



CSpa Aroma & Hair Wellness

- TRAINING MANUAL 2016 -



In Association with



- curatio: healing; treatment -

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CSpa Aroma Wellness



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CSpa Aroma Wellness

The Roots of CSpa



The enigmatic essence of life - Designed in Africa, for Africa -

Curatio Spa (CSpa) – Latin for healing treatment.

CSpa Aroma Wellness is a new generation aroma wellness brand based on aromatherapy purist principles. Aromatherapy is the art and science of helping living things toward wholeness and balance using essential oils extracted from plants. As essential oils are liposoluble, they penetrate quickly and deep into the skin allowing for a complete wellness journey. The fusions of ancient aromatherapy philosophies together with simplistic and modern applications make this range a high performance olfactory experience.

Staying true to its local heritage, CSpa incorporates hints of Africa at various levels. Indigenous to Sub-Saharan Africa, the profound benefits of Aloe Vera extract have remained at the core of many of CSpa's Hydrating journeys based on its rich historical healing properties. Designed in Africa, for Africa, CSpa incorporates the use of monkey apples handpicked by locals in the villages of Mozambique which are dried to form the massage tool used to relieve surface tension.

This is then combined with blended essential oils in each CSpa Aroma Wellness body treatment for a wellness journey which touches the five senses.

The extensive CSpa Aroma Wellness range has well planned homecare products for all skin types and body wellness requirements, supported by professional treatments.

"Aromatherapy" is the word coined by Henri Maurice Gattefosse in France in 1928 to describe the science he was beginning to explore: that of using the aromatic components of plants to facilitate healing.

"Essential oils" - These are oils obtained from plants, which evaporate at room temperature with specific aromas. They are also called "volatile oils" because of this ability to evaporate readily. One can experience a form of essential oils by rubbing one's hands in the foliage of a rosemary, or a lavender plant and sniffing one's fingers.

The oils were believed to carry the "essence", or unique identity of the plants they came from. CSpa embraces this DNA or soul of the essential oils.

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The Face

All products contain Essential Oils. To create a more indulgent experience with profound results, the CSpa Serums (pure blended Essential Oils) are the 'key' to Aroma Wellness. The Serums act as elixirs and can be added or layered with any CSpa product to ensure a multi-sensory, results-driven treatment. The CSpa Flower Teas and Inhaler sprits' complete the wellness journey.

CLEANSING RANGE:

Uplifting Cleansing Milk
Uplifting Foaming Cleanser
Uplifting Aroma-Tonic Lotion
Uplifting Aroma Exfoliator

HYDRATING RANGE:

Hydra Boosting Serum
Hydra-Indulgence Cream
Hydra-Indulgence Gel Mask
Inhale Hydrating Sandalwood & Neroli

ANTI-AGE RANGE:

Age Reversal Serum
Age-Defying Eye Cream
Age-Defying Cream Mask
Inhale Age Reversal Frankincense & Myrrh



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The Face

REBALANCING RANGE:

Rebalancing Serum
Rebalancing Aroma-Cream Light
Rebalancing Aroma Mask
Inhale Rebalancing Herbal Green

(Prof only) **Luxurious Massage Cream for the face.**

EXPERIENCE INFUSION TEAS

FLOWER TEAS:

Eternity Flower Tea (relaxing)
Jasmine Fairy Flower Tea (uplifting)

LOOSE TEAS:

- 1) Blueberry White – Uplifting , sweet tasting
- 2) Bombay Chai – Very spicy – Stimulating

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Uplifting Cleansing Range

UPLIFTING CLEANSING MILK

UPLIFTING FOAMING CLEANSER

UPLIFTING AROMA-TONIC LOTION

UPLIFTING AROMA EXFOLIATOR



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Uplifting Cleansing Range

ESSENTIAL OIL/ACTIVE INGREDIENTS	FUNCTION/BENEFIT
GRAPEFRUIT ESSENTIAL OIL	Cleansing, toning and uplifting. Particularly good for oily and congested skin. Tightens puffy skin and reduces enlarged pores. Helps to disperse puffiness and impurities.
NEROLI ESSENTIAL OIL	Cleansing and toning to the skin. Improves cell regeneration, and elasticity of the skin. Rebalances oil in the skin.
POMEGRANATE SEED ESSENTIAL OIL	Rich in Vitamin C (anti-oxidant). Improves production of collagen and elastin Hydrating. Healing.
PENTAVITIN	Natural carbohydrate which plumps up the skin.

APPLICATION: Remember to do the “**Welcome Ritual**” before commencing with cleansing:

1 x pump of the Uplifting Cleansing Milk / Uplifting Foaming Cleanser= 2ml Warm up in hands before applying to the skin, use as a gentle make up remover. Wet fingers with warm water, and apply onto décolleté neck and face. Do rotaries to remove make up to cleanse the skin. If client prefers a foaming cleanser, do a double cleanse with the Uplifting Foaming Cleanser.

Remove with warm compresses.

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Uplifting Cleansing Range

The 2 specific cleansers in the CSpa range are:

1) UPLIFTING CLEANSING MILK

- **Retail:** 200ml bottle with pump
- **Professional:** 500ml bottle with pump

The Uplifting Cleansing Milk is a light creamy milk cleanser that gently cleanses away the skin's impurities, leaving the skin feeling uplifted and fresh. The grapefruit oil has a toning effect on the skin.

2) UPLIFTING FOAMING CLEANSER:

- **Retail:** 200ml bottle with pump
- **Professional:** 500ml bottle with pump

This light gentle foam is suitable for all skin types. The Citrus essential oils possess flowery, spicy scents. They are high in Vitamin C and antioxidants which when applied regularly, can restore skin elasticity.

Both are suitable for all skin types, and contain the same essential oils/active ingredients. The difference is the textures. One being milk and the other being a light gel. They both contain Pentavitin which is a natural carbohydrate which has an accumulative plumping effect on the skin.

Use morning and night over face and décolleté to begin your CSpa Aromatherapy cleansing ritual.

The Uplifting Cleansing Milk is gentle enough to use as an Eye Make-Up remover.



UPLIFTING
CLEANSING MILK



UPLIFTING
FOAMING CLEANSER

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Uplifting Cleansing Range

3) UPLIFTING AROMA-TONIC LOTION:

- **Retail:** 200ml bottle with spray atomizer pump
- **Professional:** 500ml bottle with spray atomizer pump

The delicate smell of the Uplifting Aroma-Tonic Lotion transports you to a place of tranquility. The emollient effect of the Neroli oil leaves the skin glowing. This gentle toner removes any residual cleanser.

APPLICATION: After cleansing, apply Uplifting Aroma-Tonic Lotion to damp cotton wool, spray 2 – 3 pumps on each cotton pad and apply to the skin.



UPLIFTING
AROMA-TONIC LOTION

2) UPLIFTING FOAMING EXFOLIATOR:

- **Retail:** 75ml tube
- **Professional:** : 250ml jar

This fresh, citrus Exfoliator contains Polyethylene spheres that gently and evenly exfoliate the skin without scratching, therefore preserving the natural protection barrier of the skin. The Pomegranate Seed Oil has the ability to nurture, moisturize and restore the epidermis. The Grapefruit oil reduces enlarged pores. The antioxidant rich oils help to renew the skin.

APPLICATION: Apply 3ml of Uplifting Aroma-Exfoliator with damp/wet hands, warm up the Uplifting Aroma Exfoliator and apply to clients face, neck and décolleté. The Uplifting Aroma Exfoliator is for normal – combination skin types.

Remove with warm compresses.

(You can apply the Uplifting Aroma-Exfoliator with the use of a steamer, but this is not a necessity).



UPLIFTING
AROMA-EXFOLIATOR

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Unique Selling Points

UNIQUE SELLING POINTS:

ESSENTIAL OILS	Grapefruit – Citrus Paradisi Neroli – Citrus Uranium Pomegranate – Leptospermum Scoparium
UPLIFTING CLEANSING MILK	Light creamy milk cleanser that gently cleanses away the skin's impurities, leaving the skin feeling smooth and fresh.
UPLIFTING FOAMING CLEANSER	This Gentle gel cleanser, has a fresh aroma that energises the skin leaving it clean and moist.
UPLIFTING AROMA-TONIC LOTION	This very gentle tonic lotion completes the cleansing routine, normalizing the pH, leaving the skin feeling soft.
UPLIFTING AROMA EXFOLIATOR	This creamy Exfoliator gently polishes the skin, eliminating all impurities leaving your skin feeling and looking smooth and radiant.

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Treatment Room Setup

A CSpa treatment should have every treatment room set up in the same way.

EQUIPMENT AND PRODUCTS:

- 1 Full range of CSpa products (include Inhale Sprits)
- 1 Flower Tea pot and tea cup and Flower Tea
- 1 Tray with smell bells
- 1 Green Stone set (Aventurine gem stones)
- 3 Compresses
- 1 Facial bowl
- 1 Pillow/bolster
- 1 Duvet/Blanket
- 1 Large bath sheet
- 3 Small hand towels
- Wet cotton wool/cotton pads

ROOM AMBIANCE:

- The lights should be lowered, the room should be warm and before client walks into room, spray 2x sprays of the appropriate Inhale Sprits.
- Low relaxing music should be playing in the background.

TREATMENT PROCEDURE:

- Room ambiance checked
- Tea Ritual and Smell bells
- Consultation
- Welcome Ritual Cleanse, Tone, Exfoliate
- Skin Analysis
- Massage
- Mask
- Moisturise
- Home care recommendation.

TREATMENT BENEFITS:

- Calming
- Relaxing
- De-stressing
- Hydrating
- Deep cleansing
- Rebalancing
- Anti-ageing
- Skin is left energised



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Welcome Ritual and Cleansing Steps

STEP 1: WELCOME TEA RITUAL AND CLIENT CONSULTATION:

(Tea Ritual) Before your client arrives prepare the "Relaxation Flower Tea" – This is the CSpa Eternity Flower Tea - so that it is warm enough for her to drink while doing the client consultation card. (This could be done in the consultation area or treatment room).

How to prepare CSpa Christmas Tree Flower Tea: First boil water in a kettle, decant the boiling water into a jug, or if your kettle is cordless use the kettle itself. Take the Flower tea out of its packaging and put into glass tea pot. Pour the boiled water from the kettle/decant jug over the CSpa Eternity Flower tea until the Tea pot is full, and allow for your client to watch the CSpa Eternity Flower tea "Bloom". After 5 minutes, pour the Flower tea into a tea cup and give to your client to drink. Try not let the CSpa Eternity Flower tea sit in the water for too long, as the tea will become too strong for your client to drink.

STEP 2: CLIENT CONCERN CONSULTATION:

Take the client through to your treatment room and verbally go through the client consultation card with her, to find out what specific treatment/concerns she would like to treat. (You will be able to choose the correct Aroma Serum to perform the relaxation welcome touch from your Client Consultation Card)

STEP 3: AROMA SERUM WELCOME TOUCH:

Settle your client onto the treatment bed, facing upwards. Now linked to what his/her main concerns are, you will be able to choose the correct Aroma serum (either Hydra-Boosting, Age-Defying or Oily Combination Rebalancing Serum) to perform the Aroma Serum welcome touch.

- a) Drop 2 drops of the Aroma Serum into your hands.
- b) Warm up the serum with your hands and gently cup over clients nose, ask your client to breathe in and out 3 times.
- c) Apply serum to clients décolleté, neck and shoulder area.

WELCOME RITUAL

d) Place Green Gem stone (Aventurine stone) on clients décolleté – where the heart is (the Aventurine stone allows for emotional growth, cleanses negative emotions and attracts tranquility and peace.)

e) Place a rolled green/ white towel under the clients neck.

f) Gentle lift the neck and head off the plinth +/- 5cm and rock your clients head from side to side slowly stretching the Trapezius muscle. Twice on each side.

g) Slowly place clients head back down on bed.

h) Using the second Aventurine stone, apply pressures on your clients forehead (Where the 3rd eye is situated) x 3 in 3 different places, starting closer the bridge of the nose and ending near the hair line.

i) Remove the heart stone and apply pressures to the temporal area.

j) End off with client breathing 3 deep breaths.



