



**Sanara Bath Soak  
Cost Per Treatment \$2.21**

Recommended Time: (can be adjusted)

*Time: 25 minutes*

**Contraindications:**

*Not Recommended for:*

- pregnant women
- diabetic guests
- guests showing open sores, lesions, cuts, or other skin issues

**Sanara Items Needed:**

- Tray of portioned Soak
- Treatment Product Presentation Tray or set up on station
- Retail Product Presentation Tray (Bath Soak, Body Oil, Body Butter and Body Scrub)

**Usage:**

- 2 scoops of Soak

### **Steps:**

- Soak
  - Add Bath Soak to tub under running water

***“For your bath soak today we are using the nourishing Sanara products that are designed to soften and hydrate your skin.”***

- Step out of the room and allow guest to enter soaking tub
- It is recommended to check in ½ way through treatment for any water temperature adjustments OR guide the guest on how to add warm water if needed.

### Homecare:

Inform the guest that you will leave home care recommendations at the front.

Let the guest know how they can extend the effects of their treatment with home care:

***“These are the products I used on you today. You can find them in the boutique if you would like to achieve this look at home and keep your skin in this condition before you come in and see me again.”***

At the front desk, staff assists with home care:

***“I see that you received your bath soak with Sanara, here are some products your provider recommends for home care. Let me know if there is anything I can help you with.”***



**Sanara Body Scrub**  
**Cost Per Treatment: \$3.82**

Recommended Time: (can be adjusted)  
*Scrub Treatment: 25 minutes*

**Contraindications:**

*Not Recommended for:*

- diabetic guests
- guests showing open sores, lesions, cuts, or other skin issues

**Sanara Items Needed:**

- Tray of portioned Scrub and Massage Oil
- Treatment Product Presentation Tray or set up on station
- Retail Product Presentation Tray (Body Oil, Body Butter and Body Scrub)

**Usage:**

- 4 scoops Scrub
- 1 tbsp of oil

## Steps:

*“For your manicure/pedicure today we are using the nourishing Sanara products that are designed to soften and hydrate your skin.”*

Start Guest FACE UP. This allows guests to better smell the gentle essence.  
Note: If you choose to do a face down start, make sure to scent the face cradle before guest gets on the table, so they are able to smell the scent during their treatment.

1. FULL BODY SCRUB, FRONT Use 3 Tbsp Scrub mixed with 10 pumps of Oil.
2. FACE CRADLE SCENT Remove hand towel over guest's eyes and tuck it under the face cradle. This allows your guest to smell the essence while they are facing down.
3. Flip guest over to FACE DOWN position.
4. FULL BODY SCRUB, BACK
5. Have guest rinse product in shower. Make sure to tell guest NOT to use Body Wash.
6. Hydrate the skin if needed with Oil.

## Homecare:

Inform the guest that you will leave home care recommendations at the front.

Let the guest know how they can extend the effects of their treatment with home care:

***“These are the products I used on you today. You can find them in the boutique if you would like to achieve this look at home and keep your skin in this condition before you come in and see me again.”***

At the front desk, staff assists with home care:

***“I see that you received your body scrub with Sanara, here are the products your provider recommends for home care. Let me know if there is anything I can help you with.”***



**Sanara Hand & Foot Treatment**  
**Cost Per Treatment: \$2.86**

Recommended Time: (can be adjusted)  
*Treatment: 25 minutes*

**Contraindications:**

*Not Recommended for:*

- diabetic guests
- guests showing open sores, lesions, cuts, or other skin issues

**Sanara Items Needed:**

- Tray of portioned Scrub and Body Butter
- Treatment Product Presentation Tray or set up on station
- Retail Product Presentation Tray (Body Butter and Body Scrub)

**Usage:**

- 2 scoops Scrub
- 1 scoop Body Butter OR 1 tsp body oil

## **Steps:**

***“For your hand & foot treatment today we are using the nourishing Sanara products that are designed to soften and hydrate your skin.”***

### Hands

- Apply hot towels to hands, then dry hands.
- Apply Scrub to dry hands. Use 1 tsp per hand.
- Towel off with hot towels. Use a dry towel to brush off excess scrub if needed.
- Apply ½ tsp of Body Butter then massage hands.

### Feet

- Apply hot towels to feet, then dry feet.
- Apply Scrub to dry hands. Use 2 tsp per foot.
- Towel off with hot towels. Use a dry towel to brush off excess scrub if needed.
- Apply ½ tsp of Body Butter then massage hands.

### Homecare:

Inform the guest that you will leave home care recommendations at the front.

Let the guest know how they can extend the effects of their treatment with home care:

***“These are the products I used on you today. You can find them in the boutique if you would like to achieve this look at home and keep your skin in this condition before you come in and see me again.”***

At the front desk, staff assists with home care:

***“I see that you received your hand & foot treatment with Sanara, here are the products your provider recommends for home care. Let me know if there is anything I can help you with.”***



**Sanara Manicure & Pedicure**  
**Cost Per Treatment: \$7.32**

Recommended Time: (can be adjusted)

*Manicure Time: 45 minutes*

*Pedicure Time: 60 minutes*

**Contraindications:**

*Not Recommended for:*

- diabetic guests
- guests showing open sores, lesions, cuts, or other skin issues

**Sanara Items Needed:**

- Tray of portioned Scrub, Butter, Oil & Soak
- Treatment Product Presentation Tray or set up on station
- Retail Product Presentation Tray (Bath Soak, Body Oil, Body Butter and Body Scrub)

**Usage:**

- 3 TSP: Manicure, 1 scoop: Pedicure Bath Soak
- 3 TSP Scrub: Manicure, 2 TBSP: Pedicure
- 1 TSP body oil + 1 TSP Butter (Mix together for massage)

### **Steps:**

- Guest chooses their color
- Soak
  - Add Bath Soak to foot or hand soak
  - As the guest is soaking, present the tray of retail items to guest and share what you will be using on them today.

