

REJUVENATE WITH NATURE

30 MINUTES

Preparation

- 1 pairs of mitts
- 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 Up

Shoulder and Neck Massage

- Inhalation with Chosen body oil
- Apply body oil across décolleté
- Heel of hand pressures across chest
- Thumb pressures under clavicle
- Push away from clavicle using alternate thumbs
- Skin rolls to chest
- Alternate shoulder pushes down towards the feet
- Alternate shoulder pushes towards the bed
- Effleurage across chest, down to elbows and up to occipital
- Knuckle neck and shoulders
- Deep thumb drains down back of neck
- Stretch head to one side. Hold for 5 seconds
- Drain and stretch shoulder
- Repeat to other side
- Centralise head
- Stretch at occipital
- Fingertip kneads to occipital and hands out through scalp
- 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