



Summer Signature Treatments

FarmHouse Fresh® Signature Facial 50 Minutes

PREPARATION:

Before your guest arrives, fill a bowl with warm water and add 6 drops of essential oil. Go ahead and stir the mixture, then submerge all 6 towels into the bowl – one at a time. Next, gently ring out each towel, leaving them damp enough for easy product removal. Place all 6 towels into your hot towel cabi.

TURN ON STEAMER

INITIAL CONTACT: (3 min)

When guest arrives, have them comfortably rest face up on the treatment table with the head draped. Then begin your initial contact. Drape the décolleté and shoulders with a warm, damp towel. Then, place your palms on guest's shoulders and slowly alternate applying medium pressure to each shoulder. While maintaining constant contact, gently walk your hands down one side of their body – stopping at their feet. Next, place hands on guest's ankles, and gently raise their legs a few inches off the table. Lean back and stretch the legs with a gentle pull. Continue walking your hands up the other side of their body, finishing at the shoulders. The entire initial contact should last about 3 minutes.

PRE-CLEANSE – Make It Melt Balm: (5 min)

To start the facial treatment, apply pre-cleanse oil using upward effleurage strokes beginning with the décolleté, up the neck, covering the entire face – and finishing with the forehead. The pre-cleanse will help break up excess dirt and makeup before your cleanse. Next, dip your hands into the small bowl of warm treated water and glide your hands up the guest's décolleté, neck and end with the forehead. This will help break down the oil to prepare for cleansing.

CLEANSE – Green Tea Cleanser: (5 min)

Now, apply cleanser using the same upward effleurage strokes. Start with the décolleté, move up the neck, covering the entire face and finish with the forehead. The cleanser will remove dirt and make-up and also help balance the PH of your guest's skin. Remove cleanser with a warm, damp towel. The entire pre-cleanse and cleanse process should take about 5 minutes. If your guest is wearing mascara, remove it at this point using your normal routine and a dab of our cleanser.

STONE – Illumination Juice: (1 min)

Mist the face and décolleté three times with your facial tonic.

FarmHouse Fresh® Products:

- 3 drops of essential oil (for towels)
- 1 teaspoon of oil (for pre-cleanse)
- 2 teaspoons of cleanser
- 1 Facial Tonic Spray
- 1 teaspoon of facial exfoliator
- 2 teaspoons of face mask
- 2 tablespoons of body oil 2 pumps of facial serum
- 1 teaspoon of facial moisturizer
- 2 pumps of eye serum

Tools:

- bowl of warm water - to pretreat and soak towels
- 1 dry hand towels to be warmed in towel cabi
- 1 small bowl of warm water to use throughout the treatment
- 1 fan brush for mask application
- 2 cotton eye pads
- 6 hand towels – to be soaked and warmed in cabi to be used throughout the treatment.

EXFOLIATE – Finely Awake: (7 min)

Steaming is optional during exfoliation, based on guests' needs and product selected. To begin exfoliation, apply product across the décolleté, neck and face. *You are using an exfoliator that does not require manipulation and needs to sit on the skin, use this time to perform a hand and arm massage with the Rose Dip Ageless Body Mousse.* Remove with warm damp towel. The exfoliation process should take about 5 minutes.

PERFORM EXTRACTIONS: (5 min)

This step is optional based on your guest's needs.

MASSAGE – Dew Ritual Triple Lip Face Oil: (8 min)

At this point, treat your guest to a facial, neck and shoulder massage with a body oil using your preferred massage method. Remove product used during the massage with a warm damp towel.

TREAT – Bluephoria Chill Out Mask : (12-15 min)

Now, with a fan brush, apply the featured mask. Hold the bowl and rest on guest's shoulder to always maintain contact. With long, smooth strokes -- begin with the décolleté, move upward and finish at the forehead. Next, cover the eyes with the pre-treated cotton eye pads. While allowing the mask to dry, perform a hand and arm massage on your guest with selected oil or moisturizer. Then, wrap your guest's hand and arm with a warm, dry towel. Repeat process on other hand and arm – heated mittens are optional instead of a warm, dry towel. Next, remove eye pads. Finally, remove the mask with a warm damp towel. For easy removal, we recommend performing facial compressions for one minute to soften the mask.

