

The Spa Beyond
Treatment Protocols

Signature Aromatherapy Facial Rejuvenation Treatment
50 minutes

Treatment time: 50 minutes

Supplies:

Massage table
One fitted sheet
One flat sheet
3 facial towels or diapers
One stretchy headband to hold back clients hair
Vegetable steamer or metal crock pot
Water (spray or squirt bottle is ideal)
Rubbermaid tub
Small folding table to set product on
Small stool to sit on
CD Player and CD's
Hand wipes or an extra towel for technician's hands
Hand Sanitizer

Facial Kit

Lavender Cleanser (Dry or sensitive skin)
Geranium Cleanser (Normal to Combination skin)
Algae Deep Cleanse (Oily skin)
Aromatic Emulsion or Rosewater Spray
Bio Essentials Serum
Algae Serum Neroli
Clear Skin Cream (moisturizer for oily skin)
Moisture Cream (moisturizer for dry skin)
Jasmine Eye Balm or Cucumber Eye Cream
Fango Facial Scrub or Freshwater Silt Scrub
Cotton pads
Popsicle sticks
Serene Bath Oil
Stress Relief Bath Oil
Lavander Body Milk

Setup:

1. Setup massage table allowing enough space in the room to move comfortably around it.
2. Put sheets on table--flat sheet first, then the fitted sheet on top.
3. Lay the headband near the top of the table where the client's head goes.

4. Place folding stool near the top of the table where you will sit.
5. Locate a water source and fill the Rubbermaid tub with a small amount of water.
6. Add 5 drops of Serene bath oil to the water. Place the facial towel or diapers in the Rubbermaid tub with the water and essential oil.
7. Wring water out of the towel and discard the water.
8. Place the towel in the steaming tray of the vegetable steamer or crock pot.
9. Add the appropriate amount of water to the steamer or crock pot and turn the unit on.
10. The towel should be hot after about 5 minutes. (Once the towels are hot you are ready to begin the treatment.)
11. Set up the small folding table and place the facial products neatly on it.
12. Place the Rubbermaid tub under the small folding table as a receptacle for dirty items and towels

Signature Aromatherapy Facial Protocol

50 minutes Total

(3 minutes)

1. Instruct the client to lie on the table on their back (face up), and under the top sheet.
2. Remind the client to put on the headband once they are on the table.
3. Step out of the room and wash your hands while your client gets on the table.
4. Knock softly and re-enter the room.
5. Sit down on the stool.
6. Place a few drops of the Stress Relief Bath Oil into the palms of your hands and rub your hands together.
7. Hold your hands a few inches from the clients face and have them inhale deeply 2 or 3 times.
8. Gently rub your hands across the client's chest in a pumping motion, and then finish by brining them up the back of the neck to the occipital region.

(5 minutes)

9. Ask your client if their skin tends to be more oily or dry.
10. Pour a nickel sized portion of the appropriate cleanser into the palm of your hand (For combination skin you may use either cleanser).
11. Spray 3-4 pumps of Aromatic Emulsion or Rosewater spray into the palm of your hand with the cleanser.
12. Mix the cleanser and liquid between your hands.
13. Apply the cleanser to the face using your hands in quick upward and circular motions cleansing first the chin, cheeks, nose, and forehead.
14. Remove one hot towel/diaper from the steamer and open it.
15. Place the hot towel gently on the face and wipe off the cleanser, being sure to remove excess makeup in the process.

(17 minutes)

16. Next apply a small amount of Fango Facial Scrub or Freshwater Silt Scrub to the palm of your hand and evenly distribute over clients face. *Note:* the Fango Facial Scrub works best if you place it in a rubber bowl and mix it with a bit of aromatic emulsion or rosewater before placing it on the face).
17. Next gently exfoliate the face by moving your fingers around in small circular motions starting at the chin and moving up to the forehead.
18. Remove a hot towel from the steamer and place it over the face being sure to leave an opening for the mouth and nose.
19. While the hot towel sits on the face apply a quarter sized amount of Lavender Body Milk to the palms of your hands and massage the neck and shoulders, and arms and hands, massage for a total of 10 minutes.
20. Remove the facial scrub by gently massaging it off with the towel.

(25 minutes)

21. Spray 3 squirts of Aromatic Emulsion onto a cotton pad and move it over the face to remove excess product.
22. Place 5 drops of Algae Serum “Neroli” into the palm of your hand and mix together between your palms.
23. Gently apply the product to the clients face using gentle upward motions.
24. Next place 2 drops of Bio Essentials “Hydrating” to the palms of your hands and mix together.
25. Gently apply the product to the clients face using gentle upward strokes
26. Select the appropriate moisturizer and use the popsicle stick to spoon a pea sized dab into the palm of your hand.
27. Using the middle finger of your other hand gently dab a bit of moisturizer onto the chin, then a dab on each cheek, next a dab or two on the forehead.
28. Blend the moisturizer in evenly.
29. Practice the grounding and centering techniques by first placing your hands two inches above the client’s eyes, then moving them to hold the sides of the head, and finishing by holding them at the crown charka.
30. Next begin the facial rejuvenation massage by starting on the right side of the face beginning with the bridge of the nose. (repeat each step 3-4 times)
 - a. Place your stabilizing finger (left index finger) in between the eyebrows on the third eye area.
 - b. Using your working finger (your right index or middle finger), begin to see saw up and down the bridge of the nose
 - c. Half moons up and down the bridge of the nose
 - d. Half moons from the orbital ridge up the forehead to hairline, back down to brow zig zagging across to the temples.
 - e. See saw along occipital ridge, under the eyebrow
 - f. Pinching the pie crust--eyebrow
 - g. Move stabilizing finger to highest point of zygomatic arch.
 - h. Half moons up and down from zygomatic arch to side of the mouth, back up to zygomatic arch, back down and ending at side of mouth

