



## Rescue & Renew A Self-Care Ritual

Taking inspiration from Ancient Ayurvedic spa treatments, this holistic approach to wellness focuses on the body's flow of energy for the ultimate in self-care.



*Key botanicals: Dandelion Extract, Turmeric Extract, Ginger Root Extract*  
*Pure Essential Oils: Tangerine Peel, Rosemary Leaf, Grapefruit Peel, Orange Peel, Juniper Berry Fruit, Ginger Root, Eucalyptus Leaf/Twig, Lavender Flower*

### At Home – Full Detox Ritual

- 1. Herbal Detox Tea** – Starting your ritual with a hot cup of tea will help put you into a state of relaxation and warm your body in preparation for your detoxification treatments
- 2. (OPTIONAL) Dry brush** – Brushing your skin before soaking will help remove impurities from the skin's surface
- 3. Soak** – Warm water and soothing minerals will help your relaxation experience continue while you support detoxification
- 4. Face Mask** – Draws excess sebum from the skin
- 5. Scrub** – Whether you stay in the tub or transition to use this in the shower, the scrub will help remove any surface impurities and dead skin cells
- 6. Wash** – Cleanses the body of any surface sebum, dirt or pollutants
- 7. Oil** – Immediately after bath or shower, protect the skin's moisture by generously massaging oil all over the body
- 8. Lotion or Gelée** – Before dressing, finish your spa ritual by supporting ongoing skin hydration



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