



Eve Taylor[®]
— LONDON —
Est. 1963

Naturally Beautiful

Spa Body
Treatment Portfolio

eve-taylor.com

Considerations to make to create perfect Eve Taylor® Spa Body Treatments

Creating the perfect treatment for our clients involves care, consideration and preparation to ensure we are fully meeting both their needs and expectations. Taking on board certain elements of the treatment can be the difference between a mediocre treatment or an excellent treatment.

Considerations to make before the client arrives:

- Is the treatment booked as a functional body treatment or a luxury/pampering treatment?
- Is the treatment trolley stocked with all products needed and couch set up and ready?
- Are products prepared and placed in an appropriate warming device ready for application?
- Is the treatment space pre-warmed and at a suitable temperature?
- Does the treatment space have a suitable ambiance - lighting/aroma?

Considerations to make during the treatment:

- The full needs of the client are understood from the consultation and the treatment is appropriate.
- The client is happy with the temperature of the room and any background music being played.
- The technique and massage pressure is appropriate and comfortable for the client.
- The client is dried thoroughly as quickly as possible after product removal to reduce them feeling cold.

Considerations to make after the treatment:

- Have you given the client full aftercare advice?
- Have you recommended products suitable to achieve ongoing results?
- Have you created a treatment plan with realistic expectations to see ongoing improvements?
- Does the client fully understand the expectations for ongoing improvements? - diet/lifestyle adjustments.

Eve Taylor® Spa Body Treatment Checklist

Spa Supplies:

- Dry body brush
- 5ml Scoop/teaspoon
- 50ml Scoop/measure
- Spatulas
- Eve Taylor® Flexible bowls
- Measuring Jug
- Plastic Spa Sheet (disposable wrap)
- Bath towels
- Hand towels
- Disposable underwear
- Shower cap
- Warm blanket or thermal blanket

Product removal options:

- Bowls and tueling mitts
- Steam towel caddy and towels
- Shower
- Wet bed and Vichy shower

RELAXING FULL BODY TREATMENT (60 / 120 MINUTES)

A full body treatment experience to deeply relax the body and mind.

Skin type/condition:

All skin types and conditions.

Treatment time:

60 minutes without massage.

120 minutes including massage.

Treatment description:

Discover the ultimate feeling of relaxation and wellbeing with our signature full body treatment. Skin buffing sea salts will smooth the skin to perfection before the expert application of potent aromatic oils. A luxurious heating body wrap will be applied to your full body and cocooned for warmth and comfort. Nourishing moisturisers finalise the treatment leaving you feeling fresh, restored and revitalised. (60 minutes).

Homecare products to recommend:

Anti-stress Massage & Bath Blend
Relaxing Body Serum (No.10)
Rescue & Repair Moisturiser

1. Have client wear disposable underwear, remove all jewellery and obstructive piercings. Bed should be draped with blanket, towels, plastic spa sheet, towels and couch roll on top for client to lie on.
2. Wet mitts in warm water with a few drops of **Peppermint Hydrolat** added and cleanse hands and feet. Press feet dry with a towel.
3. Exposing one body area at a time, with client lying face up begin dry body brushing on feet, legs, arms and décolleté. Finish with clockwise, circular strokes on the abdomen.
4. Mix 10ml of **Salt & Seaweed Scrub** with 6 pumps of **Aqua-Mass** and 2 pumps of **Relaxing Body Serum (No.10)** to a paste consistency. Using light circular movements work over each body area. With steam towels or warm, damp mitts remove scrub mixture and dry each area with towel.
5. Turn client onto back and brush feet, legs, hips, buttocks, back and back of arms.
6. Continue to exfoliate the back of the body removing all traces of product when completed.
7. Apply **Relaxing Body Serum (No.10)** followed by **Anti-Stress Body Massage Oil** and proceed with **Eve Taylor® Aromatherapy Back Massage** (see routine) or massage of choice, working the back of the body. Alternatively, if body massage is being omitted, just apply **Relaxing Body Serum (No.10)** to back of body.
8. Turn client and repeat step 7 to front of the body.
9. Ensuring spa sheet is in place, prepare **Hydra-Thermal Body Wrap** and using the 'one hand clean, one hand dirty' method apply quickly to all parts of the body. Alternatively use 2 body mask brushes and apply in long slow rhythmic strokes to assist the relaxation effects. Start with client sitting upright apply to back, lie client back down, apply to the back of bent legs, front of legs, arms, abdomen and finishing at décolleté. Ensure the client is fully wrapped in the spa sheet, and cover with blanket or towels to keep warm.
10. While **Hydra-Thermal Body Wrap** is on the skin perform scalp, face or foot massage.
11. After 20-30 minutes reveal one area at a time and remove **Hydra-Thermal Body Wrap** from legs, abdomen, décolleté, arms and back with steam towels or mitts customised with **Hydrolat**. Ensure all product is removed thoroughly and fold spa sheet in on itself to reduce re-application to clients skin, towelling or to therapists uniform. Remove spa sheet from treatment couch and dispose.
12. Apply **Treatment Gel** if required to areas of concern and allow to absorb into skin, follow with appropriate **Eve Taylor® Spa Body Moisturiser** and apply to back, décolleté, arms, abdomen and legs.
13. Perform foot and ankle stretch. Assist the client off the couch and serve a glass of water with a slice of lemon.

