



This hydrating Body Wrap is ideal to soothe sun damaged skin, or just to replenish dry, thirsty skin.

Pure coconut milk and aloe vera are blended together to make this an exceptionally moisturizing, hydrating, and soothing body wrap. Arrow root is added to help blend this healing mixture, and to help penetrate the ingredients deeply beneath the skin, to add silkiness and to soften the skin, and to absorb toxins from the body.

Directions for use: Combine approximately 3 oz or 1/3 cup of dry mixture with equal amounts of hot water. Blend with whisk until most of the lumps are gone.

Directions for use: Blend well dry ingredients and warm water. Rub and massage into skin paying particular attention to dry areas like feet, knees and elbows.

Product

Aloe Coconut Body Hydrating Mask

Ingredients:

Coconut Milk, Arrow Root and Aloe Vera

Preparation

- Place mask in bowl and mix well.
- Prepare massage table: Two Sheets first on table, Two bath towels cross wise at head and foot of table, blanket sheet, space blanket (if available) plastic wrap, diaper, one breast drape by head, bath sheet, sheet, breast drape and diaper at foot and head, one bath sheet.

Treatment Beginning (2 minutes)

- Pick up client following standard protocol. Use and confirm client name.
- Have products presented on table for client to see.
- Review the type of treatment and length.
- Review contraindications including allergies to nuts (nut oils).
- In the treatment room, instruct client to lay face up on table under the one top sheet.

Treatment: Wrap - Mask Application (8 minutes)

- Place your hands on Client's shoulders 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.
- If the client is female, provide breast drape. Provide proper draping to cover genital area.
- Make sure her hair is up and out of the way.
- Help client to sit up.
- Using your hand, apply the mask beginning at pelvis and work up back and shoulders.
- Apply carefully and massage it into her skin.
- 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.
- Ask Client to cross arms over her chest and remove bath sheet.
- Cover client with plastic, sheet and space blanket. Place pillow case around her face to make a barrier to space blanket.
- Wrap her feet in a towel to keep warm
- Place cool, moist towel across eyes and Ti leaf on forehead
- Ask the client if he/she is comfortable.

Wrap (5 minutes)

- Perform scalp massage while client is wrapped for remainder of wrap. Do not leave the client alone in the room especially during a wrap when they may become too warm or claustrophobic.

Unwrap (8 minutes)

- Remove eye pillow and Ti leaf
- Unwrap client
- Place Bath sheet on Client
- If you have shower available have client take a shower at this point and treatment will be finished.
- When no shower available, 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: Body Spritz (2 minute)

End the treatment with a refreshing body mist start with legs and move upward ending at face.
Wipe the hands and soles of feet with warm 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

Suggested Add ons:

Island Scalp & Hair treatment during wrap