

ANTARA

BODY *in* BALANCE RITUAL
SHOWER DEMO

Z E N T S

BODY IN BALANCE DEMO

The Body in Balance Ritual contains every ANTARA treatment in one luxe CBD-infused ritual. When you learn this ritual you can perform all of the ANTARA treatments. The Body in Balance Ritual can be broken up. Each service can be given à la carte. You can condense the à la carte services further into enhancements and poolside.

THE RITUAL CONSISTS OF:

ANTARA BODY POLISH, SHOWER, ANTARA RESTORE WRAP, TARGETED RELIEF, ANTARA RESTORE MASSAGE (OPTIONAL STEP: BATH TRUFFLE SOAK)

TOTAL MG CBD IN THIS RITUAL: 139MG | 339MG WITH OPTIONAL SOAK

Easily boost the CBD potency using additional ANTARA Bath Truffles during soak: 25mg each (professional size) or 100mg each (retail size)

We offer the Body in Balance Ritual in 3 different ways: Vichy, shower, and towel off. Please mark the ones that will be offered at your spa.

VICHY SHOWER TOWEL OFF

BODY IN BALANCE SET-UP

1 IN ROOM PREP

ANTARA RX Card

(1) UNZENTED Oil with pump

(1) Bath towel for post shower

ANTARA Relief Balm (1/2 teaspoon)

OPTIONAL: ANTARA Bath Truffle,
Retail Size x 2 next to soak tub

2 CABBY PREP (IN THIS ORDER)

Wet Washcloths (2) on bottom
of cabby

ANTARA Restore Balm (2 Tbsp) for
wrap in bowl on wet washcloths

UNZENTED Body Polish (2 Tbsp) for
scrub in bowl on wet washcloths

Hand Towels (2) dry for eye pillow
and neck roll

Large Towel (1) for wrap over Mylar

3 LINEN PREP

Bath mat (1)

Large towels (2)

Hand towels (2)

Shower cap (1)

Mylar sheets (2)

Flat sheets (4)

Face cradle cover (1)

4 TABLE PREP

1. Flat sheets (2) laying sideways,
like a saddle

2. Flat sheet lengthwise (1)

3. Sheets of Mylar (2) – set low so
does not cover head, one hangs
off right of table and one hangs
off left of table. ONLY overlap
the mylar in the middle of the
table by **6** inches — this is very
important or you can't pull

4. Large towel (1) sideways to lay
head during wrap

5. Large towel (1) lengthwise on top
of Mylar, will cover guest

6. Flat sheet (1) lengthwise on top
of table

7. Large towel (1) sideways on table,
above waist level to wrap for
scrub

8. Large towel (1) lengthwise on
table

9. Shower cap (1) at head of table

10. Bath Mat (1) next to table

11. Hand Towels (1) used for draping



ANTARA

BODY IN BALANCE

RITUAL

INTAKE WITH OPTIONAL SOAK

- Greet guest.
- Explain steps of treatment: ANTARA Soak (optional), ANTARA Body Polish, ANTARA Restore Wrap, Targeted Relief on feet, neck & shoulders (give guest the option, or offer both), Massage
- OPTIONAL: Escort guest to soaking tub, where the Bath Truffles are sitting on a tray. Educate on the ANTARA Bath Truffles as you unwrap the truffles and place them in the water. Guest soaks for 20 minutes.
- Ask guest to lie on table, face up, under towel with shower cap on.

DRAPE (MORE COVERAGE)

- Breast Drape: Hand towel, fold along at top, pinch and pull down, tuck sides under arm

EYE PILLOW

- Dry hand towel from cabby for eye pillow.
- Cover eyes and tuck under head around ears.

ANTARA BALANCE RITUAL

- Assist guest in taking 3 deep inhalations to relax and center, and create a healing aroma imprint. This step is an important way to calm the guest's nervous system even when the treatment is given unscented.
- Take 3 deep breaths with guests to center, relax and set healing intention.

