

Spa Body Ritual – Part 1

Workshop Notes



Tutor: Karen Bayley
A Way to Relax Workshops
www.awaytorelax.co.uk
Email: karenawaytorelax@gmail.com

The background to Spa Body Rituals?

There are many different types of scrub that can be made and used to exfoliate. Salt scrubs have been used for years as a form of healing and salt itself is seen as energy clearer, a symbol of purity, wisdom, divinity and grace.

The word salt comes from The Romans who named salt after their Goddess of healing, Salus.

Salt is crucial to our diet because when we absorb salt, our body produces an enzyme that helps us digest our food and absorb nutrients which in turn feeds our cells.

Using salt scrubs can help to improve muscles coordination, mental concentration and improve heart and nerve functions.

Salt scrubs are best taken before shower or bathing or before steaming. Adding extras like essential oils or juices are used to improve skin texture.

For the full course purchase this full download from our website