



AROMATHERAPY  
ASSOCIATES  
LONDON

# Moment Of Recharge & Revive



## Moment Of Recharge & Revive

With a pure essential oil blend of invigorating and purifying Juniper Berry, Rosemary and Grapefruit. Recharge your mind and revive your skin with our total body self-care experience to revitalise and purify – a new you.

### Experience Preparation

- Set the ambiance, we recommend you play your favourite playlist of upbeat and empowering music
- Disconnect any other electronics that could cause a distraction.
- Fill the bath with warm water
- Take this time to familiarise yourself with your products or take a moment to yourself

### Experience Procedure

1. Using your **Revive Body Brush**, start at your feet using short, lifting strokes in the direction of your heart to stimulate circulation. Work over your entire body for maximum effect. When body brushing your abdomen, be mindful to brush in a clockwise direction.
2. Apply one capful of **Revive Morning Bath & Shower Oil** to your torso, bring your hands up to your nose and take a few deep breaths in through your nose and out through your mouth.
3. Step into the bath and soak in the warm water. We recommend a 20-minute bath for a deeply invigorated body and mind.
4. As you soak in the bath, remove the **Skin Treatment Hydrosol Sheet Mask** from its sachet and gently unfold. Place the mask over the skin. Lightly smooth around the eyes and mouth for a perfect contoured fit. For enhanced benefits, use fingertips to gently massage over pressure points above eyebrows, on the cheekbones, and along the jawline, moving in slow, circular motions.
5. Leave the mask on for the duration of your bath or at least 10 minutes for optimum absorption.
6. Peel off the mask and press any remaining serum into the skin.
7. Stand up out of the water to apply **Revive Energising Exfoliator** to arms and hands focusing on dry areas, like the elbows and cuticles. Using a circular motion throughout. When applying to the abdomen be mindful to circle in a clockwise direction. When exfoliating legs and feet, pay special attention to knees and heels.
8. Unplug your bath water and use the shower to wash off the exfoliator.
9. Finish your bathing ritual with a cool shower by using the hand shower head, gradually turning the temperature of the water to cold, for its energising and restorative benefits.
10. Step out of the shower and pat your skin dry.
11. Using 1 pump of **Revive Body Oil** massage the arms and hands
  - a. Long strokes, known as an effleurage
  - b. Knead the area using your thumbs and fingers
  - c. Knuckling to the upper arms bringing the oil round the shoulder too
4. With clockwise movements apply the **Revive Body Oil** to the abdomen, bringing your hands right around to the lower back.
5. Using 2 pumps of **Revive Body Oil** massage legs and feet;
  - a. Long strokes, known as an effleurage
  - b. Knead the area using your thumbs and fingers
  - c. Knuckling to the thighs and buttocks
14. To finish your experience, enjoy your invigorating beverage.



Skin Treatment Hydrosol Sheet Mask



### Follow-up recommendations

To continue your wellbeing journey during your stay with us please do contact the spa team to book your next Wellbeing Experience, we recommend:

#### Moment to Ground & Restore

Seeking nature? If you are feeling overwhelmed by modern life the Forest Therapy grounding and restorative experience is perfect. The anxiety easing ever green blend of 22 of nature most caring oils will reconnect you with the sensorial healing powers of nature

Alternatively, you can enhance this experience with other Revive products:

- **Revive Room Fragrance**
- **Revive Evening Bath & Shower Oil**
- **Revive Shower Oil**
- **Revive Body Gel**
- **Revive Body Lotion**
- **Revive Morning Roller Ball**

