

# Z E N T S

## BODY SCRUB

Let guests know they can choose a personalized scent for this ultra-gentle hydrating shea butter scrub. Aroma rituals allow the guest to enjoy the scent, while the therapist uses unscented product on the body.

### TOOLS NEEDED

1. Aroma Station or Concreta Station
2. Scent Journey Card
3. In-room set of seven Massage Oil Bottles (8oz size):  
EARTH, FRESH, MANDARIN, OOLONG, SUN, ORE, UNZENTED
4. Hot Wet Towels, or Vichy, or Shower

### PRODUCTS USED

1. 2 Tbsp scrub
2. 10 pumps Massage Oil
3. 12 pumps UNZENTED Massage Oil

### SCENT JOURNEY

- 1) Take guests on a scent journey using the Aroma Station or Concreta Station. Ask them to smell all six scents and choose their favorite scent for the treatment. For example: *"I am going to take you through a scent journey. Let me know which scent is your favorite."*
- 2) Check off the guest's favorite scent (or two) on the Scent Journey Card. Write the guest's name at the top and your name below.

### BEGIN SCRUB

Start Guest FACE UP.

**Note:** If you choose to do a face down start, make sure to scent the face cradle (step 8) before guest gets on the table, so they are able to smell the scent during their treatment.

### EYE PILLOW

1. Hand towel from cabby for scented eye pillow
2. Scent Pillow: 1 pump scented oil on hands, rub hands, repeat 3 x's then spread on towel
3. Cover eyes: Scented side up, and tuck under head around ears

### INHALATIONS OF GUEST'S FAVORITE SCENT

1. Using the Oil already in your palms, cup hands over guests face and ask them to take 1- 3 deep inhalations to relax and center.

### FULL BODY SCRUB, FRONT

Use 2 Tbsp UnZented scrub, pre-measured. Use UnZented Oil from 8 oz bottle.

1. Proceed through scrub concentrating on one body part at a time
2. Pre-base Oil: Effleurage a thick layer of UnZented oil onto legs, making sure to get underneath the leg.
3. Apply UnZented scrub over the Oil and gently scrub, be sure to get underneath the leg.
4. *If using HOT TOWELS* for removal – after each area is scrubbed, use a warm, hot towel from cabby to start removal. Unroll towel and lay flat onto area you are working on (leg, arm etc.). Begin to wipe scrub off skin while rolling towel inwards toward the skin. This will keep the scrub on the towel away from the already cleaned skin. Always use clean towel sections when wiping.
5. Concentrating on one part of the body at a time...continue to pre-base with Oil, apply Scrub, then remove with hot towels. Start at legs, then feet, arms, hands, and stomach last (clockwise motion). Be sure to scrub under the body.
6. Check in with guest about strength of scrub and pressure.
7. Palms of Hands: Make sure to spend extra time to remove excess dead skin cells. *Tip: soft, exfoliated hands are key to guests' perception of their skin's softness after the treatment*

## BACK APPLICATION

1. Ask guest to sit up and hold dry towel.
2. Apply Oil, then scrub back gently
3. Remove product under Vichy or using hot towels. You can also escort guest to the shower. *Optional:* Give guest ZENTS Wash for their shower.

## HYDRATION

Once guest is back onto the table, Hydrate the skin with a blend of Unzented Oil and Unzented Lotion. Hydrate entire body.

*Also available as a Shea Butter Quench!* Simply substitute the Oil & Lotion for our Quench product. Melted pre-measured Quench a towel warmer. Apply the warm product as an all-over body shea butter hydration.

## INHALATIONS

Repeat silent inhalations in guest's favorite scent. Beginning and ending treatment with the same ritual brings guests back to center in a space of safety and comfort.

## DÉCOLLETÉ SWEEP

Sweep the scented Massage Oil still on your hands across your guest's décolleté to create a gentle scent experience during the massage.