

## BODY TREATMENT: LEG RELAXATION • SPA TREATMENT



This treatment, based on products with multiple revitalising, soothing, relaxing and re-freshing properties, which also stimulate circulation, relieves the feeling of fatigue and heaviness providing deep sensation of well-being.

It reduces overall swelling and the feeling of heaviness and fatigue caused by long walks, standing up for long hours, excessive weight or liquid retention. It provides and immediate toning and vasoconstrictive effect.

In addition, it is a treatment indicated for sports people, for relaxation after exercising.

### OBJECTIVES

- Muscle relaxation
- Circulation activation
- Swelling reduction

### DURATION AND PERIODICITY

- Time per session: 60 mins. approx. (treatment preparation: 5 mins.- Peeling: 10 mins. – Massage: 20 mins. – Wrapping: 20 mins. Conclusion: 5 mins.)
- Intensive treatment: Minimum of 6 sessions, two per week
- Maintenance: 1 or 2 monthly sessions

### REQUIRED PRODUCTS

SALVIA EO	Anti-inflammatory, toning, stimulating, deodorant properties
MINT EO	Stimulating and refreshing effect
THYME EO	Circulation activation
ROSEMARY EO	Circulation activation
AROMATIC PEELING SALT	Exfoliation, oxygenation, remineralisation
THERMAL AQUA	Moisturisation and toning
THERAPY VITAL OIL	Nourishment
COLD LOTION	Vasoconstrictive, refreshing, stimulating action
COLD EMULSION	Relaxation, swelling reduction, drainage
SPECIAL FEET CREAM	Smoothing and regenerating properties

## STEP BY STEP

### 1 WELCOME

Wrap the customer's feet in warm wet towels impregnated with SALVIA, THYME AND MINT ESSENTIAL OILS (2 drops of each essential oil).

Rub the legs using lukewarm towels impregnated with the same essential oils for 5 minutes.

### 2 EXFOLIATION

Perform a peeling with AROMATIC PEELING SALT: Place 3 spatulas of product in a bowl and stir to mix the salts well with the oil.

Apply the peeling on the area directly with your hand, starting to work on the feet. Work alternating both hands, with gentle frictions and digital movements, encouraging the activation of microcirculation and increasing cellular oxygenation. It is necessary to work on the product until maximum absorption is achieved. Salt excess needs to be removed using a dry towel without eliminating the oil to allow the penetration of the active principles and their absorption in the skin. It is recommended that the exfoliation does not exceed 10 minutes.

Warning: In cases of important circulatory problems, perform the peeling only on the feet.

### 3 TONING – STIMULATION

Spray the entire area with the preparation-lotion for cold bandages COLD LOTION and THERMAL AQUA. The mixture should contain one measurement of COLD LOTION for three measurements of THERMAL AQUA, and can be used throughout the treatment.

### 4 MASSAGE

Perform a draining massage with THERAPY VITAL OIL, 6 drops of ROSEMARY EO and 4 drops of MINT EO for 20 minutes. This action will result in intense relaxation and will contribute to liquid elimination.

### 5 WRAPPING

Perform the wrapping with COLD EMULSION: Apply a thick product layer on the feet and legs. Do not work on it. Wrap it up with Raysa paper or plastic. Leave to rest for 20 mins.

### 6 TREATMENT CONCLUSION

Remove the wrapping and excess product using a spatula. Spray the area with a mixture of COLD LOTION and THERMAL AQUA.

Rub the feet and legs with a lukewarm towel impregnated with SALVIA, ROSEMARY and MINT essential oils in order to remove any product remnant and encourage stimulation.

To finish off the treatment, apply the SPECIAL FEET CREAM and 2 drops of SALVIA EO. Spread it on the feet and legs using draining movements until fully absorbed.



## MAINTENANCE: SPA AT HOME

Once the treatment is finished, we say goodbye to the customer while explaining the importance of the Spa products to be used at home. We can recommend: COLD EMULSION and the SPECIAL FEET CREAM.



CREMA ESPECIAL PIES - COLD EMULSION