

the body collection

mindful body care experience featuring stress-relieving hand acupressure massage



A quick interaction designed to engage and educate the customer in the NEW Body Collection. During this complimentary sensory experience, the Professional Skin Therapist will apply the product(s) to the customer's hand and arm letting them feel the benefit of the product(s). Use this interaction to help initiate a conversation and engage with customers using new **Thermafoliant Body Scrub** and **Phyto Replenish Body Oil**.

step-by-step:

1. Add a small amount of water to dampen the back of the customer's hand. Dispense a small amount of **Thermafoliant Body Scrub** and lightly work into the area while you highlight the key benefits of the product. Use a warm disposable steam towel to remove.
2. Dispense a few drops of **Phyto Replenish Body Oil** to the back of the customer's hand and lightly apply to the skin including the forearm. Highlight the key benefits of the product. Follow with the **Mindful Body Care DIY** acupressure points. Highlight to the customer how to include these points at home and discuss the key benefits of each acupressure point as you massage.
3. To conclude the experience, fill out a **Skin Fitness Plan** featuring **Thermafoliant Body Scrub** and **Phyto Replenish Body Oil**, and recommend a **ProSkin** treatment.

product benefits to discuss

- **Thermafoliant Body Scrub** is a dual-action body exfoliant that smoothes and energizes the skin.
 - Exfoliates to refine skin texture
 - Energizes and delivers vital antioxidants
 - Brightens skin tone
- **Phyto Replenish Body Oil** is an antioxidant-rich skin-replenishing body oil.
 - Replenishes to help protect skin's natural lipid barrier
 - Calms and nourishes skin
 - Moisturizes to leave skin feeling soft

Follow up service suggestions:

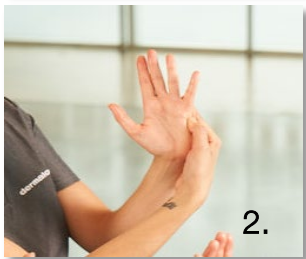
- ProSkin 60 treatment

step-by-step:

Dispense a small amount of **Phyto Replenish Body Oil** onto the customer's hand and spread over the forearm. Apply gentle pressure to the following pressure points:



1. **Heart 7:** This pressure point can be found in the crease of your wrist and lies in line with the space between your ring and little finger. There is a bone directly in line next to this pressure point. Applying gentle pressure to this point may protect against anxiety, insomnia and depression.



2. **Small intestine 3:** This pressure point is located in the depression of your hand just below your little finger. Putting firm pressure on this point is thought to relieve neck pain, earaches and headaches that occur at the back of your head.



3. **Inner gate point:** This pressure point is on the inside of your arm. Place your palm facing up. With your other hand use 3 fingers to measure roughly an inch above the wrist. In the centre, massage this point firmly. This improves digestion and relieves any nausea or stomach pain.



4. **Outer gate point:** This pressure point can be found between two tendons on the back of your arm. Place 3 fingers from your other hand above your wrist. Apply firm pressure to this part of the arm. This potentially gives your immune system a quick boost and could give you a rush of energy.



5. **Hand valley point:** This can be found in the firm skin between your thumb and index finger. Applying firm pressure to this point may help reduce stress, alleviate migraines, toothaches shoulder tension and neck pain.

Note: Discuss with the customer how they can utilise these pressure points on their own hands to help promote stress reduction and a mindful moment at home.