



# Summer Coconut Calmer

Nothing beats a long day in the sun like a relaxing body treatment. Give relief from the effects of the summer heat, enhance cell renewal, restore moisture, and fight free radicals with anti-oxidants.

## Ingredients

- Coconut Crush Sugar Body Polish .....2 oz
- European Rose Mud ..... 2 oz
- Healthy Benefits Massage Creme .....2 oz
- Green Tea & Lime Leaf Customizing Complex .....20 drops

## Tools

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

## Instructions

1. Mix European Rose Mud with 20 drops of Green Tea & Lime Leaf Customizing Complex in a rubber bowl.
2. Apply exfoliation treatment with the Coconut Crush Sugar Body Polish.\*
3. Apply European Rose 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.
4. While standing at the head of the table, pull up all layers of sheets, thermal wrap and blanket, cocooning the client.
5. Allow the client to rest for 15-20 min. This is an ideal time to incorporate an add-on face or foot massage.
6. Remove plastic wrap, removing as much mud as possible with the wrap. Remove remaining mud with warm, moist towels.
7. Be sure to cover exposed damp skin with a bath towel.
8. Perform a finishing treatment with Healthy Benefits Massage Crème.



**Session Time:** 60 minutes

**Recommended Price:** \$70 - \$100

**Cost Per Treatment:** \$6.18