

# Body Toning - How To?

1

Lightly brush the area to be treated using a **Medium Bristle Body Brush** (code: BB).

2

Exfoliate the area using the thick dense **Body Toning Scrub** (code: BT01/BT02). Wipe away remaining scrub using warm **Towelling Mitts** (code: DS26A).

3

Apply the **Body Toning Gel** (code: BT05/BT06) sparingly using a **Masking Brush** (code: WAP1) or **Large Spatula** (code: S).

30  
MINS

4

Wrap tightly with **Body Film** (code: BRF) if you are aiming for an inch loss treatment. If you are performing a skin detox only, then simply cover with a **Spa Foil Blanket** (code: VCS/VCS8). Leave for 30 minutes.



5

Remove the body film and/or spa foil blanket and massage in any residue gel.

7

Retail the 250ml **Body Toning Cream** (code: BT03) for daily home use. Own brand this product with your own logo for an extra special touch!

6

Complete the treatment by therapeutically massaging the **Body Toning Oil** (code: MO11) or **Body Toning Cream** (code: BT03/BT04) (depending on clients preference).

## Top Tip:

If performing an inch loss treatment, remember to measure before and after to compare results

