



## Welcome to My Personal Sanctuary

### The Essential Products & Materials

All therapists will need to have a stock of all products and materials below.

Please understand that My Personal Sanctuary is an organic company, so we request organic products used where professionally possible, thank you.

#### **Organic Products Green People & Organic Pukka Products & Natural Arran Aromatics**

##### Facial Products:

Organic Gentle Cleanser - Organic Gentle Toner

Organic Fruit Scrub & Organic Rejuvenating Facial Oil

Organic Multi Vitamin Face Mask

Organic Eye Night Cream & Organic Multi Vitamin Moisturiser

##### Organic Body Products:

Organic Nourishing Body Wash & Organic Body Bliss Lotion

Organic Sensuous Sugar Scrub – Organic Sensuous Body Butter

##### Organic Mother to Be Body Products:

Organic Lavender Wash & Organic Lavender Body Lotion

##### Hand & Feet Treats:

Organic Nourishing Body Wash/Nail Soak

Sensuous Sugar Scrub & Organic Body Bliss Lotion

##### Organic Pukka Products:

Pukka Relax Oil with Seeds & Herbs

Coconut Virgin Oil (Cold Pressed)

Rose Body Toner Spray

##### Base Formula Products:

Organic Frankincense Oil & Organic Geranium Oil

##### Natural Room Ambiance Products:

Arran Aromatics Wild Gauze Room Spray

Tea Lights to be used In Glass Jars Please

#### **Equipment & Materials**

##### **Music Player & Relaxing CD's**

**Your Own Couch, Couch Cover, Flat Sheet Mushroom Colour & (If Necessary a Single Duvet)**

If your couch is hard please use single duvet to plump up the couch for client comfort, place underneath the Flat sheet

##### **Heated Single Bed Blanket (Elect) & Extension Lead**

Please place blanket under couch cover & always check the heat is ok with client.

**(Natural Colour Towels) 2 x Bath Sheet Towels & Various Number of Hand Towels & Facial Mitts & Head Bands**

Depending on number of treatments on the day

##### **Fresh Piece of Bedroll for Every New Client**

##### **2 x Aroma Eye Cooling Pads & A Cooler Bag**

All your organic products & aroma eye cooling pads are to be kept in the cooler bag with frozen ice packs at all times (especially in summer)

##### **Paper Knickers, Plastic Sheeting & Metal Sheeting**

For use in every Body Wrap & Scrub

##### **2 x Body Brushes One Hard & One Soft & Tea Tree Spray**

Cotton wool rounds, Tissues, Spatulas, Tweezers, Mask Brushes, Facial Bowls, Hand Soak Bowls, Pedi Bath, Heated Booties/ Plastic Sleeves, Orange sticks & Files & Buffers.

Cuticle Nippers & Nail Clippers, Foot files & Tissues for Toe Separators, Sterilizing fluid & Bowls, Polish Remover, Cuticle Remover, Base Coat, Top Coat & Cuticle Oil

Selection of Nail Colours – Most popular ranges used are Essie, Jessica, creative, OPI, Indian Spice...Thank you

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