

Steady Yeti Barefoot Massage Wax

Tips for Using Massage Wax

Enjoy these tips to make using Steady Yeti Barefoot massage wax easy and hopefully your favorite product.

If you have any questions or concerns please reach out to me at healinghut@gmail.com



1 Always use a spatula to get the product out of the container.

To keep your wax clean make sure to always use a spatula. I like to smear it on different parts of my arm to avoid cross contamination. From my arm I emulsify the wax in my hands and then apply it to my client.

2 Warm it up a bit.

If you find that the wax balls up, place the eco container in your hot towel cabi for five minutes. Many times just the heat from emulsifying the wax between my hands melts it perfectly. Wax is very responsive to temperatures and may act differently depending on the season and the skin types of your clients.

3 Use less than you think you need.

In the beginning it's common to use more than you need. To get the best grip, start with a dime sized amount per area. Experiment by using a spritz of water (free!) or rose water to your feet to reactivate the wax instead of adding more. Just don't accidentally spritz your client!

4 Apply the wax everywhere, then work.

If you are one of my students, you've seen me demonstrate how to apply the cream we use in class to the clients entire posterior body from the floor before sanitizing, stepping up on to the table, and getting to work. This is also the best way to use the wax. Apply it and let it melt in. When it's time to work, you'll have the perfect texture for myofascial barefoot massage.

