

# Massagearita

S E R I E S

*Bon Vital'*®

PROFESSIONAL MASSAGE THERAPY & SPA PRODUCTS



WITH SALT

TRADITIONAL

FROZEN

ON THE ROCKS

# TREATMENT OF THE MONTH

**Bon Vital'**

PROFESSIONAL MASSAGE THERAPY & SPA PRODUCTS

## Frozen Massagearita with Salt

### Session Time:

90 minutes

### Suggested Charge per Treatment:

\$125 - \$175

### Cost per Treatment:

\$26.34

Treatment Cost: \$11.33

+

Take Home Products:

\$15.01



This unique treatment is a sensation of refreshing aromas and contrasting temperatures guaranteed to relax the body, stimulate the senses and rejuvenate the skin. Sure to send you to St. Somewhere!

### Aromatherapy Recipe:

Bon Vital' Massagearita Oil: Add 10 drops of Bon Vital' Lime Essential Oil and 2 drops of Bon Vital' Sweet Orange Essential Oil to 2 oz of Bon Vital' Coconut Oil. Shake gently to combine.

Bon Vital' Massagearita Salt Glow: Add 6 drops of Bon Vital' Lime Essential Oil and 2 drops of Bon Vital' Sweet Orange Essential Oil to 4 oz of Bon Vital' Unscented Salt Glow.

### Supplies:

Bon Vital'®  
Coconut Oil

Bon Vital' Lime  
Essential Oil

Bon Vital' Sweet  
Orange Essential Oil

Bon Vital' Unscented  
Salt Glow

Bon Vital' Unscented  
Body Butter

TheraPearl®  
Eye-ssential® Mask  
(chilled)

Biofreeze® Professional  
Roll-on

2 oz. bottle

Small bowl

Warm towels

Dry towels

## KEY INGREDIENTS



Coconut Oil



Lime



Sweet Orange



Menthol

## FEATURED PRODUCTS

Bon Vital' Coconut Oil

Bon Vital' Lime Essential Oil

Bon Vital' Sweet Orange  
Essential Oil

Bon Vital' Unscented Salt Glow

Bon Vital' Unscented Body Butter

TheraPearl Eye-ssential Mask

Biofreeze Professional Roll-on



Bon Vital' Frozen Massagearita with Salt created by Katie Haley, LMT, Debbie Kirsch, LMT and Lynda Solien-Wolfe, LMT

# TREATMENT OF THE MONTH

## Frozen Massagearita with Salt

1. Begin with your client in the supine position.
2. Place the chilled TheraPearl® Eye-ssential® Mask on your client.
3. Add a few drops of Bon Vital® Massagearita Oil in your hand, rub together and hold above your client's face for them to inhale, taking 3 long deep breaths.
4. Begin Swedish Massage treatment with gentle circular strokes to the scalp.
5. Move on to the neck and trapezius. Be sure to include some gentle stretches for the neck.
6. Massage each arm.
7. Massage each leg beginning with the feet.
8. Remove eye mask and turn client to the prone position:
9. Turn down sheet to client's hip and place a warm towel infused with Bon Vital' Lime Essential Oil on client's back.
10. Use compression strokes over warm towel beginning at the trapezius and work down the back.
11. Remove the towel while still warm.
12. Apply Bon Vital' Massagearita Oil and give client thorough back massage. Include arms.
13. Apply (warmed) Bon Vital' Massagerita Salt Glow in circular motions, gently exfoliating client's back.
14. Thoroughly clean off scrub with warm towels and pat skin dry.
15. Finish the back with a light application of Bon Vital' Unscented Body Butter.
16. Remove any additional lubricant from client. Using a Biofreeze® Professional Roll-on, apply a light application to the paraspinals and trapezius.\*
17. Cover client's back with sheet.
18. As you finish each leg, end with a long gliding stroke from the ankle, up the leg, over the gluts and back, rounding off at the shoulder and coming back down the arm and hands to the leg. Complete the stroke by lifting off at the ankle.
19. Remove any excess oil and apply Biofreeze Professional Roll-on to ankles and feet. Adjust top sheet over the client.
20. End the massage with gentle rocking strokes along each side of the body.
21. Send the TheraPearl Eye-ssential mask and Biofreeze Professional Roll-on home with your client to encourage them to continue their spa experience.



**Contraindications:** General contraindications that apply to Swedish massage.

\*Use Biofreeze Professional as indicated. Before applying Biofreeze Professional, be sure to wipe area clean of all massage lubricants.

# TREATMENT OF THE MONTH

**Bon Vital'**

PROFESSIONAL MASSAGE THERAPY & SPA PRODUCTS

## Massagearita

### Session Time:

60 minutes

### Suggested Charge per Treatment:

\$85 - \$125

### Cost per Treatment:

\$17.21

Treatment Cost: \$3.59

+

Take Home Products:

\$13.62



If the winter weather has your clients desperate to find an oasis, we've got everything you need to create a little piece of paradise. Mixing our Bon Vital' Lime and Sweet Orange Essential Oils with our Bon Vital' Coconut Oil, you can provide a tropical, refreshing and stimulating aromatherapy massage for the mind and body - no blender necessary! Relax the body, uplift the mind, hydrate the skin and escape to St. Somewhere.

