

Himalayan Salt Stone Massage

Warmed salt stones are specifically designed for tight, fatigued, and aching muscles in this deeply restorative treatment.

TYPICAL GUEST

- o Those seeking deep relaxation and stress relief
- o Those looking to balance energy and detoxify naturally
- o Those experiencing muscle tension or fatigue from travel

WHAT IS UNIQUE ABOUT THIS TREATMENT

- o Long, fluid movements help relieve tension and promote a profound sense of calm for both body and mind.
- o Alleviates muscle tightness and fatigue, leaving the body feeling light and rejuvenated.
- o Creates a harmonious connection between body and mind, restoring inner balance.

KEY INGREDIENTS

Cocos Nucifera (Virgin Coconut) Oil, Calophyllum Inophyllum (Dilo) Seed Oil, Macadamia Ternifolia (Macadamia) Seed Oil, Aleurites Moluccana (Sikeci) Seed Oil, Fragrance*, Tocopherol Acetate (Vitamin E).

PRODUCTS REQUIRED FOR THE TREATMENT

1. Himalayan Salt Stones (9 minimum)
2. Benefact Disinfectant
3. Pure Fiji Massage Oil
4. Pure Fiji Pillow Mist

RECOMMENDED HOME CARE



Hydrating Body Lotion



Nourishing Exotic Coconut Oil



Coconut Sugar Scrub



Nourishing Body Butter

PRE TREATMENT CONSULTATION: 2 MINUTES

1. Prior to commencing treatment, complete a thorough consultation. Including a description of the treatment, an explanation of the effects, results that your guest should expect and how your guest can continue the benefits of the treatment at home.
2. Ask appropriate questions for this treatment (e.g.):
 - Are there any areas you would like me to avoid/ concentrate on?
 - Do you have any coconut allergies?
 - Are you comfortable with warm stones and mild exfoliation during the massage?
3. Direct the guest to lay face down. Place support under ankles, abdomen or bust if necessary.

INHALATION: 2 MINUTES

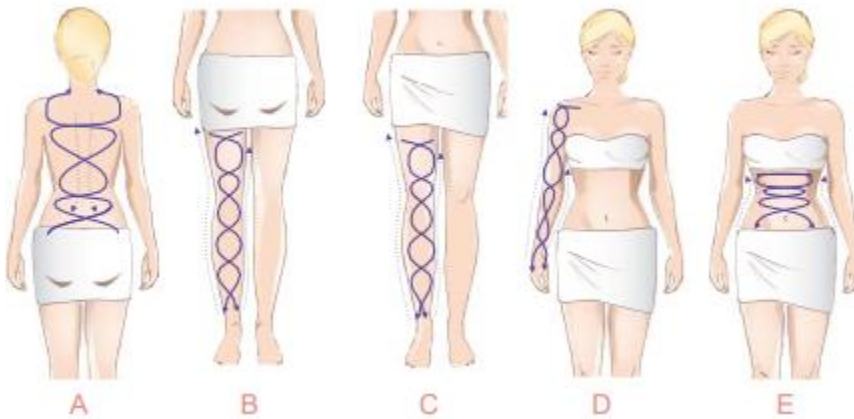
1. Spritz the pillow with Pillow Mist covering the guest's face with dry mitt and guide the guest through Box breathing.
 - "To begin your treatment, I'd like you to take a few deep breaths in through your nose, and out through your mouth. (Allow the guest to inhale and exhale once) as you do this, I would like you to ensure you are breathing in for 4 seconds, holding that breath in for 4 seconds, exhaling for 4 seconds and holding that breath out for 4 seconds.
 - So, breathe in, 2, 3, 4 hold it in 2,3,4, breathe out 2,3,4 and hold the breath out 2,3,4. During the treatment if you feel your mind wondering re-focus on your breathing."
2. Cleanse guest's feet with warm infused mitts and confirm guest's comfort.

Establishing contact: Before beginning the massage on the back of the body, stand to the side of the guest and glide hands lightly over the towel from the guest's hands, up to the shoulders, and down the back, crossing at the hips, and finally gliding down the legs and feet.

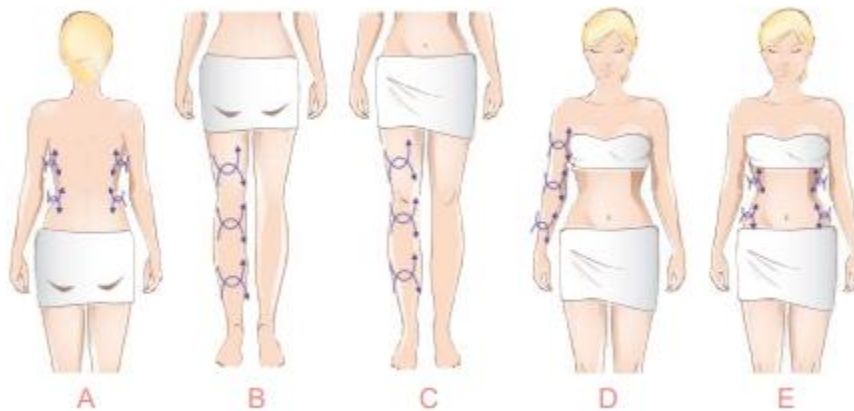
Establishing contact: Before beginning the massage on the front of the body, stand to the side of the guest and glide hands lightly over the towel from guest's hands, up the arms to the shoulders, and down the sternum, crossing at the rib cage, and finally gliding down the hips, legs and feet. On each area of the body, integrate some or all of the following massage movements beginning with the back.

