

Spa Treatment Menu:

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Back, Neck, Shoulders Aromassage
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The Mud Rasul ChamberSpa Baths

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Salt Scrub Procedure

Recommended for: All skin types

Treatment time: 30 minutes

Products: 2/3 bag of Salt
1 cup Sweet Almond Oil
1 small bowl
1 spatula
1 plastic apron

Benefits: Cleanse and remove dead skin cells
Balance PH Level of the skin
Nourish the skin leaving it very soft & smooth

Contra – indications: Open wounds
Skin disorders including psoriasis and eczema
Varicose veins

Room set up:

- 1a A clean plastic sheet on the bed and a clean towel at the head of the bed over the plastic sheet
- 1b A clean towel at the end of the bed on the plastic sheet with disposable underwear and shower cap on the towel
- 1c Lights dimmed, room temperature at 23°C and the relaxation music medium volume selected from channel 1 or 2

Client Preparation:

While escorting the client to the treatment room, inquire about any contraindications he or she may have including psoriasis, wounds, cuts etc: You may begin the treatment if the client has no physical/medical conditions contrary to the treatment. If unsure, you must consult with the Senior Therapist.

- 2a. Once inside the room, explain to the client the procedure of the treatment whilst offering him the disposable underwear and shower cap
 - "First you will relax inside the sauna for 7 minutes to open the pores in preparation for thorough cleansing
 - I will come to take you from the sauna after 7 minutes and we will then begin the treatment
 - After the treatment you will take a shower to 'rinse' the salt off your body, you don't need to use soap as the oils will continue to be absorbed into your skin – nourishing and moisturizing you"...
- 2b. Holding a large towel up between yourself and the client (towel control), allow the client to privately take his robe off and instruct him to put the towel around his body
- 2c. Take the client to the steam room and inform him that "it's going to last for (7-10) minutes and it's very good to make the skin wet ready for the salt". Inform the client that you will come and get the client when the time is up.

Salt Preparation:

- 3a. While the client is in the Sauna prepare the salt mixture:
 - First heat 1 cup of sweet almond oil in the microwave for 30 seconds
 - Add 2/3 of a bag of salt to the warm oil
- 3b. Return to the Sauna to take the client back to the treatment room
- 3c. Using towel control, ask the client to lay down on the stomach
- 3d. Lay a clean towel over his body as he does so
- 3e. When the client is comfortable and properly covered, get the salt & oil mixture and explain to the client what it is, what it will do for his skin, and how you will start the treatment
 - Dead Sea salt mixed with warm sweet almond oil
 - It will exfoliate cleanse, disinfect, smooth, soften, nourish, moisturize
 - "Now I will uncover each part of your body as I work on it, spreading the mixture and scrubbing each limb. I will begin with your legs, then back..."

The Scrubbing Begins:

BACK OF LEGS

- 4a. Uncover the clients right leg by folding the towel away to the middle between the legs
- 4b. Spread a sufficient amount of the salt & oil mixture outwards from the middle of the leg – one hand moving towards the buttock, the other hand toward the foot – ensure that it is spread evenly
- 4c. Start scrubbing the leg with a straight friction movement upwards using the palm of the hands and the forearm - concentrate on the ankle and around the hip and the buttocks area
- 4d. When finished, remove some of the salt from the client's leg using the hands and pushing the salt towards the feet and away
- 4e. Cover the area you have been working on and repeat steps 4a – 4e on the left leg

BACK

- 4f. Uncover the back and spread a sufficient amount of the salt & oil mixture outwards from the middle of the back – one hand moving towards the buttock, the other hand toward the head – ensure that it is spread evenly
- 4g. start scrubbing the back 6 times going up and down the back using the forearm and the palm of the hands in a friction movement, and with some circular movement all over the back, around the shoulders and around the deltoid muscles.
- 4h. When finished, remove some of the salt from the client's back using the thumbs - starting from the spine and moving outwards to the sides of the body in a firm movement
- 4i. Use towel control and ask the client to turn over on his/her back – covering him when he has turned (without seeing his body)

FRONT OF LEGS

- 4j. Uncover the clients right leg by folding the towel away to the middle between the legs. Evenly spread a sufficient amount of the salt & oil mixture outwards from the knee – one hand moving towards the groin, the other hand down over the foot
- 4k. Scrub the leg with a straight friction movement upwards using the palm of the hands and the forearm - concentrate on the ankle, knee, and between toes
- 4l. When finished, remove some of the salt from the client's leg using the hands and pushing the salt towards the feet and away

- 4m. Cover the area you have been working on and repeat steps 4j – 4n on the back of the left leg

STOMACH

- 4n. If the client allows, uncover the stomach and spread a sufficient amount of the salt & oil mixture from the middle of the stomach
- 4o. Use a light friction movement with the palm of the hand up and down and in circulation movements – concentrate around sides of the stomach and the hip area
- 4p. When finished, remove some of the salt from the clients stomach using the thumbs from the belly button towards the sides
- 4q. Cover the stomach

CHEST

- 4r. ASK female clients if they wish to have their chest scrubbed
- 4s. Uncover the area and spread a sufficient amount of the salt & oil mixture evenly between the bust on the sternum first. Work with a light circular movement on the chest - a straight movement around the bust (on the diaphragm and the clavicle (collar bone) and decollate – AVOID the nipples
- 4t. When finished, remove some of the salt from the clients chest using the thumbs out towards the sides, then cover the chest

