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PROBIOTIC BODY POLISH

## IN ROOM PREP

- Concreta aroma station
- Aroma Journey Card
- Set of 6 Aroma Ritual Oils (Earth, Fresh, Mandarin, Oolong, Ore, Sun)
  - (1) UNZENTED Oil with pump
  - (2) UNZENTED Lotion with Pump
  - (1) Bath towel for post shower

## TABLE PREP

1. Fitted Sheet
2. Flat sheet (1) long way on top of bed
3. Large Towel (1) long way on bed
4. Large towel (1) sideways on bed, above waist level to wrap for scrub
  - 5. Large towel, long way on bed
  - 6. Shower cap (1) at head of bed
  - 7. Bath Mat (1) next to table
8. Hand Towels (1) used for draping

## CABBY PREP (IN THIS ORDER)

- Wet Washcloths (2) on bottom of cabby
- UNZENTED Scrub (2 Tbsp) for scrub in bowl on wet washcloths
- Hand Towels (2) dry for eye pillow and neck roll

## AROMA JOURNEY (IDEALLY DONE AT FRONT DESK)

- Aroma card is provided to guest at check in (front of spa-reception)
- Guest is offered the option of unscented or their own complementary aroma. If Aroma was chosen guest took self-guided aroma journey at front desk and favorite aroma has been checked off
- Aroma choice is communicated to therapist (prescription card taken back to therapist or note in computer)

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# TREATMENT

- Greet guest
- Present aroma chosen (similar to presenting a bottle of wine)
  - Explain steps of treatment: Scrub, Probiotic Massage
- 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 scented eye pillow
- Drape Towel over arm and spray 3 sprays on top of towel, in center front where nose is going be
- Cover eyes: Scented side up, and tuck under head around ears

## POLISH WITH NO FLIP

- Pre-base Oil: Effleurance 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 scrub 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. (Check in on pressure)
- Continue to pre-base oil, then scrub entire body including legs, feet, arms, hands, and stomach last (clockwise motion). Be sure to scrub under the body.
- 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 Scrub. **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 BED PREP

- Assist guest off the table and place robe/towel around them. Escort to shower. Have fresh towel waiting for them.
  - Have them rub feet on the mat to remove excess Polish.
  - Escort guest to shower and have a fresh towel waiting for them.
- Ask guest not to use Body Wash, allowing the beautiful shea butter hydration to stay on skin. Give guest small amount of polish to take into the shower for areas you didn't get and also to keep shower cap on to keep hair dry for upcoming scalp ritual. Ask guest when they are done with shower to lay face down under blanket.
  - While guest showers, remove dirty towel
- Add a blanket for extra warmth and set up table as you would a massage

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## MASSAGE BACK OF BODY

- Take Eye Pillow and hang on bar under face cradle, reinfuse with 3 sprays and hang on bar under head rest
  - Massage Using the UNZENTED Probiotic Lotion and Oil

## MASSAGE FRONT OF BODY

- Healing Imprint (put 3 sprays of aromatic Oil on hands, have them take 3 deep healing breaths for healing imprint and resetting intention, rub access oil on hands on top of eye pillow close to nose and readjust eye pillow)
  - Massage front of body using UNZENTED Probiotic Lotion and Oil

## ENDING HEALING IMPRINT AND HOT TOWEL OFFERING

- Wrap feet in hot towels.
- Place 3 pumps of scented Oil in your hands, cup hands over the guest's face and ask them to take 1-3 deep inhale. Their nervous system is at its most relaxed state giving you the opportunity to create a deep, healing imprint.
- With scented Oil remaining on your hands, gently sweep the arms from elbow to wrist making and declote sure their aroma is on them for a lasting impression.
  - Foot compressions over hot towels and remove.

## HOME CARE

- Educate them that you have left several items that you would recommend for home care at the desk with the Homecare Card
  - 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 wash product down drain. Wipe out containers with paper towel and put in trash, then wash.

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