

SpaRitual Body Care

Overview

SpaRitual has designed a complete regimen of AuraRituals using the SpaRitual Chakra Care system. Each ritual is designed to strengthen, balance and beautify the aura by balancing specific chakras. Precede each AuraRitual with a client consultation. For most full body treatments, the client removes clothing and jewellery. Instruct the client to relax on the treatment table beneath a body sheet or towel.

mantra

The SpaRitual Signature

To create a truly signature service, SpaRitual recommends repeating a suggested mantra internally throughout the treatment. This silent reinforcement will help you open the client's chakra to receive the optimal benefits of the service. Again, this mantra should be silently repeated so that it does not distract the client from achieving a state of total relaxation.



radial ritual

Exfoliate, Masque & Light Massage

1. Sanitize hands and spa equipment using Visionary Cleanse.
2. Prepare by covering the treatment table with one thermotherapy body sheet. For additional warmth, an electric heating table pad is recommended.
3. For comfort and privacy, client should lay face down on treatment table, covered by a large body towel. The area that is being treated should be left exposed.
4. Beginning with the back, apply a generous amount of **Affirming Scrub Masque** to entire body using upward strokes. For each skin that needs extra exfoliation, add a heaping scoop of SpaRitual Bath Salts to boost the exfoliating qualities of the Affirming Scrub Masque. Refer back to initial consultation to assess which will best satisfy client's needs.
Open Your Eyes Bath Salts clear mind and reduce fatigue. **Close Your Eyes Bath Salts** soothe and reduce anxiety. **Look Inside Bath Salts** calm and rejuvenate.
5. Continue with this exfoliating portion of the treatment to other parts of the body including the fronts and backs of the shoulders, torso, arms and legs.
6. For the refining portion of the treatment, apply a second generous layer of **Affirming Scrub Masque** to the entire body and wrap your client in the thermotherapy body sheet and over with a warm blanket.
7. Leave the client to relax for 5-10 minutes as the treatment is absorbed into the skin.
8. Remove the blanket and the thermotherapy body sheet. If using a dry room, remove the **Affirming Scrub Masque** with warm, damp towels. Be prepared with approximately 3 to 6 towels.

9. Have the client return to the treatment table. Use the **Infinitely Loving Oil** to lightly massage and moisturize the treated areas.

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savasana

Exfoliate, Masque & Deep

Perform steps 1-8 of the Radiant Ritual.

9. Spray entire body with Eloquent toner.

10. Using Instinctual Moisturizing Lotion perform a deep tissue massage treatment.

Suggested Mantra: "You have the right to exist"

free love ritual

Massage Treatment

TREATMENT NOTE: *Infinetly Loving Oil* is designed for all types of therapeutic massage including Swedish, Deep Tissue, Aromatherapy, Shiatsu, Reflexology etc.

1. Sanitize hands and spa equipment using *Visionary Cleanser*.
2. Prepare by covering the treatment table according to the client's needs. For additional warmth, an electric heating table pad is recommended.
3. Clients should lie on their back with the sheet pulled up and over the body to the top of the breast line.
4. Warm several drops of *Infinetly Loving Oil* by rubbing the treatments between your palms. Place your hands slightly above clients face (approximately 4" from nostrils). Instruct client to take long deep breaths. Repeat. The Chinese Jaasmine aroma will promote deep relaxation.
5. Place hands on the center of clients chest over the heart. Apply very light pressure. Hold this position for 30-60 seconds. Gently, slowly and with total awareness, begin the massage treatment.
6. Perform full body massage according to clients needs adding additional drops of oil to hands when needed.

Suggested Mantra: "You have the right to love"



dew drop

Moisturizing Bath Treatment

1. Guide the client through this ritual by explaining the benefits of the treatments as you perform the bath infusion.
2. Add a generous amount of **Harmonizing Soak Tonic** and **21 Mineral Bath Salts**, plus several drops of **Infinitely Loving Oil** to client's bath. Refer back to initial consultation to assess which salt will best satisfy the client's needs.
 - Open Your Eyes Bath Salts: Clear the mind and reduce fatigue.
 - Close Your Eyes Bath Salts: Soothe and reduce anxiety
 - Look Inside Bath Salts: Calm and rejuvenates
3. Leave client to submerge into the bath and soak for approximately 25 minutes.
4. After soaking, the client should exit the bath and pat dry using a cotton towel.
5. To complete the ritual, the client should apply **Infinitely Loving Oil** to the body to seal in moisture.

Suggested Mantra: " I have the right to feel" (encourage the client to repeat this mantra internally throughout the treatment)

T7 ritual

Head, Neck & Shoulder Massage

RITUAL NOTE: The T7 ritual is designed to be a value-added service to any salon or spa treatment including manicure, pedicure or hair styling.

1. Sanitize hands and spa equipment using **Visionary Cleanser**.
2. This treatment may be performed in a manicure or pedicure or hair styling chair, or on a massage table.
3. Spray **Infinitely Wise Fragrant Mist** onto client's shoulders and back of neck. Hold bottle approximately 10-12" from client. Avoid eyes face and scalp. Only 1-2 sprays are needed.
4. Instruct client to take a deep breath and relax shoulders. **French Lavender** will transcend the client into a state of relaxation relieving mental and physical exhaustion.
5. Perform neck and shoulder massage with dry hands focusing on pressure point movements.
6. Repeat step 4.

Suggested Mantra: " I have the right to aspire"



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