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Rituals and Cleansing Steps

STEP 4: REMOVAL OF MAKE UP:

1) Uplifting Cleansing Milk – pump 2 x pumps (4ml) of Uplifting Cleansing Milk into the hand (the Uplifting Cleansing Milk is gentle enough to use as an eye make-up remover). Apply to the décolleté, neck and face. Do rotaries on the décolleté, move towards the face, do circular movements all over the face and draining movements around the eyes. Dip hands into warm water to complete normal facial cleanse. Remove with a warm compress.

2) Uplifting Foaming Cleanser – use for a second cleanse if client prefers a foaming cleanser – (2 x pumps 4ml) this is more for clients with oily/combo skin types. Follow the same sequence as Uplifting Cleansing Milk. Remove with a warm compress.

3) Tone with the Uplifting Aroma-Tonic Lotion. Spray 2 – 3 generous sprays onto a wet cotton pad, and wipe onto clients skin starting on the décolleté and working your way up the face, ending on your clients temples. Dab off excess toner with a tissue.

4) Exfoliate with Uplifting Aroma Exfoliator – dip hands into warm water and use 1 x squeeze of the Uplifting Aroma Exfoliator (3ml). Do circular movements and concentrate on areas like the nose and chin, (places where comedones are more likely to appear) You can use a steamer when applying the Uplifting Aroma Exfoliator, but it is not required. Dip your hands into warm water and perform rotaries on the face. Remove with a warm compress. Make sure all the grits are removed properly. It is uncomfortable to receive a massage when the Exfoliator is not removed properly.

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Hydrating Range

HYDRA-BOOSTING SERUM

HYDRA-INDULGENCE CREAM

HYDRA-INDULGENCE GEL MASK

INHALE HYDRATING SANDALWOOD & NEROLI



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Hydrating Range

"A Drink for a Thirsty Skin".

The hydrating range is used to treat all types of dehydration

Most skins suffer from the extremes of heat and cold air-conditioning and heating systems. The essential oils hydrate, soften and rejuvenate the skin.

The essential oils/active ingredients are as follows:

ESSENTIAL OIL/ACTIVE INGREDIENTS	FUNCTION/BENEFIT
ALOE-VERA ESSENTIAL OIL	Healing, forms a protective barrier on skin and destroys bacteria. Very hydrating and soothing, Anti-ageing.
SANDALWOOD ESSENTIAL OIL	Hydrating/moisturizing. Astringent and antiseptic.
NEROLI ESSENTIAL OIL	Cleansing and toning to the skin. Improves cell regeneration, and elasticity of the skin. Protects the skin from moisture loss. (locks in moisture).
AVOCADO OIL	Rich in anti-oxidants, Vitamin A, D and E, Great for dry/mature/irritated skin – Deeply penetrates the skin.

1) HYDRA BOOSTING SERUM

- **Retail:** 30ml green glass bottle with silver dropper
- **Professional:** 100ml green glass bottle with silver lid plus separate dropper for accurate dispensing.

For all skin types the Serum doubles as a layering product to use under day or night moisturizers for boosted hydration. Hydra-Boosting Serum is an essential oil elixir containing enriched moisturizing properties. It helps condition the skin while hydrating and revitalizing stressed and ageing skin.

APPLICATION: Apply 4 drops of oil to the face, neck and décolleté, massage lightly into skin before applying Hydra-Indulgence cream. **Professional use** - Apply 2 drops during Welcome Ritual and a further 2 drops mixed with the Luxurious Massage Cream.



HYDRA BOOSTING SERUM

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Hydrating Range

2) HYDRA-INDULGENCE CREAM

- Retail: 50ml airless pump jar
- Professional: 250ml jar

This indulgent cream helps skin maintain the skin's hydration level. It continuously replenishes the skin with essential moisture. It optimizes skin tone & smooths fine lines caused by dryness. The cream defends the skin against harsh climatic conditions & pollution. It promotes a fresh, supple, youthful & luminous complexion. The Hydra-Indulgence Cream is suitable for all skin types.

APPLICATION: Apply 1 x pump of Hydra-Indulgence Cream to face, neck and décolleté, (1 pump = 2ml)



HYDRA-INDULGENCE CREAM

3)HYDRA-INDULGENCE GEL MASK

- Retail: 75ml tube
- Professional: 250ml jar

A cool oasis of moisture encapsulated in a gel layer leaves the skin feeling "super hydrated", plumped and explodes with fluid/moisture.

APPLICATION: Apply a thin layer of the Hydra-Indulgence Gel Mask with a mask brush, all over the face, neck and décolleté. Leave for 15 min, remove with warm compress. Apply specific moisturiser, depending on client's main concerns.



HYDRA-INDULGENCE GEL MASK

4) INHALE HYDRATING SANDALWOOD & NEROLI

- Retail: 30ml
- Professional: 100ml

Allow yourself to get lost in the wonderfully relaxing aromas of Sandalwood & Neroli captured in CSpas **Inhale Hydrating Sandalwood & Neroli Spritzer**.

APPLICATION: Inhale Hydrating Sandalwood & Neroli spritzer can be used either straight onto the linen, or you can use it as a room spray to create an "Ambiance" or spray as a halo over the head during the treatment (avoid eyes). Spray 2 full sprays onto the Linen, make sure you spray so that the spritzer particles fall all over the linen. The best time to spray the Inhale Hydrating Sandalwood & Neroli spritzer in the room would be before the client walks into the room. This way she will have the full Aroma (smell) effect.



INHALE HYDRATING SANDALWOOD & NEROLI

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Hydrating Facial Sequence

Complete steps 1 through to 4 (refer to page 12-13).

Spray Inhale Hydrating Sandalwood & Neroli in a gentle halo above the client's head (avoid eyes – tell client to keep them closed as the spray contains alcohol which could irritate the eyes).

STEP 5: FACIAL MASSAGE

Place 2x drops of Hydra-Boosting Serum into 50ml Luxurious Facial Massage Cream – this is for extra nourishment and more slip. Perform luxurious massage techniques. (Ending off the massage with another application of aroma serum, optional). Do not remove the massage cream.

STEP 6: APPLICATION OF MASK

Apply 5ml Hydra-Indulgence Gel Mask, either with a mask brush or with your hands (5ml). When the mask is on, perform a 15 min hand and arm or foot (add ankle massage). Remove with a warm compress.

STEP 7: MOISTURISE

Apply 1x 2ml pump of Hydra-Indulgence Cream to face neck and décolleté (1 pump).



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Unique Selling Points

5) LUXURIOUS FACE MASSAGE CREAM:

Anti-Environmental, Oxygenating peptides (suitable for all skin types) it is a deeply penetrating cream rich in vitamins as well as Vitamin E.

- Professional Only: 500ml

APPLICATION: During your CSpa Facial sequence after exfoliation apply 5ml of CSpas Luxurious Face Massage Cream, first heat it up with your hands, the Avocado Oil is quite a viscous texture, but with natural body heat it becomes less viscous and almost "melts" in your hands providing you with the perfect face massage medium. Carry out your facial massage sequence.



LUXURIOUS FACE
MASSAGE CREAM

UNIQUE SELLING POINTS:

THE ESSENTIAL OILS ARE	Aloe Vera – Aloe Africana Sandalwood – Santalum lbum Neroli – Citrus Uranium
HYDRA-BOOSTING SERUM	"A drink for thirsty skin" This Boosting serum is rich in essential oils that rehydrates, rebalances and protects the skin moisture loss. Aloe Vera, Sandalwood & Neroli essential oils help to improve skin elasticity.
HYDRA-INDULGENCE CREAM	Helps the skin maintain its hydration level continuously replenishing the skin with essential moisture that optimizes skin tone & smooths fine lines caused by dryness.
HYDRA-INDULGENCE GEL MASK	A cool oasis of moisture encapsulated in a gel layer leaves the skin feeling "super hydrated", plumped and explodes with fluid/moisture.
INHALE HYDRATING SANDALWOOD & NEROLI	Allow yourself to get lost in the wonderfully relaxing aromas of Sandalwood & Neroli captured in our Spritzer.

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Anti-Ageing Range

AGE-REVERSAL SERUM

AGE-DEFYING EYE CREAM

AGE-DEFYING CREAM MASK

INHALE AGE REVERSAL FRANKINCENSE
& MYRRH



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Anti-Ageing Range

The anti-ageing range is a rich rejuvenating range that reduces signs of ageing by regenerating the skins natural collagen and elastin.

The essential oils/active ingredients are as follows:

ESSENTIAL OIL/ACTIVE INGREDIENTS	FUNCTION/BENEFIT
MYRRH ESSENTIAL OIL	Toning to the skin. Healing, anti-inflammatory.
FRANKINCENSE ESSENTIAL OIL	Stimulates regeneration of cells. Toning and Anti-Ageing. Keeps skin healthy and young.
JOJOBA OIL	Hydrating/moisturising. Stimulates collagen production.
ROSE ESSENTIAL OIL	Astringent, anti-bacterial, relaxing, nervous system sedative.

1) AGE-REVERSAL SERUM:

- **Retail:** 30ml green glass bottle with silver dropper.
- **Professional:** 100ml green glass bottle with lid plus separate dropper for accurate dispensing.

Age-Reversal Serum is a powerful booster to reverse of the signs of ageing. This essential Oil "booster" is rich in Myrrh and Frankincense oils which feed, regenerate and tone the skin.

APPLICATION: Apply 4 drops of oil to the face, neck and décolleté, gently massage into skin before applying . Professional use - Apply 2 drops during Welcome Ritual and a further 2 drops mixed with the Luxurious Massage Cream.



AGE-REVERSAL SERUM

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Anti-Ageing Range

2) AGE-DEFYING EYE CREAM

- Retail: 25ml jar
- Professional: 125ml jar

The first sign of ageing present themselves in the eye region. CSpa has an age-reversal treatment specific for the eye area. The blended oil is gentle enough to apply around the eye area.

APPLICATION: Apply Age-Defying Eye Cream with ring fingers around the eye area. The blended oils are gentle enough to apply around the eye area. (We apply cream to the eye area with our ring finger because it is the finger that uses the least pressure, therefore not damaging the delicate skin around our eyes). Apply before using the moisturiser. Can be used on all skin types and by all ages.



AGE-DEFYING
EYE CREAM

3) RICH REPAIR ANTI-AGE CREAM

- Retail: 50ml airless pump jar
- Professional: 125ml jar

Luxurious rich cream. The therapeutic properties of Myrrh oil being anti-inflammatory, antimicrobial, antiseptic and astringent skin tonic, together with the rejuvenating properties of Frankincense, makes this a spectacular Anti-Age Cream.

APPLICATION: Apply 1 x pump of to face, neck and décolleté. (1 pump = 2 ml).



RICH REPAIR
ANTI-AGE CREAM

4) AGE-DEFYING CREAM MASK

- Retail: 75ml
- Professional: 250ml jar

A rich cream mask that nourishes the skin, replenishing all the healing regenerating properties, which in turn stimulates the production of collagen and elastin.

APPLICATION: Apply a thin layer of the Age-Defying Cream Mask all over the face, neck and décolleté with a mask brush (5ml). Leave for 15 min, remove with warm compress.

And apply specific moisturiser, depending on client's main concerns.



AGE-DEFYING
CREAM MASK

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Anti-Ageing Range

5) INHALE AGE REVERSAL FRANKINCENSE & MYRRH:

- Retail: 30ml
- Professional: 100ml

From the very first step into your CSpa experience we are reversing the signs of ageing. The CSpa Inhale Age Reversal Frankincense & Myrrh spritzer creates an ambiance of a fresh new start to age reversal.

APPLICATION: Inhale Age Reversal Frankincense & Myrrh spritzer can be used either straight onto the linen, or you can use it as a room spray to create an "Ambiance" or spray as a halo over the head during the treatment (avoid eyes). Spray 2 full sprays onto the Linen, make sure you spray so that the spritzer particles fall all over the linen.

