

## HOT TOWEL MASSAGE SPA

*This is the ultimate in pampering & will showcase our Microdermabrasion & Nutri Rich Oil.*



### WHAT TO BRING

**Cleanser**

**Toner**

**Moisturiser**

**Eye Cream**

**Facial Microdermabrasion**

**Nutri Rich Oil**

**Hand Towels**

### HOW TO DO IT

**Step 1** – Cleanse the clients skin with the program that suits them. Work it into the skin with wet fingers and talk about how they need to do this every day to remove dirt, oils & makeup. This product is best done in the shower to help them do it.

**Step 2** – Apply a small amount of microderm on the back of each clients hands. With light circular motions, work that into the skin avoiding the eyes and lips. Do it for less than a minute and then wash off. The client will notice the difference straight away and this is when you use the Grapes, Raisins, Cornflakes from your flipchart to explain how the scrub maintains smooth skin by removing the cornflakes and unblocking the pores.

**Step 3** – Then put some toner onto a cotton pad and have them wipe that all of their face. Explain that the toner restores the PH balance to Neutral on their skin (cleanser makes it go acidic) and that it's a delivery mechanism for the moisturizer.

**Step 4** – Give each client some Nutri Rich Oil to spread over their face (avoiding the eyes) and then take them through a facial massage. Circular motions from the chin to the ear, starting along the jaw line, then under the cheek bone and then on top of the cheek bone (repeat). Stroking the bridge of the nose and then around the eyes back towards the nose and press between the brows (tension release point). Do this twice then palm stroking motions across the brow, figure 8's on the temple and finish with pushing the face back up.

**Step 5** – Once you have finished the massage get the preheated towels from the oven (prior to the SPA wet the towels roll them up and squeeze out excess water and place on tray in a 100c oven) By the time you are ready the towels are quite hot and ready to go. Give a towel to each client and instruct them to unravel them (if too hot wave it a bit they cool quickly). Hold the towel length ways under the chin then wrap up each

side around the face and hold for a minute allowing the steam to open the pores and push in the oil

**Step 6** – Apply about a 5c piece of moisturizer to the back of their hands and have them massage that in all over their face, avoiding the eye area, and neck. Remind them that they need to do the neck to avoid having a great face but showing their age on the neck. Advise them that they can use a Night Crème as well as Day Crème if they need a little bit more moisture.

**Step 7** – Apply a small amount of eye cream to their ring finger, then press between the other finger and pat around the bone of the eye. Explain that the eye cream is what keeps the skin around the eyes firmer for longer and can reduce the lines that have already started to appear. Also let them know that the skin around the eyes is 50% thinner than the rest of the face and you have no oil glands around that area so you age their first. This should be used as part of your daily routine.

#### NOTES :

Let the ladies know that the microderm is a once a week treatment that is designed to resurface the skin and allows the cells to regenerate, giving a more refined & youthful complexion. Get them to keep the scrubs in the shower as it's easier to do there and will prompt them to do it. Also speak to them about complementing the treatment with the Microderm Body Treatment.

Don't forget to talk about how the Ultra Care treatments can then further enhance their skin and target the concern areas.