



Ola Exfoliation, Mask, Hydrating Application and Foot Massage

80 min

Ola Coconut Lemongrass Exfoliation, Body Mask, Hydrating Body Application and Foot Massage

This uniquely Hawaiian treatment combines two of the Hawaiian's most revered plants: Kalo and Coconut. Kalo (Taro) is a rich source of nutrients, minerals and enzymes. The Niu (coconut) tree was revered as a path to the sacred land and therefore the Staff of Life. Coconut oil is conditioning, softening and provides protection to the skin.

Begin and end your tropical journey with an exotic body exfoliation using pure Hawaiian cane sugar, coconut and healing kukui nut oil. This treatment will gently cleanse and exfoliate your body, while re-hydrating and protecting your skin.

Next immerse yourself in an exotic and nurturing warm body mask. The elements in this treatment combine a rich blend of vitamins, minerals and enzymes found in Kalo (taro), Hawaiian Honey and Coconut Milk. This combination will nourish and rejuvenate your skin leaving it feeling silky and smooth. During your wrap enjoy a relaxing scalp massage. Finish with a luxurious body application of deeply hydrating and moisturizing coconut body butter and complete your journey with a revitalizing foot massage.

(Product Scent can be substituted with any of Ola's six tropical Scents)

Ola Products

- Coconut Sugar Polish
- Taro Honey Mask
- Coconut Body Butter

Additional Items Needed

- 4 sheets
- 1 Plastic Sheet
- 1 Blanket
- 2 warm moist hand towels (beginning & end of treatment)
- 2 warm moist hand towels (remove scrub)
- 2 warm moist hand towels (remove mask)
- 1 breast drape hand towel or pillow case
- Bowl to mix mask

Treatment: Beginning (2 minutes)

- Mix mask in bowl.
- Prepare massage table: Sheet first on table, blanket sheet, plastic wrap, two sheets.
- Pick up client following standard protocol. Use and confirm client name.
- Review the type of treatment and length.
- Review contraindications including allergies to nuts (nut oils).
- In the treatment room, instruct client to lay face down on table under the one top sheet.

Treatment: Polish Application (18 minutes)

- Client lies face down on top of the bottom sheet and is covered with a top sheet.
- Place your hands on Client's back and keep them there as you ask Client to take three deep breaths. Mirror their breath using energy work technique. Take a moment to perform a silent prayer for blessing, protection and guidance to perform the healing work before you.
- Begin the treatment with a warm cleanse of the feet using a hot towel.
- With the client prone (face down), massage the Polish into the skin starting with the feet, legs, hips, back and shoulders. Pay additional attention to dry areas if necessary such as feet, knees, and elbows. Work with the scrub until it is melted and absorbed. For easier dissolving of sugar granules, wet your hands first and have a bowl of warm water handy to continually add to the skin to help spread.
- Remove any non-melted Polish with warm moist towels.
- Assist the client to turn over onto their back. Cover breasts with breast drape.
- Repeat exfoliation starting at shoulders, décolleté, stomach, hips, legs, feet.
- Remove any non-melted Polish with warm moist towels.
- Remove the dirty sheet from underneath the client by rolling the sheet towards you as client rolls away from you. Make sure you remove all Polish completely.
- Client lays back on the massage face up (supine) and is on top of the plastic sheet.

Treatment: Wrap – Mask Application (8 minutes)

- If the client is female, provide breast drape. Provide proper draping to cover genital area.
- Help client to sit up.
- Using your hand, apply the mask to the back and shoulders.
- Support the client's back while helping client to lie back down.
- With right leg flexed, apply mask to hips, buttocks, and back of right leg.
- With right leg straightened, apply mask to front of hips and right leg.
- With left leg flexed, apply mask to hips, buttocks, and back of left leg.
- With left leg straightened, apply mask to front of hips and left leg.
- Apply mask to left and right arms.
- Carefully and slowly apply mask to abdomen.
- Cover client with plastic sheet, sheet, blanket, sheet.
- Ask the client if he/she is comfortable.

