

TREATMENT OF THE MONTH

Bon Vital'

PROFESSIONAL MASSAGE THERAPY & SPA PRODUCTS

Holiday Hangover Massage



Built-up stress and tension after the holiday season? Relax and unwind with the Bon Vital' Holiday Hangover Massage! This blissfully relaxing head, neck, and shoulder massage will prep you for the new year by engulfing your senses in energizing Peppermint, relaxing Lavender, and invigorating Rosemary – just what you need to jump start 2019!

Session Time:
30 minutes

**Suggested Charge
per Treatment:**
\$80 - \$125

Cost per Treatment:
\$11.94

Treatment: \$3.75

+

Take Home Product:
\$8.19

Supplies:

Bon Vital'® Coconut
Oil

Bon Vital' Lavender
Essential Oil

Bon Vital' Peppermint
Essential Oil

Bon Vital' Rosemary
Essential Oil

Biofreeze®
Professional Roll-on

2 oz. bottles

Warm towels

Aromatherapy recipe:

Bon Vital' Hangover Massage Oil: Add 5 drops of Bon Vital' Lavender Essential Oil, 5 drops of Bon Vital' Peppermint Essential Oil and 5 drops of Bon Vital' Rosemary Essential Oil to 2 oz. of Bon Vital' Coconut Oil.



Coconut Oil



Peppermint



Rosemary



Menthol



Lavender

KEY INGREDIENTS

FEATURED PRODUCTS

Bon Vital' Coconut Oil

Bon Vital' Lavender Essential Oil

Bon Vital' Peppermint
Essential Oil

Bon Vital' Rosemary Essential Oil

Biofreeze Professional Roll-on





TREATMENT PROTOCOL

Holiday Hangover Massage

1. Begin with client in supine position.
2. Add a few drops of Bon Vital' Holiday Hangover Massage Oil into your hands, rub together and hold above client's face for them to inhale, taking 3 long deep breaths.
3. Start your neck and shoulder massage by pressing down on your client's shoulders towards their feet in a rhythmic fashion.
4. Apply Bon Vital' Holiday Hangover Massage Oil gently to your client's shoulders and décolleté area using effleurage strokes bringing the oil right up the neck then continue with some deeper strokes and adding gentle neck stretches.
5. With a light amount of oil still on your hands, draw your hands up the neck, in a gentle but firm effleurage stroke to the jaw line.
6. Use the pads of your fingers and run along the jaw line to the center of the chin, around the mouth, up over the nose and finish on the forehead. Use a gentle downward compression on the forehead. Slide your fingers outward to the temporal area.
7. Not breaking contact with the face, lightly slide your fingers back down to the jaw line.
8. Begin fingertip kneading in a circular motion for the chin area moving upwards through the face. Remain aware of your pressure, hand placement and the flow of the treatment.
9. Start your scalp massage. Using a circular motion and applying some deeper pressure with your fingertips (always watching your client's face for pain cues), start on the scalp from the top center of the hairline to the back of the head, in small sections, moving your way from the top of the head to the back of the head. Return again to the front hairline slightly lateral to where you started and continue to the back of the head. Repeat until you have covered the entire scalp. When it comes time, rest the client's head rotated gently in your one hand and work on the area of the head that was not accessible earlier, repeat for the other side. Remember to include the temporal and ear areas. It is also great to add gentle ear pulling at this time.
10. Use a relaxing effleurage stroke in between techniques, like gentle finger raking of the hair.
11. Use your fingertips to apply a downward pressure. Starting on the scalp from the top center on the hairline to the back of the head. In small sections, moving your way from the top of the head to the back of the head. Return again to the front hairline slightly lateral to where you started and continue to the back of the head. Repeat until you have covered the entire scalp. When it comes time, rest the client's head rotated gently in your one hand and work on the area of the head that was not accessible earlier, repeat for the other side.
12. Wipe away any excess oil and end the treatment by applying Biofreeze Professional Roll-on* to the neck and shoulders*. Add some gentle neck stretches and releasing the attachment points along the occipital ridge.

Take Home:

Send client home with the Biofreeze Professional Gel. Build the cost into the treatment cost or as an add-on after the treatment.

Contraindications: *General massage contraindications including those that apply to the head and face including contusions, open wounds and skin infections. Not recommended to use Biofreeze on the face.*

**Use Biofreeze as indicated. Before applying Biofreeze, be sure to wipe area clean of all massage lubricants.*