- i. Half moons up from side of mouth to the temple and back down, working masseter muscle and temple area.
 - j. Stabilizing finger moves just above the upper lip
 - k. See saw along upper lip
 - l. Stabilizing finger moves to just under lower lip in middle of chin.
 - m. Half moons follow jaw line up to corner of mouth back down to jaw, zig zagging all the way up near the middle of the ear just below the temple.
 - n. Pinching the pie crust—inward along jaw/chin
 - o. Massaging the Sternocleidomastoid and occipital ridge
 - p. Repeat steps a-o on the left side of the face, using your right finger as your stabilizing finger and your left index or middle finger as your working finger for the left side.
31. Next take a tiny bit of Jasmine Eye Balm and mix between your ring fingers.
 32. Gently dab the eye balm around the client's eye area.
 33. Perform the facial rejuvenation massage to the eye area
 34. Finish the facial by working the facial acupressure points and ending with the positive points hold.
 35. Remove one hot towel from the steamer and gently place the towel over the clients face being sure to leave openings at the nose.
 36. While the hot towels sits on the clients face, gently place your hands at the side of the head near the temples or gently hold them over the crown charka.
 37. Remove the hot towel.
 38. Thank your client, instruct them to get off the table and meet you outside when they are ready, and quietly leave the room

The Spa Beyond
Treatment Protocols

Purifying Marine Mineral Facial Rejuvenation Treatment

50 minutes

Treatment time: 50 minutes

Supplies:

Massage table
One fitted sheet
One flat sheet
3 facial towels or diapers
One stretchy headband to hold back clients hair
Vegetable steamer or metal crock pot
Water (spray or squirt bottle is ideal)
Rubbermaid tub
Small folding table to set product on
Small stool to sit on
CD Player and CD's
Hand wipes or an extra towel for technician's hands
Hand Sanitizer

Facial Kit

Lavender Cleanser (Dry or sensitive skin)
Geranium Cleanser (Normal to Combination skin)
Algae Deep Cleanse (Oily skin)
Aromatic Emulsion or Rosewater Spray
Bio Essentials Serum
Algae Serum Neroli
Clear Skin Cream (moisturizer for oily skin)
Moisture Cream (moisturizer for dry skin)
Jasmine Eye Balm or Cucumber Eye Cream
Fango Facial Scrub or Freshwater Silt Scrub
Cotton pads
Popsicle sticks
Serene Bath Oil
Stress Relief Bath Oil
Lavander Body Milk

Setup:

1. Setup massage table allowing enough space in the room to move comfortably around it.
2. Put sheets on table--flat sheet first, then the fitted sheet on top.
3. Lay the headband near the top of the table where the client's head goes.

4. Place folding stool near the top of the table where you will sit.
5. Locate a water source and fill the Rubbermaid tub with a small amount of water.
6. Add 5 drops of Serene bath oil to the water. Place the facial towel or diapers in the Rubbermaid tub with the water and essential oil.
7. Wring water out of the towel and discard the water.
8. Place the towel in the steaming tray of the vegetable steamer or crock pot.
9. Add the appropriate amount of water to the steamer or crock pot and turn the unit on.
10. The towel should be hot after about 5 minutes. (Once the towels are hot you are ready to begin the treatment.)
11. Set up the small folding table and place the facial products neatly on it.
12. Place the Rubbermaid tub under the small folding table as a receptacle for dirty items and towels

Signature Aromatherapy Facial Protocol

50 minutes Total

(3 minutes)

39. Instruct the client to lie on the table on their back (face up), and under the top sheet.
40. Remind the client to put on the headband once they are on the table.
41. Step out of the room and wash your hands while your client gets on the table.
42. Knock softly and re-enter the room.
43. Sit down on the stool.
44. Place a few drops of the Stress Relief Bath Oil into the palms of your hands and rub your hands together.
45. Hold your hands a few inches from the clients face and have them inhale deeply 2 or 3 times.
46. Gently rub your hands across the client's chest in a pumping motion, and then finish by brining them up the back of the neck to the occipital region.

(5 minutes)

47. Ask your client if their skin tends to be more oily or dry.
48. Pour a nickel sized portion of Algae Deep Cleanse into the palm of your hand.
49. Spray 3-4 pumps of Aromatic Emulsion or Rosewater spray into the palm of your hand with the cleanser.
50. Mix the cleanser and liquid between your hands.
51. Apply the cleanser to the face using your hands in quick upward and circular motions cleansing first the chin, cheeks, nose, and forehead.
52. Remove one hot towel/diaper from the steamer and open it.
53. Place the hot towel gently on the face and wipe off the cleanser, being sure to remove excess makeup in the process.

