

# Get-up-and-go

Awaken the body by removing toxins and impurities with a refreshing exfoliation and detoxifying wrap. A rejuvenating massage with a blend of energizing essential oils will uplift and renew.

## Ingredients:

Exfoli-Sea Salt Glow 2 oz  
Black Baltic Body Mud 4 oz  
Detoxifying Customizing Complex 60 drops  
Energy Aromatherapy Massage Lotion 1 oz

## Supplies:

2 rubber spa bowls  
Plastic Wrap  
9 warm, moist hand towels

## Instructions:

1. Mix Exfoli-Sea Salt Glow with 30 drops of Detoxifying Customizing Complex in a rubber bowl.
2. Mix Black Baltic Body Mud with 30 drops of Detoxifying Customizing Complex in a rubber bowl.
3. Apply an exfoliation treatment with the Exfoli-Sea Salt Glow.\*
4. Apply Black Baltic Body Mud in an even layer to each part of the body,\* while quickly covering each area with plastic wrap. Cover client with a towel to keep warm.
5. Allow client to rest 15-20 min. This is an ideal time to incorporate an add-on face or foot massage.
6. Remove plastic wrap, remove as much mud as possible. Remove remaining mud with warm, moist towels. Cover exposed damp skin with a bath towel.
7. Perform a finishing treatment with Energy Aromatherapy Massage Lotion.

*\*Follow protocols in BIOTONE Spa Brochure*

Session Time: 60 – 90 min

Recommended Price: \$120- \$150

Cost per treatment: \$8.30



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