

DETOXIFYING FULL BODY TREATMENT (60 / 120 MINUTES)

A full body treatment experience to detoxify and renew.

Skin type/condition:

Clients with fluid retention, bloating or those in need of detoxifying

Treatment time:

60 minutes without massage.

120 minutes including massage.

Treatment description:

Refresh and renew with this highly detoxifying full body treatment. Marine salts assist the buffing away of dulling skin cells ready for potent aromatics to be infused into the skin. A highly active seaweed body wrap will purge toxins and remineralise the skin. A skin drenching moisturising blend finalising the treatment leaving your skin feeling silky soft, smooth and glowing. (60 minutes).

Homecare products to recommend:

Exfoliating Mousse

Eliminating Body Serum (No.11)

Cellu-lose Contour Cream

1. Have client wear disposable underwear, remove all jewellery and obstructive piercings. Bed should be draped with blanket, towels, plastic spa sheet, towels and couch roll on top for client to lie on.
2. Wet mitts in warm water with a few drops of **Peppermint Hydrolat** added and cleanse hands and feet. Press feet dry with a towel.
3. Exposing one body area at a time, with client lying face up begin dry body brushing on feet, legs, arms and décolleté. Finish with clockwise, circular strokes on the abdomen.
4. Mix 10ml of **Salt & Seaweed Scrub** with 6 pumps of **Aqua-Mass** and 2 pumps of **Eliminating Body Serum (No.11)** to a paste consistency. Using light circular movements work over each body area. With steam towels or warm, damp mitts remove scrub mixture and dry each area with towel.
5. Turn client onto back and brush feet, legs, hips, buttocks, back and back of arms.
6. Continue to exfoliate the back of the body removing all traces of product when completed.
7. Apply **Eliminating Body Serum (No.11)** followed by **Detox Body Massage Oil** and proceed with **Eve Taylor® Aromatherapy Back Massage** (see routine) or massage of choice, working the back of the body. Alternatively, if body massage is being omitted, just smooth **Eliminating Body Serum** to back of body.
8. Turn client and repeat step 7 to front of the body.
9. Ensuring spa sheet is in place, prepare **Marine Body Wrap** customised with **Eliminating Body Serum (No.11)** and using the 'one hand clean, one hand dirty' method apply quickly to all parts of the body. Start with client sitting upright apply to back, lie client back down, apply to the back of bent legs, front of legs, arms, abdomen and finishing at décolleté. Ensure the client is fully wrapped in the spa sheet, and cover with blanket or towels to keep warm.
10. While **Marine Mud Body Wrap** is on the skin perform scalp, face or foot massage.
11. After 20-30 minutes reveal one area at a time and remove **Marine Mud Body Wrap** from legs, abdomen, décolleté, arms and back with steam towels or mitts customised with **Hydrolat**. Ensure all product is removed thoroughly and fold spa sheet in on itself to reduce re-application to clients skin, towelling or to therapists uniform. Remove spa sheet from treatment couch and dispose.
12. Apply **Treatment Gel** if required to areas of concern and allow to absorb into skin, follow with **Cellu-lose Contour Cream** and apply to back, décolleté, arms, abdomen and legs.
13. Perform foot and ankle stretch. Assist the client off the couch and serve a glass of water with a slice of lemon. Fill out **Eve Taylor® Prescription Sheet** and give product and homecare recommendations suitable for clients needs.