

Step by Step



Pure Organic Nutrient Hands, Feet Treatment & Signature Marma Massage

Enter our monthly drawing....

Ultimate Organic Spa Experience for You and Client

The power of using our superior professional spa products, using only Certified Organic ingredients and Natural Organic Harvested and Processed ingredients, will put you and your client in the forefront of pure wellness and advances or adds to your already organic spa's endless marketing with growing results. We are the future of quality, integrity and spa service innovation, from our mission including strict priorities and our reputation as the top in organic product formulation.

The Organic Hands and Feet how to, Overview:

This how-to is an opportunity to forecast additional future in therapy for massage and facials as value added wellness or add-ons including: true organic spa manicures and pedicures and body wraps and rubs. This treatment is pure wellness therapy. Each collection is formulated for professional protection, client immediate chronic condition needs, part of a health and healing lifestyle and impacts a better bottom line. Plus includes only three products for as many spa treatment steps as you like, allowing you to match your spa culture therapy or pampering. In every spa specific Collection, there are no chemicals, waxes or synthetics; only certified organic ingredients and natural sea salt, that has been organically harvested and processed. We always recommend using vinyl gloves for your protection by states law, protecting yourself from fungus, bacteria and viruses, with the added insurance every collection is formulated to fight all three, from the soaks to the finishing therapy. Results and benefits are seen and felt in the first treatment and continual treatments improve healing including perfect for diabetics to drive healthy circulation. Every client from the very healthy to health needing will benefit and you will feel as healthy from the exposure and therapy.

Part One: The prep, groom, exfoliation and wrap, these are the standard and most therapeutic steps for hands and feet health. Here at spa specifics, we hands-on knowledge of the safest steps accomplishing the most efficient, no waste, healthy practices for treatment therapy for the hands, feet and body.



Step 1 THE SOAK:

Fill spa foot therapy vessel or whirlpool with warm water and add one to two tablespoons of The DUO EXFOLIANT, depending on how many gallons and SOAK and stir to dissolve. Gently place the spa client's feet in the vessel and let them soak for your spa soaking time. After soaking perform grooming on each foot and wrap with a warm wet or dry towel and place on the foot rest to relax...we advise never to double dip or splash up soaking water for product removal, it's full of removed bacteria and grooming tissue. We recommend that you empty the pool or remove the vessel after the first foot is groomed.



Step 2 THE *EXFOLIATION:

After grooming, begin the exfoliation therapy with the first groomed foot and apply a thin coat of the Chosen Collection's DUO BALM, then sprinkle on a pinch of The DUO EXFOLIANT and SOAK and spread in a brisk spreading technique. Spray on the appropriate HYDROSOL to soften and melt the certified organic sugar, certified organic essential oils and sea salts into the skin as you briskly massage.



***Spa exfoliation Information and protocol:**

Exfoliation is a methodical process which is performed with alternate gentle and stimulating motion. Our exfoliation system gives the client the best of all spa worlds. By spraying the prepared skin with the nutritional HYDROSOL, you are therapeutically melting in the sucrose from the organic sugar softening stubborn dead skin cells and the sea salt is removing additional cell debris, while trace minerals from melt into the skin. The DUO BALM base gives a nutritious base to condition and lessen exfoliation irritation.



Step 3 THE WRAP:

Optional or not, depending on your spa culture, this is a aid in nutrient penetration and comfort therapy. “For add on spa services like bodywork and facial room therapy, soaking purifies the feet allowing for a relaxation and a comforting consultation. For facials it is the ultimate hands or feet wrap therapy”. Imagine a spa value package with an added rub in the same spa specifics collection therapy.

Part Two: This Exclusive Signature Massage is a combination of the Marma trigger point massage and Sweep Technique a gentle long and short one direction stroke Massage, working the entire foot (or hand) during all movements. Our signature massage targets detoxification, connective tissue and relaxation.



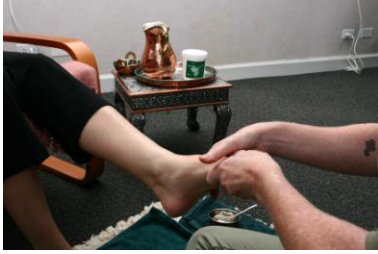
Step 4 The Signature Marma Massage:

This spa specifics signature massage begins with additional **DUO BALM** if needed and applied in a spreading motion. Hold the foot under the heel and Sweep Massage starting with the top of the foot with firm pressure towards the heart and then return under the calf with a firmer direct pressure; repeat this until you have circled the entire leg to foot.



Step 5 The Signature Massage:

Next, continue to hold the foot under the heel and work the bottom of the foot sweeping with 3 to 4 short strokes always maintaining comfortable pressure. Repeat a second time, but stop between strokes and introduce Marma pressure with your thumb in a gentle circular motion. Follow the perimeter of the foot and end with a third session of sweeping to relax the bottom of the foot,



Step 6 The Signature Massage:

Next, with both hands hold the foot and work the top of the foot in a fan shape and decrease the shape to a point at the middle toe. Now sweep up in short gentle strokes in a straight line up to the top of the foot (like the spokes of a wheel). Repeat the short strokes, but add gentle Marma pressure points between stroking and end with a final sweep.



Step 7 The Signature Massage Finale:

Repeat step 4 to relax and soothe feet and legs for a complete wellness massage experience.



Step 8 the Spa Pedicure or Foot Therapy Finale:

The spa pedicure ends with just a cleaning of the toe nails and polish. For the massage and facial foot therapy experience eliminate the grooming. After a foot soak proceed into the deep hydrating massage right on the massage table.

Additional the Spa Services Connection:

The hand manicure is the same in all steps, acclimated to the service. And the Body wraps and rub just eliminates the body soak, unless you have a spa tub, and grooming, continuing with wrap and rub spa protocol.

Questions:

How versatile are the Pure Organic spa specifics Collections?

1. Only used for pedicures...
2. Perfect for all spa departments and as a value addition or add-on spa service...
3. Contain chemicals and preservatives...