STONE – Illumination Juice: (1 min)

Mist the face and décolleté three times with your facial tonic.

SERUM – Illuminating Peptide Serum: (1 min)

Apply selected facial serum -- beginning with the décolleté, moving upward and finishing with the forehead.

MOISTURIZE – Cactus Comfort Moisturizer: (1 min)

Apply selected facial moisturizer using the same application method.

EYE SERUM – Brightening Eye Serum: (1 min)

Apply selected eye serum, using the Figure 8 method.

FINISH: (2 min)

Now, tell your guest you're going to help them sit up, as you walk your hands down their back to support them. For the finishing touch, treat your guest by applying a warm, damp towel across their shoulders and apply medium compressions for about one minute. Gently remove towel and inform guest it's the end of their treatment.



FarmHouse Fresh® Signature Manicure 25 Minutes

PREPARATION:

Place selected soak in bowl and add hot water. Soak towels, ring gently, roll and place in towel cabi to steam. If using a mask, serum, moisturizer and/or oil place in towel cabi if you choose to apply warm.

SOAK HANDS: (5 min)

***Omit soaking in water if applying gel polish. Wrap hands in warm soaked towels instead.**

Place 1/2 TBSP of Selected Soak in Mani Bowl

POLISH REMOVAL, CUTICLE TRIMMING AND NAIL FILING: (10 min)

MASSAGE: (5 min)

Perform massage with selected moisturizer.

POLISH: (5 min)

Finish with polish application.

FarmHouse Fresh® Products:

- ½ TBSP Selected Spa Ritual Soak
- 1/2 TBSP Bourbon Bubbler Body Polish
- 1/4 TBSP Red Hot Body Oil

Tools:

- 2 Dry Medium Hand Towels (Optional for mask)
- 1 Wooden Bowl with SR Soak
- 1 Wooden Bowl with Bourbon Bubbler Body Polish
- 1 Bottle Red Hot Body Oil
- Your Manicure Tools



FarmHouse Fresh® Signature Pedicure 35 Minutes

PREPARATION:

Place selected soak in bowl and add hot water. Soak towels, ring gently, roll and place in towel cabi to steam. If using a mask, serum, moisturizer and/or oil place in towel cabi if you choose to apply warm.

FarmHouse Fresh® Products:

- ½ TBSP Selected Spa Ritual Soak
- 1/2 TBSP Bourbon Bubbler Body Polish
- 1 TBSP Splendid Dirt Mask
- 1/4 TBSP Red Hot Body Oil

Tools:

- 4 Medium Hand Towels infused in hot towel cabi
- 2 Dry Medium Hand Towels in hot towel cabi (optional for mask)
- 1 Wooden Bowl with Bourbon Bubbler Body Polish
- 1 Bottle of Red Hot Body Oil
- Your Manicure Tools

SOAK FEET – Roasted Chestnut Fizzing Soak: (5 min)

Place 1 Roasted Chestnut Fizzing Soak in Pedi Bowl and allow feet to soak for 5 minutes.

NAIL POLISH REMOVAL, CUTICLE TRIMMING & FILING: (7 min)

EXFOLIATE – Bourbon Bubbler Body Polish: (3 min per foot/lower leg)

First wet the skin then apply scrub in circular motions. Spend extra time on callouses and rougher parts of the foot. Remove scrub with hot towel.

MASSAGE: (7-8 min)

Apply selected moisturizer and proceed with massage.

POLISH: (6-7 min)

Finish with polish application.

FarmHouse Fresh® Signature Massage 50 Minutes

PREPARATION:

Place selected soak in bowl and add hot water. Soak towels, ring gently, roll and place in towel cabi to steam. If using a mask, serum, moisturizer and/or oil place in towel cabi if you choose to apply warm.

OPENING

Establish guest in prone position on the massage table. Offer a bolster underneath ankles. Assure guests' highest comfort level. Ground & center yourself and get present and clear. Set your intention

for guest treatment and yourself. Standing on the side of the table make contact with your palms on heart center and sacrum, inviting the guest to take a few deep breaths . Apply pressure on your hands during their exhale. Then slightly rock the body. Move to top of table: Palm pressures along the erector spinae muscles from neck to sacrum. Continue from upper thigh down the legs ending on soles of fee.

