



The Awakening

By Seed to Skin Tuscany

Uplifting | Detoxifying | Nourishing

Skin renewing body treatment that harnesses the power of mineral-rich raw sea salt and an extraordinary blend of spirulina, shea butter, and essential oils. Designed to stimulate circulation, detoxify, and slough away dead skin cells. A personalised application of our deeply restorative probiotic body balm further releases tension, soothes the senses, and nourishes the skin. This ritual leaves the skin renewed and restored.

60 minutes

TREATMENT OVERVIEW

1. Preparation & Consultation
2. Grounding & Connecting
3. Full Body Exfoliation
4. Shower
5. Sensory Experience & Body Hydration
6. Closing Ritual

STEPS	PRODUCTS NEEDED	TOOLS NEEDED
1. Preparation & Consultation	-	Consultation Card
2. Grounding & Connecting	The Flower Sphere Bliss	-
3. Full Body Exfoliation	The Bliss Massage Oil The Awakening	Small Bowl Wooden Spatula One small towel One large towel Paper underwear
4. Shower	-	Bath Matt/ Towel Clean Towel Flip -Flop / Slippers Robe
5. Sensory Experience & Application of Balm	The Devotion / The Devotion Linden / The Devotion Vetiver	
6. Closing Ritual	The Flower Sphere Cocoon	Product Recommendation Card

EDITION 1 - August 2023





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PROTOCOL

Preparation & Consultation

- Prepare the treatment bed for the means of the exfoliation ritual. One large towel and one small towel, paper underwear.
- Assess guest needs (contraindications, allergies, products used, health history, questions/concerns).
- Briefly explain products, benefits, and the treatment procedure prior to beginning the treatment
- Invite the guest to make themselves comfortable on the table (face down). Leave the treatment room for the guest to prepare. Re-enter the room, ensure the guest is comfortable. Proceed to wash your hands and begin the treatment.

Grounding & Connecting Ritual

- Perform aromatherapy inhalation with **The Flower Sphere Bliss**. Place one hand on your guest's shoulder and spritz gently over the guest asking them to take three deep breaths to provide grounding.
- Perform welcome touch "Bear Walking", starting from the head towards the feet and finish with firm pressure.

The Exfoliating Ritual

- Starting on the back of the body apply warm **The Bliss Massage Oil** with long firm effleurage movements to the feet, legs and back .
- Applying **The Awakening** with pulsing movements starting at the feet, legs and back.
- With soft pressure gently exfoliate each area of the body.
- Ask the client to turn over.
- Apply warm **The Bliss Massage Oil** on the front side of the body, starting at the feet, legs, abdomen and arms.
- Apply **The Awakening** with pulsing movements starting at the feet, legs and gently exfoliate. Then move onto the abdomen and arms.
- Use hot mitts/steamed towels to remove any scrub residue from the feet and hands.
- Prepare your client for the shower with all the necessities for the shower, towel, robe, flip flop/slippers and warm towel.
- Gently bring your guest to a seated position and then guide them to the shower.
- Re- Set the treatment bed.

The Devotion Ritual

- **Sensory Experience:** For a personalised experience the guest shall choose between **The Devotion/ The Devotion Linden/ The Devotion Vetiver**.
- One by one apply one pump of each balm to the back of the guests hand and bring their hand to the nose for sensory experience. Remove and repeat with each balm. Allow the guest to choose their desired balm.
- Apply the chosen balm to the back, legs and feet with slow firm effleurage movements.
- Cover and ask your guest to turn over.
- Perform bear walking, starting on the feet in an upward motion.
- Apply the **desired balm** to the front of the body, legs, abdomen, arms and decollete.

Closing Ritual

- Finish your treatment with **The Flower Sphere Cocoon** and grounding "bear walking", starting from the head downwards to your guest's feet and finish with a firm pressure.
- Using the prescription booklet & your recommendations, educate your guest on what they need and why.

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TREATMENT ROOM PREPARATION

Products

The Flower Sphere Bliss - Opening Ritual - (0,1ml)

The Bliss Massage Oil - Skin prep - (30ml)

The Awakening - Exfoliation - (30 ml)

The Devotion/ TheDevotion Vetiver/Linden Flower – Body nourishment - (30ml)

The Flower Sphere Cocoon - Closing Ritual - (0,1ml)

Necessities

- 1 Medium bowl
- 1 Wooden Spatula
- Squeeze Bottle / Small bowl of water
- Large Blanket
- Paper Underwear

Shower Preparation

- 1 Medium bath matt
- 1 Large clean towel
- Slippers
- Robe

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