

PRECIOUS MOMENTS

55 MINUTES

Preparation

- Eye pillow and wheaty in cabbie
- 4 pairs of mitts
- 3 chakra stones in cabbie
- 2 warm dry towels
- 5mls of Hydrating Cleansing Milk in cabbie

Consultation

- Sensory test Spafresh, face oils x2 most appropriate for their skin and 2 appropriate body oils

Procedure

- Place warm eye pillow and wheaty neck pillow
- Place Chakra Stones
- Collect a few drops of the chosen body oil and allow the guest to inhale
- Place hands over solar plexus and sacral stones and follow visualisation- see below
 1. Relax your whole body and breathe deeply and comfortably.
 2. Choose a colour that you like (pause)
 3. Imagine breathing this colour into your body where it will heal and energise you.
 4. Imagine it travelling into your head, neck and shoulders, releasing tension.
 5. Imagine it going down your arms to your fingers,
 6. Into your abdomen, around your back and hips.
 7. Imagine it travelling down your legs like a waterfall, over your knees, to your feet.
 8. Your colour gives you calm energy.
 9. Now please take a fresh, clear breath and let your colour go as it takes away what you do not need anymore.
- Remove the hand in a clockwise direction
- Hot mitts to feet
- Lower leg and foot massage – freestyle
- Application of Pink Hair and Scalp Mud to feet and wrap in warm dry towels
- Facial Cleanse with warm Hydrating Cleansing Milk
- Spa fresh
- Apply Chosen face treatment oil and perform facial massage – see procedure
- Apply Overnight Hydration Therapy
- Scalp massage – core procedure
- Remove mask

- Spafresh and spritz
- Apply Lift & Firm Intensive Eye Serum (if appropriate)
- Apply appropriate Face Serum or Tri Active Advanced Instant Facial
- Apply 24 Hour Replenishing Eye Moisturiser/Lift & Firm Eye Moisturiser
- Apply appropriate Face Moisturiser (2-3 drops of Tri Active Advanced Night Booster can be added to Moisturiser if appropriate) or Naturally Radiant Tinted Moisturiser
- Optimal Skin ProDefence if required
- Apply Pink Pomelo Lip Balm or Nourishing Lip Treatment as appropriate
- Remove the warm dry towels on feet
- Warm mitts cover and blot dry

FACIAL MASSAGE

- Inhalation as client exhales
- Application of oil in one movement –décolleté, neck, face & back to décolleté
- Shoulder sweeps – one then the other pushing down
- Effleurage around back of shoulders and up to occipital
- Neck stretch to side, alternate shoulder sweeps & knuckling to neck & shoulders – repeat to other side
- Knuckle both shoulders, deltoids & décolleté
- Neck sweeps
- Pinch & jaw slide
- Upward chin circles
- Lip scissors
- Effleurage deep circles to cheeks- slide up to nose
- Alternate fingers to each eye (V) alternate lifting across forehead to transition from right side to left
- Figure of eight to both eyes (8)
- Circles up onto forehead - working inwards across forehead
- Continue to slide down the sides of the face, down the neck – pressure down to shoulders

PRECIOUS MOMENTS

25 MINUTES

Preparation

- 4 pairs of mitts
- 3 chakra stones in cabbie
- 5mls of Hydrating Cleansing Milk in cabbie

Consultation

- Sensory test Spafresh, face oils x2 most appropriate for their skin and 2 appropriate body oils

Procedure

- Place Chakra Stones
- Collect a few drops of the chosen body oil and allow the guest to inhale
- Place hands over solar plexus and sacral stones and follow visualisation- see below
 10. Relax your whole body and breathe deeply and comfortably.
 11. Choose a colour that you like (pause)
 12. Imagine breathing this colour into your body where it will heal and energise you.
 13. Imagine it travelling into your head, neck and shoulders, releasing tension.
 14. Imagine it going down your arms to your fingers,
 15. Into your abdomen, around your back and hips.
 16. Imagine it travelling down your legs like a waterfall, over your knees, to your feet.
 17. Your colour gives you calm energy.
 18. Now please take a fresh, clear breath and let your colour go as it takes away what you do not need anymore.
- Remove the hand in a clockwise direction
- Facial Cleanse with warm Hydrating Cleansing Milk
- Spa fresh
- Apply Chosen face treatment oil
- Apply Overnight Hydration Therapy
- Hot mitts to feet
- Lower leg and foot massage – freestyle
- Remove mask
- Spafresh and spritz
- Apply Lift & Firm Intensive Eye Serum (if appropriate)
- Apply appropriate Face Serum or Tri Active Advanced Instant Facial
- Apply 24 Hour Replenishing Eye Moisturiser/Lift & Firm Eye Moisturiser
- Apply appropriate Face Moisturiser (2-3 drops of Tri Active Advanced Night Booster can be added to Moisturiser if appropriate) or Naturally Radiant Tinted Moisturiser
- Optimal Skin ProDefence if required

- Apply Pink Pomelo Lip Balm or Nourishing Lip Treatment as appropriate
- Remove the warm dry towels on feet
- Warm mitts cover and blot dry