



Inflammation

Serene Services | March 2022



Inflammation is the process of the body fighting against injuries, infections or other stressors. There are many reasons why guests can experience inflammation in the skin and body, so we gathered some amazing protocols from top properties and spa brands that will aid your guests in a whole new way.

SERENE SERVICES

The Skin Comfort

(60 min., \$140-\$190)
Natura Bisse

1. Assist the client with deep breathing through inhalations with the selected Aroma Nectar.
2. Perform body alignment and welcome touches to the guest's body.
3. Moisten a cotton pad with The Cure All-in-One Cleanser. Using this cotton pad, remove makeup from delicate areas such as the eye contour and lip area.
4. Apply the Cure All-in-One Cleanser onto the face, neck and décolleté, working in the product using the Natura Bisse Cleansing Techniques.
5. Apply Diamond Cocoon Hydrating Essence onto the face, neck and décolleté.
6. Apply and even layer of the Tolerance Enzyme Peel to the face, neck and décolleté and massage until the texture is modified.
7. Perform gentle friction maneuvers area by area, always holding the skin.
8. Thoroughly remove the product with warm water and Natura Bisse facial cleansing sponges.
9. Using digital maneuvers, apply the Tolerance Neuropeptide Concentrate to the face, neck and décolleté until completely absorbed.
10. Apply Tolerance Recover Cream to the face, neck and décolleté, working in the product using the Natura Bisse Sculpting Techniques.
11. Apply a layer of the Tolerance Comfort Mask to the face, neck and décolleté.
12. Leave this mask on for 15-20 min.
13. Remove this mask with warm water and Natura Bisse facial cleansing sponges.
14. Apply Diamond Cocoon Hydrating Essence onto the face, neck and décolleté.
15. Apply a fine layer of Tolerance Recovery Cream.
16. Apply the NB Occlusal Eye Recovery Balm.
17. Apply the Diamond Cocoon Sheer Cream.
18. Perform the final Body Alignment.

Elakkizhi

(120 min., \$400)
Four Seasons Maldives

1. Finely chop all the leaves and 2 lemons. Take a big pan and spatula and heat with 50 ml of castor oil. Add the spices and rock salt (1 teaspoon each). Stir for a while and add grated coconut and lemon. After 2 minutes, add all the leaves and stir for 5 to 10 minutes till the leaves are cooked.
2. Make a poultice bundle with cloth. Elakkizhi is ready to proceed.
3. Prepared herbal bundle should be heated with suitable herbal oil in a pan up to 42 to 44 degree Celsius.
4. Apply the prepared herbal bundle throughout the body with mild pressure in different positions by two therapists standing on both sides of the table. Temperature should be maintained throughout the treatment by re-heating the bundle.
5. Perform an Ayurveda massage for 60 minutes.
6. Follow this by performing 60 minutes of herbal application to the body using the poultices you made.

CBDreams Massage

(80 min., \$225)

The Well Spa at Miramonte, CA

1. Begin session with an opening ritual and aromatherapy inhalation.
 2. While the client is draped, begin introducing touch with palm compression on the back starting on the mid back region working towards the low back. You are intentionally creating space between the vertebrae by using your hands in opposing direction of one another. Work from the mid back to top of the pelvis and up to the top of the shoulders. Decompress the neck and shoulders by applying palms at the top of the shoulders pressing in towards the clients' feet. Walk hands down the back and use soft fists, compressing the glutes, followed by the hamstrings, the calf muscles and finally the soles of the clients' feet.
 3. Undrape the client's back and gently place a warm towel vertically along the direction of the spine.
 4. Use two drops of the Essential Oil Aromatherapy in your palms and place at distance from the client's face having them take three deep breaths in.
 5. Apply the CBD Pain Relief Cream to the areas of concentration your guest shared at the time of consultation and cover with warm towels. Proceed with the CBD Massage Oil to the clients back OIL, starting at L5 (lumbar 5) working up towards the Thoracic vertebrae towards the neck and base of the occiput using pointed stacked fingertips in small circular motions on each side of the spine.
- Note: Be sure to check in for client pressure preference and adjust accordingly.
6. Work Massage Oil down the posterior muscles of the neck extending towards the end of the shoulder tips using your palms, then slow gliding back into the posterior neck muscles using pointed stacked fingertips. Massage the oil in small circular motion on the pressure points located at the base of the occiput.
 7. Return to L5 using your own massage technique protocol based on your consultation with your guest and their specific goals for the massage. Stay along the bilateral sides of the vertebrae connective tissue. Work your way up to the edge of the shoulders, then back in towards the posterior neck muscles ending at the base of the occiput.

