



ANTARA

STRESS RELIEF MASSAGE  
HOLIDAY SERVICE

Z E N T S

# STRESS RELIEF MASSAGE

The ANTARA Stress Relief Massage features organic CBD and Biodynamic® flower essences to provide deep harmony, balance, and calm for the body from head to toe.

## THE RITUAL CONSISTS OF:

FULL BODY BALANCE CBD MASSAGE

TARGETED RELIEF FOR NECK, SHOULDERS, AND FEET  
(CONTAINS 108 MG CBD)

## SET-UP

### 1 IN ROOM PREP

1. ANTARA RX Card
2. Balance Oil for Massage (1oz)
3. Relief Balm for Targeted Relief (1/2 teaspoon)

### 2 CABBY PREP (IN THIS ORDER)

1. Wet Washcloths (2) on bottom of cabby
2. Hand Towels (2) dry for eye pillow and neck roll

### 3 LINEN PREP

1. Bath mat (1)
2. Hand towels (2)
3. Flat sheets (1)
4. Face cradle cover (1)

### 4 TABLE PREP

1. Fitted Sheet (1)
2. Flat sheet (1)
3. Bath Mat (1) next to table
4. Hand Towels (1) used for draping

# STRESS RELIEF MASSAGE

## TREATMENT

- Greet guest.
- Explain steps of treatment: CBD Balance Massage all over the body, extra strength Relief Balm on targeted problem areas such as neck, shoulders, lower back, feet or any other area. Ask the guest what those areas are.
- Ask guest to lie on table, face down

## ANTARA BALANCE MASSAGE

- 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.
- Take 3 deep breaths with guests to center, relax and set healing intention.
- Use ANTARA Balance Oil to massage the Body
- Use ANTARA Relief Balm to massage targeted areas identified by the guest (neck, shoulders, lower back, feet, etc

**FLIP:** Ask guest to turn over, so they are now facing up.

- Pull a dry hot towel from cabby.
- Use as a heated eye pillow. Tuck towel under guest's ears.
- Continue to massage the body.
- Melt the Relief Balm in palms of your hands. Note: product contains cayenne. Avoid contact with face while using.
- Use ANTARA Relief Balm to massage targeted areas identified by the guest (neck, shoulders, lower back, feet, etc

## 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.
- Optional: Add Vitality CBD Elixir for an additional boost of CBD