(17 minutes)

54. Next apply a small amount of Fango Facial Scrub or Freshwater Silt Scrub to the palm of your hand and evenly distribute over clients face. *Note:* the Fango Facial Scrub works best if you place it in a rubber bowl and mix it with a bit of aromatic emulsion or rosewater before placing it on the face).
55. Next gently exfoliate the face by moving your fingers around in small circular motions starting at the chin and moving up to the forehead.
56. Remove a hot towel from the steamer and place it over the face being sure to leave an opening for the mouth and nose.
57. While the hot towel sits on the face apply a quarter sized amount of Lavender Body Milk to the palms of your hands and massage the neck and shoulders, and arms and hands, massage for a total of 10 minutes.
58. Remove the facial scrub by gently massaging it off with the towel.

(25 minutes)

59. Spray 3 squirts of Aromatic Emulsion onto a cotton pad and move it over the face to remove excess product.
60. Place 5 drops of Algae Serum “Neroli” into the palm of your hand and mix together between your palms.
61. Gently apply the product to the clients face using gentle upward motions.
62. Next place 2 drops of Bio Essentials “Hydrating” to the palms of your hands and mix together.
63. Gently apply the product to the clients face using gentle upward strokes
64. Select the appropriate moisturizer and use the popsicle stick to spoon a pea sized dab into the palm of your hand.
65. Using the middle finger of your other hand gently dab a bit of moisturizer onto the chin, then a dab on each cheek, next a dab or two on the forehead.
66. Blend the moisturizer in evenly.
67. Practice the grounding and centering techniques by first placing your hands two inches above the client’s eyes, then moving them to hold the sides of the head, and finishing by holding them at the crown charka.
68. Next begin the facial rejuvenation massage by starting on the right side of the face beginning with the bridge of the nose. (repeat each step 3-4 times)
 - a. Place your stabilizing finger (left index finger) in between the eyebrows on the third eye area.
 - b. Using your working finger (your right index or middle finger), begin to see saw up and down the bridge of the nose
 - c. Half moons up and down the bridge of the nose
 - d. Half moons from the orbital ridge up the forehead to hairline, back down to brow zig zagging across to the temples.
 - e. See saw along occipital ridge, under the eyebrow
 - f. Pinching the pie crust--eyebrow
 - g. Move stabilizing finger to highest point of zygomatic arch.
 - h. Half moons up and down from zygomatic arch to side of the mouth, back up to zygomatic arch, back down and ending at side of mouth

- i. Half moons up from side of mouth to the temple and back down, working masseter muscle and temple area.
 - j. Stabilizing finger moves just above the upper lip
 - k. See saw along upper lip
 - l. Stabilizing finger moves to just under lower lip in middle of chin.
 - m. Half moons follow jaw line up to corner of mouth back down to jaw, zig zagging all the way up near the middle of the ear just below the temple.
 - n. Pinching the pie crust—inward along jaw/chin
 - o. Massaging the Sternocleidomastoid and occipital ridge
 - p. Repeat steps a-o on the left side of the face, using your right finger as your stabilizing finger and your left index or middle finger as your working finger for the left side.
69. Next take a tiny bit of Jasmine Eye Balm and mix between your ring fingers.
70. Gently dab the eye balm around the client's eye area.
71. Perform the facial rejuvenation massage to the eye area
72. Finish the facial by working the facial acupressure points and ending with the positive points hold.
73. Remove one hot towel from the steamer and gently place the towel over the clients face being sure to leave openings at the nose.
74. While the hot towels sits on the clients face, gently place your hands at the side of the head near the temples or gently hold them over the crown charka.
75. Remove the hot towel.
76. Thank your client, instruct them to get off the table and meet you outside when they are ready, and quietly leave the room.

The Spa Beyond
Treatment Protocols

Gentleman's Facial Rejuvenation Treatment
50 minutes

Treatment time: 50 minutes

Supplies:

Massage table
One fitted sheet
One flat sheet
3 facial towels or diapers
One stretchy headband to hold back clients hair
Vegetable steamer or metal crock pot
Water (spray or squirt bottle is ideal)
Rubbermaid tub
Small folding table to set product on
Small stool to sit on
CD Player and CD's
Hand wipes or an extra towel for technician's hands
Hand Sanitizer

Facial Kit

Lavender Cleanser (Dry or sensitive skin)
Geranium Cleanser (Normal to Combination skin)
Algae Deep Cleanse (Oily skin)
Aromatic Emulsion or Rosewater Spray
Bio Essentials Serum
Algae Serum Neroli
Clear Skin Cream (moisturizer for oily skin)
Moisture Cream (moisturizer for dry skin)
Jasmine Eye Balm or Cucumber Eye Cream
Fango Facial Scrub or Freshwater Silt Scrub
Cotton pads
Popsicle sticks
Serene Bath Oil
Stress Relief Bath Oil
Lavander Body Milk

Setup:

1. Setup massage table allowing enough space in the room to move comfortably around it.
2. Put sheets on table--flat sheet first, then the fitted sheet on top.
3. Lay the headband near the top of the table where the client's head goes.

