



## **Eve Taylor® Yuletide De-Stress Treatment (30 minutes).**

### **Products needed:**

**Anti-Stress Body Massage Oil**

**Coconut Oil**

**Revitalising Foot Soak**

**Soothing Foot Gel**

**Aqua Mass Massage Oil**

1. With the client lying prone (face down), uncover the back and spread **Anti-Stress Body Massage Oil** over the area. Massage this area for 10 minutes using your preferred back massage technique, focusing on areas of tension often found in neck, shoulder and lower back regions.
2. Move to the head of the treatment bed, and using fingers gently part the client's hair in the centre to expose the scalp and slowly pour a small amount of **Coconut Oil**. Gently and slowly turn the head to the right and part the hair on the left side of the head and slowly pour the oil onto scalp; repeat on right side.
3. Re-position the head to centre and begin a slow, relaxing massage of the scalp using fingertips to help release tension. Continue massaging the area for 10 minutes.
4. Pump a small amount of **Revitalising Foot Soak** into bowl and run warm water over to foam. Immerse towelling mitts into the water and thoroughly cleanse the feet, continue to dry.
5. Mix **Soothing Foot Gel** with **Aqua Mass Massage Oil** in your palms to create a gel/lotion to enable enough slip and glide for 10 minutes. Spread the lotion over the foot and back of the lower leg with sweeping effleurage movements and continue to massage feet, ankles, Gastrocnemius and Tibialis Anterior on lower leg for 5 minutes.
6. Repeat the same movements on the other leg for 5 minutes.
7. Allow your client to rest for a few moments while you prepare a glass of water or herbal tea.

### **Key Products to Retail**

**Anti-stress Massage & Bath Blend**

**Revitalising Foot Soak**

**Coconut Oil**

### Yuletide De-Stress Treatment Description:

Treat yourself to a moment of relaxation and rejuvenation with our 3-in-1 targeted massage therapy. Ease tension in your back, neck, and shoulders with a soothing blend of sweet orange, mandarin, and lavender oils. Coconut oil is gently applied to nourish and condition your scalp, while a cooling foot gel refreshes and soothes tired, aching feet, leaving you balanced and revitalised. (30 minutes).

Cost to perform: **£0.53**

RRP: **£30.00**

Profit: **£29.47\***

\*overheads and consumables not included.

A breakdown of the treatment costing can be found in the **Cost Calculator**.