THE COMPLETE SPA BOOK FOR MASSAGE THERAPISTS - COURSE MANAGEMENT GUIDE

MID-LENGTH COURSE

CLASS SIGN IN SHEET M-2.0
INSTRUCTOR NAME: ______________________ DATE TAUGHT: ______________________

SUBJECT: Hydrotherapy for the 21st Century: Water-Based Spa Treatments
TOPIC: Bath and Shower Techniques; Heat and Cold Applications

LESSON OBJECTIVES
Upon completion of the lesson, the student will be able to:

1. Describe the primary effects of hydrotherapy in the spa setting.
2. List and explain the major bath therapies practiced in modern spas, their effects, and their contraindications.
3. Describe and demonstrate how to maintain modesty and use proper draping for bath and shower techniques in the spa.
4. Explain how to proficiently administer therapeutic baths and demonstrate proficiency when equipment is available.
5. List and explain the major shower therapies practiced in modern spas, their effects, and their contraindications.
6. Explain how the body regulates temperature in reaction to spa treatments.
7. Describe the primary effects of heat and cold therapy as produced in popular spa treatments.
8. List and explain the major contraindications for spa treatments involving heat.
9. List and describe major spa hot and cold applications.
10. Describe the histories and uses of saunas and steam baths around the world.
11. Describe and demonstrate the ability to perform paraffin treatments.
12. Explain the use of cooling treatments in spa therapy.

IMPLEMENTS, EQUIPMENT, SUPPLIES REQUIRED:

<table>
<thead>
<tr>
<th>Student</th>
<th>Instructor</th>
<th>Items</th>
</tr>
</thead>
<tbody>
<tr>
<td>X</td>
<td>X</td>
<td>The Complete Spa Book for Massage Therapists</td>
</tr>
<tr>
<td>X</td>
<td></td>
<td>Student Workbook</td>
</tr>
<tr>
<td></td>
<td></td>
<td>student notebook</td>
</tr>
<tr>
<td></td>
<td></td>
<td>pens, pencils</td>
</tr>
<tr>
<td>X</td>
<td></td>
<td>Spa Product Supply Kit (optional)</td>
</tr>
</tbody>
</table>

FACILITY: Theory Classroom     Practical Classroom

TIME ALLOTMENT: 2–4 hours (adjust based on school schedule and student activities/participation)

PRIOR STUDENT ASSIGNMENT:
1. Read Chapters 4 and 5, The Complete Spa Book for Massage Therapists
2. Complete Chapters 1–3 in the Student Workbook
3. Turn in the one-page description of the ideal spa to work in or own one day.
4. Turn in the two-page “Spa Profile” research project.
<table>
<thead>
<tr>
<th>Student Signatures</th>
<th>Student Signatures</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
THE COMPLETE SPA BOOK FOR MASSAGE THERAPISTS – COURSE MANAGEMENT GUIDE

MID-LENGTH COURSE

LESSON PLAN M-2.0

SUBJECT: Hydrotherapy for the 21st Century: Water-Based Spa Treatments

TOPIC: Bath and Shower Techniques; Heat and Cold Applications

LESSON OBJECTIVES

Upon completion of the lesson, the student will be able to:

1. Describe the primary effects of hydrotherapy in the spa setting.
2. List and explain the major bath therapies practiced in modern spas, their effects, and their contraindications.
3. Describe and demonstrate how to maintain modesty and use proper draping for bath and shower techniques in the spa.
4. Explain how to proficiently administer therapeutic baths and demonstrate proficiency when equipment is available.
5. List and explain the major shower therapies practiced in modern spas, their effects, and their contraindications.
6. Explain how the body regulates temperature in reaction to spa treatments.
7. Describe the primary effects of heat and cold therapy as produced in popular spa treatments.
8. List and explain the major contraindications for spa treatments involving heat.
9. List and describe major spa hot and cold applications.
10. Describe the histories and uses of saunas and steam baths around the world.
11. Describe and demonstrate the ability to perform paraffin treatments.
12. Explain the use of cooling treatments in spa therapy.

IMPLEMENTS, EQUIPMENT, SUPPLIES REQUIRED:

<table>
<thead>
<tr>
<th>Student</th>
<th>Instructor</th>
<th>Items</th>
</tr>
</thead>
<tbody>
<tr>
<td>X</td>
<td>X</td>
<td>The Complete Spa Book for Massage Therapists</td>
</tr>
<tr>
<td>X</td>
<td>X</td>
<td>Student Workbook</td>
</tr>
<tr>
<td>X</td>
<td></td>
<td>student notebook</td>
</tr>
<tr>
<td>X</td>
<td></td>
<td>pens, pencils</td>
</tr>
<tr>
<td>X</td>
<td></td>
<td>Spa Product Supply Kit (optional)</td>
</tr>
</tbody>
</table>

TEACHING AIDS (Audio/visual equipment, handouts, etc., used by instructor):

1. Board
2. LCD projector and Instructor Support PowerPoint Slides

FACILITY: Theory Classroom Practical Classroom

TIME ALLOTMENT: 2–4 hours (adjust based on school schedule and student activities/participation)
PRIOR STUDENT ASSIGNMENT:
1. Read Chapters 4 and 5, *The Complete Spa Book for Massage Therapists*
2. Complete Chapters 1–3 in the *Student Workbook*
3. Turn in the one-page description of the ideal spa to work in or own one day.
4. Turn in the two-page “Spa Profile” research project.

EDUCATOR REFERENCES:
1. *The Complete Spa Book for Massage Therapists*
2. *The Complete Spa Book for Massage Therapists – Student Workbook*

<table>
<thead>
<tr>
<th>Instructor Name</th>
<th>Date Taught</th>
<th>Instructor Name</th>
<th>Date Taught</th>
</tr>
</thead>
<tbody>
<tr>
<td>Instructor Name</td>
<td>Date Taught</td>
<td>Instructor Name</td>
<td>Date Taught</td>
</tr>
<tr>
<td>Instructor Name</td>
<td>Date Taught</td>
<td>Instructor Name</td>
<td>Date Taught</td>
</tr>
<tr>
<td>Instructor Name</td>
<td>Date Taught</td>
<td>Instructor Name</td>
<td>Date Taught</td>
</tr>
<tr>
<td>Instructor Name</td>
<td>Date Taught</td>
<td>Instructor Name</td>
<td>Date Taught</td>
</tr>
</tbody>
</table>

NOTES TO EDUCATOR:
1. A test has been added to the end of this lesson which reflects the abbreviated material taken from the chapter and taught in the classroom. The full question banks covering all topics in the chapter can be found in the Long Lesson Plans.
2. Review chapter, entire lesson plan, and Instructor Support PowerPoint Slides prior to lesson.
3. Review Learning Reinforcement ideas/activities and predetermine which are to be used.
4. Check LCD projector to ensure working properly.
5. Gather all materials and supplies needed for demonstrations prior to starting class.
6. Have students sign in for class and document attendance based on school’s procedure.
7. During the instructor preparation time and while students are entering and getting settled for the class, have the first Instructor Support Slide containing the “daily spa quote” projected (or write it on the board or flipchart). This will help get instructors and students into the appropriate mindset for learning and for the day.

LEARNING MOTIVATION (WHY?)

Here in Part II of the book, students will begin exploring spa therapies at their root, in the realm of water. Hydrotherapy is the fundamental building block of all spa work, and modern spas use this tool in a number of amazing ways. In order to become skilled therapists, your students need to master the fundamentals of hydrotherapy as it is practiced today, in the twenty-first century.

This first spa hydrotherapy lesson combines information from Chapters 4 and 5 to give students a chance to experience some profound physiological changes in their own bodies brought about by water, heat, and natural spa ingredients in heat and cold therapies, including therapeutic showers and baths.

Spa Thought

“Nature’s blood is water.”

Professor Jonathan Paul De Vierville, Ph.D.
### PRESENTATION OF THE SKILLS AND/OR INFORMATION

#### LESSON PLAN M-2.0

<table>
<thead>
<tr>
<th>Subject Outline</th>
<th>In-Depth Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>I. Introduction</strong></td>
<td><strong>NOTE:</strong> This one-question Q&amp;A is a good introduction to the entire topic on hydrotherapies and spa modalities in general. It is important for students to really believe what they are saying when they explain to clients why and how certain treatments work. Understanding the effects of hydrotherapy is a good place to start. “Do spa treatments really work?” The short answer to this question is “yes.” Spa treatments do work. But perhaps not in the esoteric way you might think. The effectiveness of many spa therapies is the direct result of basic hydrotherapy.</td>
</tr>
</tbody>
</table>

---

### From Chapter 4

#### I. The Effects of Hydrotherapy

As it applies to spa therapy, **hydrotherapy** can be defined as the application of water in its liquid, solid, or vapor forms, either externally or internally, to induce health benefits in the recipient.

The primary physiological effects of hydrotherapy can be placed into three categories: thermal, mechanical, and chemical.

**A. Thermal Effects**

Thermal effects are caused by the application of water at temperatures above or below that of the body, with more pronounced effects created with greater differences in temperature. This differential in turn affects the internal heat-regulating mechanisms of the body, causing changes in circulation, digestion, perspiration, and other functions.

Of the three primary physiological effects of hydrotherapy, the thermal effects are by far the most important.

1. **Hydrostatic effect**

   When a large percentage of the body is immersed in heat, a widespread dilation of the blood vessels of the skin takes place, which helps the body eliminate heat from within. This process, which is accompanied by a shift of blood from the interior of the body to the surface, is known as the **hydrostatic effect**.

2. **The hypothalamus**

   Within the human body, the **hypothalamus** gland regulates temperature and the transference of blood from one part of the body to another through the hydrostatic effect. Thus, the functioning of this gland, also known as the “master gland” because it has so many vital functions, is crucial to the effectiveness of hydrotherapy treatments.

3. **Heat transference methods**

   The five methods of heat transference in the body are conduction, convection, conversion, radiation, and evaporation.
   Most hydrotherapy treatments use **conduction** to transfer heat to or from the body.

**SPA TIP**

**NOTE:** It is a good idea to point out to students that:

Spa therapists need to be aware that, although “hydro” means water, the main therapeutic effects of hydrotherapy are caused by heat and cold, not the water itself.

**B. Mechanical Effects**

The mechanical effects of hydrotherapy are caused by the impact of water on the surface of the body, as in hydrotherapy tubs, Jacuzzis, and showers.
This impact stimulates local circulation and can help decrease muscle aches and pains, just as manual massage does.

(continued)
<table>
<thead>
<tr>
<th>Subject Outline</th>
<th>In-Depth Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>C. Chemical Effects</td>
<td>The chemical effects of hydrotherapy are created when water is ingested or used for colonic irrigation. European spas in particular have made the internal use (through drinking) of mineral-laden spa waters an integral part of their health regimens.</td>
</tr>
<tr>
<td>D. Water Temperature</td>
<td><strong>SAFETY NOTE:</strong> Temperature of the water must be monitored closely using thermometers or the built-in thermostats found in some equipment. <strong>Thermalism</strong> is a term that spa professionals use but that you will not find in most dictionaries. It can be defined as the use of thermal spring waters and seawaters at various temperatures for therapeutic purposes.</td>
</tr>
<tr>
<td>1. Hot water</td>
<td>Hot water has an <em>atonic</em> stimulating effect, which then morphs gradually into a relaxing effect as the body recovers from the initial response to immersion in the heat.</td>
</tr>
<tr>
<td>2. Cold water</td>
<td>Cold water has a <em>tonic</em>, stimulating effect. It causes shivering, goose flesh, constricted blood vessels, higher pulse rate, and faster respiration, plus increased metabolism and muscle tone. Effects vary according to the duration of the heat or cold application. Cold can be stimulating when first applied, but over a longer period, it begins to damage tissues.</td>
</tr>
<tr>
<td>E. RICE Method</td>
<td>If a spa client requests treatment for an acute injury, spa therapists need to know that heat should normally not be applied for at least 72 hours, because increased blood flow caused by the heat application makes swelling and pain worse and may cause tissue damage to the injured area. This makes acute injuries a contraindication for many spa services. The best protocol to follow in minor injuries is known by the acronym “RICE,” which stands for Rest, Ice, Compression, and Elevation.</td>
</tr>
<tr>
<td>II. Bath Techniques</td>
<td>Bathing has been, during many times and in many cultures, the essence of the spa experience. In much of the world, “taking the waters” is a term used interchangeably with &quot;going to a spa.&quot;</td>
</tr>
<tr>
<td>A. Balneotherapy</td>
<td>The root of this term is from the Latin word <em>balneum</em>, which means “bath.” However, the word has broader implications that spa therapists need to keep in mind. <strong>Balneotherapy</strong> refers to all the different types of water available for therapy, such as thermal spring waters, mineral-laden waters, and silt-filled waters, plus such additives used in the waters as herbs, powders, oils, and gases. Proper use of balneotherapy means that therapists need to be aware of the therapeutic effects created by the thermal, mechanical, and chemical properties of the waters used, plus the therapeutic properties of every product used in the waters.</td>
</tr>
<tr>
<td>B. Therapeutic Baths Offered in Spas</td>
<td>There are many types of therapeutic baths, some more popular in spas than others. In Table 4–2, students will find more details regarding the baths that are used therapeutically in spas.</td>
</tr>
<tr>
<td>1. Herbal bath</td>
<td>client soaks in bath filled with warm or hot herbal solution</td>
</tr>
<tr>
<td>2. Essential oil bath</td>
<td>aromatherapy oils added to warm or hot bath</td>
</tr>
<tr>
<td>3. Seaweed bath</td>
<td>warm or hot bath with seaweed extracts added (see Chapter 7)</td>
</tr>
<tr>
<td>4. Fango bath/mud bath</td>
<td>either mud or fango powder is added to hot water to make a solution, or in some cases, clients immerse in 100% mud</td>
</tr>
</tbody>
</table>
5. Mineral bath  | warm or hot bath with added minerals such as calcium found in salts and other ingredients
6. Enzyme bath   | a treatment that uses active enzymes to produce heat and electrochemical reactions through a fermentation process
7. Whirlpool bath | another name for a hot tub, with hot water agitated by high-pressure aerated jets
8. Hydrotherapy tub bath | high-tech bath with multiple high-pressure water jets divided in therapist-controlled zones and often with underwater massage hose, used with a variety of additives
9. Underwater massage | therapist-held hose that directs stream of high-pressure water (usually hot) at client under the surface of a bath, usually found in hydrotherapy tubs
10. Cold bath/cold plunge | cold water pool into which clients dip or plunge briefly, often adjacent to hot pool
11. Carbon dioxide bath | warm bath with carbon dioxide (CO₂) either added or occurring naturally in spring water
12. Hot bath       | hot water bath with no additional ingredients added
13. Contrast bath  | performed by going from one bath to another, such as a hydrotherapy tub to a cold plunge
14. Localized bath | one body part at a time, such as the arm or leg, is submerged in water of a specific temperature to achieve desired results
15. Foot bath      | the feet are placed in a receptacle of water, usually hot and often in combination with exfoliation, massage
16. Sitz bath      | partial-immersion bath that covers the client’s pelvic area

