



A N T A R A

BODY *in* BALANCE RITUAL
SHOWER DEMO

Z E N T S

BODY IN BALANCE DEMO

The Body in Balance Ritual contains every ANTARA treatment in one luxe CBD-infused ritual. When you learn this ritual you can perform all of the ANTARA treatments. The Body in Balance Ritual can be broken up. Each service can be given à la carte. You can condense the à la carte services further into enhancements and poolside.

THE RITUAL CONSISTS OF:

ANTARA BODY POLISH, SHOWER, ANTARA RESTORE WRAP, TARGETED RELIEF,
ANTARA RESTORE MASSAGE (OPTIONAL STEP: BATH TRUFFLE SOAK)

TOTAL MG CBD IN THIS RITUAL: 139MG | 339MG WITH OPTIONAL SOAK
Easily boost the CBD potency using additional ANTARA Bath Truffles during soak:
25mg each (professional size) or 100mg each (retail size)

We offer the Body in Balance Ritual in 3 different ways: Vichy, shower, and towel off. Please mark the ones that will be offered at your spa.

☐ VICHY ☒ SHOWER ☐ TOWEL OFF

BODY IN BALANCE SET-UP

1 IN ROOM PREP

ANTARA RX Card
(1) UNZENTED Oil with pump
(1) Bath towel for post shower
ANTARA Relief Balm (1/2 teaspoon)
OPTIONAL: ANTARA Bath Truffle,
Retail Size x 2 next to soak tub

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
UNZENTED Body Polish (2 Tbsp) for
scrub 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)
Large towels (2)
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. Flat sheet (1) lengthwise on top
of table
7. Large towel (1) sideways on table,
above waist level to wrap for
scrub
8. Large towel (1) lengthwise on
table
9. Shower cap (1) at head of table
10. Bath Mat (1) next to table
11. Hand Towels (1) used for draping



ANTARA

BODY IN BALANCE RITUAL

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.

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.

BODY IN BALANCE

RITUAL CONTINUED

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.

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.

BODY IN BALANCE

RITUAL CONTINUED

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 (25 MIN)

- 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 (25 MIN)

- 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.
- 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.