PARA SAUNA

Toxin-eliminating treatment which activates perspiration

Directions for use:

PREPARATION PHASE

Put an electric blanket on the treatment couch and cover with a plastic sheet.

Switch on the electric blanket a few minutes before the treatment.

Ask the client to lie down.

Apply the **PARA SAUNA** by hand on the entire body except the breasts. Massage the soles of the feet for a few minutes with the PARA SAUNA. The essential oils contained in the product will activate the eliminating process.

Cover the client with the plastic sheet and the electric blanket. Eventually put a woollen blanket on top for maximum perspiration.

Leave for 30-40 minutes.

After the session, you may either provide a rub down with a tonic lotion or warm water, using a massage glove or invite the client to take a lukewarm shower.

Finish the treatment by applying the SVELTEX GEL.

Advise your client to use the SVELTEX GEL at home.

FOR CLIENTS HOME USE

SVELTEX GEL: Daily