

ANTARA

BODY WRAP PROTOCOL

ANTARA BODY WRAP SETUP

1 IN ROOM PREP

ANTARA RX Card

ANTARA Relief Balm (1/2 teaspoon)

2 CABBY PREP (IN THIS ORDER)

Wet Washcloths (2) on bottom of cabby

ANTARA Restore Balm (2 Tbsp) for wrap in bowl on wet washcloths

Hand Towels (2) dry for eye pillow and neck roll

Large Towel (1) for wrap over Mylar

3 LINEN PREP

Bath mat (1)

Hand towels (2)

Shower cap (1)

Mylar sheets (2)

Flat sheets (4)

Face cradle cover (1)

4 TABLE PREP

1. Flat sheets (2) laying sideways, like a saddle
2. Flat sheet lengthwise (1)
3. Sheets of Mylar (2) – set low so does not cover head, one hangs off right of table and one hangs off left of table. ONLY overlap the mylar in the middle of the table by 6 inches — this is very important or you can't pull
4. Large towel (1) sideways to lay head during wrap
5. Large towel (1) lengthwise on top of Mylar, will cover guest
6. Shower cap (1) at head of table
7. Bath Mat (1) next to table
8. Hand Towels (1) used for draping

Z E N T S

INTAKE WITH OPTIONAL SOAK

- Greet guest.
- Explain steps of treatment: ANTARA Soak (optional), ANTARA Body Polish, ANTARA Restore Wrap, Targeted Relief on feet, neck & shoulders (give guest the option, or offer both), Massage
- OPTIONAL: Escort guest to soaking tub, where the Bath Truffles are sitting on a tray. Educate on the ANTARA Bath Truffles as you unwrap the truffles and place them in the water. Guest soaks for 20 minutes.
- 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.

APPLICATION OF COCOON

- Breast drape
- Re-drape eye pillow
- Remove ANTARA Restore Balm from warm cabby.

Legs

- Apply (not massage) Restore Balm one leg at a time and then wrap with Mylar. Make sure to individually wrap each leg for warmth.

Tip: Apply Restore Balm to both sides of own hand and arm for easier, quieter glide on Mylar during the application.

Tip: Apply double the amount of Restore Balm on under side of guest, especially on glutes, for easy Mylar removal.

Stomach, Back, Arms and Décolleté

- Stomach application in clockwise motion. Always ask guest if they would like a stomach application, because some guests don't.
- One side of Back application
 - a. Apply Restore Balm to both sides of your hand and arm to ensure you have enough glide to slide under back on Mylar without them sitting up.
 - b. Application on back: Cross guest's arm on side you are working on, over to opposite shoulder and hold with hand near body at elbow. Apply Restore Balm on your other hand and slide under back from waist to shoulder not overlapping spine.
 - c. Massage on back. Then do 8 very long, deep strokes on this side.
 - Apply Restore Balm to arm on the side that you just worked.
 - Repeat application steps to back and arm on the other side.
 - Apply Restore Balm to décolletage.
 - Wrap upper body in Mylar.
 - Place warm towel from cabby on top of guest over the Mylar.
 - Wrap flat sheets around guest to create cocoon.

TARGETED RELIEF

- Melt the Relief Balm in palms of your hands. Note: product contains cayenne. Avoid contact with face while using.
- Apply to areas of guest's choice that need relief: neck & shoulders, feet, or both

Neck & Shoulders: Massage Relief Balm into neck and shoulders

Feet: Unwrap feet and massage Relief Balm into feet

UNWRAP

- Take layers off guest. Remove towel and unwrap Mylar
- Pull out Mylar. Gather at feet and slowly pull upward towards waist asking them to lift slightly and stop at arch of back. Then pull Mylar, starting at shoulder down towards waist stopping and arch of back. Gather and pull Mylar out from arch of back
- Repeat on other side
- Guest will be lying on clean sheet still covered with their drapes. Place large towel back on guest for warmth and comfort

MASSAGE FRONT OF BODY

- Massage front of body using Restore Balm already on body. If more is needed use pearl size in existing rubber bowl.

MASSAGE BACK OF BODY

- Have guest turn onto stomach
- Massage back of body
- Massage back of body using Restore Balm already on body. If more is needed use pearl size in existing rubber bowl.

HOT TOWEL OFFERING AND HEALING IMPRINT

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

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