

CBD™

CARE GARDEN

Hemp-based wellness & beauty



FACIAL PROTOCOL

GARDEN TO SKIN | CLEAN BEAUTY





SPA MENU COPY

CBD FACIAL TREATMENT

Lavish and gentle. As a potent antioxidant, a CBD-enhanced facial will protect against skin-cell damage and decrease redness. Our advanced formulas pack the power of Swiss Apple stem cells and Active Peptides to kick start the cell-renewal process. Glowing, hydrated skin will leave you ready to face the world.

FEED PROTECT REPAIR BALANCE

THE CBD CARE GARDEN

FACIAL TREATMENT



WHAT YOU'LL NEED:

- Face Karma Facial Cleanser
- Face Karma Moisturizer
- CBD Stressless + Beauty Massage Oil
- CBD Relief + Recovery Massage Cream
- Mintberry Hemp CBD Lip Balm
- Melt Body Butter

SAFETY PRECAUTIONS:

- Never dip wet hands into jars of product. We recommend using spatulas to remove product into portion-controlled cups to be used during treatments. This ensures the integrity of the product is not compromised by wet/dirty hands and also helps manage your costs.
- Always check the temperature of hot towels to be sure they are at a safe, comfortable temperature level before using them on clients.
- NEVER heat CBD Massage Oil in a towel warmer
- Remember to enjoy your time with the guest in front of you!

THE CBD CARE GARDEN

FACIAL TREATMENT



WHAT TO DO:

CLEANSE

- Cleanse with **Face Karma Facial Cleanser**. Apply warm water to hands and place 1 pump of the cleanser into palms. Lightly massage cleanser over the entire face for one minute. Remove with a warm moist towel or sponge.

EXFOLIATE

- Exfoliate using **Face Karma Facial Cleanser**. Apply to the face using a fan brush and leave on for 15 minutes.

SCALP MASSAGE

- Perform Scalp Massage while exfoliating mask is setting. Using a dime size of **Stressless + Beauty Massage Oil**, apply to palm of hands and begin massage.

EXTRACTIONS

- Remove exfoliating mask from face with a warm moist towel or sponge. Perform extractions. Remember to treat each extracted area with an antibacterial product once finished.

MASSAGE

- Perform face, neck and shoulder massage with **Stressless + Beauty Massage Oil**. You can end this step with a warm towel but it is not necessary to remove the oil from the skin (You want to leave some for the next step).

THE CBD CARE GARDEN

FACIAL TREATMENT



MASK

- Mask with **MELT**. Apply a quarter size of the MELT in a small bowl. Moisten fan brush and mix with the MELT. Apply **MELT** to face, neck and décolleté. Leave on for 10 minutes.

HAND & ARM

- Massage hands and arms with **Stressless + Beauty Massage Oil** or **Relief + Recovery Massage Cream** while mask is nourishing skin.

EDUCATION & BENEFITS OF CBD

Anti-Inflammatory

Potent Antioxidant

Anti-Bacterial

Fights & Protects Cell Breakdown

Protects Skin Cell Integrity

Promotes Healing



THE CBD CARE GARDEN

FACIAL TREATMENT



REMOVE MASK

- Remove **MELT** with a warm towel or sponge.

MOISTURIZE

- Moisturize with a small drop of **Stressless + Beauty Massage Oil** and one pump of **Face Karma Anti Aging Moisturizer**. If you would like to add additional peptides to this service, you would add them to this step.

LIP TREATMENT

- Apply **Mintberry Hemp CBD Lip Balm** to lips using an applicator.

PROTECT

- Apply skin with a mineral sunscreen before they show the world their new skin. (Optional)

CBDTM

CARE GARDEN

Hemp-based wellness & beauty



MASSAGE PROTOCOL

STRESSLESS + BEAUTY

GARDEN TO SKIN | CLEAN BEAUTY





Providing a CBD infused massage with CBD Care Garden Stressless + Beauty Massage Oil is designed to enhance the service goals of the massage practitioner and client guest. With the natural healing properties of hemp derived CBD oil, deeper relaxation, significant muscle tension relief and restorative body re-balancing may be experienced in a single session.

SPA MENU COPY

CBD INFUSED MASSAGE

Indulgent and luxurious! If you're seeking relief from tight muscles, injuries, extra stress, or maybe just chasing that post-yoga high, take your massage to the next level with a deeply moisturizing, CBD-enhanced treatment. Allow the cell-communicating CBD to penetrate deep, relaxing your body and mind while restoring that sweet equilibrium. Get off the table feeling refreshed with freedom to move.