### Aromatherapy Recipe:

Bon Vital' Massagearita Oil: Add 10 drops of Bon Vital' Lime Essential Oil and 2 drops of Bon Vital' Sweet Orange Essential Oil to 2 oz. of Bon Vital' Coconut Oil. Shake gently to combine.

### Supplies:

Bon Vital'®  
Coconut Oil

Bon Vital' Lime  
Essential Oil

Bon Vital' Sweet  
Orange Essential Oil

Bon Vital' Lime  
Essential Oil Roll-on

TheraPearl®  
Eye-s-sential® Mask  
(chilled)

2 oz. bottle

Warm towels

## KEY INGREDIENTS



Coconut Oil



Lime



Sweet Orange

## FEATURED PRODUCTS

Bon Vital' Coconut Oil  
Bon Vital' Lime Essential Oil  
Bon Vital' Sweet  
Orange Essential Oil  
Bon Vital' Lime  
Essential Oil Roll-on  
TheraPearl  
Eye-s-sential Mask



Bon Vital' Massagearita created by Katie Haley, LMT and Debbie Kirsch, LMT.

1. Begin with client in supine position.
2. Add a few drops of Bon Vital® Massagearita Oil in your hand, rub together and hold above client's face for them to inhale, taking 3 deep breaths.
3. Begin Swedish Massage treatment with gentle effleurage strokes to the face, moving in an upward direction, firm circular motions to temples and scalp.
4. Place the chilled TheraPearl® Eye-s-sential® mask on client.
5. Move on to the neck and trapezius. Be sure to include some gentle stretches for the neck.
6. Massage each arm.
7. Move to the other end of the table.
8. Massage each leg beginning with the feet. Apply Bon Vital' Lime Essential Oil Roll-on to the bottom of each foot.
9. Remove eye mask and turn client to the prone position.
10. Turn down sheet to client's hip and place a warm towel infused with Bon Vital' Lime Essential Oil on client's back.
11. Use compression strokes over warm towel beginning at the trapezius and work down the back.
12. Remove the towel while still warm.
13. Apply Bon Vital' Massagearita Oil with effleurage strokes and complete a Swedish massage – back, arms, then legs.
14. As you finish each leg, end with a long gliding stroke from the ankle, up the leg, over the gluts and back, rounding off at the shoulder and coming back down the arm and hands to the leg. Complete the stroke by lifting off at the ankle. Then adjust top sheet over the client.
15. End the massage with gentle rocking strokes along each side of the body.
16. Send the TheraPearl Eye-s-sential mask and Bon Vital' Lime Essential Oil Roll-on home with your client.



Mix  
It Up!

Visit [BonVital.com/treatments](http://BonVital.com/treatments) for our  
Frozen Massagearita, Frozen Massagearita with Salt  
and Massagearita on the Rocks treatments

**Contraindications:** *General contraindications that apply to Swedish massage.*

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# TREATMENT OF THE MONTH

**Bon Vital'**

PROFESSIONAL MASSAGE THERAPY & SPA PRODUCTS

## Massagearita on the Rocks

**Session Time:**

60 minutes

**Suggested Charge  
per Treatment:**

\$85 - \$125

**Cost per Treatment:**

\$10.41

Treatment Cost: \$3.59

+

Take Home Products:

\$6.82



A tropical refreshing, soothing massage including hot rocks for the mind and body. Sure to take you to the edge of St. Somewhere!

**Aromatherapy Recipe:**

Bon Vital' Massagearita Oil: Add 10 drops of Bon Vital' Lime Essential Oil and 2 drops of Bon Vital' Sweet Orange Essential Oil to 2 oz of Bon Vital' Coconut Oil. Shake gently to combine.

### KEY INGREDIENTS



Coconut Oil



Lime



Sweet Orange

**Supplies:**

Bon Vital'®  
Coconut Oil

Bon Vital' Lime  
Essential Oil

Bon Vital' Sweet  
Orange Essential Oil

TheraPearl®  
Eye-sential® Mask  
(chilled)

Hot stones\*

2 oz. bottle

Warm towels

Dry towels

### FEATURED PRODUCTS

Bon Vital' Coconut Oil

Bon Vital' Lime Essential Oil

Bon Vital' Sweet  
Orange Essential Oil

Bon Vital' Lime  
Essential Oil Roll-on

TheraPearl  
Eye-sential Mask



*Bon Vital' Massagearita on the Rocks Treatment created by Katie Haley, LMT, Debbie Kirsch, LMT and Lynda Solien-Wolfe, LMT*