BODY POLISH WITH NO FLIP

- Pre-base Oil: Effleurage a thick layer of UNZENTED Oil onto top of legs, make sure to get underneath the leg. Quick, thick oil application is key for guest satisfaction and quick removal.
Tip: The thicker the oil, the less Polish you need as it glides on the oil and the easier it washes off.
- Apply UNZENTED Polish over the oil and using slow, mindful, massage strokes.
- Continue to pre-base oil, then polish entire body including legs, feet, arms, hands. Be sure to polish under the body. Do stomach last (clockwise motion). Always ask guest if they would like a stomach application, as some guests don't.
- Palms of Hands: Make sure to spend extra time to remove excess dead skin cells and calluses.
Tip: Soft, exfoliated hands are key to guests' perception of their skin's softness after treatment.
- BACK APPLICATION, gently remove eye pillow, assist guest in sitting up and direct them to hold dry towel. Apply thick layer of Oil, then Polish.
Tip: While you are working on their back add pressure with one arm to help them stay upright and be sure to work all the way down to their hips.

BODY IN BALANCE

RITUAL CONTINUED

GUEST SHOWERS, CLEAN UP & NEW TABLE PREP

- Wrap guest using large towel under their back. Assist guest off the table.
- Have them wipe feet on the mat to remove excess product.
- Escort guest to shower and have a fresh towel waiting for them.
- Ask guest not to use any body wash, allowing the beautiful shea butter hydration to stay on skin.
- Ask guest to keep shower cap on to keep hair dry during treatment.
- Give guest small amount of polish to take into the shower for areas you didn't get.
- Ask guest when they are done with shower to gently get on table and lay face up on Mylar with towel covering them.
- While guest showers, remove dirty linens.

APPLICATION OF COCOON

- Breast drape
- Re-drape eye pillow
- Remove ANTARA Restore Balm from warm cabby.

Legs

- Apply (not massage) Restore Balm one leg at a time and then wrap with Mylar. Make sure to individually wrap each leg for warmth.

Tip: Apply Restore Balm to both sides of own hand and arm for easier, quieter glide on Mylar during the application.

Tip: Apply double the amount of Restore Balm on under side of guest, especially on glutes, for easy Mylar removal.

Stomach, Back, Arms and Décolleté

- Stomach application in clockwise motion. Always ask guest if they would like a stomach application, because some guests don't.
- One side of Back application
 - a. Apply Restore Balm to both sides of your hand and arm to ensure you have enough glide to slide under back on Mylar without them sitting up.
 - b. Application on back: Cross guest's arm on side you are working on, over to opposite shoulder and hold with hand near body at elbow. Apply Restore Balm on your other hand and slide under back from waist to shoulder not overlapping spine.
 - c. Massage on back. Then do 8 very long, deep strokes on this side.
- Apply Restore Balm to arm on the side that you just worked.
- Repeat application steps to back and arm on the other side.
- Apply Restore Balm to décolletage.
- Wrap upper body in Mylar.
- Place warm towel from cabby on top of guest over the Mylar.
- Wrap flat sheets around guest to create cocoon.

BODY IN BALANCE

RITUAL CONTINUED

TARGETED RELIEF

- Melt the Relief Balm in palms of your hands. Note: product contains cayenne. Avoid contact with face while using.
- Apply to areas of guest's choice that need relief: neck & shoulders, feet, or both

Neck & Shoulders: Massage Relief Balm into neck and shoulders

Feet: Unwrap feet and massage Relief Balm into feet

UNWRAP

- Take layers off guest. Remove towel and unwrap Mylar
- Pull out Mylar. Gather at feet and slowly pull upward towards waist asking them to lift slightly and stop at arch of back. Then pull Mylar, starting at shoulder down towards waist stopping and arch of back. Gather and pull Mylar out from arch of back
- Repeat on other side
- Guest will be lying on clean sheet still covered with their drapes. Place large towel back on guest for warmth and comfort

MASSAGE FRONT OF BODY (25 MIN)

- Massage front of body using Restore Balm already on body. If more is needed use pearl size in existing rubber bowl.

MASSAGE BACK OF BODY (25 MIN)

- Have guest turn onto stomach
- Massage back of body
- Massage back of body using Restore Balm already on body. If more is needed use pearl size in existing rubber bowl.

HOT TOWEL OFFERING AND HEALING IMPRINT

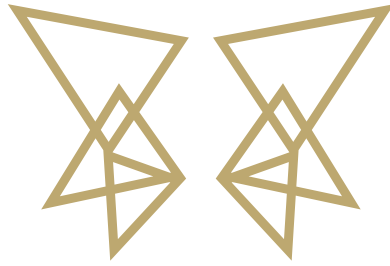
- Wrap feet with dry washcloths in towel cabby. Foot compressions over hot washcloths.
- Remove washcloths from feet.
- Gently wipe bottom of feet

HOME CARE

- Hand them a glass of water at end of treatment and let them know you have left healing home care recommendations at front.