DETOXIFYING FULL BODY TREATMENT (60 / 120 MINUTES)

A full body treatment experience to detoxify and renew.

Skin type/condition:

Clients with fluid retention, bloating or those in need of detoxifying

Treatment time:

60 minutes without massage.
120 minutes including massage.

Treatment description:

Refresh and renew with this highly detoxifying full body treatment. Marine salts assist the buffing away of dulling skin cells ready for potent aromatics to be infused into the skin. A highly active seaweed body wrap will purge toxins and remineralise the skin. A skin drenching moisturising blend finalising the treatment leaving your skin feeling silky soft, smooth and glowing. (60 minutes).

Homecare products to recommend:

Exfoliating Mousse
Eliminating Body Serum (No.11)
Cellu-lose Contour Cream

1. Have client wear disposable underwear, remove all jewellery and obstructive piercings. Bed should be draped with blanket, towels, plastic spa sheet, towels and couch roll on top for client to lie on.
2. Wet mitts in warm water with a few drops of **Peppermint Hydrolat** added and cleanse hands and feet. Press feet dry with a towel.
3. Exposing one body area at a time, with client lying face up begin dry body brushing on feet, legs, arms and décolleté. Finish with clockwise, circular strokes on the abdomen.
4. Mix 10ml of **Salt & Seaweed Scrub** with 6 pumps of **Aqua-Mass** and 2 pumps of **Eliminating Body Serum (No.11)** to a paste consistency. Using light circular movements work over each body area. With steam towels or warm, damp mitts remove scrub mixture and dry each area with towel.
5. Turn client onto back and brush feet, legs, hips, buttocks, back and back of arms.
6. Continue to exfoliate the back of the body removing all traces of product when completed.
7. Apply **Eliminating Body Serum (No.11)** followed by **Detox Body Massage Oil** and proceed with **Eve Taylor® Aromatherapy Back Massage** (see routine) or massage of choice, working the back of the body. Alternatively, if body massage is being omitted, just smooth **Eliminating Body Serum** to back of body.
8. Turn client and repeat step 7 to front of the body.
9. Ensuring spa sheet is in place, prepare **Marine Body Wrap** customised with **Eliminating Body Serum (No.11)** and using the 'one hand clean, one hand dirty' method apply quickly to all parts of the body. Start with client sitting upright apply to back, lie client back down, apply to the back of bent legs, front of legs, arms, abdomen and finishing at décolleté. Ensure the client is fully wrapped in the spa sheet, and cover with blanket or towels to keep warm.
10. While **Marine Mud Body Wrap** is on the skin perform scalp, face or foot massage.
11. After 20-30 minutes reveal one area at a time and remove **Marine Mud Body Wrap** from legs, abdomen, décolleté, arms and back with steam towels or mitts customised with **Hydrolat**. Ensure all product is removed thoroughly and fold spa sheet in on itself to reduce re-application to clients skin, towelling or to therapists uniform. Remove spa sheet from treatment couch and dispose.
12. Apply **Treatment Gel** if required to areas of concern and allow to absorb into skin, follow with **Cellu-lose Contour Cream** and apply to back, décolleté, arms, abdomen and legs.
13. Perform foot and ankle stretch. Assist the client off the couch and serve a glass of water with a slice of lemon.

