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Materials Needed

- Celtic or Sea Salt medium size or fine
- Small bowl
- Few tbsps. water
- Tub



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Why Salt Glow

- When I think of Salt Glow, I think of Euphoria, a way to get high healthfully without side effects
- Why do you feel so great after a day at the beach?
- Salt Glow can help to bring the beach to you!

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Indications

The salt glow creates a natural euphoria



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Stories

- Soft, youthful skin (exfoliate)
- Depression
- Menopause
- A friend visited my home, tired, depressed, might be getting ill
- Relatives in Germany re: menopause



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Make it Fun

- Salt Glow Party
- Add essential oils, favorite lotion, coconut or olive oil
- Reward for losing a few pounds or working hard

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Contraindications

- Uncontrolled high blood pressure
- Cuts or sores on body
- Recently shaved legs



8

Procedure

- Mix Celtic or Sea Salt in a bowl with just enough water to create a paste
- Have client stand in tub with warm water to their ankles
- Wet body part to be scrubbed, begin with feet



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Procedure Cont.

- Take salt paste and vigorously scrub distal to proximal
- Begin with legs, then arms, then back, to chest, neck, then face.



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More options



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