

TREATMENT OF THE MONTH

Bon Vital'

PROFESSIONAL MASSAGE THERAPY & SPA PRODUCTS

Salty Dog

Session Time:

30 minutes

Suggested Charge per Treatment:

\$50 - \$100

Cost per Treatment:

\$18.63

Treatment Cost: \$8.64

+

Take Home Products:

\$9.99



Renew and revive your ruff, tired legs and feet with the Bon Vital' Salty Dog Massage Treatment. This relaxing treatment includes a salt glow scrub and ultimate foot and leg massage. It is sure to tame those barking dogs while relieving any scent of sore achy muscles.

Aromatherapy Recipe:

Bon Vital' Salty Dog Salt Glow: Add 15-20 drops of Bon Vital' Grapefruit Essential Oil to 2 oz. of Bon Vital' Unscented Salt Glow. Stir to combine.

Supplies:

Bon Vital'® Foot Balm

Bon Vital' Unscented
Salt Glow

Bon Vital' Grapefruit
Essential Oil

Bon Vital' Pink
Grapefruit Body Butter

Small Bowl

Towels

Home Care:

Bon Vital' Foot Balm

KEY INGREDIENTS



Dwarf Pine Oil



Menthol



Grapefruit



Salt

FEATURED PRODUCTS

Bon Vital' Foot Balm

Bon Vital' Unscented Salt Glow

Bon Vital' Grapefruit
Essential Oil

Bon Vital' Pink Grapefruit
Body Butter



Bon Vital' Salty Dog Massage created by Robyn L. Green, RMT and Lynda Solien-Wolfe, LMT

1. Begin with client in supine position.
2. Apply Bon Vital' Foot Balm to your hands and start your foot and leg massage on the top of the foot, utilizing long fluid strokes with deeper pressure on the up stroke than the down stroke. Make sure to start on the foot and work up the front of the leg to the knee then back to the foot.
3. To massage the calf muscles first hold the ankle up as this will give you the best access. Do long effleurage strokes then knead the calf muscle away from the bone pushing it upward and outward, gradually working up the leg. When you reach the knee, release the pressure and glide back down to the ankle. Repeat this then change hands and knead the other side of the calf.
4. Now is a great time to do some deeper work on the bottom of the foot. Use your knuckles in an up and down stroke on the bottom of the foot to start then add some long deep strokes along the arch of the foot continuing with deep circular strokes on the ball and heel of the foot.
5. Repeat on the other foot and lower leg. Massage each leg and foot about 8 to 10 minutes each.
6. To prepare for the Salt Glow application, take a warm dampened towel and moisten each leg.
7. Add a generous amount of Bon Vital' Salty Dog Salt Glow to your hands and rub together lightly. Apply to the legs.
8. Work the Bon Vital' Salty Dog Salt Glow into the skin using small circular motions working from the knee down towards the foot. Make sure to cover the entire lower leg.
9. Continue onto the top, sides and bottoms of both feet.
10. Take a warm moistened towel and remove the Bon Vital' Salty Dog Salt Glow from your client's legs and feet (this may take several attempts with the warm moistened towel).
11. Finish by applying a generous amount of Bon Vital' Pink Grapefruit Body Butter.
12. Give client Bon Vital' Foot Balm to continue their experience at home.



Contraindications: *General massage contraindications including open sores and fractures and sprains in the legs and feet.*

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