BODY GLOW! FULL BODY EXFOLIATION (30 MINUTES)

Full body exfoliation to leave the skin soft, smooth and glowing.

Skin type/condition:

Clients with dry flakey skin, or those in need of full body exfoliation. May be offered as a pre spray tan option or before full body massage.

Treatment time:

30 minutes.

Treatment description:

Our finely ground sea salt infused with essential oils of Jasmine and Ylang Ylang soothe the senses while the dull, dry skin cells are buffed away. Skin drenching moisturisers conclude the treatment leaving skin feeling soft, smooth and hydrated. (30 minutes).

Homecare products to recommend:

Exfoliating Mousse
Rescue & Repair Moisturiser
Moisturising Body Butter

1. Prepare **Salt & Seaweed Scrub** by mixing 10ml with 6-8 pumps of **Aqua-Mass** until a paste consistency is achieved. (place in hot towel cabinet to pre-warm if available).
2. Begin with client lying face down on a piece of disposable couch cover or bedroll, cleanse the hands and feet with hot mitts customised with **Chamomile Hydrolat**. Have toweling draped over client to keep warm.
3. Remove toweling one body area at a time and begin dry body brushing on feet, legs buttocks and back using brisk intentional movements. Always work in an upwards direction towards the nearest lymph node.
4. Apply a small amount of **Salt & Seaweed Scrub** to each area and using light circular or free flowing movements, exfoliate each body part; focus on any areas of skin build up, flakiness, roughness or pigmentation.
5. Using steam towels or mitts customised with **Chamomile Hydrolat**, remove scrub mixture and dry each area with a towel.
6. Keep toweling in place for client modesty, ask client to turn over.
7. Repeat dry body brushing of each body part followed by exfoliation. Remove thoroughly and dry client. Disposable couch cover or bedroll should be removed and disposed of at this point.
8. (Optional step) Perform body massage or application of spray tan may be carried out at this point.
9. Ask client to sit up and apply **Rescue & Repair Moisturiser** to the back, then lay back down.
10. Ask client to bend knees while you apply product to the back of the legs followed by the front.
11. Continue to moisturise entire upper body including abdomen, décolleté and arms.
12. Finally apply **Moisturising Body Butter** to knees and elbows if areas are dry.

LEGS, BUM & TUM DETOX TREATMENT (60 MINUTES)

A detoxifying treatment for those with cellulite or toxic build up.

Skin type/condition:

Clients with cellulite or toxic build up in the 'lazy areas'.

Treatment time:

60 minutes.

Treatment description:

Flush and cleanse the "lazy areas" of the body with the Legs, Bum & Tum Detox Treatment. Combining expert massage techniques with our blend of pure essential oils specifically formulated to warm, stimulate and eliminate toxins leaving the skin smoother, fresher and more vibrant. A detoxifying body mask is smoothed over the area infusing marine extracts into the skin for enhanced results. (60 minutes).

Homecare products to recommend:

Exfoliating Mousse

Cellulite Body Serum (Specifics.302)

Cellu-lose Contour Cream

1. With client lying face down, Remove towel on one body area at a time and begin dry body brushing on feet, legs and buttocks using brisk intentional movements, working in an upwards direction towards the nearest lymph nodes.
2. Exfoliate the same areas using **Exfoliating Mousse**. Spread onto the skin and work in upward circular movements. For additional spreadability wet hands and repeat movements. Remove with steam towels or hot mitts customised with Peppermint Hydrolat.
3. Apply 1 pump of **Cellulite Body Serum (Specifics.302)** by pressing onto back of thighs and buttocks. Proceed with **Eve Taylor® Deep Tissue Massage**, (see routine).
4. Repeat steps 1-3 on hips, then ask client to turn onto their back.
5. With client now laying on their back, continue to repeat steps 1-3 on the front of each leg.
6. Repeat steps 1 & 2 on the abdomen area. Apply 1 pump of **Cellulite Body Serum (Specifics.302)** and perform **Eve Taylor® Abdomen Massage**, (see routine).
7. Ask client to bend right leg at the knee and bend towards the centre of the bed and apply **Marine Mud Body Wrap** to the thigh and buttock. Wrap in appropriate covering (spa sheet or foil blanket).
8. Repeat application on outer left thigh and buttock.
9. Apply **Marine Mud Body Wrap** to abdomen and place spa sheet or foil blanket over the top.
10. **Marine Mud Body Wrap** should be left on the skin for 15 minutes. Cover client with towel/blanket to keep warm.
11. Remove with steam towels or hot mitts customised with **Peppermint Hydrolat**.
12. Ask the client to bend their leg at the knee and apply **Cellu-lose Contour Cream** to the front and back of thigh, followed by the buttock area.
13. Finalise the treatment with application of **Cellu-lose Contour Cream** to the abdomen area.

