

# Products & Protocols for: *Chiropractors, Physical Therapists & Personal Trainers*

## Massage Treatments

Full Body : Massage Oil  
Spot Treatments: Serum

| <u>Treatment</u>   | <u>Recommended Massage Type</u>  | <u>Recommended Products</u>  |
|--|----------------------------------|------------------------------|
| Muscle & Joint Health                                      | Deep Tissue / Sports             | Myosyn™ Massage Oil or Serum |
| Bone & Chronic Condition<br>(Repetitive Motion, Stiffness) | Deep Tissue / Sports / Hot Stone | Osteogen™ Serum              |

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## Herbal Linen Body Wraps / Hydrotherapy Soaks (Whirlpool, Bath or Bowl)

Protocol: Herbal Linen Wraps: Soak linens or towels in a water bath, sink or bowl filled with warm (W) or cold (C) water and desired amount of hydrotherapy soak for at least 5 minutes. Wring out linens and drape onto client in a wrapping fashion. Apply thermal wraps, blankets or plastic wrap over body of client and leave on for 10-30 minutes. Hydrotherapy Soaks (Whirlpool or Jacuzzi): Pour in desired amount of soak into bath and let soak for desired length of time.

| <u>Treatment</u>      | <u>Recommended Soak Type</u>                         | <u>Recommended Products</u> |
|-----------------------|--|-----------------------------|
| Muscle & Joint Health | Spot Treatment Wrap (C) / Hand Soak / Full Body Soak | Myosyn™ Hydrotherapy Soak   |

## Ultimate Experience Treatment Package

### Muscle & Joint Health - Myosyn™

Cool Spot Treatment Linen Wrap / Deep Tissue or Sports Massage (Full Body or Spot Treatment)

\*Add On

- For sore hands - soak directly into cool water bowl with Myosyn™ soak.

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### Sore Muscle Ice Cups

- Mix water with Myosyn™ Hydrotherapy Soak and pour half way into a Styrofoam cup. Freeze. Peel away the top portion of the cup exposing the Myosyn™ ice and rub gently over sore muscles, moving frequently to avoid too much cold exposure.