4. Place folding stool near the top of the table where you will sit.
5. Locate a water source and fill the Rubbermaid tub with a small amount of water.
6. Add 5 drops of Serene bath oil to the water. Place the facial towel or diapers in the Rubbermaid tub with the water and essential oil.
7. Wring water out of the towel and discard the water.
8. Place the towel in the steaming tray of the vegetable steamer or crock pot.
9. Add the appropriate amount of water to the steamer or crock pot and turn the unit on.
10. The towel should be hot after about 5 minutes. (Once the towels are hot you are ready to begin the treatment.)
11. Set up the small folding table and place the facial products neatly on it.
12. Place the Rubbermaid tub under the small folding table as a receptacle for dirty items and towels

Signature Aromatherapy Facial Protocol

50 minutes Total

(3 minutes)

77. Instruct the client to lie on the table on their back (face up), and under the top sheet.
78. Remind the client to put on the headband once they are on the table.
79. Step out of the room and wash your hands while your client gets on the table.
80. Knock softly and re-enter the room.
81. Sit down on the stool.
82. Place a few drops of the Stress Relief Bath Oil into the palms of your hands and rub your hands together.
83. Hold your hands a few inches from the clients face and have them inhale deeply 2 or 3 times.
84. Gently rub your hands across the client's chest in a pumping motion, and then finish by brining them up the back of the neck to the occipital region.

(5 minutes)

85. Ask your client if their skin tends to be more oily or dry.
86. Pour a nickel sized portion of Algae Deep Cleanse into the palm of your hand.
87. Spray 3-4 pumps of Aromatic Emulsion or Rosewater spray into the palm of your hand with the cleanser.
88. Mix the cleanser and liquid between your hands.
89. Apply the cleanser to the face using your hands in quick upward and circular motions cleansing first the chin, cheeks, nose, and forehead.
90. Remove one hot towel/diaper from the steamer and open it.
91. Place the hot towel gently on the face and wipe off the cleanser, being sure to remove excess makeup in the process.

(17 minutes)

92. Next apply a small amount of Fango Facial Scrub or Freshwater Silt Scrub to the palm of your hand and evenly distribute over clients face. *Note:* the Fango Facial Scrub works best if you place it in a rubber bowl and mix it with a bit of aromatic emulsion or rosewater before placing it on the face).
93. Next gently exfoliate the face by moving your fingers around in small circular motions starting at the chin and moving up to the forehead.
94. Remove a hot towel from the steamer and place it over the face being sure to leave an opening for the mouth and nose.
95. While the hot towel sits on the face apply a quarter sized amount of Lavender Body Milk to the palms of your hands and massage the neck and shoulders, and arms and hands, massage for a total of 10 minutes.
96. Remove the facial scrub by gently massaging it off with the towel.

(25 minutes)

97. Spray 3 squirts of Aromatic Emulsion onto a cotton pad and move it over the face to remove excess product.
98. Place 5 drops of Algae Serum “Neroli” into the palm of your hand and mix together between your palms.
99. Gently apply the product to the clients face using gentle upward motions.
100. Next place 2 drops of Bio Essentials “Hydrating” to the palms of your hands and mix together.
101. Gently apply the product to the clients face using gentle upward strokes
102. Select the appropriate moisturizer and use the popsicle stick to spoon a pea sized dab into the palm of your hand.
103. Using the middle finger of your other hand gently dab a bit of moisturizer onto the chin, then a dab on each cheek, next a dab or two on the forehead.
104. Blend the moisturizer in evenly.
105. Practice the grounding and centering techniques by first placing your hands two inches above the client’s eyes, then moving them to hold the sides of the head, and finishing by holding them at the crown charka.
106. Next begin the facial rejuvenation massage by starting on the right side of the face beginning with the bridge of the nose. (repeat each step 3-4 times)
 - a. Place your stabilizing finger (left index finger) in between the eyebrows on the third eye area.
 - b. Using your working finger (your right index or middle finger), begin to see saw up and down the bridge of the nose
 - c. Half moons up and down the bridge of the nose
 - d. Half moons from the orbital ridge up the forehead to hairline, back down to brow zig zagging across to the temples.
 - e. See saw along occipital ridge, under the eyebrow
 - f. Pinching the pie crust--eyebrow
 - g. Move stabilizing finger to highest point of zygomatic arch.
 - h. Half moons up and down from zygomatic arch to side of the mouth, back up to zygomatic arch, back down and ending at side of mouth

- i. Half moons up from side of mouth to the temple and back down, working masseter muscle and temple area.
 - j. Stabilizing finger moves just above the upper lip
 - k. See saw along upper lip
 - l. Stabilizing finger moves to just under lower lip in middle of chin.
 - m. Half moons follow jaw line up to corner of mouth back down to jaw, zig zagging all the way up near the middle of the ear just below the temple.
 - n. Pinching the pie crust—inward along jaw/chin
 - o. Massaging the Sternocleidomastoid and occipital ridge
 - p. Repeat steps a-o on the left side of the face, using your right finger as your stabilizing finger and your left index or middle finger as your working finger for the left side.
107. Next take a tiny bit of Jasmine Eye Balm and mix between your ring fingers.
108. Gently dab the eye balm around the client's eye area.
109. Perform the facial rejuvenation massage to the eye area
110. Finish the facial by working the facial acupressure points and ending with the positive points hold.
111. Remove one hot towel from the steamer and gently place the towel over the clients face being sure to leave openings at the nose.
112. While the hot towels sits on the clients face, gently place your hands at the side of the head near the temples or gently hold them over the crown charka.
113. Remove the hot towel.
114. Thank your client, instruct them to get off the table and meet you outside when they are ready, and quietly leave the room.

