

MARE NOSTRUM RITUAL • SPA TREATMENT

Anti-stress and revitalising facial-body treatment



Nuestra salud y belleza se ve perjudicada por el ritmo de vida, los nervios, las prisas y el estrés, afectando al aspecto de la piel, envejeciéndola y castigándola. Este tratamiento permite conseguir en el cliente una relajación profunda a la vez que una piel hidratada, nutrida y revitalizada. Por las características de los ingredientes utilizados, puede ofrecerse como tratamiento unisex, y es ideal en programas de Spa que conjugan el bienestar interior y exterior, y el cuidado de la piel.

La sensación de paz y armonía que desprende un mar en calma es lo que se pretende con el tratamiento, y en lo que se inspira: el mar Mediterráneo.

OBJECTIVES

- Relaxation and well-being
- Skin nourishment, moisturisation and regeneration
- A boost to inner harmony
- Tension release

DURATION AND PERIODICITY

- Time per session: 2 hours (Welcome: 15 mins. – Body Peeling: 20 mins. – Make-up removal and facial massage: 15 mins. – Facial mask and body massage in supine position: 20 mins. - Mask removal and toning: 5 mins. –Body massage in prone position: 20 mins. –Optional massage with spheres: 20 mins. - Final relaxation: 5 mins.)
- Complete programme: Minimum of 6 sessions, one per week

REQUIRED PRODUCTS

ROSEMARY EO	Stimulation, vitalisation
FENNEL EO	Detoxification, circulation improvement
LEMON EO	Vitalising and purifying properties
VITAL LINE MAKE-UP REMOVER GEL FOR EYES AND LIPS	Cleansing
VITAL LINE TONING MAKE-UP REMOVER	Cleansing and toning action
RICE PEELING	Exfoliation, smoothing and nourishment
THERMAL AQUA	Toning, refreshing and calming
AROMATIC PEELING SALT	Exfoliation, decongestion, oxygenation
HYPERICUM OIL	Nourishment and regeneration. Anti-age properties
THERAPY VITAL OIL	Toning
OLIMAX RELAX	Regeneration, relaxation
CITRIC & GREEN MASK	Balance and purification
OLIVE CREAM	Nourishment
ANTI-STRESS OIL	Relaxation

STEP BY STEP

1 WELCOME

Before starting the treatment, it is recommended to give an atmosphere to the cabin with relaxing music. Use indirect light or candlelight, and a few drops of ROSEMARY ESSENTIAL OIL in the essence burner.

Prepare the bathtub with a mixture of essential oils: ROSEMARY AND FENNEL (3 drops of each one), with aromatic plants such as lavender, rosemary or common lavender

Prepare a bowl with THERAPY VITAL OIL, made with rosemary, which will be offered to the customer to be spread over the entire body before entering the bathtub.

We will instruct the customer to have a bath (a hydromassage bath, if possible) for 15 minutes.

In the meantime, decorate the massage table with lavender to welcome the customer after the bath and to perfume the session.

2 INITIAL RELAXATION

In prone position, start the treatment applying THERAPY VITAL OIL with 5 drops of OLIMAX RELAX along the spine. Perform repeated strokes upwards and downwards combined with kneading movements using your fingertips and knuckles and kneading movements on the cervical area.

3 BODY EXFOLIATION

In the same position, apply the salts and oils peeling AROMATIC PEELING SALT. Place 3 spatulas of product in a bowl and stir to mix the salts well with the oil. Apply the peeling over the entire body, directly with your hand, starting to work on the feet. Work alternating both hands, with 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. If desired, the peeling can be removed with wet gloves or taking a shower, if available.

Turn the customer over and perform the same process in supine position. Total time: 20 minutes.

4 DEEP RELAXATION

While applying ANTI-STRESS OIL on the solar plexus, instruct the customer to breathe in and out according to the rhythm that you will indicate. We will leave our hands impregnated with the same oil on the customer's face for a few seconds to allow him/her to perceive the aroma.