SPA CAUTION

NOTE: Be sure to warn students that they should watch for signs of fatigue or dizziness, such as eyes floating upward or skin blanching, when clients are receiving baths, especially hot baths. Therapists should be prepared to support clients getting into or out of tubs, especially getting out, when they may feel faint or lightheaded. At times, it is advisable to monitor the pulse of clients in hot baths and hydrotherapy tubs, especially those clients who are old or weakened by sickness.

C. Draping for Spa Bath Services
Draping can be an issue when administering bath services, whether they be in a traditional bathtub or a high-tech hydrotherapy tub. It is difficult to maintain full draping on a client who is stepping into a tub to receive bath therapy. Many spas have a same-sex policy when it comes to bath services.

1. Bath Draping Protocol

ACTIVITY: To keep clients modestly draped when entering baths, have students practice this bath draping protocol even if an actual bathtub is not available.

a. begin  | Instruct the client to stand facing the tub while wearing a bathrobe or with a towel wrapped around body, opening to the front.

b. grasp drape | Grasp the top of the towel or robe with two hands up high and instruct client to step forward into the tub.

c. support client | While holding towel up at shoulder height to block view of client entering tub, verbally offer assistance to client, saying, “You can use my hand for support.”

(continued)
<table>
<thead>
<tr>
<th>Subject Outline</th>
<th>In-Depth Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>d. lower drape</td>
<td>When client is safely and comfortably seated in tub, lower towel or robe and proceed with treatment.</td>
</tr>
<tr>
<td>D. Therapeutic Bath Protocol</td>
<td>A therapeutic bath is one of the most simple and straightforward treatments offered in spas. See Therapeutic Bath Procedure Handout and Therapeutic Bath Hands-On Skill Level Checklist at the end of this lesson plan. You can print the procedures out for students to use in class instead of their textbooks. The skill level checklists can be used to keep track of students’ competency and progress. These particular techniques are only applicable, of course, when therapeutic baths and/or hydrotherapy tubs are available to students.</td>
</tr>
</tbody>
</table>

| 1. Preparation | Place bath mats, towels, ice water, wash cloth, and therapeutic ingredients within easy reach. Draw bath before the client enters the room (Figure 4–5). Control temperature for intended outcomes. Add therapeutic ingredients while tub is filling or after the client has entered (Figure 4–6). |

| 2. Procedure | The procedure, duration, and intended effects are explained to the client prior to the client's entering the tub. The client is assisted into the tub (see Figures 4–4A through 4–4D, the Bath Entry Draping Protocol earlier in this chapter). If the bathtub is jetted, the therapist will need to explain to the client how to turn the jets on and off. Have cold compresses available to apply to the client's forehead if needed or desired. Most therapeutic baths last 10–25 minutes, depending upon the client's age, health, tolerance for heat, and desired experience. **NOTE:** The maximum time for hot baths (100°F or above) is usually 15 minutes, but therapeutic baths cool down over time, as compared to Jacuzzis, hot tubs, hot springs, and whirlpools, which maintain a constant high temperature. Therefore, clients can remain in therapeutic baths longer. Assist the client out of the tub. Offer a bathrobe, slippers, and a glass of water. Help the client into a nearby chair or lounger to relax afterward, or guide client to the next spa treatment. |

| 3. Cleanup | The bathtub must be sanitized after every treatment with a disinfectant spray. Floors must be dried between bath treatments to maintain a safe environment. Towels and wash cloths are laundered, bowls cleaned, products stored, and the room tidied for the next treatment (Figure 4–7). |

| SPA ETIQUETTE | Modesty in the Spa With all of these baths and showers being given, it is more difficult to maintain proper draping and modesty in the spa environment as compared to a massage practice. By adhering to the following suggestions regarding modesty, spa therapists will make clients feel secure and respected. 1. Make towels and robes easily accessible to clients wherever they might need them in the spa. |
2. When it is safe, leave the hydrotherapy room when the client is disrobing and preparing to receive the treatment. When you need to assist the client, assure that she is modestly covered during transition phases before and after treatments, such as getting into a tub or climbing onto a wet table.

3. In co-ed areas where clients are wearing robes, be aware that some clients will want to avoid sitting close to members of the opposite sex. Help direct them to areas where they can feel comfortable.

4. In same-sex areas such as locker rooms and wet areas where nudity is common, therapists should respectfully maintain their attention away from the clients unless spoken to or asked for assistance.

E. Cold Plunge

The cold plunge (Figure 4–14) or cold bath is used extensively in spas, even though the amount of time spent in them can be measured in seconds. A quick way to close the pores and to refresh the body, the cold plunge is also said to improve immune functioning.

Roman thermae featured cold plunges, with an entire room called the frigidarium dedicated to the cooling of spa goers’ bodies, which was thought to be as important to the overall spa experience as warming the body. Centuries later, Sebastian Kneipp recommended cold baths as a core part of his health regime. See Chapter 1.

Some people like the cold plunge, but a majority of modern spa goers shy away from the experience, missing the benefits of contrast therapy and cold therapy. Spa therapists can help educate clients about the benefits of these therapies, which include decreased blood pressure, decreased heart rate, and increased circulation, as students will learn in the next chapter.

III. Shower Techniques

Shower techniques in the spa can be defined as “any directed spray of water for therapeutic purposes from one or more outlets, aimed at clients who are either standing or lying down.”

All shower therapies are percussive treatments that meld both mechanical and thermal therapeutic effects.

Showers are relatively new to spas, because they are relatively new to mankind in general. Throughout most of history, a “shower” was reserved for royalty or the extremely wealthy, and it was not until the mid-1800s that advances in plumbing led to modern showering capabilities.

A. Vichy Shower

A horizontal bar with multiple nozzles suspended above a wet table, named after Vichy, a spa town in France. The table can be layered with blankets, thermal blankets, and plastic wrap. Afterward, the layers are removed from beneath the client and the client can be washed with the Vichy shower without leaving the table.

Sometimes, a shower is just plain easier to clean products from clients’ skin. Sanitation after every treatment is especially important due to the abundance of water present, which can lead to unsanitary conditions.

Proper modest draping must be maintained at all times using the Wet Table Draping Protocol.

Wet Table Draping Protocol (Activity)

**ACTIVITY:** Have students pair off and practice the Wet Table Draping Protocol while fully dressed, using regular massage tables instead of wet tables. Slowly and methodically perform the maneuvers shown in Figures 4–17A through 4–17J until they become natural.

(continued)
<table>
<thead>
<tr>
<th>Subject Outline</th>
<th>In-Depth Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vichy Shower (Note)</td>
<td>NOTE: For those schools with a Vichy shower, Chapter 6 offers the Wet Room Exfoliation Protocol, which can incorporate a Vichy shower, as can several of the body wrap procedures in Chapter 8. Don't worry—you'll be able to use that Vichy shower if you have it!</td>
</tr>
<tr>
<td>B. Swiss Shower</td>
<td>The Swiss shower is a highly stimulating treatment designed to benefit the circulation and provide relief from tension, insomnia, and stress.                                                                                           It is a contrast-therapy hydro massage treatment that uses on average 10 sprays aimed at the body from multiple directions (Figure 4–18). A typical Swiss shower has three shower heads aimed vertically at the client on each of three walls and one head directly above.   To perform a true Swiss shower treatment, the therapist must be on hand to control the temperature of the water throughout the duration.</td>
</tr>
<tr>
<td>C. Scotch Hose</td>
<td>Also called an “affusion under pressure,” “percussion douche,” “Scotch douche,” or “Scotch shower,” the Scotch hose treatment was developed for use in those European spas which had a strong emphasis on hydrotherapy and in many cases thalassotherapy (see Chapter 7). The Scotch hose is often applied as a form of contrast therapy, with the water temperature set between 55°F and 70°F for the cold application and 100°F to 120°F for the hot application. A temperate spray of approximately 90°F is used at the beginning and end of the cold application. The therapist stands 9 to 10 feet from the client and controls the water temperature and pressure while simultaneously aiming the spray at the client's body.</td>
</tr>
</tbody>
</table>

From Chapter 5

I. The Effects of Heat and Cold Therapy

A. Temperature Regulation

NOTE: This section might seem a little complicated, but in essence, all it is talking about is the amazing ability of water to hold and transfer heat. The reason water is so conducive to heat transfer is that it has the highest specific heat of any substance. This is another way of saying that it takes a large amount of energy to raise its temperature. As it heats up, water absorbs more heat per unit of weight than other compounds, and as it cools down, water releases more heat. Latent heat: the quantity of heat absorbed or released by a substance undergoing a change of state, such as ice changing to water or water to steam, at constant temperature and pressure. |

B. Derivation

Drawing blood or lymph away from one part of the body by increasing the amount sent flowing to another area. In the example of a headache, heat could be applied to the feet, drawing blood and lymph toward the feet and away from the head. |

C. Retrostasis

Using cold to drive blood and lymph away from an area. Ice applied to the head in the case of a headache drives blood and lymph away from the congestion toward the lower extremities. Both principles of derivation and retrostasis can be applied simultaneously, as when heat is applied to the feet and cold to the head at the same time to treat headaches.
When the entire body is immersed in heat or cold, blood is moved from the interior to the exterior, or vice versa according to the temperature, creating the hydrostatic effect.

<table>
<thead>
<tr>
<th>D. Precapillary Sphincter</th>
<th>Located in the muscular walls of the arteriole just before the capillaries, they are strongly affected by temperature change, opening when heat is applied to specific areas or to the entire body surface and tightening when cold is applied. Massage and other mechanical stimulation, such as a high-pressure underwater jet, affects them as well. Thus, a combination of massage and spa hydrotherapy treatments can create an amplified effect on these structures.</th>
</tr>
</thead>
</table>

The local effects of heat applications take place primarily in the skin itself and the subcutaneous tissues up to 3 or 4 centimeters below the surface. The heat increases circulation and metabolic processes on the cellular level within the tissues directly affected. Heat brings white blood cells to the area, helping to heal tissues and expel unwanted materials. Another major effect of local heat is vasodilation. Local heat application sends more blood to the skin, and vessels there, like precapillary sphincters, dilate. This can help diminish pain. In spas, local heat is applied with fomentations, hydrocollators, heating pads, hot water tubs (foot tubs), etc.

Spa treatments such as full-body heat wraps produce systemic heating effects in the body, as do all immersive heat applications, such as saunas, steam baths, and whirlpools. reactions: generalized vasodilation of superficial blood vessels, increased heart rate, accelerated pulse, and a quick spike and subsequent drop in blood pressure

**NOTE:** The drop in blood pressure surprises many therapists. Even though heat initially raises pressure, it drops afterward because the blood is more widely dispersed through the whole system. This can cause fainting after heat treatments.

SIDEBAR – SWEAT FACTS

- eccrine sweat glands – cover body
- apocrine s.g. develop in puberty – create body scent
- average adult male = 2,500,000 sweat glands
- # of sweat glands varies widely person to person
- # of sweat glands affects amount of perspiration
- women have more glands but sweat less than men

when an application of heat to one area causes increased circulation and heat in another
Spa treatments that heat the skin also affect internal organs in this way.