ANTI-STRESS BACK TREATMENT (60 MINUTES)

A deeply relaxing back treatment including back massage.

Skin type/condition:

All skin types and conditions.

Treatment time:

60 minutes.

Treatment description:

Drift away on an aromatic journey to a world of relaxation. Hand blended essential oils give you the ultimate in relaxation combined with the power of touch and expert massage techniques. A thermal body mask helps to ease any discomfort and tension leaving your mind and body soothed and refreshed. (60 minutes).

Homecare products to recommend:

Anti-stress Massage & Bath Blend
Relaxing Body Serum (No.10)
Rescue & Repair Moisturiser

1. Begin with client lying face down, exposing the back area to the base of the sacrum and begin dry body brushing with long flowing, stroking movements. Alternate between the body brush and your free hand in the direction of the nearest lymph nodes.
2. Using **Anti-Stress Body Massage Oil** (pre-warmed in towel cabinet if available) start by applying in long slow flowing strokes.
3. Perform **Eve Taylor® Aromatherapy Back Massage** (see routine).
4. 100ml (2 scoops) of **Hydra-Thermal Body Wrap** with 90ml of warm water and stir until a homogenous paste is achieved. Using 2 body mask brushes apply to the back using long slow intentional movements until entire back is covered.
Place disposable spa sheet over and cover with towels to keep client warm. Leave on skin for 15 minutes.
5. Continue to massage base of scalp, arms or feet.
6. Remove **Hydra-Thermal Body Wrap** using hot steam towels or Hot mitts customised with **Hydrolat**. Ensure client is completely dried with towel.
7. Finalise treatment with application of **Rescue & Repair Moisturiser** or **Moisturising Body Butter**.

PURIFYING BACK TREATMENT (30 MINUTES)

A deep cleansing back treatment for those with congested, breakout prone or acne skin.

Skin type/condition:

Clients with congestion, breakouts or acne on the back area.

Treatment time:

30 minutes.

Treatment description:

Using purifying essential oils to deep cleanse and unclog the skin this treatment targets a problematic back area. Zones in on breakouts to help clear blemishes with powerful botanicals while our detoxifying seaweed mask deep cleanses and re-mineralises the skin. (30 minutes).

Homecare products to recommend:

Corelle Bath & Shower Gel
Clearing Aromatic Serum
Rescue & Repair Moisturiser

1. Begin with client lying face down, exposing the back area to the base of the sacrum. Dispense **Corelle Bath & Shower Gel** (or **Anti-Bac Skin Wash** if client has breakouts) into wet hands and foam with warm water. Spread evenly over area and cleanse thoroughly using circular movements with flat hands.
2. Remove thoroughly with steam towels / hot mitts customised with **Lavender Hydrolat**.
3. Mix 5ml of **Salt & Seaweed Scrub** with 3 pumps of **Aqua-Mass** to a paste consistency and apply to back in 3 long flowing strokes and work into the skin using circular movements. Concentrate on areas of congestion and use light pressure on any breakout prone areas.
4. Remove thoroughly with steam towels / hot mitts customised with **Lavender Hydrolat**. Dry client thoroughly with towel.
5. (Optional step) Dispense 3-4 pumps of **Desincrustation Gel** into a small bowl and whisk with brush until a foam consistency is achieved. Apply to any areas of congestion for 5 minutes. (Steam may be used at this time if available). Perform extractions and blot extracted area with **Lavender Hydrolat**.
6. Gently spread 12 drops of **Clearing Aromatic Serum** to back area.
7. Place 50ml (1 scoop) of **Marine Mud Body Wrap** in bowl and customise with 5-10 drops of **Clearing Aromatic Serum**. Stir into a pliable consistency and smooth over entire back area. Cover with disposable spa sheet and towel for warmth and comfort. Leave on skin for 10 minutes.
8. Massage arms with **Clearing Massage Oil**.
9. Remove **Marine Mud Body Wrap** thoroughly with steam towels / hot mitts customised with **Lavender Hydrolat**. Dry client thoroughly with towel.
10. Finalise treatment with application of **Rescue & Repair Moisturiser** customised with **Lavender Hydrolat** to entire back area.

