

1. Begin with your client in the supine position.
2. Add a few drops of Bon Vital'® Massagearita Oil in your hand, rub together and hold above your client's face for them to inhale, taking 3 long, deep breaths.
3. Begin Swedish Massage treatment with gentle effleurage strokes to the face, moving in an upward direction, firm, circular motions to temples and scalp.
4. Place the chilled TheraPearl® Eye-ssential® Mask on your client.
5. Move on to the neck and trapezius. Take two warmed Saltability Himalayan salt stones and glide them down the neck and trapezius. Move down the arms and leave the stones in the client's hands.
6. Massage each arm.
7. Move to the other end of the table.
8. Massage each leg beginning with the feet, finish with one warm Saltability Himalayan salt stone in each hand to glide over the entire leg.
9. Remove eye mask from client. Remove stones from client's hands and turn client to prone position.
10. Turn sheet down to client's hip, apply Bon Vital'® Massagearita Oil to client's back.
11. Use one hot stone in each hand and effleurage the entire back from the neck to the sacrum in long, fluid movements. Use one large stone to make circular motions over the sacrum. Use one medium stone to work around the edge of the scapula and trapezius. Finish back with Swedish massage.
12. Cover client's back with sheet and place 3-4 smaller stones on both sides of the spine.
13. Complete a Swedish massage – arms, then legs.
14. As you finish each leg, use one more hot stone with a long gliding stroke from the ankle, up the leg, over the gluts and back, rounding off at the shoulder and coming back down the arm and hands to the leg. Complete the stroke by lifting off at the ankle.
15. Adjust top sheet over the client and remove warm Saltability Himalayan salt stones from back.
16. End the massage with gentle rocking strokes along each side of the body.
17. Send the TheraPearl Eye-ssential mask home with your client to encourage them to continue their spa experience.

*Review hot stone therapy safety before treatment.



Contraindications: *General contraindications that apply to Swedish massage.*