



The Retreat By Seed to Skin Tuscany

Grounding | Detoxifying | Stimulating

Beginning with dry body brushing to gently exfoliate the skin and stimulate the lymphatic system. Following a targeted application of our detoxifying, mineral-rich thermal mud to increase circulation and improve skin texture. A grounding foot massage will then relieve tension & stress. To finish a restorative application of our probiotic body balm will revitalise, balance, and deeply nourish the skin.

60 minutes

TREATMENT OVERVIEW

1. Preparation & Consultation
2. Grounding & Connecting
3. Dry Body Brush
4. Marine Mineral Mud Application & Bio-Sheet Wrap
5. Shower
6. Sensory Experience & Body Hydration
7. 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. Mud Application Foot & Ankle massage	Marine Mineral Mud	Medium bowl with warm water Squeeze bottle with warm water Wooden spatula One Small Towel Bio - Sheet Paper underwear
5. Shower		Robe Flip Flop /Slippers Clean towel Bath matt
6.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

- Consultation can be done while the guest is seated in reception or once on a treatment bed.
- Assess guest needs (contraindications, allergies, products used, health history, questions/concerns).
- Explain products, benefits, and the treatment step by step.
- Invite guests to make themselves comfortable on the table (face up). Invite the guest to make themselves comfortable on the treatment table. 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 Brushing Ritual

- Perform dry body brushing to the legs, abdomen and arms, with medium pressure in long strokes in an upward motion, with the alternative hand gently stroking the treated area.
- Face Down: Repeat **The Brushing Ritual** on the front side of the body, to the legs, arms and completing the ritual on the back.

Mixture: Mix 10 wooden spoons of the Marine Mud with 50 ml of tepid water in a bowl.

The Marine Mud Ritual

- Face Down: Apply the Marine Mineral Mud to the thighs, glutes and lower back area. Ensuring full coverage
- Face Up: Apply Marine Mud to the thighs, glutes and abdomen area. Ensuring full even coverage.

Wrap the guest in **The Bio-Sheet** and cover with a blanket for insulation and comfort.

- Perform a foot and ankle massage.

Shower Preparation: Ensure to place a towel on the floor, flip flops / slippers and a clean towel by the shower

- Gently bring your guest to a seating position and escort them to the shower.
- Reset the treatment table.

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 décolleté.

Closing Ritual

- Place one hand on the client's shoulder and ask the guest to take a deep breath and gently spritz **The Flower Sphere Cocoon**. Perform "Bear Walking" starting from the downwards towards the feet and finish with 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 Marine Mineral Mud - Targeted wrap (30g)

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

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

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

Tools

- Dry Body Brush
- Bio- Sheet

Necessities

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

Shower Preparation

- 1 small towel
- 1 Medium bath matt
- 1 Large clean towel
- Flip - Flop / Slippers
- Robe

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