

Just Pampered Body Scrubs and Wraps Pre and Post Treatment Guidance

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
- ✓ We offer disposable knickers but if you wish to keep your own on instead we ask that you please don't wear your best.

What happens during treatment?

The treatments are carried out on the bed, which is warmed in advance for you to keep you comfortable. The exact method of the treatment will depend on which wrap you go for.

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 you will be given the choice to leave your own underwear on or be provided with disposable knickers

Throughout the treatment we will ensure you are comfortable and warm enough and have plenty of towels and blankets on hand to wrap you up warm.

Our exfoliators are a salt and oil base, 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.

We offer the black mud treatments for detoxifying and nourishing the skin or the algi treatments for tone and inch loss on specified areas. Our Body Bliss wrap combines the two.

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 after the wrap 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
- ✓ A body wrap should be considered a kick start to a detox, so ensure you fill your plate with plenty of vegetables and fresh fruit while reducing processed meals
- ✓ 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 regularly, perhaps 2-3 times a week but as often as daily to maximise results.