

Use the following supplies for a successful body wrap treatment using Lotus Touch Essential Oil Blends.

PRODUCTS NEEDED

- Lotus Touch Essential Oil Blend
- 1 cotton sheet
- 2 large bath towels
- 1 mylar or plastic sheet
- 1 heavy wool blanket
- 1 gallon of filtered water
- 2 oz. Lotus Touch oil, lotion or cream
- 1 hot towel cabinet (or crock pot)
- 1 face/compress towel



PREPARATION

FOR DETOXIFYING

Lotus Touch Detoxifying blend

FOR CELLULITE

Lotus Touch Cellulite blend

FOR RELAXATION

Lotus Touch Relaxation blend

FOR PMS

Lotus Touch Relaxation and Balance blend

FOR COLDS and STUFFINESS

Lotus Touch Respiration blend

FOR MOOD UPLIFTING

Lotus Touch Rejuvenation blend

FOR WEIGHT MANAGEMENT

Lotus Touch Hunger Free Blend

FOR ANTI-AGING

Lotus Touch Rejuvenation Blend

FOR SORE MUSCLES and JOINTS

Lotus Touch Muscle and Joint Blend

FOR STRESS RELIEF

Lotus Touch Stress Management

FOR NERVOUSNESS

Lotus Touch Balance Blend

FOR TEARY EYES and ALLERGY SNIFFLES

Lotus Touch Allergy Blend

FOR SADNESS and DESPAIR

Lotus Touch Spiritual Healing Blend

FOR FOGGINESS and TIRED BRAIN

Lotus Touch Clear Mind Blend

FOR WORK RELATED ANGST

Lotus Touch Peaceful Ambition Blend

FOR BROKEN HEART, DEEP SADNESS

Lotus Touch Lotus Love Blend

FOR HEADACHE, SCALP TIGHTNESS

Lotus Touch Headache Blend

PROCEDURE

- Step 1** Mix 12-15 drops of Lotus Touch Essential Oil Blend with 1 gallon of filtered water in bucket or sink. Soak 2 large bath towels, wring out, and put in hot towel cabinet or crock pot; heat.
- Step 2** Add 12-15 drops of Lotus Touch Essential Oil Blend (specific to the treatment) to your massage oil or lotion. On the table, layer (in this order): 1 wool blanket, 1 cotton sheet...then add 1 sheet mylar or plastic on top.
- Step 3** Have your client lie face down on the table; apply blended massage oil to client. Have client turn over; apply oil. Have client get off table or roll to one side. Place hot towel (from cabinet or crock pot) on table.
- Step 4** Have client lie down on back (on top of the hot towel). Place a second hot towel on top of client. Quickly cocoon client in blankets, leaving head and neck exposed.
- Step 5** Soak compress towel in cool water that contains Lavender or Relaxation Blend. Wring out and use as compress on forehead, neck and face.
- Step 6** Recommend appropriate Lotus Touch Essential Oil Blends for at-home care.