

RESTORATIVE CHRISTMAS TREATMENT

60 Minutes

Preparation

- 5 Pairs of mitts
- 2 sets of damp cotton wool for Bio-Active Eye Cleanser and 2 set of damp cotton wool with Soothing Eye Lotion
- 2 sets of dry cotton wool pads soaked with Hydrating Floral Spa-Fresh Tonic and Balancing Herbal Spa-Fresh Tonic
- Bowl of warm water
- 5mls Restorative Bath & Body Oil and 5mls Restorative Cocoon Body Cream (pre-mix and warm in cabbie)
- Inhalation Bowl
- Hot Stones (1x Large Chakra Stones, 2x medium stones)
- Cold small stones for massage around eyes
- Warm Wheaty Pack
- Pink Hair & Scalp (warmed in cabbie)

Consultation and Sensory Test

- Spa-Fresh
- Sensory check Optimal ProSerum
- Sensory check Restorative Bath & Body Oil
- Present Restorative Cocoon Body Cream

Treatment procedure

- Spritz the Restorative Atmosphere Mist to scent the room and bed linen prior guest's arrival

Client Face Down

- Hot mitts to the feet, cover and blot dry
- Inhalation bowl and guided breathing (see procedure)
- Bear walk from the feet and uncover back
- Back Massage (see procedure)

Client Face up

- Realignment (see procedure)
- Place Chakra stone onto the solar plexus
- Place the warm wheaty pack vertically over the stone
- Place a warm stone in each hand
- Apply warmed Pink Hair & Scalp Mud – if guest has chosen to have it
- Bring clients focus back to their breathe

- Eye and lip cleanse (see procedure)
- 1st Cleanse with appropriate cleanser – remove with 1x pair mitts
- 2nd cleanse with exfoliation refining skin polish – remove with 2x pairs mitts
- Spa-Fresh Tonic on cotton pads
- Eye protection movements with Depuff & Soothe Eye Gel **finish with movements around the eye area with small cool basalt stones or jade crystals) to mimic movements that the Jade Aventurine tool would do – Please refer to training video.**
- Application only of Optimal Skin ProSerum x3 circles
- Apply Optimal Skin ProCleanser as a mask
- Apply Soothing Eye Lotion pads to eyes
- Apply Nourishing Lip Treatment to lips and around the lip line
- Scalp massage or hand and arm massage
- Remove mask
- Spa-Fresh on cotton pad and Mist
- Apply Tri-Active™ Lift & Firm Intensive Eye Serum (if appropriate)
- Apply appropriate Face Serum
- Apply Depuff & Soothe Eye or appropriate Eye Cream
- Apply 24hr Replenishing Moisturiser
- Apply Pomelo Lip Balm or Nourishing Lip Treatment as appropriate
- Gently mist Restorative Atmosphere Mist onto the client's robe before presenting it to them

Wellness Wonders Collection

Aventurine Jade Bud **if you do not have these mimic with small cold basalt stones**

Refining Skin Polish – **use in second cleanse**

Restorative Bath & Body Oil - **Back massage and inhalation**

Restorative Atmosphere Mist – **before and after treatment**

Pink Hair & Scalp Mud – **Scalp Massage**

DePuff & Smoothe Eye Gel – **Eye Protection movements finish with stones**

Optimal ProCleanser – **use as mask**

Optimal ProSerum – **apply under mask and before moisturiser**

24 Hour Replenishing Moisturiser - **Finishing product**

Restorative Cocoon Body Cream – **mixed with Restorative Bath & Body Oil for back massage**

Breathing Exercise

- Holding the inhalation bowl ask the client to take 3 deep breaths

- Ask the client to inhale deeply into the abdomen and as they exhale release any worries stress or tension
- With every exhale breath feel the body becoming heavy and relaxed
- Ask the client to continue with this awareness of their breath throughout the treatment
- Lower the inhalation bowl to the floor

Realignment

To the feet

- Hands sweep up to knees and on exhale stretch at ankles
- Hands sweep up to knees and on exhale push on soles of the feet
- Spritz the hands with Balancing Herbal Spa-Fresh Mist

To the shoulders

- On exhale breath push shoulders to feet simultaneously then alternately
- On exhale breath push shoulders towards the couch alternately
- Slide down arms to elbows, up to occipital and gently stretch

Core Treatments found in Therapist Area

- Inner Calm – Back Massage
- Inner Beauty Facial - Express

Aventurine Jade Massage

- Training video provided, Massage follows the routine found within the Aventurine Jade massage tool booklet.

Aventurine Jade Bud

Jade is balancing and has naturally cooling properties. It's known as the stone of eternal youth.

Crafted to soothe and cool the eye area, The Jade Eye Massage Tool helps to reduce puffiness, combat eye bags, and aid in absorption of eye cream or serum into the skin. Designed to specifically treat the delicate skin around the eyes, the tool is perfect for awakening and rejuvenating the delicate skin around the eyes.

Benefits:

- Reduces puffiness and can help reduce eye bags
- Awakens and rejuvenates the eye area
- Aids in absorption of eye cream or serum into the skin

