

## BODY TREATMENTS WITH THERMAL BATH / AROMATIC HYDROMASSAGE SPA TREATMENTS



Anubis introduces four basic body treatments to take care of skin and to embellish it, while stimulating sensations, relax and well-being. Based on prepared essential and vegetable oils, these treatments are designed for professional application in spas, beauty centres with hydromassage bathtubs and health resorts with thermal water hydromassage, and also for self-application by the customer at home or in his/her hotel or spa room. They comprise an exfoliation with salts and oils or sugar, a hydromassage bath with essences and a massage with a final cream specific for every need or skin type.

### DURATION AND PERIODICITY

- Session time in individual treatment: 30 mins. approx.
- Session time in cabin/professional facility: 60 mins. approx.
- Complete programme: Minimum of 6 sessions, one per week
- Maintenance: One monthly session

### OBJECTIVES

#### REAFFIRMING TREATMENT

- Regeneration
- Circulation stimulation
- Tissue elastification, muscle tone improvement
- Flaccidity prevention
- Removal of excessive water and fat accumulation. It is recommended as a complement in liquid retention treatments.

#### MOISTURISING TREATMENT

- For all skin types, in particular for dry, devitalised, brittle and scarred skin.
- It provides the required level of moisture to skin and smoothes it
- Calming effect, with an immediate sensation of well-being
- It offers in-depth regeneration and moisturisation

#### TRATAMIENTO ANTI-ESTRÉS

- For all skin types, in particular for stressed and tired-looking skin
- It activates devitalised skin
- Calming effect, with an immediate sensation of well-being
- Regeneration and moisturisation

#### DRAINING TREATMENT

- For all skin types
- Drainage of localised swelling or liquid accumulation
- Detoxification
- Regeneration and moisturisation

### REQUIRED PRODUCTS

#### REAFFIRMING TREATMENT

OLIMAX FIRM	Reaffirming
LEMON PEELING SALT	Exfoliation, oxygenation, remineralisation
YOGURT BODY MILK	Nourishment, regeneration
LAVENDER EO	Calming effect
YLANG YLANG EO	Regenerating and smoothing effect
LEMON EO	Revitalising and anti-fat properties
BERGAMOT EO	Revitalising and reaffirming properties
MINT EO	It clears the mind and improves concentration

#### MOISTURISING TREATMENT

OLIMAX HIDRO	In-depth moisturisation
SUGAR PEELING	Exfoliation, moisturisation, smoothing
OLIVE CREAM	Nourishment and moisture preservation
ORANGE EO	Vitality
SANDAL EO	Regenerating and moisturising properties
BERGAMOT EO	Revitalising and stimulating effect
LAVENDER EO	Relaxing, calming, moisturising properties
JASMINE EO	Aphrodisiac stimulating agent

#### ANTI-STRESS TREATMENT

OLIMAX RELAX	Calming and toning properties
AROMATIC PEELING SALT	It drains, tones and soothes skin
BODY FRESH	It renovates and moisturises skin
LAVENDER EO	Relaxing effect
LEMON EO	Revitalising action
ORANGE EO	Optimism and well-being
SANDAL EO	Relaxing and balancing agent

#### DRAINING TREATMENT

OLIMAX FLUID	In-depth moisturisation
NUT TREE PEELING SALT	Exfoliation and nourishment
BODY SILK	Moisturising and smoothing properties
LAVENDER EO	Relaxation
BERGAMOT EO	Improvement in circulation
GERANIUM EO	It smoothes and regenerates skin
LEMON EO	It has an stimulating effect and improves liquid retention
ROSEMARY EO	Stimulating action

## REAFFIRMING TREATMENT

### 1 WELCOME AND PREPARATION

Set up the cabin with relaxing music, candles and MINT and LAVENDER EO in the essence burner. Prepare the hydromassage bathtub with 20 drops of ESSENTIAL OILS: 7 of YLANG-YLANG, 5 of LEMON and 8 of BERGAMOT.

In the cabin, arrange two containers: One with LEMON PEELING SALT and the other one with the YOGURT BODY MILK and 3 drops of YLANG-YLANG and 3 of LEMON.

In individual treatments, the OLIMAX FIRM prepared oil will be used.

### 2 EXFOLIATION

Perform body exfoliation with LEMON PEELING SALT, made from sea salt and oils. Start on the feet and legs using long strokes and a slight friction. Move on to the abdomen and arms, and finish on the back. Individual: 10 minutes.

For professional treatments, first the massage is performed on the front employing friction movements until the product is absorbed. Any remaining salt is removed with a dry towel. Then, the massage is performed on the back, using long strokes and a slight friction as well. Time: 20 minutes.

### 3 THERMAL BATH – HYDROMASSAGE BATH WITH ESSENTIAL OILS

Have a bath that has been previously prepared with the indicated Essential Oils for 10 to 15 minutes.

### 4 NOURISHMENT AND REGENERATION

Dry the body and spread the OLIMAX FIRM prepared mixture. Time: 5 mins.