CRYO-FIRM - FOR ARMS / BUST / LEGS / STOMACH (45 MINUTES)

An intensley cooling, firming and toning treatment for those with loose tissue or skin slackening.

Skin type/condition:

Clients with loose skin in need of firming on the back of arms, stomach or bust area.

Treatment time:

45 minues.

Treatment description:

This fuctional treatment focusses on areas of loose skin tissue such as the arms, bust or stomach. Replenishing botanicals combined with expert massage techniques assist to tone and improve the skin. The intensley cooling action of the specialist products will leave skin feeling firm, taught and supple. (45 minutes).

Homecare products to recommend:

Exfoliating Mousse
Replenishing Body Serum (Specifics.303)
Rescue & Repair Moisturiser

1. Prepare a large rinse bowl of cold water customised with 50ml of **Peppermint Hydrolat**.
2. Expose one area at a time and begin dry body brushing with flowing, stroking movements. Alternate between the body brush and your free hand in the direction of the nearest lymph nodes.
3. Apply **Exfoliating Mousse** to area and continue to exfoliate area using circular flowing movements. For additional spreadibility wet hands and repeat movements. Remove with cold mitts customised with **Peppermint Hydrolat**.
4. Apply a generous layer of **Ice Tone Gel** to area and allow to absorb into the skin.
5. Apply 2 pumps of **Replenishing Body Serum (Specifics. 303)** to the area. If performing massage apply **Body Firming Massage Oil** for arm or stomach area or **Bust Firming Massage Oil** for bust area, over the top to provide a multi-level massage.
6. Mix 4 level scoops (200grams) of **Toning Mask** with 140ml of Peppermint Hydrolat. This is an average quantity, the amount of mask needed will vary depend on body size. (Use a ratio 1 level scoop (50grams) of mask to 35ml of **Peppermint Hydrolat** thereafter). Stir quickly until a smooth paste is achieved. Apply immediately to area ensuring edges are thick. Place bed roll over the top of **Toning Mask** to adhere in place and stop any potential running. Allow **Toning Mask** to set on the skin for 15 minutes. Cover client with towel/blanket to keep warm.
8. Peel away **Toning Mask** and bed roll from area applied, removing any traces of mask with cold mitts customised with **Peppermint Hydrolat**.
9. Apply a second layer of **Ice Tone Gel** to the area and allow to absorb into the skin.
10. Finalise the treatment with application of **Rescue & Repair Moisturiser**.

Eve Taylor[®] Spa Body Massage Techniques

Eve Taylor[®] Aromatherapy Back Massage

- 1 With right hand, stroke a small amount of chosen **Body Massage Oil** or **AromaWax** down client's spine to 'set the scene' for the treatment.
- 2 Place left hand on top of client's head
Place right hand on back of neck for 10 counts
Right hand between scapulae for 10 counts
Right hand on 'bra-line' for 10 counts
Right hand on waist line for 10 counts
Right hand on sacrum for 10 counts
- 3 Perform 3 way stretch
- 4 Apply chosen **Body Massage Oil** or **AromaWax** with 6 cross over effleurage movements followed by 6 reverse effleurage movements
- 5 Thumb pressures with slight rotation on the left side of the occipital bone, from ear to centre neck, then finger pressures on the right side, from ear to centre. The left hand resting on the crown of the client's head. Repeat 3 times.
- 6 Grasping movement using fingers and thumb at the back of the neck.
- 7 Place arms by sides, and perform 6 cross over effleurage movements.
- 8 Perform 6 reverse effleurage movements.
- 9 Deep thumb pressures on either side of the spine. Pressing then releasing sliding upwards each time. Repeat 3 times from the base to the top of the spine alternately.
- 10 Double handed kneading up the back 6 times.
- 11 'Piano' drainage on either side of the spine. Place fingers parallel with the base of the spine and push outwards- place fingers at the middle of the spine and push outwards, place fingers at top of spine and push outwards. Repeat 3 times each side alternately.
- 12 Effleurage 3 times over hips.
- 13 Deep thumb kneading 3 times to the sacrum and iliac crest.
- 14 Skin rolling to the sacrum region.
- 15 Effleurage 3 times over hips.
- 16 Effleurage 3 times over kidney area, lightly pausing over kidney area.
- 17 Thumb knead up either side of the spine 3 times.
- 18 Running vibrations down either side of the spine 3 times.
- 19 Sweeping effleurage up back to axillae. Press gently with thumbs over axillary lymph glands, slide hands down to elbows, and press gently with thumbs to supra trochee lymph nodes, slide to palm of hands, and press with fingertips. Repeat 3 times. On the third movement, clasp the client's wrists and gently pull downwards.
- 20 Figure of '8' effleurage over the scapulae, 6 times in each direction.
- 21 Effleurage to shoulder girdle - searching for tension nodules in the trapezius. Use petrissage movements in this area.
- 22 Standing at the top of the couch, with one hand on top of the other in full contact with the spine, slide up the spine 3 times. On the third turn hands, press gently on occipital bone, divide hands caressing sides of head and off.