The best time to spray the Inhale **Age Reversal Frankincense & Myrrh** spritzer in the room would be before the client walks into the room. This way she will have the full Aroma (smell) effect.



INHALE AGE REVERSAL
FRANKINCENSE & MYRRH

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Anti-Ageing Facial Sequence

Complete steps 1 through to 4 (refer to page 12 -13).

Spray Inhale Age Reversal Frankincense & Myrrh in a gentle halo above the client's head (avoid eyes – tell client to keep them closed as the spray contains alcohol which could irritate the eyes).

STEP 5: FACIAL MASSAGE

Place 2x drops of Age-Reversal Serum into 5ml Luxurious Facial Massage Cream – this is for extra nourishment and more slip. Perform luxurious massage techniques. (Ending off the massage with another application of aroma serum optional).

STEP 6: APPLICATION OF MASK

Apply 5ml Age-Defying Cream Mask, either with a mask brush or with your hands. When the mask is on, perform a 15 min hand and arm or foot (and ankle massage). Remove with a warm compress.

STEP 7: MOISTURISE

Apply 1 x pump 2ml of Rich Repair Anti-Age Cream to face neck and décolleté.

STEP 8: APPLY

Apply 2ml of the Age-Defying Eye Cream, with ring finger, (this applies the smallest amount of pressure to the eyes).



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Unique Selling Points

UNIQUE SELLING POINTS:

ESSENTIAL OILS	Frankincense - Olibanum Boswellia Myrrh - Commiphora myrrha Rose - Rosa damascena
AGE REVERSAL SERUM	This Serum reverses the signs of ageing with the essential oils of Myrrh and Frankincense which feeds and tones the skin, stimulating the natural production of collagen in the skin.
RICH REPAIR ANTI-AGE CREAM	The therapeutic properties of myrrh oil being anti-inflammatory, antimicrobial, antiseptic and astringent skin tonic, together with the rejuvenating properties of Frankincense, makes this a spectacular Anti-age cream.
AGE-DEFYING EYE CREAM	The first sign of ageing present themselves in the eye region. CSpa have an age-reversal treatment specific for the eye area. It is gentle enough to apply around the eye area.
AGE-DEFYING CREAM MASK	Rich cream mask that nourishes the skin, replenishing all the healing properties which in turn stimulates the production of collagen and elastin.
INHALE AGE REVERSAL FRANKINCENSE & MYRRH	Creates an ambiance of a fresh new start to age reversal.

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Oily Combination Rebalancing Range

REBALANCING SERUM

REBALANCING AROMA-CREAM LIGHT

REBALANCING AROMA MASK

INHALE REBALANCING HERBAL GREEN

LUXURIOUS FACE MASSAGE CREAM



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Oily Combination Rebalancing Range

The Oily-Combination Rebalancing range has been designed to rebalance the oil and water in the skin. It is incredibly soothing and healing. Due to the balancing properties of the range, it has a toning effect on the skin.

The Oily-Combination Rebalancing range Essential oils/active ingredients are as follows:

ESSENTIAL OIL/ACTIVE INGREDIENTS	FUNCTION/BENEFIT
GERANIUM ESSENTIAL OIL	Balancing, soothing, regenerating, good for acne skins as it is very healing.
BASIL ESSENTIAL OIL	Healing, cleansing, balancing and soothing.
SANDALWOOD ESSENTIAL OIL	Hydrating, toning, astringent and antiseptic.
LEMON ESSENTIAL OIL	Calming, antiseptic, detoxifying, healing.
GINGER ESSENTIAL OIL	Anti-oxidant, improves circulation, skin energiser.

1) REBALANCING SERUM:

- **Retail:** 30 ml green glass bottle with silver dropper
- **Professional:** 100ml green glass bottle with lid plus separate dropper for accurate dispensing

A light but powerful serum of essential oils with healing and mattifying effects. The "green" aroma is fresh and clean.

APPLICATION: Apply 4 x drops of oil to the face, neck and décolleté, gently massage into skin before applying Rebalancing Aroma-Cream Light



REBALANCING SERUM

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CSpa Aroma Wellness

Oily Combination Rebalancing Range



2) REBALANCING AROMA-CREAM LIGHT:

- Retail: 50ml
- Professional: 250ml jar

A light emulsion perfect for the oily/combination skin types. The gentle "herbal" aroma makes this easy-to-apply emulsion, a favorite for oily skin users.

APPLICATION: Apply 1 x pump of Rebalancing Aroma-Cream Light to face, neck and décolleté. (1 pump = 2ml).

3) REBALANCING AROMA MASK:

- Retail: 75ml tube
- Professional: 250ml jar

The mask has anti-environmental peptides to restore the balance, so the skin does not react. The Ginger improves peripheral circulation, improves skin colour, oxygenation, and energises the skin.

APPLICATION: Apply a thin layer of the Rebalancing Aroma Mask all over the face, neck and décolleté with a mask brush. Leave for 15 – 20 min, remove with warm compress.

Apply specific moisturizer, depending on client's main concerns.

4) INHALE REBALANCING HERBAL GREEN:

- Retail: 30ml
- Professional: 100ml

A fresh balanced blend of Geranium, Ginger, Basil & Sandalwood creates an ambiance of fresh clean oasis.

APPLICATION: Inhale Rebalancing Herbal Green spritzer can be used either straight onto the linen, or you can use it as a room spray to create an "Ambiance" or spray as a halo over the head during the treatment (avoid eyes). Spray 2 full sprays onto the Linen, make sure you spray so that the spritzer particles fall all over the linen.

The best time to spray the **Inhale Rebalancing Herbal Green** spritzer in the room would be before the client walks into the room. This way she will have the full Aroma (smell) effect.



REBALANCING
AROMA-CREAM LIGHT



REBALANCING AROMA
MASK



INHALE REBALANCING
HERBAL GREEN

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CSpa Aroma Wellness



Rebalancing Facial Sequence

Spray Inhale Rebalancing Herbal Green in a gentle halo above the client's head (avoid eyes – tell client to keep them closed as the spray contains alcohol which could irritate the eyes).

STEP 5: FACIAL MASSAGE

Use Luxurious Massage Cream for the face, drop 2x drops of the Rebalancing Aroma serum and mix into massage cream – this is for extra nourishment and more slip. Perform luxurious massage techniques. (Ending off the massage with another application of aroma serum optional).

STEP 6: APPLICATION OF MASK

Apply Rebalancing Aroma Mask, either with a mask brush or with your hands (5ml). When the mask is on, perform a 15 min hand and arm (or ankle massage). Remove with a warm compress.

STEP 7: MOISTURISE

Apply 1 x pump of Rebalancing Aroma-Cream Light face neck and décolleté. (1 pump = 2 ml).

Unique Selling Points

UNIQUE SELLING POINTS:	
ESSENTIAL OILS	Geranium – Pelargonium graveolens; Basil – Ocimum basilicum; Ginger – Zingiber officinale Roscoe; Sandalwood – Santalum album
REBALANCING AROMA-CREAM LIGHT	Light emulsion perfect for the oily/combination skin types.
REBALANCING AROMA MASK	Anti-environmental peptide to restore the balance, so skin does not react. Improves peripheral circulation, oxygenation and improves colour.
REBALANCING SERUM	A light but powerful serum of essential oils with healing and mattifying effects.
INHALE REBALANCING HERBAL GREEN	A fresh balanced blend of Geranium, Ginger, Basil & Sandalwood creates an ambiance of fresh clean oasis.

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CSpa Aroma Wellness



Experience Teas

There are 2 options of teas to choose from for your "CSpa experience journey"

A) Flower Teas

B) Loose Teas

Depending on you clients personal choice will depend on which tea you will serve them.

FLOWER TEAS

These beautiful teas are hand tied floral arrangements that allow a visual as well as a sensorial taste experience. Once the boiled water is poured over the Flower tea in a glass tea pot, the Flower will bloom and will be ready to drink 5 minutes later.

RELAXING ETERNITY FLOWER TEA

This is a short silver needle green tea tied with two yellow Chrysanthemum and Jasmine plant topped with a red flower. It is extremely fragrant with a sweet after taste.

JASMINE FAIRY FLOWER TEA

Long open bottomed tied silver needle green tea followed by a small red flower, globe amaranth and a strand of Jasmine. The green tea flavor dominates the taste with a lingering delightful Jasmine aftertaste.

LOOSE TEAS

There are 2 options to choose from in the Loose Tea category:

BLUEBERRY WHITE

Uplifting -This hand picked white tea only comes from the early spring harvest, which ensures the rich anti-oxidants and flavor. The blueberry has the same anti-oxidant benefit on the body.

BOMBAY CHAI

Very spicy – Stimulating – A traditional Indian Chai blend also known as Masala Chai. Chai tea is blended with spice including Ginger, Cardamon, Cloves and Cinnamon. It tastes wonderful with a splash of milk and honey.



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CSpa Aroma Wellness



Body Treatments

All products contain Essential Oils and/or natural ingredients. CSpa epitomizes the symbiotic relationship between Aromatherapy and Wellness. The CSpa Body Essential Massage oils (pure blended essential Oils) are the 'key' to Aroma Wellness. Not only are the aromas deeply emotive, but the Essential Massage Oils act as elixirs and can be added or layered with any CSpa product to ensure a multi-sensory, results-driven treatment. The CSpa Flower Teas and Inhaler sprits' complete the wellness journey.

ROOM AND LINEN SPRITS:

Inhale Relaxing Geranium & Sandalwood
Inhale Revitalising Spicy Green

CLEANSING RANGE:

- Invigorating Shower Gel
- Invigorating Body Scrub
- Natural Salt Exfoliant

MASSAGE RANGE:

- Body Massage Mini Balms:
- Tropical Rain Massage Mini Balm
- White Birch Massage Mini Balm
- Neutral Multi-Purpose Body Oil

MASSAGE OILS:

- Relaxing Body Essential Massage Oil
- Revitalising Body Essential Massage Oil

BODY WRAPS:

- Peppermint & Rosemary Detox Bodywrap
- Neroli & Vanilla Hydrating Bodywrap

BODY MOISTURISERS:

- Aroma-Rich Nourishing Body Cream
- Coconut and Vanilla Body Milk

BATH SALTS/CRYSTALS:

- Lemongrass Bath Crystals (invigorating)
- Cashmere Bath Crystals (relaxing)
- Rooibos Mineral Bath Salts with Rose Petals
- Sensorial Shimmer Milk Bath



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CSpa Aroma Wellness



Body Treatments

FOOT TREATMENTS:

- Mint & Lime Liquid Foot Soak
- Fresh Grapefruit Foot Soak
- Mandarin, Lime and Sandalwood Foot Mask

TREATMENT ROOM SET UP

When you have a CSpa body journey treatment booked in, every treatment room should be set up in the same way. Here are some guidelines and check lists of the requirements for the rooms:

EQUIPMENT AND PRODUCTS:

- 1 Full range of CSpa body products
- 1 Flower Tea pot and tea cup and Flower Tea
- 1 Tray with smell bells
- 2 Monkey apples
- 3 Compress
- 1 Pillow/bolster
- 1 Duvet/Blanket
- 2 Large bath sheets
- 3 Small hand towels
- Disposable underwear
- Plastic sheets
- Emergency foil blanket.

ROOM AMBIANCE:

- The lights should be lowered, the room should be warm and before client walks into room spray 2 sprays of the Relaxing/Revitalising room sprits, depending on which treatment your client has chosen.
- Low relaxing music should be playing in the background.

TREATMENT PROCEDURE:

- Room ambiance
- Tea Ritual and Smell bells
- Consultation
- Welcome Ritual/Touch
- (Depending on which treatment is booked will determine what the next steps will be, eg: Full body exfoliation, Shower, Massage, Body wrap, shower, Body lotion application)
- A glass of water.
- Home care recommendation.

