



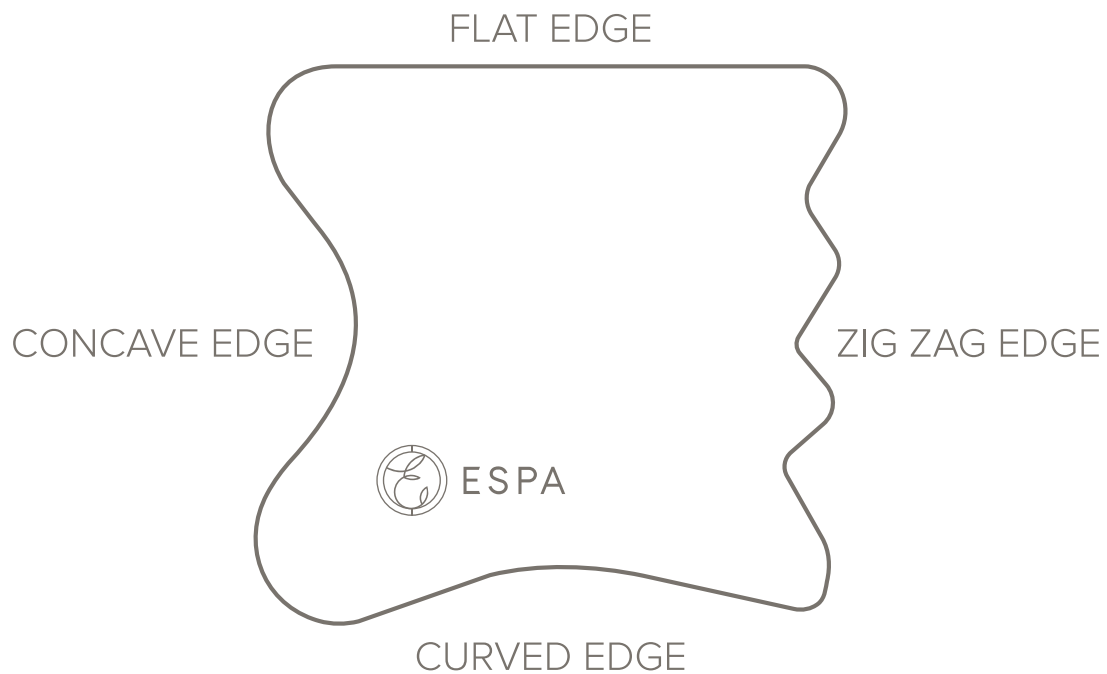
ESPA

Aventurine Body

Gua Sha Tool

Massage and Care Ritual Instructions Techniques

At ESPA, we are guided by a holistic philosophy that cares for your whole wellbeing. Our aim is to help you look and feel your best every day, for you to have naturally beautiful skin and a renewed sense of Inner calm.



Detox Full Body Ritual

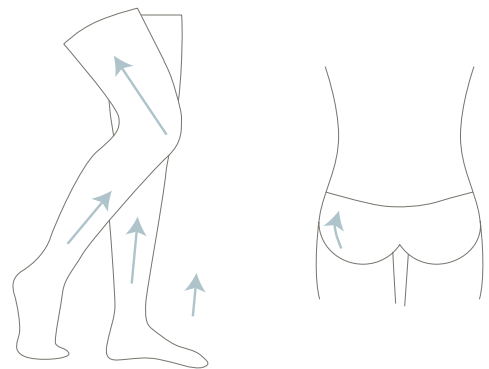
Step 1

Begin the ritual by awakening the senses, stimulating circulation and smoothing the skin with our Invigorating Body Reviver. In the shower, on wet skin, work the exfoliating cream in a circular motion over your body, starting at the ankles and moving up each leg, before moving onto the buttocks, waist and abdomen continuing the clockwise motion.

Sweep up the arms and over décolleté, using the same technique and then allow the water to flow over your body, washing away the Bora Bora sand particles as you breathe in the energising aromatic of the Lime essential oil.

Step 2

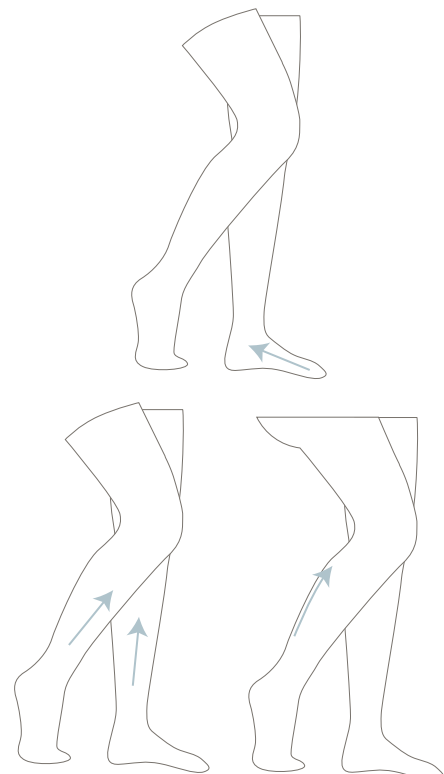
After patting your body dry with a towel, apply a small amount of the Detox Bath & Body Oil to the whole leg including the buttock. As you begin the body massage bring awareness to your breath, inhaling and exhaling slowly throughout.



