



## Products Required

- Exfoliating Body Mousse
- Exfoliating Scrub
- Body Treatment Oil #10 or #301
- Hydra Thermal Mask
- Clear Cleanse
- Enzyme Peel
- Anti-Stress Body Massage Oil
- Moisturizing Body Butter
- Hydrolat

**Fire:** from the burning candle

**Water :** from the foot basin and gentle mist landing on the clients face (luca spray would also be a good additional if available)

**Earth:** from the basalt stones and products using natural botanicals and essential oils from the earth they grew

**Air:** from the aromatic experience of the essential oils being diffused into the air and the client breathing them in.

## Ultimate Elemental Experience

Ideal for anyone wanting to experience a luxury treatment incorporating the full body and face. 90-120 minutes

### Treatment Protocol

1. Begin by placing clients feet into a water basin filled with water, milk and essential oils. Give the client a foot scrub while the feet are soaking with the **Exfoliating Body Mousse** and rinse feet off in the water basin. Have client choose a blend and begin diffusing it in the room.
2. Have client lay face up under the sheets and begin with a full body scrub using either **Exfoliating Body Mousse** or **Exfoliating Scrub**. Have client use recovery position and bend legs to avoid constant flipping on the bed. Remove scrub with warm towels as you go.
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 body masque is on: Mini Facial
6. Start by cleansing the face with **Clear Cleanse** and removing with a warm towel.
7. Place a small amount of **Enzyme Peel** and water into a bowl and mix. Apply onto the face avoiding the eyes and lips. Let it sit for 3 minutes and perform a mini scalp massage.
8. Remove the **Enzyme Peel** and apply a response serum onto the client face and neck. Over top of the serum apply a masque to the face and neck.
9. Remove **Hydra Thermal Mask**. Use hot towels to ensure all mask is off of the body.
10. Massage **Anti-Stress Body Massage Oil** with warm basalt stones into the front of the legs, feet, hands and arms. May need to use **Moisturizing Body Butter** for foot massage for better slip.
11. Use a warm towel to remove the masque from the clients face and spritz the face with a **Hydrolat** followed by massaging in a lotion or cream of choice into the face using either warm basalt stones or cool jade stones.
12. Flip client over onto their stomach and finish treatment by continuing hot stone massage on the back of the legs and back.

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