The immediate response to cold is the opposite of that to heat: vasoconstriction. Blood flow is restricted, the skin blanches, circulation in the area is slowed, and local tissue temperature is lowered. Prolonged cold exposure (more than 10–20 minutes) lowers local temperature further and results in a lessening of normal metabolic processes. Brief applications of cold are considered stimulating, while prolonged applications are sedative.

Cold lessens sensibility to pain and is therefore considered analgesic. Muscle tone in the area is increased through cold application, so it is tonic. Few spa treatments involve the application of cold, except in contrast to a heat application.
<table>
<thead>
<tr>
<th>Subject Outline</th>
<th>In-Depth Notes (Information to share during presentation)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>If the body is exposed to extreme cold for an extended period, it will attempt to re-warm itself by initiating a cycle of blood vessel dilation and contraction known as the <strong>hunting response</strong>. Could occur in clients who remain in the cold plunge for too long. <strong>Cryotherapy</strong> is the therapeutic use of cold, <em>not</em> just the use of ice exclusively. Cold baths and plunges are also cryotherapy, as is the use of cold compresses.</td>
</tr>
<tr>
<td>J. Spa Therapies’ Major Contraindications</td>
<td>The most common contraindications for spa treatments involve the effects produced in the human body by the application of heat. This section lists the main reasons that heat is contraindicated and can be referred to when applying all protocols in the book. 1. high or low blood pressure 2. cardiovascular conditions 3. diabetes 4. fever 5. pregnancy</td>
</tr>
<tr>
<td>SIDEBAR</td>
<td><strong>SAFETY NOTE:</strong> Point out to students that there are at least 1,001 High-Risk Pharmaceuticals for Heat Therapies, listed here, and that they should be careful with any clients who are taking them.</td>
</tr>
</tbody>
</table>
| K. Pregnancy Issues | **NOTE:** Pregnancy is a special issue in spas, and sometimes divisive. Some spas absolutely will not touch a pregnant woman. Others have strict rules about pregnancy, and others have a relaxed attitude. At this point, you can let students know that every protocol table in the book features a special note regarding pregnancy from MotherMassage expert Elaine Stillerman. Here is her general advice for spa therapies overall:  
“Heat application to the legs should be avoided during pregnancy. Starting in the early second trimester, women develop more clotting factor, with higher fibrinogenic activity. Their risk of developing **deep vein thrombosis** is heightened five or six fold. Therefore, all deep treatments, deep strokes and penetrating heat must be avoided during pregnancy and up to three months postpartum in order to protect against dislodging a blood clot.  
“It is strongly recommended that before any massage or spa treatments are administered, therapists should perform pretreatment evaluations for pitting edema and blood clots. . . . Also, it is important that these tests continue three months postpartum.” |
| THE TEMPERATURE TEST | **ACTIVITY:** Using the graph template provided in the Support Materials, have students track their own personal reactions to the application of heat. This will help them speak knowledgeably about heat application to their spa clients. Students record their own or a fellow student’s heart rate, blood pressure, and body temperature at four distinct times—before, during, and after the application of heat—and chart the results. Choose whichever immersive therapy might be available to your facility, such as a hot bath, whirlpool, sauna, steam chamber, or herbal wrap (see Chapter 8) to apply the heat. Alternatively, this can be a home assignment, and students can monitor their own results, using a hot bath for the immersion. |
II. Saunas and Heating Chambers

The sauna and the steam room date back all the way to spas in the days of the Roman Empire, as explained in Chapter 1. The main benefits of these heat chambers include:

1. stimulation of circulation
2. deep cleansing of the pores and skin through sweat
3. flushing wastes and impurities from the body
4. raising of core body temperature for improved results from spa treatments such as the herbal wrap
5. promoting general well-being and relaxation

A. Sauna Effects

Heart rate can increase over 50%, the same as during moderate exercise. Blood pressure changes only slightly—vasodilation allows increased blood flow. Skin can receive over 50% of the heart's output of blood, when normally it receives only 5–10%, bringing more nutrients to the skin and underlying tissues, while the increased temperature causes the eccrine glands to excrete sweat to cool down the body.

Skin temperature rises to 104°F while internal body temperature can rise one or two degrees, creating hyperthermia, which stimulates the immune system, produces more disease-fighting white blood cells, antibodies, and the anti-viral protein interferon.

B. Sauna History

The word sauna derives from an ancient Finnish term (sometimes called Finnish steam baths). Original structures were not much more than enclosed pits dug into slopes used as dwellings in winter. These primitive saunas had a fireplace in which stones were heated. Water was thrown on the stones, producing steam which, through the principle of latent heat, generated additional warmth for the occupants.

The Finns developed and improved upon sauna design over the years. They invented the sauna stove in which stones are heated. For many years, this stove was fueled with wood, and it still is in many places. But a later invention, the electric sauna stove, proved to be the best choice for many locations, including many spas.

In high-quality electric sauna stoves, water can be thrown on the rocks without danger because the heating element is buried deeply below many rocks and well-insulated.

Today, saunas are used in thousands of spas all around the world. They are built into the core design of many spa facilities and are considered essential elements for providing a truly therapeutic experience for spa guests.

C. Infrared Saunas

The infrared sauna is a nontraditional, meaning non-Finnish, sauna that is becoming widely used in spas (Figure 5–12).

Finnish saunas heat the body through convection. Infrared saunas heat the body through radiation.

Developed in the 1960s by Dr. Tadashi Ishikawa, infrared heaters produce the same kind of radiant heat energy as the sun but exclude harmful ultraviolet rays.

The infrared radiation used is a form of electromagnetic radiation. It has a wavelength that is longer than visible light but shorter than radio waves (Figure 5–13). Heat is caused by the body's molecules vibrating rapidly against each other, producing a sensation in users that is unique to the infrared sauna.

Temperatures inside infrared saunas remain cooler than traditional saunas, about 140°F as compared to 180°F, which makes the experience more tolerable for many users.

(continued)
<table>
<thead>
<tr>
<th>Subject Outline</th>
<th>In-Depth Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>D. Steam Baths</strong></td>
<td>Several different types of steam applications are used in the spa setting, including the aromatherapy steam tube, the Russian steam cabinet, and the tabletop steam canopy, yet the most commonly seen in spas remains the traditional steam room. This is a room with tiles on all four walls, floor, and ceiling, with a steam generator embedded in one wall or in an adjacent room (Figure 5–14). The temperature in steam rooms is lower than saunas, but the air often feels hotter because of the moisture present. Many spa clients have a distinct preference for this moist heat. Steam baths, as compared to dry saunas, offer spa clients more benefits for respiratory conditions. The steam can help relieve throat irritation and stimulate mucous discharge from the lungs, offering relief to bronchitis sufferers. It can also relieve congestion in the upper respiratory mucous membranes, which helps clients suffering from sinus inflammation. Many spas install a bottle of eucalyptus essence in their steam rooms so that clients can spray it into the steam and breathe it in, further enhancing these positive effects.</td>
</tr>
<tr>
<td><strong>E. Russian Banya</strong></td>
<td>The banya is the traditional Russian steam bath. It is a popular and pervasive part of Russian life, much as the sauna is for the Finns. The temperature in a banya is not as hot as in a sauna, but a large amount of water is poured on the heated rocks, creating copious amounts of steam.</td>
</tr>
<tr>
<td><strong>F. Tabletop Steam Canopies</strong></td>
<td>Popularly known by the brand name Steamy Wonder, steam canopies that fit over the top of massage tables simplify the process of immersing spa clients in heat (Figure 5–39). This is an economical choice for many spas, and even award-winning spas choose to use a steam canopy rather than build an expensive heating chamber. Steam canopies are used for the same duration and the same purpose as any other full-body heat immersion process.</td>
</tr>
</tbody>
</table>

**Contrast Immersions (Activity)**

**ACTIVITY:** This activity can be experienced either while at school or afterward at a spa, health club, resort, private home, or other facility that is equipped with a steam canopy, whirlpool, sauna, or other heating unit. In addition, a cold plunge, cold bath, lake, river, snow, or (at minimum) a cold shower is needed for the contrast. **NOTE:** Be sure to check for any contraindications prior to engaging in this activity. Full-body heat immersion: 10–15 minutes
Full-body cold immersion: 1–3 minutes

Tell students to periodically focus attention on their bodies over the following several hours and notice any residual sensations they may be feeling as a result of the immersions. Note anything of interest. Then have them write one page describing their experience and an assessment of the value of full-immersion contrast therapy.
### G. Turkish Baths and Rasul Chambers

The Turkish bath, as it is incorporated into North American spas, consists of a large steam chamber kept at a low enough temperature that the therapist can work in the steamy room, applying bath, exfoliation, and massage modalities (Figure 5–40). This modern application is of course based on the ancient hammam tradition as described in Chapter 1.

Spa therapists who work in spas featuring Turkish baths need to be prepared to perform massage in a steam-filled room at over 100°F.

Found in many of the most luxurious spas, Rasul chambers are a variation on the Turkish bath. Inspired by Moorish design, these small chambers are elaborately decorated with mosaic tiles.

Moisture helps mud penetrate the pores for approximately half an hour, until shower jets overhead begin a gentle spray to rinse the body clean. The experience is often followed by a massage.

### III. Paraffin Applications

Primarily provided by estheticians and cosmetologists for many years for facials, manicures, pedicures, and cellulite treatments. Some aspects of these treatments can now be legally performed by massage therapists in spas, and the use of paraffin by therapists is rising. The application of paraffin can be defined as a heat treatment, which therapists can administer.

Chapter 13, Esthetic Modalities for Spa Therapists, will include protocols for a face treatment which incorporates paraffin wax.

Paraffin wax is a petroleum-based hydrocarbon that was discovered by German scientist Carl Reichenbach in 1830. Paraffin is important for spa therapy because of its ability to store heat and its power as an emollient. Emollients are useful in spa services because of their three main properties: occlusion, lubrication, and humectation.

Paraffin is used primarily as an adjunct to other treatments, not as a main treatment in its own right, although a full-body paraffin wrap can be administered apart from other services.

Some types of paraffin are pre-blended with therapeutic agents such as herbs and essential oils to enhance the effects and make treatments more attractive to clients.

The optimal temperature for paraffin wax used in spa applications is approximately 128°F. The wax is just warm enough to be kept in a liquid state at this temperature, and it is just cool enough for application to the skin.

### A. Paraffin Dip Protocol

In spas, paraffin wax is applied using two main techniques: dipping and brushing.

Dipping: clients immerse a part of the body, most popularly the hand or foot, into the basin for a moment, then lift it out, allowing the paraffin to cool and harden slightly on the skin before dipping again. The process is repeated 3–5 times, and the area is then usually wrapped in plastic or some other insulating material. Some spas offer boots or mittens custom-made for this purpose (Figure 5–44). The paraffin is left on the skin for 10–20 minutes and is then pulled off en masse, leaving the skin supple and the underlying tissues relaxed.

Brushing: paraffin is spread over the skin of the targeted area. Sometimes gauze is used to help set the wax in place (Figure 5–45). After the paraffin has been allowed to cool for 10–20 minutes, it is peeled away.

Beneficial for people with stiff joints, sore muscles, fibromyalgia, and inflammatory conditions such as arthritis, bursitis, and tendonitis. It also provides relief for eczema, psoriasis, and dehydrated skin. Overall, the paraffin medium is excellent at providing deep-penetrating heat that stimulates circulation while also rejuvenating, hydrating, and nourishing the skin.

(continued)
<table>
<thead>
<tr>
<th>Subject Outline</th>
<th>In-Depth Notes (Information to share during presentation)</th>
</tr>
</thead>
<tbody>
<tr>
<td>The paraffin hand dip is used by spa therapists during a number of spa services, such as scalp treatments and foot treatments. The client’s hands are first dipped in the paraffin and wrapped using the following procedure, and the therapist then carries on with the treatment. Also, the application of heat to the hands draws blood away from other areas of the body through the principle of derivation.</td>
<td></td>
</tr>
</tbody>
</table>
| 1. Preparation | 1. Preheat basin to proper temperature.  
2. Position basin near treatment table.  
3. Have mittens or plastic wrap nearby.  
4. Have client wash hands. |
| 2. Procedure | 1. Dip client’s hand into basin for 1–3 seconds until fully coated with wax. Remove hand and let any excess drip into basin. Ask client if sensation was comfortable. If not, make subsequent dipping times shorter.  
2. Wait 5–10 seconds before dipping hand once again. Then repeat for a total of 3–5 times, building up a thick layer of wax. The thicker the layer, the greater the sensation of heat.  
3. As each hand is finished dipping, wrap it in plastic wrap and cover with hand towel or insert into mitten.  
4. Repeat on other hand.  
5. Apply scalp massage while paraffin remains on wrapped hands for 10–20 minutes. |
| 3. Finish/cleanup | 1. Remove mittens/wrap and paraffin all together, starting at wrists and wiping down toward fingers. Most, if not all, of the paraffin should slip away.  
2. Dab excess paraffin from skin using a moist wash cloth or hand towel.  
3. Massage lotion or cream into hands for 5 minutes. |
| IV. Spa Cold Treatments | The most popular cold application is the cold plunge. Other therapies include wet sheet wraps, sunburn-relief cooling treatments, cold mitten friction, and localized applications such as the ice pack and cold compress.  
When it comes to cryotherapy, the main effects are created through the removal of heat from the body. These treatments are recommended, then, for reducing fever and inflammation, soothing minor sunburn, and cooling the body down during and after heat applications.  
These spa cold treatments also exert effects on the body through the process of retrostasis, as heat is removed from one area and sent to another. This can help relieve headaches and congestion.  
The intensity of the effects created through spa cold therapies depends upon several factors:  
1. The water temperature used in the application, which ranges from ice to 60°F.  
2. The duration of the cold application.  
3. The frequency with which the application material—wash cloth, loofah, towel, etc.—is dipped in cold water.  
4. In the case of cold mitten friction, the vigor of the friction applied.  
Cold compresses are used frequently by spa therapists, primarily on the forehead during heat treatments such as the herbal wrap. |
SUMMARY AND REVIEW

Bathing is a fundamental part of the spa experience, whether it is in a high-tech tub worth tens of thousands of dollars or in a simple hot bath. Showers are a modern advancement in the world of spa therapies, and they are extensively used. Therapists need to know how hydrotherapy affects the body during bath and shower treatments so they can perform their duties well and achieve the therapeutic outcomes they and their clients desire.

