

# Transcend

ENERGIZE • GROUND • BALANCE

80 minutes

Experience a deeply relaxing massage that balances your energy bringing any imbalances into alignment. Calming and uplifting aromatherapy blends, energy-balancing gemstones and herb-infused massage oils release stagnation and energy blockages, allowing for greater flow in your body. As a result, you'll feel a deep sense of relaxation and overall wellbeing, leaving you refreshed and rejuvenated.

## Preparation:

1. Hot cabinet: wet and roll 2 towels – 1 large dry towel
2. Pour the oils into a separate bowls/pourers and place in warm water or hot cabinet.
3. Wrap 2 x Red Jasper stones, 2 x Orange Calcite stones, 2 x Rose Quartz stones, 2 x Amethyst stones in a wet towel and place in the hot cabinet
4. 2 x Crystal Wands (do not heat)

Table set-up: refer to the spa standards.

| Step | Procedure                                | Product / Accessories | Application                                                                                                                                                                                                                                                                                          |
|------|------------------------------------------|-----------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1    | Relaxing Aromatherapy<br><i>1 minute</i> |                       | Begin with your guest face up, secure bolster and apply bust drape, if needed. Cover the eyes.                                                                                                                                                                                                       |
|      | Ormus Rose<br>Celestial<br>Sacred        |                       | Apply 1 drop of the chosen Aromablend in your palm. Ask your guest to take in 3 relaxing breaths whilst you gently wave your hands under the face cradle. Connect your breath with the rhythm of your guest's breath.                                                                                |
| 2    | Hot Towel Foot Wrap<br><i>2 minute</i>   |                       | Wrap the feet with a hot towel and gently press and wipe.                                                                                                                                                                                                                                            |
| 3    | Leg massage<br><i>12 minutes</i>         |                       | Using the Garnet Body Oil - Massage the feet and legs. Begin by applying Garnet Oil to the left leg under the knee and pull it down the lower leg to the feet and back up to the knee again. Repeat 3 x. Continue to massage the leg - follow Transcend video for full massage technique.            |
|      | Garnet Body Oil<br>2 x Red Jasper Stones |                       | Using a warm Red Jasper stone rotate counterclockwise under the knee 3 x and reverse to clockwise 3 x. Pull the stone down the calf to the foot and rotate counterclockwise on the sole of the foot, then reverse to clockwise. Slide the stone back up the leg and leave it resting under the knee. |
|      |                                          |                       | Repeat on the right leg.                                                                                                                                                                                                                                                                             |
| 4    | Abdominal massage<br><i>5 minutes</i>    |                       | Undrape to hips.                                                                                                                                                                                                                                                                                     |
|      | Carnelian Body Oil                       |                       | Gently spread Carnelian Body Oil on the abdominal region and apply the 'I Love U' technique. (see diagram). Complete the massage using the                                                                                                                                                           |

