

## Just Pampered - Our Signature Treatments Pre and Post Treatment Guidance Tired Legs Treatment, Ache Away Leg and Hip Massage, Body SOS Treatment

### 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

### 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.

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 Spa Find 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 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
- ✓ Avoid strenuous exercise
- ✓ Where possible, wait at least a few hours before showering so the oils can work to hydrate the skin
- ✓ 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