



Massage Treatments

Full Body : Massage Oil
Spot Treatments: Serum

<u>Treatment</u>	<u>Recommended Massage Type</u>	<u>Recommended Products</u>
Stress & Relaxing	Swedish	Calm™ Massage Oil or Serum
Immune Health	Hot Stone / Swedish	Imm-Prove™ Massage Oil or Serum
Muscle & Joint Health	Deep Tissue / Sports	Myosyn™ Massage Oil or Serum
Bone & Chronic Condition	Deep Tissue / Sports / Hot Stone	Osteogen™ Serum
Detoxifying	Lymphatic / Hot Stone / Deep Tissue	Educe™ Massage Oil or Serum
Skin Nourish	Swedish	Cutisyn™ Massage Oil or Serum
Energize & Revive	Hot Stone / Swedish	Revive™ Massage Oil or Serum
Foot Therapy	Deep Tissue / Reflexology	Medistep™ Serum
Cellulite & Vein	Deep Tissue / Lymphatic / Swedish (veins)	Varix™ Serum
Antioxidant/Anti-Aging	Swedish / Hot Stone	Redox™ Massage Oil or Serum
PMS/ Menopause	Abdominal / Lower Back	Stasis™ Body Serum
Liver & Digestive Health	Abdominal / Lower Back	Procesa™ Body Serum
Hair, Scalp & Head Health	Scalp and Temples	Kranion™ Nourishing Serum