



RESPECT

W E L L N E S S



Ease for Massage Protocol

EASE is a perfect complement to your massage offerings. EASE contains 600 mg of full-spectrum CBD and specially selected botanicals with soothing, anti-inflammatory properties. It is a 10 ml roll-on bottle that is designed to be used to address non-chronic aches and discomforts. We recommend offering EASE as a CBD add-on to your massage menu. Once the massage is completed, the roll-on is meant to be given to the client to take home for repeated use in the affected area and for treatment of similar aches and strains.

Step 1: Preparing the Client

- Greet the client warmly and inquire about any specific aches or pains they may be experiencing. Ask the client to identify the areas where they are experiencing discomfort or soreness.
- Explain the benefits of Ease roll-on, emphasizing its anti-inflammatory natural ingredients and CBD properties for soothing everyday aches.
- Share that you will be giving the roll-on being used to the client to take home at the end of the massage treatment.

Step 2: Applying Ease Roll-On

- Shake the Ease roll-on vigorously to ensure the proper mixing of ingredients.
- Uncap the roll-on and gently roll it over the affected area in a back-and-forth motion. Ensure even coverage without excessive pressure.
- Potential areas where the product can be applied:
 - Neck and Shoulders
 - Upper and Lower Back
 - Knees and Elbows
 - Wrists and Ankles
 - Hips and Thighs
 - Calves and Shins
 - Forearms and Biceps
 - Feet and Hands

Step 3: Massage Treatment

- Proceed with the chosen massage treatment to complement the application of Ease.
- Customize the massage technique based on the client's needs and preferences.
- Incorporate soothing strokes and focused attention to the affected area to enhance the roll-on's efficacy.

Step 4: Post-Treatment Care

- After the massage, instruct the client on how to use the roll-on with a back-and-forth movement on the affected area. EASE is meant to be used repeatedly as needed until the discomfort subsides.

Step 5: Taking Ease Home

- Inform the client about the at-home usage instructions, including shaking the roll-on well before each application.
- Advise the client to store the Ease roll-on in a cool, dry place away from direct sunlight to maintain its potency.
- Your client will be relaxed and ready to be walked over to the retail area where the provider can explain the importance of home care including Respect Wellness's sublingual CBD tinctures.

Note: Always adhere to local regulations and guidelines when using any topical products as part of esthetician services. Not for ingestion or any internal use, topical use only.

About EASE

Specially designed to soothe everyday aches. Ease combines pure and potent plant therapeutics with organic, full spectrum 600mg CBD to comfort and relieve aching bodies.

Ingredients (organic or ethically sourced and wild harvested):

Angelica: organic, helps to soothe nerve and joint pain and to calm anxiety.

Boswellia: ethically sourced and wild harvested, helps to soothe inflammation and pain for improved movement.

Myrrh: organic, helps to soothe inflammation and provides antispasmodic benefits.

White Willow Bark: organic, helps to soothe inflammation and pain, and boosts the body's natural immune response.

Wild Lettuce: organic, helps to soothe inflammation and pain, and aids anxiety and tension with its sedative effect.

Wintergreen: ethically sourced and wild harvested, aids efficacy of the other herbs for sight at source relief. Helps create a warm/cool sensation for relief of joint and nerve pain.

CBD: Our CBD is organic and full spectrum. CBD supports anti-inflammatory properties naturally occurring in the body and boosts immune functioning. People have used CBD to relieve pain due to inflammation.





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GLOW Facial Protocol

The GLOW Vibrant Facial Treatment offers your client 500 mg full spectrum CBD. This luxurious facial oil is a perfect complement to your already existing facial. This addition is meant to reduce inflammation, destress, and completely relax your client. GLOW has been formulated to blend harmoniously with any skin care product while promoting ultimate hydration. Respect Wellness recommends using GLOW with gentle acupressure and gua sha techniques, both of which utilize the flow of energy to reduce tension in the face while firming and lifting. To maximize benefits we recommend that Glow be used alongside Menopause Balance or Night Sky sublingual tincture.

OPENING: Prior to beginning the facial service we recommend a dab of your favorite essential oil in your palms. Have your client close their eyes and rub your palms together above the clients nose. Practice three slow and deep breaths to ensure the client has already started the relaxation process before the facial has even begun.

Step 1: Cleanse: Use your existing cleanser, this can be done with or without steam. Double cleansing the skin is an opportunity to get the client used to your touch. Massage the skin and take your time with this process as your cleanser will work best when used for a minimum of one minute. Wipe away with a warm towel.

Step 2: Exfoliate: This is the step where we recommend the provider use an exfoliation method of their choice in regard to the specific needs of the client. This could be mechanical exfoliation or a chemical exfoliation. Proper exfoliation will ensure that the skin is able to absorb all the benefits of GLOW. Wipe away with a warm towel.

Step 3: Facial Acupressure, Massage, and Gua Sha: Provider will take a dropper of GLOW into the palms. Distribute GLOW slowly over the clients clean and exfoliated face and décolleté. Hold the fingertips along the various acupressure points of the face for three seconds, ending on the third eye.

Diagram 1: Pressing down on these acupressure points can relieve tension and congestion in the face. After acupressure is complete it's time to begin facial massage. When massaging the face you should work in an upward motion with both hands starting at the chin and moving up the jaw and into the temples. Work around the orbital bones in clockwise and counterclockwise motions and with constant touch. Light tapotement can also be used to promote circulation and blood flow. Facial massage should last a minute at minimum.

Diagram 2: Provider can now prepare for the gua sha technique. It may be beneficial to wipe hands on a towel to have a firm hold on the tool. Using the flat side of the tool the provider will move upward on the face starting from the chin. Follow the curves of the face and cheekbones. For lymphatic drainage, the tool will glide up towards the ear and then be slid back down the sides of the neck towards the lymph nodes. Repeat as necessary. Skin flushing is normal, but this process should not be uncomfortable for the client. There are numerous techniques that you as a provider can follow, these are just the basics. Continuing education is always recommended to best provide for clients.



Diagram 1



Diagram 2



Step Four: Extractions: this would be the step where extractions are performed. It's easiest to perform extractions after an oil massage. If extractions are necessary make sure to cleanse skin afterwards with a warm towel and then reapply a light layer of GLOW.

Step Five: Moisturizer and SPF: apply your favorite moisturizer and SPF to clients skin. GLOW is formulated to be worn underneath moisturizer and/or SPF.

CLOSING: once more you will dab your favorite essential oil into palms and do three cleansing breaths with your clients. On the last breath place your hands on the client's shoulders and run up the sides of the neck and jaw and rest on the temple. One last temple massage will close out the facial.

Your client will be relaxed and ready to be walked over to the retail area where the provider can explain the importance of home care including Respect Wellness sublingual CBD

