

ATTENTION GETTING OPENING

Bergamot Spa GNO

T1

ASK: *“Who here has a difficult time waking up in the morning? Does it take you a while to clear the cobwebs? Or does it take 2 cups of strong coffee?”*

SAY: *“If you’ve had an exhausting day, sit back and prepare to be rejuvenated by our Bergamot Spa Experience. We’ll be cleansing, polishing and protecting our skin with one of the most refreshing product lines around. Its fresh, citrusy aroma is sure to make you smile and is a great lifter of the spirits in the morning or whenever you need a boost!”*

- Bergamot oil comes from the rind of the small, yellow/orange fruit of the bergamot tree. This fresh-smelling oil is produced in the Calabria region of Southern Italy by one of our Community Trade suppliers.
- The people of Calabria have long used the oil to ease aches and pains. They also use it to care for their skin and scalp. The oil is vital to the local community, and it is hoped that an increase of bergamot oil sales will help revitalize the local bergamot industry, keeping the growers economically strong, and reducing the high levels of unemployment in the region.
- Bergamot has been used since the sixteenth century. It was part of the essence that became known as Eau de Cologne, and is used today to make perfumes and cosmetics. It is probably best known as the flavor of Earl Grey Tea.

SKIN CARE STEP #1: CLEANSE

Bergamot Spa GNO

T2

CLEANSE BODY- SHOWER OR BATHE WITH A BODY WASH

- Product: **Bergamot Body Wash**

Put a few drops of Body Wash in the tub while filling.

- This invigorating Body Wash contains bergamot essential oil to help leave the body feeling cool and refreshed, as well as helping to enliven your mind and wash away a sleepy head.
- Recommend that guests apply with a Body Buffer—you will use half as much!
- Aromatherapists advise against using essential oils, such as those included in our Bergamot and Lavender lines, when pregnant or suffering from medical conditions such as high blood pressure or epilepsy. If in doubt, seek advice before using aromatherapy products.

SKIN CARE STEP #2: POLISH

Bergamot Spa GNO

T3

TWO WAYS TO POLISH SKIN: EXFOLIATE (removes dead cells)
MASK (deep cleansing)

- Product: **Bergamot Body Salt Scrub**
- 1. Pass out pods with **Bergamot Body Salt Scrub**.
- 2. Explain how Scrub can be applied to feet with hands and all over the body with Bath Gloves to enhance the exfoliation process.
- 3. Apply to one foot and then the other.
 - Natural salts exfoliate while the bergamot oil softens the skin.
 - Use once or twice a week for super smoothed and polished skin.
 - Should not use in Jacuzzi tubs.
- 4. Rinse each foot and leg.
- 5. Explain use in shower all over the body and rinse while in the shower.
- 6. Dry both feet with washcloth.

SKIN CARE STEP #2: POLISH (cont.)

Bergamot Spa GNO

T4

- Product: Can use any mask or mud if desired
- 1. Pass out pods with mud or mask.
- 2. Explain how mud is a mask and it draws impurities out of the skin.
- 3. Apply to one foot and then the other.
- 4. Leave on skin for 10-15 minutes.
- 5. Rinse mud off the skin in tub.

We protect our skin by adding moisture.

- Product: **Bergamot Body Lotion**
- 1. Pass out pods with **Bergamot Body Lotion**.
- 2. Work into each foot for absorption.
 - Moisturize after a relaxing bath or invigorating shower.
 - This lightweight moisturizing lotion contains bergamot oil to awaken the mind and grapeseed oil to soften the skin.

- Product: **Bergamot Body Spritzer**
 - This moisturizing body spray helps refresh the body when feeling hot and sticky. Bergamot oil is reputed to be cooling and invigorating.
- Product: **Bergamot Body Bar**
 - A refreshing body cleanser with vegetable glycerin and bergamot essential oil to cleanse, soften and refresh.