



THERMAHERBAL POULTICE™

NECK/SHOULDER/BACK (SUPINE) PROTOCOL

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. Enhance your massage with luxurious and therapeutic benefits of aromatherapy, herbal therapy and thermotherapy.

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: 1 ThermaHerbal Poultice, *Detox & Energize* or *Relax & Renew*

Duration: 10-15 minutes

SUPINE

STEP ONE

Prepare 1 ThermaHerbal Poultice according to package directions.

STEP TWO

Ensure client comfort in supine position.

STEP THREE

Undrape client's shoulders/arms. Do NOT apply cream/oil/lotion.

STEP FOUR

Beginning at the client's wrist, compress with small circles, using the warm poultice. Continue compressions through the forearm, bicep, over the shoulder and into the pectoralis region. Reverse direction back down to wrist

STEP FIVE

Repeat compressions to the shoulder and into the upper trapezius and neck. Reverse direction back down to wrist.

therma*bliss*[®]

STEP SIX
Repeat 2x each.

STEP SEVEN
Transition to the other side of the body and repeat steps.

STEP EIGHT
Now, sitting at the client's head, perform small circle compressions through each upper trap and into the neck to the occipital ridge. Repeat several times.

STEP NINE
When completed, rest poultice on the sternum (heart chakra) through the drape

STEP TEN
Proceed with massage/facial.

STEP ELEVEN
Repackage the used ThermaHerbal 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.