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Anti Cellulite Contouring Body Treatment Protocol (75mins)

Step	Time	Procedure	Product / Usage	Quantity
1		Let client lay on plastic sheet over bed (Face Down)		
2	5 mins	Dry brush problem areas		
3	15 mins	Contour Massage	Gotu Kola and Sacred Lotus Cellulite Lotion Contouring body massage.	1 tsp
4	5 mins	Oleation	Gotu Kola and Lotus Massage Oil Oleate abdomen and knee to hip.	2 tsp
5	5 mins	Exfoliation/Mask	Gotu Kola and Oat Firming Body Wrap Apply a thin layer of mask to problem areas Turn over.	1 tsp
6	1 min	Let client lay on plastic sheet over bed (Face Up)		
7	4 mins	Dry brush problem areas		
8	15 mins	Contour Massage	Gotu Kola and Sacred Lotus Cellulite Lotion Contouring body massage.	1 tsp
9	5 mins	Oleation	Gotu Kola and Lotus Massage Oil Oleate abdomen and knee to hip.	2 tsp
10	5 mins	Exfoliation/Mask	Gotu Kola and Oat Firming Body Wrap Apply a thin layer of mask to problem areas	
11	5 mins	Mask Removal	Wipe off with hot towels	
12	5 mins	Hydration	Gotu Kola and Kukui Body Lotion Hydrate the entire body with body lotion in light effleurage movements.	1 tbs
13	5 mins	MarMassage	Essential Oil for Skin type Apply to face and neck. Perform MarMassage. Follow marma point sequence.	6 drops

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