

SPARITUAL.

DETOX ACTIVATION SLOW BEAUTY RITUAL

90 MIN BOOKING TIME

Dry Brush/Exfoliation/Mask/Wrap/Mini Massage Multi-treatment Slow Beauty Ritual for deep cleansing and detoxification.

Stimulating lymph flow, this detoxifying Slow Beauty Ritual begins with dry brushing followed by an exfoliation to purify and invigorate, preparing the skin to receive the benefits of the wrap. This treatment finishes with a deep hydration mini massage.

PRODUCTS & TOOLS

- 3 tbsp Earl Grey Body Polish
- 16 pumps of Geranium Cedarwood Hydrating Mist
- 4 tbsp Earl Grey Mineral Rich Mud Mask
- 3 tbsp Earl Grey Body Salve
- Squeezable bottle with warm water
- 4-6 warm moist hand towels
- 3-4 wash cloths (for manual removal)
- Dry brush

TABLE SET UP

- Fitted sheet / 1 flat sheet horizontal for wrap layered with 2 bath towels
- Large bath towel to cover / flat sheet cover
- 2 hand towels for chest draping and foot cover

 [WATCH MULTI TREATMENT TABLE SET UP](#)

OPENING

1. Discuss exfoliation intensity with guest to determine pressure
2. Establish guest in prone position on the massage table. Offer a bolster underneath ankles. Assure guests highest comfort level
3. Ground & center yourself and get present and clear. Set your intention for guest treatment and yourself
4. Standing on the side of the table make contact with your palms on heart center and sacrum inviting the guest to take a few deep breaths. Apply pressure on your hands during their exhale. Then slightly rock the body
5. Move to top of table: Palm pressures along the erector spinae muscles from neck to sacrum. Continue from to upper thigh down the legs ending on soles of feet

 [WATCH DETOXIFYING BODY POLISH OPENING](#)

DRY BRUSH

1. Start at the right foot dry brushing in long sweeping strokes from toe to ankle, then circle around ankles
2. Continue dry brushing in long strokes from ankle to hip, circles on to upper thigh
3. Repeat with the same technique on the other leg
4. Then move around the body in a clockwise manner dry brushing both arms from hand to shoulder circles on the joints
5. Finish with dry brushing the back from periphery to center towards the heart

 [WATCH DRY BRUSH LEG PRONE](#)

LEG/FOOT

1. Apply **Earl Grey Body Polish** onto entire leg with a gentle long sweep (Use warm water to lather up the product and continue to do so on each body part you apply anew)
2. Prop up foot and milk the calf with forearm stabilizing the heel
3. Starting at the foot, massage the **Body Polish** onto the sole and in circular motion
4. Circle around the ankles and continue massaging **Body Polish** into the calf with circular motions
5. Continue same motion on upper thigh and to upper thigh
6. Cover this leg and calm by compression
7. REPEAT on other leg/foot

ARM/SHOULDER

1. Apply **Body Polish** onto entire arm (use warm water if needed for glide)
2. Stabilizing the arm at the wrist massage **Body Polish** into forearm in circular motion
3. Continue same motion on the upper arm and shoulder
4. Focus on callused areas
5. Cover the arm and calm with compression
6. Repeat everything on the other arm

 [WATCH DETOXIFYING BODY POLISH ARM/SHOULDER](#)

BACK

1. Apply **Body Polish** onto the entire back with a gentle full sweep
2. Massage the **Body Polish** in circles focusing on dry and calluses skin areas

 [WATCH DETOXIFYING BODY POLISH BACK](#)

FINISH & TURN

1. Cover and rest hands on sacrum and heart for calming. Remove bolster
2. Lift cover sheet and invite guest to turn around to supine position

FRONT BODY

1. Replace bolster under the back of knee or according to guest's preference
2. Place a chest cover on female guests. Assure guest's comfort level

 [WATCH DEEP THERAPEUTIC ARM/HAND](#)

DRY BRUSH

1. Start at the left foot dry brushing in long sweeping strokes from toe to ankle, then circle around ankles
2. Continue dry brushing in long strokes from ankle to hip, circles on to upper thigh
3. Repeat with the same technique on the other leg
4. Then move around the body in a clockwise manner dry brushing both arms from hand to shoulder
5. Uncover the abdomen and dry brush in clockwise circles, up the side waist and ribcage, cover
6. Dry brush gently on chest from shoulder to sternum

 [WATCH DRY BRUSH LEG SUPINE](#)

 [WATCH DRY BRUSH ARM SUPINE](#)

 [WATCH DRY BRUSH ABDOMEN](#)