CLEANING INSTRUCTIONS

- Please don't pour any excess product down drain. Wipe out containers with paper towel. Discard paper towels, and wash containers with soap and water.



A N T A R A

MANI-PEDI RESTORE/RELIEF
PROTOCOL

Z E N T S

TWO OPTIONS *to* OFFER *your* GUEST

ANTARA RESTORE MANICURE

This nourishing and age defying shea butter spa manicure features a luxurious infusion of CBD, warm organic shea butter and age defying paracress massaged onto the hands and arms. Promotes healthy nails and beautiful skin, and invites deepest harmony within the body and mind.

8 mg CBD

PEDICURE

Soul to sole care is at the heart of this CBD and warm shea butter spa pedicure that brings the skin and body into harmony. A soothing leg and foot massage with our CBD and age defying paracress infused Balance Oil eases muscle tension and cares for skin.

33mg CBD

ANTARA RELIEF MANICURE

Offers all of the benefits of the Restore Manicure service, plus a warming application of Relief Balm to target muscle pain and soreness and provide relief for legs and feet.

39 mg CBD

PEDICURE

Offers all of the benefits of the Restore Pedicure service, plus a warming application of Relief Balm to target muscle pain and soreness and provide relief for hands and arms.

64 mg CBD

HIGHER POTENCY OPTION

Easily boost the CBD potency of any ANTARA manicure or pedicure with
ANTARA BATH TRUFFLES added to soak:

25mg each (professional size)

100mg each (retail size)

ANTARA MANI-PEDI

Product you will need:*

UNZENTED COLLECTION



UNZENTED
CONCRETA

UNZENTED
WASH

UNZENTED
BODY OIL

UNZENTED
BODY POLISH

You will use UNZENTED product as the base of mani/pedi.
The products shown above are placed at your station to create an elegant presentation.

ANTARA COLLECTION



BATH
TRUFFLE
(smaller professional size)



RESTORE
BALM



RELIEF
BALM

*All products shown above are Retail size. Please use Professional Sizes from your dispensary, or use Retail size for display and refill from your dispensary.

ANTARA MANI-PEDI PROTOCOL

1 | GREET THE GUEST.

2 | HAVE THEM CHOOSE POLISH COLOR.

3 | BEGIN TREATMENT.

SOAK

- 1 ANTARA Professional Truffle, 2-3 pumps of UNZENTED Wash.
- Educate on Truffle and Wash as you place in water.
 - Truffle | CBD balances skin, body, and mind. Shea hydrates. Epsom detoxifies. Arnica restores sore, tired feet.
 - Wash | Ultra rich organic shea butter softens heels and cuticles as fruit extracts gently exfoliate.

CUTICLE WORK

- Get pearl size of UNZENTED Concreta. Place on the top of your hands, then smooth by rubbing your finger back and forth and melting product with your body heat.
- Apply Concreta as cuticle mask - used for organic cuticle remover.
- Push back cuticles.
- Educate on Concreta as you push back cuticles.

Concreta | Organic, hand-harvested shea butter is used as a deep conditioning cuticle and spot treatment. By keeping the nail hydrated it helps strengthen nails and promote healthy nail growth.

EXFOLIATION

- Remove feet from water and COMPLETELY dry off.
- Exfoliate with 1/2 tablespoon (about the size of your thumbprint) of UNZENTED Polish, only the bottom of dry feet first, focus on calluses and dry areas during the treatment.

Tip: If feet are ticklish hold liver point firmly and use long, slow strokes.

- Ask guest their favorite preference: *"Mr/s _____, would you like coarse or mild exfoliation?"*

a. Coarse | Pump two pumps of Oil in guest's chosen aroma and apply to legs. Bring Polish that is already on feet (bottom and top) to legs and mix with the Oil on legs. *Add more Polish if desired.

b. Mild | Two pumps of Wash. Get a little water in your hands from the throne. Bring Wash to a nice lather and then bring Polish from feet (bottom and top) up to legs, mix with Wash and Massage. *Add a little more Polish if desired.

Tip: Why is the Wash version milder? Because water dissolves the salt faster and the lather acts as a buffer. However, guest is still getting an exfoliation from the fruit extracts that are in the Wash.

- c.** Educate on Wash and Polish while you scrub their feet.

