



# The Cocoon

By Seed to Skin Tuscany

## Body & Face

Soothing | Nurturing | Invigorating

This exceptional head-to-toe treatment delivers a multi-sensory experience. The journey starts with a gentle body brush exfoliation to stimulate the lymphatic system. This ritual continues with a tension-melting warm candle massage & skin restoring body wrap rich in argan oil, shea butter, and pure extracts of vanilla rose and precious oud wood. While being cocooned, the Facial Ritual will stimulate cellular regeneration and promote lasting pleasant sensation of well-being.

**90 minutes**

### TREATMENT OVERVIEW

1. Preparation & Consultation
2. Grounding & Connecting
3. Dry Body Brush
4. Candle Massage & Wrap
5. Facial Ritual
6. Closing Ritual

STEPS	PRODUCTS NEEDED	TOOLS NEEDED
1. Preparation & Consultation	-	Consultation Card
2. Grounding & Connecting	The Flower Sphere Bliss	-
3. Dry Body Brush		Seed to Skin Tuscany Body Brush
4. Candle Massage	Candle Massage Refillable	Hot Cabbie Wrap: The Bio-Sheet
5. Facial Ritual	The Divine Cleanse The Alche'Mist The Midnight Miracle The Eye Rescue Light Time The Cure	2 Mitts/Towels Tissues/Cotton pads One Bowl Jade rollers 2 Eye wands
6. Closing Ritual	The Flower Sphere Cocoon	Product Recommendation Card

EDITION 1 - August 2023



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## PROTOCOL

### Preparation & Consultation

- Place the Massage Candle into a hot cabbie 10-15 minutes prior to the treatment.
- Consultation can be done while the guest is seated in the waiting area or once on a treatment bed.
- Assess guest needs (contraindications, allergies, products used, health history, questions/concerns).
- Briefly explain products, benefits, and the treatment prior to starting.
- Invite the guest to make themselves comfortable on the treatment table (face up). 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 guests 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 Brushing Ritual – face down.

- Uncover the left side of the body and perform dry body brushing to the left, side of the back and arm with vigorous upward strokes.
- Cover and repeat the brushing on the right side of the body. Cover when completed.
- Uncover the back and perform additional dry body brushing movements to the back.

### The Candle Ritual

- Apply warm **The Massage Candle** to the entire back with slow firm strokes and perform a back massage tailored to your client's need.
- Perform the candle massage on the back of the legs and arms.
- Cover and ask your guest to turn over.
- Repeat **The Brushing & The Candle Ritual** on the front side of the body.

### Facial Ritual

- Wrap your client in the biodegradable wrap and cover with a blanket to keep warm.
- Wash your hands and prepare for **The Mini- Facial Ritual**:
- Apply **The Divine Cleanse** to the face, neck and decollete. Perform deep cleansing massage, then emulsify with water and remove with warm mitts.
- Spritz **The Alche'Mist** over the face, neck and decollete.
- Apply **The Midnight Miracle** to face, neck and decollete and perform facial massage.
- Gently wipe face and neck with tissue/cotton pads, as needed.
- Apply a small amount of **The Eye Rescue Light Time** to the eye area using **2 Eye Wands** and perform lymphatic stimulation around the eyes.
- Apply **The Cure** to face and neck, use **2 jade rollers** for lymphatic stimulation.
- Gently unwrap your guest and massage in any Massage Candle residue.

### Closing Ritual

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

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## TREATMENT ROOM PREPARATION

### Products

- The Candle Massage** - Refillable- 1000ml
- The Flower Sphere Bliss** - Welcome Ritual - (0,1ml )
- The Divine Cleanse** - Cleanser - (2ml )
- The Alche'Mist** - Serum - (0,5ml )
- The Midnight Miracle**- Face Massage- (1ml )
- The Eye Rescue Light Time** - Eye Treatment- (0,2ml )
- The Cure** - Moisturiser- (0,5ml )
- The Flower Sphere Cocoon** - Closing Ritual - (0,1ml )

### Necessities

- 2 Mitts
- Cotton Pads
- One Bowl
- One Small Towel
- One Large Blanket

### Tools

- Dry Body Brush
- Bio- Sheet
- Jade Rollers
- 2 Eye wands

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