



Products Required

- Exfoliating Body Mousse
- Hydrolat
- Body Treatment Oil #10 or #301
- Hydra Thermal Mask
- Aromatic Serum #1-#6
- Anti-Stress Body Massage Oil
- Rescue & Repair Cream OR Moisturizing Body Butter

Anti-Stress Hydrating Body Treatment

Ideal for anyone experiencing stress, both physically and mentally, dry, dehydrated or lackluster skin. This treatment will nourish the skin and calm the mind while the client relaxes in a warm cocoon and enjoys the luxuries of a full body relaxation massage.

Add body butter to the hot towel cabinet prior to treatment for easy application

Treatment Protocol

1. **Dry Brush:** Start by dry body brushing the entire body or specific target area.
2. **Exfoliating Body Mousse:** Add water to your hands and apply the scrub in circular motions to the body. Continue to add water or spray with a **Hydrolat** to lengthen the usage of the scrub. With a hot towel remove scrub.
3. **Body Treatment Oil # 10 or #301:** Apply one pump to each area/section of the body using finger tips.
4. **Hydra Thermal Mask:** Add water to the mask and mix. Will start to heat up on its own. Depending on the size and area you are treating you will need to adjust the amount of masque. As soon as one section of the body is covered in mask wrap the body with mylar to keep the heat in. Leave the full body wrapped for 20-30 minutes for maximum results.
5. While masque is on: Apply a small amount of **Body Treatment Oil #10** to the temples and complete a scalp massage. OR Use **Aromatic Serum #1-#6** to complete a facial lymphatic drainage.
6. Remove **Hydra Thermal Mask**. Use a shower or hot towels to ensure all mask is off of the body.
7. Massage **Anti-Stress Body Massage Oil** into all areas of the body using relaxation massage techniques. Client can choose between a 30 minutes massage or a 60 minute massage, predetermined at booking.
8. Add On: Upgrade to a hot stone massage during step #7
9. Finish the body treatment with **Rescue & Repair Cream** or **Moisturizing Body Butter** in areas needed during the massage.

Ensure you give the client extra time to get up and drink lots of water post treatment