- Body Polish | Sugar particles and detoxifying salt particles remove rough, dry skin as shea butter hydrates.
- Wash | Fruit extracts provide gentle exfoliation for sensitive or freshly shaven skin.

ANTARA MANI-PEDI PROTOCOL CONTINUED

HYDRATION

Restore/Relief Mask

- Pearl size (1/2 teaspoon) of product: use Restore Balm for Restore Mani-Pedi, use Relief Balm for Relief Mani-Pedi
- Put in palm of hands and rub palms together to melt Concreta into a smooth butter.
- Apply all over feet and heels.
- Educate:
Restore Balm helps alleviate everyday muscle fatigue, while imparting age defying paracress and hydrating shea butter.
Relief Balm provides warming relief for muscle tension and aches, and is ideal for use on targeted areas
A mask of organic shea butter seals in moisture and protects skin, for long lasting hydration and nourished skin.

Wrap

- Wrap feet with hot towels or booties.

Massage

- While feet are wrapped massage leg.
- Remove hot towels and massage feet.

RECOMMEND PRODUCT

- Effortlessly direct guests to retail with the Home Care Card.
- Hand guest the Home Care Card with all the product you used during treatment checked off.
- Educate: Let guest know if they would like to achieve this look and feel at home all of these products are at the front desk.
Tip: Ideally, if you can walk your guest to the retail area and present the card your sales will soar.

ANTARA

BODY WRAP PROTOCOL

ANTARA BODY WRAP SETUP

1 IN ROOM PREP

ANTARA RX Card

ANTARA Relief Balm (1/2 teaspoon)

2 CABBY PREP (IN THIS ORDER)

Wet Washcloths (2) on bottom of cabby

ANTARA Restore Balm (2 Tbsp) for wrap in bowl on wet washcloths

Hand Towels (2) dry for eye pillow and neck roll

Large Towel (1) for wrap over Mylar

3 LINEN PREP

Bath mat (1)

Hand towels (2)

Shower cap (1)

Mylar sheets (2)

Flat sheets (4)

Face cradle cover (1)

4 TABLE PREP

1. Flat sheets (2) laying sideways, like a saddle
2. Flat sheet lengthwise (1)
3. Sheets of Mylar (2) – set low so does not cover head, one hangs off right of table and one hangs off left of table. ONLY overlap the mylar in the middle of the table by 6 inches — this is very important or you can't pull
4. Large towel (1) sideways to lay head during wrap
5. Large towel (1) lengthwise on top of Mylar, will cover guest
6. Shower cap (1) at head of table
7. Bath Mat (1) next to table
8. Hand Towels (1) used for draping

Z E N T S

INTAKE WITH OPTIONAL SOAK

- Greet guest.
- Explain steps of treatment: ANTARA Soak (optional), ANTARA Body Polish, ANTARA Restore Wrap, Targeted Relief on feet, neck & shoulders (give guest the option, or offer both), Massage
- OPTIONAL: Escort guest to soaking tub, where the Bath Truffles are sitting on a tray. Educate on the ANTARA Bath Truffles as you unwrap the truffles and place them in the water. Guest soaks for 20 minutes.
- Ask guest to lie on table, face up, under towel with shower cap on.

DRAPE (MORE COVERAGE)

- Breast Drape: Hand towel, fold along at top, pinch and pull down, tuck sides under arm

EYE PILLOW

- Dry hand towel from cabby for eye pillow.
- Cover eyes and tuck under head around ears.

ANTARA BALANCE RITUAL

- Assist guest in taking 3 deep inhalations to relax and center, and create a healing aroma imprint. This step is an important way to calm the guest's nervous system even when the treatment is given unscented.
- Take 3 deep breaths with guests to center, relax and set healing intention.

APPLICATION OF COCOON

- Breast drape
- Re-drape eye pillow
- Remove ANTARA Restore Balm from warm cabby.

Legs

- Apply (not massage) Restore Balm one leg at a time and then wrap with Mylar. Make sure to individually wrap each leg for warmth.

Tip: Apply Restore Balm to both sides of own hand and arm for easier, quieter glide on Mylar during the application.

Tip: Apply double the amount of Restore Balm on under side of guest, especially on glutes, for easy Mylar removal.

