

LEGS, BUM & TUM DETOX TREATMENT (60 MINUTES)

A detoxifying treatment for those with cellulite or toxic build up.

Skin type/condition:

Clients with cellulite or toxic build up in the 'lazy areas'.

Treatment time:

60 minutes.

Treatment description:

Flush and cleanse the "lazy areas" of the body with the Legs, Bum & Tum Detox Treatment. Combining expert massage techniques with our blend of pure essential oils specifically formulated to warm, stimulate and eliminate toxins leaving the skin smoother, fresher and more vibrant. A detoxifying body mask is smoothed over the area infusing marine extracts into the skin for enhanced results. (60 minutes).

Homecare products to recommend:

Exfoliating Mousse
Cellulite Body Serum (Specifics.302)
Cellu-lose Contour Cream

1. With client lying face down, Remove towel on one body area at a time and begin dry body brushing on feet, legs and buttocks using brisk intentional movements, working in an upwards direction towards the nearest lymph nodes.
2. Exfoliate the same areas using **Exfoliating Mousse**. Spread onto the skin and work in upward circular movements. For additional spreadability wet hands and repeat movements. Remove with steam towels or hot mitts customised with Peppermint Hydrolat.
3. Apply 1 pump of **Cellulite Body Serum (Specifics.302)** by pressing onto back of thighs and buttocks. Proceed with **Eve Taylor® Deep Tissue Massage**, (see routine).
4. Repeat steps 1-3 on hips, then ask client to turn onto their back.
5. With client now laying on their back, continue to repeat steps 1-3 on the front of each leg.
6. Repeat steps 1 & 2 on the abdomen area. Apply 1 pump of **Cellulite Body Serum (Specifics.302)** and perform **Eve Taylor® Abdomen Massage**, (see routine).
7. Ask client to bend right leg at the knee and bend towards the centre of the bed and apply **Marine Mud Body Wrap** to the thigh and buttock. Wrap in appropriate covering (spa sheet or foil blanket).
8. Repeat application on outer left thigh and buttock.
9. Apply **Marine Mud Body Wrap** to abdomen and place spa sheet or foil blanket over the top.
10. **Marine Mud Body Wrap** should be left on the skin for 15 minutes. Cover client with towel/blanket to keep warm.
 11. Remove with steam towels or hot mitts customised with **Peppermint Hydrolat**.
 12. Ask the client to bend their leg at the knee and apply **Cellu-lose Contour Cream** to the front and back of thigh, followed by the buttock area.
 13. Finalise the treatment with application of **Cellu-lose Contour Cream** to the abdomen area.