

TREATMENT OF THE MONTH

Bon Vital'

PROFESSIONAL MASSAGE THERAPY & SPA PRODUCTS

Let's Face It!



Session Time:

30 minutes

Suggested Charge per Treatment:

\$80 - \$125

Cost per Treatment:

\$18.98

Treatment Cost: \$3.99

+

Take Home Product:
\$14.99

Supplies:

Bon Vital'® Coconut Oil

Bon Vital' Bergamot
Essential Oil

Bon Vital' Lavender
Essential Oil

Bon Vital' Ylang Ylang
Essential Oil

Bon Vital' Bergamot
Essential Oil Roll-On

Biofreeze® Professional
Roll-On

Small bottle

Warm towels

Take Home:

Bon Vital' Bergamot
Essential Oil Roll-On

Biofreeze Professional
Roll-On

Let's Face It! In a stress-filled world, this face, scalp, neck and décolleté massage featuring Bergamot, Lavender and Ylang Ylang Essential Oils will relieve tension, soothe tired muscles and ease headaches. We know radiant, healthy skin reflects how you look and feel. Regular facial massage can slow the aging process, improve circulation and re-hydrate your skin. Getting you ready to face the world!

Aromatherapy Recipe:

Bon Vital' Let's Face It! Oil: Add 5 drops of Bon Vital' Bergamot Essential Oil, 5 drops of Bon Vital' Lavender Essential Oil and 5 drops of Bon Vital' Ylang Ylang Essential Oil to 2 oz of Bon Vital' Coconut Oil. Shake gently to combine.

KEY INGREDIENTS



Coconut Oil



Lavender



Bergamot



Ylang Ylang



Menthol

FEATURED PRODUCTS

Bon Vital' Coconut Oil

Bon Vital' Bergamot Essential Oil

Bon Vital' Lavender Essential Oil

Bon Vital' Ylang Ylang Essential Oil

Bon Vital' Bergamot
Essential Oil Roll-On

Biofreeze Professional Roll-On



Bon Vital' Let's Face It! Massage Treatment created by Robyn L. Green, RMT & Lynda Solien-Wolfe, LMT

1. Begin with client in a supine position.
2. Add a few drops of Bon Vital® Let's Face It! Massage Oil in your hand, rub together and hold above your client's face for them to inhale, taking 3 long, deep breaths.
3. Place a warm towel infused with Bon Vital' Lavender Essential Oil over your client's face.
4. Apply the Bon Vital' Bergamot Essential Oil Roll-On to your client's wrists and behind their ears.
5. Start your neck, shoulder and décolleté massage by pressing down on your client's shoulders towards their feet in a rhythmic fashion.
6. Apply Bon Vital' Let's Face It! Massage Oil gently to your client's shoulders and décolleté (lower neck line) area using effleurage strokes bringing the oil right up the neck then continue with some deeper strokes to the attachments around the clavicles and the chest area.
7. Add in some gentle range of motion neck stretches then some deeper frictioning strokes to the attachments in the neck and the occipital area. Finish with some flushing strokes.
8. Start your face massage 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.
9. 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.
10. Not breaking contact with the face, lightly slide your fingers back down to the jaw line.
11. Begin fingertip kneading in a circular motion for the chin area moving upwards through the face, and then add some eyebrow pinching and pinching along the sinuses and jaw line. Remain aware of your pressure, hand placement and the flow of the treatment.
12. Start your scalp massage.
13. 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 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. Remember to include the temporal and ear areas. It is also great to add gentle ear pulling at this time.
14. Use a relaxing effleurage stroke in between techniques, like gentle finger raking of the hair.
15. 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.
16. Finish the treatment by applying Biofreeze® Professional Roll-On to the neck and shoulders.*
17. Send client home with the Bon Vital' Bergamot Essential Oil Roll-On and Biofreeze Professional Roll-On. The cost is included in the treatment cost.



Contraindications: *General contraindications that apply to the head and face including contusions, open wounds and skin infections also general massage contraindications.*

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