ARMS

- 4u. Uncover the right arm and evenly spread a sufficient amount of the salt & oil mixture outwards from the middle of the arm – one hand moving towards shoulder, the other hand to the client's hand (Tell the client to turn his face to the other side so no salt will flick into his eyes)
- 4v. Scrub up and down the arm in a straight friction movement using the palm of the hands – support the arm with one hand while the other hand works in a circular movement on the triceps, elbow and fore-arm. Use both hands in a friction movement on the client's hand
- 4w. Use one long movement on the whole arm to remove the salt down towards the fingers
- 4x. Cover the arm and repeat steps 4u. to 4x. on the left arm

The Scrubbing Ends:

- 5a. Take the client into the shower then clean your room, take the plastic sheet off the bed and to the bin and get the bowl out of the room to the preparation area to clean it and go back to the treatment room
- 5b. After the client finishes the shower, give him a clean towel to dry himself
- 5c. IF THE CLIENT HAS NO FURTHER TREATMENTS OR SWIM, JACUZZI etc FOLLOWING THE SALT SCRUB, explain that you will apply nourishing aroma cream
- 5d. Proceed cream application using the same method as for salt scrub
i.e. Back of Legs, Back, Front of Legs, Stomach, Chest, Arms
- 5d. Leave the room to allow the client to dress/put his robe on
- 5e. Escort the client back to the juice bar offering herbal tea, juice or water & encourage relaxing for 20-30 minutes

Mud Wrap Procedure

Recommended for: all skin types

Treatment time: 55 minutes

The same procedure is followed with /without SPS.

Products:

- 1 bag of mud
- 1 spatula
- 1 plastic apron
- 1 plastic sheet
- 1 bowl
- 1 pair of disposable underwear
- 1 shower cap

Benefits:

- Natural mud: Cleanse, stimulate circulation, nourish the skin
- Relaxing Herbal mud: Cleansing, relaxation & stress relief
- Anti- cellulite mud: Detoxifying skin, breaking down cellulite

Contra – indications:

- High blood pressure
- Skin disorders
- Recent surgery
- Epilepsy

Room set up:

- 1a A clean plastic sheet on the bed and a clean towel at the head of the bed over the plastic sheet
- 1b A clean towel at the end of the bed on the plastic sheet with disposable underwear and shower cap on the towel
- 1c Lights dimmed, room temperature at 23c and the music medium volume

Client Preparation

While escorting the client to the treatment room, inquire about any contraindications he or she may have including psoriasis, wounds, cuts etc: You may begin the treatment if the client has no physical/medical conditions contrary to the treatment. If unsure, you must consult with the Senior Therapist.

- 2a. Once inside the room, explain to the client the procedure of the treatment whilst offering him the disposable underwear and shower cap
 - "First you will relax inside the sauna for 7 minutes to open the pores in preparation for thorough cleansing
 - I will come to take you from the sauna after 7 minutes and we will then begin the treatment
 - After the treatment you will take a shower to 'rinse' the mud off your body, you don't need to use soap as the oils will continue to be absorbed into your skin – nourishing and moisturizing you"...
- 2b. Using towel control, allow the client to privately take his robe off and instruct him to put the towel around his body
- 2c. Take the client to the steam room and inform him that "it's going to last for 7-10 minutes and it's very good to make the skin wet ready for the mud"

Mud Preparation

- 3a. While the client is in the Sauna prepare the mud mixture

- Heat mud in a small bowl in the microwave for:	Natural	90 seconds
	Herbal	2 minutes
	Anticellulite	2 minutes

- 3b. Escort the client from the sauna back to the room & ask him to lie on his back.

 You are now ready to perform the mud treatment.

 Test that the heat of the mud is comfortable for the client & check that the client is happy with the stomach and chest area to be treated

- 3c. Using towel control ask the client to be seated in an upright position and apply mud to the back
- 3d. Assist the client to lie back down & continue with the legs
- 3e. Bend the client's leg & apply 3 patches of mud on thigh area and 3 on the lower leg. Spread evenly over the entire limb and lower leg
- 3f. Repeat the above on front of leg
- 3g. Repeat step 3e and 3f on the opposite leg
- 3h. Stomach area, apply thin layer ensuring the whole stomach & the client's sides are covered
- 3i. Chest area, apply a thin layer AVOID the nipples (very sensitive area)
- 3j. Arms apply 3 patches of mud on upper & lower arm and spread evenly

- 4a. Cover the client with the plastic sheet, then towel over it, ensuring warmth and comfort for the client
- 4b. Proceed with facial and scalp massage for 12 minutes
- 4c. Inform the client that you are going to leave him to rest for 25 minutes (during this time you MUST continuously check on your client)

- 5a. Before unwrapping the client run the shower until warm.
- 5b. Unwrap the client & take him to shower
- 5c. After the client showers, allow him to dry himself and dress while you wait outside the room
- 5d. Escort the client back to the juice bar offering herbal tea, juice or water & encourage relaxing for 20-30 minutes, offer a magazine or newspaper

"Jessica" Pedicure & Foot Treatment

Recommended for: Everyone for healthy, soft, clean attractive feet

Treatment time: 60 minutes

Products:

- Foot Bath Additive
- Purifying Scrub
- Hydroxy Botanical Lotion
- Moisturizing Cuticle Remover
- Aroma Foot Powder
- Herbal Foot Mask
- Nail Polish Remover (if necessary)
- Base Coat
- Nail Polish
- Top Coat
- Phenomen Oil

Equipment:

Foot Bath	Nail Clippers
Cuticle Scissors	Nail Care Machine
Nail File	Cling Film
Cuticle Pusher	Thermal Pedicure Booties

Benefits:

- Stronger, smoother, more attractive nails with soft cuticles
- Smooth, clean, feet with reduced puffiness and increased circulation

Contra – indications:

- Open wounds, nail infections, burns
- Skin disorders including psoriasis and eczema
- Ingrown nails

Room set up:

- 1a. 2 small towels required to wrap the feet after bathing
- 1b. 1 small towel to cover the therapists knees
- 1c. All above-mentioned products and equipment to be neatly arranged and easily accessed by the Therapist. Ensure all electrical equipment is plugged into outlets

Client Preparation:

While escorting the client to the treatment room, inquire about any contraindications he or she may have including psoriasis, wounds, cuts etc: You may begin the treatment if the client has no physical/medical conditions contrary to the treatment. If unsure, you must consult with the Senior Therapist.

Once inside the room, explain to the client the general procedure of the treatment including the benefits to the client

Procedure:

Step 1

- Spray first foot with Jessica sanitizer
- Remove all traces of polish
- Check feet for any skin or nail disorders. Stretch the feet and look in-between the toes for any skin disorders. Look for signs of nail separation
- Apply a few drops of anti fungal oil around and under toenails.
- Use Ceramic Hard Skin Remover to remove any hard, dry skin. Again, stretch the foot using long hard positive movement
- Place first foot into water
- Repeat on second foot

Step 2

- Soak the feet in warm water, for approximately 5 minutes. In front of client add two scoops of Herbal Soak Crystals & a capful of foot bath Additive, for extra hygiene standards
- Remove feet from water & dry thoroughly
- Wrap first foot in a towel to keep warm

Step 3

- Massage Purifying Scrub on the second foot concentrating on hard skin areas around the ankle & the leg, including the knee. Warm a generous amount in the palm of your hand first and apply using 3-4 effleurage strokes on each side of the leg, concentrating on the knee area & then massage into the foot. The product will emulsify & then should be partially absorbed by the end of the massage. Place foot back into water
- Repeat step 3 on the first foot
- Rinse the feet, dry the first foot thoroughly and wrap individually in a towel. Repeat on second foot

Step 4

- Unwrap first foot & apply a generous amount of Phenomen Oil to the cuticles. Catch the excess in the palm of your hand & massage in hard skin areas, i.e. knees. Repeat on second foot

Step 5

- Apply a generous amount of Hydroxy Botanical Lotion up to & including the knees, warming it in the palm of your hand first & lightly massage. Holding cling film taut, wrap the feet firmly in cling film, wrapped tightly for a high degree of penetration

Step 6

- Place in Thermal Pedicure Booties for 10-15 minutes

Step 7

- Remove one foot from the booties & massage the foot and the leg - followed by the other foot and leg
- Put a sheet of Clingfilm under first foot & apply the herbal Masque on to the foot, starting at the ankle & working up the leg including the knee
- Wrap tightly in Cling Film
- Repeat Step 7 on other foot & leg
- Keep the leg raised so any fluid can drain away from puffy ankles

Step 8

- Leave on for 5-10 minutes & wipe off masque using a damp, cool compress

Step 9

- Wrap one foot in a towel & apply a small amount of Moisturizing Cuticle Remover to the cuticles of the other foot & push the cuticle pusher on the Nail Care Machine
- Dampen a cloth wipe with warm water, wrap it around your thumb & trace around the cuticle to remove any dead, loose skin. Remove hangnails with cuticle nippers if necessary

Mud Rasul Chamber

Recommended for: All skin types

Treatment time: 45 minutes

Products:

50g Salt (per person)	
Bolus Alpha, white	for face and neck
Bolus Beta, yellow	for décolleté and breast
Bolus Gamma, red-gold	for abdomen
Bolus Epsilon, grey	for feet and elbows
Bolus Zeta, light-grey	for arms
Bolus Delta, blue	for legs
1 kg Rügener chalk	
6 Table spoons Grapeseed Oil	
100ml Water	
Tangerine Aroma Oil	
Lemongrass Aroma Oil	
Wild Mint Aroma Oil	
Aloe Vera Aroma Gel	

Equipment:

- 1 Rasul Shell Bowl (for 1-2 pax)
- 1 Measure Scoop (per therapist)
- 1 Herb Bag (per chamber)
- 1 Stove Grid (per chamber)
- 1 plastic apron (per therapist)
- 1 Plastic Sheet (per Soft-Pack-System)
- **Disposable Underwear (optional per guest)
- **Shower Cap (optional per guest)

Benefits:

Deep Cleaning from the purifying and detoxifying effect of the mud
 Dead skin cells will be removed by rubbing the mud & salt into the skin
 The additional exfoliation effect will stabilize the ph-value of the skin
 Skin layers strengthened & nourished, muscle tone is influenced,
 metabolism is stimulated

Contra – indications:

Room Set Up:

- RASUL - Herb bag is lightly wet and placed atop the stove grid
- Music is at a comfortable volume level
- TREATMENT ROOM - A clean plastic sheet on the Soft-Pack-System
- Lights dimmed and room temperature at 23°C
- Relaxation music medium volume selected from channel 1 or 2

Client Preparation:

While escorting the client to the treatment room, inquire about any contraindications he or she may have including psoriasis, wounds, cuts etc: You may begin the treatment if the client has no physical/medical conditions contrary to the treatment. If unsure, you must consult with the Senior Therapist.

