

THERMAHERBAL POULTICE FOOT REFLEXOLOGY

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 reflexology treatment with luxurious and therapeutic benefits of aromatherapy, herbal therapy and thermotherapy.

Benefits: The thermaHerbal Poultice reflexology treatment relieves sore and swollen feet, smooths and softens skin, reduces inflammation in the joints, enhances blood flow, and activates sen lines (energy) of the reflex points on the feet.

Supplies: 1 thermaHerbal Poultice - *Detox & Energize*

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

Beginning at the heel and continuing along the arch of the foot, warm foot with small circle compressions using the poultice.

STEP FOUR

Continue these circular compressions with the plantar aspect (sole), around the ankles, up the achilles, and dorsum (top) of the foot.

STEP FIVE

Reverse direction and repeat 2x.

STEP SIX

Repeat on the other foot

STEP SEVEN

When completed, rest poultice on abdomen (*sacral chakra*) through the drape.

STEP EIGHT

Proceed with reflexology treatment.

STEP NINE

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.