



# ESPA

## Sensory Testing Script

After consultation: "With every ESPA treatment, we perform a sensory test where I will ask you to smell a selection of products. Whichever aroma you are more drawn to, this is the product that your body needs today. This will allow me to personalise your treatment to meet your requirements."

Spa-Fresh Tonic – Apply each to 2 dry cotton wool pads

"These are the Spa-Fresh Tonics; they are the equivalent of a toner but are natural and made from the distillates of essential oils. This is the first aroma [hold under guests' nose] and this is the second aroma [hold under guests' nose]. Which aroma do you prefer?"

"You have chosen: [discuss the chosen product only]"

Product	Ingredients	Benefits
Hydrating Floral Spa-Fresh Tonic	Rose Damascena & Neroli	To hydrate, refresh and leave your skin feeling soft and supple
Balancing Herbal Spa-Fresh Tonic	Peppermint & Witch Hazel	To refine pores. It is gently astringent which helps to maintain the skin PH

Treatment Oils – Apply with ring finger onto the top of guest's hand

"These are the Treatment Oils which I will use during the facial massage. They are easily absorbed.

You have chosen: [discuss the chosen product only]"

Product	Ingredients	Benefits
Optimal Skin Pro-Serum	Turmeric, Sea Fennel	Brightens and evens the appearance of skin tone. Firms and enhances the feeling of elasticity
Replenishing Treatment Oil	Sandalwood and Rose Damascena	Revitalise, nourishes, and protect the skin
Balancing Treatment Oil	Lemon, Rose Geranium	Purify, balance and clarify the skin
Tri-Active Regenerating Treatment Oil	Frankincense, Rose	Regenerates, calms & nourishes the skin

Body Therapy Treatment Oils/ Signature Blends – Apply with first two fingers to the top of the guest's forearm

"These are the Body Oils which I will use for your massage, focusing on your areas of concern [list areas that guest has told you in consultation]. You have chosen: [discuss the chosen product only]"

OPTIONAL – I will also serve you the accompanying tea that you can enjoy at the end of the treatment to continue the benefits of your treatment today. "I have selected . . . for you because . . ."

Product	Ingredients	Benefits
Detoxifying Bath & Body Oil	Grapefruit, Cypress & Juniper Berry	A purifying body oil that uplifts the senses
Fitness Bath & Body Oil	Clove Bud, Eucalyptus & Lavender	A deeply warming body oil to soothe tired muscles
Energising Bath & Body Oil	Peppermint & Rosemary	Stimulates and clarifies to fight fatigue and recharge your reserves
Positivity Bath & Body Oil	Gardenia and Sweet Orange	Lifts the spirits and provides a boost in confidence
Fortifying Bath & Body Oil	Tea Tree, Eucalyptus	Purifying and invigorating, helping to strengthen and fortify you when you need it most
Restorative Bath & Body Oil	Sweet Orange, Palmarosa	Comforts & soothes, restores harmony
Soothing Bath & Body Oil	Sandalwood, Myrrh	Comforts, soothe and helps to ease the mind
Restful Bath & Body Oil	Lavender, Clary Sage	Calms the body and mind before bed

## Teas

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### Restful Herbal Tea Infusion

This Restful Wellbeing Tea Infusion is a pillow soft blend that's blissful at bedtime. As you settle down for the night, slowly sip on a delicious, naturally caffeine-free, herbal mix that draws on dreamy botanicals including Chamomile, Lavender, Oat Flowering Tops, Sage and Hops, and let the warm, sweet flavour and gentle aromatic pull you towards sleep



### Restorative Herbal Tea Infusion

The delicate aromatic and subtle floral flavours in our beautiful Restorative Wellbeing Tea Infusion is a delicious way to restore a little harmony. Rose Petals, Orange Blossom, Lavender and Bergamot are balanced with the reassuring brightness of Lemongrass, Orange Peel and Sri Lankan Black Tea; a cup of comfort to centre you and help get the day back on track.



### Energising Herbal Tea Infusion

The minty aromatic zing of our Energising Wellbeing Tea Infusion awakens the senses, helping ease you into the day or see you through the afternoon. Refreshing Peppermint, Eucalyptus and Rosemary, traditionally revered as revitalising herbs, are hand blended with warming cardamom and a citrus burst of Lemon Verbena and Lemon Peel.



### Soothing Herbal Tea Infusion

The compassionate botanical blend in our Soothing Wellbeing Tea Infusion calls on the mellow flavours of Honeybush and Rooibos which make peaceful companions for Rose Petals, Liquorice, Elderberry and Ashwagandha, an adaptogen historically used for its relaxing qualities. This smooth, naturally caffeine-free cup is like an aromatic ripple of calm, a taste of serenity



### Fortifying Herbal Tea Infusion

When you are feeling run down or under pressure, escape with our Fortifying Wellbeing Tea Infusion; a bracing blend packed with invigorating flavours and aromatics. Brightly scented Ginger, Lemon Peel, Lemon Myrtle and Lemongrass are supported by Echinacea Root, Turmeric and Chinese White Tea giving you a welcome moment to pause and recharge.



### Positivity Herbal Tea Infusion

The lively floral flavour in our Positivity Wellbeing Infusion will fill your cup with joy. A heartwarming blend of Rosehip, Rose Petals, Jasmine and Orange Blossom are married with the vibrancy of Chinese Chunmee and Chinese Jasmine Green Tea to enliven the palette and lift the spirits with its happy aromatic.