Mud Preparation:

- All muds should be prepared with water and grape seed oil. Mix 100ml water and 2 tablespoons grape seed oil with the upper layer (approx. 5cm) of the mud. (When this 5cm are used up, mix the next 5cm with the same mixture till the bucket is empty.)
- To prepare bowls for the guests, take a scoop and put a ball of each mud onto the shell bowl. With this the mud for the body are ready for use.
- Prepare 1kg Rügenger chalk with 4 tablespoons grape seed oil and mix it with water until you get a pasty consistency. This is used for the guests back and for the seats.

Treatment Procedure:

- Let your guests take a shower
- Put 1 hand of the Rügenger chalk mixture onto each seat edge in the rasul
- Put Atlantic Sea salt into two bowls and put it on the two middle arm rests in the Rasul
- Put the Rügenger Chalk mixture onto the guests back and let them sit on the seats
- Demonstrate on one of the guests which mud is applied to each area of the body and have the other guests apply it to themselves – offer assistance of course

Bolus Alpha, white	for face and neck
Bolus Beta, yellow	for décolleté and breast
Bolus Gamma, red-gold	for abdomen
Bolus Epsilon, grey	for feet and elbows
Bolus Zeta, light-grey	for arms
Bolus Delta, blue	for legs

- Inform the guests that there is warm water flowing in the arm rests, so they can moisten the mud if it gets too dry and clean their hands if necessary.
- Inform the guests that you will switch on the program and that they have approx. 2 minutes to apply the muds until the lights switch off and the treatment starts.
- Inform the guests that at the end of the ceremony the lights switch on and tropical rain comes down from the ceiling to wash off the muds.
- After the treatment, the guests can take a shower by using the shower heads inside the Rasul or use the separate shower in the ante room
- Guests are then taken to the Juice Bar for tea and relaxation with magazines and newspapers offered to guests.
- *If the guest only requested the Mud Rasul without an additional nourishing treatment, the guests' choice of Pantai Sensitive Oil/Gel is to be applied to clean skin and the guest allowed to rest in the Soft-Pack-System for 10 minutes for the oil to be absorbed*
- *If the guest is to follow the Mud Rasul treatment with an additional nourishing treatment, allow the guest to rest at the Juice Bar for 10 minutes before beginning the next treatment.*
- The Therapist must ensure that the Mud Rasul Chamber is thoroughly cleaned immediately after each use.

IT IS ABSOLUTELY IMPORTANT TO MAKE A NOURISHING TREATMENT AFTER THE RASUL, BECAUSE THE MUDS CLEAN THE SKIN DEEPLY!

We recommend a warm oil massage or a salt-oil-scrub on the Hamam, one of the crème oil baths in the Soft Pack System or an ointment or massage with Pantai Sensitive.

SPS Crayon Chalk Peeling

Recommended for: Sensitive Skin

Treatment time: 45 minutes

Products: 500g Rügenger chalk
2 Tablespoon Wheat germ oil
Water

Equipment: 1 structured sheet (per SPS)
1 plastic apron (per therapist)
**Disposable Underwear (optional per guest)
**Shower Cap (optional per guest)

Benefits: Due to the strong purifying effect, this treatment eases the pain of rheumatic disease, joint inflammations, arthrosis, skin disease (eczema), and stiffening after operations, sciatica, neuralgia, chronic bursitis and tendovaginitis. The stimulation of the blood circulation and the metabolism and baby-soft skin are additional effects

Contra – indications: Pace Makers **No sun after treatment
Heat Sensitive
High or Low Blood Pressure
Heart conditions
Alcohol, drugs or fever

Room Set Up:

- TREATMENT ROOM - The structured sheet on the Soft-Pack-System
- Lights dimmed and room temperature at 23°C
- Relaxation music medium volume selected from channel 1 or 2

Client Preparation:

While escorting the client to the treatment room, inquire about any contraindications he or she may have including psoriasis, wounds, cuts etc: You may begin the treatment if the client has no physical/medical conditions contrary to the treatment. If unsure, you must consult with the Senior Therapist.

Crayon Preparation:

- Mix the chalk with the oil and add water until you have a creamy mud (like yoghurt)
- Warm up the mixture in the microwave

Treatment Procedure:

- Cover the Soft Pack System with the structured sheet.
- Let your guest take a shower
- Let your guest lay down with wet skin, apply the mixture on the client's body (first back, then front)
- Wrap him/her with the structured sheet, cover with the brown foil and lower your guest to enjoy the treatment for approximately 20-25 minutes
- After this time, lift your guest, open the brown foil and the structured sheet
- Carefully escort the guest to the shower and offer to assist rinsing the crayon off

After this treatment we recommend an anointing with warm oil, Pantai Sensitive Products or Goat butter products on the moist skin.

SPS Salt Peeling

Recommended for: Oily Skin

Treatment time: 45 minutes

Products: Atlantic Sea Salt – Large Granules

Equipment:
 1 structured sheet (per SPS)
 1 plastic apron (per therapist)
 **Disposable Underwear (optional per guest)
 **Shower Cap (optional per guest)

Benefits: Due to the too frequent use of unsuitable soaps and shower lotions many people have an alkalized upper skin layer. The pH-value of the protective layer on the skin which is normally in the sour range has changed causing natural protection against germs to become weak. The intensive application of salt corrects the pH-value and regenerates the protective layer on the skin.

The tiny sharp edges of the salt grains allow a very good peeling. At the same time the brine disinfects the skin and prevents irritations and inflammations.

