



Eve Taylor® Winter Warmer Body Treatment (60 minutes)

After completing the Eve Taylor® Consultation Card to ensure you have considered client information, there are no contraindications proceed with the treatment.

***Bed Set Up;** from bottom up, layer couch with couch cover, blanket, towels, bed roll and cover client in towels. Have spa plastic large enough to cocoon client from neck to toes.*

***Preparation;** place 2 x 5ml scoops of **Salt & Seaweed Scrub** with 6 pumps of **Aqua Mass** into small mixing bowl. Place in a larger bowl with boiled water to heat mixture prior to using on body.*

*Place 2 x 50ml scoops of **Hydra-thermal Body Wrap** in Medium mixing bowl.*

*Light **Frankincense Amber & Cedar AromaWax Candle** to melt prior to use. However any **AromaWax Candle** if applicable for massage may be used.*

With client lying prone (face down) pump one pump of **Relaxing Body Serum (No.10)** into your palms and cup close to clients nose, ask them to inhale deeply 3 times to assist in relaxation. Smooth palms across top of shoulders firmly pressing shoulders towards feet.

1. Cleanse and warm hands and feet with hot towelling mitts infused with **Corelle Body Wash**.
2. Begin exfoliation on left leg with warm mixture of **Salt & Seaweed Scrub** and **Aqua Mass**, remove with warm mitts
3. Repeat on back and right leg
4. Turn client supine and repeat exfoliation on left arm, left leg, right leg, right arm, abdomen and chest
5. Mix **Hydra-thermal Body Wrap** with warm water to a smooth paste. Sit client up and apply to back. Place spa plastic at top of couch and roll down to buttocks. Have client lie back onto plastic and raise buttocks to roll under legs, removing bed roll.
6. Apply mask to underside of legs, top of legs and cover, arms, abdomen and chest and cover
7. Cocoon client in blanket and leave to relax for 10 minutes. Place dry warmed towel beneath neck and dry warmed towel around feet for extra warmth and relaxation.

Check body temperature with client as menopausal conditions may be too much heat for them. Massage scalp during this resting stage.

8. After 10 minutes begin removal of mask with hot water infused with **Chamomile Hydrolat**, begin on legs moving to front of upper body and finish with removal from back. Ensure to remove spa plastic from client so now is lying on towels.
9. Scooping out some warm, melted **Frankincense Amber & Cedar AromaWax Candle** oil with a non-flammable spoon smooth between palms and spread over each body part to be massaged. Begin massage on left arm, left leg, right leg, right arm, abdomen and chest. Turn client prone and complete massage on back of right leg, then left leg and finally the back.
10. Allow client to rest for a few minutes while you prepare a glass of water or warm herbal tea.

Treatment description

Winter Warmer Body Treatment: Relax and unwind as your body is smothered with warm oil and mineral rich sea salt to smooth and purify your skin. We cocoon you in a layer of warm, skin hydrating mask while your stress and tension is melted away with a soothing scalp massage. Finished with the ultimate luxury of warm candle massage to melt away your worries, saturate your senses and deeply soften your skin. (60 minutes)