

## THERMAHERBAL POULTICE FULL BODY MASSAGE

**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:** The thermaHerbal Poultice massage reduces tension through heat and aromatic properties of the herbs. It helps to ease respiration through aromatic herbal vapors, while improving 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

**Supplies:** 2 thermaHerbal Poultices - *Detox & Energize*

**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. Slowly and lightly pump on the sternum, which encourages the client's breath to slow and deepen.

*Note: 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.

## 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.

*Note: 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.

## 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.

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.

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 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.

*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.*