

Back, Face and Scalp Treatment

90

minutes

See facial chart to adjust facial products according to skin type / conditions

Preparation

- 2 sets of damp cotton wool for Bio-Active Eye Cleanser and 2 sets 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
- 6 pairs of mitts (5 pairs for Facial and 1 pair for feet)
- 1 hot towel
- Steamer

Sensory Test

- Spa-Fresh
- Treatment Oils x 2 most appropriate for their skin
- Body Oils x 2 most appropriate

Treatment Procedure

- Eye and lip cleanse (see procedure)
- 1st cleanse with appropriate Cleanser
- Skin analysis with SkinVision™
- Client face down
- Hot mitts to the feet, cover and blot dry
- Inhalation bowl
- Back exfoliation with Exfoliating Body Polish
- Remove with hot towel, blot and buff
- Back massage

- Client face up
- Realignment
- Continue with appropriate Inner Beauty Facial from second cleanse

Realignment

At 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

At the head

- 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