Treatment: Scalp Massage during Wrap (10 minutes)

- Leave the client covered for 10 minutes. If the client is claustrophobic, remove arms and feet from the wrap.
- Perform scalp massage while client is wrapped. Do not leave the client alone in the room especially during a wrap when they may become too warm or claustrophobic.

Unwrap and Shower (if available) (10 minutes)

- Turn on shower to proper temperature.
- Unwrap client.
- Assist the client in sitting up.
- Explain to the client to take a shower, using water only remove the mask, the shower is to last 5 minutes. When finished with the shower ask client to lay on table face up.
- Exit the treatment room.
- Re-set the table by removing the used plastic and straightening the sheets and blanket.

If a shower is not available, the mask may be removed with warm moist towels.

- Remove mask from client using warm moist towels. Massage the warm towel into the skin lovingly so that the experience is enjoyable. Use one towel for each leg wiping and massaging towel into front and back of leg. Use one towel for arms and chest. One towel for stomach. Help Client to sit up, asking them to place hands on either side of them for balance. Use last towel to wipe down back and shoulders. Twist and roll plastic sheet toward center to avoid leaking and remove from underneath client.
- Client rolls away from Therapist while therapist keeps towel securely on top of her.

Treatment: Hydration Application (15 minutes)

- Apply body butter (or lotion) to the entire body in the same application technique as used to apply the mask. Wrap guest in sheet and blanket leaving the feet exposed. Save a small amount for the foot massage.

Treatment: Foot Massage (10 minutes)

- Perform a foot massage with body butter.
- End the treatment with a warm cleanse of the bottoms of feet using a warm moist towel.

Treatment: Ending (1 minute in room + 1 minute outside room)

- Place the robe (if applicable) on the upper legs of the client.
- Inform the client that the service has concluded and you will meet her/him outside the door.
- Outside the door, present the client with water and your Ola Recipe for wellness which you have filled out with recommended Ola Home Spa products for purchase. Discuss any additional personal recommendations you may have for your client.

Additional Information

Ingredient List of Products for contraindications

Cane Sugar Coconut Lemongrass Scrub:

Maui Cane Sugar, Maui Turbinado Sugar, Aloe barbadensis Leaf Juice, Lehua Honey, Essential Oil/Fragrance Blend, Creamed Coconut, Coconut Milk Powder, Aloe Vera Extract, Mango Seed Butter, Fractionated Coconut Oil, Glycerin, Mango Seed Oil, Avocado Fruit Oil, Macadamia Nut Oil, Virgin Coconut Oil, Kukui Nut Oil, Passion fruit Oil.

Taro Honey Mask:

Organic Hawaiian Honey, Aloe Leaf Gel, Taro Powder, Coconut Milk, Virgin Coconut Butter, Banana Fruit, Plantain Extract, Hydrolyzed Silk, Kukui Nut Oil, Vitamin E, Phenoxyethanol (and) Caprylyl Glycol (and) Sorbic Acid, Essential Oil/Fragrance Blend.

Coconut Lemongrass Body Butter:

Ingredients: Aloe Vera Distillate, *Sugar Cane Distillate, *Mamaki Distillate, *Noni Extract, *Aloe Vera Juice, Vegetable Derived Stearic Acid, Vegetable Derived Emulsifying Wax, *Virgin Coconut Butter, Mango Seed Butter, Avocado Butter, Aloe Butter, Aloe Leaf Juice, *Expeller Coconut Butter, Vegetable Glycerin, *Noni, *Aloe, *Olena Root, *Rice Starch, Hydrolyzed Silk, Sodium Bicarbonate, Phenoxyethanol, Caprylyl Glycol, Sorbic Acid.

*Cost Per Treatment * Estimated Cost Portion amounts may vary.*

Coconut Exfoliating Sugar Scrub: Usage: 1/3 Cup. Cost Per Treatment: \$2.52

Taro Honey Mask: Usage: 1/2 Cup add 2 TBS Hot Water and mix thoroughly. Cost Per Treatment: \$4.76

Hawaiian Coconut Body Butter: Usage: 2-4 oz. Cost Per Treatment: \$3.16

Total Cost of Treatment: \$ 10.54