5 FACIAL TREATMENT

a.- If necessary, remove make-up on eyes and lips with the VITAL LINE MAKE-UP REMOVER GEL FOR EYES AND LIPS using cotton buds or pads. Clean the skin applying VITAL LINE TONING MAKE-UP REMOVER on the face and neck using a brush. Spread employing circular movements and remove with sponges or towels wet in water. (2-5 mins.)

b.- Perform a gentle exfoliation with RICE PEELING (3 mins.). Apply the product and work on it with digital movements. Optionally, we can leave to dry for a few minutes and, due to its special texture, it can be worked on with frictions such as gommage, in order to obtain a second exfoliation. Remove with sponges or towels wet in water.

c.- Tone skin with THERMAL AQUA, using a sprayer or soaking some cotton disks with the product.

d.- Perform a modelling facial massage with HYPERICUM OIL and 3 drops of LEMON EO for about 10 minutes.

e.- Apply the CITRIC & GREEN MASK plastic mask. Empty the mask's container and fill it to the indicated mark with THERMAL AQUA. Mix this amount of lotion with the powder and beat it up vigorously using a spatula until a homogeneous and fluid mixture is obtained. Apply the mixture using a spatula. It must be applied with a slightly thick layer to facilitate its subsequent removal. Leave to rest for 15 to 20 minutes and carefully remove in an upwards direction.

6 BODY MASSAGE (SUPINE POSITION)

While the mask is left to rest, perform a body massage in supine position using the OLIVE CREAM massage cream for 20 minutes:

Start on the feet and move up towards the entire body. Work on each area with slow recurrent neuro-skin movements, long relaxing strokes and slow deep kneading movements all the way to the head.

Perform a relaxing head massage based on digital movement, pressure and vibration. Tilt the head to be able to work specifically on its sides. With this massage the customer will enjoy absolute relaxation.

7 FACIAL TREATMENT CONCLUSION

Gently remove the facial mask in an upwards direction. Spray the face with THERMAL AQUA. (5 mins.) Apply the Anubis facial cream that is the most appropriate for each skin type. (5 mins.)

8 BODY MASSAGE (PRONE POSITION), OPTIONAL SPHERE MASSAGE AND CONCLUSION

Once the facial treatment is complete, continue the body massage in prone position for 15 minutes. Use the OLIVE CREAM massage cream and the same movements as in the supine position massage: Slow recurrent neuro-skin movements, long relaxing strokes and slow deep kneading movements, starting on the legs and finishing on the back.

OPTIONAL SPHERE MASSAGE:

To finish the treatment and leave the customer enjoying a feeling of deep well-being, perform a relaxing-draining massage using spheres over the entire body for 20 minutes. Use two Chinese metal spheres that produce a relaxing sound.

1.-Start the massage in the same prone position. Begin by sliding both spheres from the sacrum all along the paravertebral muscles.

2.- Perform draining strokes over the entire back.

3.- Perform the same operation on the legs, putting special attention on the ankles and using upward movements.

4.- Turn the customer over and perform the same strokes on the feet, legs abdomen and arms, to finish on the chest and cervical area.

Once the massage is complete, we will leave the customer to rest for 5 minutes.

Whether we perform the massage with Olive Cream only or together with the sphere massage, a tea or fruit juice will be offered to the customer as a farewell.

MANTENIMIENTO. SPA EN CASA

Once the treatment is finished, we say goodbye to the customer while explaining the importance of Anubis cosmetic products to be used at home. We can recommend the most appropriate products for her skin type from the EFFECTIVITY line, made with luxury ingredients such as gold, pearls, caviar or diamonds. For body moisturisation, Sweet Nectar, Olive Cream, Effectivity Tenso Gold or Yogurt Body Milk. Finally, for massages at home, OLIMAX oils.



LINIA EFFECTIVITY

SWEET NECTAR

OLIVE CREAM

YOGURT BODY MILK

OLIMAX