Contra – indications: Pace Makers
 Heat Sensitive
 High or Low Blood Pressure
 Heart conditions
 Alcohol, drugs or fever
 highly sensitive skin
 Open wounds

Room Set Up:

- TREATMENT ROOM - The structured sheet on the Soft-Pack-System
- Lights dimmed and room temperature at 23°C
- Relaxation music medium volume selected from channel 1 or 2

Client Preparation:

While escorting the client to the treatment room, inquire about any contraindications he or she may have including psoriasis, wounds, cuts etc: You may begin the treatment if the client has no physical/medical conditions contrary to the treatment. If unsure, you must consult with the Senior Therapist.

Treatment Procedure:

- Let your guest have a shower and lay him/her down (face down) on a wet massage table with wet skin
- Take the salt and put it onto the body
- Massage the salt crystals with gentle, very slow circular movements into the skin till the salt crystals are dissolved. Please take care that you don't use too much pressure.
- Let your guests turn around and start again with point 2.
- Please take care that the guest will not lay on not used salt crystals after turning around.
- Let your guests take a shower after the treatment without using shower gel.

- It is recommended to do an oil massage (with warm oils or with Pantai Sensitive products) after this treatment. An easy way to nourish the skin would also be the use of our salt-oil-Pad in the shower.

Chardonnay Wine Trester Peeling

Recommended for: All Skin Types

Treatment time: 45 minutes

Products:

80-100g	Wine draff
80-100g	Bolus beta powder (yellow healing earth)
80-100g	Chalk (Rügener healing earth)
1 Tablespoon	Grapeseed Oil
	Water

Important: The addition of medical earths is important to lower the acid content of the fruit acids. The pure draff has a ph-value of approx. 4.5 which is too high for the normal skin!

Equipment:

- 1 structured sheet (per SPS)
- 1 plastic apron (per therapist)
- **Disposable Underwear (optional per guest)
- **Shower Cap (optional per guest)

Benefits: A wine draff treatment effects exfoliation, a faster cell division, the regulation of the skin's ph-value, the regulation of the skin's balance, a more flexible skin and a lightening up of the skin.

Contra – indications:

- Pace Makers
- Heat Sensitive
- High or Low Blood Pressure
- Heart conditions
- Alcohol, drugs or fever
- Red or irritated skin
- No sun before 3hours after treatment

Room Set Up:

- TREATMENT ROOM - The structured sheet on the Soft-Pack-System
- Lights dimmed and room temperature at 23°C
- Relaxation music medium volume selected from channel 1 or 2

Client Preparation:

While escorting the client to the treatment room, inquire about any contraindications he or she may have including psoriasis, wounds, cuts etc: You may begin the treatment if the client has no physical/medical conditions contrary to the treatment. If unsure, you must consult with the Senior Therapist.

Wine Trester Preparation:

- Mix all products and add water until you got a creamy mud (like yoghurt)
- Warm it up in the microwave

Treatment Procedure:

- Cover the Soft Pack System with the structured sheet
- Let your guest lay down, apply the mixture to the client's body (first back, then front)
- Wrap him/her with the structured sheet, cover with the brown foil and lower your guest to enjoy the treatment for approx. 20 – 30 minutes
- After this time, lift your guest, open the brown foil and the structured sheet and make a peeling with wet hands
- Carefully escort your guest to the shower and allow the guest to rinse off the draff

After this treatment we recommend an anointing with warm oil on the moist skin.

Cleopatra Crème Bath

Recommended for: Dry or Sensitive Skin or After-Sun Skin Care

Treatment time: 45 minutes

Products:

For normal and dry skin

For 1 treatment:

30 g goat milk bath
15 g milk
15 g base crème
5 g aloe vera oil
5 g jojoba oil
5 g macadamia nut oil
5 g calendula oil

Total: 80 g per treatment

For 1 treatment + 30 g creme

40 g goat milk bath
20 g milk
20 g base crème DAC
8 g aloe vera oil
8 g jojoba oil
8 g macadamia nut oil
8 g calendula oil

Total: 112 g per treatment

For dry and extremely dry skin

For 1 treatment:

30 g goat milk bath
15 g milk
15 g base crème II
5 g aloe Vera oil
5 g jojoba oil
5 g macadamia nut oil
5 g calendula oil

Total: 80 g per treatment

For 1 treatment + 30 g creme

40 g goat milk bath
20 g milk
20 g base crème II
8 g aloe vera oil
8 g jojoba oil
8 g macadamia nut oil
8 g calendula oil

Total: 112 g per treatment

Equipment:

1 structured sheet (per SPS)
1 plastic apron (per therapist)
**Disposable Underwear (optional per guest)
**Shower Cap (optional per guest)

Benefits:

The Cleopatra bath is applied as a protective treatment for dry, stressed and exhausted skin. Most skin disease or irritations are caused by dry skin. Dry skin is mostly a sign of a disturbance of the fat supply caused by too frequent washing, handling with detergents or metabolic disorder. The milk contains a lot of important vitamins, fat and trace elements which are needed for the protection, regeneration and nourishing of the skin. The carrier oils, besides their function as vehicles, also contain unsaturated fatty acids which are able to bind free radicals.

After sun exposure when the skin is exhausted or irritated by the UV-radiation, the Cleopatra bath is a perfect skin care. Due to the use of different carrier oils penetrating the skin until the deepest layers the skin will be completely nourished (sun lotions only go until the medium layers). Even on light sunburns the application of a Cleopatra bath may prevent the skin from peeling.