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CSpa Aroma Wellness



Body Treatments

TREATMENT BENEFITS	
RELAXING TREATMENT BENEFITS	INVIGORATING TREATMENT BENEFITS
CALMING	INVIGORATING
RELAXING	STIMULATING
DE-STRESSING	DETOXIFYING
HYDRATING	UPLIFTING
DEEP CLEANSING	REVITALISING
REBALANCING	
EXFOLIATING	

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CSpa Aroma Wellness



Flower Tea Ritual and Welcome Ritual for Body Treatments

Welcome client and take him/her through to the relaxation room. While she is seated, bring through the "Smell Bells" with the 2 different options of oil blends – "Relaxating and Invigorating". Let your client smell both blends and ask them to choose the one they like the most. This will determine whether the treatment will be to relax or uplift the client.

If they choose the "CSpa Relaxation oil blend" prepare the Flower tea that is specified for the Relaxation treatment. (This will be the Flower Tea labeled CSpa Eternity Flower tea)

If they choose the "Invigorating oil" prepare the Flower tea that is specified for the Invigorating treatment - CSpa Jasmine Fairy Flower tea)

How to prepare CSpa Flower Tea: First boil water in a kettle, decant the boiling water into a jug, or if your kettle is cordless use the kettle itself. Take the Flower tea out of its packaging and put into glass tea pot. Pour the boiled water from the kettle/decant jug over the CSpa Flower tea until the Tea pot is full, and allow for your client to watch the CSpa Flower tea "Bloom". After 5 minutes, pour the CSpa Flower tea into a tea cup and give to your client to drink. Try not let the CSpa Flower tea sit in the water for too long, as the tea will become too strong for your client to drink.

Bring the chosen CSpa Flower tea to your client and allow her to fill out the consultation card while she drinks her tea.

While she is doing this go and prepare your treatment room.

Further Room Presentation

Depending on which treatment your client chose will depend which Room & Linen Sprits.

Spray 2 x sprays of either the Relaxing Geranium and Sandalwood or Revitalising Spicy Green over your Linen.

After preparing your room, guide your client from the relaxation area, to the treatment room.

Verbally go through the client consultation card with her, (remember to refer back to which oil blend chosen in the beginning to ensure she gets the correct treatment).

Get client to lie down on her stomach, cover the client with towels and duvet.

WELCOME TOUCH MASSAGE

Remember, if your client chose the CSpa Relaxation oil blend then you must use the Inhale Relaxing Geranium and Sandalwood Body & Linen Sprits, and if your client chose the Invigorating oil blend then you must use the Inhale Revitalising Spicy Green Body & Linen Sprits, both with the CSpa African Monkey Apple.



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CSpa Aroma Wellness

Flower Tea Ritual and Welcome Ritual for Body Treatments

BODY WELCOME TOUCH

- Client lies face down on the bed.
- Cover client with towels.
- Spray 2 sprays of either the Inhale Relaxing Geranium and Sandalwood Body & Linen Sprits or the Inhale Revitalising Spicy Green Body & Linen Sprits.
- Start Welcome Touch by rolling the Monkey apple on the sole of the feet x 3 (starting with the left foot).
- Roll the Monkey Apple up the left leg towards the buttocks. (over towel) with a slow and steady pressure. (Remember to guide the Monkey apple with your hand, in order to not drop it and to not apply too much pressure.
- Roll up and over the buttocks area flowing into horizontal rolling pressures to warm the sacrum 3 times.
- Roll up one side of spine, ending off at the neck where you apply a deeper pressure on the neck (Trapezius muscle).
- Continue the welcome touch down the opposite side of the body, ending on the right foot.
- Continue with your clients choice of their body treatment.

Monkey Apples: Under the Mozambican skies, the *Strychnos Spinosa* grow in abundance.

The fruit of this tree (Monkey apples) are picked by locals in rural communities and then dried. The local name for Monkey Apple is Ihlali.

The monkey apples are a key introduction into the African context of CSpa Aroma Wellness. This pressure tool also allows your client to get used to your touch.

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CSpa Aroma Wellness



Body and Linen Sprits

INHALE RELAXING GERANIUM & SANDALWOOD

INHALE REVITALISING SPICY GREEN



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CSpa Aroma Wellness



Room and Linen Sprits

there are 2 Room and Linen spritzers to choose from: The Inhale Relaxing Geranium & Sandalwood or the Inhale Revitalising Spicy Green.

Remember when your Client has chosen which CSpa Aroma oil blend they want from the Smell Bells in the very beginning of your treatment, you must choose the correct Body and linen Sprits for the set up of your room.

ESSENTIAL OIL/ACTIVE INGREDIENTS	FUNCTION/BENEFIT
Geranium essential oil	Balancing, soothing, regenerating and healing.
Sandalwood essential oil	Hydrating, toning, astringent and anti-septic.
LEMON ESSENTIAL OIL	Calming, antiseptic, detoxifying, healing.
GINGER ESSENTIAL OIL	Anti-oxidant, improves circulation, skin energiser.
PATCHOULI ESSENTIAL OIL	Antidepressant, antiseptic, aphrodisiac, astringent.
CINNAMON ESSENTIAL OIL	Analgesic, antiseptic, antibiotic, antispasmodic, aphrodisiac, astringent, cardiac carminative.
CEDARWOOD ESSENTIAL OIL	Antiseptic, antispasmodic, tonic, astringent, diuretic, sedative.

1) INHALE RELAXING GERANIUM & SANDALWOOD

- Professional Only: 500ml

APPLICATION: The Room and Linen Sprits can be used either straight onto the linen, or you can use it as a room spray to create an "Ambiance". Spray 2 full sprays above the clients body and onto the linen.

The best time to spray the Spritzers in the room would be before the client walks into the room. This way she will have the full Aroma (smell) effect. Otherwise you can spray the spritzer as soon as he/she is lying down on the bed.



INHALE RELAXING
GERANIUM &
SANDALWOOD

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CSpa Aroma Wellness



Room and Linen Sprits

2) INHALE REVITALISING SPICY GREEN

- Professional Only: 200ml

APPLICATION: The Body and Linen spritsers can be used either straight onto the body and linen, or you can use it as a room spray to create an "Ambiance". Spray 2 full sprays onto either the body or linen, make sure you spray so that the spritser particles fall all over the linen and body.

The best time to spray the Spritsers in the room would be before the client walks into the room. This way she will have the full Aroma (smell) effect. Otherwise you can spray the spritser was soon as he/she is lying down on the bed.



INHALE REVITALISING
SPICY GREEN

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CSpa Aroma Wellness



Body Cleansers and Exfoliators

INVIGORATING SHOWER GEL

INVIGORATING BODY SCRUB

NATURAL SALT EXFOLIATOR

(NEUTRAL MULTI-PURPOSE MASSAGE OIL)
FOR SALT GLOW



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CSpa Aroma Wellness



Body Cleansers and Exfoliators

ESSENTIAL OIL/ACTIVE INGREDIENTS	FUNCTION/BENEFIT
GRAPEFRUIT OIL	Toning, refreshing, anti-septic, helps with water retention & cellulite.
ORANGE ESSENTIAL OIL	Refreshing, relaxing, antiseptic, stimulating.
GINGER ESSENTIAL OIL	Anti-oxidant, improves circulation, skin energizer.
NATURAL MINERAL SALTS	Remineralising, relaxing
JOJOBA OIL	Hydrating. Provides slip. Decongesting.
SOYA OIL	Rich in Vitamin E. Hydrating.
COCONUT OIL	Moisturising. Softening.

This luxurious shower gel cleanses the body leaving it feeling invigorated and ready for the day ahead. The Invigorating Shower Gel also helps remove the CSpa body wraps with ease. It contains Grapefruit Oil which is stimulating and refreshing.

1) INVIGORATING SHOWER GEL

- **Retail:** 200ml bottle with pump
- **Professional:** 500ml bottle with pump

APPLICATION: In treatment: use 2 pumps of the Invigorating Shower Gel, after the Invigorating Body Scrub or after one of the CSpa Body wraps, (in the shower to lather and remove any salt crystals or excess body wrap).



**INVIGORATING
SHOWER GEL**

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CSpa Aroma Wellness



Body Cleansers and Exfoliators

2) INVIGORATING BODY SCRUB

- **Retail:** 250ml
- **Professional:** 500ml
- **Application:** full body application: 15ml

Exfoliate the body in a stimulating effleurage application. If your client is coming in for an Invigorating treatment, concentrate on the areas where she has cellulite deposits. This will increase the circulation and help break down the cellulite. This removes the dead skins cells on the areas of concern, so when you apply the CSpa Peppermint and Rosemary Detox wrap and or the Hydrating Neroli and Vanilla body wrap, the wrap will penetrate deep into the body therefore getting the results you want quicker. **(This can be used prior to the Neroli & Vanilla Hydrating Body Wrap or the Peppermint & Rosemary Detox Wrap but it is optional).**

The Invigorating Body Scrub is a combination of uplifting Orange and Ginger essential oil. This leaves the skin feeling smooth, soft and alive. It contains a double exfoliating mechanism, using two different sized Polyethylene micro spheres.



INVIGORATING
BODY SCRUB

3) NATURAL SALT EXFOLIATOR

CSpas Natural Salt Exfoliator is rich in natural Minerals. Combined with the Neutral Multi-Purpose Massage Oil, this makes up the CSpa Salt Glow treatment. This is a natural full body exfoliation that stimulates the skin leaving it feeling soft, rejuvenated and wonderfully smooth.

- **Professional Only:** 1kg bucket



NATURAL SALT
EXFOLIATOR

4) NEUTRAL MULTI-PURPOSE MASSAGE OIL

The Neutral Multi-Purpose Massage Oil is a Natural Plant Carrier oil. It has superb hydrating properties. When combined with the Natural Salt Exfoliator a sensational CSpa Salt Glow treatment is created.

- **Professional Only:** 500ml

APPLICATION: Mix 10ml of Neutral Multi-Purpose Massage oil with 10g of Natural Salt Exfoliator in a bowl. Apply onto the back of clients legs and do friction movements to exfoliate the skin, do this for 2 minutes, or until you see Erythemia. Do the back of the body first and then front of clients body. You can either remove Salt Glow with compresses or you can have the client to shower off the Salt Glow.



NEUTRAL MULTI-PURPOSE
MASSAGE OIL

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CSpa Aroma Wellness



Massage Mediums

REVITALISING BODY MASSAGE ESSENTIAL OIL

RELAXING BODY MASSAGE ESSENTIAL OIL



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CSpa Aroma Wellness



Massage Mediums

ESSENTIAL OIL/ACTIVE INGREDIENTS	FUNCTION/BENEFIT
SOYA OIL	Quickly absorbed into the skin, moisturizing.
JOJOBA OIL	Hydrating/moisturizing Stimulates collagen production
LEMON ESSENTIAL OIL	Calming, antiseptic, detoxifying, healing.
GINGER ESSENTIAL OIL	Anti-oxidant, improves circulation, skin energiser.
PATCHOULI ESSENTIAL OIL	Antidepressant, antiseptic, aphrodisiac, astringent.
CINNAMON ESSENTIAL OIL	Analgesic, antiseptic, antibiotic, antispasmodic, aphrodisiac, astringent, cardiac carminative.
CEDARWOOD ESSENTIAL OIL	Antiseptic, antispasmodic, tonic, astringent, diuretic, sedative.
GERANIUM ESSENTIAL OIL	Balancing, soothing, regenerating and healing.
SANDALWOOD ESSENTIAL OIL	Hydrating, toning, astringent and antiseptic.

1) REVITALISING BODY ESSENTIAL MASSAGE OIL

This Revitalizing Body Essential Massage Oil moisturises the body while refreshing and energising the mind. This quick-absorbing, golden-hued oil helps refresh, energise and invigorate the body & mind with Lemon, Ginger, Patchouli, Cinnamon and Cedarwood pure essential oils.

- Professional Only: 500ml

Full body massage application: +/- 8 pumps 16ml

APPLICATION: The Revitalising Body Essential Massage Oil is very easy to apply. During your massage treatment apply the Revitalising Body Essential Massage Oil to each body part, starting off with the back, and completing the full body massage with your massage sequence.



