

## Treatment

The NudeU Hydra-Fin Body Wrap is designed to deeply hydrate, smooth, and revitalize skin from head to toe.

Combining the exfoliating benefits of the NudeU Body Brush with the nutrient-rich hydration of NudeU Hydra-Fin, this luxurious treatment leaves skin silky, supple, and glowing.



Time: 60 or 90 minutes

## Products & Tools Needed

- ✓ NudeU Hydra-Fin (8-12 cubes/enough for full body application)
- ✓ NudeU Body Brush (1 per client, sanitized before use)
- ✓ NudeU Soft Powder Mask
- ✓ Hot wet towels (4-6)
- ✓ Two larger towels to drape the chest (female clients) and private area
- ✓ Mylar blanket
- ✓ Spa linens (2 sheets, one heated blanket)
- ✓ Hot Towel Cabinet
- ✓ Thermal Blanket (optional)
- ✓ Disposable undergarments (optional)
- ✓ (2) Bowls, spatula & fan brush for product application
- ✓ Warm water spray bottle or damp washcloths (optional pre-moistening)

### ① Client Preparation



5 Min

Greet client, review intake form, and explain the treatment. Invite them to undress to comfort level, providing disposable undergarments if desired. and have them lay in a supine position (face up) under the sheet.

### ② Dry Exfoliation with NudeU Body Brush



10-15m

Starting with the décolletage, use gentle, sweeping strokes toward the heart while working your way down the body, avoiding the nipples and private area. Make sure to use lighter pressure on delicate areas. (On clients with body hair, therapists should do all body brushing in the direction of hair growth, as not to cause ingrown hairs.) Since draping is an important consideration, it is recommended that as the sheet is lowered to expose the body for exfoliation, towels are used to properly drape the chest (female clients) and the private area. Once the entire front of the body has been exfoliated, use 1-2 hot towels to remove any dead skin from the body, then redrape the legs, back, arms, and chest while assisting the client in assuming a prone position (face down). Repeat the full body dry exfoliation using the NudeU Body Brush on the back, arms, legs, and buttocks. Once finished, remove dead skin by wiping with 1-2 hot towels from the towel warmer.

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## Therapist Notes

Frequency: Ideal as a seasonal skin renewal or a monthly maintenance treatment.

Expanded Treatment Time: For clients indulging in a 90-minute treatment, therapists can incorporate additional massage, hot stones, cryotherapy, acupuncture, or other modalities as their licensing and/or skill allow.

Enhancements: This treatment is easy to pair with head spa services, scalp massage, mini facials, or additional hand/foot treatments.

Sanitation: Therapists must disinfect the body brush after each use and allow it to dry or (strongly recommended) place the NudeU Body Brush in a baggy and offer it to the client upon check-out as a gift.

### ③ Hydra-Fin Application

🕒 10-15m

At the beginning of the service 10-12 cubes of Hydra-Fin should have been placed in a silicone bowl and left in the towel warmer to melt/warm. Using a fan brush, apply Hydra-Fin generously from the shoulders to the feet, working toward the heart. (For clients with body hair, apply in the direction of hair growth.) Once the client's back side is complete, assist them in assuming a supine (face up) position and apply Hydra-Fin on the front of the body, avoiding the face and sensitive areas.

### ④ Wrap & Heat Infusion

🕒 20-25m

Wrap the client in the Mylar blanket closing it like a protective cocoon leaving only the head exposed, then cover with heated towels or a thermal blanket. Cover the client's eyes with cotton rounds and apply a NudeU Soft Powder Mask, then allow the client to rest for 20-25 minutes. A scalp massage may be done during this time. (If the client becomes too warm, the therapist can remove a blanket and/or open the Mylar slightly down at the feet.)

### ⑤ Unwrap & Removal

🕒 10m

Remove the blankets, open the Mylar wrap carefully, keeping the client covered until the therapist can begin massaging the product into each area. Once the front of the body has been properly hydrated, remove the NudeU Soft Powder Mask and assist the client in assuming a prone (face down) position. The therapist should begin massaging the Hydra-Fin into the skin on the client's back, massaging their way down to the feet and then back up to the shoulders, using any remaining time to concentrate on the back and shoulders until the product has been fully absorbed and/or the treatment time runs out. It is recommended that therapists leave a dry towel for clients to remove any excess product before putting on their robe and leaving the treatment room.