

Rock & Sole Foot Massage

BIOTONE®



Hardworking feet deserve a treat! Salts from the Dead Sea combined with Marine Extracts soothe and soften followed by a moisturizing wrap of European Rose Mud. A hot stone massage revitalizes and renews.

Ingredients

Marine Therapy Pedi-Scrub $\frac{1}{2}$ oz
European Rose Mud $\frac{1}{2}$ oz
Peppermint Essential Oil 10 drops
Lemon Essential Oil 15 drops
Herbal Select Foot Lotion $\frac{1}{2}$ oz

Supplies

3 rubber spa bowls
Plastic Wrap
4 hot, moist hand towels
hot stones

Instructions

1. Mix European Rose Mud with 10 drops of Peppermint Essential Oil and 15 drops Lemon Essential Oil.
2. Smooth Marine Therapy Pedi-Scrub over the entire right foot. Apply in small circular movements – paying special attention to rough/callused areas. Repeat on the left foot.
3. Remove the Marine Therapy Pedi-Scrub with a hot, moist towel.
4. Apply the European Rose Mud to the entire right foot using small circular movements, repeat on left foot.
5. Cover both feet with plastic wrap and a bath sheet. Leave on for 5 -10 minutes.
6. Remove European Rose Mud with a hot, moist towel.
7. Complete the treatment with a quick foot/lower leg hot stone massage using Herbal Select Foot Lotion.

Session Time: 30 - 40 min.

Recommended Price: \$30 - \$40

Cost Per Treatment: \$2.14

* Follow protocols in BIOTONE Spa Brochure

