

Relaxing Dead Sea Mud Cocoon

Treatment Protocol

Treatment Description

Experience the ultimate relaxation with Sea Magik Relaxing Dead Sea Mud Cocoon. This one-of-a-kind treatment combines an indulgent cleansing and exfoliation experience with the therapeutic benefits of ancient mineral-rich Natural Body Mud from the depths of the Dead Sea. The treatment starts with a warm cleanse followed by the application of Dead Sea mineral mud onto the body. The body is then wrapped in a blanket to allow for optimal absorption of minerals while a tension-easing scalp massage is performed. The result is skin that feels renewed, nourished, and softer than ever before.

Treatment Time

55 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 Brushing, Natural Dead Sea Body Mud, 3 Seaweed Scalp Mud

Equipment Required

- Massage bolsters
- Inhalation bowl
- Square salt cushion
- Round salt cushion
- Eye pillow
- 1 large scrummi towel/plastic sheet
- 1 compresses
- 8 pairs of mitts
- 2 dry pairs of mitts
- Small bowl for Natural Dead Sea Body Mud
- Small bowl for body balm
- Large bowl for warm water
- 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 | Consult skin concerns | | | |
| 4 | Perform *Sea Magik Pro Opening Ritual - face down |  | Heavenly Body Lotion/ Pink Salt Everything Balm/Magnesium + Argan Oil Everything Balm | 1 pump |
| 5 | Perform extra checks for comfort. Ask client if there is anything that would make them even 5% more comfortable. | | | |
| 6 | Remove salt cushions from shoulders and sacrum | | | |
| 7 | Place Natural Dead Sea Body Mud in hot cabbie | | | |
| 8 | Uncover leg on one side and exfoliate | | Salt Brushing | 5g (1tsp) |
| 9 | Dip fingers into warm water and pat over skin | | | |
| 10 | Remove salt from legs with warm salted mitts and buff with dry mitts | | | |
| 11 | Cover and repeat exfoliation and removal on opposite leg - cover over | | Salt Brushing | 5g |
| 12 | Dip fingers into warm water and pat over skin | | | |
| 13 | Remove salt from legs with warm salted mitts and buff with dry mitts | | | |
| 14 | Uncover back and exfoliate | | Salt Brushing | 10g |
| 15 | Dip fingers into warm water and pat over skin | | | |
| 16 | Remove salt from back with warm salted mitts and buff with dry mitts | | | |
| 17 | Remove the mud from the hot cabbie | | | |
| 18 | Uncover one side of the body | | | |
| 19 | Perform *Mud Application Face Down - Hawaiian Wave |  | Natural Dead Sea Body Mud | 10g (2 tsp) |
| 20 | Uncover opposite side of the back of the body | | | |
| 21 | Perform *Mud Application Face Down - Hawaiian Wave |  | Natural Dead Sea Body Mud | 10g |
| 22 | Uncover back - stand at head of the bed apply mud mask in a full back effleurage x1 | | Natural Dead Sea Body Mud | 5g |
| 23 | Cover over and place mud back into cabbie | | | |
| 24 | Remove Yoga massage bolsters and ask client to turn over onto back | | | |
| 25 | Replace *Yoga massage bolsters face up - check comfort | | | |
| 26 | Place a bust towel | | | |
| 27 | Uncover leg on one side and exfoliate | | Salt Brushing | 5g |
| 28 | Dip fingers into warm water and pat over skin | | | |
| 29 | Remove salt from legs with warm salted mitts and buff with dry mitts | | | |
| 30 | Cover and repeat exfoliation on opposite leg - cover over | | Salt Brushing | 5g |
| 31 | Exfoliate one hand and arm | | Salt Brushing | 2.5g |
| 32 | Dip fingers into warm water and pat over skin | | | |






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Treatment Protocol Continued