The Spa Beyond
Treatment Protocols

Gentle Cleansing Facial Rejuvenation Treatment
45 minutes

Treatment time: 45 minutes

Supplies:

Massage table
One fitted sheet
One flat sheet
3 facial towels or diapers
One stretchy headband to hold back clients hair
Vegetable steamer or metal crock pot
Water (spray or squirt bottle is ideal)
Rubbermaid tub
Small folding table to set product on
Small stool to sit on
CD Player and CD's
Hand wipes or an extra towel for technician's hands
Hand Sanitizer

Facial Kit

Lavender Cleanser (Dry or sensitive skin)
Geranium Cleanser (Normal to Combination skin)
Algae Deep Cleanse (Oily skin)
Aromatic Emulsion or Rosewater Spray
Bio Essentials Serum
Algae Serum Neroli
Clear Skin Cream (moisturizer for oily skin)
Moisture Cream (moisturizer for dry skin)
Jasmine Eye Balm or Cucumber Eye Cream
Fango Facial Scrub or Freshwater Silt Scrub
Rosewater spray
Cotton pads
Popsicle sticks
Serene Bath Oil
Stress Relief Bath Oil
Lavander Body Milk

Setup:

1. Setup massage table allowing enough space in the room to move comfortably around it.
2. Put sheets on table--flat sheet first, then the fitted sheet on top.

3. Lay the headband near the top of the table where the client's head goes.
4. Place folding stool near the top of the table where you will sit.
5. Locate a water source and fill the Rubbermaid tub with a small amount of water.
6. Add 5 drops of Serene bath oil to the water. Place the facial towel or diapers in the Rubbermaid tub with the water and essential oil.
7. Wring water out of the towel and discard the water.
8. Place the towel in the steaming tray of the vegetable steamer or crock pot.
9. Add the appropriate amount of water to the steamer or crock pot and turn the unit on.
10. The towel should be hot after about 5 minutes. (Once the towels are hot you are ready to begin the treatment.)
11. Set up the small folding table and place the facial products neatly on it.
12. Place the Rubbermaid tub under the small folding table as a receptacle for dirty items and towels

Mini Facial Protocol

45 minutes Total

(3 minutes)

115. Instruct the client to lie on the table on their back (face up), and under the top sheet.
116. Remind the client to put on the headband once they are on the table.
117. Step out of the room and wash your hands while your client gets on the table.
118. Knock softly and re-enter the room.
119. Sit down on the stool.
120. Place a few drops of the Stress Relief Bath Oil into the palms of your hands and rub your hands together.
121. Hold your hands a few inches from the clients face and have them inhale deeply 2 or 3 times.
122. Gently rub your hands across the client's chest in a pumping motion, and then finish by bringing them up the back of the neck to the occipital region.

(5 minutes)

123. Ask your client if their skin tends to be more oily or dry.
124. Pour a nickel sized portion of the appropriate cleanser into the palm of your hand.
125. Spray 3-4 pumps of Aromatic Emulsion or Rosewater spray into the palm of your hand with the cleanser.
126. Mix the cleanser and liquid between your hands.
127. Apply the cleanser to the face using your hands in quick upward and circular motions cleansing first the chin, cheeks, nose, and forehead.
128. Remove one hot towel/diaper from the steamer and open it.

129. Place the hot towel gently on the face and wipe off the cleanser, being sure to remove excess makeup in the process.

(12 minutes)

130. Place 5 drops of Algae Serum “Neroli” into the palm of your hand and mix together between your palms.
131. Gently apply the product to the clients face using gentle upward motions.
132. Next place 2 drops of Bio Essentials “Hydrating” to the palms of your hands and mix together.
133. Gently apply the product to the clients face using gentle upward strokes
134. Select the appropriate moisturizer and use the popsicle stick to spoon a pea sized dab into the palm of your hand.
135. Using the middle finger of your other hand gently dab a bit of moisturizer onto the chin, then a dab on each cheek, next a dab or two on the forehead.
136. Blend the moisturizer in evenly.
137. Remove one hot towel from the steamer and gently place the towel over the clients face being sure to leave openings at the nose.
138. While the hot towel sits on the face apply a quarter sized amount of Lavender Body Milk to the palms of your hands and massage the neck and shoulders, and arms and hands, massage for a total of 10
139. Remove the towel from the client’s face.

