



## Eve Taylor® Yuletide De-Stress Treatment (30 minutes)

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

1. Begin with client lying prone (face down) uncover the back. Spread **Anti-Stress Pre Blended Massage Oil** over the area. Continue massaging this area for 10 minutes focusing on any area of tension often found in neck, shoulder and lower back regions.
2. Ask client to turn over, now lying supine (face up). Place a bolster or rolled towel under the knees to take any pressure off lower back.
3. Using fingers gently part the client's hair in the centre to expose the scalp and slowly pour small amount of **Coconut Oil**. Gently and slowly turn the head to the right and part the hair on the left side of the head and slowly pour **Coconut Oil** onto scalp. Repeat on right side of head.
4. Re-position the head to centre and begin a slow, relaxing massage of the scalp using fingertips to help release tension in the Epicranial aponeurosis. Working slowly at temples has a deeply relaxing effect while slow stationary circles around the hairline can help release stress held in facial muscles. Continue massaging the area for 10 minutes.
5. Place a warm, dry rolled hand towel under the neck for continued warmth and relaxation.
6. Cleanse feet with hot towelling mitts infused with Foot Soak, dry feet.
7. Mix **Soothing Foot Gel** with **Aqua Mass** in your palms to create a gel/lotion to enable enough slip and glide for 5 minutes.
8. Spread the lotion over the foot and lower leg with sweeping effleurage movements and continue to massage feet, ankles, Gastrocnemius and Tibialis Anterior on lower leg.
9. Repeat on other leg.
10. Allow client to rest for a few minutes while you prepare a glass of water or warm herbal tea.

## Key Products to Retail

- Body Treatment Oil No. 10
- Foot Soak
- Coconut Oil

### Treatment description

**Yuletide De-Stress Treatment:** Take time out for yourself to de-stress and re-balance with our 3 in 1 focused massage treatment. Release unwanted tension in your back, neck and shoulders with our aromatic blend of sweet orange, mandarin and lavender oils. Coconut oil is trickled onto the scalp to nourish and condition followed by our cooling foot gel to soothe tired, aching feet. (30 minutes)