

A close-up photograph of a person's hands massaging their feet on a wooden deck. The person is wearing a white towel. The background is a blurred outdoor setting with a wooden fence.

Ola

TROPICAL APOTHECARY™

Ola Tropical Apothecary by
Hawaiian Body Products

Foot Wellness Ritual/ Foot Yoga



Foot Ritual

with Robin Williams

This foot ritual event focuses on the importance of caring for the feet and lower legs to maintain maximum circulation and mobility as well as overall body health.

Our feet literally carry us through our lives rarely receiving the appreciation and nurturing they deserve!

The feet and lower legs are connected to all parts of the body. When we focus our attention on the feet and lower legs we simultaneously address pain throughout the body.

Massaging the feet and lower legs helps to relieve stress, increase circulation, mobility, and flexibility in the legs, mitigate headaches and simultaneously massage internal organs.

Selfcare is the key to promoting a healthy lifestyle!

This Foot Wellness class is designed to show love and appreciation for your feet by introducing you to some amazing plant-based products and performing a Hawaiian Style foot ritual.

The products we will use are all natural and organic and made right here in Hilo by Hawaiian Body Products. These Ola products are anti-bacterial, anti-inflammatory, purifying, stimulating, softening and moisturizing for your feet.

Robin Williams, co-founder of Hawaiian Body Products will lead guests through a foot purification and cleansing ritual which they can take with them and practice at home to maintain happy, healthy feet.

- Cost of Foot Ritual alone: \$350
- Minimum guests: 10
- Duration: 1 hour
- Take away Bags (required) : \$26 wholesale (sell to spa)



FOOT RITUAL PLUS FOOT YOGA

After the foot ritual we will take our pampered and purified feet into Yoga class! Jennifer Weinert is a Yoga Alliance Registered Yoga Instructor, certified in Purna Yoga, and Director of the College of Purna Yoga in Hilo. Jennifer teaches Yoga classes island wide as well as at a wonderful studio on her farm on the Hamakua Coast.

- Foot Yoga Class: \$300.
- Duration of class: 1.5 hours

ACTIVITY OVERVIEW

FOOT RITUAL

Set up. Set up retail*. Set out kits. Prepare Herbal Tea

Foot Ritual should be performed outside and will require soaking tubs for each guest.

Tubs will have to be warmed twice during the event so hot water and additional staff is required for smooth execution.

Meet and Greet. Hand out Kits. Point out Retail. Fill tubs. Sit and Soak

(Products that are used during the ritual will be handed out to each guest as needed)

Give each person one scoop of soak. Serve Tea. Review event. Talk about Soak ingredients and benefits.

Give each person one scoop of scrub. Massage five minutes into left foot. Give each person another scoop of scrub and massage into right foot. Talk about ingredients. Rinse.

Give each person one scoop of mask. Apply to Left Foot. Give each person another scoop of mask and apply to right foot. Allow to dry. Remove dirty water and replace with fresh water. Discuss ingredients. Serve Tea. Take out each person's stone and stick. Rinse off mask in tub. Dry feet thoroughly and put tubs to the side.

Pass around massage oil. Each person applies oil to lower legs and feet and rubs into their sticks. Practice with stick and stone to massage feet and lower legs. Put on non-slip socks.

Move to studio. Clean up tubs etc.

PURNA YOGA CLASS 1 ½ HOURS

Yoga Class will begin with the Purna Yoga Ankle and Foot Series, developed by Aadil Palkhivala*.

It is a series of 5 stretches to move the feet and ankles through full range of motion. It is appropriate for everyone, assuming participants can reach their feet. This should take @20 minutes. The remainder of the Yoga Class will be Restoratives. Participants will be guided into poses that offer deep relaxation. They will be guided with imagery, linking the Foot Care Ritual benefits with overall total body relaxation.

Restoratives are appropriate for everyone.

*Additional Ola Pono Wellness Products can be made available for sale after the class.