FEED PROTECT REPAIR BALANCE

THE CBD CARE GARDEN

MASSAGE TREATMENT



WHAT YOU'LL NEED

- Stressless + Beauty Massage Oil
- Essential Oil Aromatherapy
(OPTIONAL) (Use a natural brand of your choice)
- 3 Hot towels (Warmed in Towel Caddie)

SAFETY PRECAUTIONS:

- Always check the temperature of hot towels to be sure they are at a safe, comfortable temperature level before using them on clients.
- Never heat CBD Massage Oil in a warmer of any kind
- Remember to enjoy your time with the guest in front of you!

DISCLAIMER/WAIVER

- This product contains plant derived hemp extract CBD oil, free of THC. There are no known drug interactions or adverse side effects. The products made by CBD Care Garden are infused with Cannabidiol (CBD) and sourced from the derivative of industrial hemp. Industrial Hemp derived CBD, is not part of drug testing nor prohibits any person from passing a drug test. CBD has been studied to show supportive benefits to pregnant patients. It is the responsibility and personal discretion of the client and or patient when using any natural product; including CBD Care Gardens' product line. We make no claims to treat, cure or mitigate disease.

THE CBD CARE GARDEN

MASSAGE TREATMENT



SESSION STARTS: OPENING RITUAL

INTRODUCE TOUCH

- While the client is draped – Begin introducing touch with palm compression on the back starting on the mid back region working towards the low back. You are intentionally creating space between the vertebrae by using your hands in opposing direction of one another. Work from the mid back to top of the pelvis and up to the top of the shoulders. Decompress the neck and shoulders by applying palms at the top of the shoulders pressing in towards the clients feet. Walk hands down the back and use soft fists, compressing the glutes, followed by the hamstrings, the calf muscles and finally the soles of the clients feet.

WARM TOWEL

- Undrape the clients back and gently place a warm towel vertically along the direction of the spine.

AROMATHERAPY

- Use two drops of the Essential Oil Aromatherapy in your palms and place at distance from the clients face having them take a few deep breaths in. (OPTIONAL)

THE CBD CARE GARDEN

MASSAGE TREATMENT



SESSION STARTS: OPENING RITUAL

APPLY MASSAGE OIL

- Apply the **Stressless + Beauty Massage Oil** to the clients back starting at L5 working up towards the Thoracic vertebrae towards the neck and base of the occiput using pointed stacked finger tips in small circular motions on each side of the spine. (Be sure to check in for client pressure preference and adjust accordingly.)

STIMULATE CNS

- Work the **Stressless + Beauty Massage Oil** down the posterior muscles of the neck extending towards the end of the shoulder tips using your palms, then slow gliding back into the posterior neck muscles using pointed stacked finger tips. Massage the oil in small circular motion on the pressure points located at the base of the occiput.

REPEAT PROTOCOL

- Return to L5 (lumbar 5) using your own massage technique staying along the bilateral sides of the vertebrae connective tissue. Work your way up to the edge of the shoulders, then back in towards the posterior neck muscles ending at the base of the occiput.

THE CBD CARE GARDEN

MASSAGE TREATMENT



SESSION STARTS: OPENING RITUAL

CBD SCRIPT DESCRIPTION

- If the client is “talkative” you may ask them if they’ve ever received a CBD infused Massage before? Then softly share the following benefits. “This is the Stressless + Beauty Massage Oil I am using for your massage. The CBD oil in this Oil, is extracted from a selectively bred variety of Industrial Hemp out of Colorado. There is ZERO THC. Along the spine and throughout points of the body you have receptors that are made to receive cannabinoids like CBD. They are part of an internal system in your body called your Endocannabinoid System. Using CBD infused oil helps to balance this system by supporting the bones and joints, relaxing the body and mind while alleviating muscle tension. There is 26 mg of CBD hemp extract per 1 oz of oil, so throughout the massage and long after you will continue to receive the anti-inflammatory and calming properties found naturally in the oil.

THE CBD CARE GARDEN

MASSAGE TREATMENT



CBD SCRIPT DESCRIPTION

- If you are asked what some of the properties of CBD oil are or what they can expect? Here are a few more known benefits CBD may provide:

ADDITIONAL CBD BENEFITS

- Anti-Inflammatory (absorbed from the skin to bone)
- Reduces The Stress Response (CNS/PNS)
- Reduces Pain Firing (joints & muscles)
- Fights & Protects Cell Breakdown
- Clear & Calm Mind Effect

CONTINUE MASSAGE

- Proceed with your massage using the session techniques of choice. Be sure to use the oil in the requested areas needing extra attention by the client for maximum benefit and relief.

CLOSING RITUAL FOOT WRAP

- Take a warm towel and wrap one foot, for 20 seconds. This opens up the pores and skin increasing the product penetration time, prepping the client to continue receiving the benefits of the CBD massage several hours after their service.

