

# NATUROPATHICA SEAWEED BODY WRAP

A nutrient-rich treatment blended with potent herbal extracts and essential oils to help hydrate and restore skin tone and vitality. Provides excellent results and can be easily removed with warm, moist towels—no shower needed.

**Treatment Time:** 50/80 Minutes

## Products Needed


Gotu Kola Intense Repair Balm (5 mL)	Sea Fennel Massage Wax (15 mL)	Seaweed Body Wrap (30 mL)	Re-Boot Aromatic Alchemy (4 Drops)
--------------------------------------	--------------------------------	---------------------------	------------------------------------

### Preparation:

- Prepare 3 moist towels and 5 dry towels.
- Place the appropriate amount of product needed for treatment in flexi-bowl. Place product in hot towel cabinet a few minutes prior to client arrival.
- Note: Never leave product in for longer than 15 minutes.


### Supplies Needed: (From bottom to top)

- 2 flat sheets or 1 fitted and 1 flat
- Thermal blanket
- Flat sheet
- bath sheet
- Plastic sheet
- Bath sheet (vertical)
- 6 hot damp towels
- 2 hot dry towels

 1 MIN


### 1. CONSULTATION

- Find out the primary concerns to be addressed in the session. Provide guest with overview of the treatment.

 1 MIN

### 2. INHALATION THERAPY (PRONE)


- Apply 1-2 drops of **Re-Boot Aromatic Alchemy** blend to palms of hands and rub together briskly to activate the oils.
- Place hands underneath face cradle and ask client to take several deep breaths.

 3-6 MIN

### 3. EXFOLIATION – LEGS (PRONE)


- Using “diamond drape” technique undrape the left leg.
- Use your own method of dry brushing to exfoliate the left leg.
- Repeat on opposite leg.

# NATUROPATHICA SEAWEED BODY WRAP

 2-4 MIN


## 4. EXFOLIATION – BACK (PRONE)

- Undrape the back. Use your own method of dry brushing to exfoliate the back.

 4-8 MIN


## 5. APPLICATION – LEGS (PRONE)

- Using 1 nickel size amount per limb and starting on the left side, apply **Seaweed Body Wrap** and perform long connective strokes on left side of body.
- Starting at ankle move up entire side of the leg to the hip. Effleurage and petrissage entire backside until serum is completely absorbed.
- Re-drape and repeat on opposite side of body.

 2-4 MIN


## 6. APPLICATION – BACK (PRONE)

- Using 1 quarter size amount of **Seaweed Body Wrap**, effleurage and petrissage serum into back until it is completely absorbed.
- Re-drape and assist client in turning supine.

 4-8 MIN


## 7. EXFOLIATION – LEGS (SUPINE)

- Undrape the left leg. Use your own method of dry brushing to exfoliate the left leg.
- Repeat on opposite leg.

 4-8 MIN


## 8. EXFOLIATION – ARMS (SUPINE)

- Undrape the left arm. Use your own method of dry brushing to exfoliate the left arm.
- Repeat on opposite arm.

 2 MIN

## 9. EXFOLIATION – DECOLLETE (SUPINE)

- Undrape the décolleté and use your own method of dry brushing to exfoliate.

 4-8 MIN

## 10. APPLICATION – LEGS (PRONE)

- Using 1 nickel size amount per limb and starting on the left side, apply **Seaweed Body Wrap** and perform long connective strokes on left side of body.
- Starting at ankle move up entire side of the leg to the hip. Effleurage and petrissage entire backside until serum is completely absorbed.
- Re-drape and repeat on opposite side of body.

# NATUROPATHICA SEAWEED BODY WRAP

🕒 2-4 MIN

## 11. APPLICATION – ARMS (SUPINE)

- Using 1 nickel size amount per limb, apply **Seaweed Body Wrap** and perform long connective strokes on left arm.
- Starting at wrist move up entire arm, effleurage and petrissage until serum is completely absorbed.
- Re-drape arm and repeat on right arm.

🕒 2-4 MIN

## 12. APPLICATION – DECOLLETE (PRONE)

- Using 1 nickel size amount of **Seaweed Body Wrap**, effleurage and petrissage serum into décolleté until it is completely absorbed.

🕒 5-10 MIN

## 13. BODY WRAP & SCALP MASSAGE

- Wrap client with flat sheet and plastic sheet and cover with thermal blanket to retain heat.
- Place a warm, dry towel under client's neck.
- Perform scalp massage. Beginning at the hairline, place thumbs at the centerline of the scalp. Gently sink thumbs into scalp and slide thumbs laterally. Move thumbs ¼ inch down the centerline and repeat above stroke. Continue working the centerline of scalp from hairline down to the back of the scalp.
- Gently clasp the back of the scalp in both hands. Massage scalp with fingertips beginning at the back of the scalp and working down to the ears with both hands. Slide fingertips of both hands loosely on either side of the ears and generously work around the ears.
- Slowly roll client's head into left hand. Using pads of fingertips of right hand perform small circles around the ear area. Repeat the stroke three times, making a wider circle each time around the ear. Gradually increase speed and lightly rub scalp briskly with fingertips to invigorate nerve receptors of the scalp. Roll client's head into right hand and repeat on the opposite side.
- **Note:** Never leave client unattended when wrapped.

🕒 5-10 MIN

## 14. WRAP REMOVAL


- Unwrap client and use hot towels to remove any excess product.
- Client does not need to shower off product.
- Assist guest in turning prone.

🕒 5-15 MIN

## 15. REPLENISH – BACK (PRONE)


- Using a half dollar size amount of **Sicilian Bergamot Body Lotion**, perform upward strokes on the back toward the heart.
- Use a combination of lower back movement (focusing on kidneys), upper back movement (focusing on lungs) and tapotement to massage in product.
- Assist guest in turning supine.

# NATUROPATHICA SEAWEED BODY WRAP

 5-15 MIN

## 16. REPLENISH – ARMS & LEGS (SUPINE)

- Using a half dollar size amount of **Sicilian Bergamot Body Lotion** per limb, massage product into arms and legs, starting on the left side. Effleurage and petrissage until product is completely absorbed.

 2 MIN

## 17. CONCLUSION (INHALATION THERAPY)

- Remove warm moist towel from cabinet and fold 3 times lengthwise into a thin strip (approx. 3 inches wide). Place over chest area.
- Apply 1-2 drops of **Re-Boot Aromatic Alchemy** blend to palms of hands and rub together briskly to activate the oils. Place hands above face. Ask client to take a deep breath and on exhalation perform compressions using fist/knuckles to towel just below the clavicle on either side of the sternum. Slide hands further apart and repeat.
- Slide hot towel under neck and gently traction. Use towel to gently perform neck stretch by moving ear towards shoulder.
- Repeat stretch on opposite side.