FarmHouse Fresh® Products:

- 2 TBSP Red Hot Body Oil

Tools:

- 2 Medium Hand Towels infused in hot towel cabi
- 1 Dry Medium Hand Towels in hot towel cabi (optional)
- 2 Flat Sheets
- 1 Face Cover
- 1 Body Towel
- 1 Bathmat

Back:

Apply Massage Lotion on entire back and arms in long light effleurage strokes along the spine up around shoulders down arms and back up to occipital ridge 4-6 times. Begin at the left hip, massaging the piriformis and gliding up to the upper trapezius with soft knuckles, including circular motions around the scapula. Perform effleurage and petrissage techniques across both sides of the back, neck, and shoulders, incorporating rhythmic movements like crisscross hand sweeps and diamond sweeps. Finish with kneading from hip to shoulder on both sides, followed by full-body effleurage, using the Wine Down Super Antioxidant Serum, and neck circles to complete the session.

Legs/Hip (Prone):

Begin by warming the leg with effleurage, then use petrissage techniques on the calf, hamstrings, and gluteal area, followed by smoothing strokes. Incorporate crisscross effleurage, traction pulls, and focused foot work including soft knuckle massage and effleurage. Finish with a long effleurage stroke using the Wine Down Super Antioxidant Serum ending with downward effleurage strokes on the back of the foot. Repeat the full sequence on the opposite leg to ensure balanced treatment and relaxation.

Finish & Turn (Prone)

Return to the top of the table and complete the session with full back effleurage, extending down the arms and finishing at the occipital ridge. Cover the back, remove the bolster, then lift the top sheet and body towel to invite the guest to turn over into a supine position.

Leg & Foot (Supine)

Apply product to the entire leg using effleurage strokes, then perform alternating hand squeezes on the foot followed by petrissage on the sole and thumb circles on the top of the foot. Continue with C-shape petrissage on the lower leg and thigh, kneading the upper thigh, then smooth the leg with effleurage and crisscross wringing. Finish with a long effleurage stroke using the Wine Down Super Antioxidant Serum ending with a sandwich sweep on the foot and repeat the entire sequence on the other leg and foot.

Hand & Arm

Apply product to the entire arm using effleurage strokes, then alternate hand squeezes and glide up the outer and inner arm while holding the wrist. Perform crisscross wringing and smooth out with effleurage, followed by petrissage on the top of the hand, fingers, and palm using interlaced hands. Finish with effleurage using the Wine Down Super Antioxidant Serum, then repeat the full sequence on the other arm and hand.

Neck/Shoulder/ Decollete

Apply massage lotion across the chest and neck, then use fingertip circles and soft knuckles to work the upper trapezius and neck, including effleurage down each side of the neck. Perform chest-to-occiput sweeps with flat hands, followed by alternating neck traction and holding at the occipital ridge. Finish with a final chest and shoulder sweep ending at the occiput for a calming hold using the Wine Down Super Antioxidant Serum.

Head & Face

Begin seated at the head of the table, performing a chest, shoulder, and neck sweep while holding the skull, then transition into circular motions along the occipital ridge and scalp. Turn the head to each side to massage the back and side of the scalp, then return to center for alternating neck sweeps, chin-to-temple strokes, temple circles, and forehead sweeps. Conclude by gently holding the head and covering it for a calming finish.

Closing

Begin at the top of the table, cradling the guest's skull for a calming cranial hold, then gently press down on the arm bones to open the chest. Move to the foot of the table and apply grounding pressure by holding both feet. To conclude the treatment, detach gently and ring the tuning fork three times to signal completion.

SUGAR GLOW

TREATMENT DESCRIPTION

Freshly harvested Sugar Cane from Fiji is combined with a botanical blend of antioxidant, cold-pressed seed oils to exfoliate and nourish skin creating the ultimate healthy glow.

Relax and enjoy as milk from the coconut is gently massaged into the skin followed by an application of pure cane sugar and tropical seed oils ridding the body of dead skin, revealing new healthy skin as well as strengthening the skin's elasticity and replenishing moisture loss.