REVITALISING BODY ESSENTIAL MASSAGE OIL

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CSpa Aroma Wellness



Massage Mediums

2) RELAXING BODY ESSENTIAL MASSAGE OIL

This Relaxing Body Essential Massage Oil moisturises the body while soothing and relaxing the mind. This quick-absorbing, golden-hued oil helps ease your body & mind with Geranium and Sandalwood pure essential oils. Specially blended to protect & regenerate the body, it's rich in antioxidants, skin nutrients and Vitamins for soft, smooth and supple skin.

- Professional Only: 500ml
- Full body massage application: +/- 8 pumps
= 16ml

APPLICATION: The Relaxing Body Essential Massage Oil is very easy to apply. During your massage treatment, apply the Revitalising Body Essential Massage Oil to each body part, starting off with the back, and completing the full body massage with your massage sequence.



RELAXING BODY
ESSENTIAL MASSAGE OIL

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CSpa Aroma Wellness



Body Wraps

INVIGORATING PEPPERMINT
AND ROSEMARY DETOX BODY WRAP

RELAXING NEROLI AND
VANILLA HYDRATING BODY WRAP



Distributed By: *Marine Spa Distributors*



CSpa Aroma Wellness



Body Wraps

ESSENTIAL OIL/ACTIVE INGREDIENTS	FUNCTION/BENEFIT
PEPPERMINT ESSENTIAL OIL	Anti-inflammatory, pain reliever, stimulates blood circulation.
ROSEMARY ESSENTIAL OIL	Toning to the skin, Moisturising, Healing.
KAOLIN	Remineralising, healing.
NEROLI ESSENTIAL OIL	Cleansing and toning to the skin, improves cell regeneration, and elasticity of the skin, rebalances oil in the skin. Relaxing, hydrating.
VANILLA ESSENTIAL OIL	Improves circulation, helps in relieving joint pain, hydrating.

1) INVIGORATING PEPPERMINT AND ROSEMARY DETOX WRAP

The CSpa Peppermint and Rosemary Detox wrap is part of the Invigorating CSpa treatments. It contains stimulating essential oils that kick start the body's detox. It also contains hydrating oils to leave the skin feeling soft and pampered. The green silt and kaolin is very hydrating.

After removal – the skin is left smooth and soft with a slight cooling effect.

- Professional Only: 1lt bucket
- Full body massage application: 25ml

APPLICATION: Peppermint & Rosemary Detox wrap is a mud wrap that is simple to apply and remove as it does not dry on the skin due to the Essential oils.

Prior to application of Neroli & Vanilla Hydrating Body Wrap you can do a full body exfoliation with the Invigorating Body Scrub, but this is optional.

Client must be lying in the recovery position – (Lying on their side, with 1 leg over the other) this is a quick and easy position to apply the wrap to the client. Use one hand to apply, first on their back, and back of legs, then get them to lie flat on their backs, apply the wrap on the front of their bodies and fill in the areas that you might have missed. Once the whole body is covered in the Peppermint and Rosemary Body wrap, cover the body in the plastic. Cover with towels and duvet. Leave the wrap on client for 15-20 min. (While the wrap is on, do a scalp massage and foot massage). After 15 – 20 min, Prepare the shower so that it is warm enough for your client to shower. Return to your client and help her up, escort her to the shower and ask her to shower to remove the wrap. She can use the Invigorating Shower Gel to help remove the wrap. Once she is finished showering, get her back onto the bed and apply Aroma-Rich Nourishing Body cream.



PEPPERMINT AND ROSEMARY DETOX WRAP

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CSpa Aroma Wellness



Body Wraps

2) NEROLI & VANILLA HYDRATING WRAP

A dreamy wrap which is perfect for relaxation and indulgence.

This beautifully textured wrap leaves the skin silky, soft and hydrated.

The Neroli and Vanilla Hydrating Body Wrap is great for clients with dry skin and needs that extra bit of nourishment. The Sweet Almond Oil and Olive Fruit oil leave the skin feeling plumped and moist.

- Professional Only: 1lt bucket
- Full body massage application: 25ml

APPLICATION: Neroli and Vanilla Hydrating Body wrap is a mud wrap that is simple to apply and remove as it does not dry on the skin due to the essential oils.

Prior to application of Neroli & Vanilla Hydrating Body Wrap, you can do a full body exfoliation with the Invigorating Body Scrub, but this is optional.

Client must be lying in the recovery position – (Lying on their side, with 1 leg over the other) this is a quick and easy position to apply the wrap to the client. Use one hand to apply, first on their back, and back of legs, then get them to lie flat on their backs, apply the wrap on the front of their bodies and fill in the areas that you might have missed. Once the whole body is covered in the Neroli and Vanilla Hydrating Body wrap, cover the body in the plastic. Cover with towels and duvet. Leave the wrap on client for 15-20 min. While the wrap is on, do a scalp massage and foot massage. After 15 – 20 min, Prepare the shower so that it is warm enough for your client to shower. Return to your client and help her up, escort her to the shower and ask her to shower to remove the wrap. She can use the Invigorating Shower Gel to help remove the wrap. Once she is finished showering, get her back onto the bed and apply Aroma-Rich Nourishing Body cream.



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CSpa Aroma Wellness



Body Moisturisers

AROMA-RICH NOURISHING BODY CREAM

COCONUT AND VANILLA BODY MILK



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CSpa Aroma Wellness



Body Moisturisers

ESSENTIAL OIL/ACTIVE INGREDIENTS	FUNCTION/BENEFIT
MYRRH ESSENTIAL OIL	Toning to the skin, Healing, anti inflammatory.
FRANKINCENSE ESSENTIAL OIL	Stimulates regeneration of cells, toning. Keeps skin healthy and young.
COCONUT ESSENTIAL OIL	Intensely moisturise, soothes dry skin.
VANILLA ESSENTIAL OIL	Sedative, calming properties. Anti-depressant

1) AROMA-RICH NOURISHING BODY CREAM

This fast-penetrating, hydrating and luxurious Aroma-Rich Nourishing Body Cream is rich in anti-ageing Myrrh and Frankincense essential oils. It leaves the skin feeling hydrated, soft and toned.

- **Retail:** 250 ml jar
- **Professional:** 500 ml jar

APPLICATION: : After client has showered to remove either one of the CSpa Body Exfoliator or CSpa Body Wraps, apply +/- 5ml of CSpa Aroma-Rich Nourishing Body Cream all over the body. During application, over the back of the body you can do deep pressures to help release any muscle tension. (Perform effleurage, kneading and rotaries to melt away any muscle tension)



AROMA-RICH
NOURISHING BODY
CREAM

2) COCONUT AND VANILLA BODY MILK

Nourish, soften and soothe your skin with luxurious Coconut and Vanilla Body Milk

- **Professional & Retail:** 200 ml

APPLICATION: After showering, apply 4-5ml liberally over skin. Massage into the skin, leaving skin soft and radiant.



MANDARIN AND
VANILLA BODY MILK

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CSpa Aroma Wellness



Bath and Foot Soaks

SENSORIAL SHIMMER MILK BATH

LEMONGRASS BATH CRYSTALS (INVIGORATING)

CASHMERE BATH CRYSTALS (RELAXING)

ROOIBOS MINERAL BATH SALT WITH ROSE PETALS



Distributed By: *Marine Spa Distributors*



CSpa Aroma Wellness



Bath and Foot Soaks

ESSENTIAL OIL/ACTIVE INGREDIENTS	FUNCTION/BENEFIT
NATURAL MINERAL SALT	Remineralising, relaxing.
WHEY POWDER	Milk Protein Regenerating and rejuvenating the proteins in skin and hair cells. Lightens pigmentation spots. It is a natural protein that is rich with Vitamins.
NATURAL MINERAL SALTS	Remineralising, relaxing
LEMONGRASS	Nervous system sedative and tonic, revitalizes the body and relieves the symptoms of jetlag, clears headaches and helps to combat nervous exhaustion and stress-related conditions.
NATURAL MINERAL SALTS	Remineralising, relaxing
CASHMERE FRAGRANCE	Skin softening, Hydrating, Relaxing.
NATURAL MINERAL SALTS	Remineralising, relaxing.
ROOIBOS	Rich in anti-oxidants, Reduces stress, helps with with insomnia, soothing to the skin.

1) SENSORIAL SHIMMER MILK BATH

The Sensorial Shimmer Milk Bath with Natural Whey powder is rich in vitamins. It is regenerating, rejuvenating and remineralising. The body indulges in pure pleasure and the skin is dusted in a shimmering veil.

- **Retail:** 400g in glass jar
- **Professional:** 11lt bucket

APPLICATION: : Add (2) scoops to warm bath water (+/- 38 degrees Celsius) and soak for 15 – 20 min. As you notice when you get out of the bath you will have a "shimmering" skin that is completely hydrated.



SENSORIAL SHIMMER MILK BATH

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CSpa Aroma Wellness



Bath and Foot Soaks

2) LEMONGRASS BATH CRYSTALS

CSpas Lemongrass Bath Crystals is one of the invigorating treatments. The Mineral salts hydrate the skin while the Lemongrass clears the mind and body from any stress and tension, leaving you revitalised.

- **Retail:** 600g glass jar
- **Professional:** 1 lt bucket

APPLICATION: : Add (2) scoops of Lemongrass Bath Crystals to warm bath water (+/- 38 degrees Celsius) and soak for 15 - 20 min. Once you get out of the bath your mind will be cleared and your body refreshed and rejuvenated.



LEMONGRASS BATH CRYSTALS

3) CASHMERE BATH CRYSTALS

CSpas Cashmere Bath Crystals is part of the Relaxation treatments. The Mineral salts hydrate the skin, while the Cashmere fragrance completely relaxes the body and mind.

- **Retail:** 600g glass jar
- **Professional:** 1 lt bucket

APPLICATION: : Add (2) scoops of Cashmere Mineral Bath Crystals to warm bath water (+/- 38 degrees Celsius) and soak for 15 - 20 min. Once you get out of the bath your mind will be cleared and your body soothed and rejuvenated.



CASHMERE BATH CRYSTALS

4) ROOIBOS MINERAL BATH SALTS WITH ROSE PETALS

The Refreshing rich Rooibos Mineral Bath Salts with Rose petals leave the body feeling totally rejuvenated. It contains remineralising Mineral salts, crushed Rooibos leaves and dried Rose petals which are all rich in anti-oxidants, leaving your skin soft, supple and refreshed.

- **Retail:** 600g glass jar
- **Professional:** 1 lt bucket

APPLICATION: : Add (2) scoops of Rooibos Mineral bath Salts with Rose Petal to warm bath water (+/- 38 degrees Celsius) and soak for 15 - 20 min. Your body will feel completely refreshed and relaxed.



ROOIBOS MINERAL BATH SALTS WITH ROSE PETALS

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CSpa Aroma Wellness



Foot Treatments

MINT AND LIME FOOT SOAK

FRESH GRAPEFRUIT LIQUID FOOT SOAK

MANDARIN, LIME AND SANDALWOOD
FOOT MASK



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CSpa Aroma Wellness



Foot Treatments

ESSENTIAL OIL/ACTIVE INGREDIENTS	FUNCTION/BENEFIT
MINT ESSENTIAL OIL	It is very cooling to the skin therefore helps relieve swollen aching ankles/feet. Antiseptic.
MINERAL SALT	Remineralising, relaxing
GRAPEFRUIT ESSENTIAL OIL	Cleansing, Toning and invigorating. Helps to disperse puffiness and impurities. Refreshing.
MANDARIN ESSENTIAL OIL	Good for the blood and lymph circulation. Anti-septic – helps with healing
LIME ESSENTIAL OIL	Natural immune booster, Anxiety remedy. Rich in Vitamin C (Anti-oxidant)
SANDALWOOD ESSENTIAL OIL	Hydrating/moisturizing. Astringent and antiseptic.