The Cleopatra bath is excellent after exfoliating or peeling treatments. These treatments do not only remove the dead skin cells but also the lipid film on the skin. The Cleopatra bath regenerates this lipid film which is necessary for the skin's protection.

Contra – indications: Pace Makers
Heat Sensitive
High or Low Blood Pressure
Heart conditions
Alcohol, drugs or fever

Room Set Up:

- TREATMENT ROOM - The structured sheet on the Soft-Pack-System
- Lights dimmed and room temperature at 23°C
- Relaxation music medium volume selected from channel 1 or 2

Client Preparation:

While escorting the client to the treatment room, inquire about any contraindications he or she may have including psoriasis, wounds, cuts etc: You may begin the treatment if the client has no physical/medical conditions contrary to the treatment. If unsure, you must consult with the Senior Therapist.

Crème Preparation:

- Put all products into a 300 ml mixing jar and mix it.

Treatment Procedure:

- Cover the Soft Pack System with the structured sheet
- Let your guest lay down on this sheet, put a thin layer of the crème-mixture on his/her back and front (first back, then front)
- Wrap the guest with the structured sheet, cover with the brown foil and lower him/her to enjoy the treatment for approx. 20 to 30 minutes.
- *A shower after this treatment is not necessary.*
- Please let your guest have a rest for approx. 15 to 20 minutes after the treatment. This time is important for the acclimating of your guest's body and the complete absorbing of the active ingredients into the skin.

SPS Herbal Infusion Bath

Recommended for: Oily Skin

Treatment time: 45 minutes

Products:

100ml	Goat milk bath
2 Tablespoons	Bathoil
250ml	warm water
2 hands	Herbs (Rose blossoms, Lavender Blossom, ...)
6 g	Aloe vera oil
4 g	Macadamia nut oil
4 g	Calendula oil
3 –4 drops	Neroli, essential oil
6 – 8 drops	Rose, essential oil

Equipment:

- 1 structured sheet (per SPS)
- 2 pcs dermat fleece
- 1 plastic apron (per therapist)
- **Disposable Underwear (optional per guest)
- **Shower Cap (optional per guest)

Benefits: The special fat acid spectrum of the used goat milk guarantees the supply of important minerals such as potassium, calcium, magnesium and sodium as well as vitamins and moisture. The essentials of the herbs and the high quality oils lend the skin an unexpected softness to forget any age

Contra – indications:

- Pace Makers
- Heat Sensitive
- High or Low Blood Pressure
- Heart conditions
- Alcohol, drugs or fever

Room Set Up:

- TREATMENT ROOM - The structured sheet on the Soft-Pack-System
- Lights dimmed and room temperature at 23°C
- Relaxation music medium volume selected from channel 1 or 2

Client Preparation:

While escorting the client to the treatment room, inquire about any contraindications he or she may have including psoriasis, wounds, cuts etc: You may begin the treatment if the client has no physical/medical conditions contrary to the treatment. If unsure, you must consult with the Senior Therapist.

Mixture Preparation:

- Put the herbs (for example: rose blossoms) into a bowl and add warm water
- Wait approx. 15 to 20 minutes to get all essences out of the blossoms
- Remove the blossoms and mix the "herbal water" with all the other products
- Form the dermat fleeces to a ball and put them into this mixture. The fleece will now soak up the mixture.

Treatment Procedure:

- Cover the Soft Pack System and insulating mat with the structured sheet
- Take one of the soaked fleece out and put it on the Soft Pack System

- Let your guest lay down on this fleece, cover him/her with the second one
- Put the herbs (e.g.rose blossoms) over this second fleece and cover it all with the structured sheet
- Cover with the brown foil and lower your guest down to enjoy the treatment
- The treatment takes approx. 20 to 25 minutes
- *A shower after this treatment is not necessary.*
- Please let your guest have a rest for approx. 15 to 20 minutes after the treatment. This time is important for the acclimating of your guest's body and the complete absorbing of the active ingredients into the skin.

Night candle Oil Bath

Recommended for: Dry Skin – Skin conditions

Treatment time: 45 minutes

Products: **For normal and lightly dry skin**

For 1 treatment:

46 g base crème DAC
24 g distilled water
4 g urea pura
4 g evening primrose oil
4 g almond oil
4 g wheatgerm oil

Total: 86 g per treatment

For 1 treatment + 30 g creme

60 g base creme DAC
30 g distilled water
6 g urea pura
6 g evening primrose oil
6 g almond oil
6 g wheatgerm oil

Total: 114 g per treatment

For dry and very dry skin

For 1 treatment:

15 g base crème DAC
15 g base crème I
15 g goat butter creme
24 g distilled water
4 g urea pura
4 g evening primrose oil
4 g almond oil
4 g wheatgerm oil

Total: 5 g per treatment

For 1 treatment + 30 g creme

20 g base creme DAC
20 g base creme II
20 g goat butter creme
30 g distilled water
6 g urea pura
6 g evening primrose oil
6 g almond oil
6 g wheatgerm oil

Total: 14 g per treatment

Equipment:

- 1 coated sheet
- 1 pack brine sheet 3%
- 1 plastic apron (per therapist)
- **Disposable Underwear (optional per guest)
- **Shower Cap (optional per guest)

Benefits: This treatment effects a balancing of the female hormones estrogen, progesterone and prolactin. It is ideal for rough and dry skin, people with eczema, skin irritations, neurodermatitis or psoriasis. The skin is regenerated and revitalised after a treatment.

