

Brown Sugar Scrub and Citrus Body Polish

Designed to gently exfoliate and smooth

PRODUCTS NEEDED

- Lotus Touch Essential Oil of your choice
- Brown Sugar Polish or Citrus Body Polish
- Lotus Touch Relaxation Essential Oil Blend
- Lotus Touch Moisture Rich Cream
- 2 sea sponges
- Product warmer
- 1 product bowl
- Draping towels



PREPARATION

- Using a product bowl, warm Polish in product warmer 10 minutes before treatment. Amount of product needed 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 Relaxation Essential Oil Blend.

PROCEDURE

- Step 1** Client undresses and showers. Client 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 a body towel. Technician drapes client in preparation for treatment. Expose only the part of the body being worked on.
- Step 4** Gently apply Polish, 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 extreme sensitivity occurs, discontinue treatment.
- Step 5** After the front of the body has been exfoliated, use sea sponges soaked in infused 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 on each area of the body. When removing product from the abdomen work slowly and gently; this area and the chest are sensitive.
- Step 6** 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 7** Vichy shower or standing shower is optional at this time.
- Step 8** Re-drape table with dry towels.
- Step 9** On towel-dried body, apply Lotus Touch Moisture Rich Cream.
- Step 10** Recommend at-home body care products and accessories. Re-book.

TIMING (approx.)

10 minutes preparation, 30 minutes treatment, 10 minutes Vichy shower (optional), 10 minutes clean-up, Total 60 minutes

- TREATMENT COMBOS**
- Massage after treatment
 - Body Wrap after treatment

CHECK CONTRAINDICATIONS See Exfoliation Explained

