



The Foot Ritual

By Seed to Skin Tuscany

Uplifting | Refreshing | Releasing

A perfect foot ritual to recharge after a long journey. Beginning with an aromatherapy foot cleanse and detoxifying soak, followed by a replenishing and vitamin infused foot massage with The Bath Therapy. Complimenting our ritual, our unique foot balm provides gentle circulation whilst uplifting with aromas of Camphor and Menthol to combat signs of swelling and immediately lighten.

20 minutes

TREATMENT OVERVIEW

1. Preparation & Consultation
2. Grounding & Connecting
3. Foot Soak
4. Massage with The Bath Therapy
5. Nourishing foot therapy
6. Closing Ritual

STEPS	PRODUCTS NEEDED	TOOLS NEEDED
1. Preparation & Consultation	-	Consultation Card
2. Grounding & Connecting	The Flower Sphere Bliss	Warm towels
3. Foot Soak	The Retreat	x 2 small towels Wooden Spatula
4. Massage	The Bath Therapy	Hot Cabbie Wrap: The Bio-Sheet
5. Nourishing foot therapy	The Sole Provider	
6. Closing Ritual	The Flower Sphere Cocoon	Warm Towels Product Recommendation Card

EDITION 1 - August 2023



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PROTOCOL

Preparation & Consultation

- Assess guest needs (contraindications, allergies, products used, health history, questions/concerns).
- Explain products, benefits, and the treatment step by step.
- Invite the guest to make themselves comfortable on the treatment chair. Wash hands and begin treatment.
- Grounding & Connecting Ritual.
- Spray a few pumps of **The Flower Sphere Bliss** on a warm towel and use it to cleanse the feet with slow and deep pressure.
- Ask them to take three deep breaths to provide grounding.

Foot Soak

- Add 2 scoops of **The Retreat** to warm water and gently swirl into the water.

Massage

- Apply **The Bath Therapy** to the guest's feet and legs using long, energetic effleurage strokes. Perform a firm foot and ankle massage.
- One by one place the guests feet into the foot bowl. Emulsify The Bath Therapy and provide cleansing of the feet and legs.
- Remove the guests feet one by one, wrap in a warm towel and apply firm pressure points to the soles of the feet, ensuring the clients feet are dry

Foot Therapy

- Unwrap the towel and apply two pumps of **The Sole Provider** to your guests feet and legs.
- With firm effleurage movements massage the Sole Provider until fully absorbed.

The Closing Ritual

- Spray a few pumps of **The Flower Sphere Cocoon** on a warm towel and use it to cleanse the feet with slow and deep pressure.
- Ask them to take three deep breaths to provide grounding.
- Using the prescription booklet & your recommendations, educate your guest on what they need and why.

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TREATMENT ROOM PREPARATION

Products

The Retreat - Foot Soak - (2g)

The Bath Therapy - Massage - (30ml)

The Sole Provider - Nourishment - (10ml)

The Flower Sphere Bliss - Welcome ritual - (0,1ml)

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

Necessities

- 2 warm towels
- Foot bowl

Tools

- 2 Wooden Spatulas
- Hot Cabbie

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