

### PRODUCTS NEEDED

- Lotus Touch Professional Seaweed Body Wrap (powder)
- Lotus Touch Relaxing Essential Oil Blend
- Lotus Touch Moisture Rich Cream
- Natural bristle body treatment brush
- Mylar foil or plastic body sheet
- Draping towels
- Linen sheet
- 2 blankets
- 2 sea sponges
- 1 product bowl
- Product warmer

### PREPARATION

- Mix Lotus Touch Professional Seaweed Body Wrap with warm water to the consistency of a thick paste. Amount of product needed depends on size of client.
- Warm mixture in product warmer 10 minutes before treatment.
- Prepare wet room table first with blankets, linen sheet, mylar foil or plastic body sheet and dark colored body towel.
- Fill sink with warm to hot water and add 4 drops Lotus Touch Essential Oil Relaxing Blend.

### PROCEDURE

- Step 1** Client showers. Client may wear a bathing suit or spa disposable.
- Step 2** Escort client to treatment room and explain treatment procedure. Reiterate contraindications, even with repeat clients.
- Step 3** Client lies on treatment table prone underneath body towel.
- Step 4** Drape client in preparation for treatment. Expose only the part of body being worked on.
- Step 5** Apply mixture using a painting method with a natural bristle body treatment brush. Begin with the back and continue with arms and then legs. After the back of the body has been painted, have client turn over. Re-drape client in preparation for treatment.
- Step 6** Begin with arms and legs and finish with chest and abdomen. After product is applied to entire body, have clients position themselves to achieve most comfort. Remove any towels used for draping. Wrap mylar foil or plastic body sheet around client and continue to wrap with linen sheet and blankets.  
A cool towel infused with Lotus Touch Essential Oil Blend may be placed on client's forehead at this time.
- Step 7** Leave client wrapped for 20 minutes. Scalp or foot treatment may be done while client is wrapped.



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## Wet Room Treatment: Seaweed Body Wrap

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- Step 8** Unwrap client and remove foil or plastic sheet and linens from table. Re-drape client with dry dark colored body towel.
- Step 9** Begin to remove product. Use the sea sponges soaked in the warm to hot water prepared in sink to remove product. Run the soaked sponges along the arms and legs while gently rubbing off product. Repeat for best results. When removing product from the abdomen slowly introduce the soaked sponges to the area so as not to startle client. Again, this area and the chest are sensitive.
- Step 10** Vichy shower optional while client is prone on table.
- Step 11** Replace wet body towels with dry towels and finish treatment with application of Lotus Touch Moisture Rich Cream.

### **TIMING (Approx.)**

10 minutes preparation, 10 minutes application, 20 minutes wrap, 10 minutes Vichy shower (optional), 10 minutes product removal, 10 minutes clean-up, Total 70 minutes. Without Vichy shower 60 minutes

### **TREATMENT COMBOS**

- Exfoliation before treatment
- Massage after treatment

### **CHECK CONTRAINDICATIONS**

See Body Wraps Explained

