

## BODY GLOW! FULL BODY EXFOLIATION (30 MINUTES)

### Full body exfoliation to leave the skin soft, smooth and glowing.

#### Skin type/condition:

Clients with dry flakey skin, or those in need of full body exfoliation. May be offered as a pre spray tan option or before full body massage.

#### Treatment time:

30 minutes.

#### Treatment description:

Our finely ground sea salt infused with essential oils of Jasmine and Ylang Ylang soothe the senses while the dull, dry skin cells are buffed away. Skin drenching moisturisers conclude the treatment leaving skin feeling soft, smooth and hydrated. (30 minutes).

#### Homecare products to recommend:

Exfoliating Mousse  
Rescue & Repair Moisturiser  
Moisturising Body Butter

1. Prepare **Salt & Seaweed Scrub** by mixing 10ml with 6-8 pumps of **Aqua-Mass** until a paste consistency is achieved. (place in hot towel cabinet to pre-warm if available).
2. Begin with client lying face down on a piece of disposable couch cover or bedroll, cleanse the hands and feet with hot mitts customised with **Chamomile Hydrolat**. Have toweling draped over client to keep warm.
3. Remove toweling one body area at a time and begin dry body brushing on feet, legs buttocks and back using brisk intentional movements. Always work in an upwards direction towards the nearest lymph node.
4. Apply a small amount of **Salt & Seaweed Scrub** to each area and using light circular or free flowing movements, exfoliate each body part; focus on any areas of skin build up, flakiness, roughness or pigmentation.
5. Using steam towels or mitts customised with **Chamomile Hydrolat**, remove scrub mixture and dry each area with a towel.
6. Keep toweling in place for client modesty, ask client to turn over.
7. Repeat dry body brushing of each body part followed by exfoliation. Remove thoroughly and dry client. Disposable couch cover or bedroll should be removed and disposed of at this point.
8. (Optional step) Perform body massage or application of spray tan may be carried out at this point.
9. Ask client to sit up and apply **Rescue & Repair Moisturiser** to the back, then lay back down.
10. Ask client to bend knees while you apply product to the back of the legs followed by the front.
11. Continue to moisturise entire upper body including abdomen, décolleté and arms.
12. Finally apply **Moisturising Body Butter** to knees and elbows if areas are dry.