

## GARDEN MINT ALGAE BODY MASQUE

A highly-potent herbal and deep sea therapy that helps heal and detoxify the skin and body. Ivy, pellitory, cucumber, elder and arnica extracts are combined with garden mint essential oil and are infused into a glycerin, kelp and marine algae base. This unique formulation of vitamins and minerals restores moisture and adds a radiant glow to skin.

- ❑ Red Algae: Increases white blood cell count. Source of vitamins, mineral, trace elements, and enzymes.
- ❑ Sea Kelp: Absorbs moisture. Softens skin.
- ❑ English Ivy: Stimulates circulation. Rids body of excess fluids. Decreases cellulite.
- ❑ Pellitory: Increases circulation.
- ❑ Cucumber: Provides moisture. Anti-inflammatory. Soothes. Refreshes. Tones.
- ❑ Elder: Induces perspiration. Detoxifies body tissue. Increases blood circulation. Anti-inflammatory.
- ❑ Arnica – Anti-bacterial. Anti-inflammatory. Stimulates white blood cells.
- ❑ Garden Mint Essential: Soothes. Cools.
- ❑ Patchouli Oil: Stabilizes. Anti-inflammatory. Astringent. Reduces anxiety. St. John's Wort Extract: Heals wounds. Cleanses. Anti-inflammatory.

### Algae Masque Treatment Protocols (Dry Room)

#### PREPARATION:

1. Place selected Amber Algae Masque in Amber Treatment Bowl and allow masque to heat for 5 – 10 minutes until masque is uniformly warm/slightly hot.
2. Place Amber Sherpa Blanket on massage table.
3. Open sheet over Sherpa Blanket
4. Place Amber Thermal Blanket over sheet
5. Place two Amber Kleen Wraps on table opened up next to each other overlapping slightly

#### CLIENT PREPARATION:

1. Removal of all clothing
2. Slip into disposable briefs/bra or boxers
3. Drink glass of room temperature water

#### APPLICATION:

1. Dry brush body area to be treated.
2. With the client in a seated position, remove a small amount of algae from the heater and massage onto the clients back.

3. Have the client lay back onto the massage table face up.
4. Gently bend one leg and massage a thin layer of algae onto the entire leg area beginning with the foot and working upwards to the buttock. Make sure you cover the entire front and back. Cover with the Amber Kleen Wrap. Repeat the process for the other leg.
5. Move up to the abdomen and arm area continuing to thinly cover the entire torso area with a light layer of algae massaged into the treatment area.
6. Wrap the entire body with Amber Kleen Wrap, then the Amber Thermal Blanket, then the Sheet, and finish with the Amber Sherpa Blanket.
7. Place a cool towel across the client's eyes and dim the lights.
8. Let the client relax for 20 minutes.

#### REMOVAL:

1. Starting with the leg area, gently unwrap one leg. With warmed towels start to remove the algae. Once the algae is removed, roll the Kleen Wrap up toward the middle of the bed and leave in between the leg area.
1. Repeat on the next leg. When this area is complete, gently remove the plastic from the lower half of the bed.
2. Cover client with the Amber Sherpa bath towel as you finish each area.
3. Moving upward toward the trunk of the body, unwrap and remove the algae.
4. When the entire front of the body is complete, have client sit up and remove remaining algae from the back. Remove remaining plastic from the bed.
5. Place a large Amber Sherpa towel around client and give them a bottle of chilled Amber Vitamin Infusion or a cup of warmed Amber Slimming Tea. This will help the client regain their composure and balance.
6. Algae should not stain.

## Mud Masque Treatment Protocols – WET ROOM

#### PREPARATION:

1. Place selected Amber Algae Masque in Amber Treatment Bowl and allow masque to heat for 5 – 10 minutes until Masque is uniformly warm/slightly hot.

#### CLIENT PREPARATION:

1. Removal of all clothing
2. Slip into disposable briefs/bra or boxers
3. Drink glass of room temperature water

#### APPLICATION

1. Dry brush body area to be treated.
2. Have client lay face down on the vichy shower bed.
3. Starting at the feet, begin applying a thin layer of algae in a massage like motion.
4. Work up the back of the legs and finish at the back, completely covering the entire exposed backside of the body.
5. Have client turn over.
6. Cover the entire front side of the body in the same manner, omitting the breast area.

7. Let the client relax for 20 minutes.
8. For added warmth, apply an Amber Kleen Wrap and Amber Thermal Blanket over the client.

#### REMOVAL

1. Lowering the showers, begin by removing the algae from the body with warm water making sure that you also remove any algae residue from the bed.
2. Have client roll over and repeat on backside.
3. When all algae is removed, roll client over so they are facing upwards. Lift showers. Lightly dry client and then wrap a large Amber Sherpa Towel around the client.
4. Give the client a bottle of chilled Amber Vitamin Infusion or a cup of warmed Amber Slimming Tea to sip on. This will allow the client a chance to regain their composure and balance.
5. Leave client in room to remove disposable undergarments and change into their robe or clothing.