

Designed to exfoliate and nourish

PRODUCTS NEEDED

- Ayurvedic Sea Salts
- Lotus Touch Moisture Rich Cream
- 1 product bowl
- 2 sea sponges
- Lotus Touch Relaxing Essential Oil Blend
- Lotus Touch Therapeutic Oil Gel
- Product warmer
- Draping towels

PREPARATION

- Mix Ayurvedic Sea Salts with Lotus Touch Therapeutic Oil Gel. Consistency should not be runny, nor should it be too thick or clump when applying.
- Using a product bowl, warm mixture in product warmer 10 minutes before treatment. Amount of product depends on size of client.
- Prepare wet room table with bath towels and head pillow.
- Fill sink with warm to hot water and add 4-6 drops Lotus Touch Relaxing Essential Oil blend.

PROCEDURE

- Step 1** Client undresses, showers, may wear bathing suit or spa disposable.
- Step 2** Escort the client to the treatment room and explain procedure. Contraindications should be stated, even with repeat clients.
- Step 3** Client lies on back on treatment table over body towel.
- Step 4** Technician drapes client, exposing part of body being worked on.
- Step 5** Gently apply Ayurvedic Sea Salts, using circular hand movements, starting with arms and then legs. Abdomen and chest should be done last. These areas are more sensitive. Pressure is best known by asking client for their feedback. If burning occurs, discontinue treatment.
- Step 6** After front of the body has been exfoliated, use sea sponges soaked in warm to hot water to remove product. Run the soaked sponges along the arms and legs, gently rubbing off the product. You may need to repeat in each area. When removing product from the abdomen work slowly and gently; this area and the chest are more sensitive.
- Step 7** When finished with the front of the body, have client turn over and replace existing body towel with a clean, dry body towel. Drape client in preparation for treatment. Repeat steps 5 and 6.
- Step 8** Vichy shower or standing shower is optional at this time.
- Step 9** Re-drape table with dry towels.
- Step 10** On towel-dried body, apply Lotus Touch Moisture Rich Cream.
- Step 11** Recommend at-home body care products and accessories. Re-book.

TIMING (approx.)

10 min. preparation, 30 min. treatment, 10 min. Vichy shower, (optional) 10 min. clean-up, Total: 60 min.

TREATMENT COMBOS

- Scrub with a Seaweed body wrap
- Full body massage

CHECK CONTRAINDICATIONS

See Exfoliation Explained