Step 3

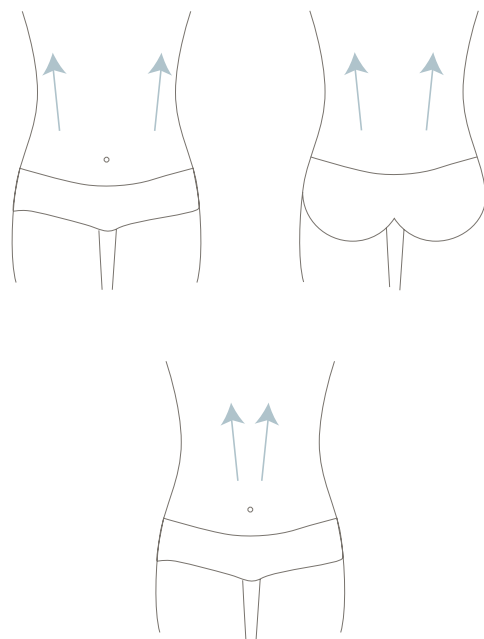
Holding your Body Gua Sha, sweep up the front of the foot with a light pressure using the curved edge. Switching to the concave edge and using a firmer pressure, sweep up the inner and outer calf. Reverting to the curved edge, sweep up the back of the calf.

Move then to the outer thigh, sweep upwards first with the zig zag edge and then again with the curved edge. Repeat these movements on the inner, middle and back of the thigh sweeping upward on the buttocks. Apply a small amount of the oil to the other leg and buttock and repeat.



Step 4

Focus shifts now as you apply a small amount of oil to the middle of the body. Use the curved edge to sweep up the side of your waist. Repeat on the opposite side before sweeping up either side of the back and abdomen.



Step 5

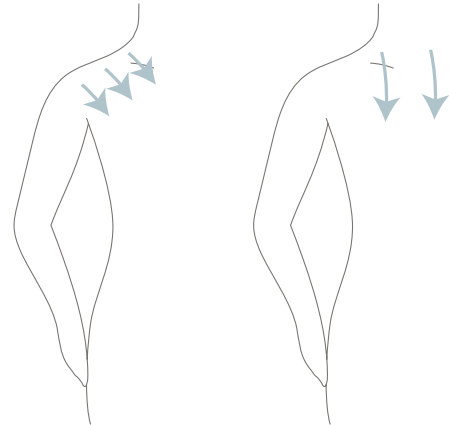
Applying a small amount of oil to your arms, shoulders and décolleté, using a light pressure use the curved edge to sweep up the back of your hand. Switching to the concave edge and using a firmer pressure, sweep up the front and back of the forearm.

Using the curved edge again, sweep upwards to the top of the arms, repeating the movements until you have covered the whole of the upper arm. Repeat these movements on your other arm.

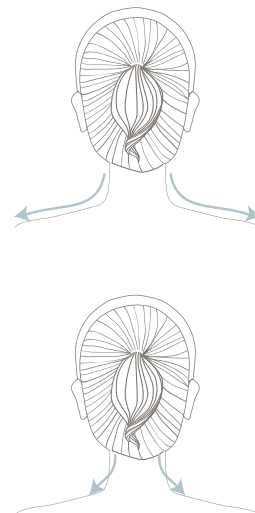


Step 6

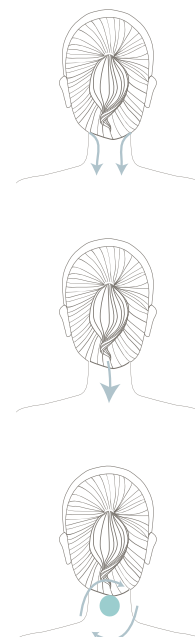
Starting at the front of your shoulder, use the curved edge to move in short inward sweeps towards the heart. With the flat edge start at the outer edge of the collar bone and sweep downwards while working across the décolleté.



Applying a small amount of oil to your arms, shoulders and décolleté, using a light pressure use the curved edge to sweep up the back of your hand. Switching to the concave edge and using a firmer pressure, sweep up the front and back of the forearm.



Use the concave edge to run down either side of the spine from the base of the head to the top of the shoulders. Finish by rotating the curved edge of the tool on the top of the neck.



Step 7

Complete the ritual by applying a small amount of the Smooth and Firm Body Butter, massaging in circular movements as you work your way up the body beginning at the feet and finishing at the neck.

Caring for your ESPA Body Gua Sha Tool:

After you have completed your beauty ritual, wipe the Body Gua Sha crystal clean using a damp cloth. Once dry, place it back into the bag provided to help protect it from getting scratched or damaged.

To enhance the cooling effect of your ESPA Body Gua Sha tool, you can place it in the refrigerator.



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