro recommendations and aftercare			



Video Training



Written Sequence