

# Give your body A CITRUS SQUEEZE



# 100% natural origin citrus TOTALLY ZESTY



The Spa Fit range contains a zesty mix of orange, lemon, lime and grapefruit oils. It has a fresh, revitalising fragrance and leaves skin looking smoother and more toned. Give your body a citrus squeeze and work it!



AGAINST  
ANIMAL  
TESTING

SUPPORT  
COMMUNITY  
FAIR TRADE

ACTIVATE  
SELF  
ESTEEM

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HUMAN  
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THE  
PLANET



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# SPA FIT Massage Techniques



FIRM IT, TONE IT, WORK IT!

# Work it

Get surface skin microcirculation moving with our zesty **Spa Fit** bodycare range, made with 100% natural-origin citrus and caffeine ingredients.

It includes a scrub, concentrate, massage oil, a gel-cream with built-in massage head and an ergonomic massager.

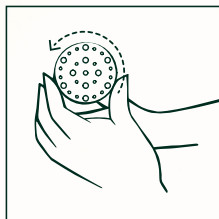
For best results, use with our recommended **Spa Fit** massage techniques two to three times a week.



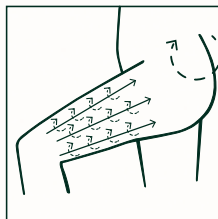
## THIGHS & BUTTOCKS

### Massage & stimulate

With **Spa Fit Firming & Toning Gel-Cream Massager**



1. Twist the applicator to release the gel-cream.



2. Massage into thighs using firm, circular motions, working up to the buttocks.



3. Finish the application with hands. Use light, upward strokes until all the gel-cream is absorbed. Repeat on the other leg.

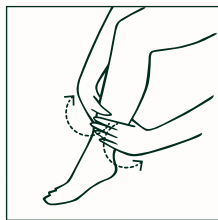
## LEGS & THIGHS

### Knead & tone

With **Spa Fit Toning Concentrate** or **Toning Massage Oil**



1. Smooth a little product onto hands. Place both hands around your ankle.



2. Rotate your hands in opposite directions.

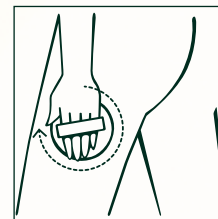


3. Move them from calf to thigh. Keep rotating. Repeat on other leg.

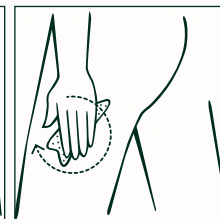
## ARMS, LEGS, THIGHS, HIPS & BUTTOCKS

### Stimulate & exfoliate

With **Spa Fit Massager** and **Smoothing & Refining Body Scrub**. Use in the bath or shower to boost surface skin microcirculation



1. Using the **Massager**, apply gentle pressure in upward, circular motions to problem areas.



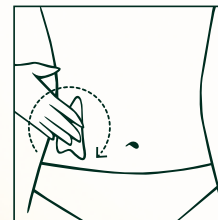
2. Massage **Smoothing & Refining Body Scrub** into skin. Rinse.



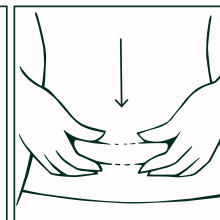
## TUMMY, ARMS & THIGHS

### Roll & firm

With **Spa Fit Toning Concentrate** or **Toning Massage Oil**



1. Apply product to the problem area and massage into skin using circular motions.



2. Pinch a fold of skin between thumb and fingers. Roll the skin under your fingers and work downwards.



3. Follow with light, upward strokes to the skin.