1) MINT & LIME SALT FOOT SOAK POWDER

The Mint and Lime Salt Foot Soak Powder has refreshing Mint oil, which is fantastic for clients who are on their feet a lot, for those who suffer from swollen feet or heavy legs and perfect for the athlete or male client. The Mint and Lime Salt Foot Soak has uplifting and invigorating qualities that leave your feet feeling renewed.

- Professional Only: 1 lt bucket

APPLICATION: Add 1 scoop of Mint & Lime Salt Foot Soak to a foot spa (+/- 3 liters of warm water +/- 38 degrees Celsius) Soak feet for 10 min. This is a great soak for tired feet, and fantastic to use during a pedicure (and for sweaty feet) due to the antiseptic properties. Optional: float fresh mint leaves in the water.



**MINT & LIME
SALT FOOT SOAK
POWDER**

2) FRESH GRAPEFRUIT LIQUID FOOT SOAK

Revive and awaken the soul with invigorating foaming fresh grapefruit foot soak.

- Professional: 250 ml

APPLICATION: : Pour 3 ml of the CSpa Fresh Grapefruit Foot Soak into foot spa, add warm/hot water. Immerse feet in revitalizing fresh citrus foam and relax for 5-7 minutes, then towel-dry.



**FRESH GRAPEFRUIT
LIQUID FOOT SOAK**

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CSpa Aroma Wellness



Foot Treatments

3) MANDARIN, LIME & SANDALWOOD FOOT MASK

Our luxuriously rich and creamy Foot Mask is the ultimate treat for dry feet, as it refreshes and relaxes tired feet. It works to moisturise, soften, and recondition in 20 minutes.

- Professional Only: 250 ml

APPLICATION: : After soaking feet with either the CSpa Mint, Lime Foot Soak or the Fresh Grapefruit Liquid Foot Soak, apply 10ml liberally all over feet and ankles. Boost the uplifting and hydrating mask by wrapping in a warm damp towel around feet and leave for 7 – 10 minutes.



MANDARINE, LIME AND SANDALWOOD FOOT MASK

UNIQUE SELLING POINTS:

REVITALISING ESSENTIAL OILS	Lemon – Citrus limon Ginger – Zingiber officinale Roscoe Patchouli – Pogostemon cablin Cedarwood – Cedrus atlantica Cinnamon – Cinnamomum zeylanicum
RELAXING ESSENTIAL OILS	Geranium – Pelargonium graveolens Sandalwood – Santalum album (Santalaceae)
INVIGORATING BODY SCRUB	As the name states this scrub is "Invigorating" , evenly polishing the dead skin cells leaving the body feeling alive. It has wonderful uplifting essential oils.
INVIGORATING SHOWER GEL	Fantastic shower gel that helps remove the body wraps with ease. The Invigorating shower gel contains White birch which is stimulating.
AROMA-RICH NOURISHING BODY CREAM	Deeply nourishing body cream. Its rich luxurious creaminess feeds the skin from the outside in.
BODY MASSAGE MINI BALMS	
TROPICAL RAIN MASSAGE MINI BALM	Melt in your hands relaxation massage balm. 1 tub = 1 full body massage treatment.
WHITE BIRCH MASSAGE MINI BALM	Melt in your hands invigorating massage balm. 1 tub = 1 full body massage treatment.

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CSpa Aroma Wellness



Foot Treatments

REVITALISING BODY ESSENTIAL MASSAGE OIL	Moisturises the body while refreshing and energising the mind. This quick-absorbing, golden-hued oil helps refresh, energise and invigorate your body & mind with Lemon, Ginger, Patchouli, Cinnamon and Cedarwood pure essential oils.
RELAXING BODY ESSENTIAL MASSAGE OIL	Moisturises the body while soothing and relaxing the mind. This quick-absorbing, golden-hued oil helps ease your body & mind with Geranium and Sandalwood pure essential oils. Specially blended to protect & regenerate the body, it's rich in antioxidants, skin nutrients and Vitamins that help your skin soft, smooth and supple.
PEPPERMINT & ROSE- MARY DETOX BODY WRAP	The Detoxifying body wrap stimulates the body to naturally Detox, it has cooling properties that helps breakdown toxins
NEROLI & VANILLA HYDRATING BODY WRAP	The Hydrating body wrap has wonderful relaxing properties that hydrates the skin cells leaving the skin feeling soft and supple.
SENSORIAL SHIMMER MILK BATH	This Luxurious Shimmer Milk Bath leaves your body. The Sensorial Shimmer Milk Bath contains healing Mineral Salts and Whey powder, which feeds the skin with protein. When you step out of the bath your skin is left with a Sensorial Shimmer which makes your skin glow.
LEMONGRASS BATH CRYSTALS	One of our invigorating treatments with mineral crystals which hydrates the skin while the Lemongrass clears the mind and body from any stress and tension.
ROOIBOS MINERAL BATH SALTS WITH ROSE PETALS	The CSpas rich Rooibos and Rose Petal Bath Salts are rich in anti-oxidants leaving your skin feeling soft, supple, refreshed and rejuvenated.
MINT & LIME FOOT SOAK	The Mint and Lime Salt Foot Soak has refreshing Mint and Lime essential Oils which are fantastic for clients who are on their feet a lot. The Mint and Lime Salt Foot Soak has uplifting and invigorating qualities that leave your feet feeling refreshed.

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CSpa Aroma Wellness



Glossary

AROMATHERAPY - The art and science of using pure essential oils extracted from natural botanicals to relax, balance and rejuvenate the body, mind and spirit.

AROMATHERAPY BENEFIT - The emotional or physical effect evoked by aromatic essential oils. Examples include balancing, energizing, rejuvenating, cleansing, deodorizing and purifying.

COMPONENT: A part or element of a larger whole (Makes up part of the oil blend)

EFFLEURAGE: A form of massage using a circular stroking with the palm of the hand.

ESSENTIAL OIL - The highly concentrated, volatile, aromatic essences of plants.

EVAPORATE: VAPORIZATION: the process of becoming a vapor.

EXTRACT: Remove or take out by effort or force.

EXTRACTION METHOD: The method by which essential oils are separated from the plant. Common extraction methods include distillation, expression and solvent extraction

FOLIAGE: Plant leaves, collectively: "healthy green foliage"

HYSSOP: A small bushy aromatic plant (*Hyssopus officinalis*) of the mint family, the bitter minty leaves of which are used in cooking and herbal remedies.

KAOLIN: It is natural clay available at the chemist. It absorbs impurities from the skin. Milk or egg can be added to this to make a facemask.

LIPOSOLUBLE: soluble in lipids (or in organic solvents).

OLFACTORY: relating to the sense of smell: "the olfactory organs"

RADIANCE: Radiant skin is the outward sign of the youth and energy they feel inside

SACRUM: A triangular bone in the lower back situated between the two hipbones of the pelvis

TRAPEZIUS: Either of a pair of large triangular muscles extending over the back of the neck and shoulders and moving the head and shoulder blade.

VOLATILE: Easily evaporated at normal temperatures.

ESSENTIAL OIL BOTANICAL NAMES:

ALOE VERA: *Aloe Africana*

AVOCADO: *Persea americana*

BASIL: *Ocimum basilicum* Basil - *Ocimum basilicum* (Lamiaceae)

CEDAR WOOD: *Cedrus atlantica* (Pinaceae)

CINNAMON: *Cinnamomum zeylanicum*

FRANKINCENSE: *Olibanum Boswellia*

GERANIUM: *Pelargonium graveolens*

GINGER: *Zingiber officinale* Roscoe



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CSpa Aroma Wellness



Glossary

GRAPEFRUIT: Citrus paradisi

JOJOBA: simmondsia chinensis

LEMON: Citrus limon (Rutaceae)

LIME: Citrus aurantifolia

MYRRH: Commiphora myrrha (Burseraceae)

NEROLI: Citrus aurantium (Rutaceae)

ORANGE: Citrus aurantium (Rutaceae)

PATCHOULI: Pogostemon cablin

PEPPERMINT: Mentha piperita (Lamiaceae or Labiatae)

POMEGRANATE: Leptospermum Scoparium

ROSEMARY: Rosmarinus officinalis

SANDALWOOD: Santalum album (Santalaceae)

VANILLA: Planifolia

WHITE BIRCH: Betula pendula

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CSpa Aroma Wellness



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CSpa Hair Wellness



Curatio – in Latin means Healing, treatment.

THE ULTIMATE SENSORIAL JOURNEY OF BOTH BALANCE AND INDULGENCE

CSpa Hair Wellness is an extension of the CSpa brand into the full wellness approach, incorporating hair wellness into the everyday lifestyle. This 360° approach to wellness to skin, internal wellness and hair is integrated into spa/salon.

CSpa Hair Wellness is proudly manufactured in South Africa as an extension of the CSpa brand into a full wellness approach, incorporating hair therapy into one's everyday lifestyle. CSpa co-branded with hair professional, Gary Rom, to provide results-driven products infused with delectable aromas. The Hair Wellness concept offers a therapeutic hair sanctuary – transforming limp, lifeless hair into vibrant healthy hair. Offering two treatment options, CSpa Hair Wellness is easily incorporated into the spa and salon environment to be used in treatment for a holistic wellness experience. The gentle, environmentally-friendly products defend the hair against the damaging effects of harsh water minerals, chemicals and other aggressors.

The extensive CSpa Hair Wellness range has well planned homecare products, supported by precise and professional treatments for all hair types. The brand caters to all ethnicities, both male and female, as well as hair with weaves, bleached or colour dyed hair.

Introduction to CSpa Hair Wellness and Hair



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CSpa Hair Wellness



Hair Wellness Ranges

2.1 SILK GLOSS RANGE (ALL HAIR TYPES)

Create soft and healthy hair, which will repair, strengthen, protect and provide deep conditioning from the first application. Quench the hair follicle with the Silk Gloss nectar of pure hair therapy, combined with a sensorial fine fragrance of Tuberose and Sandalwood.

KEY INGREDIENTS	FUNCTION/BENEFIT
HYDROLYSED COLLAGEN & Q10	Repairs and protects the follicle, strengthens and repairs hair cortex, moisturises all layers, plumps.
SILSOFT	Softens and repairs.
MEA 18, SILK AMINO ACIDS & LACTIC ACID	Strength and repair.
DIMETHICONE	Softening and nourishing.
HYDROLYSED CORN STARCH	Deep conditioning.

SILK GLOSS SHAMPOO

Cleanse hair with the Silk Gloss Shampoo. Apply to damp hair, spread evenly and emulsify in a silky foam, then rinse. For optimal results repeat and leave on for 2-3 minutes. Hair is left cleansed and re-energised. If shampoo comes into contact with eyes rise immediately.



SILK GLOSS SHAMPOO

SILK GLOSS CONDITIONER

After cleansing hair with the Silk Gloss Shampoo, apply to towel-dried hair. Boost the deep conditioning effect by massaging into hair and leave for 2-3 minutes, emulsify and then rinse. In case of contact with eyes, rinse immediately.



SILK GLOSS
CONDITIONER

SILK GLOSS THERAPY MASK RETAIL HOMECARE

After cleansing and uplifting hair with the Silk Gloss Shampoo, apply Silk Gloss Therapy Mask to towel-dried hair. Massage into the hair and leave for 5-10 minutes. Give hair a burst of strength by wrapping hair in a damp warm towel. Emulsify and then rinse. In case of contact with eyes rinse immediately.



SILK GLOSS
THERAPY MASK

Selling tip – If hair is either chemically or mechanically damaged, this range is the perfect choice. Gives incredible strength and moisture. If the client complains of breakage, loss of shine and body, this is the range to prescribe.



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CSpa Hair Wellness



Hair Ranges

In Association with



2.2 CSPa HYDRO BOOST RANGE (DRY OR ETHNIC HAIR)

The CSpa Hair Wellness Hydro Boost range is enriched with vitamins to boost the hair from deep down. Through these vitamin enriched ingredients, the Hydro Boost Range envelops the hair in pure hydrating bliss, while strengthening, restoring elasticity and provides suppleness for the hair from within. Your dry hair is left rehydrated, recharged and strengthened with fine fragrance of Bergamot.