THE CBD CARE GARDEN

MASSAGE TREATMENT



- CLOSING RITUAL**
- Take the towel off and Massage the oil onto the unwrapped foot including the joints around the ankles using the techniques of your choice. Repeat steps with a warm towel and massage on the other foot.

- THANK YOU**
- Thank the client and complete the session.
 - Offer the client to take home the benefits of CBD with a product from CBD Care Garden that suits their needs and desires!

CONTRAINDICATIONS:

- Do not perform on clients with cancer or undergoing chemotherapy.
- Do not perform on clients with diabetes mellitus.
- Do not perform on clients who have epilepsy or any kind of seizure-related disorder without their doctor's written approval.
- Follow industry standard contraindications for receiving a massage.

THE CBD CARE GARDEN

MASSAGE TREATMENT



ADDITIONAL ADD ON:

- 1. Scalp Massage with **Stressless + Beauty Massage Oil**
- 2. Ultra Soft Paraffin Hand Treatment (Use Melt Body Butter on the hands and apply gloves.)

SPA

RECOMMENDATION:

- Increase revenue after this wonderful service by recommending a complementing product they can enjoy at home! Pick a few products they may want to try at home and place them at the checkout counter softly offering to “test” a sample you thought they might love! Recommend a once per month massage for their optimal well-being, mobility and to achieve body equilibrium.

RECOMMENDED FOLLOW-UP SPA TREATMENT:

- 1x per month.

CBDTM

CARE GARDEN

Hemp-based wellness & beauty



MASSAGE PROTOCOL

RELIEF + RECOVERY

GARDEN TO SKIN | CLEAN BEAUTY





Providing a CBD infused massage with CBD Care Garden Relief + Recovery is designed to enhance the service goals of the massage practitioner and client guest. With the natural healing properties of hemp derived CBD Cream, deeper relaxation, significant muscle tension relief and restorative body re-balancing may be experienced in a single session.



SPA MENU COPY

CBD INFUSED MASSAGE

Indulgent and luxurious! If you're seeking relief from tight muscles, injuries, extra stress, or maybe just chasing that post-yoga high, take your massage to the next level with a deeply moisturizing, CBD-enhanced treatment. Allow the cell-communicating CBD to penetrate deep, relaxing your body and mind while restoring that sweet equilibrium. Get off the table feeling refreshed with freedom to move.

FEED PROTECT REPAIR BALANCE

THE CBD CARE GARDEN

MASSAGE TREATMENT



WHAT YOU'LL NEED

- Relief + Recovery Massage Cream
- Essential Oil Aromatherapy
(OPTIONAL) (Use a natural brand of your choice)
- 3 Hot towels (Warmed in Towel Caddie)

SAFETY PRECAUTIONS:

- Always check the temperature of hot towels to be sure they are at a safe, comfortable temperature level before using them on clients.
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MASSAGE TREATMENT



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WARM TOWEL

- Undrape the clients back and gently place a warm towel vertically along the direction of the spine.

AROMATHERAPY

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THE CBD CARE GARDEN

MASSAGE TREATMENT



SESSION STARTS: OPENING RITUAL

APPLY MASSAGE CREAM

- Apply the **Relief + Recovery Massage Cream** to the clients back starting at L5 working up towards the Thoracic vertebrae towards the neck and base of the occiput using pointed stacked finger tips in small circular motions on each side of the spine. (Be sure to check in for client pressure preference and adjust accordingly.)

STIMULATE CNS

- Work the **Relief + Recovery Massage Cream** down the posterior muscles of the neck extending towards the end of the shoulder tips using your palms, then slow gliding back into the posterior neck muscles using pointed stacked finger tips. Massage the oil in small circular motion on the pressure points located at the base of the occiput.

REPEAT PROTOCOL

- Return to L5 (lumbar 5) using your own massage technique staying along the bilateral sides of the vertebrae connective tissue. Work your way up to the edge of the shoulders, then back in towards the posterior neck muscles ending at the base of the occiput.

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- Reduces Pain Firing (joints & muscles)
- Fights & Protects Cell Breakdown
- Clear & Calm Mind Effect

CONTINUE MASSAGE

- Proceed with your massage using the session techniques of choice. Be sure to use the cream in the requested areas needing extra attention by the client for maximum benefit and relief.

CLOSING RITUAL FOOT WRAP

- Take a warm towel and wrap one foot, for 20 seconds. This opens up the pores and skin increasing the product penetration time, prepping the client to continue receiving the benefits of the CBD massage several hours after their service.

THE CBD CARE GARDEN

MASSAGE TREATMENT



CLOSING RITUAL

- Take the towel off and Massage the Relief + Recovery Massage Cream onto the unwrapped foot including the joints around the ankles using the techniques of your choice. Repeat steps with a warm towel and massage on the other foot.