Another key in the effectiveness of hydrotherapy has been unlocked in this lesson—namely, the ingredient of temperature. This is all-important in spas, and it can be all too easily overlooked by students eager to “get going” on the scrubs and wraps that they envision being at the core of the spa modality experience. No need to worry, though—those services are precisely what lie ahead as you begin exploring exfoliation and thalassotherapy in Chapters 6 and 7.

NOTE: For those modalities that were not fully covered in this lesson but can be found in Chapters 4 and 5, full protocol handouts and Skill Level Checklists can be found in the Course Management Guide Long Lesson Plans.

LET’S REVIEW

1. Name and explain the three main types of effects produced by hydrotherapy.
   **ANSWER:** The three main types of effects produced by hydrotherapy are thermal, mechanical, and chemical. The thermal effects are the most important; they are caused by heat and cold in water of different temperatures. The mechanical effects are caused by the impact of water on the surface of the body, and the chemical effects are caused when water is ingested or used for colonic irrigation.

2. Explain the workings of the hypothalamus. How does it relate to spa therapies?
   **ANSWER:** The hypothalamus gland regulates temperature and the transference of blood from one part of the body to another through the hydrostatic effect. For this reason, the functioning of this gland, also known as the “master gland” because it has so many vital functions, is crucial to the effectiveness of hydrotherapy treatments.

3. What are the five methods of heat transference in the body and which one is most important to the majority of spa therapies?
   **ANSWER:** The five methods of heat transference in the body are conduction, convection, conversion, radiation, and evaporation. Most hydrotherapy treatments use conduction to transfer heat to or from the body.

4. Explain the basic effects of hot water versus cold water.
   **ANSWER:** Hot water has a stimulating effect, which changes gradually into a relaxing effect. Cold water causes shivering, goose flesh, constricted blood vessels, higher pulse rate, and faster respiration, plus increased metabolism and muscle tone. Heat creates an atonic effect, while cold creates a tonic effect. Effects vary according to the duration.

5. What is the RICE technique, and when is it appropriate to use in spas?
   **ANSWER:** RICE stands for Rest, Ice, Compression, and Elevation, and it is used in case of acute injury. If a spa client requests treatment for an acute injury, spa therapists need to know that heat should normally not be applied for at least 72 hours because increased blood flow caused by the heat application makes swelling and pain worse, and may cause tissue damage to the injured area. Acute injuries are contraindicated for many spa services, but the RICE method is appropriate.

6. Why can clients remain in therapeutic baths longer than Jacuzzis, hot tubs, hot springs, and whirlpools?
   **ANSWER:** Maximum time for hot baths (100°F or above) is usually 15 minutes, but therapeutic baths cool down over time, as compared to Jacuzzis, hot tubs, hot springs, and whirlpools, which maintain a constant high temperature. Therefore, clients can remain in therapeutic baths longer.

7. What are the benefits of a cold plunge?
   **ANSWER:** The cold plunge offers a quick way to close the pores and to refresh the body. It is also said to improve immune functioning, decrease blood pressure, decrease heart rate, and increase circulation.

8. Name and describe the three main types of therapeutic showers used in spas.
   **ANSWER:** The three main types of therapeutic showers used in spas are the Swiss shower, a walk-in shower with multiple jets on each wall that can alternate between high pressure/low pressure, hot water/cold water; the Vichy shower, a horizontal shower bar with several nozzles that spray water over clients lying on table below; and the Scotch hose, which is a high-pressure hose that sprays water at clients from a distance of approximately 10 feet.
9. Describe the three main types of effects created by both heat and cold.

**ANSWER:** The three main types of effects created by heat and cold are local, systemic, and reflex. Local effects are present on the skin at the site of application, plus a few centimeters deep into the tissues. Systemic effects are found throughout the body, and reflex effects are found in organs inside the body, away from the application site.

10. Explain the processes of derivation and retrostasis, and how they can work together.

**ANSWER:** Derivation is the drawing of blood or lymph away from one part of the body by increasing the amount sent flowing to another area. Retrostasis is using cold to drive blood and lymph away from an area. Both principles of derivation and retrostasis can be applied simultaneously, as when heat is applied to the feet and cold to the head at the same time to treat headaches.

11. What are the five major heat contraindications for spa therapies?

**ANSWER:** The five major heat contraindications for spa therapies are high or low blood pressure, cardiovascular conditions, diabetes, fever, and pregnancy.

12. What are the origins of the sauna? What are some of its traditions?

**ANSWER:** The sauna derives from ancient Finland, and saunas are sometimes called Finnish steam baths. For hundreds of years, people in Finland have built these special structures for the purpose of heating and cleansing the body. The Finns believe you should act the same way in a sauna as you would in a church. Whole families go together, and afterward they head outside to take a roll in the snow or jump into a freezing lake, which, they claim, refreshes them and strengthens the immune system.

13. Why is paraffin important for spa therapies, and what are its three main beneficial properties?

**ANSWER:** Paraffin is important for spa therapies because of its ability to store heat, and as an emollient; its three main beneficial properties are occlusion, lubrication, and humectation.

**LEARNING REINFORCEMENT IDEAS AND ACTIVITIES**

1. Have students complete Chapters 4 and 5, *The Complete Spa Book for Massage Therapists – Student Workbook.*

2. Have students complete the review and test questions at the end of this lesson.

3. Have students pair off and do some of the *Student Workbook* activities together.

4. Have students pair off and go over their review question answers together.

5. Have students pair up with a classmate and practice the Bath Draping Protocol while fully dressed. Students can use a “virtual bathtub” for this activity by simply marking an area on the floor that will be used as the “tub.”

6. Assign students a hydrotherapy spa treatment research project. Using the Internet or searching at local spas in the area, ask them to find a spa that offers either a hydrotherapy tub bath, Vichy shower, Scotch hose, or other hydrotherapy treatment. At the top of a sheet of paper, have them write down verbatim the description of this treatment given by the spa. Lower on the page, the students rewrite this description using some of the therapeutic know-how they have gained by studying this chapter. At the bottom of the page, have them discuss their rationale for changing the wording. EXAMPLE: Students may find a spa with the following description of a hydrotherapy bath:

“Come experience the bliss of our Sacred Waters hydrotherapy bath. You will be immersed in a warm solution of healing minerals as thousands of tiny bubbles peel away all your stress and cares: $99.”

The students could change the wording to be more along the lines of hydrotherapy principles, thus, “This heated hydrotherapy tub immersion relaxes muscle tissues by dilating peripheral blood vessels in an atonic reaction. Plus, it creates therapeutic benefits through the hydrostatic effect when the body is heated by warm water through the process of conduction. Minerals will be absorbed through your pores and enter your bloodstream, adding to the benefits.”

Then, they can discuss their rationale for the wording changes, explaining where the therapeutic benefits actually come from.

7. Have students pair off and practice the Wet Table Draping Protocol while fully dressed, using regular massage tables instead of wet tables. Slowly and methodically perform the maneuvers shown in Figures 4–17A through 4–17J until they become natural.
8. Have students do the Temperature Test activity, either together or alone at home in a hot bath (if facilities are not available at the school). Students record their own or a fellow student’s heart rate, blood pressure, and body temperature at four distinct times—before, during, and after the application of heat—and chart the results. A graph template for this activity is provided in the support materials.

9. Have students experience the Contrast Immersion activity as described in the text, either on campus or off. Then have them write a one-page paper describing their experience and an assessment of the value of full-immersion contrast therapy. **NOTE:** Caution is advised for these intense heat/cold therapies, and of course students must follow all the same advice and observe all the same contraindications for these treatments as would any spa client.

10. Others (the instructor writes in activities, assignments, or ideas that have been used effectively with this lesson in order to aid other instructors who may use this lesson plan in the future):

__________________________________________________

__________________________________________________

__________________________________________________
TREATMENT: Therapeutic Bath

Wet Room/Dry Room | wet room
---|---
Tub Setup | bath tub filled with warm to hot water, therapeutic ingredients already added or nearby, bathmat at entrance, bowl of ice water
Treatment Duration | normally 20 minutes
Needed Supplies | bath mat, 2 bath towels, hand towel, bowl of ice water, wash cloth, therapeutic bath additives
Contraindications | high blood pressure, heart disease, arteriosclerosis, pregnancy, sensitivities or allergies to therapeutic bath additives
Draping | Depending on local laws, clients can be nude in tub when being treated by a therapist of the same sex, or they can wear bathing suits. Take extra care to maintain modesty while client is getting into and out of tub.
Treatment Order | usually given before massage/body treatments to soften and relax tissues
Safety, Sanitation Issues, & Clean-Up | The tub is sanitized after each use by wiping down entire interior surface with disinfectant. Clients need to be assisted into and out of tub and be warned about feeling weak after treatment.
Body Mechanics & Self-Care | Therapists need to protect lower back while bending over tub and be careful to avoid slipping on wet floors.
Product Cost | Costs vary with chosen bath additives but are generally $3 or less.
Treatment Price | Often free as an add-on to another spa treatment. À la carte price $20–$50.
Physiological Effects | The primary action of the therapeutic bath is created by the heat in the water, relaxing muscle tone and softening connective tissues. Effects of the added therapeutic ingredients vary by type.
Pregnancy Issues | Therapeutic bath is contraindicated during each of the three trimesters of pregnancy. During postpartum recovery, the bath may be used once bleeding has stopped.

PREPARATION

1. The area is prepared by placing bath mats, non-slip surfaces, towels, ice water, wash cloth, and therapeutic ingredients within easy reach.
2. The bath is usually drawn by a therapist or spa technician before the client enters the room (Figure 4–5). Temperature is controlled for intended outcomes (see Table 4–1), the average temperature for a therapeutic bath being approximately 100°F.
3. Therapeutic ingredients are added to the bath while the tub is filling, or they are added after the client has entered the room so she can see the products (Figure 4–6).

PROCEDURE

1. The procedure, duration, and intended effects are explained to the client prior to the client's entering the tub.
2. The client is assisted into the tub (see Figures 4–4A through 4–4D, the Bath Entry Draping Protocol).
3. If the bathtub is jetted, the therapist will need to explain to the client how to turn the jets on and off.
4. Have cold compresses available to apply to the client's forehead if needed or desired.
5. Most therapeutic baths last 10–25 minutes, depending upon the client's age, health, tolerance for heat, and desired experience. The maximum time for hot baths (100°F or above) is usually 15 minutes, but therapeutic baths cool down over time, as compared to Jacuzzis, hot tubs, hot springs, and whirlpools, which maintain a constant high temperature. Therefore, clients can remain in therapeutic baths longer.

6. Assist the client out of the tub. Offer a bathrobe, slippers, and a glass of water. Help the client into a nearby chair or lounger to relax afterward, or guide her to the next spa treatment.

CLEANUP AND SANITATION

1. The bathtub must be sanitized after every treatment with a disinfectant spray.
2. Floors must be dried between bath treatments to maintain a safe environment.
3. Towels and wash cloths are laundered, bowls cleaned, products stored, and the room tidied for the next treatment.
THE COMPLETE SPA BOOK FOR MASSAGE THERAPISTS
HANDS-ON SKILL LEVEL CHECKLIST

THERAPEUTIC BATH PROTOCOL

The following checklist may be used with the school’s practical grading procedures to determine a student’s competency in job entry-level practical skills. Upon completion of this lesson and assigned practice, the student should be able to competently perform each of the criteria listed. Each criterion is written as a positive and accurate statement. The answer is either “yes” or “no.” A “y” or “n” can be inserted before each statement. Then, convert the number of criteria in each category to the school’s grading scale. For example, if your grading scale is on a 100-point system and there are 10 criteria, each criterion would be worth 10 points. The student would be given 10 points for each criterion that was checked as a “yes.”

