

## Rejuvenate with Nature

40/55/85 Minutes

Relax... replenish... restore... with remarkable results.

Tension is released, a busy anxious mind is quietened and the finest quality aromatherapy oils soothe, ease, detox or energise mind and body, depending on your needs.

Includes: Inhalation - back massage (85mins full body massage)- facial cleanse application of chosen face treatment oil with rose quartz crystals (55mins & 85 mins full express facial)

## REJUVENATE WITH NATURE

40 MINUTES

### Treatment descriptions

#### **Preparation**

- 1 pairs of mitts
- Inhalation bowl
- 1 pair of rose quartz crystals in cabbie
- Sensory test pads – 2 sets of dry cotton wool pads soaked with Balancing Herbal and Hydrating Floral Spafresh

#### **Sensory test**

- Spafresh
- Face oils x 2 most appropriate
- Body oils x 2 most appropriate

#### **Treatment procedure**

##### **Client Face Down**

- Inhalation bowl & Guided Breathing – see procedure
- Back massage (as per core procedure)

##### **Client Face Up**

- Facial cleanse with Hydrating Cleansing Milk
- Remove with warm mitts
- Chosen Spafresh
- Application of a small amount of chosen face treatment oil
- Warm rose quartz crystals – see procedure below

# REJUVENATE WITH NATURE

55 MINUTES

## Preparation

- 4 pairs of mitts
- Inhalation bowl
- 1 pair of rose quartz crystals in cabbie
- Eye pads – 2 sets of damp cotton wool for Bio-Active Eye Cleanser 2 sets of damp cotton wool with Soothing Eye Lotion
- Sensory test pads – 2 sets of dry cotton wool pads soaked with Balancing Herbal and Hydrating Floral Spafresh

## Sensory test

- Spafresh
- Face oils x 2 most appropriate
- Body oils x 2 most appropriate

## Treatment procedure

### Client Face Up

- Eye and lip cleanse (see procedure)
- 1st cleanse with appropriate cleanser
- Skin analysis with SkinVision™

### Client Face Down

- Inhalation bowl & Guided Breathing – see procedure
- Back massage (as per core procedure)

### Client Face Up

- 2nd cleanse with exfoliation/Optimal Skin ProCleanser
- Spafresh with cotton pads
- Eye protection movements with appropriate Eye Moisturiser
- Application only of chosen Face Treatment oil or Optimal Skin ProSerum x3 and warm rose quartz crystals – see procedure below
- Appropriate mask apply Soothing Eye Lotion pads to eyes
- Scalp massage or hand and arm massage with Pink Hair and Scalp Mud (optional)
- Remove mask
- Spafresh pads and Spritz
- Apply Lift & Firm Intensive Eye Serum / Instant Facial (if appropriate)

- Apply 24 Hour Replenishing Eye Moisturiser/Lift & Firm Eye Moisturiser
- Apply appropriate Face Moisturiser
- Optimal Skin ProDefence if required
- Apply Pink Pomelo Lip Balm
- Optimal Body TriSerum if required

## REJUVENATE WITH NATURE

85 MINUTES

### Preparation

- 6 pairs of mitts
- Inhalation bowl
- 1 pair of rose quartz crystals in cabbie
- Eye pads – 2 sets of damp cotton wool for Bio-Active Eye Cleanser 2 sets of damp cotton wool with Soothing Eye Lotion
- Sensory test pads – 2 sets of dry cotton wool pads soaked with Balancing Herbal and Hydrating Floral Spafresh
- Wheat heat pack in cabbie
- Eye Pillow in cabbie

### Sensory test

- Spafresh
- Face oils x 2 most appropriate
- Body oils x 2 most appropriate

### Treatment procedure

#### Client Face Up

- 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 & Guided Breathing – see procedure
- Inner Calm massage to back, right leg and left leg (as per core procedure)

#### Client Face Up

- Place the warm wheat pack to the neck and shoulders

- Place the warm eye pillow over the eyes
- Inner calm massage to right leg, left leg, abdomen, right arm, left arm
- 2nd cleanse with exfoliation/Optimal Skin ProCleanser
- Spafresh with cotton pads
- Eye protection movements with appropriate Eye Moisturiser
- Application only of chosen Face Treatment oil or Optimal Skin ProSerum x3 and warm rose quartz crystals – see procedure below
- Appropriate mask apply Soothing Eye Lotion pads to eyes
- Scalp massage or hand and arm massage with Pink Hair and Scalp Mud (optional)
- Remove mask
- Spafresh pads and Spritz
- Apply Lift & Firm Intensive Eye Serum / Instant Facial if appropriate)
- Apply 24 Hour Replenishing Eye Moisturiser/Lift & Firm Eye Moisturiser
- Apply appropriate Face Moisturiser
- Optimal Skin ProDefence if required
- Apply Pink Pomelo Lip Balm
- Optimal Body TriSerum if required

**Quartz crystal procedure for Rejuvenate with Nature 40/55/85 minutes**

**\*\*For 40 minutes all movements performed once, 55 and 85 minutes all movements performed 2-3 times**

- Sweep up neck
- Sweep from chin to temples
- Sweep across cheeks to temples
- Sweep under eyes to temples
- Sweep from centre of forehead to temples
- Pressure at temples to finish