



Energy Boost

Rejuvenate and restore clients experiencing soreness and fatigue. Stimulate circulation, ease strained muscles and fight inflammation with Sore Muscle Customizing Complex. Leave clients feeling energized and uplifted with a finishing treatment using Energy Aromatherapy Massage Lotion.

Ingredients

- Exfoli-Sea Salt Glow2 oz
- Black Baltic Body Mud4 oz
- Sore Muscle Customizing Complex.....60 drops
- Energy Aromatherapy Massage Lotion1 oz

Supplies

- 3 rubber spa bowls
- 9 warm, moist hand towels
- 1 Plastic Wrap

Instructions

1. Mix 2 ounces of Exfoli-Sea Salt Glow with 30 drops of Sore Muscle Customizing Complex in a rubber spa bowl.
2. Mix 4 ounces of Black Baltic Mud with 30 drops of Sore Muscle Customizing Complex in a rubber spa bowl.
3. Apply an exfoliation treatment with the Exfoli-Sea Salt Glow, following the BIOTONE protocol* for exfoliation.
4. Apply Black Baltic Mud in an even layer to each part of the body, follow BIOTONE protocol*, while quickly covering each area with plastic wrap. Cover the client with a towel to keep warm.
5. While standing at the head of the table, pull up all layers of sheets, thermal wrap and blanket, cocooning the client.
6. Allow the client to rest wrapped for 15-20 minutes. This is an ideal time to incorporate and add-on face or foot massage into the treatment.
7. Remove plastic sheet, removing as much mud as possible with the plastic sheet. Remove remaining mud with warm, moist towels. Be sure to cover exposed damp skin with a bath towel.
8. Perform a finishing treatment with Energy Aromatherapy Massage Lotion.



Session Time: 60 – 90 min
 Recommended Price: \$120 - \$150
 Cost Per Treatment: \$12.47 (med. sizes)