TREATMENT TIME

50 min

PRODUCTS NEEDED

- 2 Scoops Sugar Rub
- 2 Pumps Coconut Milk Bath Soak
- 4 Pumps Nourishing Exotic Oil

SUPPLIES NEEDED

- 2 body towels
- 8 steamed hand towels
- 2 coconut bowls
- 2 coconut bowl stands
- 1 frangipani bowl
- 1 hibiscus flower

TREATMENT PREPARATION

Prior to starting have the tray prepared with Coconut Milk Bath and warm water in one coconut bowl, the Exotic Oil will be placed in the other coconut bowl (leave empty for now).

Place the sugar rub in the frangipani bowl and the hibiscus flower on the tray.

Put massage oil and steamed towels in hot towel caddy.

Set the table from the bottom up with sheet and double layer of body towels.



TREATMENT INSTRUCTIONS

STEP 1: (25 MIN)

Have guest lie face down on massage bed. Cup the Milk Bath Soak in one hand and slowly drizzle it up the left foot and leg to glutes to thoroughly moisten.

Take half a tsp of Sugar Rub and place it on the ankle area rub it up to the leg (do not rub Sugar Rub on hand and then apply to the leg), working up the body exfoliating using effleurage motions.

Moisten fingertips with Milk Bath Soak to help break down Sugar Rub. Sugar Rub should be the consistency of warm honey when broken down.

This allows the naturally occurring Alpha Hydroxyls in the sugar to exfoliate the skin. Continue the process on the other leg, back, and arms. Remove with steamed towels.

Apply warmed Exotic Oil to back of guest and massage using long, relaxing effleurage movements.

STEP 2: (25 MIN)

Gently turn the guest over and repeat the process on the front of the body. Ask permission to do guest's abdomen.

Assist guest off table, place spa sandals on feet to avoid slipping.

AT HOME CARE

- Milk Bath Soak
- Sugar Rub
- Body Butter
- Lotion
- Exotic Oil



PURE FIJI

FIJIAN SCALP MASSAGE

TREATMENT DESCRIPTION

A traditional Fijian coconut bowl is used to slowly drizzle warmed exotic, cold-pressed seed oils along the hair line into the hair and scalp. These oils are then massaged gently into the scalp and neck to alleviate tension, relax the mind and aid with circulation. This nurturing ritual will alleviate fatigue and relieve tension while restoring hair to a healthy shine.

TREATMENT TIME

30 min

PRODUCTS NEEDED

- 4 pumps Nourishing Exotic Oil

SUPPLIES NEEDED

- 1 Hibiscus Flower
- 1 coconut bowl and stand
- 1 small woven tray

TREATMENT PREPARATION

Prior to starting have the Exotic Massage Oil warmed in the hot towel cabbie for 5-10 minutes. Place the exotic oil in the Coconut bowl and place bowl on the stand. Place the hibiscus flower on the tray.



TREATMENT INSTRUCTIONS

STEP 1. (5 MIN)

Dispense warmed Exotic Oil into coconut bowl. To begin scalp massage, gently stroke the hands through the hair from the root to tips loosening any tangles.

STEP 2. (5 MIN)

Slowly drizzle warmed Exotic Oil on scalp beginning with the third eye and then across the hairline gently turning the guests head to one side and then the other, always supporting the head and neck. Drizzle remaining oil to the rest of hair moving toward the ends. Run fingers from root to tips to ensure the oil is evenly distributed and begin scalp massage. Relax guest by stroking your hands gently down your client's head towards the nape 3-4 times.

STEP 3. (5 MIN)

Use fingertips in a 'shampooing' motion moving slowly over the head. Alternate this movement with a mild kneading action using the tips of your fingers and palms of your hands. Follow with finger frictions to stimulate circulation by quickly and lightly, rubbing the scalp with the pads of your fingers from the front of the hairline to the nape.

STEP 4. (5 MIN)

Massage occipital behind the guests shoulders then gently place your hand under the guests head supporting the neck to slowly lift and turn guest's head to one side. Massage from shoulder to neck three times and move into the bottom of the scalp and massage. Repeat step on other side.

STEP 5. (5 MIN)

Return guest's head to prime position. Run your middle finger following the shape of the back of the ear to the top of the temporal bones. Repeat movement three times. Massage ear loop.

STEP 6. (5 MIN)

Gently tug at the hair (three times) followed by a pressure point massage across the forehead and finishing at the base of the neck. Support guests head and neck and gently lift and rotate the head slowly to the right 3 times and repeat on the left. Smooth/effleurage through hair to let guest know you have finished.