

Relaxing Dead Sea Mud Cocoon

Treatment Protocol

Treatment Description

Experience the ultimate relaxation with 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 Dead Sea Body Mud from 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? 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/Seaweed Energy Wash, Heavenly Body Lotion/ Seaweed Energy Lotion, Uplifting Stress Relief Massage Oil, Salt Brushing, Natural Dead Sea Body Mud, 3 Seaweed Scalp Mud

Equipment Required

- Massage bolsters
- Inhalation bowl
- Square Salt Bolster
- Round Salt Bolster
- Eye pillow
- 1 large scrummi towel/plastic sheet
- 1 compresses
- 8 pairs of mitts
- 2x 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 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/ Seaweed Energy Wash	2 pumps
3	Consult skin concerns			
4	Perform *Sea Magik Pro Opening Ritual - face down		Heavenly Body Lotion/ Seaweed Energy Lotion	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	Replace *Yoga massage bolsters face up - check comfort			
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			
33	Remove salt from legs with warm salted mitts and buff with dry mitts			



Video Training



Written Sequence

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Treatment Protocol Continued

No.	Treatment Steps	Additional Resources	Product	Volume
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		Uplifting Stress Relief Massage Oil	
54	Apply hot compress to the scalp			
55	*Apply warmed scalp mud through the scalp and hair		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 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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Treatment Protocol Continued

No.	Treatment Steps	Additional Resources	Product	Volume
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/ Seaweed Energy Lotion	1 pump
75	Apply warmed body balm to abdomen		Heavenly Body Lotion/ Seaweed Energy Lotion	1 pump
76	Perform *Hawaiian wave sweeping effleurage up one side of front of leg and arm with warmed body balm		Heavenly Body Lotion/ Seaweed Energy Lotion	4 pumps
77	Repeat *Hawaiian wave sweeping effleurage up one side of front of leg and arm with warmed body balm		Heavenly Body Lotion/ Seaweed Energy Lotion	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/ Seaweed Energy Lotion	4 pumps
85	Repeat *Hawaiian wave sweeping effleurage up opposite side of back of body with warmed body balm		Heavenly Body Lotion/ Seaweed Energy Lotion	4 pumps
86	Cover over			
87	Perform *Sea Magik Pro Closing Ritual - face down		Heavenly Body Lotion/ Seaweed Energy Lotion	1 pump
88	Sea Magik Pro Recommendations and aftercare			



Video Training



Written Sequence