



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

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>  |
|-----------------------|---|------------------------------|
| Stress & Relaxing     | Full Body Wrap (W) / Facial Wrap / Full Body Soak | Calm™ Hydrotherapy Soak      |
| Immune Health         | Full Body Wrap (W) / Facial Wrap / Full Body Soak | Imm-Prove™ Hydrotherapy Soak |
| Muscle & Joint Health | Spot Treatment Wrap (C) / Hand Soak               | Myosyn™ Hydrotherapy Soak    |
| Detoxifying           | Full Body Wrap (W) / Full Body Soak               | Educe™ Hydrotherapy Soak     |
| Foot Therapy          | Foot Wrap (W) / Foot Soak                         | Medistep™ Foot Masque        |