Salt Glow

Materials Needed
• Celtic or Sea Salt medium size or fine
• Small bowl
• Few tbsps. water
• Tub

Why Salt Glow
• When I think of Salt Glow, I think of Euphoria, a way to get high healthfully without side effects
• Why do you feel so great after a day at the beach?
• Salt Glow can help to bring the beach to you!

Indications
The salt glow creates a natural euphoria

• Soft, youthful skin (exfoliate)
• Depression
• Menopause

Stories
• A friend visited my home, tired, depressed, might be getting ill
• Relatives in Germany re: menopause
Make it Fun

• Salt Glow Party

• Add essential oils, favorite lotion, coconut or olive oil

• Reward for losing a few pounds or working hard

Contraindications

• Uncontrolled high blood pressure

• Cuts or sores on body

• Recently shaved legs

Procedure

• Mix Celtic or Sea Salt in a bowl with just enough water to create a paste

• Have client stand in tub with warm water to their ankles

• Wet body part to be scrubbed, begin with feet

Procedure Cont.

• Take salt paste and vigorously scrub distal to proximal

• Begin with legs, then arms, then back, to chest, neck, then face.

More options