For professional treatments: Perform a relaxing massage with the mixture of YOGURT BODY MILK and ESSENTIAL OILS until the product has been absorbed, first in supine position to finish in prone position. Time: 30 mins.



## ANTI-STRESS TREATMENT

### 1 WELCOME AND PREPARATION

Set up the cabin with relaxing music, candles and LEMON and ORANGE EO in the essence burner.

Prepare the hydromassage bathtub with 20 drops of ESSENTIAL OILS: 12 of LAVENDER and 8 of SANDAL.

Arrange two containers: One with AROMATIC PEELING SALT and the other one with the BODY FRESH body cream and 5 drops of LAVENDER EO.

In individual treatments, the OLIMAX RELAX prepared oil will be used.

### 2 EXFOLIATION

Perform body exfoliation with AROMATIC PEELING SALT, made with oils from aromatic plants and marine salts.

Start on the feet and legs using long strokes and a slight friction. Move on to the abdomen and arms, and finish on the back. Individual: 10 minutes.

For professional treatments, first the massage is performed on the front employing friction movements until the product is absorbed. Any remaining product is removed with a dry towel. Then, the massage is performed on the back, using long strokes and a slight friction as well. Time: 20 minutes.

### 3 THERMAL BATH – HYDROMASSAGE BATH WITH ESSENTIAL OILS

Have a bath that has been previously prepared with the mixture of indicated essential oils for 10 to 15 minutes.

### 4 NOURISHMENT AND REGENERATION

Dry the body and spread the OLIMAX RELAX prepared mixture until fully absorbed. Time: 5 mins.

For professional treatments: Perform a relaxing massage with the mixture of BODY FRESH and ESSENTIAL OILS until the product has been absorbed, first in supine position to finish in prone position. Time: 30 mins.



## MOISTURISING TREATMENT

### 1 WELCOME AND PREPARATION

Set up the cabin with relaxing music, candles and LAVENDER and ORANGE EO in the essence burner. Prepare the hydromassage bathtub with 20 drops of ESSENTIAL OILS: 10 of ORANGE and 10 of SANDAL.

Arrange two containers: One with SUGAR PEELING and the other one with the body OLIVE CREAM and 5 drops of BERGAMOT EO.

In individual treatments, the OLIMAX HIDRO prepared oil will be used.

### 2 EXFOLIACIÓN

Perform body exfoliation with SUGAR PEELING, made with sugar and Moroccan coconut shell mixed with nourishing oils. Start on the feet and legs using long strokes and a slight friction. Move on to the abdomen and arms, and finish on the back. Individual: 10 mins.

For professional treatments, first the massage is performed on the front employing friction movements until the product is absorbed. Any remaining product is removed with a dry towel. Then, the massage is performed on the back, using long strokes and a slight friction as well. Time: 20 mins.

### 3 THERMAL BATH – HYDROMASSAGE BATH WITH ESSENTIAL OILS

Have a bath that has been previously prepared with the mixture of indicated essential oils for 10 to 15 minutes.

### 4. NOURISHMENT AND REGENERATION

Dry the body and spread the OLIMAX HIDRO prepared mixture. Time: 5 mins.

For professional treatments: Perform a relaxing massage with the mixture of OLIVE CREAM and ESSENTIAL OILS until the product has been absorbed, first in supine position to finish in prone position. Time: 30 mins.



## DRAINING TREATMENT

### 1 WELCOME AND PREPARATION

Set up the cabin with relaxing music, candles and ROSEMARY and LAVENDER ESSENTIAL OIL in the essence burner.

Prepare the hydromassage bathtub with 20 drops of ESSENTIAL OILS: 10 of BERGAMOT and 10 of GERANIUM.

Arrange two containers: One with NUT TREE PEELING SALT and the other one with the BODY SILK body cream and 2 drops of LEMON EO and 3 drops of GERANIUM EO.

### 2. EXFOLIATION

Perform body exfoliation with NUT TREE PEELING SALT, made with nut shells mixed with nourishing oils.

Start on the feet and legs using long strokes and a slight friction. Move on to the abdomen and arms, and finish on the back. Individual: 10 minutes.

For professional treatments, first the massage is performed on the front employing friction movements until the product is absorbed. Any remaining product is removed with a dry towel. Then, the massage is performed on the back, using long strokes and a slight friction as well. Time: 20 minutes.

### 3 THERMAL BATH – HYDROMASSAGE BATH WITH ESSENTIAL OILS

Have a bath that has been previously prepared with the mixture of indicated essential oils for 10 to 15 minutes.

### 4 NOURISHMENT AND REGENERATION

Dry the body and spread the OLIMAX FLUID prepared mixture until fully absorbed. Time: 5 mins.

For professional treatments: Perform a relaxing massage with the mixture of BODY SILK and ESSENTIAL OILS until the product has been absorbed, first in supine position to finish in prone position. Time: 30 mins.

