

Polish Rituals

45minutes

This uniquely curated Polish Ritual delivers a deep exfoliation with our Himalayan Salt therapy, beautifully blended with your preferred choice of oil to personalize the journey and aid in a desired result. Each guest selects their oil of choice from our “Scents Bar”

Choice of Body Polishes:

- Powerful Antioxidant Pinotage Polish
- Hydrating Kalahari Melon Pinotage Polish
- Relaxing Marula & Neroli Polish
- Detoxifying Mongongo Nut Polish
- Stimulating Coffee, Cinnamon & Orange Polish

| Treatment breakdown | |
|------------------------------------|---------|
| Welcome Foot Ritual & Consultation | 5 mins |
| Full Body Polish & Shower | 25 mins |
| Massage Application | 15 mins |

| Products required | Quantity |
|----------------------------|----------|
| Full body polish of Choice | 30 ml |
| Body Butter of choice | 30 ml |

Set up

- Ensure foot ritual area is prepared – bowl filled with warm water, foot scrub and cooling foot gel present
- Ensure the treatment bed is fully set for your treatment – bed should be neatly presented, crease free
- Ensure a clean bathmat is placed in front of treatment bed
- Prepare towels or sheets for body scrub
- Ensure shower room is prepared with bath towel, shower cap and clean disposable underwear
- Ensure the room is sprayed with room mist or is fragranced
- Ensure the room temperature is comfortable. Room temperature should be set for guest comfort
- Ensure music is on and at a comfortable level

Guest greeting

- Collect guest from change room or waiting area
- Introduce yourself to your guest: "Good morning, good afternoon, good evening Mr./Mrs. _____, my name is _____ and I will be your therapist today. Please follow me to your treatment room"
- Lead the way and escort guest to their treatment room
- When entering guest room, direct guest to take a seat for the foot ritual
- While performing the foot ritual, ensure to go through the guest consultation form to reconfirm any medical history, focus areas or areas of concern
- Once the foot ritual has been completed, advise the guest that you will leave the treatment room while they remove the bathrobe and lie down on the treatment bed face up.
- Leave the room and allow 1 – 2 minutes. Knock and check if guest is ready before entering
- Enter treatment room and proceed with treatment

Treatment Procedure

1. Full Body Polish

- Ask the guest to lie face up on the treatment bed
- Ensure a towel or small pillow has been placed for guest to rest their head on
- Ensure to place a bolster or pillow under the knees (to support guest lower back)

Legs

- Gently bend client's leg by lifting the ankle, place your hand under the knee and place the foot flat on the treatment bed.
- Ensure client is draped and covered discreetly with towel or sheet
- Apply **Body Polish of choice** with effleurage strokes on the back of the leg from the ankle upwards to the upper thigh
- Alternate hand friction of lower leg
- Alternate hand friction of upper thigh
- Use elbow and push knee gently towards the opposite leg, lifting the hip off the treatment bed
- Exfoliate the buttock area and release the knee
- Effleurage strokes on the back of the leg from the ankle upwards to the upper thigh x3
- Gently lay clients leg down on the treatment bed
- Apply **Body Polish of choice** with effleurage strokes starting at the ankle towards the upper thigh x3
- Effleurage lower leg x3
- Effleurage thigh x3
- Gentle Frictions around the knee
- Outward fanning with alternative hands starting at the ankle and move upward towards the hip
- Friction of foot, toes and heel
- Finish with full leg effleurage x3
- Close guest with towel and repeat on other leg

Abdomen

- If client wish to include the abdomen, ensure a courtesy hand towel is draped over the chest
- Stand on the client's right side.
- Apply **Body Polish of choice** in circular effleurage over the abdomen in clockwise direction – in direction of digestion flow
- Facing the clients head, outwards fanning on right side of the abdomen, followed by outwards fanning on the left side of the abdomen
- Effleurage abdomen, pull over the hips
- Circular effleurage
- Place both hands, one on top of the other, over the navel and gently press down, following guest breathing
- As guest inhales, gently release pressure and lift hands as they exhale
- Cover guest with towel

Arms

- Apply **Body Polish of choice** with effleurage strokes starting at the hand towards the shoulder x3
- Effleurage lower arm x3
- Effleurage upper arm x3
- Frictions around the shoulder and elbow
- Effleurage full arm and pick up client's hand
- Friction of wrists, hand
- Friction rotations of each finger and slide off, place guest hand back on the bed
- Finish with full arm effleurage x3
- Cover guest with towel and repeat on the other arm

Decolletage/Chest

- Stand at the top of the treatment bed, at the head of the guest
- Apply **Body Polish of choice** with effleurage movement over the decolletage outwards towards the shoulder, around the shoulder towards the back of the shoulder and up the back of the shoulder towards the neck.
- Knuckling over the chest, shoulders, behind the shoulders and up the neck towards the occipital x3
- Deep stroking over the outside of the shoulder, slide down to the elbow and back up x3
- Finish with effleurage x3
- Cover the guest with towel

Back:

- Sit Client up, ensure they are covered in the front and side of the body with a towel
- Apply **Body Polish of choice** with effleurage starting from the lower back upwards towards the shoulders, round shoulders and return to lower back by sliding down the sides of the body
- Fanning outward with alternating hands, starting on the left. Start at the lower back and move upwards towards the shoulders. X3
- Repeat on right x3
- Starting at the base of the spine, swim upwards in sections towards the shoulders and slide down.

- Prepare the shower for the guest. Ensure water temperature is warm before assisting guest off the bed to the shower
- Advise guest to wash off body polish and not to make use of any soap.
- Ask guest to lie on the bed face down and continue with full body massage with preferred medium

2. Full body Massage Application

- Ask guest to lie face down on the treatment bed. Perform full body massage application using **Body butter of choice**. Once back of the body is completed, ask guest to turn around and repeat on the front of the body.
- Ensure to use pressure and massage techniques.

Closing

- After the treatment is completed, quietly wash the hands
- Spray the room with fragrant mist
- Perform awakening with rain stick, gently flipping it over 3 times
- Prepare guest slippers neatly on bathmat in front of the bed and place robe ready
- Gently place your 1 palm on the forehead of the guest while you remove the eye pillow. Lift 1 side and roll off the guest eyes
- Place your arm on the guest shoulder and in a quiet voice inform guest that the treatment is finished
- Check on guest satisfaction
- Offer the guest a refreshment
- Advise guest the next step of events, that guest can change back into their robes or clothes and to exit the treatment room
- Inform guest you will be waiting outside once they are changed with their beverage
- Therapist to prepare retail recommendation and home care to discuss when guest comes out of treatment room

Homecare

- Body Polish suited to guest need
- Body Oils suited to guest need
- Body Balm suited to guest need
- Cooling Foot Gel, Muscle Ease Gel
- African Potato Balm

Contraindications

Pregnancy, Severe sunburn, Allergies, Cuts or open wounds (avoid the area), High Blood pressure, low blood pressure, claustrophobic, asthma, pacemaker