

Body Brush & Polish / Salt Scrub

Procedure *25 minutes*

Preparation

- 5 pairs of mitts (4 for body and 1 for feet)
- 1 hot towel for Salt Scrub
- Skin Stimulating Body Brush
- Disposable underwear
- Eye pillow in or on top of hot cabbie (to cover over the eyes)
- Plank towels for Body Brush & Polish

Points to Remember

- Although brushing pressure should not be heavy it must be purposeful, firm, fast, thorough and not irritating
- Brushing should always be towards the nearest lymph node
- A brush stroke should always be followed by a hand stroke to make the procedure as comfortable as possible
- Benefits – aids removal of dead skin cells, improving skin texture, improves cell renewal and helps reduce the appearance of cellulite due to increased circulation

Points to Remember for Salt Scrub

- Sensory test Salt Scrub where applicable
- When combining Salt Scrub and massage, sensory test 2 Body Oils then choose appropriate Salt Scrub;
- Relaxing – Soothing, Restorative, Fitness or Positivity
- Detoxifying – Detoxifying, Energising or Fortifying
- Mix Salt and Oil thoroughly before use to ensure even consistency and longevity of product

Treatment Procedure

Client face down

- Hot mitts to the feet, cover and blot dry
- Body Brush right side of body – from the foot
- Dampen skin with warm mitts – from the foot
(ONLY FOR SALT SCRUB)
- Apply Exfoliating Body Polish or Salt Scrub
– Balinese application
- Circle – ankle to shoulder then wrist to shoulder
- Friction – ankle to shoulder then wrist to shoulder
- Remove with warm mitts – from the foot cover and blot (ONLY FOR BODY BRUSH & POLISH)
- Repeat to left side of the body

Front of body

As back of the body but points to remember for front of body

- Place warm eye pillow over the eyes (optional)
- Place modesty towel to bust area (optional)
- Strokes to abdomen and décolleté
- Hot towel to back to remove salt
(ONLY FOR SALT SCRUB)
- Assist the client to the shower
(ONLY FOR SALT SCRUB)
- For Body Brush & Polish finish with application of Optimal Body Tri-Serum or appropriate body moisturiser