***“For your manicure/pedicure today we are using the nourishing Sanara products that are designed to soften and hydrate your skin.”***

- Remove polish, trim/file nails
- Apply a pea size of Body Butter to cuticles, allow to soak
- Exfoliate using circular and upward motion with Body Scrub concentrating on the palms of the hands or bottom of feet
- Rinse the Body Scrub
- Apply the Body Oil + Body Butter combination massaging the hands/arms OR legs/feet. After massage, apply warm towel from the hot towel caddy
- Remove towel wiping the palms of the hands OR bottom of feet to remove any excess Oil or Butter.
- Clean nail beds thoroughly with remover OR alcohol
- Polish and Dry nails

### Homecare:

Inform the guest that you will leave home care recommendations at the front.

Let the guest know how they can extend the effects of their treatment with home care:

***“These are the products I used on you today. You can find them in the boutique if you would like to achieve this look at home and keep your skin in this condition before you come in and see me again.”***

At the front desk, staff assists with home care:

***“I see that you received your manicure/pedicure with Sanara, here are some products your nail professional recommends for home care. Let me know if there is anything, I can help you with.”***





**TRANQUILA Ritual Treatment (Full)**

**Cost Per Treatment: Massage oil, Scrub, Soak \$10.81 OR  
Body Butter, Scrub Soak \$8.64**

You will begin with **Sanara Body Scrub**

Recommended Time: (can be adjusted)

*Scrub Treatment: 25 minutes*

**Contraindications:**

*Not Recommended for:*

- diabetic guests
- guests showing open sores, lesions, cuts, or other skin issues

**Sanara Items Needed:**

- Tray of portioned Scrub and Massage Oil
- Treatment Product Presentation Tray or set up on station
- Retail Product Presentation Tray (Body Oil, Body Butter and Body Scrub)

**Usage:**

- 4 scoops Scrub
- Tsp of oil

**Steps:**

***“For your body scrub today we are using the nourishing Sanara products that are designed to soften and hydrate your skin.”***

Start Guest FACE UP. This allows guests to better smell the gentle essence.  
Note: If you choose to do a face down start, make sure to scent the face cradle before guest gets on the table, so they are able to smell the scent during their treatment.

7. FULL BODY SCRUB, FRONT Use 3 Tbsp Scrub mixed with 1 tsp of body oil.
8. FACE CRADLE SCENT Remove hand towel over guest's eyes and tuck it under the face cradle. This allows your guest to smell the essence while they are facing down.
9. Flip guest over to FACE DOWN position.
10. FULL BODY SCRUB, BACK
11. Have guest rinse product in shower. Make sure to tell guest NOT to use Body Wash.

## 2<sup>nd</sup> step in TRANQUILA Ritual **Sanara Bath Soak**

Recommended Time: (can be adjusted)

Time: 25 minutes

### **Contraindications:**

*Not Recommended for:*

- pregnant women
- diabetic guests
- guests showing open sores, lesions, cuts, or other skin issues

### **Sanara Items Needed:**

- Tray of portioned Soak
- Treatment Product Presentation Tray or set up on station
- Retail Product Presentation Tray (Bath Soak, Body Oil, Body Butter and Body Scrub)

### **Usage:**

- 3 scoops Soak

### **Steps:**

- Soak
  - Add Bath Soak to tub under running water

***“For your bath soak today we are using the nourishing Sanara products that are designed to soften and hydrate your skin.”***

- Step out of the room and allow guest to enter soaking tub
- It is recommended to check in ½ way through treatment for any water temperature adjustments OR guide the guest on how to add warm water if needed.

### **3<sup>rd</sup> and final step in TRANQUILA Ritual **Sanara Massage with Cupuacu Butter or Chilean Rosehip Seed Body oil****

Recommended Time: (can be adjusted)

*Time: 45 minutes*

### **Contraindications:**

*Not Recommended for:*

- pregnant women
- diabetic guests
- guests showing open sores, lesions, cuts, or other skin issues

### **Sanara Items Needed:**

- Tray of portioned Cupuacu Butter or Massage Oil
- Treatment Product Presentation Tray or set up on station
- Retail Product Presentation Tray (Body Oil, Body Butter and Body Scrub, Bath Soak)

### **Usage:**

- 2 scoops of body butter OR
- Tbsp of body oil

### **Steps:**

*“For your massage today we are using the nourishing Sanara products that are designed to soften and hydrate your skin.”*

- Step out of the room and allow guest to get under warm blankets
- Come back in and begin treatment

### **3<sup>rd</sup> and final step in El Cuerpo Ritual **Sanara Massage with Cupuacu Butter or Chilean Rosehip Seed Body oil****

Recommended Time: (can be adjusted)

*Time: 45 minutes*

### **Contraindications:**

*Not Recommended for:*

- pregnant women
- diabetic guests
- guests showing open sores, lesions, cuts, or other skin issues

### **Sanara Items Needed:**

- Tray of portioned Cupuacu Butter or Massage Oil
- Treatment Product Presentation Tray or set up on station
- Retail Product Presentation Tray (Body Oil, Body Butter and Body Scrub, Bath Soak)

### **Steps:**

*“For your massage today we are using the nourishing Sanara products that are designed to soften and hydrate your skin.”*

- Step out of the room and allow guest to get under warm blankets
- Come back in and begin customized massage treatment based on client's needs (Swedish, couples, deep tissue etc.)