

APHRODITE RITUAL • SPA TREATMENT

Facial-body treatment to boost feminine sensuality



This sensual and stimulating treatment is designed for women who wish to rediscover their femininity, while enjoying well-being, inner harmony and total relaxation.

Aromatherapy and cosmetic products made with flower and plant extracts and natural ingredients are combined in this sublime Spa ritual, providing an integral cosmetic and emotional effect.

It can be performed on special occasions, as a gift for the senses, as a preparation for the bride on her special day or as a complementary treatment for unstable emotional conditions.

OBJECTIVES

- All skin types, especially for devitalised and dry skin
- Cases of sadness, disaffection, emotional pain
- Brides
- Stress

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 feathers: 20 mins. -Final relaxation: 5 mins.)
- Complete programme: Minimum of 6 sessions, one per week

REQUIRED PRODUCTS

SESAME OIL	Nourishment, skin preparation
GERANIUM EO	Cleansing, reaffirmation, self-esteem boost
JASMINE EO	Sensuality and seduction boost. Cleansing action
ORANGE FLOWER EO (NEROLI)	It provides relaxation, improves bad mood, offers inner balance and increases sexual energy
YLANG YLANG EO	It increases optimism and provides relaxation. Aphrodisiac 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
NUT TREE PEELING SALT	Exfoliation, decongestion, oxygenation
MUSK ROSE OIL	Nourishment and regeneration. Anti-age properties
THERAPY NATUR OIL	Nourishment, moisturisation and relaxation
FLOWER MASK	Regeneration and soothing

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 JASMINE ESSENTIAL OIL in the essence burner.

Prepare the bathtub with a mixture of essential oils: GERANIUM, JASMINE AND ORANGE FLOWER (2 drops of each one), with rose petals.

Prepare a bowl with SESAME OIL, 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 jasmine, orchids or rose petals to welcome the customer after the bath and to perfume the session.

2 INITIAL RELAXATION

In prone position, start the treatment applying THERAPY NATUR OIL with 2 drops of JASMINE EO and 2 drops of YLANG YLANG EO 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 NUT TREE 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 SENSUAL 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 MUSK ROSE OIL and 3 drops of GERANIUM EO for about 10 minutes.

e.- Apply the FLOWER 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 THERAPY NATUR OIL massage oil with 5 drops of JASMINE EO for 20 minutes:

Start on the feet and move up towards the entire body. Work on each area with 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 FEATHER MASSAGE AND CONCLUSION

Once the facial treatment is complete, continue the body massage in prone position for 20 minutes. Use the THERAPY NATUR OIL massage oil and 5 drops of JASMINE EO. Use 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 FEATHER MASSAGE:

To finish the treatment and leave the customer enjoying a feeling of deep well-being, perform a relaxing massage using feathers over the entire body for 20 minutes. The purpose of this massage is to have an effect on the nervous system, encouraging the body to go into deep relaxation.

1.- Start the massage in the same prone position, starting on the back and moving downwards along the legs. Use recurrent and slow feather strokes.

2.- Turn the customer over and perform the same operation in supine position, starting on the feet and moving up towards the legs, abdomen, arms and finally the chest.

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

Whether we perform the massage with Therapy Natur Oil and Jasmine only or together with the feather massage, a tea or fruit juice will be offered to the customer as a farewell.

MAINTENANCE: SPA AT HOME

Once the treatment is finished, we say goodbye to the customer while explaining the importance of the 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