



PROFESSIONAL MASSAGE THERAPY & SPA PRODUCTS

Massagearita

SIGNATURE MESSAGE TREATMENT

A tropical, refreshing and stimulating aromatherapy massage for the mind and body! Sure to take you to St. Somewhere!

Benefits: Deep relaxation for the body, uplifting for the mind and hydrating for the skin.

Time: 60 minutes • **Approximate Cost per Treatment:** \$19.95 • **Suggested Charge per Treatment:** \$95-\$150

Products Needed: Bon Vital'® Coconut Oil, Bon Vital' Lime Essential Oil, Bon Vital' Sweet Orange Essential Oil, Bon Vital' Lime Roll-on Essential Oil, TheraPearl® Eye-Essential® Mask (chilled), 2 oz. plastic or glass bottle, several warm, moist towels and some dry towels.

Aromatherapy Recipe: To prepare the signature Massagearita Oil, add 10 drops of the Lime Essential Oil and 2 drops of the Orange Essential Oil to 2 oz of Bon Vital' Coconut Oil. Gently shake to combine the oils.

Begin with your client in the supine position:

1. The Face & Scalp

Add a few drops of Massagearita oil in your hand, rub together and hold above your client's face for them to inhale, taking 3 long deep breaths. Begin Swedish Massage treatment with gentle effleurage strokes to the face, moving in an upward direction, firm circular motions to temples and scalp. Place the chilled TheraPearl Eye-Essentials Eye Mask on your client.

2. The Upper Extremities

Move on to the neck and traps. Be sure to include some gentle stretches for the neck. Massage each arm.

3. The Lower Extremities

Massage each leg beginning with the feet. Apply Bon Vital' Lime Roll-on Essential Oil to the bottom of each foot.

Turn client to the prone position:

4. The Back

Turn down sheet to client's hip and place a warm towel infused with Bon Vital' Lime Essential Oil on client's back. Use compression strokes over warm towel beginning at the traps and work down the back. Remove the towel while still warm. Apply Massagearita oil with effleurage stroke and complete a Swedish massage – back, arms, then legs. As you finish each leg, end with a long gliding stroke from the ankle, up the leg, over the gluts and back, rounding off at the shoulder and coming back down the arm and hands to the leg. Complete the stroke by lifting off at the ankle. Then adjust top sheet over the client.

5. The Finish

End the massage with gentle rocking strokes along each side of the body.

6. Take Home

The cost of the TheraPearl Eye Mask and the Bon Vital' Lime Roll-on Essential Oil is baked into the treatment cost. Send the eye mask and Lime roll-on home with your client to encourage them to continue their spa experience at home.

Treatment created by Katie Haley, LMT, Debbie Kirsch, LMT and Lynda Solien-Wolfe, LMT