(25 minutes)

140. Select the appropriate moisturizer and use the popsicle stick to spoon a pea sized dab into the palm of your hand.
141. Using the middle finger of your other hand gently dab a bit of moisturizer onto the chin, then a dab on each cheek, next a dab or two on the forehead.
142. Blend the moisturizer in evenly.
143. Practice the grounding and centering techniques by first placing your hands two inches above the client’s eyes, then moving them to hold the sides of the head, and finishing by holding them at the crown charka.
144. Next begin the facial rejuvenation massage by starting on the right side of the face beginning with the bridge of the nose. (repeat each step 2 times)
 - a. Place your stabilizing finger (left index finger) in between the eyebrows on the third eye area.
 - b. Using your working finger (your right index or middle finger), begin to see saw up and down the bridge of the nose
 - c. Half moons up and down the bridge of the nose
 - d. Half moons from the orbital ridge up the forehead to hairline, back down to brow zig zagging across to the temples.
 - e. See saw along occipital ridge, under the eyebrow
 - f. Pinching the pie crust--eyebrow
 - g. Move stabilizing finger to highest point of zygomatic arch.
 - h. Half moons up and down from zygomatic arch to side of the mouth, back up to zygomatic arch, back down and ending at side of mouth

- i. Half moons up from side of mouth to the temple and back down, working masseter muscle and temple area.
 - j. Stabilizing finger moves just above the upper lip
 - k. See saw along upper lip
 - l. Stabilizing finger moves to just under lower lip in middle of chin.
 - m. Half moons follow jaw line up to corner of mouth back down to jaw, zig zagging all the way up near the middle of the ear just below the temple.
 - n. Pinching the pie crust—inward along jaw/chin
 - o. Massaging the Sternocleidomastoid and occipital ridge
 - p. Repeat steps a-o on the left side of the face, using your right finger as your stabilizing finger and your left index or middle finger as your working finger for the left side.
145. Next take a tiny bit of Jasmine Eye Balm and mix between your ring fingers.
146. Gently dab the eye balm around the client's eye area.
147. Perform the facial rejuvenation massage to the eye area
148. Finish the facial by working the facial acupressure points and ending with the positive points hold.
149. Remove one hot towel from the steamer and gently place the towel over the clients face being sure to leave openings at the nose.
150. While the hot towels sits on the clients face, gently place your hands at the side of the head near the temples or gently hold them over the crown charka.
151. Remove the hot towel.
152. Thank your client, instruct them to get off the table and meet you outside when they are ready, and quietly leave the room

Treatment Protocols

Mini- Facial Rejuvenation Treatment

25 minutes

Treatment time: 25 minutes

Supplies:

Massage table
One fitted sheet
One flat sheet
3 facial towels or diapers
One stretchy headband to hold back clients hair
Vegetable steamer or metal crock pot
Water (spray or squirt bottle is ideal)
Rubbermaid tub
Small folding table to set product on
Small stool to sit on
CD Player and CD's
Hand wipes or an extra towel for technician's hands
Hand Sanitizer

Facial Kit

Lavender Cleanser (Dry or sensitive skin)
Geranium Cleanser (Normal to Combination skin)
Algae Deep Cleanse (Oily skin)
Aromatic Emulsion or Rosewater Spray
Bio Essentials Serum
Algae Serum Neroli
Clear Skin Cream (moisturizer for oily skin)
Moisture Cream (moisturizer for dry skin)
Jasmine Eye Balm or Cucumber Eye Cream
Fango Facial Scrub or Freshwater Silt Scrub
Rosewater spray
Cotton pads
Popsicle sticks
Serene Bath Oil
Stress Relief Bath Oil
Lavander Body Milk

Setup:

1. Setup massage table allowing enough space in the room to move comfortably around it.
2. Put sheets on table--flat sheet first, then the fitted sheet on top.
3. Lay the headband near the top of the table where the client's head goes.

4. Place folding stool near the top of the table where you will sit.
5. Locate a water source and fill the Rubbermaid tub with a small amount of water.
6. Add 5 drops of Serene bath oil to the water. Place the facial towel or diapers in the Rubbermaid tub with the water and essential oil.
7. Wring water out of the towel and discard the water.
8. Place the towel in the steaming tray of the vegetable steamer or crock pot.
9. Add the appropriate amount of water to the steamer or crock pot and turn the unit on.
10. The towel should be hot after about 5 minutes. (Once the towels are hot you are ready to begin the treatment.)
11. Set up the small folding table and place the facial products neatly on it.
12. Place the Rubbermaid tub under the small folding table as a receptacle for dirty items and towels

Signature Aromatherapy Facial Protocol

50 minutes Total

(3 minutes)

153. Instruct the client to lie on the table on their back (face up), and under the top sheet.
154. Remind the client to put on the headband once they are on the table.
155. Step out of the room and wash your hands while your client gets on the table.
156. Knock softly and re-enter the room.
157. Sit down on the stool.
158. Place a few drops of the Stress Relief Bath Oil into the palms of your hands and rub your hands together.
159. Hold your hands a few inches from the clients face and have them inhale deeply 2 or 3 times.
160. Gently rub your hands across the client's chest in a pumping motion, and then finish by bringing them up the back of the neck to the occipital region.

(5 minutes)

161. Ask your client if their skin tends to be more oily or dry.
162. Pour a nickel sized portion of the appropriate cleanser into the palm of your hand.
163. Spray 3-4 pumps of Aromatic Emulsion or Rosewater spray into the palm of your hand with the cleanser.
164. Mix the cleanser and liquid between your hands.
165. Apply the cleanser to the face using your hands in quick upward and circular motions cleansing first the chin, cheeks, nose, and forehead.
166. Remove one hot towel/diaper from the steamer and open it.
167. Place the hot towel gently on the face and wipe off the cleanser, being sure to remove excess makeup in the process.