Treatment Protocol

1. Soothing - Standing at the head of the table, apply warm oil to the back using the figure of eight.
 - o Gather your stones and follow the four introductory steps, (Waves, Ebb & Flow, Figure 8, and Rocking), to acclimate the body before delivering a personalized massage tailored to the guest's preferences.
2. "WAVES" - Glide both hands flat down/up the center of the area to be massaged. Return to the starting position by laterally «waving» hands back and forth across the area.



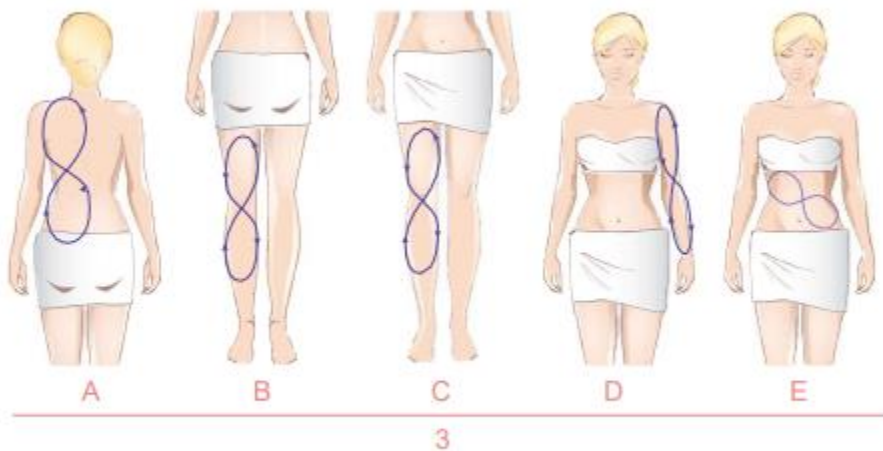
3. "EBB AND FLOW" Position yourself at the side of the massage table. Using flat hands, gently knead in wide, alternating movements working gradually up and down the area to be massaged.



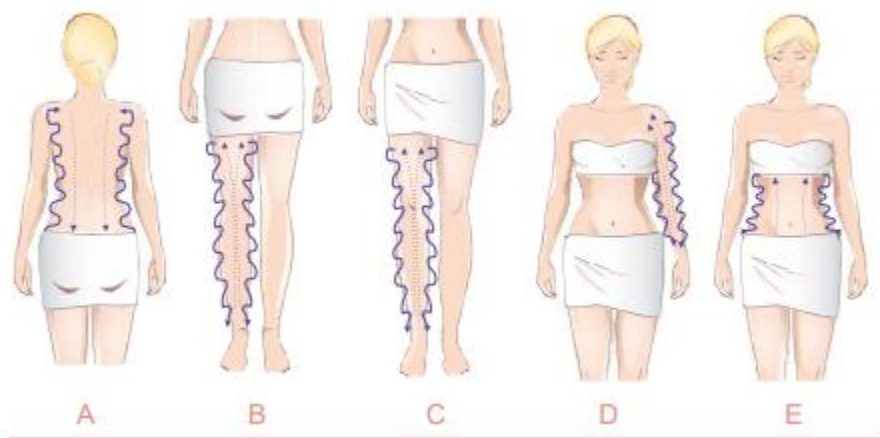
4. "FIGURE EIGHTS"
 - o Back: Working on the side closest to oneself, with one flat hand on top of the other, trace a figure 8. One loop of the 8 should glide around the shoulder and shoulder blade, and the other loop of the 8 should cover the lower back, hip and sacrum. Incorporate forearms into the movement.
 - o B, C, D. Legs and arms :Place the left hand over the knee/elbow and the right hand over that joint's crease and stroke in opposite directions to create the loops of a figure

8. The right hand covers the thigh/upper arm, while the left hand covers the tibia/forearm. Alternate hands so that the right hand moves from the knee/elbow to the tibia/forearm and the left hand moves from the joint crease to the thigh/upper arm. Alternate so that the figure 8 flows.

- o E. Stomach: with flat hands on top of each other, trace a figure 8 diagonally with one loop of the 8 extending from the naval around the rip cage and the other loop of the figure 8 extending from the naval to the opposite hip. perform on each side of the stomach



5. 4. "ROCKING" - Glide both hands flat down/up the center of the area to be massaged. Return to the starting position by jostling flat hands up/down the most lateral portion of the area.
- o Example: Back = hands flat, slide down along the spinal column and come back up along the sides, rocking back and forth.



- Therapist are expected to provide a full-body treatment including the back, front and back of the legs, front and back of the arms, neck and trapezius area, and feet.
 - In addition to the areas listed above, scalp and facial massage are included in the 80-minute treatment.

POST-TREATMENT CONSULTATION:

Aftercare recommendations

Homecare recommendations