Eve Taylor[®] Spa Body Massage Techniques

Eve Taylor[®] Aromatherapy Leg Massage

Back of Leg

- 1 Apply **Body Massage Oil** or **AromaWax** using effleurage movements to soles of feet and back of leg 6 times.
- 2 Thumb knead base of foot generally 3 times.
- 3 Knead around the ankles 3 times.
- 4 On left leg use thumbs to drain lower leg to popliteal nodes 3 times.
- 5 Elevate lower leg and support, with other hand drain to popliteal, using whole surface of hand 3 times.
- 6 'Piano' drainage to back of thigh, 3 sets of 3 to inguinals.
- 7 Effleurage leg 6 times.
- 8 Repeat 4 - 7 on right leg.
- 9 Standing at the end of the bed, stroke the soles of the feet, heels and around ankles; gently pump to the popliteal nodes at the back of the knees, pause above popliteal, slide up to base of buttocks, apply pressure with thumbs and release it. Repeat 3 times. Finish with hands resting on soles of feet, for a count of 10.

Front of Leg

- 1 Apply **Body Massage Oil** or **AromaWax** to front of legs using effleurage movements to feet and legs 6 times.
- 2 Thumb knead down the soles of the feet/instep 3 times.
- 3 Thumb knead on top of the feet, between the metatarsal bones.
- 4 Knead around the ankles 3 times.
- 5 Single-handed effleurage alternately up the whole of one leg 3 times. Repeat to the other leg.
- 6 Stroke the top of the foot 3 times, around the ankles 3 times, pause, slide from the ankles to knees, pause, rest the hands above the knees, slide hands up the thighs, slight pressure on inguinals with thumbs 3 times.
- 7 Stretch both legs.
- 8 Finish with hands resting on top of feet, for a count of 10.

Eve Taylor[®] Spa Body Massage Techniques

Eve Taylor[®] Deep Tissue Massage for legs and hips

- 1 Effleurage - deep, double handed effleurage in centre of area, sweep up, over and down outside of area.
- 2 Pettrissage - deep kneading petrissage, focus movements on areas where tissue may feel cool to the touch in order to increase circulation.
- 3 Knuckle kneading - working from the bottom upwards and smooth hands on return.
- 4 Pinch and roll - using both hands simultaneously take a generous amount of tissue between the thumb and fingers roll towards you.
- 5 Loosening - with flat fingers and hands scoop tissue up and away to stimulate increase blood flow to connective tissue.
- 6 Effleurage - deep, double handed effleurage.
Repeat each movement approximately 6 times to induce erythema or longer if necessary.

Eve Taylor[®] Abdomen Massage

- 1 Effleurage abdomen x 6.
- 2 Light thumb press at base of sternum, transverse colon and umbilicus.
- 3 Finger and thumb sliding over the same area.
- 4 Overlapped hands, pump under rib cage with fingertips.
- 5 "See saw" over colon.
- 6 Effleurage colon x 6.
- 7 Deep draining movement at left waistline using alternate hands. Repeat on other side x 6.
- 8 Effleurage of abdomen x 6.