KEY INGREDIENTS	FUNCTION/BENEFIT
WHEAT GERM OIL	Provides nutrients, restores elasticity and suppleness.
VITAMIN A AND E	Prevents colour fade, strengthens, targets moisture loss.
JOJOBA SEED OIL	Nourishes and rehydrates hair and scalp.
HYDROLYSED KERATIN	Creates volume and light weight conditioning.

HYDRO BOOST SHAMPOO

Apply to damp hair, spread evenly, lather and then rinse. Boost the vitamin enriched hydrating shampoo cleansing ritual by repeating and leaving for 2-3 minutes. If product comes into contact with eyes, rinse immediately.



HYDRO BOOST SHAMPOO

HYDRO BOOST CONDITIONER

After cleansing hair with the Hydro Boost, apply to towel-dried hair. Enhance the nourishing and conditioning effect by massaging into hair and leave for 2-3 minutes, emulsify and then rinse. In case of contact with eyes, rinse immediately.



HYDRO BOOST CONDITIONER

HYDRO BOOST TREATMENT HOMECARE

After cleansing hair with the Hydro Boost Shampoo, apply to towel-dried hair. Massage into the hair and leave for 5-10 minutes, emulsify and then rinse. Envelop hair in pure hydrating bliss by wrapping hair in damp towel. In case of contact with eyes rinse immediately.

Selling tip- This product provides leave-in softness and smoothing with the added benefit of heat styling protection

Shampoo by applying to damp hair, spread evenly and lather, then rinse. Enhance the moisture and nourishing effect by repeating and leaving on for 2-3 minutes, if shampoo comes into contact with eyes rise immediately.



HYDRO BOOST TREATMENT

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CSpa Hair Wellness



Hair Ranges

In Association with



Gary Rom
HAIRCARE

2.3 MINT CLEAN RANGE FOR MEN

Experience a refreshing sense of hair revival, with the unique CSpa Mint Clean Range. This invigorating solution for men's scalp and hair leaves the hair and scalp revitalised and immersed in pure freshness. With an added fresh fragrance of peppermint oil, hair is left completely energised

KEY INGREDIENTS	FUNCTION/BENEFIT
PEPPERMINT OIL	Promotes circulation; Anti-fungal; Anti-bacterial
BAOBAB OIL	Anti-oxidant (Assists in colour fade prevention).
VITAMIN A	Protection against free radicals and promotes healthy sebum on scalp.
VITAMIN D	Promotes strength.
VITAMIN E	Anti-oxidant (Assists in colour fade prevention).
VITAMIN F	Omega to retain moisture, softens and adds shine.
HYDROLYSED WHEAT PROTEIN	Nourishing.

MINT CLEAN SHAMPOO

Cleanse hair with the uplifting Mint Clean Shampoo. Apply to damp hair, spread evenly and emulsify into a fresh foam, then rinse.



MINT CLEAN
SHAMPOO

MINT CLEAN CONDITIONER

Apply to towel-dried hair. Boost the conditioning effect by massaging into hair and leaving for 2-3 minutes, emulsify and then rinse. In case of contact with eyes rinse immediately.

Selling tip - The combination of menthol and peppermint leaves the hair and scalp invigorated and fresh. A perfect start to a busy day.



MINT CLEAN
CONDITIONER

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CSpa Hair Wellness



Hair Ranges

In Association with



2.4 HAIR WELLNESS ESSENTIALS RANGE – RETAIL PRODUCTS

AMINO THERAPY

Create and enhance soft, luscious and healthy hair, which will repair and protect from the first treatment. Plump hair with the CSpa Amino Therapy Treatment, which gives pure hair therapy and wellness, combined with a sensorial fine fragrance of Tuberose and Sandalwood.



AMINO THERAPY
TREATMENT

KEY INGREDIENTS	FUNCTION/BENEFITS
HYDROLYSED COLLAGEN & Q10	Repairs and protects the follicle, strengthens and repairs hair cortex, moisturises all layers, plumps.
SILSOFT	Softens and repairs.
MEA 18, SILK AMINO ACIDS & LACTIC ACID	Strength and repair.
DIMETHICONE	Softening and nourishing.
HYDROLYSED CORN STARCH	Deep conditioning.

AMINO THERAPY TREATMENT

Apply to pre-shampooed and towel-dried hair. Massage into the hair and leave for 5-10 minutes, emulsify and then rinse. In case of contact with eyes rinse immediately.

Selling tip – If hair is either chemically or mechanically damaged, this range is the perfect choice. Gives incredible strength and moisture, if the client complains of hair breaking, or loss of shine and body, this is the range to prescribe.

DERMA ASSIST

Give your hair a burst of hydration and sooth your scalp with the CSpa Derma Assist Treatment. The scalp is enveloped in a pure cocooning bliss with marine extracts for complete rehydration and moisture, with an added Bergamot fine fragrance to immerse in pure hair wellness.



DERMA ASSIST

KEY INGREDIENTS	FUNCTION/BENEFIT
NIACIN	Stimulates blood circulation.
MARINE EXTRACTS	Moisturise the scalp.
ESSENTIAL OILS	Soften.
	Anti-bacterial.
	Anti-fungal.
	Anti-inflammatory.

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CSpa Hair Wellness



Hair Ranges

In Association with



DERMA ASSIST TREATMENT

Apply to pre-shampooed and towel-dried hair. Massage into the hair and leave for 5-10 minutes, emulsify and then rinse. In case of contact with eyes rinse immediately.

Selling tip- If the client complains of sensitive, dry or itchy scalp this product is the solution it will rehydrate and soothe a dry irritated scalp giving immediate relief.

EXPANSION STYLING PASTE - STYLING AID

Give hair a boost of texture and definition with the CSpa Expansion Paste. Indulge in a fresh floral and green woody fragrance.

Apply a small amount onto hands, work through the hair. You can style as usual. Can be applied to damp or dry hair.

Selling tip - This product is for a medium hold, it has a matte finish, and is easily moulded into the hair for today's versatile and trendy looks

THERMAL DEFENCE

Give hair a burst of heat protection with the CSpa Thermal Defence.

Mist over pre-shampooed, mid-lengths and tips of hair. Boost the effects by spritzing section by section- this will maximise the cocooning effect from heat appliances.

HYDRO DEFENCE

Create lasting hair wellness through the CSpa Hydro-Defence Leave-in crème care. This potato starch enriched cocooning crème provides hair with a nourishing and repairing effect with a boost of UV filters] for hair.

Selling tip - This product provides leave-in softness and smoothing with the added benefit of heat styling protection



EXPANSION
STYLING PASTE



THERMAL
DEFENCE



HYDRO
DEFENCE

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CSpa Hair Wellness



Ritual and Treatment Procedures

3.1 TREATMENT ROOM SET UP

A CSpa hair treatment should have every treatment room set up in the same way. Find some guidelines and check lists of the requirements of the rooms:

Equipment and products:

- 1 Full range of CSpa products
- 1 Flower Tea pot and tea cup and Flower Tea
- 1 Tray with glass bowls for product decanting
- 2 CSpa Jugs
- 1 Portable basin
- 1 Portable tank- underneath bed (Drain tank when necessary during treatment)
- 1 Pillow/bolster
- 1 Duvet/Blanket
- 1 Large bath sheet
- 2 Small hair towels
- Steamer
- Hair comb
- Hair clip to end off treatment if client where drying options are not available.

ROOM AMBIANCE:

- The lights should be lowered, the room should be warm and before client walks into room.
- Low relaxing music should be playing in the background.



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CSpa Hair Wellness

Ritual and Treatment Procedures

In Association with



3.2 CSPa HAIR WELLNESS SENSORIAL WET HAIR RITUAL

CSpa Hair Wellness Welcome Ritual

STEP 1: WELCOME TEA RITUAL AND CLIENT CONSULTATION:

(Tea Ritual) Place on new line before your client, arrives prepare the "Relaxation Flower Tea" – This is the CSpa Eternity Flower Tea - so that it is warm enough for her to drink while doing the client consultation card. (This could be done in the consultation area or in the treatment room).

How to prepare CSpa Eternity Flower Tea: Pour boiling water into the glass teapot over the CSpa Eternity flower. Allow the client to enjoy watching as the flower "bloom". After 4 min pour tea for client to enjoy.

Please do not let the tea get too strong, due to the high green tea content the tea will be bitter after 5min in the tea pot.

STEP 2: FINDING OUT YOUR CLIENTS MAIN CONCERNS:

Create a customised treatment plan for the hair wellness ritual and supplementary homecare by integrating the 4 step consultation. This is where you will be analysing the clients hair wellness on the below 4 factors:

1. Scalp
2. In-salon treatment
3. Homecare
4. Liquid tools

Take the client through to your treatment room and verbally go through the client consultation card with her, to find out what specific treatment/concerns she would like to treat today. (You will be able to choose the correct CSpa hair Wellness treatment to perform the relaxation welcome touch from your Client consultation card)

CSPA / GRH CONSULTATION

Hair Wellness Consultation
/Hair Wellness Journey

1. Wellness Treatment for scalp and hair
2. Home Haircare
3. Styling Aids
4. Hard Tools

PROTEIN / MOISTURE ANALYSIS

PROTEIN:
70% - 80%

MOISTURE:
12% - 15%

PROTEIN:
STRENGTHENS
& REPAIRS

MOISTURE:
HYDRATES
& SOFTENS

FINE		MEDIUM	COARSE
CHEMICAL			MECHANICAL
Colour			Blow Drying
Highlights			Ironing
Relaxer			Grey Hair
Perm			Air Conditioning
Tone			Climate
Brazilian Blow Wave			Curl / Wave

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CSpa Hair Wellness

Ritual and Treatment Procedures

In Association with



STEP 3: THE HAIR WELLNESS TREATMENT RITUAL – SENSORIAL WET HAIR TREATMENT

1. Comb clients hair
2. Finger strokes, from the hairline to the back on of the scalp
3. Pressure points (Central axis/lateral)
4. Warm rinse with CSpa Jugs
5. Warm shampoo ritual, put shampoo in palms and rub together until it turns into a milky colour. Apply to hair with big circular movements with finger tips.

Shampoo according to hair type:

Silk Gloss Shampoo – all hair types

Hydro Boost Shampoo – dehydrated hair

Mint Clean Shampoo – for Men

6. Warm rinse with CSpa Jugs
7. Repeat step 5 and 6
8. Apply treatment from root to tips and leave for 5-10 min under the steamer mist

Treatment according to hair type:

Silk Gloss Therapy Mask – all hair types

Hydro boost Treatment – dehydrated hair

Mint Clean conditioner – for men

9. CSpa Ultimate Indulgence scalp massage while treatment is on.
10. Check water level of water tank
11. Warm rinse with CSpa Jugs until all treatment is rinsed off
12. Offer hair clips or hair dry option to style

Treatment procedure: 60min

- Room ambiance
- Tea Ritual
- Consultation
- Hair Analysis (10 min for all steps above)
- Welcome Ritual/Touch (5 min)
- Shampoo and rinse x2 (10min)
- Apply treatment (Use steamer and rotate to ensure all hair is reached)
- Massage and work treatment through hair and rinse (20min)
- Comb and clip or dry hair (10min)
- Home care recommendation (5min)

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CSpa Hair Wellness

Ritual and Treatment Procedures

In Association with



CSPA HAIR WELLNESS – FACIAL ADD ON

CSpas Aroma Wellness Facial and Sensorial Moisture ritual Sequence:

(We are using Hydrating range as an example for this treatment procedure, please select product range that will benefit the clients skin type best)

STEP 1: WELCOME TEA RITUAL AND CLIENT CONSULTATION:

(Tea Ritual) Before your client arrives prepare the "Relaxation Flower Tea" – This is the CSpa Christmas Tree Flower Tea - so that it is warm enough for her to drink while doing the client consultation card. (This could be done in the consultation area or in the treatment room)

How to prepare CSpa Christmas Tree Flower Tea: Pour boiling water into the glass teapot over the CSpa Christmas Tree flower. Allow the client to enjoy watching as the flower "bloom". After 4 min pour tea for client to enjoy.