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|   | 2 x Orange Calcite Stones                                                                                                                                                                                                                                         | <p>Orange Calcite stones. Gently massage in counterclockwise circles then reverse to clockwise movements.</p> <p>Leave one stone resting just below the navel (Sacral Chakra) and the other on the Solar Plexus.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| 5 | <p><b>Shoulder &amp; Arm Massage</b><br/><i>10 minutes</i></p> <p>Rose Quartz Body Oil<br/>2 x Rose Quartz Stones</p>                                                                                                                                             | <p>Using Rose Quartz Body Oil, massage the left arm and shoulder finishing with 3 sweeps up and down the arm with a warm Rose Quartz stone and 3x counterclockwise rotations and 3x clockwise rotations on the Palm. Repeat on the right arm.</p> <p>Leave one Rose Quartz stone resting in the middle of the chest on the Heart region.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| 6 | <p><b>Face, Neck &amp; Scalp Massage</b><br/><i>10 minutes</i></p> <p>Amethyst Body Oil<br/>2 x Amethyst Stones</p>                                                                                                                                               | <p>Using the Amethyst Body Oil, massage the neck, scalp and face. Complete the massage using the amethyst stones.</p> <p>Complete by resting the stones on the table at the nape of the neck.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| 7 | <p><b>Facial Marma Point</b><br/><i>5 minutes</i></p> <p>2 x Crystal Wands</p>                                                                                                                                                                                    | <p>Give a Marma point massage using the crystal wands. Follow the sequence of the 12 points holding each point for 6 seconds (see diagram).</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| 8 | <p><b>Signature close</b><br/><i>2 minutes</i></p> <p>Ormus Myst</p>                                                                                                                                                                                              | <p>Shake and spray Ormus Myst 3x in the air and allow it to fall gently over the client's face and head region.</p> <p>Remove the stones from behind the knees, abdomen, chest and neck and return to the hot cabinet.</p> <p>Ask the client to turn onto their stomach.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| 9 | <p><b>Back Massage</b><br/><i>18 minutes</i></p> <p>Garnet Body Oil<br/>2 x Red Jasper Stones</p> <p>Carnelian Body Oil<br/>2 x Orange Calcite Stones</p> <p>Rose Quartz Body Oil<br/>2 x Rose Quartz Stones</p> <p>Amethyst Body Oil<br/>2 x Amethyst Stones</p> | <p>Drizzle a stream of warmed Garnet Body Oil on the base of the spine and spread evenly. With warm Red Jasper stones massage the lower back counterclockwise x3 then clockwise x3. (2 minutes).<br/>Leave the stones resting on either side of the table at the base of the hips.</p> <p>Drizzle a stream of warmed Carnelian Body Oil above the Garnet and spread evenly. With warm Orange Calcite stones massage the area counterclockwise x3 then clockwise x3. (2 minutes).<br/>Leave the stones resting above the Red Jasper stones on either side of the body</p> <p>Drizzle a stream of warmed Rose Quartz Body Oil on the upper mid-back behind the heart region. With warm Rose Quartz stones massage the area counterclockwise x3 then clockwise x3. (2 minutes).<br/>Leave the stones resting above the Orange Calcite stones on either side of the body.</p> |

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|    |                                                                                                                                                                             | <p>Drizzle a stream of warmed Amethyst Body Oil on the upper back and neck. With warm Amethyst stones massage the area counterclockwise x3 then clockwise x3. (2 minutes).</p> <p>Leave the stones resting above the Rose Quartz stones on either side of the body.</p> <p>Fusing all the energies, blend the oils together in a luxurious back massage. (10 minutes)</p>                                                                                                                                                                                   |
| 10 | <p>Hot Towel &amp; Gemstone Placement</p> <p><i>5 minutes</i></p> <p>1 x Red Jasper stone<br/>1 x Orange Calcite stone<br/>1 x Rose Quartz stone<br/>1 x Amethyst stone</p> | <p>Place a large, hot towel over the back that will facilitate the therapeutic benefits of the oils to penetrate through the skin.</p> <p>Immediately cover the wet towel with a large dry towel. Remove stones from sides of body and lay one stone of each color on top of the towel in sequence up the spine beginning with the Red Jasper stone at the base, followed by Orange Calcite, Rose Quartz and Amethyst.</p> <p>Cover with blankets to maintain the heat. Be mindful to cover and tuck in the shoulders and neck area to maintain warmth.</p> |
| 11 | <p>Hot Towel &amp; Gemstone Foot Massage</p> <p><i>5 minutes</i></p> <p>Garnet Body Oil<br/>1 x Amethyst stone</p>                                                          | <p>While the oils and gemstone energies are 'infusing' throughout the body, massage each foot using Garnet Body Oil. Complete the foot massage by massaging the soles of the feet in counterclockwise and clockwise circular movements using an amethyst stone.</p>                                                                                                                                                                                                                                                                                         |
| 12 | <p>Stone &amp; Towel Removal</p> <p><i>2 minutes</i></p>                                                                                                                    | <p>Remove the stones from the spine region. Begin with the base (red) stone and move up the spine. Remove the towels by rolling the dry towel that is on top of the wet towel inward toward the body, drying the back from any moisture as you roll. This will help prevent your guest from feeling a chill.</p>                                                                                                                                                                                                                                            |
| 13 | <p>Signature close</p> <p><i>3 minutes</i></p> <p>Ormus Myst</p>                                                                                                            | <p>Shake and spray Ormus Myst 3x in the air and allow it to fall gently over the guest's face and head region.</p> <p>Place your hands on the sides of the head and hold with good intentions.</p>                                                                                                                                                                                                                                                                                                                                                          |

*you are a sun - eternal light - eternal beauty*