



THALASSOTHERAPY DETOXIFYING BATH SOAK

This Thalassotherapy seaweed soak is rich in vitamins, minerals and natural trace elements, all of which are easily absorbed into the skin and well known for their detoxifying effects. The high iodine and vitamin C content stimulate the circulation and can help regulate the body's metabolism. For best effects combine with the Bath Salts. 250ml



THALASSOTHERAPY DETOXIFYING BATH SALTS

A luxurious blend of Brittany Spa & Dead Sea Salts combined with Marine Fennel. Sea salts are packed with minerals to help draw out toxins and rebalance the skin. Deeply therapeutic, the salts are renowned for their relaxing & soothing properties. Marine Fennel, rich in essential oils helps facilitate the detoxification process. For best effects combine with the Bath Soak. 330g



THALASSOTHERAPY PURIFYING BODY MASK

This purifying body mask contains marine algae to draw out toxins and help boost circulation. Skin conditioning oils and moisturisers leave the skin silky smooth, helping to reduce the 'orange peel' effect. 200ml



FRESHWATER CLAY AND SEAWEED FACEMASK

This deep cleansing facial treatment contains seaweed and freshwater clay to improve skin texture and draw out impurities. Chamomile and Lavender calm and soothe whilst loofah gently exfoliates and revitalises the skin. Non-drying so suitable for all skin types. 75ml



THALASSOTHERAPY FIRMING BODY LOTION

A nourishing, hydrating body lotion, which firms and brightens the skin. The active marine botanicals stimulate collagen production which helps keep the skin toned and smooth. Other marine extracts provide a protective film, helping to shield the skin from the damaging effects of the environment. 200ml



THALASSOTHERAPY EXFOLIATING BODY POLISH

This invigorating seaweed scrub with loofah and apricot granules helps to remove dead particles and impurities, leaving the skin softer, smoother and more radiant. The friction also boosts circulation and lymphatic drainage, to leave you feeling refreshed and toned. 200ml



TO CREATE this new range of beauty treatments we have harnessed some of the most effective natural ingredients available. Our marine plant extracts are harvested from the clear tidal waters of Brittany in France, the birthplace of Thalassotherapy. *Thalassa* is Greek for the sea and Thalassotherapy incorporates the use of marine botanicals, sea salts or seawater, which is especially therapeutic when warmed to body temperature. Thalassotherapy

is used for relieving skin disorders, stress, fatigue, arthritis and to help clear the body of toxins. Both marine algae (seaweed) and salts have been shown to bind with and promote the removal of toxic heavy metals from the body. It is important that you continue the detoxification process by drinking water following these treatments.

Each **BATHrobics** Beauty Spa product contains different combinations of marine extracts for complementary therapeutic effects with other products in our range. Using our products in the correct sequence will achieve the best overall results to detoxify, smooth, soften, condition, firm, tone and protect your skin.

Use this routine regularly for the best effects. Our treatments combined with the **BATHrobics** exercises are designed to leave you glowing with health and vitality both inside and out!

READ YOUR INGREDIENTS!

We are concerned about the common use of Triethanolamine (TEA) and Sodium Lauryl Sulphate (SLS) in many beauty formulations.

Triethanolamine and any other product ending in 'amine' e.g. Diethanolamine (DEA) and Monoethanolamine (MEA) may cause a reaction with nitrites and nitrates commonly found as preservatives in many household products. Together they may create nitrosamines, hormone disrupters that are known to be carcinogenic. We flatly refuse to use these ingredients in our formulations.

Sodium Lauryl Sulphate, a harsh foaming agent, has been shown to accumulate in the liver and may also cause cataracts. For the avoidance of doubt we have chosen not to use either Sodium Lauryl Sulphate or Sodium Laureth Sulphate in our product range.

BATHrobics products use only gentle natural bases with high levels of active botanical extracts.



TONING BODY SPONGE

A multi-purpose sponge for use with **BATHrobics** routines. Soft enough for both the face and body. Sit on this sponge during the exercises for greater comfort and squeeze it between your knees to firm and tone inner thighs. Also ideal for removing face and body masks and of course for use as an ordinary sponge! Made without the production of CFCs.

BATHrobics BEAUTY SPA



*Revolutionise your
bathtime with
this unique
30-minute routine.*

Seaweed and algae treatments, the soothing sounds of the sea and easy exercises together create a heavenly health spa in your home.



*Short-listed for the
ultimate accolade –
“Gift of the Year”*





ABOUT THE AUTHOR

Jane was born and raised in the Channel Island of Guernsey. She left to study as a Chartered Physiotherapist and after qualifying worked in the NHS and in the private sector. She now lives in London with her husband and until recently worked in one of London's premiere health and fitness clubs.

One evening, during a relaxing bath, she began to do a few exercises to firm and strengthen her legs. Eureka! She had discovered a fun, easy way to tone up, so from there she developed other exercises to tone and sculpt her hips, buttocks, stomach and thighs.

Being more interested in pampering herself than working out, she realised that the exercises would be even more effective and enjoyable with a complete range of detoxifying toiletries. She then spent two years working with a Chemist using different combinations of seaweeds from the coast of France to create this fabulous Beauty Spa routine.

With her brother Martyn, a skilled musician, she has also put together a soothing 30-minute music track incorporating the sounds of waves, which were recorded in Guernsey. The instructional track guides you through the routine and provides a calming atmosphere that adds to your feeling of complete relaxation and wellbeing.

Jane hopes you enjoy using her products and wishes you good health!



STARTER PACK: BATHROBICS BEAUTY SPA – Detox, Relax & Shape Up in Your Bath

by Jane Dorey MCSP

A unique routine that soothes the mind while toning and detoxifying your body to help you look and feel your best.

This amazing beauty kit contains:

- Waterproof book with rubber sucker to stick to the edge of the bath
- Instructional CD (2 x 30 minute tracks)
- Freshwater Clay & Seaweed Facemask 30ml
- Purifying Seaweed Body Mask 30ml
- Exfoliating Body Polish 30ml
- Algae Bath Soak 30ml



Short-listed for "GIFT OF THE YEAR"

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BATHROBICS BEAUTY SPA – THE FUTURE OF BATHTIME

This exciting new 30-minute beauty routine will transform your bathtime into a wonderful Thalassotherapy Health Spa.

1 Lock your bathroom door, light some candles and play the CD to create a calming, private sanctuary. Apply the **Freshwater Clay & Seaweed Facemask** and **Purifying Body Mask**.



2 While the masks draw out impurities from your skin, carry out the gentle 10-minute warm up and stretch routine as you run the bath.



3 Remove your Facemask and get into your Thalassotherapy bath. Lie back and relax in the detoxifying seaweed **Bath Soak** and mineral **Bath Salts**.



Use the specially-designed **Toning Sponge** to provide a comfortable base to sit on. You may also use it to tone the inner thigh area.

4 Spend just 10 minutes performing a few easy bath exercises to tone and condition the hips, buttocks, stomach and thighs.



5 Next stimulate your circulatory and lymphatic systems with the refreshing **Exfoliating Body Polish**. Use this while you massage, tone and stretch your hips and thighs. Follow the stretches with the wonderful five-minute relaxation and affirmation routines.



6 When you are feeling completely relaxed, refreshed and toned, carefully step out of the bath. Then firm, protect and moisturise your skin with the **Firming Body Lotion** to complete the 30-minute total wellbeing experience.



7 Feel fabulous from top to toe!

BATHrobics BEAUTY SPA