PREPARATION

_ Placed bath mats, non-slip surfaces, towels, ice water, wash cloth, and therapeutic ingredients within easy reach.
_ Drew bath before the client entered the room, controlling temperature for intended outcomes, the average temperature for a therapeutic bath being approximately 100°F.
_ Therapeutic ingredients were added to the bath while the tub was filling or they were added after the client entered the room so she could see the products herself.

PROCEDURE

_ Explained procedure, duration, and intended effects to the client prior to entering the tub.
_ Assisted client into the tub (see Figures 4–4A through 4–4D, the Bath Entry Draping Protocol).
_ If the bathtub is jetted, therapist explained to the client how to turn the jets on and off.
_ Had cold compresses available to apply to client’s forehead if needed or desired.
_ Allowed client to stay in tub appropriate amount of time.
_ Assisted client out of the tub. Offered a bathrobe, slippers, and a glass of water. Helped the client into a nearby chair or lounger to relax afterward, or guided her to the next spa treatment.

CLEANUP

_ Sanitized the bathtub with a disinfectant spray.
_ Dried the floor between bath treatments to maintain a safe environment.
_ Laundered towels and wash cloths, cleaned bowls, stored products, and tidied room for the next treatment (Figure 4–7).
# HANDOUT M-2.0, H-2 PARAFFIN DIP PROTOCOL

<table>
<thead>
<tr>
<th>Treatment: Paraffin Dip</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Wet Room/Dry Room</td>
<td>dry room</td>
</tr>
<tr>
<td>Table Setup</td>
<td>no special setup for paraffin dip</td>
</tr>
<tr>
<td>Treatment Duration</td>
<td>10–20 minutes</td>
</tr>
<tr>
<td>Needed Supplies</td>
<td>brush, gauze, dipping basin, mittens, plastic wrap, hand towels</td>
</tr>
<tr>
<td>Contraindications</td>
<td>diabetic peripheral neuropathy</td>
</tr>
<tr>
<td>Draping</td>
<td>not needed for hand treatment</td>
</tr>
<tr>
<td>Treatment Order</td>
<td>applied simultaneously with other spa treatments</td>
</tr>
<tr>
<td>Safety, Sanitation Issues, &amp; Clean-Up</td>
<td>Paraffin is kept at 128°F degrees, which can damage tissues over periods of immersion more than a few seconds. Discard all paraffin that has come into contact with client. Multiple clients can dip in basin, as bacteria do not spread in hot paraffin, though hands should be cleansed prior to dipping.</td>
</tr>
<tr>
<td>Body Mechanics &amp; Self-Care</td>
<td>Paraffin aids therapist self-care. See SPA TIP, Paraffin Self-Care for Therapists.</td>
</tr>
<tr>
<td>Product Cost</td>
<td>under $1 per treatment’s worth of paraffin for dipping</td>
</tr>
<tr>
<td>Treatment Price</td>
<td>usually included in overall cost of main treatment of which the paraffin dip is part</td>
</tr>
<tr>
<td>Physiological Effects</td>
<td>Heat stimulates local circulation, and occlusive barrier promotes moisture retention in skin tissues.</td>
</tr>
<tr>
<td>Pregnancy Issues</td>
<td>Hand paraffin dip is safe during pregnancy. Therapists should keep the client’s wrists neutral and work gently if the client experiences carpal tunnel or deQuervains syndromes. Stroking should always be toward the heart. If her hands are swollen, elevate her arms to encourage lymphatic drainage. Avoid stimulating large intestine 4, found in the webbing of both hands.</td>
</tr>
</tbody>
</table>

## PREPARATION

1. Preheat basin to proper temperature.
2. Position basin near treatment table.
3. Have mittens or plastic wrap nearby.
4. Have client wash hands.

## PROCEDURE

1. Dip client’s hand into basin for 1–3 seconds until fully coated with wax. Remove hand and let any excess drip into basin. Ask client if sensation was comfortable. If not, make subsequent dipping times shorter.
2. Wait 5–10 seconds before dipping hand once again. Then repeat for a total of 3–5 times, building up a thick layer of wax. The thicker the layer, the greater the sensation of heat.
3. As each hand is finished dipping, wrap it in plastic wrap and cover with hand towel or insert into mitten.
4. Repeat on other hand.
5. Apply scalp massage while paraffin remains on wrapped hands for 10–20 minutes.

CLEANUP AND SANITATION

1. Remove mittens/wrap and paraffin all together, starting at wrists and wiping down toward fingers. Most, if not all, of the paraffin should slip away.
2. Dab excess paraffin from skin using a moist wash cloth or hand towel.
3. Massage lotion or cream into hands for 5 minutes.
THE COMPLETE SPA BOOK FOR MASSAGE THERAPISTS
HANDS-ON SKILL LEVEL CHECKLIST

PARAFFIN DIP PROTOCOL

The following checklist may be used with the school’s practical grading procedures to determine a student’s competency in job entry-level practical skills. Upon completion of this lesson and assigned practice, the student should be able to competently perform each of the criteria listed. Each criterion is written as a positive and accurate statement. The answer is either “yes” or “no.” Convert the number of criteria in each category to the school’s grading scale. For example, if your grading scale is on a 100-point system and there are 10 criteria, each criterion would be worth 10 points. The student would be given 10 points for each criterion that was checked as a “yes.”

PREPARATION

— Preheated basin to proper temperature.
— Positioned basin near treatment table.
— Had mittens or plastic wrap nearby.
— Had client wash hands.

PROCEDURE

— Dipped client’s hand into basin for 1–3 seconds until fully coated with wax. Removed hand and let any excess drip into basin. Asked client if sensation was comfortable. If not, made subsequent dipping times shorter.
— Waited 5–10 seconds before dipping hand once again. Then repeated for a total of 3–5 times, building up a thick layer of wax.
— As each hand was finished dipping, wrapped it in plastic wrap and covered with hand towel or inserted into mitten.
— Repeated on other hand.
— Applied scalp massage while paraffin remained on wrapped hands for 10–20 minutes.

CLEANUP

— Removed mittens/wrap and paraffin all together, starting at wrists and wiping down toward fingers.
— Dabbed excess paraffin from skin using a moist wash cloth or hand towel.
— Massaged lotion or cream into hands for 5 minutes.
LESSON M-2.0 TEST

TRUE/FALSE

Indicate whether the statement is true or false.

1. The term *balneotherapy* means the therapeutic effects created by the thermal, mechanical, and chemical properties of spa waters, plus the therapeutic properties of every product used in the waters.

MULTIPLE CHOICE

Identify the choice that best completes the statement or answers the question.

2. The major benefits of spa services are created primarily through the application of ________________, which forms an integral part of most treatments.
   a. body butter  
   b. water 
   c. exotic rose clay from France  
   d. dried herbs

3. The primary effects of hydrotherapy can be placed into three categories: ________________, ________________, and ________________.
   a. conversion; convection; conduction 
   b. healing; soothing; stimulating 
   c. distributive; collective; integrative 
   d. thermal; mechanical; chemical

4. Most hydrotherapy treatments use ________________ to transfer heat to or from the body.
   a. conduction  
   b. convection 
   c. conversion 
   d. concretion

5. In much of the world, “_______________” is a term used interchangeably with “going to a spa.”
   a. taking a health vacation  
   b. taking a hydrotherapy break 
   c. taking a mental health break  
   d. taking the waters

6. Heat creates a(n) ________________ effect, while cold creates a(n) ________________ effect, and these effects vary according to the duration of the heat or cold application.
   a. tonic; atomic 
   b. atonic; tonic 
   c. tonic; relaxing 
   d. atomic; relaxing

7. What term, not found in dictionaries, is used by spa professionals to refer to the thermal effects of hydrotherapy? ________________
   a. thermodynamics  
   b. thermalism 
   c. hydrotherapy  
   d. hydrostatic effect

8. Why are acute injuries a contraindication for most hydrotherapy spa services? ________________
   a. Most clients will find the sensation of heated water too uncomfortable immediately following an injury. 
   b. Massage therapists are not qualified to treat acute injuries. 
   c. Increased blood flow caused by the heat application makes swelling and pain worse, and may cause tissue damage to the injured area. 
   d. Clients with acute injuries cannot enter hydrotherapy tubs. 

9. Rest, ice, compression, and elevation (RICE) should be applied within the first ________________ hours after an acute injury.
   a. 24  
   b. 48 
   c. 72  
   d. 96

10. All shower therapies are percussive treatments that meld both ________________ and ________________ therapeutic effects.
    a. contrast; immersive  
    b. hot; cold 
    c. immediate; delayed 
    d. mechanical; thermal
11. Showers were first used in the ____________________.
   a. 1600s  b. 1700s  c. 1800s  d. 1900s

12. Spa clients experience the Vichy shower while ____________________. They experience the Swiss shower while ____________________.
   a. standing; lying down  b. standing; standing  c. lying down; standing  d. lying down; lying down

13. The Scotch hose treatment is also sometimes called an ____________________.
   a. affusion under pressure  b. ablution under pressure  c. underwater massage hose treatment  d. underwater high-pressure massage treatment

14. The three main types of effects created by both heat and cold are ____________________.
   a. local, systemic, and reflex  b. local, superficial, and deep  c. hydrostatic, reflexive, and therapeutic  d. conduction, convection, and conversion

15. The heat required to raise the temperature of 1 gram of a substance 1 degree centigrade is known as ____________________.
   a. latent heat  b. reciprocal heat  c. specific heat  d. reflex heat

16. When blood or lymph is drawn from one part of the body by increasing the amount sent flowing to another area, this is known as the principle of ____________________.
   a. derivation  b. retrostasis  c. vasodilation  d. vasoconstriction

17. The local effects of heat applications take place primarily in the skin itself and the subcutaneous tissues up to ________________ below the surface.
   a. a millimeter  b. 1 or 2 centimeters  c. 3 or 4 centimeters  d. 5 or 6 inches

18. The single most widely used spa procedure that stimulates the systemic effects of cold is the ____________________.
   a. cold spray  b. cold shower  c. cold plunge  d. cold affusion

19. Cryotherapy can be defined as ____________________
   a. the therapeutic use of cold  b. the therapeutic use of ice  c. pain relief due to icing of an area  d. the therapeutic use of frozen substance

20. Brief applications of cold are considered ____________________, while prolonged applications are ____________________.
   a. stimulating; extremely stimulating  b. mild; stimulating  c. sedative; stimulating  d. stimulating; sedative

21. The most common causes for contraindications in spa treatments involve the effects produced in the human body by the application of ____________________.
   a. cold  b. ice  c. hydrotherapy  d. heat

22. Which of the following is not a contraindication for the application of heat in spa services? ____________________
   a. tension  b. hypertension  c. hypotension  d. thrombosis
23. In what country was the sauna developed?  
   a. Sweden  
   b. Denmark  
   c. Finland  
   d. Norway  
24. This state of “artificial fever” created by spa heat treatments is known as  
   a. febrifuge  
   b. latent heat  
   c. hyperthermia  
   d. hypothermia  
25. Paraffin wax was discovered by  
   a. René-Maurice Gattefossé  
   b. Sebastian Kneipp  
   c. Carl Reichenbach  
   d. Richard Eidson  
26. The optimal temperature for paraffin wax in spa applications is approximately  
   a. 114°F  
   b. 120°F  
   c. 128°F  
   d. 142°F  
27. Spa cold treatments are recommended for all of the following except:  
   a. inducing the process of derivation to cool specific areas of the body  
   b. reducing fever and inflammation  
   c. soothing minor sunburn  
   d. cooling the body down during and after heat applications  
28. The sweat glands primarily involved in temperature regulation are the  
   a. axillary sweat glands  
   b. apocrine sweat glands  
   c. superficial sweat glands  
   d. eccrine sweat glands  
29. The German word “kur” as it refers to Sebastian Kneipp’s system of hydrotherapy can best be translated as  
   a. cure  
   b. core  
   c. course  
   d. coarse  
30. Löyly can be described as  
   a. a sauna in which wood smoke aroma is allowed to permeate the room  
   b. the tradition of jumping in cold water or rolling in snow after emerging from a sauna  
   c. the birch branches used by Finns to stimulate the skin in saunas  
   d. the particular quality of the heated air created in a sauna  

**SHORT ANSWER**

31. Which gland is most critical to the body’s temperature regulation and thus the effectiveness of hydrotherapy procedures?  
32. What are the three main types of showers found in spa wet rooms?  
33. The maximum time for hot baths (100°F or above) is usually 15 minutes, but clients can remain in therapeutic baths for longer periods of time. Why?
LESSON M-2.0 ANSWER SECTION

TRUE/FALSE

1. ANS: T

MULTIPLE CHOICE

2. ANS: B
3. ANS: D
4. ANS: A
5. ANS: D
6. ANS: B
7. ANS: B
8. ANS: C
9. ANS: C
10. ANS: D
11. ANS: C
12. ANS: C
13. ANS: A
14. ANS: A
15. ANS: C
16. ANS: A
17. ANS: C
18. ANS: C
19. ANS: A
20. ANS: D
21. ANS: D
22. ANS: A
23. ANS: C
24. ANS: C
25. ANS: C
26. ANS: C
27. ANS: A
Ice induces retrostasis, not derivation.
28. ANS: D
29. ANS: C
30. ANS: D

SHORT ANSWER

31. ANS: the hypothalamus
32. ANS: the Vichy shower, the Swiss shower, and the Scotch hose
33. ANS: Unlike Jacuzzis, hot tubs, hot springs, and whirlpools, which maintain a constant high temperature, therapeutic baths cool down over time, allowing clients to remain in the baths longer.
THE COMPLETE SPA BOOK FOR MASSAGE THERAPISTS - COURSE MANAGEMENT GUIDE

MID-LENGTH COURSE

CLASS SIGN IN SHEET M-9.0
INSTRUCTOR NAME: ___________________________ DATE TAUGHT: ___________________________
SUBJECT: Body Wraps; Esthetic Treatments; Advanced Modalities; Spa Massage
TOPIC: Esthetic Modalities for Spa Therapists

LESSON OBJECTIVES
Upon completion of the lesson, the student will be able to:

1. List which esthetic services are outside spa therapists’ scope of practice.
2. Define and describe esthetic modalities massage therapists can perform in the spa.
3. Describe face-specific treatments that massage therapists can perform in the spa setting.
4. Demonstrate the ability to perform face-specific spa treatments.
5. Describe hand and foot treatments that massage therapists can perform in the spa setting.
6. Demonstrate the ability to perform hand- and foot-specific spa treatments.