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|-----|---|---|---------------------------|--------|
| 33 | Remove salt from hand and arms with warm salted mitts and buff with dry mitts | | | |
| 34 | Repeat exfoliation on opposite arm | | Salt Brushing | 2.5g |
| 35 | Dip fingers into warm water and pat over skin | | | |
| 36 | Remove salt from hand and arms with warm salted mitts and buff with dry mitts | | | |
| 37 | Uncover stomach and exfoliate - optional | | Salt Brushing | 2.5g |
| 38 | Dip fingers into warm water and pat over skin | | | |
| 39 | Remove salt from stomach with warm salted mitts and buff with dry mitts | | | |
| 40 | Cover over | | | |
| 41 | Exfoliate shoulders and chest | | Salt Brushing | 2.5g |
| 42 | Dip fingers into warm water and pat over skin | | | |
| 43 | Remove salt from chest and shoulders with warm salted mitts and buff with dry mitts | | | |
| 44 | Remove the mud from the hot cabbie | | | |
| 45 | Uncover one side of the body | | | |
| 46 | Perform *Mud Application Face Up - Hawaiian Wave |  | Natural Dead Sea Body Mud | 5g |
| 47 | Uncover opposite side | | | |
| 48 | Perform *Mud Application Face Up - Hawaiian Wave |  | Natural Dead Sea Body Mud | 5g |
| 49 | Uncover abdomen and apply body mud | | Natural Dead Sea Body Mud | 2.5g |
| 50 | Apply body mud to chest and shoulders | | Natural Dead Sea Body Mud | 2.5g |
| 51 | *Wrap body and cover with extra towels |  | | |
| 52 | Sit at head of bed | | | |
| 53 | Perform *Sea Magik Pro Scalp Massage Sequence |  | | |
| 54 | Apply hot compress to the scalp |  | | |
| 55 | Apply warmed scalp mud through the scalp and hair - see *Sea Magik Scalp Mud Application |  | 3 Seaweed Scalp Mud | 10ml |
| 56 | Wrap hair in a towel | | | |
| 57 | Place body balm into cabbie | | | |
| 58 | Press and hold warm mitts (from cabbie) onto the chest and shoulders to loosen the mud mask | | | |
| 59 | Remove mud mask from chest and shoulders with warm salted mitts | | | |
| 60 | Roll the top of the wrap sheet down below back of shoulders | | | |
| 61 | Unwrap one arm | | | |
| 62 | Press and hold warm mitts onto the arm to loosen the mud mask | | | |
| 63 | Remove mud mask from whole arm - roll wrap sheet under arm before placing it down | | | |
| 64 | Unwrap other arm | | | |

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| 65 | Press and hold warm mitts onto the arm to loosen the mud mask | | | |
| 66 | Remove mud mask from whole arm - roll wrap sheet under arm before placing it down | | | |
| 67 | Uncover abdomen - press and hold warm mitts over the abdomen to loosen the mud mask | | | |
| 68 | Remove mud mask with warm salted mitts | | | |
| 69 | Unwrap one leg | | | |
| 70 | Press and hold warm mitts up leg to loosen the mud mask | | | |
| 71 | Remove mud mask from front and back of leg bending knee - roll wrap sheet into the middle of couch before straightening the leg | | | |
| 72 | Unwrap opposite leg and repeat removal - roll wrap sheet into the middle of couch before straightening the leg | | | |
| 73 | Remove warmed body balm from cabbie | | | |
| 74 | Apply warmed body balm to chest and shoulders | | Heavenly Body Lotion/ Pink Salt Everything Balm/ Magnesium + Argan Oil Everything Balm | 1 pump |
| 75 | Apply warmed body balm to abdomen | | Heavenly Body Lotion/ Pink Salt Everything Balm/ Magnesium + Argan Oil Everything Balm | 1 pump |
| 76 | Perform *Hawaiian wave sweeping effleurage up one side of front of leg and arm with warmed body balm |  | Heavenly Body Lotion/ Pink Salt Everything Balm/ Magnesium + Argan Oil Everything Balm | 4 pumps |
| 77 | Repeat *Hawaiian wave sweeping effleurage up one side of front of leg and arm with warmed body balm |  | Heavenly Body Lotion/ Pink Salt Everything Balm/ Magnesium + Argan Oil Everything Balm | 4 pumps |
| 78 | Ask client to sit forward | | | |
| 79 | Press and hold warm mitts over back to loosen the mud mask | | | |
| 80 | Remove mud mask from back with warm mitts - roll wrap sheet down to hips | | | |
| 81 | Ask client to lay back down and lift hips to remove wrap sheet from the couch | | | |
| 82 | Turn client over onto front - unwrap hair | | | |
| 83 | Uncover one side of the body | | | |
| 84 | Perform *Hawaiian wave sweeping effleurage up one side of back of body with warmed body balm |  | Heavenly Body Lotion/ Pink Salt Everything Balm/ Magnesium + Argan Oil Everything Balm | 4 pumps |
| 85 | Repeat *Hawaiian wave sweeping effleurage up opposite side of back of body with warmed body balm |  | Heavenly Body Lotion/ Pink Salt Everything Balm/ Magnesium + Argan Oil Everything Balm | 4 pumps |
| 86 | Cover over | | | |
| 87 | Perform *Sea Magik Pro Closing Ritual - face down |  | Heavenly Body Lotion/ Pink Salt Everything Balm/ Magnesium + Argan Oil Everything Balm | 1 pump |
| 88 | Sea Magik Pro Recommendations and aftercare | | | |