# TREATMENT OF THE MONTH

## Massagearita on the Rocks

1. Begin with your client in the supine position:
2. Add a few drops of Bon Vital® Massagearita Oil in your hand, rub together and hold above your client's face for them to inhale, taking 3 long deep breaths.
3. Begin Swedish Massage treatment with gentle effleurage strokes to the face, moving in an upward direction, firm circular motions to temples and scalp.
4. Place the chilled TheraPearl® Eye-ssential® Mask on your client.
5. Move on to the neck and trapezius. Take two warm stones and glide them down the neck and trapezius. Move down the arms and leave the stones in the client's hands.
6. Massage each arm.
7. Move to the other end of the table.
8. Massage each leg beginning with the feet, finish with one hot stone in each hand to glide over the entire leg.
9. Remove stones from client's hands and turn client to prone position.
10. Turn sheet down to client's hip, apply Bon Vital® Massagearita Oil to client's back.
11. Use one hot stone in each hand and effleurage the entire back from the neck to the sacrum in long fluid movements. Use one large stone to make circular motions over the sacrum. Use one medium stone to work around the edge of the scapula and traps. Finish back with Swedish massage.
12. Cover client's back with sheet and place 3-4 smaller stones on both sides of the spine.
13. Complete a Swedish massage – arms, then legs.
14. As you finish each leg, use one more hot stone with a long gliding stroke from the ankle, up the leg, over the gluts and back, rounding off at the shoulder and coming back down the arm and hands to the leg. Complete the stroke by lifting off at the ankle.
15. Adjust top sheet over the client and remove hot stones from back.
16. End the massage with gentle rocking strokes along each side of the body.
17. Send the TheraPearl Eye-ssential mask home with your client to encourage them to continue their spa experience.

*\*Review hot stone therapy safety before treatment.*



**Contraindications:** *General contraindications that apply to Swedish massage.*

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# TREATMENT OF THE MONTH

**Bon Vital'**

PROFESSIONAL MASSAGE THERAPY & SPA PRODUCTS

## Frozen Massagearita

### Session Time:

60 minutes

### Suggested Charge per Treatment:

\$85 - \$125

### Cost per Treatment:

\$18.60

Treatment Cost: \$3.59

+

Take Home Products:

\$15.01



Chill out with a stimulating treatment that will awaken the senses and relax tense muscles. This treatment is designed to take you to St. Somewhere!

### Aromatherapy Recipe:

Bon Vital' Massagearita Oil: Add 10 drops of Bon Vital' Lime Essential Oil and 2 drops of Bon Vital' Sweet Orange Essential Oil to 2 oz of Bon Vital' Coconut Oil. Shake gently to combine.

### Supplies:

Bon Vital'®  
Coconut Oil

Bon Vital' Lime  
Essential Oil

Bon Vital' Sweet  
Orange Essential Oil

TheraPearl®  
Eye-s-sential® Mask  
(chilled)

Biofreeze®  
Professional Roll-on

2 oz. bottle

Warm towels

Dry towels

## KEY INGREDIENTS



Coconut Oil



Lime



Sweet Orange



Menthol

## FEATURED PRODUCTS

Bon Vital' Coconut Oil

Bon Vital' Lime Essential Oil

Bon Vital' Sweet Orange  
Essential Oil

TheraPearl Eye-s-sential Mask

Biofreeze Professional Roll-on



Bon Vital' Frozen Massagearita created by Katie Haley, LMT, Debbie Kirsch, LMT and Lynda Solien-Wolfe, LMT

1. Begin with your client in the supine position.
2. Add a few drops of Bon Vital® Massagearita Oil in your hand, rub together and hold above your client's face for them to inhale, taking 3 long deep breaths.
3. Begin Swedish Massage treatment with gentle circular strokes to the scalp.
4. Place the chilled TheraPearl® Eye-s-sential® Mask on client.
5. Move on to the neck and trapezius. Apply gentle stretches to the neck.
6. Massage each arm.
7. Massage each leg beginning with the feet.
8. Remove eye mask and turn client to the prone position.
9. Turn sheet down to client's hip and place a warm towel infused with Bon Vital' Lime Essential Oil on client's back.
10. Use compression strokes over warm towel beginning at the trapezius and work down the back.
11. Remove the towel while still warm.
12. Apply Bon Vital' Massagearita oil to client's back. When finished with back massage, use another warm towel to remove any additional massage oil on client.
13. Using a Biofreeze® Professional Roll-on, apply a light application to the paraspinals and trapezius.\* Cover client's back with sheet.
14. Complete a Swedish massage – arms, then legs.
15. As you finish each leg, end with a long gliding stroke from the ankle, up the leg, over the gluts and back, rounding off at the shoulder and coming back down the arm and hands to the leg. Complete the stroke by lifting off at the ankle.
16. Adjust top sheet over the client.
17. End the massage with gentle rocking strokes along each side of the body.
18. Send the TheraPearl Eye-s-sential mask and Biofreeze Professional Roll-on home with your client to encourage them to continue their spa experience.



**Contraindications:** *General contraindications that apply to Swedish massage.*

*\*Use Biofreeze Professional as indicated. Before applying Biofreeze Professional, be sure to wipe area clean of all massage lubricants.*