Z E N T S

Stomach, Back, Arms and Décolleté

- Stomach application in clockwise motion. Always ask guest if they would like a stomach application, because some guests don't.
- One side of Back application
 - a. Apply Restore Balm to both sides of your hand and arm to ensure you have enough glide to slide under back on Mylar without them sitting up.
 - b. Application on back: Cross guest's arm on side you are working on, over to opposite shoulder and hold with hand near body at elbow. Apply Restore Balm on your other hand and slide under back from waist to shoulder not overlapping spine.
 - c. Massage on back. Then do 8 very long, deep strokes on this side.
 - Apply Restore Balm to arm on the side that you just worked.
 - Repeat application steps to back and arm on the other side.
 - Apply Restore Balm to décolletage.
 - Wrap upper body in Mylar.
 - Place warm towel from cabby on top of guest over the Mylar.
 - Wrap flat sheets around guest to create cocoon.

TARGETED RELIEF

- Melt the Relief Balm in palms of your hands. Note: product contains cayenne. Avoid contact with face while using.
- Apply to areas of guest's choice that need relief: neck & shoulders, feet, or both
 - Neck & Shoulders:** Massage Relief Balm into neck and shoulders
 - Feet:** Unwrap feet and massage Relief Balm into feet

UNWRAP

- Take layers off guest. Remove towel and unwrap Mylar
- Pull out Mylar. Gather at feet and slowly pull upward towards waist asking them to lift slightly and stop at arch of back. Then pull Mylar, starting at shoulder down towards waist stopping and arch of back. Gather and pull Mylar out from arch of back
- Repeat on other side
- Guest will be lying on clean sheet still covered with their drapes. Place large towel back on guest for warmth and comfort

Z E N T S

MASSAGE FRONT OF BODY

- Massage front of body using Restore Balm already on body. If more is needed use pearl size in existing rubber bowl.

MASSAGE BACK OF BODY

- Have guest turn onto stomach
- Massage back of body
- Massage back of body using Restore Balm already on body. If more is needed use pearl size in existing rubber bowl.

HOT TOWEL OFFERING AND HEALING IMPRINT

- Wrap feet with dry washcloths in towel cabby. Foot compressions over hot washcloths.
- Remove washcloths from feet.
- Remove washcloths from feet.

HOME CARE

- Hand them a glass of water at end of treatment and let them know you have left healing home care recommendations at front

CLEANING INSTRUCTIONS

- Please don't pour any excess product down drain. Wipe out containers with paper towel. Discard paper towels, and wash containers with soap and water.

Z E N T S

ANTARA

PRODUCT USAGE PROTOCOL

ANTARA PRODUCT USAGE/CPT/MILLIGRAM PER TREATMENT

ANTARA BALANCE MASSAGE

Bring harmony to the body with this CBD and arnica enhanced service that cares for tired muscles, soothes skin and re-boots the mind.

Product Used: 1 oz Balance Body Oil

CPT: \$5.87

MPT: 100mg

ANTARA RESTORE MASSAGE

Access all the mind body benefits of CBD alongside an infusion of age-defying paracress plant extract in this restorative, hydrating massage.

Product Used: 1TBS Restore Balm

CPT: \$10.00

MPT:100mg

ANTARA RELIEF MASSAGE

Deliver soothing relief to the whole body and targeted attention to sore back, joints, hands, and feet with gently warming, tingling cayenne and arnica.

Product Used: 1oz Balance Body Oil and 1/2tsp Relief Balm

CPT: \$7.95

MPT:180mg

ANTARA RESTORE WRAP

Revitalize from head to toe after everyday exposure to the elements with this warm shea butter, lotus, and CBD wrap that nourishes the body and the mind. Firming paracress plant extract offers age defying benefits for the skin, while a grounding foot massage with warming cayenne and CBD brings relief from aches and pains.

Product Used: 2 TBS Restore Balm

CPT: \$12.08

MPT: 179mg

Z E N T S

ANTARA BODY POLISH

Invigorate and replenish the skin and invite harmony to the mind with this luxurious sugar, salt, shea, and CBD body polish. Gentle enough for sensitive skin, highly effective for all skin types, the polish is tailored to your needs.

Then, soothing arnica and CBD infused oil is applied in long strokes for impeccable, glowing skin.

Product Used: 2 TBS UNZENTED Body Polish, Unzented Body Oil, 1oz ANTARA Balance Body Oil

CPT: \$2.40

MPT: 100mg

ANTARA SCALP SERUM

Energize and revitalize the scalp with this warm infusion of CBD, Icelandic moss and coconut oil. Gentle rhythmic massage is used in combination with the warm oil to relax, ease muscle tension, and stimulate circulation.