IMPLEMENTS, EQUIPMENT, SUPPLIES REQUIRED:

<table>
<thead>
<tr>
<th>Student</th>
<th>Instructor</th>
<th>Items</th>
</tr>
</thead>
<tbody>
<tr>
<td>X</td>
<td>X</td>
<td>The Complete Spa Book for Massage Therapists</td>
</tr>
<tr>
<td>X</td>
<td>X</td>
<td>Student Workbook</td>
</tr>
<tr>
<td>X</td>
<td></td>
<td>student notebook</td>
</tr>
<tr>
<td>X</td>
<td></td>
<td>pens, pencils</td>
</tr>
<tr>
<td>X</td>
<td></td>
<td>Spa Product Supply Kit (optional)</td>
</tr>
</tbody>
</table>

FACILITY: Theory Classroom Practical Classroom

TIME ALLOTMENT: 2–4 hours (adjust based on school schedule and student activities/participation)

PRIOR STUDENT ASSIGNMENT:
1. Read Chapter 13, The Complete Spa Book for Massage Therapists
2. Complete Chapter 12 in The Student Workbook
3. Turn in the one-page research paper about an exotic service listed on a spa menu anywhere in the world.
4. Have students turn in completed Signature Service Treatment Matrix form. If time allows, have some of them share or demonstrate the services they have created.
5. Optional: Turn in a one-page report on the experience of performing the Signature Service they have created, including feedback from the recipient.
<table>
<thead>
<tr>
<th>Student Signatures</th>
<th>Student Signatures</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
THE COMPLETE SPA BOOK FOR MASSAGE THERAPISTS - COURSE MANAGEMENT GUIDE

MID-LENGTH COURSE

LESSON PLAN M-9.0

SUBJECT: Body Wraps; Esthetic Treatments; Advanced Modalities; Spa Massage

TOPIC: Esthetic Modalities for Spa Therapists

LESSON OBJECTIVES

Upon completion of the lesson, the student will be able to:

1. List which esthetic services are outside spa therapists’ scope of practice.
2. Define and describe esthetic modalities massage therapists can perform in the spa.
3. Describe face-specific treatments that massage therapists can perform in the spa setting.
4. Demonstrate the ability to perform face-specific spa treatments.
5. Describe hand and foot treatments that massage therapists can perform in the spa setting.
6. Demonstrate the ability to perform hand- and foot-specific spa treatments.

IMPLEMENTS, EQUIPMENT, SUPPLIES REQUIRED:

<table>
<thead>
<tr>
<th>Student</th>
<th>Instructor</th>
<th>Items</th>
</tr>
</thead>
<tbody>
<tr>
<td>X</td>
<td>X</td>
<td>The Complete Spa Book for Massage Therapists</td>
</tr>
<tr>
<td>X</td>
<td>X</td>
<td>Student Workbook</td>
</tr>
<tr>
<td></td>
<td></td>
<td>student notebook</td>
</tr>
<tr>
<td>X</td>
<td></td>
<td>pens, pencils</td>
</tr>
<tr>
<td>X</td>
<td></td>
<td>Spa Product Supply Kit (optional)</td>
</tr>
</tbody>
</table>

TEACHING AIDS (Audio/visual equipment, handouts, etc., used by instructor):

1. Board
2. LCD projector and Instructor Support PowerPoint Slides

FACILITY: Theory Classroom Practical Classroom

TIME ALLOTMENT: 2–4 hours (adjust based on school schedule and student activities/participation)

PRIOR STUDENT ASSIGNMENT:

1. Read Chapter 13, The Complete Spa Book for Massage Therapists
2. Complete Chapter 12 in The Student Workbook
3. Turn in the one-page research paper about an exotic service listed on a spa menu anywhere in the world.
4. Have students turn in completed Signature Service Treatment Matrix form. If time allows, have some of them share or demonstrate the services they have created.
5. Optional: Turn in a one-page report on the experience of performing the Signature Service they have created, including feedback from the recipient.
EDUCATOR REFERENCES:
1. The Complete Spa Book for Massage Therapists
2. The Complete Spa Book for Massage Therapists – Student Workbook

Instructor Name                Date Taught
____________________________  __________________
Instructor Name                Date Taught
____________________________  __________________
Instructor Name                Date Taught
____________________________  __________________
Instructor Name                Date Taught
____________________________  __________________
Instructor Name                Date Taught
____________________________  __________________
Instructor Name                Date Taught
____________________________  __________________
Instructor Name                Date Taught
____________________________  __________________
Instructor Name                Date Taught
____________________________  __________________
Instructor Name                Date Taught
____________________________  __________________

NOTES TO EDUCATOR:
1. A test has been added to the end of this lesson which reflects the abbreviated material taken from the chapter and taught in the classroom. The full question banks covering all topics in the chapter can be found in the Long Lesson Plans.
2. Review chapter, entire lesson plan, and Instructor Support PowerPoint Slides prior to lesson.
3. Review Learning Reinforcement ideas/activities and predetermine which are to be used.
4. Check LCD projector to ensure working properly.
5. Gather all materials and supplies needed for demonstrations prior to starting class.
6. Have students sign in for class and document attendance based on school’s procedure.
7. During the instructor preparation time and while students are entering and getting settled for the class, have the first Instructor Support Slide containing the “daily spa quote” projected (or write it on the board or flipchart). This will help get instructors and students into the appropriate mindset for learning and for the day.

LEARNING MOTIVATION (WHY?)
A growing trend in the spa industry has massage therapists doing therapy on the face, feet, hands, and hair. While not overstepping the bounds of estheticians, therapists can still greatly expand their offerings to become more “spa-like” and capture more business for themselves in private practice. And, while working in spas, these skills will enable them to perform a wide number of treatments on the menu. Learning these modalities will allow students to expand upon their spa repertoire and include elements of the procedures in other wraps, exfoliations, etc.

Spa Thought
“Therapists are not supposed to diagnose, but it is important to identify certain skin conditions and know who to refer to.”

Desiree Collazo – Education Manager,
Florida College of Natural Health, a Steiner Leisure company
## PRESENTATION OF THE SKILLS AND/OR INFORMATION

### LESSON PLAN M-9.0

<table>
<thead>
<tr>
<th>Subject Outline</th>
<th>In-Depth Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>I. Introduction</td>
<td>Spa therapists can perform many modalities that have an esthetic impact on their clients:</td>
</tr>
<tr>
<td></td>
<td>• paraffin treatments</td>
</tr>
<tr>
<td></td>
<td>• exfoliation and massage services targeted to the face</td>
</tr>
<tr>
<td></td>
<td>• scalp treatments</td>
</tr>
<tr>
<td></td>
<td>• back treatments</td>
</tr>
<tr>
<td></td>
<td>• hand and foot treatments</td>
</tr>
<tr>
<td></td>
<td>Therapists should never violate their scope of practice by performing or attempting to perform any of the techniques reserved for estheticians or cosmetologists, as listed in Table 13–1.</td>
</tr>
<tr>
<td></td>
<td>Massage therapists can offer spa clients treatments that refresh, smooth, and clean the skin. They can also use techniques that relax the facial muscles, creating a more attractive, youthful appearance.</td>
</tr>
<tr>
<td></td>
<td>Health and safety issues are involved when receiving a facial, waxing, or manicure/pedicure. These esthetic services involve techniques that can be potentially injurious to the recipient if they are not performed by properly trained and licensed individuals. Possible complications include bacterial infections, disease transmission, scalding, chemical burns, and allergic reactions.</td>
</tr>
<tr>
<td></td>
<td>NOTE: It is important to caution students about staying within their scope of practice but also encourage them about their legal ability to perform esthetic modalities appropriate for massage therapists.</td>
</tr>
<tr>
<td>II. Face Treatments</td>
<td>Massage therapists working in spas, or even in their own private practices, can offer effective and pleasurable face treatments to clients. These treatments create some, but not all, of the benefits given by licensed estheticians. Benefits include:</td>
</tr>
<tr>
<td></td>
<td>• increased localized circulation</td>
</tr>
<tr>
<td></td>
<td>• cleansed pores</td>
</tr>
<tr>
<td></td>
<td>• relaxed facial muscles</td>
</tr>
<tr>
<td></td>
<td>• drainage of excess fluids from the area</td>
</tr>
<tr>
<td></td>
<td>• improved appearance and well-being</td>
</tr>
<tr>
<td>Caution</td>
<td>Therapists should never attempt to diagnose, treat or improve acne, rosacea, comedones, milia, seborrhea, or astetosis. In fact, when any excess redness, inflammation, or other abnormality is at all present on the skin, therapists should not provide treatment to the face but rather should refer the client to an esthetician or physician.</td>
</tr>
<tr>
<td>Products</td>
<td>Many products are within the boundaries of a massage therapist's job description:</td>
</tr>
<tr>
<td></td>
<td>• vitamin E</td>
</tr>
<tr>
<td></td>
<td>• aloe vera</td>
</tr>
<tr>
<td></td>
<td>• fresh herb powders</td>
</tr>
<tr>
<td></td>
<td>• essential oils</td>
</tr>
<tr>
<td></td>
<td>• moisturizing creams and lotions</td>
</tr>
<tr>
<td>Techniques</td>
<td>Therapists can ethically and professionally apply:</td>
</tr>
<tr>
<td></td>
<td>• massage</td>
</tr>
<tr>
<td></td>
<td>• exfoliation</td>
</tr>
<tr>
<td></td>
<td>• heat</td>
</tr>
<tr>
<td></td>
<td>• cold</td>
</tr>
<tr>
<td></td>
<td>• cleansing</td>
</tr>
</tbody>
</table>

(continued)
<table>
<thead>
<tr>
<th>Subject Outline</th>
<th>In-Depth Notes</th>
</tr>
</thead>
</table>
| **A. Types of Face Treatments Therapists Can Perform** | Two primary ways for therapists to apply face therapies:  
• stand-alone face treatments  
• mini–face treatments as part of larger spa service  
Face treatments can be combined with hand, foot, scalp, or back treatments to create an esthetically oriented package or signature service.  
See Table 13–2 for a partial list of face treatments that can be performed by massage therapists. |

| Receiving a Professional Facial (Research) |  
**RESEARCH:** Suggest that students receive a professional facial treatment by a licensed esthetician at a local spa. Afterward, have them write a one-page paper about their experience, noting specifically which parts of the procedure they, as massage therapists, would not be allowed to perform. |

| **B. Mini–Face Treatment** | This 20-minute face treatment protocol can be slightly expanded to be a stand-alone half-hour treatment, or it can be applied as-is during another spa service. |

| 1. Preparation | 1. Set table and prepare room.  
2. Moisten and warm 2 hand towels.  
3. Warm products to be used in a spa bowl.  
4. Have all products close at hand for easy access. |

| 2. Procedure | 1. For stand-alone treatment, instruct client to lie supine on the table or recline on chair. Drape as appropriate. If client is already on the table as part of a larger service, make sure she is comfortable. In either case, use a bolster under the knees for support while client is lying supine for an extended period.  
2. To protect the hair, fold a hand towel diagonally and wrap around hair line, tucking ends behind head.  
3. Spray cleanser onto two cotton pads and wipe client's face, using upward motions starting at chin.  
4. Apply first hot towel to the face and hold in place using slight pressure over the eyes for 30 seconds.  
5. Drip 2 drops lavender essential oil into each hand and apply pressure point massage along the chin, jaw, and cheeks, around the eyes, and on forehead and scalp.  
6. Apply warmed sea clay (or other chosen natural product) to the skin of the face in a thin layer using hands or a natural bristle brush.  
7. Once application is complete, wipe hands on used hot towel. If client is chilled, wrap in blanket if she is not already wrapped as part of another service.  
8. Apply scalp massage.  
9. If hands are accessible, offer hand massage.  
10. Use second hot towel to cleanse product from face.  
12. Unwrap and assist client in getting up off table. |

| 3. Cleanup | 1. Launder sheets and towels.  
2. Change linens on table.  
3. Wash out spa bowls.  
<table>
<thead>
<tr>
<th>Part 2 Lesson Plans for Mid-Length Spa Course (36–60 Hours)</th>
</tr>
</thead>
</table>

### C. Face Treatments with Paraffin

Because it is a substance that can heat and relax the muscles, paraffin can be used by massage therapists for many types of therapeutic applications. When meant for application to the face and neck, paraffin is typically spread atop a layer of gauze, keeping it in place and providing texture into which the wax can harden over the contours of the face.

