



AROMATHERAPY
ASSOCIATES
LONDON

Moment Of Restful Sleep



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Our award winning Deep Relax blend combines tranquil Vetivert, soothing Camomile and comforting Sandalwood preparing you for undisturbed restorative sleep, with the perfect bedtime routine.

Experience Preparation

- Set the ambiance with your favourite relaxing music or white noise
- Disconnect any other electronics that could cause a distraction.
- Where possible dim the lights to create the perfect environment, this signals to the brain that it is time to rest and repair.
- Fill the bath with warm water.
- Enjoy your herbal infusion, while the bath fills.
- Take this time to familiarise yourself with your products or just take a moment to yourself.

Experience Procedure

1. Apply one capful of **Deep Relax Bath & Shower Oil** to torso, bring your hands up to your nose and take a few deep breaths in through your nose and out through your mouth.
2. Step into the bath and soak in the warm water. We recommend a 20-minute bath for a deeply relaxed body and mind.
3. Take a moment to focus on your breath. Breathe in through your nose for four seconds, hold your breath in for four seconds, breathe out through your mouth for four seconds and then hold your breath in for four seconds. This breathing exercise is known as Box Breathing.
4. Step out of the bath and pat your skin dry.
5. Apply 1 pump of **Relax Body Oil** to arms and hands focusing on dry areas, like the elbows and cuticles. Use long slow strokes with meaningful pressure throughout.
6. Apply another pump of **Relax Body Oil** to torso. When applying to the abdomen be mindful to circle in a clockwise direction.
7. Apply 2 pumps of **Relax Body Oil** to legs and feet, paying special attention to knees and heels.
8. Following the same order of application, apply the

Deep Relax Sleep Well Nourishing Body Treatment. Please note you can mix the oil and cream together for a quicker finish on those days you just need to get to bed.

9. Spray **Deep Relax Sleep Mist** into the air, your pillow and nightwear.
10. Once you are ready to retire into bed, apply the **Deep Relax Roller Ball** to your pulse points located at the wrists and the back of the ears.
11. Laying on your back, with a pillow supporting under your knees to relieve lower back tension, close your eyes and inhale the Deep Relax blend, take a few deep breaths in your own time. In through your nose and out through your mouth. Place one hand on your abdomen and feel it raising and lowering. Do this at least three times.
12. Place your attention to your body resting on the bed. Be aware of yourself. Feel the places where your body rests – the back of your head, your shoulder blades, your hips and the back of your heels. Now work your way back up the body – the back of your heels, your hips, your shoulder blades and the back of your head. Feel yourself fully present, here, now in this moment.
13. Continue with your breathing until you feel your body relaxed and rested and enjoy your best night sleep.



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 of Recharge & Revive

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

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

- **Relax Room Fragrance**
- **Relax Candle**
- **Light Relax Bath & Shower Oil**