LEG/FOOT

1. Apply **Body Polish** on foot and entire leg with a gentle long sweep
2. Massage **Body Polish** into top of foot and circle around ankles
3. Continue massaging the **Body Polish** into lower leg in circles
4. Continue the same action on the upper thigh
5. Cover the leg and calm with compression
6. REPEAT on other leg/foot

ARM/HAND

1. Apply the **Body Polish** to entire arm and hand in a long sweep
2. Massage the **Body Polish** into hand in circular motion
3. Continue the same action on all parts of the arm that have not been covered from the back body
4. Cover and calm with compressions
5. Big circles 4-6 times
6. REPEAT on other arm/hand

ABDOMEN

1. Apply and massage the **Body Polish** in circular motion to belly and waist
2. Cover and rest hands on covered belly for a moment

CHEST

1. Apply and massage the **Body Polish** into chest and shoulder
2. Cover and compress to calm

MANUAL REMOVAL & HYDRATING MIST

1. Use moist warm towels from hot cabby and remove residual product from front and accessible back body in supine position
2. Sit client up last to access back

 [WATCH DETOXIFYING BODY POLISH MANUAL REMOVAL](#)

3. After back product removal use sit up position to fold the soiled towel in a hospital roll manner and remove

 [WATCH HOSPITAL ROLL](#)

4. Spray back with **Geranium Cedarwood Hydrating Mist**

 [WATCH MIST & HYDRATE](#)

5. Start applying **Earl Grey Mineral Rich Black Mud Mask** on the back while guest is sitting up and help them lay back down

LEG/FOOT

1. Apply **Mask** to front and back of leg and foot
2. Cover
3. REPEAT on other leg/foot

 [WATCH DETOX WRAP APPLICATION LEG SUPINE](#)

ARM/HAND

1. Apply **Mask** to hand and arm
2. Cover

ABDOMEN

1. Apply **Mask** to the abdomen in clockwise circles
2. Make sure to also apply on the waist and ribcage
3. Cover

DECOLLETAGE

1. Apply **Mask** in a long sweep on the chest from shoulder to shoulder
2. Cover

NOTE: Ask guest if they have claustrophobic tendencies to cross their hands on top of their abdomen before wrapping them

WRAP

1. Take the ends of flat sheet client is laying on and wrap them around the guest from both sides
2. Wrap a warm dry towel around the feet
3. Cover body with blanket

 [WATCH DETOX WRAPPING](#)

4. During the wrap perform scalp massage and/or foot massage per guests preference

 [WATCH WRAP SCALP MASSAGE](#)

 [WATCH WRAP FOOT MASSAGE](#)

SHOWER PRODUCT REMOVAL

1. Send guest to shower to rinse off residual product
2. Remove soiled towel and sheet to reveal fitted sheet and replace cover towel with flat sheet

MANUAL REMOVAL (OPTIONAL)

1. Use moist warm towels from hot cabby and remove residual product from front and accessible back body in supine position

 [WATCH DETOX WRAP MANUAL REMOVAL BACK](#)

2. Sit client up last to access back
3. After back product removal use sit up position to fold the soiled towel in a hospital roll manner and remove

 [WATCH HOSPITAL ROLL REMOVAL](#)

BACK BODY

1. Establish guest in prone position on the massage table. Offer a bolster underneath ankles. Assure guests highest comfort level
2. Standing on the side of the table make contact with your palms on heart center and sacrum inviting the guest to take a few deep breaths. Apply pressure on your hands during their exhale. Then slightly rock the body
3. Move to top of table: Palm pressures along the erector spinae muscles from neck to sacrum. Continue from to upper thigh down the legs ending on soles of feet

MINI MESSAGE HYDRATION

1. Uncover and spray **Hydrating Mist** over entire back body cover
2. Using the **Earl Grey Body Salve** massage the entire back body according to guests modality preference (Swedish, Deep Tissue)

FINISH & TURN

1. Cover and rest hands on sacrum and heart for calming
2. Remove bolster, lift cover sheet and invite guest to turn around to supine position

FRONT BODY

1. Replace bolster under the back of knee or according to guest's preference
2. Place a chest cover on female guests. Assure guest's comfort level

MINI MESSAGE HYDRATION

1. Uncover and spray **Hydrating Mist** over entire body cover

 [WATCH FULL BODY SUPINE HYDRATING MIST](#)

2. Using the **Earl Grey Body Salve** massage entire front body according to guests modality preference
3. Finish hydrating feet and hands with **Earl Grey Body Creme**

CLOSING

1. Move to the top of the table cradling the guest's skull and do a cranial hold for a few breaths
2. Then release and gently press the heads of the arm bones down opening the chest
3. Final touch for grounding go to the footside of the table and hold both feet with your hands applying gentle pressure
4. Detach yourself gently from the guest and indicate to them the finishing of their treatment

 [WATCH DETOX WRAP CLOSING](#)