THANK YOU

- Thank the client and complete the session.
- Offer the client to take home the benefits of CBD with a product from CBD Care Garden that suits their needs and desires!

CONTRAINDICATIONS:

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THE CBD CARE GARDEN

MASSAGE TREATMENT



ADDITIONAL ADD ON:

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SPA

RECOMMENDATION:

- Increase revenue after this wonderful service by recommending a complementing product they can enjoy at home! Pick a few products they may want to try at home and place them at the checkout counter softly offering to “test” a sample you thought they might love! Recommend a once per month massage for their optimal well-being, mobility and to achieve body equilibrium.

RECOMMENDED FOLLOW-UP SPA TREATMENT:

- 1x per month.



BODY TREATMENT PROTOCOL

GARDEN TO SKIN | CLEAN BEAUTY





SPA MENU COPY

CBD INFUSED BODY TREATMENT



Hemp-derived, cannabinoid-rich CBD oil is a potent antioxidant that helps reduce inflammation beyond just the skin and deep into the muscles, joints and bones. Our bodies have a system of receptors for CBD (the Endocannabinoid System) which makes these wondrous products the perfect compliment to your treatment. Whatever you're seeking from your treatment, this CBD-enhanced service offers extra relief so your body can restore itself.

FEED PROTECT REPAIR BALANCE

THE CBD CARE GARDEN

BODY TREATMENT



WHAT YOU'LL NEED

- Scrub of your choice
- CBD Stress-less Massage Oil – 1oz
- MELT Body Butter – 1oz
- Hot towels (Warmed in Towel Caddie)

SAFETY PRECAUTIONS:

- • We suggest that you refrain from performing body treatments on clients who display a rash or open wounds. Caution should be used when performing any treatment on expectant mothers.
- • Never dip wet hands into jars of product. We recommend using spatulas to remove product into portion controlled cups to be used during treatments. This ensures the integrity of the product is not compromised by wet/dirty hands and also helps manage your costs.
- • Pay special attention to bottoms of feet when removing product, cautiously clean soles to prevent slipping. Never skip this important step!
- • Always check the temperature of hot towels to be sure they are at a safe, comfortable temperature level before using them on clients.
- • Never heat CBD Massage Oil in a towel warmer
- • Remember to enjoy your time with the guest in front of you!

THE CBD CARE GARDEN

BODY TREATMENT



WHAT TO DO:

- Before the client arrives: Prepare treatment table with linens in the order they'll be used: sheet, wool or heated blanket, plastic sheet, space blanket, second plastic sheet. After you have greeted client and assisted them onto treatment table:

PREP TREATMENT (5MINS)

- Mix scrub of choice with CBD Massage Oil in a bowl

SCRUB TREATMENT (20 MINS)

- While client sits in an upright position with their head relaxed and dropped forward, apply mix from Step 1 (using circular motions and always moving upwards towards the heart) to the shoulder, back, neck and back of the arms. Finish each area with a completion stroke—one long stroke that incorporates the entire area you just concentrated on. Remove scrub with warm moist towels and apply prepared masque to these areas only.

RECLINE IN SUPINE

- Have client recline into the supine position and apply scrub to the rest of the body, using the same type of strokes. Remove with warm, moist towels. Promptly pat moistened skin with a towel and rewrap completed areas to maintain warmth.

THE CBD CARE GARDEN

BODY TREATMENT



WRAP & SET

- Wrap client with plastic wrap, space blanket, and wool/heated blanket. Dim the lights and allow client to relax for 10-15 minutes. We suggest the following services during this time: scalp massage and/or tucking warm stones into hands or between toes.

FACIAL MASSAGE (5 MINUTES)

- Massage client's face applying light pressure using the CBD massage oil.

REMOVE SCRUB

- Peel away the plastic sheeting and space blanket. It's now time to remove the scrub via the method of your choosing:

SHOWER

- Assist client to the shower. Remove the scrub with warm towels.
- If Using a Vichy Shower: Apply warm towel to chest and feet to keep the client warm. Adjust the rain bar and allow client to remain for 5 minutes on each side.

DEEPLY MOISTURIZE

- Massage MELT Body Butter, Caribbean Island onto entire body and allow to absorb as you demonstrate to client how smooth, soft, and refined their skin feels and appears. Encourage your client to care for themselves between treatments with CBD Care Garden's complete line of retail products!

THE CBD CARE GARDEN

BODY TREATMENT



CBD OIL BENEFITS

- Anti-Inflammatory (absorbed from the skin to bone)
- Reduces The Stress Response (CNS/PNS)
- Reduces Pain Firing (joints & muscles)
- Fights & Protects Cell Breakdown
- Clear & Calm Mind Effect

THANK YOU

- Thank the client and complete the session.