SERENE SERVICES

Regenerative Stone Crop and Turmeric Contouring Wrap

(60 min., \$150)
Yuan Spa

1. Have the client lie face down and perform the Opening Inhalation ritual with verbiage: "Take three deep breaths."
2. Undrape the guest's right leg and spread the Eminence Stone Crop Scrub on leg, scrub fully wetting with warm water until all scrub foams and then dissolves. Spread Eminence Stone Crop Contouring Mask on leg and massage in thoroughly. Recover the area. Repeat with left leg.
3. Undrape back, folding corners of towel down to expose sides of glutes. Spread Eminence Stone Crop Scrub on back and shoulders using the pattern of exfoliation, scrub fully wetting with warm water until all scrub foams and then dissolves. Spread Eminence Stone Crop Contouring Mask on back and glutes, massage thoroughly and recover area.
4. Remove bottom towel and ask the guest to turn over face up.
5. Begin with right leg repeating the steps from 2 on the front of the legs. Spread Eminence Stone Crop Contouring Mask on leg and massage in thoroughly.
6. Snuggly wrap the leg in plastic, and recover the area. Repeat with left leg.
7. Using chest drape, apply scrub to the abdomen and décolleté using the same methods in the previous steps. Spread Eminence Stone Crop Mask on abdomen and décolleté, massage thoroughly and recover area with the towel.
8. Repeat the scrub process on the arms. Then spread the mask to one arm and cross over chest/abdomen.
9. Snuggly wrap the arms and abdomen in the plastic wrap.
10. Wrap guest tightly in flat sheet and blanket
11. Place gravity blanket on client
12. Let them sit in the wrap for 15-20 minutes.
13. While the guest is wrapped up perform a head and scalp massage using head cradling with occipital pressure point holds, facial pressure points and body compressions starting at head and working down the body to the feet.
14. Place floor mats on ground.
15. Next, start the shower for the guest, checking the temperature of the water.
16. Unwrap guest, start with the feet and wipe off product.
17. Unwrap the body, pulling plastic away, and rolling plastic in on itself towards guest as you work down the body from head to feet, with verbiage "it will be cold for a moment, but I've started a hot shower for you."

18. Instruct the guest to rinse off in the shower after you step outside the room. Also notify them that you will be re-entering the room while they are showering, and to let you know when they are done rinsing off.
19. While the guest is showering, tidy up table removing dirty towels and plastic wrap (folding it in on itself to prevent messes). Redress the table to have the fitted sheet, two flat sheets, face cradle with new cover and the blanket.
20. When the guest is done showering, hand them a towel to dry off and instruct the guest to dry off and lay face down after you step out of the room.
21. Undrape both legs, exposing bottom 1/2 of glutes, folding blanket and sheet to middle of table. Standing at the foot of the table, apply lotion to both legs simultaneously.
22. Undrape the back (folding sheet and blanket down), exposing top 1/2 of glutes. Standing at the head of the table, apply lotion to back and upper glutes.
23. Ask the guest to turn one last time face up.
24. Undrape both legs, folding blanket and sheet to middle of table. Standing at foot of table, apply lotion to both legs simultaneously.
25. Redrape legs.
26. Using breast drape, undrape upper body, apply lotion to abdomen and décolleté.
27. Undrape arms one at a time and apply lotion to arms. Then, redrape the arms.
28. Conclude the hydration application with the neck and shoulders.
29. End the service with aromatherapy, inhalations and verbiage.

Perfect Glow Facial

(75 min., \$425)
Total Glow

1. Begin with an in-depth digital skin analysis treatment to review imaging of the surface layer as well as the sub layers of the skin to reveal current and potential problem areas. Provide a personal consultation to review the imaging with your guest and explain in detail what to expect from their treatment as well as set out a detailed skin regimen and treatment protocol.
2. Using a pre cleansing oil, thoroughly cleanse the skin. Follow this with a second cleanse using a gentle cleanser.
3. Following the cleanse, create a customized cocktail of products specifically for inflammation and apply it to the skin with a face brush to prepare skin for the next step.
4. Perform the Environ DFI or Triwave treatment. For inflammation, include the sonophoresis step of the Environ DFI treatment. Reapply more tailored products as needed when performing this.
5. Apply the Omnilux LED Light therapy mask to the guest's face.
6. Perform the iontophoresis step with the Environ DFI device.
7. Prepare the cooling Alginate mask and apply it to the entire face. Let the mask sit until it firms, and then remove it.
8. Apply the Total Glow handcrafted oil targeted for inflammation, which also gives a little extra glow to finish. ✨

https://wellspa360.texterity.com/wellspa360/march_2022/MobilePagedArticle.action?articleId=1771062#articleId1771062