

## Mint Bliss Spa Experience

And now, a very special treat for you today. Our Mint Bliss Energizing Lotion will pamper and refresh you with the invigorating scent of mint. It contains extracts of such botanicals as Rosemary and Lemongrass and the essential oils of Peppermint and Eucalyptus, blended in a smooth lotion of Glycerin and Mineral Oil. These premium ingredients come together to moisturize, invigorate and refresh.

(dim the lights, have soft music playing in background)

Close your eyes, shutting out all but that which is essentially you. Draw the cool, minty fragrance in with a deep, full breath. Feel how it enters your senses and opens the breathing passages. Now exhale fully, completely, casting out all of the negative energy which has found its way to you. Again, inhale to the count of 5, filling your lungs from the very top all the way to the very bottom with fresh, cool air. 1 – 2 – 3 – 4 – 5. Hold it, hold it. Exhale, slowly, 1 – 2 – 3 – 4 – 5.

Now touch your fingertips to your temples and slowly, but firmly massage your temples in circular motions, breathing deeply. Inhale: 1 – 2 – 3 – 4 – 5. Exhale: 1 – 2 – 3 – 4 – 5. Feel the tension drain from you with the passing breath.

Now, press your thumbs on the hairline at the top of your ear. Massage in slow, firm circular motions, inhaling 1 – 2 – 3 – 4 – 5. Hold it, hold it. Exhale 1 – 2 – 3 – 4 – 5.

Feel the stress lifting out of the top of your head and leaving you forever. Yes.

Now, press your thumbs upward against your brow bone, as if you are gently lifting the top of your skull up releasing the tension above and around your eyes. Inhale: 1 – 2 – 3 – 4 – 5. Hold it. Exhale: 1 – 2 – 3 – 4 – 5.

Well done.

Now, place your hands in your lap, palms up receiving the good energy flowing into your hands and through your body.

Now, drop your head forward. Let it fall completely. Release the negative energy through the back of your neck. Press your fingertips to the bottom of your hairline and massage firmly. Inhale --. Exhale --.

Roll your head to one side. Feel the gravity pulling it toward your shoulder releasing all tension from your neck. Breathe in 1-2-3-4-5, and out 1-2-3-4-5. Now drop your head forward. Breathe in 1-2-3-4-5. Breathe out 1-2-3-4-5. Blow out all the tension. Now roll your head to the other side. Allow gravity to pull your head gently toward the earth. Breathe in 1-2-3-4-5 and out again 1-2-3-4-5. Drop your head back, continuing to breathe deeply, slowly. Allow your jaw to fall open. Release everything that continues to have a hold on you. Bring your head back to center.

Slowly rotate your shoulders in circular motions. Forward, up toward your ears, to the back and then down again. Around and around.

Now, be still. Relish in the lightness of your being. Know that the plug has been opened and the tension you held before has been drained from you. In its place is calm, peace, tranquility. See yourself in a place where you are most at peace, a beautiful place, a tranquil place. Now press your thumb and forefinger together firmly to imprint this sensation into your being. Press.

Now, it's forever available to you by simply closing your eyes and pressing your thumb and forefinger together.

You are at peace, revived, energized and ready to seize the day.

Ladies, I invite you to treat yourself to this invigorating and soothing Spa Experience often. You deserve it.

(lights up, music fades out)

Thank you.