(10 minutes)

168. Next apply a small amount of Fango Facial Scrub or Freshwater Silt Scrub to the palm of your hand and evenly distribute over clients face. *Note:* the Fango Facial Scrub works best if you place it in a rubber bowl and mix it with a bit of aromatic emulsion or rosewater before placing it on the face).
169. Next gently exfoliate the face by moving your fingers around in small circular motions starting at the chin and moving up to the forehead.
170. Remove a hot towel from the steamer and place it over the face being sure to leave an opening for the mouth and nose.
171. While the hot towel sits on the face apply a quarter sized amount of Lavender Body Milk to the palms of your hands and massage the neck and shoulders for a total of 5 minutes.
172. Remove the facial scrub by gently massaging it off with the towel.

(12 minutes)

173. Spray 3 squirts of Aromatic Emulsion onto a cotton pad and move it over the face in upward strokes to remove excess product.
174. Place 5 drops of Algae Serum “Neroli” into the palm of your hand and mix together between your palms.
175. Gently apply the product to the clients face using gentle upward motions.
176. Next place 2 drops of Bio Essentials “Hydrating” to the palms of your hands and mix together.
177. Gently apply the product to the clients face using gentle upward strokes
178. Open the appropriate moisturizer and place a pea size dab into the palm of your hand.
179. Select the appropriate moisturizer and use the popsicle stick to spoon a pea sized dab into the palm of your hand.
180. Using the middle finger of your other hand gently dab a bit of moisturizer onto the chin, then a dab on each cheek, next a dab or two on the forehead.
181. Blend the moisturizer in evenly.
182. Practice the grounding and centering techniques by first placing your hands two inches above the client’s eyes, then moving them to hold the sides of the head, and finishing by holding them at the crown charka.
183. Next begin the facial rejuvenation massage by starting on the right side of the face beginning with the bridge of the nose. (repeat each step 1-2 times)
 - a. Place your stabilizing finger (left index finger) in between the eyebrows on the third eye area.
 - b. Using your working finger (your right index or middle finger), begin to see saw up and down the bridge of the nose
 - c. Half moons up and down the bridge of the nose
 - d. Half moons from the orbital ridge up the forehead to hairline, back down to brow zig zagging across to the temples.
 - e. See saw along occipital ridge, under the eyebrow
 - f. Pinching the pie crust--eyebrow
 - g. Move stabilizing finger to highest point of zygomatic arch.

- h. Half moons up and down from zygomatic arch to side of the mouth, back up to zygomatic arch, back down and ending at side of mouth
 - i. Half moons up from side of mouth to the temple and back down, working masseter muscle and temple area.
 - j. Stabilizing finger moves just above the upper lip
 - k. See saw along upper lip
 - l. Stabilizing finger moves to just under lower lip in middle of chin.
 - m. Half moons follow jaw line up to corner of mouth back down to jaw, zig zagging all the way up near the middle of the ear just below the temple.
 - n. Pinching the pie crust—inward along jaw/chin
 - o. Massaging the Sternocleidomastoid and occipital ridge
 - p. Repeat steps a-o on the left side of the face, using your right finger as your stabilizing finger and your left index or middle finger as your working finger for the left side.
184. Next take a tiny bit of Jasmine Eye Balm and mix between your ring fingers.
185. Gently dab the eye balm around the client's eye area.
186. Perform the facial rejuvenation massage to the eye area
187. Finish the facial by working the facial acupressure points and ending with the positive points hold.
188. Remove one hot towel from the steamer and gently place the towel over the clients face being sure to leave openings at the nose.
189. While the hot towels sits on the clients face, gently place your hands at the side of the head near the temples or gently hold them over the crown charka.
190. Remove the hot towel.
191. Thank your client, instruct them to get off the table and meet you outside when they are ready, and quietly leave the room

Stress Relief Facial Rejuvenation Treatment

15 minutes

Treatment time: 15minutes

Supplies:

Massage table

One fitted sheet

One flat sheet

One large bath towel (*for use when doing multiple treatments back to back*)

1 facial towels or diaper

One stretchy headband to hold back clients hair

Vegetable steamer or metal crock pot

Water (spray or squirt bottle is ideal)

Rubbermaid tub

Small folding table to set product on

Small stool to sit on

CD Player and CD's

Hand wipes or an extra towel for technician's hands

Hand Sanitizer

Facial Kit

Lavender Cleanser (Dry or sensitive skin)

Geranium Cleanser (Normal to Combination Skin)

Algae Deep Cleanse (Oily skin)

Aromatic Emulsion or Rosewater Spray

Bio Essentials Serum

Algae Serum Neroli

Clear Skin Cream (moisturizer for oily skin)

Moisture Cream (moisturizer for dry skin)

Jasmine Eye Balm or Cucumber Eye Cream

Fango Facial Scrub or Freshwater Silt Scrub

Cotton pads

Popsicle sticks

Serene Bath Oil

Stress Relief Bath Oil

Lavander Body Milk

Setup:

1. Setup massage table allowing enough space in the room to move comfortably around it.

2. Put sheets on table--flat sheet first, then the fitted sheet on top. *(Optional)* Place the bath towel over the fitted sheet near the top of the table where the client's head goes. *(this is useful when you are doing several facial services back to back where the clients do not remove clothing and you wish to use the same set of sheets for each client. In such a case you would only need to replace the bath towel between services).*
3. Lay the headband near the top of the table where the client's head goes.
4. Place folding stool near the top of the table where the clients head goes.
5. Locate a water source and fill the Rubbermaid tub with a small amount of water.
6. Add 5 drops of Serene bath oil to the water. Place the facial towel or diapers in the Rubbermaid tub with the water and essential oil.
7. Wring water out of the towel and discard the water.
8. Place the towel in the steaming tray of the vegetable steamer or crock pot.
9. Add the appropriate amount of water to the steamer or crock pot and turn the unit on.
10. The towel should be hot after about 5 minutes. (Once the towels are hot you are ready to begin the treatment.)
11. Set up the small folding table and place the facial products neatly on it.
12. Place the Rubbermaid tub under the small folding table as a receptacle for dirty items and towels

Stress Relief Facial Protocol

1. Instruct the client to lie on the table on their back (face up), and under the sheet. *(Client will remain clothed for this service)*
2. Remind the client to put on the headband once they are on the table.
3. Step out of the room and wash your hands while your client gets on the table.
4. Knock softly and re-enter the room.

(5 minutes)

5. Sit down on the stool
6. Place a few drops of the Stress Relief Bath Oil into the palms of your hands and rub your hands together.
7. Hold your hands a few inches from the clients face and have them inhale deeply 2 or 3 times.
8. Gently rub your hands across the client's chest in a pumping motion, and then finish by brining them up the back of the neck to the occipital region
9. Ask your client if their skin tends to be more oily or dry.
10. Pour a nickel sized portion of the appropriate cleanser into the palm of your hand.
11. Spray three pumps of Aromatic Emulsion or Rosewater spray into the palm of your hand to mix with the cleanser.
12. Mix the cleanser and the aromatic emulsion/rosewater between your hands.
13. Apply the cleanser to the face using your hands in quick upward motions cleansing first the chin, cheeks, nose, and forehead.
14. Remove the hot towel from the steamer and open it.
15. Place the hot towel gently on the face and wipe off the cleanser, being sure to remove excess makeup in the process.

16. Place 5 drops of Algae Serum “Neroli” into the palm of your hand and mix together between your palms.
17. Gently apply the product to the clients face using gentle upward motions.
18. Next place 2 drops of Bio Essentials “Hydrating” to the palms of your hands and mix together.
19. Gently apply the product to the clients face using gentle upward

(10 minutes)

20. Spray 3 squirts of Aromatic Emulsion onto a cotton pad and move the soaked pads in alternating strokes across the face to remove any stubborn product.
21. Select the appropriate moisturizer and use the popsicle stick to spoon a pea sized dab into the palm of your hand.
22. Using the middle finger of your other hand gently dab a bit of moisturizer onto the chin, then a dab on each cheek, next a dab or two on the forehead.
23. Blend the moisturizer in evenly.
24. Practice the grounding and centering techniques by first placing your hands two inches above the client’s eyes, then moving them to hold the sides of the head, and finishing by holding them at the crown charka.
25. Next begin the facial rejuvenation massage by starting on the right side of the face beginning with the bridge of the nose. (plan to do each step only 1-2 times, you may repeat the entire process if time allows).
 - a. Place your stabilizing finger (left index finger) in between the eyebrows on the third eye area.
 - b. Using your working finger (your right index or middle finger), begin to see saw up and down the bridge of the nose
 - c. Half moons up and down the bridge of the nose
 - d. Half moons from the orbital ridge up the forehead to hairline, back down to brow zig zagging across to the temples.
 - e. See saw along occipital ridge, under the eyebrow
 - f. Pinching the pie crust--eyebrow
 - g. Move stabilizing finger to highest point of zygomatic arch.
 - h. Half moons up and down from zygomatic arch to side of the mouth, back up to zygomatic arch, back down and ending at side of mouth
 - i. Half moons up from side of mouth to the temple and back down, working masseter muscle and temple area.
 - j. Stabilizing finger moves just above the upper lip
 - k. See saw along upper lip
 - l. Stabilizing finger moves to just under lower lip in middle of chin.
 - m. Half moons follow jaw line up to corner of mouth back down to jaw, zig zagging all the way up near the middle of the ear just below the temple.
 - n. Pinching the pie crust—inward along jaw/chin
 - o. Massaging the Sternocleidomastoid and occipital ridge
 - p. Repeat steps a-o on the left side of the face, using your right finger as your stabilizing finger and your left index or middle finger as your working finger for the left side.

26. Next take a tiny bit of Jasmine Eye Balm and mix between your ring fingers.
27. Gently dab the eye balm around the client's eye area.
28. Perform the facial rejuvenation massage to the eye area
29. Finish the facial by working the facial acupressure points and ending with the positive points hold.
30. Thank your client, instruct them to get off the table and meet you outside when they are ready, and quietly leave the room