

# therma**bliss**<sup>®</sup>

## THERMAHERBAL POULTICE™

**Treatment:** An ancient and traditional body treatment in Asia, this heated and luxurious treatment offers several potential health benefits and induces deep relaxation by relieving stress and fatigue.

**Benefits:**

- Reduces tension through heat and aromatic properties of the herbs
- Eases respiration through aromatic herbal vapors
- Improves circulation of blood as the massage and heat dilates the blood vessels enabling them to work more efficiently
- Aids in the elimination of toxins and waste products through increased lymphatic circulation and detoxification provided by heat, herbs and massage
- Restores the body's vital energy flow through stimulation of sen lines
- Anti-inflammatory, antiseptic, astringent and antioxidant properties due to herbs used in the poultice

**Products and Tools Needed:** 2 ThermaHerbal Poultices, *Detox & Energize* or *Relax & Renew*

**Duration:** 30-40 minutes

### SUPINE

**STEP ONE**

Ensure client comfort.

**STEP TWO**

Drape client using warrior style.

**STEP THREE**

Activate ThermaHerbal Poultice as directed on package.

**STEP FOUR**

While the poultices are charging (3-5 minutes), stand to the left side of the client; place left hand on the solar plexus (sternum) of the client while rotating his/her left hand to a 90° angle. Place thumb on solar plexus of the hand (see *illustration*). Slowly and lightly pump on the sternum, which encourages the client's breath to slow and deepen.



*This symbolic gesture encourages the client to be open to receiving the benefits of this service.*

**STEP FIVE**

Rotate hand back to neutral; retrieve poultices and move to client's feet.

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## STEP SIX

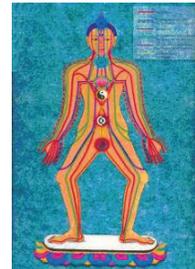
Begin compressions with poultices along the arch of the feet (which in reflexology associates with the chakra points) using slow deliberate circular movements up sen lines.

*Sen lines: Energetic lines throughout the body. It is believed that when an area in a line becomes stagnant or congested (energy not allowed to flow easily), health problems develop. Unblocking this energy flow results in improved health.*

*Slow deliberate circular movements activate the energy flow of the body.*

## STEP SEVEN

Continue the slow circular compressions up the entire legs, through the abdomen (through drape) to the sacral and solar plexus chakra (see illustration).



## STEP EIGHT

From the solar plexus chakra, compress at an angular line to the shoulders and down the sen line of the arms and to the wrists.

## STEP NINE

From the wrists, compress in reverse, up the arms to shoulders, down through the abdomen, legs and to the arches of the feet.

## STEP TEN

Repeat this process 3x.

## STEP ELEVEN

Before the client rolls to a prone position, sit at the head of the client and, using the poultices, compress with kitty-cat movements through the upper traps of the shoulders. Leave the poultices at the shoulders and gently cradle the neck at the occipital ridge, holding for a minute or two.

## STEP TWELVE

Redrape client and assist in turning prone.

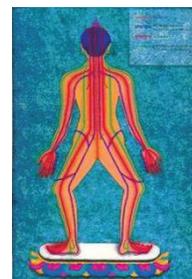
## PRONE

## STEP THIRTEEN

Drape body warrior style.

## STEP FOURTEEN

Begin on the sen line of the soles of the feet with a slow circular motion. (see illustration).



## STEP FIFTEEN

Continue through the sen lines of the legs, glutes, up the back to shoulders and neck to the occipital ridge of the skull.

## STEP SIXTEEN

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From the neck continue down the arms to the palms.

## STEP SEVENTEEN

From the palms, compress in reverse, up the arms to the shoulders and neck, down the back, glutes, legs and soles of feet.

## STEP EIGHTEEN

Repeat this process 3x.

## STEP NINETEEN

Complete the session with a slow lightly rocking motion technique of the entire body.

## STEP TWENTY

Allow a few moments for the client to re-emerge from the state of deep relaxation.

## STEP TWENTY-ONE

Repackage the used ThermoHerbal Poultice in pouch and send home with client for use in their bath. Poultice stores in its pouch, in refrigerator, for up to 1 week.

***Note:** There are charts available for the sen lines of the body, though these lines vary with each person. Locating the sen lines is actually more of an art than a science and about developing intuition, along with a theoretical knowledge base. While thumbs are typically used along the sen lines, the poultices are actually ideal as the compressions of the poultices address more than one sen line at a time.*