**NOTE:** It is a good idea to point out to students that therapists working in spas often take advantage of the penetrating heat and occlusive barrier created by paraffin to treat their own aching hands after extended periods of work.

### Paraffin Application to the Face (Activity)

**ACTIVITY:** Have students exchange this simple paraffin face application with a classmate. They will need, in addition to the supplies for the face treatment explained in this chapter, three additional items: a pre-cut gauze face cloth, heated paraffin, and a brush.

1. Warm the paraffin. The facial paraffin often comes in a small container that can be warmed in a special unit, bringing it to the proper temperature for application.
2. Cleanse the face with cotton pads and an astringent.
3. Apply a small amount of moisturizer and massage it into the skin.
4. Lay the facial gauze on the face, making sure to match up the mouth and nose openings over the proper area.
5. Dip the brush into the paraffin, let excess drip off, then paint the paraffin over the gauze, starting at the neck and working up to the forehead, avoiding the eyes.
6. Repeat the painting application until it is 3 layers deep.
7. Let your partner relax for 10–15 minutes, applying hand massage. If it is available, you can also dip your partner’s hands in paraffin and wrap them in plastic.
8. Remove the gauze and paraffin together, peeling it away from the face, starting at the neck and moving upward (Figure 13–15).
9. Dab the balled-up paraffin on the face to attract any leftover pieces.
10. Apply a moisturizing lotion and massage into the face.

### D. Face Treatments with Natural Chemical Exfoliants

Massage therapists can apply certain products that have an effect on the skin, as long as that effect is within their scope of practice. One example of this type of product is a natural enzyme exfoliant, the most popular being papaya enzyme. At low doses, this enzyme can chemically dissolve dead skin cells and assist the therapist as she cleanses, exfoliates, massages, and moisturizes the face to improve appearance and well-being.

**Rule of Thumb for Using Esthetic Products**

When determining which strength of products is appropriate for use by massage therapists, ask: Is the product available for purchase by the general public? If the answer is yes, then therapists can use it. If, on the other hand, it is necessary to first obtain a particular license or other qualification to purchase the product, it may be too concentrated for use by untrained personnel and should not be used by therapists, even if they are familiar with the product and confident in their ability to use it.

### E. Ayurvedic Face Treatments

The Ayurvedic tradition offers several face treatments which massage therapists can perform because they do not involve extractions or other advanced esthetic techniques. Cleansers, herbal exfoliants, herbal masks and moisturizers made with Ayurvedic ingredients are simple to apply, and several variations on Ayurvedic face treatments are used by therapists in spas.

One Ayurvedic face treatment is called **Soundaryam Vardhini**, which involves an application of fresh fruit- and vegetable-based creams, astringents, and ointments, combined with massage to marma points, which creates a relaxing and beautifying treatment. As in all face treatments performed by therapists, this service features no extractions or trauma to the skin.

(continued)
### Subject Outline

<table>
<thead>
<tr>
<th>In-Depth Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>(Information to share during presentation)</td>
</tr>
</tbody>
</table>

#### III. Hand and Foot Treatments

Therapists can offer a thorough hand or foot massage experience, as long as they remember not to overstep their bounds and perform any of the procedures reserved for cosmetologists. The procedures that are not allowed include:

- cutting
- filing
- shaping or buffing the nails
- applying or removing nail polish
- trimming or shaping cuticles

Therapists can:

- massage the hands and feet
- exfoliate the hands and feet
- apply therapeutic heat and cold to the hands and feet
- moisturize and nourish the skin in these areas

Hand and foot treatments also provide an ideal occasion to offer the benefits of reflexology to clients, and the spa reflexology protocols outlined in Chapter 9 can be incorporated into any of these services.

#### A. Performing Hand and Foot Treatments

Hand and foot treatments can be performed in public spaces within the spa, such as waiting rooms and relaxation areas. This creates a tranquil mood and inspires other spa clients to inquire about the services.

Some spas turn foot treatments into a ritual to perform before every service. Attractive receptacles are used to wash the feet, such as ceramic basins or carved wooden bowls. Flower petals and essential oils can be added to the water. Services performed in public spaces do not take up valuable treatment room time.

Hand and foot treatments can be offered while the client is sitting, fully clothed, in a chair, which makes them especially attractive to modest people.

The therapist sits in front of the client.

#### B. Sanitation

Always wash your hands prior to and after working on the feet, especially if you are going to be working on the face area afterward.

A cleansing step is usually incorporated into each foot treatment at the beginning. Some spas use a basin or pedicure station, and others choose hot towels.

It is permissible to request clients wash their feet and hands before arriving for these treatments.

#### C. Contraindications

**Onychosis** refers to any condition that adversely affects nails. These conditions can be quite severe, such as blue nails, in which nails can turn a variety of colors, indicating a deeper systemic problem. In addition, certain fungal conditions can affect the skin of the feet, including athlete's foot and ringworm, which can be contagious and are contraindications for spa foot treatments.

Therapists cannot diagnose specific diseases or conditions of the hands or feet, but they can and should report any irregularities they observe to the client to potentially be checked by a physician.

**NOTE:** Massage therapists are not licensed to use any cosmetologists’ tools, including:

- cuticle nippers
- cuticle pushers
- emery boards
- nail brushes
<table>
<thead>
<tr>
<th>D. Hand and Foot Treatment Protocol</th>
<th>Massage therapists can use their skills to add therapeutic benefits and deep enjoyment to spa hand and foot treatments.</th>
</tr>
</thead>
</table>
| **1. Preparation** | 1. Arrange a low stool or ottoman in front of a comfortable chair.  
2. Moisten and heat 2 hand towels.  
3. Fill a basin with warm water and add a small amount of liquid body bath and 6 drops of essential oil: 2 drops lavender, 2 drops peppermint, and 2 drops chamomile. A plug-in foot spa or a simple plastic tub can be used for this.  
4. Add the same mixture of essential oils to the body mud and warm it up in a spa bowl.  
5. Add the essential oil mixture to the sea salts and warm it up in a spa bowl.  
6. Place the plastic sheet atop a bath towel on the footstool where the client's feet will rest.  
7. Have an extra hand towel, plastic wrap, and all other supplies close at hand. |
| **2. Procedure** | 1. Place the client's feet in basin of water.  
2. Take one foot at a time and apply half of the exfoliating sea salt mixture, using the circular scrubbing motions you learned in Chapter 6. When lifting a foot from the basin, have a towel on your knees or footstool ready to catch excess water.  
3. Replace the feet in the tub after they have been exfoliated.  
4. Lift one foot at a time out of the basin, pat dry, and place atop the plastic wrap and towel on footstool.  
5. Using one hand and keeping the other one clean, apply body mud to one foot at a time.  
6. Wrap both feet, first in plastic, then in the towel.  
7. While the client's feet are wrapped, massage emollient lotion into the hands.  
8. Unwrap one foot at a time, wiping each clean with a hot, wet towel.  
9. Apply spa reflexology from Chapter 9 to the feet. There is no need to apply lubricant at this point, as the feet are supple and moist from the products already applied.  
10. Massage emollient lotion into the feet. |
| **3. Cleanup** | 1. Launder all sheets and towels.  
2. Be sure that any excess water, oils, or body mud are cleaned from the floor and other surfaces to avoid slippery areas.  
3. Sanitize the basin and spa bowls.  
4. Discard the plastic wrap. |

Create a Hand and Foot Treatment (Activity)  

**ACTIVITY:** Instruct students to use their creativity to devise a unique hand treatment, foot treatment, or combination of both. They can incorporate any of the other modalities they have learned throughout the book, as long as they can be applied to the hands and feet. How about some hot and cold stones? An herbal foot soak? A seaweed application? Paraffin? Moor mud packs? An exfoliation? Encourage students to be creative. They can add their own choice of essential oils, for instance. Tell them to give their new treatment a name and write a short description of it, such as would be found on a spa menu. If time allows, have them trade their new treatment with a classmate and experience their partner's treatment in return. This trade can take place out of class if necessary.
Receive a Spa Manicure or Pedicure

RESEARCH: Have students visit a local spa and receive a manicure or pedicure. Assign them a one-page paper about their experience, including any intake forms they had to fill out, the protocols used by the cosmetologist or nail technician, products used, and professional interactions with the practitioner. Finally, tell them to describe ways in which a massage therapist could recreate a similar experience for spa clients while remaining within the scope of practice of massage therapy.

SUMMARY AND REVIEW

Massage therapists can, without a doubt, apply enjoyable and therapeutic esthetic-type services for the face and body without overstepping their bounds or violating their scope of practice. Two of those protocols are outlined for practice in this lesson. It is important for you, as the instructor, to keep an open mind about these services even if they are not something you have performed in the past yourself, as a growing number of spas continue to list them on their menus.

After this lesson, students will be heading into the business section of the spa text, and so they can relax and enjoy the luxurious experiences of the face treatment and the hand and foot treatment, knowing that they will soon be ready to perform these same services for actual clients. You can bring students back to any of the protocols in Parts II and III later as a refresher or to break up the class work ahead in Chapters 14–18.

LET’S REVIEW

1. Instead of diagnosing skin conditions and using skin-specific products, what can massage therapists apply to the skin during face treatments?
   ANSWER: Therapists can apply generic products that are good for all skin types, including cleansers, exfoliants, and moisturizers.

2. How is paraffin typically applied to the face by massage therapists?
   ANSWER: Therapists usually spread the paraffin atop a layer of gauze, which keeps the paraffin in place so the wax can harden over the contours of the skin.

3. What is the most popular natural enzyme exfoliant used by massage therapists in spas?
   ANSWER: The most popular natural enzyme exfoliant is papaya enzyme.

4. What is the condition most commonly benefited by spa scalp treatments? What causes this condition? How do spa scalp treatments help?
   ANSWER: Dry hair and scalp is the condition most commonly benefited by spa scalp treatments. It is caused by inactive sebaceous glands, and the treatments help it by introducing moisture through natural products and increasing local circulation.

5. What procedures are massage therapists not allowed to perform when giving a hand or foot treatment?
   ANSWER: The procedures therapists are not allowed to perform include cutting, filing, shaping, or buffing the nails, applying or removing nail polish, and trimming or shaping cuticles.

6. What are some of the benefits of performing foot treatments in a spa’s waiting area?
   ANSWER: Performing foot treatments in the waiting area frees up the treatment rooms so they can be generating more revenue. Also, other clients see the service being performed and want to sign up for one themselves. Finally, offering services out in public view creates a tranquil atmosphere.
LEARNING REINFORCEMENT IDEAS AND ACTIVITIES

1. Have students complete Chapter 13, *The Complete Spa Book for Massage Therapists – Student Workbook*.
2. Have students complete the review questions at the end of this lesson.
3. Suggest that students receive a professional facial treatment by a licensed esthetician at a local spa. Afterward, have them write a one-page research paper about their experience, noting specifically which parts of the procedure they, as massage therapists, would not be allowed to perform.
4. Have students exchange the Paraffin Application to the Face activity with a classmate. They will need, in addition to the supplies for the face treatment explained in this chapter, three additional items: a pre-cut gauze face cloth, heated paraffin, and a brush. When they have the supplies and equipment prepared, lead them in the 10-step protocol provided in the activity.
5. Have students do the Create a Hand and Foot Treatment activity and write a spa menu-style description for it.
6. Assign students the Receiving a Spa Manicure or Pedicure research project and have them write a one-page paper about their experience.
7. Others (the instructor writes in activities, assignments, or ideas that have been used effectively with this lesson in order to aid other instructors who may use this lesson plan in the future):
## HANDOUT M-9.0, H-1 MINI–FACE TREATMENT PROTOCOL

