

# SPARITUAL®

## HYDRATING GLOW

## SLOW BEAUTY RITUAL

### 60 MIN BOOKING TIME

#### Exfoliation/Wrap/Hydration

#### Multi-treatment Slow Beauty Ritual for deep hydration.

A refining sugar body polish exfoliates to reveal new skin which is then nourished with a jojoba oil to further deliver the ingredient benefits into the skin. A creme hydration with aloe and shea butter is the finishing touch resulting in an overall hydrated glow.

#### PRODUCTS & TOOLS

- Choose between 2 scent stories (Jasmine Tuberose or Geranium Cedarwood)
- 3 tbsp Body Polish
- 16 pumps Hydrating Mist
- 3-4 tbs Body Salve
- 3 tbs Body Creme
- Squeezable bottle with warm water
- 8-10 warm moist hand towels or washcloths (for manual removal situation)

#### TABLE SET UP & PREP

- Fitted sheet
- 1 flat sheet horizontal layered with 1 bath towel
- 1 large bath towel to cover
- Cover flat sheet
- Blanket

#### OPENING

1. Discuss exfoliation intensity with guest to determine pressure
2. Establish guest in prone position on the massage table. Offer a bolster underneath ankles. Assure guest's highest comfort level
3. Ground & shield yourself and get present and clear. Set your intention for guest treatment and yourself
4. 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
5. Move to top of table: Palm pressures along the erector spinae muscles from neck to sacrum. Continue from buttocks down the legs ending on soles of feet

 [WATCH HYDRATING SCRUB OPENING](#)

#### LEG/HIP

1. Lather up **Body Polish** in your hands with warm water
2. Apply Body Polish onto entire leg with a gentle long sweep
3. Starting at the foot massage the **Body Polish** onto the sole and in a circular motion
4. Circle around the ankles and continue massaging **Body Polish** into the calf with circular motions
5. Continue same motion on upper thigh
6. Cover this leg and calm with compression
7. REPEAT on other leg/hip

#### ARM/SHOULDER

1. Lather up **Body Polish** in your hands with warm water
2. Apply **Body Polish** onto entire arm (use warm water if needed for glide)
3. Stabilizing the arm at the wrist massage **Body Polish** into forearm in a circular motion
4. Continue same motion on the upper arm and shoulder
5. Focus on callused areas
6. Cover the arm and calm with compression
7. REPEAT on other arm/shoulder

#### BACK

1. Lather up **Body Polish** in your hands with warm water
2. Apply **Body Polish** onto the entire back with a gentle full sweep
3. Massage the **Body Polish** in circles focusing on dry and callused skin areas

#### FINISH & TURN

1. Cover and rest hands on sacrum and heart for calming
2. Remove bolster, lift cover sheet and invite guest to turn around to supine position

#### FRONT BODY

1. Replace bolster under the back of knee or according to guest's preference
2. Place a chest cover on female guests. Assure guest's comfort level

#### LEG/FOOT

1. Lather up **Body Polish** in your hands with warm water
2. Apply the **Body Polish** on foot and entire leg with a gentle long sweep
3. Massage **Body Polish** into top of foot and circle around ankles
4. Continue massaging the **Body Polish** into lower leg in circles
5. Continue the same action on the upper thigh
6. Cover the leg and calm with compression
7. REPEAT on other leg/foot

#### ARM/HAND

1. Lather up **Body Polish** in your hands with warm water
2. Apply the **Body Polish** to entire arm and hand in a long sweep
3. Massage the **Body Polish** into hand in a circular motion
4. Continue the same action on all parts of the arm that have not been covered from the back body
5. Cover and calm with compressions
6. REPEAT on other arm/hand

#### ABDOMEN

1. Lather up **Body Polish** in your hands with warm water
2. Apply and massage the **Body Polish** in a circular motion to belly and waist
3. Cover and rest hands on covered belly for a moment

#### CHEST

1. Lather up **Body Polish** in your hands with warm water
2. Apply and massage the **Body Polish** into chest and shoulder
3. Cover and compress to calm

## MANUAL REMOVAL

1. Use moist warm towels from hot cabby and remove residual product from front and accessible back body in the supine position
2. Sit client up last to access back

 [WATCH HYDRATING BODY SCRUB MANUAL REMOVAL](#)

3. After back product removal use sit up position to fold the soiled towel in a hospital roll manner and remove

 [WATCH HOSPITAL ROLL REMOVAL](#)

4. Turn guest to prone and continue with oil salve application and wrap

## WET ROOM REMOVAL OPTION

1. Send guest into the shower to rinse off residual product
2. Remove soiled towel and replace cover towel with flat sheet
3. Invite guest to sit on table spray back with **Hydrating Mist** and apply **Body Salve** on the back

 [WATCH MIST & HYDRATE BACK](#)

4. Lie guest down prone and spray with **Hydrating Mist** and continue with **Body Salve** application and wrap

 [WATCH MULTI TREATMENT MASK APPLICATION & WRAP](#)

## LEG/HIP

1. Apply a layer of **Body Salve** to the leg from sole of foot to hip, cover
2. Repeat on other leg

## ARM/SHOULDER

1. Apply product to arm and shoulder, cover
2. Repeat on the other arm, cover

## BACK

1. Apply product on the entire back
2. Cover

## FINISH & TURN

1. Cover and rest hands on sacrum and heart for calming
2. Remove bolster, lift cover sheet and invite guest to turn around to supine position

## FRONT BODY

1. Replace bolster under the back of knee or according to guest's preference
2. Place a chest cover on female guests. Assure guest's comfort level

## LEG/FOOT

1. Apply **Body Salve** to front of leg and foot, cover
2. Repeat application on other leg

 [WATCH FIRMING BODY WRAP APPLICATION LEG SUPINE](#)

## ARM/HAND

1. Apply **Body Salve** to hand and arm, cover
2. Repeat on the other side

## ABDOMEN

1. Apply **Body Salve** to the abdomen in clockwise circles
2. Make sure to also apply product on the waist and rib cage, cover

## DECOLLETAGE

1. Apply **Body Salve** in a long sweep on the chest from shoulder to shoulder
2. Cover

*NOTE: Ask guest if they have claustrophobic tendencies to cross their hands on top of their abdomen before wrapping them.*

## WRAP

1. Take the ends of flat sheet client is laying on and wrap them around the guest from both sides
2. Wrap a warm dry towel around the feet
3. Cover body with blanket

 [WATCH DETOX WRAPPING](#)

4. During the wrap perform scalp massage and/or foot massage per guest's preference

 [WATCH WRAP SCALP MASSAGE](#)

 [WATCH WRAP FOOT MASSAGE](#)

## MANUAL REMOVAL & HYDRATION

1. Use moist warm towels from hot cabby and remove the residual product from front and accessible back body in supine position

 [WATCH FIRMING BODY WRAP MANUAL REMOVAL LEG](#)

 [WATCH FIRMING BODY WRAP MANUAL REMOVAL BACK](#)

2. Sit client up last to access back and apply **Body Creme** to the back, lie guest back down

 [WATCH FIRMING BODY WRAP HYDRATION BACK](#)

3. Apply **Body Creme** to extremities and torso

## CLOSING

1. Move to the top of the table cradling the guest's skull and do a cranial hold for a few breaths
2. Then release and gently press the heads of the arm bones down opening the chest
3. Final touch for grounding go to the footside of the table and hold both feet with your hands applying gentle pressure
4. Detach yourself gently from the guest and indicate to them the finishing of their treatment

 [WATCH FIRMING BODY WRAP CLOSING](#)