

Just Pampered - Our Signature Treatments Pre and Post Treatment Guidance Black Mud Back Facial, Tired Legs Treatment, Ache Away Leg and Hip Massage, Body Exfoliation, Body SOS Treatment, Hydrating Body Mask

Pre Treatment

- ✓ It is good to take a few moments to unwind before a massage so wherever possible arrive a few minutes early and take a seat in our relaxation area
- ✓ Wear some comfortable clothing, we want you to feel relaxed
- ✓ Bring an extra layer ie cardigan or jumper to keep you warm after the treatment

What happens during treatment?

We offer various signature treatments here at Just Pampered which you may not have heard of before at another salon. This is because we created them ourselves based on client demand.

For each treatment, you are taken into the room for a consultation and shown how to prepare. You will be left in private to undress the necessary clothing and get comfortable on the bed under a towel.

You are fully covered with a towel at all times apart from the one area being massaged. We respect your modesty at all times and throughout the treatment we will ensure you are comfortable and warm enough, with plenty of towels and blankets on hand to wrap you up warm.

Black Mud Back Facial - This treatment is performed laying down with your head in the face hole as if you were having a back massage. We will ensure you are warm with a fleece blanket and heated bed (in cooler months). You do not need to do anything other than relax. You may place your arms wherever is comfortable, above your head, out over the bed or at the side of your body. If we need to move them we will gently guide them into place.

Tired Legs Treatment – This treatment is performed face down to the lower leg and foot. Mid way through the treatment you will be asked to turn over and given a knee support cushion for the remainder of the treatment on the lower leg and foot. The treatment includes exfoliation, hot mitts, pressure points and massage to soothe tired, aching legs. Particularly ideal after sports, in hot weather and after flying. During pregnancy we adapt the treatment to remain face up throughout.

Ache Away Leg and Hip Massage – This treatment is performed face down to the hip, thigh, leg and foot. Half way through you will be asked to turn over for the remainder of the treatment. The treatment itself includes the Ache Away muscle oil and is a fairly stimulating and vigorous massage to soothe aching hips, stimulate sluggish circulation, provide relief after sports and for general fatigue.

Body Exfoliation - Our exfoliators are a sugar, salt and oil based, which provide deep nourishing benefits to the skin but also mean we can remove effectively with hot mitts, meaning you do not need to stop halfway through the treatment for a shower. The treatment included a body brush, exfoliation, buffing mitt, removal and a body lotion to complete the process.

Body SOS Treatment – This treatment combines a snippet of our most popular treatments for a top to toe body massage treat. It begins laying face down for body exfoliation, massage and tired legs treatment, then face up for body exfoliation, massage, mini reflexology, cleansing facial, eye treatment and scalp massage. Ideal for overall relaxation and to really feel pampered.

Post Treatment

- ✓ Drink plenty of water to remain hydrated and increase the benefits
- ✓ Do not rush to get off the treatment bed. We don't want you feeling lightheaded.
- ✓ Take your time, get dressed and take a seat in the relaxation area
- ✓ Drive home with the window slightly open to ensure you get enough fresh air
- ✓ Keep warm and try to relax for the rest of the day. Your body temperature will drop as you relax, so apply another layer to keep warm
- ✓ Avoid strenuous exercise
- ✓ Wait as long as possible before showering (preferably overnight) so the oils and creams can work to hydrate the skin and give the maximum benefits of the treatment
- ✓ Avoid alcohol and rich foods where possible, instead opting for a light meal following a massage. Reduce caffeine intake (tea, coffee, soda) to aid the removal of toxins
- ✓ You may experience erythema, which is redness to the area due to an increase in circulation. This is completely normal and a good sign that the massage is working. Erythema usually subsides very quickly once the treatment has ended
- ✓ Aim to moisturise the skin after each shower or bath to maintain skin condition

“What can I do at home that's quick but helps keep my skin soft?”

Body brushing with a wooden brush or exfoliating gloves helps remove dead skin cells, free ingrown hairs, boost circulation, stimulate drainage to the area, help reduce the appearance of cellulite and give the skin a healthy glow. Everyone should exfoliate with a body brush or buffing mitt regularly, perhaps 2-3 times a week but as often as daily to maximise results. Your skin would benefit from a weekly body scrub at home and daily moisturise.