<table>
<thead>
<tr>
<th>Treatment: Mini–Face Treatment</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Wet Room/Dry Room</strong></td>
<td>dry room</td>
</tr>
<tr>
<td><strong>Table Setup</strong></td>
<td>The table can be set as for a massage, with a blanket, bottom sheet and top draping sheet. If the mini–face treatment is administered as part of a longer service such as a wrap, follow the table setup for that service.</td>
</tr>
<tr>
<td><strong>Treatment Duration</strong></td>
<td>20–25 minutes</td>
</tr>
<tr>
<td><strong>Needed Supplies</strong></td>
<td>2 cotton pads, astringent cleanser spray, 1/4 cup reconstituted sea clay (other chosen product can be substituted for application such as moor mud, rose clay, herbs, etc.), 4 drops lavender essential oil, 1 tablespoon moisturizing face lotion, warmer such as a hot towel cabbie, 2 hand towels, optional natural bristle brush for product application</td>
</tr>
<tr>
<td><strong>Contraindications</strong></td>
<td>skin conditions in the face and neck area, including severe acne, rashes, skin viruses, cuts, bruises, abrasions, recent surgeries, recent skin peels, sunburn, cold sores, extremely sensitive or delicate skin</td>
</tr>
<tr>
<td><strong>Draping</strong></td>
<td>For a stand-alone treatment, clients can remain dressed if so desired, lying atop table linens or even on a reclining chair. Alternatively, a top sheet can be used for draping.</td>
</tr>
<tr>
<td><strong>Treatment Order</strong></td>
<td>The mini–face treatment is either given during another spa body treatment or by itself, in which case it should be scheduled after an exfoliation, massage, or wrap. When administered after other services, the client’s cleansed skin and improved appearance can be more easily maintained.</td>
</tr>
<tr>
<td><strong>Safety, Sanitation Issues, &amp; Clean-Up</strong></td>
<td>Keep products out of client’s eyes, using cotton pads to cover the eyes if necessary. If paraffin is used, monitor temperature often to maintain a safe operating environment.</td>
</tr>
<tr>
<td><strong>Body Mechanics &amp; Self-Care</strong></td>
<td>It is recommended to sit at the head of the table on a comfortable stool or chair while applying the face treatment in order to avoid stress on the lower back.</td>
</tr>
<tr>
<td><strong>Product Cost</strong></td>
<td>less than $1</td>
</tr>
<tr>
<td><strong>Treatment Price</strong></td>
<td>sometimes given as an add-on for other services at no extra charge, or for an <strong>upcharge</strong>, typically in the $20 range; as a stand-alone treatment, $40–$80</td>
</tr>
<tr>
<td><strong>Physiological Effects</strong></td>
<td>The mini–face treatment helps remove dead cells from the skin, unblocking pores; products nourish skin; lotions and creams moisturize; massage stimulates circulation, moves lymph and relaxes muscles, creating a relaxation response and improving appearance.</td>
</tr>
<tr>
<td><strong>Pregnancy Issues</strong></td>
<td>Safe during pregnancy. In the latter stages of pregnancy, positioning modifications must be implemented since pressure from the heavy uterus on the inferior vena cava (from lying supine or insufficiently bolstered) may cause impaired venous return and supine hypotensive syndrome.</td>
</tr>
</tbody>
</table>

---

© 2010 Milady, a part of Cengage Learning. All Rights Reserved. May not be scanned, copied or duplicated, or posted to a publicly accessible website, in whole or in part.
PREPARATION
1. Set the table and prepare the room.
2. Moisten and warm two hand towels.
3. Warm the products to be used in a spa bowl.
4. Have all products close at hand for easy access.

PROCEDURE
1. For stand-alone treatment, instruct the client to lie supine on the table or recline on chair. Drape as appropriate. If the client is already on the table as part of a larger service, make sure she is comfortable. In either case, use a bolster under the knees for support while the client is lying supine for an extended period.
2. To protect the hair, fold a hand towel diagonally and wrap around the hairline, tucking the ends behind the head.
3. Spray cleanser onto two cotton pads and wipe the client's face, using upward motions starting at the chin.
4. Apply the first hot towel to the face and hold it in place using slight pressure over the eyes for 30 seconds.
5. Drip two drops of lavender essential oil into each hand and apply pressure point massage along the chin, jaw, and cheeks, around the eyes, and on the forehead and scalp.
6. Apply warmed sea clay (or other chosen natural product) to the skin of the face in a thin layer using hands or a natural bristle brush.
7. Once application is complete, wipe hands on the used hot towel. If the client is chilled, wrap her in a blanket if she is not already wrapped as part of another service.
8. Apply scalp massage.
9. If the client's hands are accessible, offer hand massage.
10. Use a second hot towel to cleanse the product from the client's face.
12. Unwrap and assist the client in getting off the table.

CLEANUP AND SANITATION
1. Launder the sheets and towels.
2. Change the linens on the table.
3. Wash out the spa bowls.
4. Discard the cotton pads.
MINI–FACE TREATMENT PROTOCOL

The following checklist may be used with the school’s practical grading procedures to determine a student’s competency in job entry-level practical skills. Upon completion of this lesson and assigned practice, the student should be able to competently perform each of the criteria listed. Each criterion is written as a positive and accurate statement. The answer is either “yes” or “no.” Convert the number of criteria in each category to the school’s grading scale. For example, if your grading scale is on a 100-point system and there are 10 criteria, each criterion would be worth 10 points. The student would be given 10 points for each criterion that was checked as a “yes.”

PREPARATION

__ Set table and prepared room.
__ Moisten and warmed 2 hand towels.
__ Warmed products to be used in a spa bowl.
__ Had all products close at hand for easy access.

PROCEDURE

__ For stand-alone treatment, instructed client to lie supine on the table or recline on chair. Draped as appropriate. If client was already on the table as part of a larger service, made sure she was comfortable. In either case, used a bolster under the knees.
__ To protect the hair, folded a hand towel diagonally and wrapped around hairline, tucking ends behind head.
__ Sprayed cleanser onto 2 cotton pads and wiped client’s face, using upward motions starting at chin.
__ Applied first hot towel to the face and held in place using slight pressure over the eyes for 30 seconds.
__ Dripped 2 drops lavender essential oil into each hand and applied pressure point massage along the chin, jaw, and cheeks, around the eyes, and on forehead and scalp.
__ Applied warmed sea clay (or other chosen natural product) to the skin of the face in a thin layer using hands or a natural bristle brush.
__ Once application was complete, wiped hands on used hot towel. If client was chilled, wrapped in blanket if she was not already wrapped as part of another service.
__ Applied scalp massage.
__ If client’s hands were accessible, offered hand massage.
__ Used second hot towel to cleanse product from face.
__ Unwrapped and assisted client in getting off table.

CLEANUP

__ Laundered sheets and towels.
__ Changed linens on table.
__ Washed out spa bowls.
__ Discarded cotton pads.
**HANDOUT M-9.0, H-2 HAND AND FOOT TREATMENT PROTOCOL**

<table>
<thead>
<tr>
<th>Treatment: Hand and Foot Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wet Room/Dry Room</td>
</tr>
<tr>
<td>Table Setup</td>
</tr>
<tr>
<td>Treatment Duration</td>
</tr>
<tr>
<td>Needed Supplies</td>
</tr>
<tr>
<td>Contraindications</td>
</tr>
<tr>
<td>Draping</td>
</tr>
<tr>
<td>Treatment Order</td>
</tr>
<tr>
<td>Safety, Sanitation Issues, &amp; Clean-Up</td>
</tr>
<tr>
<td>Body Mechanics &amp; Self-Care</td>
</tr>
<tr>
<td>Product Cost</td>
</tr>
<tr>
<td>Treatment Price</td>
</tr>
<tr>
<td>Physiological Effects</td>
</tr>
<tr>
<td>Pregnancy Issues</td>
</tr>
</tbody>
</table>

© 2010 Milady, a part of Cengage Learning. All Rights Reserved. May not be scanned, copied or duplicated, or posted to a publicly accessible website, in whole or in part.
PREPARATION

1. Arrange a low stool or ottoman in front of a comfortable chair.
2. Moisten and heat 2 hand towels.
3. Fill a basin with warm water and add a small amount of liquid body bath and 6 drops of essential oil: 2 drops lavender, 2 drops peppermint, and 2 drops chamomile. A plug-in foot spa or a simple plastic tub can be used for this.
4. Add the same mixture of essential oils to the body mud and warm it up in a spa bowl.
5. Add the essential oil mixture to the sea salts and warm it up in a spa bowl.
6. Place the plastic sheet atop a bath towel on the footstool where the client's feet will rest.
7. Have an extra hand towel, plastic wrap, and all other supplies close at hand.

PROCEDURE

1. Place the client's feet in basin of water.
2. Take one foot at a time and apply half of the exfoliating sea salt mixture, using the circular scrubbing motions you learned in Chapter 6. When lifting a foot from the basin, have a towel on your knees or footstool ready to catch excess water.
3. Replace the feet in the tub after they have been exfoliated.
4. Lift one foot at a time out of the basin, pat dry, and place atop the plastic wrap and towel on footstool.
5. Using one hand and keeping the other one clean, apply body mud to one foot at a time.
6. Wrap both feet, first in plastic, then in the towel.
7. While the client's feet are wrapped, massage emollient lotion into the hands.
8. Unwrap one foot at a time, wiping each clean with a hot, wet towel.
9. Apply spa reflexology from Chapter 9 to the feet. There is no need to apply lubricant at this point, as the feet are supple and moist from the products already applied.
10. Massage emollient lotion into the feet.

CLEANUP AND SANITATION

1. Launder all sheets and towels.
2. Be sure that any excess water, oils, or body mud are cleaned from the floor and other surfaces to avoid slippery areas.
3. Sanitize the basin and spa bowls.
4. Discard the plastic wrap.
THE COMPLETE SPA BOOK FOR MASSAGE THERAPISTS
HANDS-ON SKILL LEVEL CHECKLIST

HAND AND FOOT TREATMENT PROTOCOL

The following checklist may be used with the school’s practical grading procedures to determine a student’s competency in job entry-level practical skills. Upon completion of this lesson and assigned practice, the student should be able to competently perform each of the criteria listed. Each criterion is written as a positive and accurate statement. The answer is either “yes” or “no.” Convert the number of criteria in each category to the school’s grading scale. For example, if your grading scale is on a 100-point system and there are 10 criteria, each criterion would be worth 10 points. The student would be given 10 points for each criterion that was checked as a “yes.”

PREPARATION

_ Arranged a low stool or ottoman in front of a comfortable chair.
_ Moistened and heated 2 hands towels.
_ Filled a basin with warm water and added a small amount of liquid body bath and 6 drops of essential oil: 2 drops lavender, 2 drops peppermint, 2 drops chamomile.
_ Added the same mixture of essential oils to the body mud and warmed it up in a spa bowl.
_ Added the essential oil mixture to the sea salts and warmed it up in a spa bowl.
_ Placed the plastic sheet atop a bath towel on the footstool where the client’s feet will rest.
_ Had an extra hand towel, plastic wrap, and all other supplies close at hand.

PROCEDURE

_ Placed client’s feet in basin of water.
_ Took one foot at a time and applied half of the exfoliating sea salt mixture, using the circular scrubbing motions from Chapter 6. When lifting foot from the basin, had a towel on knees or footstool ready to catch excess water.
_ Replaced feet in tub after they were exfoliated.
_ Lifted one foot at a time out of basin, dried, and placed atop plastic wrap and towel on footstool.
_ Using one hand and keeping the other one clean, applied body mud to one foot at a time.
_ Wrapped both feet in plastic first, then towel.
_ While client’s feet were wrapped, massaged emollient lotion into the hands.
_ Unwrapped one foot at a time, wiping clean with hot, wet towel.
_ Applied spa reflexology from Chapter 9 to the feet without lubricant.
_ Massaged emollient lotion into the feet.

CLEANUP

_ Laundered all sheets and towels.
_ Cleaned any excess water, oils, or body mud from floor and other surfaces to avoid slippery areas.
_ Sanitized basin and spa bowls.
_ Discarded plastic wrap.
LESSON M-9.0 TEST

MULTIPLE CHOICE

Identify the choice that best completes the statement or answers the question.

1. The only way that massage therapists can legally and ethically apply face treatments in the spa setting is by ____________________.
   a. working in tandem with a qualified esthetician
   b. staying within their scope of practice
   c. quitting the massage profession and acquiring an esthetics license
   d. applying massage to the face with oil and no other products

2. Which of the following cannot be used by massage therapists when applying face treatments?
   a. consumer-grade papaya enzyme products
   b. powdered herbal exfoliants
   c. heated or cooled massage stones
   d. 20–70% alpha hydroxy acid formulas

3. Which of the following procedures can massage therapists use when performing face treatments?
   a. exfoliation
   b. extraction
   c. diagnosis
   d. peels

4. Three specific items need to be added to a face massage treatment in order to apply paraffin. These are melted paraffin, an applicator brush, and ____________________.
   a. a cooling ointment
   b. a warming ointment
   c. a piece of gauze
   d. small, face-specific hot or cold stones

5. Excess sebum in hair follicles cause blackheads, also known as ____________________.
   a. rosacea
   b. milia
   c. seborrhea
   d. comedones

6. Which of the following is a massage therapist licensed to use during a spa hand and foot treatment?
   a. loofah pad
   b. cuticle pushers
   c. emery board
   d. tweezers
LESSON M-9.0 ANSWER SECTION

MULTIPLE CHOICE

1. ANS: B
2. ANS: D
3. ANS: A
4. ANS: C
5. ANS: D
6. ANS: A