This crème bath is one of the most successful skin care treatments in the Soft Pack System. It was developed especially for dry and demanding skin and is well suited for people with neurodermatitis and psoriasis. Ingredients like for example polyunsaturates, vitamins and trace elements effect regenerating and vitalizing. The skin gets soft and silky in an absolutely outstanding way! Experience yourself this great feeling!

Contra – indications:

- Pace Makers
- Heat Sensitive
- High or Low Blood Pressure
- Heart conditions
- Alcohol, drugs or fever

Room Set Up:

- TREATMENT ROOM - The structured sheet on the Soft-Pack-System
- Lights dimmed and room temperature at 23°C
- Relaxation music medium volume selected from channel 1 or 2

Client Preparation:

While escorting the client to the treatment room, inquire about any contraindications he or she may have including psoriasis, wounds, cuts etc: You may begin the treatment if the client has no physical/medical conditions contrary to the treatment. If unsure, you must consult with the Senior Therapist.

Mixture Preparation:

- Open the pack of the brine sheets, open the sheets, and form them to a ball
- Mix distilled water with urea pura until it is dissolved completely
- Put crèmes and oils into a 300 ml mixing jar
- Add the urea pura – water mixture and blend the ingredients with a mixer

Treatment Procedure:

- Cover the Soft Pack System with the coated sheet
- Take one of the brine sheets out and put it on the Soft Pack System
- Let your guest lay down on this sheet, put a thin layer of the crème-mixture on his/her back and front (first back, then front)
- Cover the guest with the second brine sheet and cover it all with the coated sheet
- Cover the guest with the brown foil and lower him/her to enjoy the treatment
- The treatment takes approx. 20 to 30 minutes.
- *A shower after this treatment is not necessary.*
- Please let your guest have a rest for approx. 15 to 20 minutes after the treatment. This time is important for the acclimating of your guest's body and the complete absorbing of the active ingredients into the skin.

Salt-Oil-Peeling

Recommended for: All skin types

Treatment time: 45 minutes

Products: 1 jar of Salt-Oil Mixture

Equipment: 1 structured sheet (per SPS)
1 plastic apron (per therapist)
**Disposable Underwear (optional per guest)
**Shower Cap (optional per guest)

Benefits: The scrub with salt removes dead skin cells and effects a balancing of the skin's ph-value. The oils spoil the skin and provide it with all needed vitamins, fat acids and minerals.

Contra – indications: Pace Makers
Heat Sensitive
High or Low Blood Pressure
Heart conditions
Alcohol, drugs or fever

Room Set Up:

- TREATMENT ROOM - The structured sheet on the Soft-Pack-System
- Lights dimmed and room temperature at 23°C
- Relaxation music medium volume selected from channel 1 or 2

Client Preparation:

While escorting the client to the treatment room, inquire about any contraindications he or she may have including psoriasis, wounds, cuts etc: You may begin the treatment if the client has no physical/medical conditions contrary to the treatment. If unsure, you must consult with the Senior Therapist.

Treatment Procedure:

- Let your guest have a shower and lay him/her face down on the SPS with wet skin
- Take the salt-oil-mixture and put it onto the body
- Massage the mixture with gentle circular movements into the skin till the salt crystals are dissolved. *Please take care that you don't use too much pressure*
- Let your guest turn around and apply the mixture to the front of the body
- *Please take care that the guest will not lay on unused salt crystals after turning around*
- Let your guest take a shower after the treatment without using any shower gel. It would be a shame to wash off the valuable oils after this outstanding treatment
- Your guest should not dry the skin afterwards, just take a bath robe and give the skin time to absorb the oils completely

Face, Hands, Decollate Thalassa Vita

Recommended for: All skin types

Treatment time: 45 minutes

Products: ½ litre warm water with
4 teaspoons sea salt
12 to 15g Thalassa Vita algae leafs

Equipment: 1 structured sheet (per SPS)
Plastic film sheets
1 plastic apron (per therapist)
**Disposable Underwear (optional per guest)
**Shower Cap (optional per guest)

Benefits: The skin gets supplied with oxygen and the skin cells get activated.
The active ingredients of the crème layer will be supplied quicker to the skin affecting freshness and vitality and tightened skin

Contra – indications: Pace Makers
Heat Sensitive
High or Low Blood Pressure
Heart conditions
Alcohol, drugs or fever

Room Set Up:

- TREATMENT ROOM - The structured sheet on the Soft-Pack-System
- Lights dimmed and room temperature at 23°C
- Relaxation music medium volume selected from channel 1 or 2

Client Preparation:

While escorting the client to the treatment room, inquire about any contraindications he or she may have including psoriasis, wounds, cuts etc: You may begin the treatment if the client has no physical/medical conditions contrary to the treatment. If unsure, you must consult with the Senior Therapist.

