

THERMAHERBAL POULTICE NECK/SHOULDER - PRONE

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: The thermaHerbal Poultice reduces tension through heat and aromatic properties of the herbs, while easing 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.

Supplies: 1 thermaHerbal Poultice - *Detox & Energize*

Duration: 10-15 minute

PRONE

STEP ONE

Prepare 1 thermaHerbal Poultice according to package directions.

STEP TWO

Ensure client comfort in prone position.

STEP THREE

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

STEP FOUR

Standing at the client's waist, compress with small circles, using the warm poultice, beginning at the quadratus lumborum and continuing up the erectors, rhomboids, upper trapezius and down the arm through the triceps, forearm and to the palm.

STEP FIVE

Reverse and continue the compressions, beginning at the palm.

STEP SIX

Repeat 2x.

STEP SEVEN

Transition to the other side of the body and repeat.

STEP EIGHT

Now, standing at the client's head, compress with small circles through the upper traps and into the neck to the occipital ridge. Repeat 2x on each side of the body.

STEP NINE

When finished, place the warm poultice on the sacrum (*sacral chakra*), through the drape.

STEP TEN

Proceed with massage.

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.