Please do not let the tea get too strong, due to the high green tea content the tea will be bitter after 5min in the tea pot.

STEP 2: FINDING OUT YOUR CLIENTS MAIN CONCERNS:

Take the client through to your treatment room and verbally go through the client consultation card with her, to find out what specific treatment/concerns she would like to treat today. (You will be able to choose the correct Aroma Serum to perform the relaxation welcome touch from your Client consultation card)

STEP 3: AROMA SERUM WELCOME TOUCH.

Settle your client onto the treatment bed, facing upwards. Now linked to his/her main concern, you will be able to choose the correct Aroma Serum (either Hydra-Boosting, Age-Defying or Oily Combination Rebalancing Serum) to perform the Aroma Serum welcome touch.

1. Drop 2 drops of the Aroma Serum into your hands.
2. Warm up the serum with your hands and gently cup over clients nose, ask your client to breath in and out 3 times.
3. Apple serum to clients décolleté, neck and shoulder area.

WELCOME RITUAL

1. Place Green Gem stone (Aventurine stone) on clients décolleté – where the heart is the (Aventurine stone allows for emotional growth, cleanses negative emotions and attracts tranquility and peace.)
2. With the Rolled up green cloth place under clients neck.
3. Gentle lift the neck and head off the plinth +/- 5cm and rock your clients head from side to side slowly stretching the Trapezius muscle, do this x2 each side.
4. Slowly place clients head back down on bed.
5. Using the second stone apply pressures on your clients forehead (Where the 3rd eye is situated) x 3 in 3 different places, starting closer the bridge of the nose and ending near the hair line.
6. Remove the heart stone and apply pressures to the temporal area.

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CSpa Hair Wellness



Ritual and Treatment Procedures

In Association with



Gary Rom
HAIRCARE

7. End off with client breathing 3 deep breaths.

STEP 4: REMOVAL OF MAKE UP:

1. Uplifting Cleansing Milk – 2 x pumps (4ml) of Uplifting Cleansing Milk into hand (the Uplifting Cleansing Milk is gentle enough to use as an eye make-up remover). This can be used on all skin types. Apply to the décolleté, neck and face. Do rotaries on the décolleté, move towards the face, do circular movements all over the face, draining movements around the eyes. Dip hands into warm water to complete normal facial cleanse. Remove with a warm compress.
2. Uplifting Foaming Cleanser – use for a second cleanse if client prefers a foaming cleanser – (2 x pumps = 4ml) this is more for clients with oily/combo skin types. Pump 2 pumps of cleanser into hands. Follow the same sequence as Uplifting Cleansing Milk. Remove with a warm compress.
3. Tone with the Uplifting Aroma-Tonic Lotion. Spray 2 – 3 generous sprays onto a wet cotton pad, and wipe onto clients skin starting on the décolleté and working your way up the face, ending on your clients temples. Tissue off excess to dry the skin.
4. Exfoliate with Uplifting Aroma Exfoliator – dip hands into warm water and use 1 x squeeze of the Uplifting Aroma Exfoliator, (3ml) do circular movements and concentrate on areas like the nose and chin, (places where comedones are more likely to appear) You can use a steamer when applying the Uplifting Aroma Exfoliator, but it is not required. Dip your hands into warm water and do more rotaries on the face. Remove with a warm compress. Make sure all the grits are removed properly. It is uncomfortable to receive a massage when the Exfoliator is not removed properly.

Spray Inhale Hydrating Sandalwood & Neroli in a gentle halo above the client's head (avoid eyes – tell client to keep them closed as the spray contains alcohol which could irritate the eyes).

STEP 5: FACIAL MASSAGE:

Use Luxurious Massage Cream for the face 5ml, drop 2 x drops of the Hydra-Boosting Serum and mix into massage cream – this is for extra nourishment and more slip. Perform luxurious massage techniques. (Ending off the massage with another application of aroma serum optional). Do not remove the massage cream.

STEP 6: SWITCH ON STEAMER:

Get warm water for CSpa water jug. Application of mask: Apply Hydra-Indulgence Gel Mask, either with a mask brush or with your hands (5ml).

STEP 7: MOVE:

Ask client to move slightly up with her hair over the back basin and follow steps 4-12 of CSpa Sensorial moisture ritual.

STEP 8: MOISTURISE:

Apply 1x pump of Hydra-Indulgence Cream to face neck and décolleté (1 pump = 2ml)

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CSpa Hair Wellness



Ritual and Treatment Procedures

In Association with



TREATMENT PROCEDURE: 60MIN

- Room ambiance
- Tea Ritual
- Consultation (5min)
- Welcome Ritual/Touch (5 min)
- Cleanse, Tone, Exfoliate (10min)
- Skin and Hair Analysis (5min)
- Massage-(10min)
- Mask and hair care (20min)
- Shampoo and rinse x2 (10min)
- Apply treatment (Use steamer and rotate to ensure all hair is reached)
- Massage and work treatment through hair and rinse (20min)
- Cover hair with towel
- Moisturise
- Comb and clip or dry hair (10min)
- Home care recommendation (5min)

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CSpa Hair Wellness

Ritual and Treatment Procedures

In Association with



CSPA HAIR WELLNESS INCORPORATED INTO CSPA BODY RITUAL

STEP 1: WELCOME TEA RITUAL AND CLIENT CONSULTATION:

(Tea Ritual) Before your client arrives prepare the "Relaxation Flower Tea" – This is the CSpa Christmas Tree Flower Tea - so that it is warm enough for her to drink while doing the client consultation card. (This could be done in the consultation area or in the treatment room)

How to prepare CSpa Christmas Tree Flower Tea: Pour boiling water into the glass teapot over the CSpa Christmas Tree flower. Allow the client to enjoy watching as the flower "bloom". After 4 min pour tea for client to enjoy.

Please do not let the tea get too strong, due to the high green tea content the tea will be bitter after 5min in the tea pot.

Welcome client and take him/her through to the relaxation room. While she is seated bring through the "Smell Bells" with the 2 different options of oil blends – "Relaxation or Revitalising/Invigorating" CSpa Aroma-Therapy oil blends. Let your client smell both blends and ask them to choose the one they like the most.

If they choose the "CSpa Relaxation oil blend" prepare the Flower tea that is specified for the Relaxation treatment. (This will be the Flower Tea labeled CSpa Christmas Tree Flower tea)

If they choose the "Invigorating oil" prepare the Flower tea that is specified for the Invigorating treatment - CSpa Jasmine Fairy Flower tea)

While she is doing this go and prepare your treatment room.

STEP 2: ROOM PREPARATION:

Depending on which treatment your client chose will depend which "Body Spritzers" you will use.

Spray 2 x sprays of either the Relaxation spritzer or Revitalising spritzer over your Linen. (This depends on which CSpa Aroma-Therapy blend your client chose from the "Smell Bells").

After preparing your room, go and fetch your client from the relaxation area, and bring her to your treatment room.

Verbally go through the client consultation card with her, remember to refer back to which oil blend she had chosen in the beginning to ensure she gets the correct treatment.

Get client to lie down on her stomach, cover her with your towels and duvet.

STEP 3: WELCOME TOUCH MASSAGE:

Remember if your client chose the CSpa Relaxation oil blend then you must use the Inhale Relaxing Geranium and Sandalwood Body & Linen Sprits, and if your client chose the Invigorating oil blend then you must use the Inhale Revitalising Spicy Green Body & Linen Sprits, both with the CSpa African Monkey Apple.

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Ritual and Treatment Procedures

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BODY WELCOME TOUCH:

1. Client lies face down on the bed.
2. Cover client with towels.
3. Spray 2 sprays of either the Inhale Relaxing Geranium and Sandalwood Body & Linen Sprits or the Inhale Revitalising Spicy Green Body & Linen Sprits.
4. Start Welcome Touch by rolling the Monkey apple on the Sole of the feet x 3 (starting with the left foot).
5. Roll the Monkey Apple up the left leg towards the buttocks. (over towel) with a slow and steady pressure. (Remember to guide the Monkey apple with your hand, in order to not drop and to not apply too much pressure with the Monkey apple).
6. Roll up and over the buttocks area flowing into Horizontal rolling pressures to warm the sacrum 3 times.
7. Roll up one side of spine, ending off at the neck where you apply a deeper pressure on the neck/Trapezius muscle.
8. Continue the welcome touch down the opposite side of the body, ending on the right foot.

STEP 4: FULL BODY EXFOLIATION: 15ML

Exfoliate the body in a stimulating effleurage application. If your client is coming in for an Invigorating treatment, concentrate on the areas where she has cellulite deposits this will increase the circulation and help break down the cellulite. This removes the dead skins cells on the areas of concern.

** switch on steamer and get hot water in CSpa water jug while client is in shower.

STEP 5: FULL BODY WRAP APPLICATION:

(Please select body wrap for clients best needs we use detox wrap as an example)

Peppermint & Rosemary Detox wrap is a mud wrap that is simple to apply and remove as it does not dry on the skin due to the Essential oils.

Client must be lying in the recovery position – (Lying on their side, with 1 leg over the other) this is a quick and easy position to apply the wrap to the client. Use one hand to apply, first on their back, and back of legs, the get them to lie flat on their backs, apply the wrap on the front of their bodies and fill in the areas that you might have missed, once the whole body is covered in the Peppermint and Rosemary Body wrap cover the body in the plastic. Cover with towels and Duvet. Leave wrap on client for 15-20 min.

STEP 6: FOLLOW STEPS 4-9 OF CSPa HAIR WELLNESS SENSORIAL MOISTURE RITUAL:

Prepare the shower so that it is warm enough for your client to shower. Return to your client and help her up, escort her to the shower and ask her to shower to remove the wrap and hair treatment . She can use the Invigorating Shower Gel to help remove the wrap. Once she is finished showering, get her back onto the bed and apply Aroma-Rich Nourishing Body cream to body and offer her a hair clip or hair dry.

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CSpa Hair Wellness



Ritual and Treatment Procedures

In Association with



Gary Rom
HAIRCARE

TREATMENT PROCEDURE: 75MIN

- Room ambiance
- Tea Ritual and Smell bells
- Consultation(10min)
- Welcome Ritual (5 min)
- Full body exfoliation and shower(10 min)
- Full body wrap and hair treatment and shower (35min)
- Moisturizer and hair clip (5 min)
- A glass of water while client is in shower.
- Home care recommendation.(5min)



CSpa Hair Wellness



Ultimate Indulgence Scalp Massage (15 min)

3.5 CSPA ULTIMATE INDULGENCE SCALP MASSAGE (15 MIN)

**slow movements are required to do a relaxing scalp massage.

**always ask your client if they enjoy your pressure and if they are comfortable.



STEP 1:

Roll up a towel and place it under her neck. –Have client lie face up on a bed, with her head at its foot. Pull up a chair and sit directly behind client. Gently draw your fingers through her hair, moving from her hairline toward the back of her head. Repeat several times



STEP 2:

Rotate the tips of your index and middle fingers in small clockwise circles over clients temples, forehead, and the crown of client's head, like you're slowly shampooing client's hair. Repeat, but this time move counter clockwise. Then make larger circles over her entire scalp.



STEP 3:

Turn client's head to one side. Using the technique from step 2, massage client's temple, the side of client's head, and the base of client's neck. Repeat on the opposite side.



STEP 4:

Return client's head to its original position. Lightly pinch each earlobe between your thumb and index finger, and then slowly slide your fingers around the entire perimeter of client's ear.

STEP 5:

Draw your fingers through client's hair, this time from the nape of client's neck to her hairline.

STEP 6:

Do pressure points on forehead in 3 sets on 3 straight pathways from the brow to the crown of the head.

STEP 7:

Carry on with the pressure points doing 4 points behind the back of the ear (on the bone) and end off with soft pressure with index finger and thumb on the ear lobe.



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Practical Notes