Algae Preparation:

- Mix warm water with sea salt until dissolved completely
- Put the algae into the sea water and wait approx. 15 to 20 minutes

Treatment Procedure:

- Moisture face and décolleté with the sea water by dap it with your fingers onto the skin
- Put a thin layer of the Q10 crème or Aloe vera gel onto the skin.
Use the Q10 crème for normal skin and the Aloe vera gel for dry skin
- Cover the crème layer with the algae leafs and a moisture film
- An exposure of sunlight will increase the effect of this treatment
- Treatment time 30minutes

After the treatment:

- Remove the film and the algae leafs
- Massage the remaining crème with slight rotation movements into the skin

Décolleté & Hands treatment

1. Moisture the décolleté and the hands with the sea water by dap it with your fingers onto the skin.
2. Put a thin layer of the Q10 crème or Aloe vera gel onto the skin. Use the Q10 crème for normal skin and the Aloe vera gel for dry skin.
3. Cover the crème layer with the algae leafs and a moistured film.
4. An exposure of sunlight will increase the effect of this treatment.
5. Treatment time: 30minutes

After the treatment:

6. Remove the film and the algae leafs
7. Massage the remain crème with slightly rotation movements into the skin

Full Body Thalassa Vita

Products:

-100g	Laminaria T60
-50g	Cut algae leafs
850ml	Sea water

- Mix all products in a bowl till you get a pasty consistence like yogurt
- Let your guest lay down face down
- Apply the half of the mixture on the back of the body
- Cover the back with the special film and spread the mixture evenly
- Your guest can turn around now
- Apply the rest of the mixture on front of the body
- Cover the front with the special film and spread the mixture evenly
- Treatment time: 20 to 30 minutes

After the treatment:

- Let your guest have a shower
- We recommend a salt-oil-scrub or a warm oil ointment for follow on

CUCURBITA PUMPKIN SEED WRAP

Promotional text:

Cucurbita

Cucurbita is a brand new body pumpkin seed wrap with a high share of active ingredients like trace elements, vitamins and minerals. A treatment with this outstanding product mixture effects a strong purifying and exfoliation and simultaneously an optimal nourishing of the skin. The ideal composition of ingredients effects a positive result on the vesicular breathing and strengthens the muscles. The high content of vitamin E has a positive effect on the muscles and the connective tissue

Benefits:

This is a very rich body treatment with a high content of trace elements, vitamins (E, B1, B2, B6, C, A, D) and minerals (potassium, phosphorus, magnesium, calcium, iron, copper, manganese, selenium, zinc).

It effects a strong purifying and exfoliation with simultaneously optimal nourishing.

The ideal composition of amino acids and linoleic acids effects a positive result on the vesicular breathing. Ingredients like selenium, zinc and potassium strengthen the muscles and effect purifying. The high content of vitamin E has a positive effect on the muscles and the connective tissue.

Procedure:

Products:

140g	Cucurbita mixture (powder)
40ml	Cucurbita oil mixture
200-300ml	Water

Sheets:

1 pc.	structured sheet
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How to prepare:

- Put all ingredients in a bowl and mix it till you get a pasty consistence like yoghurt. Add extra water if necessary.
- Put the structured sheet on the Soft Pack System.
- Let your guest have a shower and tell him/her not to dry the skin afterwards.

The treatment:

- Let your guest lay down on the sheet with wet skin and apply a thin layer of the mixture on the whole body (first back, then front)
- Wrap the guest with the structured sheet, cover with the brown foil and lower him/her to enjoy the treatment.
IN CASE OF CLAUSTROPHOBIA, PLEASE WRAP JUST THE BODY AND LEAVE THE ARMS ON TOP. PLEASE ASK YOUR GUEST FOR THIS.
- The treatment takes approx. 20 minutes

WARNING!

Please don't follow this treatment with a solarium or sun bath! Due to the strong purifying and exfoliation effect it is possible that the skin gets sensible.

PANTAI SENSITIVE

Promotional text:

Ointment & massage with Pantai Sensitive

No one would forget an ointment or massage with the outstanding Pantai Sensitive products. Specially selected raw materials, blended in exclusive recipes are the basis of this brand new skin care series. Our Pantai Sensitive oils loosen congestion and improve moisture levels whilst refreshing and stimulating the skin. This gives you a great choice of treatments.

There are three valuable skin care oils and one skin care gel available. All of them have a great fragrance and you can choose your own favourite for a after sun skin care as well as a cooling and refreshing massage after a sauna or a purifying treatment!

Benefits:

Tangerine Oil - with Moroccan tangerine

for dry skin with poor blood circulation

Our Tangerine oil stimulates the skin's metabolism and loosens congestion. It is perfect for cellulite and poor blood circulation.

Lemon grass Oil - with refreshing lemongrass

for oily, open-pored skin

This oil tones and stimulates tired skin. It is an ideal supplement to a morning run or after a long working day.

Mint Oil - with wild mint

Stimulates and cools with an antiseptic effect

After sport or as a tonic for exhausted skin the Pantai Sensitive Mint Oil refreshes, stimulates and vitalises. It is an ideal product for a foot massage.

Aloe Vera Gel - to leave the skin bursting with moisture

This Aloe Vera Gel, extracted from the desert plant, contains valuable minerals, vitamins, enzymes and proteins. It stimulates the regeneration of skin cells, improves blood circulation and supports the natural regulation of the skin's moisture.

Aloe Vera Gel is an ideal product for any skin type, but especially for tired skin. It is an excellent product to nourish the skin after sun bathing because of its cooling, refreshing, antiseptic and moisture regulating properties.

Procedure:

Guests will be spoilt with these Pantai Sensitive products. The unique ingredients of the oils and the gel are perfect for ointments and are ideal as treatment conclusions. All products have a great fragrance, are quickly absorbed by the skin and are wonderful for:

- Aroma-Massages (full body, partial or foot massages)
- after any purifying treatment in the Soft Pack System or the Rasul®
- after Brechlbath, Stonebath, Kraxenstove or regular Sauna
- after exfoliation treatments with salt or draff wine

Please apply to wet skin. Treatment procedure is like at any usual ointment or massage.