Product Used: ¼ or ½ oz Balance Body Oil

CPT: \$1.62-\$2.94

ENHANCMEMNTS

HAND & FOOT RELIEF

Relieve muscle aches and ease tension with this warming cayenne, arnica and CBD service that provides extra care for hands and feet.

Product Used: ¼ tsp Relief Balm

CPT: \$2.08

MPT: 40mg

TARGETED RELIEF

Deliver targeted muscle and tension relief to areas of the body that need extra care using warming cayenne, arnica and CBD balm.

Product Used: ½ tsp Relief Balm

CPT: \$2.08

MPT: 40mg

Z E N T S

VITALITY BOOSTER

Maximize the benefits of your service with a CBD Vitality Elixir tea or water infusion.

Product Used: 6 Drops of Vitality Elixir

CPT: \$1.25

MPT: 20mg

BALANCE MASSAGE UPGRADE

Bring harmony to the body with this CBD and arnica enhanced service that cares for tired muscles, soothes skin and re-boots the mind.

Product Used: 1 oz Balance Body Oil

CPT: \$5.87

MPT: 100mg

RESTORE MASSAGE UPGRADE

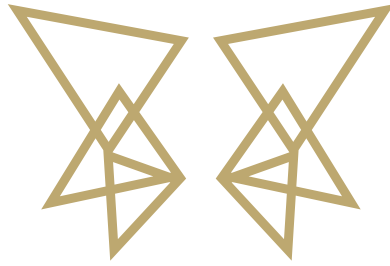
Access all the mind body benefits of CBD alongside an infusion of age-defying paracress plant extract in this restorative, hydrating massage.

Product Used: 1 tbs Restore Balm

CPT: \$10.00

MPT: 100mg

Z E N T S



ANTARA

STRESS RELIEF MASSAGE
HOLIDAY SERVICE

Z E N T S

STRESS RELIEF MASSAGE

The ANTARA Stress Relief Massage features organic CBD and Biodynamic® flower essences to provide deep harmony, balance, and calm for the body from head to toe.

THE RITUAL CONSISTS OF:

FULL BODY BALANCE CBD MASSAGE

TARGETED RELIEF FOR NECK, SHOULDERS, AND FEET

(CONTAINS 108 MG CBD)

SET-UP

1 IN ROOM PREP

1. ANTARA RX Card
2. Balance Oil for Massage (1oz)
3. Relief Balm for Targeted Relief (1/2 teaspoon)

2 CABBY PREP (IN THIS ORDER)

1. Wet Washcloths (2) on bottom of cabby
2. Hand Towels (2) dry for eye pillow and neck roll

3 LINEN PREP

1. Bath mat (1)
2. Hand towels (2)
3. Flat sheets (1)
4. Face cradle cover (1)

4 TABLE PREP

1. Fitted Sheet (1)
2. Flat sheet (1)
3. Bath Mat (1) next to table
4. Hand Towels (1) used for draping

STRESS RELIEF MASSAGE

TREATMENT

- Greet guest.
- Explain steps of treatment: CBD Balance Massage all over the body, extra strength Relief Balm on targeted problem areas such as neck, shoulders, lower back, feet or any other area. Ask the guest what those areas are.
- Ask guest to lie on table, face down

ANTARA BALANCE MASSAGE

- Assist guest in taking 3 deep inhalations to relax and center, and create a healing aroma imprint. This step is an important way to calm the guest's nervous system.
- Take 3 deep breaths with guests to center, relax and set healing intention.
- Use ANTARA Balance Oil to massage the Body
- Use ANTARA Relief Balm to massage targeted areas identified by the guest (neck, shoulders, lower back, feet, etc

FLIP: Ask guest to turn over, so they are now facing up.

- Pull a dry hot towel from cabby.
- Use as a heated eye pillow. Tuck towel under guest's ears.
- Continue to massage the body.
- Melt the Relief Balm in palms of your hands. Note: product contains cayenne. Avoid contact with face while using.
- Use ANTARA Relief Balm to massage targeted areas identified by the guest (neck, shoulders, lower back, feet, etc

HOME CARE

- Hand them a glass of water at end of treatment and let them know you have left healing home care recommendations at front.
- Optional: Add Vitality CBD Elixir for an additional boost of CBD