

## ***Designed to smooth and invigorate***

### **PRODUCTS NEEDED**

- Lotus Touch Essential Oil or Lotus Touch Specialty Oil Blend
- Lotus Touch Hydrating Rich Lotion or Lotus Touch Moisture Rich Cream
- Loofah brush
- Spray bottle containing distilled water and 4 drops of chosen Lotus Touch Essential Oil Blend
- Protective sheets for table
- Draping sheets

### **PREPARATION**

In spray bottle, mix 4-6 drops of chosen essential oil with distilled water. Prepare table as you would for a massage or esthetic service.

### **PROCEDURE**

- Step 1** Client showers. Client may wear a bathing suit or spa disposable.
- Step 2** Escort the client to the treatment room and explain treatment procedure. (Contraindications should be stated, even with repeat clients.)
- Step 3** Client lies on treatment table supine underneath body towel.
- Step 4** Drape client in preparation for treatment. Expose only the area of the body being worked on.
- Step 5** Mist body lightly with aromatherapy water mixture.
- Step 6** Using the loofah brush, gently brush body with quick short movements. Work toward the center of the body.
- Step 7** When finished with the front of the body, have client turn over and re-drape.
- Step 8** Repeat steps 5 and 6.
- Step 9** Finish treatment with application of Lotus Touch Hydrating Rich Lotion, enhanced with additional Lotus Touch Essential Oil, if desired.
- Step 10** Recommend at-home body care and accessories. Re-book.

Enhance your treatment and your client's comfort with a heated table pad – a detail that keeps your clients returning. See **New Life Systems Buyer's Guide**.

### **TIMING (approx.)**

5 minutes preparation, 20 minutes treatment, 5 minutes clean-up, Total 30 minutes

### **TREATMENT COMBOS**

- Massage after treatment
- Body Wrap after treatment

### **CHECK CONTRAINDICATIONS**

See Exfoliation Explained

*Related Items: Try Lotus Touch Always Fresh Laundry Detergent, for clean, soft, oil-free sheets or add aromatherapy to your treatment with one of our Lotus Touch Essential Oil Blends.*

*View our full line of products at [www.LotusTouch.com](http://www.LotusTouch.com)*