

# ANTARA

## BODY POLISH PROTOCOL

# ANTARA BODY POLISH SETUP

## 1 IN ROOM PREP

ANTARA RX Card

(1) UNZENTED Oil with pump

(1) Bath towel for post shower

1oz Balance Body Oil

## 2 CABBY PREP (IN THIS ORDER)

Wet Washcloths (2) on bottom of cabby

UNZENTED Body Polish (2 Tbsp) for scrub in bowl on wet washcloths

Hand Towel (1) dry for eye pillow

## 3 LINEN PREP

Bath mat (1)

Large towels (2)

Hand towels (2)

Shower cap (1)

Flat sheets (4)

Face cradle cover (1)

## 4 TABLE PREP

1. Flat sheet (1) lengthwise on top of table
2. Large towel (1) sideways on table, above waist level to wrap for scrub
3. Large towel (1) lengthwise on table
4. Shower cap (1) at head of table
5. Bath Mat (1) next to table
6. Hand Towels (1) used for draping

Z E N T S

## INTAKE

- Greet guest.
- Explain steps of treatment: ANTARA Body Polish,
- Ask guest to lie on table, face up, under towel with shower cap on.

## DRAPE (MORE COVERAGE)

- Breast Drape: Hand towel, fold along at top, pinch and pull down, tuck sides under arm

## EYE PILLOW

- Dry hand towel from cabby for eye pillow.
- Cover eyes and tuck under head around ears.

## ANTARA BALANCE RITUAL

- Assist guest in taking 3 deep inhalations to relax and center, and create a healing aroma imprint. This step is an important way to calm the guest's nervous system even when the treatment is given unscented.
- Take 3 deep breaths with guests to center, relax and set healing intention.

## BODY POLISH WITH NO FLIP

- Pre-base Oil: Effleurage a thick layer of UNZENTED Oil onto top of legs, make sure to get underneath the leg. Quick, thick oil application is key for guest satisfaction and quick removal. Tip: The thicker the oil, the less Polish you need as it glides on the oil and the easier it washes off.
- Apply UNZENTED Polish over the oil and using slow, mindful, massage strokes.
- Continue to pre-base oil, then polish entire body including legs, feet, arms, hands. Be sure to polish under the body. Do stomach last (clockwise motion). Always ask guest if they would like a stomach application, as some guests don't.
- Palms of Hands: Make sure to spend extra time to remove excess dead skin cells and calluses. Tip: Soft, exfoliated hands are key to guests' perception of their skin's softness after treatment.
- BACK APPLICATION, gently remove eye pillow, assist guest in sitting up and direct them to hold dry towel. Apply thick layer of Oil, then Polish. Tip: While you are working on their back add pressure with one arm to help them stay upright and be sure to work all the way down to their hips.

## GUEST SHOWERS, CLEAN UP & NEW TABLE PREP

- Wrap guest using large towel under their back. Assist guest off the table.
- Have them wipe feet on the mat to remove excess product.
- Escort guest to shower and have a fresh towel waiting for them.
- Ask guest not to use any body wash, allowing the beautiful shea butter hydration to stay on skin.
- Ask guest to keep shower cap on to keep hair dry during treatment.
- Give guest small amount of polish to take into the shower for areas you didn't get.
- Ask guest when they are done with shower to gently get on table and lay face up on Mylar with towel covering them.
- While guest showers, remove dirty linens.

## MASSAGE FRONT OF BODY

- Massage front of body using Balance Body Oil

## MASSAGE BACK OF BODY

- Have guest turn onto stomach
- Massage back of body
- Massage back of body using Balance Body Oil.

## HOT TOWEL OFFERING AND HEALING IMPRINT

- Wrap feet with dry washcloths in towel cabby. Foot compressions over hot washcloths.
- Remove washcloths from feet.
- Gently wipe bottom of feet

## HOME CARE

- Hand them a glass of water at end of treatment and let them know you have left healing home care recommendations at front.

## CLEANING INSTRUCTIONS

- Please don't pour any excess product down drain. Wipe out containers with paper towel. Discard paper towels, and wash containers with soap and water.

Z E N T S