



# Inner Peace

Achieve a state of inner peace with a gentle exfoliation and calming wrap that incorporates a blend of essential oils that will bring you to a place of restful relaxation. A massage with Relaxing Therapeutic Massage Creme completes the treatment and leaves skin soothed and hydrated.

## Ingredients

- Micro-Buff Body Polish.....2 oz
- Black Baltic Body Mud .....4 oz
- Peace Balancing Blend .....45 drops
- Relaxing Therapeutic Massage Creme .....1 oz

## Supplies

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

## Instructions

1. Mix Micro-Buff Body Polish with 15 drops of Peace Balancing Blend.
2. Mix Black Baltic Body Mud with 30 drops of Peace Balancing Blend.
3. Apply and exfoliation treatment with the Micro-Buff Body Polish.\*
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 Relaxing Therapeutic Massage Creme.



Session Time: 60 – 90 min

Recommended Price: \$120 - \$150

Cost Per Treatment: \$8.88